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# BLAINESWORLD

**Teaching**

**Dispute  
Resolution**

**Speaking**

**Consulting**

**Radio Show**

**Newsletter**

**Blaine's Best**

**About Cynthia**

Welcome to **BLAINESWORLD**, the only official guide to the workings of the mind of yours truly, Blaine Greenfield. **BLAINESWORLD** is the first and only complete work known to modern man that addresses the burning question of what it is, exactly, that I do with my every waking hour. It is also a treasure box of selected gems that I hope will enlighten, enhance and inspire you, my esteemed guest.

Best,  
Blaine

*What's New* at  
**BLAINESWORLD.NET**

What's new? EVERYTHING is new! **BLAINESWORLD** is now officially on the Internet, and your opinion really matters. Whether you're a student, client, coworker, radio fan, loyal newsletter follower, or even a family member, I hope you let me know what you think. Your opinion really matters!

While you're getting your thoughts and notes together, please note our email address, should you wish to contact us: [bginbc@aol.com](mailto:bginbc@aol.com). Please change your contact manager, address book and palm pilot to reflect that address.

If you are a new visitor to our site, please take a few seconds to let us know how you discovered our place. Just click [here](#) and your own email program will be set up to send us your comments. Thank you, in advance.

### **Upcoming Events**

Please see weekly newsletter, Section 12, for events you might want to attend. In the unlikely event you're not already getting this missive, see below (for the "Special Offer").

### **Special Offer**

Sign up for free to receive the infamous **BLAINESWORLD** Newsletter. To get this weekly missive, please [click here](#).



073537<sup>5</sup> 735<sup>5</sup> 53

(You may have seen other counters, but I bet none are as impressive as mine.)

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# BLAINESWORLD

BLAINESWORLD

#587

12.31.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I just got back from a trip to Florida . . . we first went to see Risa, my daughter, and JP, her fiance, in Jensen Beach . . . it was good to see them in their own place (at least for a few more months), enjoying life and their new kitten Dusty.

We also enjoyed joining them for several meals, the most memorable being for Risa's 28th birthday at a place called Seasons 52 . . . see below for a picture of the birthday girl herself and JP:



The menu changes each season and everything is prepared with natural cooking techniques . . . butter is not used, nor is any bread served, and all dishes were under 475 calories.

I had a delicious turkey skewer, and Cynthia said her stuffed shrimp with crab was equally tasty . . . instead of bread, we did order something called chicken flatbread . . . it tastes like a thin pizza and is quite good . . . for dessert, we all chose from a variety of mini indulgences, which are individual servings of such classics as strawberry-mango cheesecake (my choice), carrot cake, key lime pie, and red velvet cake . . . I'm getting hungry just thinking about them!

Our server, Peter, was excellent . . . and adding to our enjoyment of the evening was a talented piano player/singer that you could hear throughout the restaurant.

There are other Season 52 locales throughout Florida, as well as in other parts of the country . . . for more information, please click:

<http://seasons52.com/>

B. From there, we took off other parts of Florida . . . next on our agenda was a Palm Beach visit to see Dee, one of my mother's dearest friends . . . that's her with Liza, her poodle, and Cynthia:



We then went to see two adult communities run by G.L. Homes: Valencia Pointe in Boynton Beach and Valencia Lakes in the Tampa area . . . though both were nice, we most probably will be seeking something else.

C. Such as . . . The Villages, self-proclaimed as America's friendliest home town . . . it just may well be . . . everybody seemed to always be smiling, and I don't think we spoke to even one person who had anything bad to say about the place.

We stayed there for three nights, living in one of the delightful cottages . . . they give you a great rate, which also includes two meals at very fine local restaurants and movie passes.

Each night, we would then go into one of the two squares to listen to the entertainment and/or dance . . . on our last full day there, we looked at homes with a realtor . . . if we choose to live in Florida, this likely will be where we wind up hanging our hats.

For more information, please click:  
<http://www.thevillages.com/>

Yet we have just begun our search, so do keep sending us ideas for other places to check out . . . next up is probably North Carolina in the spring.

To recap what we're looking for: 55 and over community that is still building . . . or that will be building through next spring . . . ideally, we'd like something with at least 500 homes . . . in addition, we'd want 3 bedrooms and if there was a walkout basement, even better.

D. THANKS to Pat in Pennsylvania for sending me the following

link to an article in the COURIER TIMES, in which I'm quoted:  
<http://www.phillyburbs.com/pb-dyn/news/147-12302007-1463409.html>

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

This week, it goes to Jayne Venanzi--one of the two personal assistants I'm blessed to have working for me.

Jayne helps run things out of my home office in Belle Mead, NJ . . . so if you ever call me there, that's the friendly voice you might hear some afternoons.

She is also the person who helps keep me on top of much of my correspondence, and she is presently helping me research possible locations for our retirement home.

Jayne first worked for me some 13 years ago when I lived in East Windsor . . . she moved from that area before I did, but when we bumped into each other while shopping last year, I was fortunate to find out that she was again available to work for me on a part-time basis.

My other excellent assistant is Bridget Hughes (recipient of the BLAINESWORLD BEST AWARD in March, 2004) . . . she assists with much of my dispute resolution work, as well as my school stuff at Bucks County Community College.

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2. FYI

If you get mail from somebody that requires an answer, cut out the return address from that person and then tape it to your envelope for a quick and easy mailing label . . . for example, I do this when I get the bill from my lawn maintenance company since a return envelope is never enclosed . . . with my handwriting, this is particularly useful--and virtually guarantees delivery (as opposed to having the post office try to decipher my chicken scratch).

FYI, part 2

\* Verna in New Jersey (with a REQUEST FOR FEEDBACK):  
I have started online publishing some of my recipes, and I think your readers and perhaps even yours truly might like not only my recipes but also those of the many others that share their recipes from all around the world. I guess what I am asking is: Is there someway you could mention my website in your newsletter and perhaps somehow get some feedback on "my" recipes that I have posted.

Here's the website:

<http://www.grouprecipes.com/people/ravenseyes>

\* Colleen in Pennsylvania:

If you're a dog lover, please check our website:

<http://www.radiantsungoldens.com/>

It will tell you all about the golden retrievers we raise and

have for sale . . . our pups are exceptional . . . you must be qualified to become an owner . . . for more information, feel free to call me, Colleen, or Harry at 215.752.6969.

\* Jean in Indiana:

Check out Click to Give @ The Animal Rescue Site:

<http://www.theanimalrescuesite.com/clickToGive/home.faces>

\* Steve in Pennsylvania shared another article about Lisa Gable, his amazing mother, and the inventor of Strap-Mate:

<http://articles.moneycentral.msn.com/Investing/Extra/Over80Gable.aspx>

\* Bill in Pennsylvania:

There is a Cereality Cereal Bar on College Avenue in State College, PA. I stopped in for a quick peek the last time I was at Penn State.

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### 3. Accidents do happen

A blonde was weed-eating her yard and accidentally cut off the tail of her cat, which was hiding in the grass. She rushed her cat, along with the tail over to Wal-Mart.

Why Wal-Mart?

Wal-Mart is the largest retailer in the world!

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### 4. Reviews

A. THE GREAT DEBATERS is the best film I've seen in a long time . . . Oscar winner Denzel Washington both directs and stars in this uplifting drama about a debate coach who takes a Texas college team from a small, segregated town to national acclaim and a match against Harvard . . . though the formula is familiar, THE GREAT DEBATERS nevertheless caught my attention from the opening minutes right through the closing credits when you find out what happened to the participants . . . Forest Whitaker also stars, along with Junee Smollett--an actress methinks you'll be hearing more about in the future . . . rated PG-13.

B. THE HEARBREAK KID is now out in DVD format . . . my review from BLAINESWORLD #575 follows:

THE HEARBREAK KID is a Farrelly brother's remake of the 1972 film of the same title . . . I liked the original, and I liked this version too . . . Ben Stiller stars as a guy who won't commit . . . you feel for him, especially when you see him sitting in a very funny scene at the kids' table at the wedding of his former fiance . . . things finally perk up for him when he meets Malin Akerman (a Cameron Diaz lookalike), and they soon marry . . . yet shortly thereafter, Stiller finds out that she is anything but what he thought she was--and he dumps her for another woman . . . both Stiller and Akerman had me laughing out loud, at times, as did what might be described as the most obnoxious mariachi band of all time . . . rated PG-13.

C. M. J. Rose is one of my favorite authors . . . I believe I've read all her previous erotic thrillers and have enjoyed each one.

So when I picked up THE REINCARNATIONIST, I was intrigued by the fact that this promised to be different . . . though labeled "a novel of suspense," it was unlike just about anything I've ever read before--and certainly nothing like the author's previous efforts.

It is the tale of a photojournalist who after an accident in Rome, finds that his life seems to keep shifting from the from the present back to the past . . . along the way, he discovers several murders that all seem to be related.

It kept my attention from beginning until end, and I was impressed how Rose managed to tie several stories together.

As always, her writing was on target, as evidenced by such passages as the following:

\* "It's not just a hobby," Malachai corrected. "It's the preferable way to live your life." He laughed. "Making magic," he said, repeating Josh's exact phrase.

\* "When you look into the eyes of someone you're photographing and glimpse a terrible suffering, don't turn away," his father had once told him. "It's a gift to see into the depths of grief, because only when you realize that someone can be in that much pain and still function, speak civilly, shake your hand and tell you how nice it is to meet you, do you understand why you can't ever give in or give up. There's always another chance, another day. That's the miracle of the human spirit. Take on the pain, Josh. Give it its due. That's the only way to beat it."

\* She had studied art with a passion since she was twelve, and she knew there were hundreds of thousands of paintings in the world. Her teacher had once told her that of all those, maybe ten of thousands were breathtaking. Of them, thousands were masterpieces. Of those, perhaps a mere hundred or two hundred exhibited the rarest of talents -the ability to use a simple brush and pigment and re-create life. To present a moment of human suffering or madness or ecstasy and offer it up as a mirror. To show man how brutal he could be, how sublime, how passionate or how profound. Only a few dozen painters could make you forget for a moment that what you were looking at was not flesh and blood-that the coal eyes would not blink, that the pink lips would not part. Caravaggio was one of them. And so, Esme thought, the painting she was looking at must be one of his.

You don't have to believe in reincarnation to enjoy this book, though I image that if you do, you'll like it even more . . . yet that said, should you want to learn more, there's a helpful reading list at the end of THE REINCARNATIONIST.

D. Heard the taped version of FACE THE NATION, written and read by Bob Schieffer . . . it is a compilation of the author's favorite memories of the award-winning news broadcast of the same title.

Though not a regular viewer of the show, I was nevertheless fascinated by this program . . . it truly made history come

alive for me as it highlighted shows that featured interviews with Senator Joe McCarthy and Nikita Khrushchev, as well as such events as the civil rights movement up to the war in Iraq.

I liked how he brought others into the story, such as when he used this famous quote from Charles F. Kettering:

We should all be concerned about the future because we have to spend the rest of our lives there.

I also enjoyed hearing about the author's take on the early history of TV and, in particular, news reporting.

Perhaps the best part of FACE THE NATION was the fact that Schieffer not only narrated it, but he concluded the book with a collection of several fascinating essays . . . in fact, replaying them in my mind might have motivated me to TIVO the TV program this coming Sunday as I watch MEET THE PRESS--my favorite news shows--that airs unfortunately at the same time.

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#### 5. TV alert

A. PIONEERS OF TELEVISION is a four-part documentary that celebrates early TV . . . the opener focuses on the impact of five classic sitcoms: I LOVE LUCY, THE HONEYMOONERS, MAKE ROOM FOR DADDY, THE ANDY GRIFFITH SHOW, and the DICK VAN DYKE SHOW . . . Wednesday at 8 p.m. on PBS.

B. Donald Trump returns to TV, this time hosting CELEBRITY APPRENTICE on Thursday at 9 p.m. on NBC . . . such players as country singer Trace Adkins, Stephen Baldwin, Marilu Henner, boxing champ Lennox Lewis, and KISS' Gene Simmons compete for \$250,000 of Trump money for a favorite charity.

C. Professional NYC matchmaker helps chronically available women find--and hold onto--men who are actually good for them on MATCHED IN MANHATTAN, a new series on LIFETIME on Fridays at 9:30 p.m.

D. Democratic and Republican candidates gather in back-to-back debates in advance of next Tuesday's New Hampshire primary . . . Saturday at 7 p.m. on ABC.

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#### 6. Test time

One day, a teacher, a garbage collector, and a lawyer all die and go to Heaven. When they get to the gate, St. Peter informs them that there will be a test to get into Heaven. They each have to answer one question.

To the teacher, he says, "What was the name of the ship that crashed into the iceberg and sunk with all its passengers?"

The teacher thinks for a second and then replies: "That would have been the Titanic, right?".

St. Peter lets him through the gate.

St. Peter turns to the garbage man, and, figuring that Heaven doesn't REALLY need all the stink that this guy would bring into there and so decides to make the question a little harder: "How many people died on the ship?"

The garbage man guesses: "1228."

"That happens to be right; go ahead."

St. Peter turns to the lawyer: "Name them."

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## 7. Websites

### A. Nonie in New York:

Here's something I came across that is very interesting. I thought you would like to share with your readers:

<http://www.greatquotesmovie.com/>

You'll find a short movie with many memory quotes.

### B. Those folks at jibjab keep cranking out winning stuff; e.g., this one:

[http://www.jibjab.com/originals/in\\_2007](http://www.jibjab.com/originals/in_2007)

What a great review of this past year!

### C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

If you'd like to see a collection of books and CDs that I have reviewed over the years, click the above and "Blaine's Best" (on the left), then the second paragraph of letter O.

THANKS in large part because of the fact that many readers have found such reviews helpful, I am now #350 in amazon.com's list of Top 500 reviewers . . . if you'd like to help me climb even higher, do this:

#### 1. Go this website:

<http://www.amazon.com>

#### 2. At Search at the top, look in books for any title I have reviewed recently--such as:

YOU DON'T NEED A TITLE TO BE A LEADER by Mark Sandborn

#### 3. Scroll down to find reader reviews. Mine is probably the first or second one from the top on the right.

#### 4. If you feel my review has been helpful, and I hope you do, please click YES.

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## 8. Computer tip

Last week, I recommended that you use Disk Defragmenter . . . to make it run even better and quicker, first shut down your computer . . . then, as you start it up, press F8 as you do so . . . this will give you the option to go into "safe mode" . . . doing so will make things go much quicker . . . when you're done defragmenting your computer, shut off your computer again and when you restart it, you'll be pleasantly surprised how much better it will run.

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## 9. AARP banners

I believe in having sex on the first date  
At my age, there may not be a second one.

Senior Campbell's New Large Type Alphabet Soup

I must be getting older...  
All the names in my phone book end with M.D.

I'm not old.  
I'm Chronologically Gifted

Florida  
God's Waiting Room

Experience is a wonderful thing.  
It enables you to recognize a mistake when you make it again.

At my age  
Flowers scare me.

I'm so old that whenever I eat out,  
They ask me for money up front.

I'm so old...  
All my friends in heaven will think I didn't make it.

Birthdays are good for you.  
The more you have, the longer you live.

One good thing about Alzheimer's...  
You get to meet new people everyday.

Support Bingo  
Keep Grandma off the streets.

Any day above ground is a good one.

Retirement  
Twice as much husband, half as much money.

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## 10. A quote I like

Never argue with an idiot. They drag you down to their level, then beat you with experience.

SOURCE:

Fortune Cookie (the food item, NOT a person)

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## 11. Thought for the day

Pound cake speech, delivered by Bill Cosby in May 2004, at an event to commemorate the 50th anniversary of Brown v. Board of Education Supreme Court decision:

They're standing on the corner and they can't speak English. I can't even talk the way these people talk: Why you ain't, Where you is, What he drive, Where he stay, Where he work, Who you be . . . And I blamed the kid until I heard the mother talk. And then I heard the father talk.

Everybody knows it's important to speak English except these knuckleheads. You can't be a doctor with that kind of crap coming out of your mouth. In fact you will never get any kind of job making a decent living.

People marched and were hit in the face with rocks to get an education, and now we've got these knuckleheads walking around. The lower economic people are not holding up their end in this deal. These people are not parenting. They are buying things for kids. \$500 sneakers for what? And they won't spend \$200 for Hooked on Phonics.

I am talking about these people who cry when their son is standing there in an orange suit. Where were you when he was 2? Where were you when he was 12? Where were you when he was 18 and how come you didn't know that he had a pistol? And where is the father? Or who is his father?

People putting their clothes on backward: Isn't that a sign of something gone wrong? People with their hats on backward, pants down around the crack, isn't that a sign of something? Or are you waiting for Jesus to pull his pants up? Isn't it a sign of something when she has her dress all the way up and got all type of needles [piercing] going through her body?

What part of Africa did this come from? We are not Africans. Those people are not Africans; they don't know a thing about Africa. With names like Shaniqua, Taliqua and Mohammed and all of that crap, and all of them are in jail.

Brown or black versus the Board of Education is no longer the white person's problem. We have got to take the neighborhood back. People used to be ashamed. Today a woman has eight children with eight different "husbands"--or men or whatever you call them now. We have millionaire football players who cannot read. We have million-dollar basketball players who can't write two paragraphs. We as black folks have to do a better job. Someone working at Wal-Mart with seven kids, you are hurting us. We have to start holding each other to a higher standard.

We cannot blame the white people any longer.

PLEASE NOTE:

This is one of those items that's being circulated on the Internet that can actually be verified; e.g., by clicking:

<http://www.snopes.com/politics/soapbox/cosby.asp>

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12. Advance planning department

The Women's Center at Bucks County Community College--under the capable direction of Natalie Kaye--has some great events this coming spring semester . . . that are all open to the public . . . see below for more information:

\* Monday, January 28, 1:00 p.m. – Laura Pelon “Women in Music: Someone Will Remember Us” – Library Auditorium.

Musician/storyteller/historian. Traces the story of women in music by performing on 25 ancient and modern instruments.

\* Wednesday, February 20 – 11:00 a.m. – 12:30 p.m. – “Standing on My Sisters’ Shoulders” screening and talk by Joan Sadoff, producer who will also bring two eye witnesses to this historical period.  
Library Auditorium

\* Wednesday, February 27 – 12:00 – 1:30 p.m. – “Beauty Undressed” – Shannon Cutts, 16-year survivor of anorexia and anxiety disorder will share her story through music and power point presentation. Library Auditorium.

And to celebrate Women's History Month:

\* Monday, March 3 - 11:00 a.m. – “The Good Wife”, one-woman show by Jo Ann Tufo depicting the life of Mrs. Benjamin Franklin – Library Auditorium.

\* Wednesday, March 5 - 11:00 a.m. and 7:00 p.m. – “I Question America”, one-woman show by Hollywood actress, E.P. McKnight, depicting the life of Fanny Lou Hamer – Library Auditorium.

\* Wednesday, March 19 – 12:00 p.m. – Kick off the “Myth of Beauty” Series with screening of “Killing Us Softly” in Faculty Center.

\* Wednesday, March 19 – 7:00 p.m. – “I Am Woman” – performance by Bucks students of drama, dance and music celebrating Women in Art: Women of Vision – Library Auditorium

\* Wednesday, March 26 – 10:00 a.m. – 2:00 p.m. – “Reading/Writing Women” poetry and literature readings – Gateway Lobby.

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PS. Don't forget that 2008 is going to be your year . . . consequently, after serious and cautious consideration, your contract of friendship has been renewed for the new year with this wish for you:

May peace break into your house and may thieves come to steal your debts. May the pockets of your jeans become a magnet of \$100 bills.

May love stick to your face like Vaseline and may laughter assault your lips! May your clothes smell of success , may happiness slap you across the face and may your tears be those of joy. May the problems you had forget your home address! Or in simple words . . .

May the best part of your 2007 be the worst of your 2008!

Also, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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# BLAINESWORLD

BLAINESWORLD

#586

12.24.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I saw DOUBT at the George Street Playhouse in New Brunswick, NJ . . . this powerful drama is set in a Catholic school in 1964 . . . a strict, conservative nun believes a popular priest has engaged in sexual misconduct with one of his students . . . though she can't absolutely prove it, she raises enough questions that you can't be sure of the priest's guilt or innocence by the end of the play.

The staging of DOUBT was superb, as was the acting . . . each of the four characters in the play was perfectly cast: Dylan Chalfy as Father Flynn, Ann Dowd as Sister Aloysius, Meghan Andrews as Sister James, and Rosalyn Coleman as Mrs. Muller.

Unfortunately, we saw the above the day before it closed its run . . . so if you want to catch it, look elsewhere . . . you'll be glad you did, too, in that the play has won both the Tony Award and the Pulitzer Prize for Drama.

This is the second play we have seen at the George Street Playhouse; it won't be the last . . . performers are typically members of Actors Equity and prices are quite reasonable . . . upcoming shows will feature Rosemary Harris in OSCAR AND THE PINK LADY and Marlo Thomas in ROGER IS DEAD (written and directed by Elaine May).

For more information, please click:

<http://gsponline.org/>

B. I've wanted to go to the Cereality Cereal Bar and Cafe ever since it opened some four years ago in Philadelphia . . . but finally we got there, accompanied by our friend Lois who had come in to visit from Arkansas.

See below for a picture of the three of us:



You can choose from over 30 different cold cereals and some 50 different toppings . . . in addition, there are a variety of hot oatmeal options . . . I had Country Inn Crunch, which combined granola and Frosted Flakes with maple and apples . . . Cynthia had Apple Pie a-la-Bowl, which had oatmeal cooked with apples, caramel sauce and streusel topping . . . Lois had Peachy Keen, which to quote from the menu, had "oatmeal that's kinda peachy, kinda cranberryish, kinda sweet, kinda nutty, kinda crunchy, kinda chewy" . . . all were winners.

Our only disappointment is that there aren't any locales very close to us--at least not at present . . . we visited the one at 3631 Walnut Street (near the University of Pennsylvania); 215.322.1162 . . . for more information, please click:  
<http://www.cereality.com>

C. My Subaru Forester broke down on me the other night . . . it just wouldn't start . . . this was the first time after over 100,000 miles that I've ever experienced any real difficulty with the car, and methinks that the repair shouldn't be too difficult--or, hopefully, not that expensive.

It got me thinking about the famous quote: I cried because I had no shoes, then I met a man who had no feet . . . things could well have been worse, and for that I was most grateful.

Zig Ziglar, the noted motivational speaker and author, maintains a similar attitude whenever he travels . . . if his plane is delayed, he never gets upset . . . his thinking is that he would much rather be late than have the pilot take off in unsafe conditions.

So reflecting on my situation, I was in a safe situation at the time (getting gas for my car) . . . AAA came shortly thereafter and towed me to a nearby service station that I use . . . and Cynthia was home, thus she was able to pick me up within a few minutes.

Furthermore, we don't even need my car this coming week since we'll

be away in Florida visiting Risa for her birthday . . . at the same time, we'll be visiting four different retirement communities that we will check out in case we choose to make that state our next home.

D. CONGATULATIONS to Lisa Gable on being featured at the small business website maintained by inc.com . . . you can see her by clicking:

<http://www.inc.com/8over80?partner=aolsb>

She is the one toward the bottom with the title, "The Grandmother of Invention."

CONGRATULATIONS, also, to Carol Reese who left Bucks County Community College (our loss!) to fill the position of Director of Institutional Research at Moravian College in Bethlehem, PA .

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

This week, it goes to Richard--aka Operator 62237--an employee at the iPod Help Desk.

He recently helped Cynthia with difficulties she was having with her iPod . . . I'll let her tell the story:

Woke up on a Sunday, anticipating a dreaded experience of waiting a long time to get tech support on my iPod. I am technically challenged and need a very special person to walk me through such things.

So what a surprise I had when I called and after only 5 minutes was put on the phone with Richard. Richard must have spent over an hour with me as I asked him to slowly walk me through all the steps that were necessary to correct problems I was having on both my iPod and iTunes library on my computer.

The phone connection was bad at first, and Richard patiently answered my many questions at least three times each. Finally, Richard was nice enough to call me back on my home phone.

Richard should be acknowledged for his amazing patience and pleasant attitude. And his willingness to go through even the simplest of processes with me in a calm, clear, understandable fashion.

Thanks, Richard, for fixing the problem and making sure that all my questions were answered.

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2. FYI

The first thing the professor taught him was to insist that students take notes. Unless a person is one of the 0.0001 percent of the population who has photographic ears, listening alone will not make that person learn. In fact, three hours after a seminar or class, pure listeners will remember only about 50 percent of what they just heard. Twenty-four hours later, they will have forgotten 50 percent of that. At the end of one month, they will have less than 5 percent recall of the new material they were exposed to at the seminar.

SOURCE:

KNOW CAN DO! (see also Section 4C) by Ken Blanchard,  
Paul J. Meyer and Dick Ruhe

FYI, part 2

\* Mark [Sandborn, author of YOU DON'T NEED A TITLE TO BE  
A LEADER--reviewed in last week's issue]:

Thanks for the great review--I appreciate it! As an author, I especially  
like the thoroughness and thoughtfulness you apply to your reviews.  
Easy to see why you're a top reviewer at Amazon.

By the way, I'm an avid reader and if there are any books you  
particularly recommend for my consideration, I'd be interested.

FOR MY RECOMMENDATIONS:

Please feel free to catch many of my past recommendations  
by clicking:

[http://www.amazon.com/gp/cdp/member-  
reviews/A2HM0BZWQRV1EF/ref=cm\\_pdp\\_reviews\\_see\\_all/102-7903257-6833705](http://www.amazon.com/gp/cdp/member-reviews/A2HM0BZWQRV1EF/ref=cm_pdp_reviews_see_all/102-7903257-6833705)

\* Joanne in Pennsylvania:

Thanks for the update on Barbara Trent. I used to go see her every  
week when she was at the Yardley Inn. Lost track of her for a while, but she  
is fabulous. I'll have to make II Sol a port of call.

\* Sandy in Pennsylvania:

Walkin' After Midnight . . . great version by Kevin Jameson . . . much more  
mellow than the one we line dance to here.

If you like this song, check out the GrooveGrass101 album (1998) by the  
GroovegrassBoyz. The walkin' dance is so fun and can be found on YouTube.

\* Donna in New Jersey [commenting on football jokes in a recent issue]:  
OOOH that hurt. I'm a huge EAGLES fan!

You must be a Giants fan? Wait until next year . . . LOL!

IN REALITY:

I like the Eagles, too. The joke was actually sent to me by a big  
Eagles fan.

And THANKS to the several folks who have already written about  
our eventual move from Belle Mead to a location still to be  
determined . . . here's just a sampling of the responses that have  
been received to date:

\* Ginger in Florida:

The Villages are really nice . . . we have friends living there. We also  
have clients who have moved back to south Florida because it was hotter  
there in the summer than it is here. The central part of the state is really  
hot and muggy. When I got divorced, I watched the weather for two years  
to decide where to move. It's 10 degrees warmer in the winter in Palm  
Beach and Broward counties and 10 degrees cooler in the summer  
than the west coast of FL or the Orlando (central FL) area.

North Carolina is gorgeous, but I'm not sure they'll have the kind of  
communities you're looking for. That's especially true if you're looking  
for a community that is predominately Jewish. About 3 years ago  
everyone was moving from here to Ft. Pierce . . . they're all coming

back because there's nothing to do. I know you like theater, eating out, etc. West Palm and Lauderdale are both good for that. I originally moved to Boca to be halfway between the two to "double" the cultural experiences. If you chose south Palm Beach county, i.e., Delray, Boynton or Boca, there are dozens of communities to choose from.

Go to our website and search for properties down here . . . might help you decide:

<http://www.eisenrod.com>

PS. You won't find a basement in South Florida . . . it would rapidly become an indoor pool.

\* Cathy in Massachusetts:

I have spent the last 7 Christmases at The Villages with my ex and his wife and our kids. My name for it is "Disney World for Adults". There is everything anyone could ask for in terms of amenities. If I were you, rather than look at a new construction house, I would go for one of the re-sales . . . they were built in the days when, to quote your story at the end, they were really focusing on the clients' needs!

And these homes were truly custom built and NOT cookie cutter. They live in the first village. The people are friendly. So good luck to you and Cynthia . . . hey, isn't it about time you call her your "wife" maybe? Or will she always be your bride??

\* Deb in Colorado:

My parents have lived since 1996 in the Homestead in Columbus, NJ. Their home is lovely (no basement), but all the rest of the things on your list with easy access to the NJ TPK, and I295/95, just off of Route 206 and close to the Columbus Market.

I don't know if the shore is a draw for you guys, but it is only an hour to Cape May from their house. The community is gated, has 24 hour live security and an amazing clubhouse with a beautiful outdoor pool. They have all kinds of activities and trips . . . years ago I bought many tickets to go with them to see the New York City Opera . . . 2nd Ring Seats and a luxury bus that dropped us off right at Lincoln Center for \$70.00. Couldn't beat it. They do lots of tours to great places.

\* Tim in West Virginia:

Good luck finding a basement of ANY KIND in any house in FL. All of the land is barely above sea level. Having owned property there since the 50s, I can speak with knowledge concerning this "want"!

\* Pat in Pennsylvania:

If possible, my suggestion is to live in Florida or somewhere in the south for say 1/2 the year or part of the year. I would suggest to live there say between New Years and April. Or, how about something like this . . . I have a neighbor who has a time share in someplace like South Carolina.

Anyway, he bought eight weeks a year of the time share. He takes two weeks there four times a year. He says this way he has a vacation or something to look forward to all the time. He spends six weeks up here and then two weeks down there 4Xs a year. He says this set up always gives him something to look forward to. So it's kind of nice to help keep the boredom out of things too.

Pretty neat idea, huh? He gets to enjoy the newness and cleanliness

of the time share and all the fun of a vacation, but does not have to worry about maintenance or upkeep, etc. All the maint., repairs, cleaning and remodeling are all done for him. Plus in a timeshare setting not everyone uses their weeks so the place really doesn't get as much wear and tear as a place where you live there year round. He loves it.

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### 3. Anatomy 101

First-year students at Texas A&M's Vet school were receiving their first anatomy class with a real dead cow. They all gathered around the surgery table with the body covered with a white sheet. The professor started the class by telling them, "In Veterinary Medicine, it is necessary to have two important qualities as a doctor: The first is that you not be disgusted by anything involving the animal body."

For an example, the Professor pulled back the sheet, stuck his finger in the butt of the dead cow, withdrew it and stuck it in his mouth. "Go ahead and do the same thing," he told his students.

The students freaked out, hesitated for several minutes, but then eventually took turns sticking a finger in the anal opening of the dead cow and sucking on it. When everyone finished, the Professor looked at them and said, "The second most important quality is observation. I stuck in my middle finger and sucked on my index finger. Now learn to pay attention.

"Life's tough, it's even tougher if you're stupid."

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### 4. Reviews

A. The coming attractions for ATONEMENT had me looking forward to the film with great excitement . . . and when I read some reviews, I was even more enthusiastic about seeing what looked like an epic love story . . . what I saw was something that had me close to walking out within the first half hour.

The story about an upper-class British family in 1935 started ever so slowly; in fact, I found myself nodding off during the first hour . . . things got slightly more interesting afterwards, but the problem was that I cared little about any of the characters . . . Keira Knightley almost looked like she was bored by her role . . . only James McAvoy--almost always watchable--kept my interest . . . rated R.

IF YOU ALSO LIKE McAVOY:

Rent RORY O'SHEA WAS HERE, one of his first starring roles . . . he is superb as one of two young men who band together to savor life on their own terms.

B. THE BOURNE UTLIMATUM is now out in DVD format . . . my review from BLAINESWORLD #573 follows:

I rarely like the second in a series of films, let alone the third . . . but THE BOURNE UTLIMATUM proved to be a rare exception, in that it was probably the best of

the trilogy so far--and left me awaiting what I hope will be future episodes . . . there's non-stop action as Bourne (again well-played by Matt Damon) races around the world to uncover secrets of his identity . . . I also liked the work of Joan Allen and David Strathairn as battling CIA directors . . . rated PG-13.

C. I love to read and try get through at least 1-2 books each week . . . by the same token, I love to learn and enjoy attending both seminars and training programs . . . but that said, I often don't remember what I have learned--and alas, I rarely put it into practice.

That is why I found the premise of KNOW CAN DO! (see also Section 2) by Ken Blanchard, Paul J. Meyer and Dick Ruhe so fascinating . . . or as the subtitle points out: PUT YOUR KNOW-HOW INTO ACTION, which is just what I need to do more often.

The authors contend that one of the first things that needs to be done is to spend some more time on reading . . . as one of the characters in the book points out:

\* "The first time I read a book I decide I want to learn from, I just read it straight through to get a sense of it. The second time I read it and underline the key concepts. The third time I might take notes. The fourth time I could choose to read it with a learning partner. And it is important to do all this over a period of time. We all have to develop our own strategy to keep our interest and zero in on what we want to apply and use in our lives."

By the same token, people need to spend more time when considering a new idea--as evidenced by this passage:

\* "I've found that when people are first exposed to a new idea, they reject it, because it conflicts with their preconceived ideas. The second time they're exposed to a new idea, they resist it, because they can't accept it. The third time they're exposed to a new idea they partially accept it but have reservations as to its use. The fourth time people are exposed to a new idea, they fully accept it, because they feel it expresses what they've been thinking. The fifth time they're exposed to a new idea, they partially assimilate it, by using it themselves. The sixth time they're exposed to a new idea, they fully assimilate it by owning it and passing it along to others."

I also liked how Blanchard, Meyer and Ruhe summarize well-known management concepts in other sections of this book, such as when they present the following from THE ONE MINUTE MANAGER:

\* "Of all the things I've ever taught or written about, the most important to me is the power of catching people doing things right," said the author. "To me, the key to helping people develop and creating a great organization is to accentuate the positive. When it comes to training people and helping them develop, I always tell managers, 'Don't wait until people do things exactly right before you praise them.' In the beginning, their performance may be only approximately right. But that should be praised. Praise progress, because you're dealing with a moving target. Then you can correct them or, as I would say, redirect them so they can continue to improve."

My only disappointment in KNOW CAN DO! was the fable format that Blanchard made famous in his other books . . . the story here just didn't have anything that drew me into it, though I did gain value from many of the principles that were highlighted.

D. Heard the taped version of DOUBLE TAP by Steve Martini . . . this is the author's eighth legal thriller starring attorney Paul Maddriani . . . and though I haven't read all of them, I've enjoyed several of them--and would add this one to that list.

It is the story of a beautiful woman who owns a computer software company . . . in addition, she drives a red Ferrari and gives a \$200 tip to have it parked . . . but just as I found myself wanting to know more about her, she is killed (very early into the book) by two shots in her head by an obviously talented assassin.

A career soldier is the obvious suspect, and the evidence against him seems indisputable . . . yet Martini kept my interest, in large part because of the many engrossing details of the trial . . . there are also many lively characters, as well as catchy dialogue.

Joe Montagna's excellent narration greatly added to my enjoyment of DOUBLE TAP.

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#### 5. TV alert

A. FUNNIEST COMMERCIALS OF THE YEAR has Kevin Nealon hosting a look at 50 of the year's most humorous TV ads . . . Wednesday at 9 p.m. on TBS.

B. SOME ASSEMBLY REQUIRED tells the story behind everyday objects . . . it promises to be humorous new series for 2008; however, on Thursday at 10 p.m. on DISCOVERY you can catch a preview and find out all you ever wanted to know--and then some--about the origins of toothpaste.

C. Somebody could win as much as \$50,000 on Friday night's episode of SINGING BEE on at 8 p.m. . . . but to do so, they'll need to know the lyrics to the openings of such classic TV shows as GILLIGAN'S ISLAND and THE BRADY BUNCH.

D. SAMANTHA WHO? is my choice for the funniest new show of the year . . . if you haven't seen this Christina Applegate sitcom about a woman with amnesia, you can catch four encore episodes on Saturday at 8 p.m. on ABC.

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#### 6. Lateness (with a BRUNETTE JOKE ALERT WARNING)

Frankly, I'm tired of jokes about redheads . . . they're often tasteless and mean-spirited, and they almost always make redheads look stupid . . . so I personally find it sooooo refreshing when some other group is used; e.g., blondes . . . but since we all know how smart these women are, methinks it is high time to choose another hair color--such as brunette; hence, the aforementioned warning for the

joke that follows:

"How come you're late?" asks the bartender as the brunette waitress walks in the door.

"It was awful," she explains. "I was walking down Elm street and there was this terrible accident. A man was lying in the middle of the street; he was thrown from his car. His leg was broken, his skull was fractured, and there was blood everywhere. Thank goodness, I took that first aid course--all my training came back to me in a flash."

"What did you do?" asks the bartender.

"I sat down and put my head between my knees to keep from fainting!"

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## 7. Websites

A. If you are watching your calories, please click:

<http://www.calorieking.com/foods/>

This website is an excellent food database. It provides the latest facts on fast food restaurants, frozen meals, candy, dairy products, alcohol, and much more. It also gives the exact calories, fat content, fiber content, and protein content for each product as well as information on how to lose weight. There's also great dieting information: e.g.:

Watch portion sizes. A plain pizza slice may appear to have 320 calories, but only if it's 1/12th of a pie.

B. Nicholas in New Jersey, one of the students in Cynthia's school, sent her the following:

If you go to this website:

<http://www.letssaythanks.com>

You can pick out a thank you card. Xerox will then print it and send it to a soldier that is currently serving in Iraq. You can't pick who gets it, but it will go to a member of the armed services.

How amazing it would be if we could get everyone we know to send one. It is FREE, and it only takes a second.

IS THIS TOO GOOD TO BE TRUE?

I checked it out myself and found that the above website is legitimate . . . to see for yourself, please click:

<http://www.snopes.com/inboxer/nothing/letssaythanks.asp>

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

In case you've never looked at it before, check each of the sections on the left . . . when you do, put your cursor anywhere on the picture of my body (on the right) . . . then make sure you watch my eyes as you drag your cursor to the left.

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## 8. Computer tip

To make your computer run more smoothly and speed it up at the same time, just use a simple utility program built into Windows called Disk Defragmenter . . . the process is quite simple, and you'll be delighted with the results . . . for more information, please click:

<http://www.compukiss.com/care-maintenance/defragging-your-hard-drive-2.html>

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## 9. Work excuses

1. "I'm too drunk to drive to work."
2. "I accidentally flushed my keys down the toilet."
3. "My boyfriend's snake got loose and I'm afraid to leave the bedroom until he gets home."
4. "I'm too fat to get into my work pants."
5. "My house lock jammed, and I'm locked in."
6. "I was abducted by terrorists, but I escaped about 5 p.m."

SOURCE:

CareerBuilder.com survey on worker absenteeism

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## 10. A quote I like

Live your life each day as you would climb a mountain. An occasional glance towards the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point.--Harold B. Melchart

MR. CURIOUS HERE:

Who is Harold B. Melchart? I've seen this quote at several websites, but not one provided accurate information about the person.

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## 11. Thought for the day

Please compare your life vs. his (see below) the next time you think you have it rough:

You stay up for 16 hours.  
He stays up for days on end.

You take a warm shower to help you wake up.  
He goes days or weeks without running water.

You complain of a "headache" and call in sick.  
He gets shot at as others are hit and keeps moving forward.

You put on your anti-war/don't support the troops shirt and go  
meet up with your friends.  
He still fights for your right to wear that shirt.

You make sure your cellphone is in your pocket.  
He clutches the cross hanging on his chain next to his dog tags.

You talk trash about your "buddies" that aren't with you.  
He knows he may not see some of his buddies again.

You walk down the beach, staring at all the pretty girls.  
He patrols the streets, searching for insurgents and terrorists.

You complain about how hot it is.  
He wears his heavy gear, not daring to take off his helmet  
to wipe his brow.

You go out to lunch and complain because the restaurant  
got your order wrong.  
He doesn't get to eat today.

Your maid makes your bed and washes your clothes.  
He wears the same things for weeks, but makes sure his  
weapons are clean.

You go to the mall and get your hair redone.  
He doesn't have time to brush his teeth today.

You're angry because your class ran 5 minutes over.  
He's told he will be held over an extra 2 months.

You call your girlfriend and set a date for tonight.  
He waits for the mail to see if there is a letter from home.

You hug and kiss your girlfriend, like you do everyday.  
He holds his letter close and smells his love's perfume.

You roll your eyes as a baby cries.  
He gets a letter with pictures of his new child, and wonders  
if they'll ever meet.

You criticize your government and say that war never solves anything.  
He sees the innocent tortured and killed by their own people and  
remembers why he is fighting.

You hear the jokes about the war and make fun of men like him.  
He hears the gunfire, bombs and screams of the wounded.

You see only what the media wants you to see.  
He sees the broken bodies lying around him.

You are asked to go to the store by your parents. You don't.  
He does exactly what he is told even if it puts his life in danger.

You stay at home and watch TV.  
He takes whatever time he is given to call, write home, sleep, and eat.

You crawl into your soft bed with down pillows and get comfortable. He tries to sleep but gets woken by mortars and helicopters all night long.

If you support your troops, send this to seven people and say a little prayer for our soldiers before you go to sleep. Also, please consider sending them some of the cards mentioned in Section 7B.

If you don't support your troops, well, then, forget about sending this out. It's not like you know the men and women who are dying to preserve your rights. But, nevertheless, do say a little prayer for them. And please consider sending them some of the cards mentioned in Section 7B.

Author unknown  
(if you know who wrote this and/or the source, please let me know)

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## 12. Advance planning department

### A. At Princeton Center for Youth and Health:

#### \* Spirit Group Reading

Saturday, December 29. 5:00-7:00 p.m. \$75.

Just added to our schedule! These group readings will happen with psychic medium, Trish Woods, in a gallery style setting, with each attendee receiving a reading and is being presented by PCYH for our students. The afternoon will prove to be fun and informative as Spirit has a lot to say! Laughter, validations, and loving warmth will make this afternoon fun and informative for all in attendance. All who attend will get a reading with Trish. There are just 12 spots for each program, so sign up now.

#### \* "Wring" in the New Year!

Tuesday, January 1. 3:00. 4:30 p.m. \$25.

Inaugurate the New Year with a rigorous hatha class with Tori Jueds designed to cleanse and energize the body and to center the mind. The theme of this class will be twists--poses that (to quote B.K.S. Lyengar) "squeeze and soak" the organs, expelling toxin-filled blood and making way for freshly oxygenated blood. Twists are also essential to lengthening and strengthening the muscles and connective tissues of the spine; they therefore contribute immeasurably to spinal health and good posture. In this class we will literally wring out the body after whatever excesses you may have indulged in on New Year's Eve--with everything from simple seated twists like Matsyendrasana to standing twists such as Parivrtta Trikonasana. We will also work on strengthening the core muscles and opening the heart with some invigorating backbends, and we will get 2008 off to an energetic start with an inversion or two. Anybody is welcome, regardless of your degree of experience with yoga. Sign up now!

For information, please click:

<http://www.princetonyoga.com>

### B. At Barnes and Noble, Princeton:

Date: Tuesday, January 8 at 7:30 p.m.

Event: Author Discussion/Signing:

SHARON SAKSON: The Healing Power of Dogs

Television producer, author and dog breeder Sharon Sakson presents tales of remarkable dogs and their healing effects on the people they love. For example: Cocker spaniels that can detect hard-to-detect prostate cancer! Join us for an enlightening evening discussing Paws & Effect: The Healing Power of Dogs followed by a Q&A session and signing. Therapy groups, dog clubs, and others who work in the healing professions or with animals will particularly enjoy this event. All are welcome!

For more information, email [crm2646@bn.com](mailto:crm2646@bn.com) or call 609.716.1570.

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PS. Please join me in wishing all readers who celebrate Christmas and/or Kwanzaa a very happy holiday . . . and to put you in the spirit, please click and make sure you see the part after a brief commercial: <http://www.evtv1.com/player.aspx?itemnum=1367>

Also, kindly join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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# BLAINESWORLD

BLAINESWORLD

#585

12.17.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I had a great night out this past Saturday . . . we went with friends to one of my favorite restaurants, Il Sol, in Newtown, PA . . . my chicken lemoncello dish was delicious, and Cynthia liked her shrimp and crab sorrento . . . our waiter, Ron, provided excellent service . . . but what we especially enjoyed was the entertainment: Barbara Trent . . . she is just a marvelous singer who also accompanies herself on the piano . . . we listened to her wide range of oldies, standards and Christmas songs and, also, got to dance to several numbers.

Here's a picture of the three of us:



Barbara appears every Saturday at Il Sol from 7-11 p.m. . . . on Wednesdays, there's a piano bar sing along from 7-10 p.m.; on Thursdays, there are free Latin dance lessons from 7-8 p.m., followed by Latin dancing; and on Fridays, there are free Salsa lessons from 8:30-9 p.m., followed by Salsa dancing . . . for more information, please click:  
<http://www.ilsoltuscangrill.com/>

B. This past week, Cynthia and I celebrated the 4-year anniversary of our first date (December 13, 2003) . . . we actually make it a point to remember that event on the 13th of every month, in addition to our actual wedding date of July 10, 2005 . . . and perhaps most importantly, we like to recognize an equally significant date in our lives; i.e., whatever day we are blessed to be able to wake up and spend together.

MORE ON THE SUBJECT OF DATES (a correction):

In last week's issue, I mentioned that we are planning to retire after Spring, 2008 . . . we won't be retiring until after Spring, 2009 . . . so that's either wishful thinking on my part or a typo . . . the latter might well be the case, given what I've said in the past . . . I'm an enthusiastic typist, but not a very akkkkkurate one.

Also, THANKS to the many readers who pointed out the above and other typos I make all too frequently . . . I appreciate your pointing them out to me, in that it shows me you're reading this missive . . . and it enables me to make corrections on the copy that eventually gets put into the archives of my website.

C. Like everybody, we have our share of dreams . . . we try to remember them, so we can then share them with each other when we awake . . . I'm not as big as Cynthia is on interpreting my dreams; rather, I prefer to just tell them to her and then let them go.

That said, there was one recent dream I had that somehow has stuck with me . . . and I'd like to share it, in that there seems to be a message in it.

The dream had the two of us going to play tennis at the invitation of Donald Trump . . . when we got there, we were told that there would be a charge . . . I was outraged and had us storm away . . . afterwards, I was upset with myself because I didn't give Trump the chance to explain; e.g., maybe he would have told us that what we were paying was to be used as a donation to a worthwhile charity . . . also, I failed to remember what I frequently teach: 1) Everything is negotiable; and 2) Always let the other person set the interest, so long as you can negotiate the terms . . . in this situation, if I had to pay \$1,000 to play, that might have been fine had I been allowed to send-in \$1/month for the next 1,000 months.

I got out of the dream that it was a "teaching moment" for me, as well as for you . . . that we all need to hold our temper!

D. KUDOS to Pat in Pennsylvania, aka Pat Hannigan, for attaining his Masters in Professional Communication from LaSalle University . . . Pat is a former student and longtime friend who, also, is one fine amateur photographer . . . he took the pictures at our wedding and is slated to do the same at Risa's wedding on October 18 . . . if you'd like to speak to him about doing similar work for you, he can be reached by phone at 215.968.1615 or via email: [pat.hannigan@verizon.net](mailto:pat.hannigan@verizon.net).

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

This week, it goes to Lynn Kalix--a computer technician at Bucks County Community College . . . he has helped me numerous times at the College, but also just recently with my computers at home.

He is extremely knowledgeable about getting them to work better, increasing hard drive capacity, moving data, networking, etc. . . . should you want to contact him for help outside of the College, your best bet is his cell number: 215.310.8502.

And BELATED CONGRATULATIONS to Lynn and his wife Christina on the birth of Jessica Lynn, their first child.

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## 2. FYI

People who act as leaders care less about the impressions they make than the influence they exert on others to take positive action. Effective leaders know what they want to accomplish with every conversation they have, every e-mail phone call, or speech.

When they communicate, they "begin with the end in mind." Ask yourself, What do I want the person I'm communicating with to think, feel, and do when I'm done? . . .

Too many communicate without a clear call to action. Every e-mail, phone call, voice mail, conversation, or speech should conclude with a request for action, with a "Let's do it." Let's move forward, take the next step, get involved, play our part, et cetera.

Jeff Salzman, a cofounder with Jimmy Calano of the training company CareerTrack, concludes his negotiations by asking. "Do I have your

word on that?" It's a good technique to ensure commitment from others. Most people take the act of giving their word very seriously. If they are hesitant or reluctant, it will come to the surface at that point.

SOURCE:

YOU DON'T NEED A TITLE TO BE A LEADER (see also Sections 4C, 10 and 11) by Mark Sanborn

FYI, part 2

\* Ken in New York (my brother) wrote to share this about his wife (my sister-in-law):

Last October, LaVelle was honored at LIM, a marketing college . . . thought you might want to see:

<http://www.youtube.com/watch?v=CDX63qTJBK0>

Make sure you view with your sound on to hear the accompanying song.

\* Barbara in Pennsylvania:

Here's an additional thought to piggy-back onto the suggestion from Donna in New Jersey . . . include in your cellphone contact list: ICE (in case of emergency) with a telephone number.

I have several phone numbers at the top of my address book that can be called in an emergency: Doctor, Husband's cell, Home, Sister. How do I know they're at the top of the address book? Each one starts with AAA, then the relationship, then the name (e.g., AAA Husband Charles cell). In case of emergency, it gives the responder several alternatives. Why do I use AAA? To be sure they're at the top of the list. Where do I put the American Auto Assn. emergency number (generally referred to as "AAA")? "Auto Club"

\* Sandy in Oregon:

Loved the article on Motivation . . . as you know I am a theatre director and the most important part of working with actors is to get them motivated . . . in my many years of experience, what I have found works best is to encourage of course, but to also acknowledge their talents and to always make sure to thank them for the time and effort they are putting forth . . . the most successful motivational tool for anyone is to feel that their work is appreciated, and it is amazing what a simple "thank you" can do for someone's self esteem.

\* Carol in New Jersey:

Have you heard about this? It might be something good to share with your readers:

<http://www.closeheenronloophole.com/>

\* Lee in Pennsylvania:

My wife and I also had a great experience at Doc's in Atlantic City.

In May 2005 we ate at Doc's Seafood for our 5th anniversary. As we were about to have a drink at the bar while waiting for a table, a very nice older woman was standing by the bar. Being the gentleman I am, I offered her the seat before I sat. After insisting several times, I was convinced that she really enjoyed standing and she walked away.

I happened to catch a glimpse of the woman a few minutes later, and she was pointing out things to some of the help. A few moments later,

she came back over to the bar area and I said to her, "It seems like you are running the show here." That's when she introduced herself as Mrs. Dougherty, the owner. We proceeded to have wonderful conversation as she told me the history of the restaurant and how her husband was the 2nd generation in the business. (He had passed away a few years prior.) Her son was running the business now, and they had also recently acquired the "Knife and Fork," which is another landmark in Atlantic City.

Mrs. Dougherty was a charming woman and really started our evening out the right way. The meal that followed was tremendous. If you are ever in the Atlantic City area, Doc's is a must!

\* Kathy in Florida:

Well, I'm just more freakin' happy than I ever knew . . . seriously, interesting test questions [on happiness quizzes from last week] . . . they make you think about yourself.

By the way, great picture of Cynthia in the newsletter. She is an attractive woman.

\* Arlene in Pennsylvania:

As always, I enjoyed this issue of BLAINESWORLD--so much useful information and opportunities to help that you always provide.

WOW! I am so impressed by Kevin Jameson! Although I've met Kevin and was thrilled to have the opportunity do my Writing Your Life Stories Workshop with his mother, Marjorie (one of the sweetest people I've ever met), I had no idea that he was so talented.

I loved his rendition of Walkin' after Midnight, one of my favorite Patsy Cline songs.

Just goes to show you, we don't really know the depth of people we say we know.

IN CASE YOU MISSED THE ABOVE SONG:

Visit Kevin Jameson's website at:

<http://www.kevinjameson.com>

Toward the bottom, see a picture of a label for Ryman Records . . . to the right, you'll see what to click to hear Kevin.

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### 3. Strength

The strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of one of the older workmen.

After several minutes, the older worker had enough. "Why don't you put your money where your mouth is," he said. "I will bet a week's wages that I can haul something in a wheelbarrow over to that outbuilding that you won't be able to wheel back."

"You're on, old man," the braggart replied. "Let's see

what you got."

The old man reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."

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### 4. Reviews

A. **STARTING OUT IN THE EVENING** is a moving drama about a writer struggling to finish what may well be his last novel . . . it features a performance by Frank Langella that I feel deserves Oscar consideration . . . I also liked the work of Lili Taylor as his daughter . . . the dialogue is right on target, as is the cinematography . . . rated PG-13.

B. **ONCE** is now out in DVD format . . . my review from **BLAINESWORLD #559** follows:

Loved **ONCE**, a musical tale about an Irish musician who is playing for change when he meets an immigrant from the Czech Republic . . . the two bond, musically, and they also begin to develop a relationship of sorts . . . Glen Hansard and Marketa Irglova are perfect as the two leading characters . . . the music is memorable, and the ending is as fine a one as you'll ever see . . . rated R for some strange reason; there is nothing here that couldn't and shouldn't be seen by any teenager.

**IN RETROSPECT:**

**ONCE**, so far, is my favorite film of this past year . . . the more I listen to the music, the more I enjoy it . . . to see for yourself, please click:

<http://www.foxsearchlight.com/once/>

Make sure your sound is on . . . you'll get to hear full versions of many of the songs from the soundtrack.

C. I was intrigued by Mark Sanborn's latest book, **YOU DON'T NEED A TITLE TO BE A LEADER**, in part because of the title . . . it had been a concept that I had thought about, but had never realized that it could be put into practice . . . and quite easily, too.

Sanborn contends that we can each be a leader in our daily lives . . . though the use of real examples involving both people and companies, he actually shows how this can be done . . . such as in the auto industry:

\* At any Toyota plant, every employee on the line has the authority and responsibility to shut down the line at any time they feel necessary. Quality control and problem solving aren't left to the titled managers. A woman who spots a problem is expected to lead by calling attention to it rather than allowing it to slip through and become an imperfection on a dealer's lot or owner's driveway.

He also gives very concrete suggestions on how to bring about change; for example, in ourselves:

\* Reading outside your area of expertise, or outside your comfort

zone, can stimulate your thinking, whether that means picking up an interesting new book or thumbing through a new issue of a magazine.

And I also liked his useful advice on how to choose the best person to shine your shoes:

\* As he worked, I commented on the quality of the shoe shines I had gotten in other airports, mentioning how difficult it was to gauge the kind of shoe shine I would get in places I hadn't been in before. He looked up at me with astonishment. "It's easy to tell if you're going to get a good shine," he told me. "Just look at the shoes of the guy giving the shine. If they ain't fine, walk on by." I glanced at his shoes; they literally shone. They were a walking billboard proclaiming his competence.

In addition, *YOU DON'T NEED A TITLE TO BE A LEADER* contained many insightful quotes, including this one:

\* Sometimes being "good" isn't aiming high enough. As Erwin McManus, the pastor of Mosaic Church in Los Angeles, "We spend so much time worrying about our kids being good-not breaking the rules, getting into trouble, and basically behaving-that we often forget to invite them to be great."

This is a short book, but it is one that will get you thinking--long beyond the time that you put it down.

D. Heard the CD version of *IF YOU WERE A BUSINESS, WOULD YOU INVEST IN IT?* by John Eckblad and David Kiel.

This is a useful guide to making your life happier and more productive . . . the authors contend that this can be done by following 13 Life Business principles that have worked in many successful businesses.

I liked the many exercises that were included, all of which could be helpful to anybody wanting to determine the patterns in his or her life . . . and then using this information to plan for the future.

One particularly helpful suggestion was to keep in mind that "management is doing things right, while strategy is doing the right thing" . . . so the key is to do the right thing as you ask contemplate this question: What new commitments will bring more joy into your life?

The information in *IF YOUR LIFE* might sound basic, but it is something that needs to be thought about--over and over.

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5. TV alert

A. Sheryl Crow , James Blunt, pop and R&B star Fergie, sister pop singers Karmina, Grammy Award-winning singer and songwriting legend Carole King and Grammy and ACM Award-winning country superstar Reba McEntire. David Krumholtz are among the performers on *A HOME FOR THE HOLIDAYS*, the ninth annual concert raising awareness for adoption . . . Friday at 8 p.m. on CBC.

B. I'm looking forward to Tom Hanks' new film, CHARLIE WILSON'S WAR, which opens this coming weekend . . . to learn the TRUE STORY OF CHARLIE WILSON, the Texas congressman who attempted to assist the CIA in helping Afghanistan in its 1980s battle against the Soviet invasion, watch the two-hour profile on HISTORY on Saturday at 8 p.m.

C. Questions about the meaning of life are posed to 12 of the world's most influential religious and spiritual leaders, including Pope Benedict XVI and the Dalai Lama on IN GOD'S NAME . . . Sunday at 9 p.m. on CBS.

D. And Walt in New Jersey suggests that you add this show (his favorite) to your upcoming list of shows to watch:

THE WIRE: The Final Season Premieres January 6 at 9 p.m. on HBO.

One of television's most critically acclaimed drama series returns for its fifth and final season.

It centers on the media's role in addressing--or failing to address--the fundamental political, economic and social realities depicted over the course of the series, while also resolving storylines of the numerous characters woven throughout the narrative arc of the show.

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#### 6. Family decision

One day, after a man had his annual physical, the doctor came out and said, "You had a great checkup. Is there anything that you'd like to ask me?"

"Well," he said, "I was thinking about getting a vasectomy."

"That's a damn big decision. Have you talked it over with your family?"

"Yeah, and they're in favor . . . 11 to 2."

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#### 7. Websites

A. If you like to read books, please click:  
<http://www.Dailylit.com>

This is an excellent website that gives you the chance to both purchase and read well known books through email. There are thousands of famous books that can be bought from this website. All of the them are organized by category.

B. Sue in Pennsylvania:

This is kind of cheesy, but I like it nonetheless . . . it reminds me of your positive attitude . . . and the music is from 2 of my favorites: Willie Nelson and Patsy Cline.

Click on this link:

<http://www.allright.com/Poems/TOLRailway/TOL.htm>

This is beautiful. Turn on your speakers!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

If you've ever wondered how many others have viewed my website, see the counter to the bottom left . . . I do believe you'll be impressed!

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## 8. Computer tip

THANKS to Joan in Pennsylvania for providing this information: Have you ever lost your flash drive? Maybe you have the same flash drive as other people you work with? Or do you have too many "drives" on your computer and you don't know which one you just plugged in?

Here is a solution that gives your flash drive a name, so that you can better identify YOUR drive.

I changed the name of my flash drive from the generic "D" (or F, G, etc.) to my username--and you can do the same. This is accomplished by the following steps:

1. Insert flash drive into the USB port.
2. After it loads go to My Computer.
3. Right-click the flash drive and select Rename.
4. Rename the flash drive with your name or if you have multiple flash drives that you use, add an additional identifier.

When someone finds your flash drive because you left it in the computer again, there will now be a unique identifier.

MY TWO CENTS:

Joan, a longtime friend and teaching colleague of mine, is one of several talented professors who teach such ideas via this approach that you may wish to consider:

Learn Software the TOTAL Way!

Take a new approach to learning—one that works for you! If you have ever wanted to learn a particular software program, but the schedule or setting never seemed right, Bucks County Community College's open entry/open exit program is just for you!

A variety of computer applications, such as keyboarding skills, Windows, Searching the Web, Microsoft Word, Excel, Access, PowerPoint, Publisher, and WordPerfect, are offered in the TOTAL (Technology Office Training Access Learning) Lab. You will work at mastering the software you choose to learn at your own pace in a comfortable environment. If you need help, an instructor will be there to help you at any point along the way. All courses are offered every semester. There is no minimum number of students necessary. If you wish to work from home on your

assignments, you may do so. You are required to be on campus only for an orientation and testing.

Courses in the TOTAL Lab are open to everyone—even if you have never taken a class at Bucks. Current students may also use these classes toward elective requirements.

For more information, call 215.968.8227 or go to:

<http://www.bucks.edu/total>

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#### 9. Memo from Santa

I regret to inform you that, effective immediately, I will no longer serve Georgia, Florida, West Virginia, Virginia, North and South Carolina, Tennessee, Mississippi, Missouri, Oklahoma, Texas, Louisiana, Arkansas or Alabama, an area also known as Dixie, on Christmas Eve.

Due to the overwhelming current population of the earth, my contract was renegotiated by North American Fairies and Elves Local 209. As part of the new and better contract, I also get longer breaks for milk and cookies so keep that in mind. However, I'm certain that your children will be in good hands with your local replacement, who happens to be my third cousin, Bubba Claus. His side of the family is from the South Pole. He shares my goal of delivering toys to all the good boys and girls; however, there are a few differences between us.

Differences such as:

1. There is no danger of the Grinch stealing your presents from Bubba Claus. He has a gun rack on his sleigh and a bumper sticker that reads: "These toys insured by Smith and Wesson."

2. Instead of milk and cookies, Bubba Claus prefers that children leave RC cola (Mountain Dew is ok, too) and pork rinds (or a moon pie) on the fireplace. And Bubba doesn't smoke a pipe. He dips a little snuff, so please have an empty spit can handy.

3. Bubba Claus' sleigh is pulled by floppy-eared, flyin' coon dogs instead of reindeer. I made the mistake of loaning him a couple of my reindeer one time, and Blitzen's head now overlooks Bubba's fireplace.

4. You won't hear "On Comet, on Cupid, on Donner, and Blitzen..." when Bubba Claus arrives. Instead, you'll hear, "On Earnhardt, on Andretti, on Martin, on Petty."

5. "Ho, Ho, Ho" has been replaced by "Yee Haw." And you also are likely to hear Bubba's elves respond, "I her'd dat."

6. As required by Southern highway laws, Bubba Claus' sleigh has a Yosemite Sam safety triangle on the back with the words "Back Off."

7. The usual Christmas movie classics such as "Miracle on 34th Street" and "It's a Wonderful Life" will not be shown in your negotiated viewing area. Instead, you'll see "Boss Hogg Saves Christmas" and "Smokey and the Bandit IV" featuring Burt Reynolds as Bubba Claus and dozens of state patrol cars crashing into each other.

And finally:

8. Bubba Claus doesn't wear a belt. If I were you, I'd make sure the wife and the kids turn the other way when he bends over to put presents under the tree.

Sincerely yours,  
S. Claus

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10. A quote I like

In my experience, the marks in life we leave-our legacies-are most often left not in stone and steel in history and politics, or poetry and literature, but in the lives of other people.--Mark Sanborn, author of YOU DON'T NEED A TITLE TO BE A LEADER (see also Sections 2, 4C and 11)

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11. Thought for the day

You can tell I REALLY liked YOU DON'T NEED A TITLE TO BE A LEADER (see also Sections 2, 4C and 10) by Mark Sanborn by the fact that the following passage is the fourth time I have cited it in this week's newsletter:

While he was at Johnson Wax, Sam [Preston, who retired from S. C. Johnson Wax after many years of service as an executive vice president] used to make it a point to send handwritten notes when he noticed somebody doing something that merited recognition. The note would say, "Congratulations on a job well done," with the letters "DWD" scrawled across the top, DWD stood for "damned well done." When he retired, the company held a retirement party for him. He was amazed at the number of people who lined up clutching wrinkled yellow pieces of paper, fifteen years old, with "DWD" scrawled across the top. That little act of recognition and appreciation meant so much to the people under him that they kept those notes all those years. An insignificant act with a significant outcome. The lesson: It's important to make people feel appreciated. It's even more important to let people know that there is someone who believes in them so much that he or she will not let them be less than they can be.

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12. Advance planning department

A. Tom in Pennsylvania:

For those of you who wanted to hear my new piano partner, Carolyn Rockwell, we will be singing Christmas songs at the new Starbucks store at the Oxford Valley Mall from 5 to 7 this Wednesday the 19th.

This is a friends and family event. So just tell them you are a friend!

NOTE:

For more information about Tom, one of my favorite local actors, please click:

<http://www.actorr.com>

B. If you're still looking for a great holiday gift for a loved one or even yours truly (hint-hint), consider this email from a company I use and personally can recommend:

This season give the gift of Success to people, who are important in your life, family, friends, and co-workers; i.e., a CD program such as:

Winning--It's All in Your Head by Denis Waitley  
Coyote Power by Joe Weldon  
Sales Success by Ron White

25% off regular prices of any title/memberships.

Call for your 25% off 1.800.735.3660 or if you need help picking out the good titles. Ask for my friend Paul. Offer runs through Christmas, but delivery may be afterwards. (You can always leave a note with information about your gift.)

For more information, please click:

<http://www.achievementlibrary.com>

C. Here's another great gift idea from Bentley in New Jersey . . . I've dealt with him in the past and have been impressed with his attention to details, as well as with the idea behind his company.

Get a Jumpstart on Your Fitness New Year's Resolutions with BeneFit Personal Training!

Start working on your fitness, wellness and weight loss goals now with your very own in-home personal trainer. Your BeneFit personal trainer will bring your workouts to you, at your convenience. We'll make sure you exercise correctly and consistently enough to reach all of your fitness goals once and for all.

ONE FREE SESSION! Call us today to get one free session with your purchase of 10 or more sessions: 771.5752. Or visit us online at: <http://www.BeneFitPersonalTraining.com>

D. Cindy in Pennsylvania:  
RHYTHM OF THE EARTH presents  
A TWO DAY MEN AND WOMEN DRUM BIRTHING,  
with SNAKE DANCER  
January 12, 2008 AND January 19, 2008

A drum is a powerful shamanic tool, which can be used for healing, honoring Spirit, clearing and generating energy. During this TWO DAY WORKSHOP, we will create a sacred space where we may discover our intention in bringing this drum into being. Using the shamanic technique of Journeying, "Birth Mothers AND Fathers" will learn from Spirit how to deliver their drums into form.

If you wish, you may bring sacred objects to place on the alter and/or special feathers or beads which call to you to use in decorating or dressing your new baby. All materials for creating your drum and a beater will be provided.

RETREAT TIME AND PLACE: Each day will begin at 10:00 a.m. sharp. and end at approximately 5:00 p.m. on the 12th and approximately 8 p.m.

on the 19th. (Remember, in the sacred realm, time is elastic.) Please eat a light breakfast before arriving and bring your own lunch both days and a potluck dish for dinner on the 19th. Snacks and tea will be provided.

We will have a celebration on the last evening to honor our new beings. The workshop will be held at Cyndy's home, which overlooks the stunning vistas of the White Clay Creek Preserve in Landenberg, PA.

ABOUT THE TEACHER: Cyndy "Snake Dancer" received her name from Spirit in a profound Vision Quest experience. Snake is a powerful healing metaphor in both Native American and western medicine traditions. Cyndy is of Muscogee Creek and Choctaw heritage and is a Council member of the Buffalo Trace Society. She has completed a several year, initiatory apprenticeship with an incredible Cherokee medicine woman and studied extensively with a master drummer and numerous healers.

TO REGISTER: Call Cyndy at 610.274.3109 or email: [snakdancr@aol.com](mailto:snakdancr@aol.com).

COST: \$300.00, which includes all materials to make a 16" round, Sacred Medicine Wheel Drum, with an elk skin head, maple frame, and a beater. A \$100.00 deposit is due January 7.

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PS. To all my Muslim friends and readers, Eid Mubarak . . . this means "may you enjoy a blessed festival," and it refers to Eid ah-Adha, a holiday which starts on the 10th day of the month of Zhul Hijja of the lunar Islamic calendar . . . this year, it begins on Wednesday.

During this time, Muslims commemorate the act of worship and the act of devotion that prophet Abraham performed long ago . . . for more information, please click:

[http://en.wikipedia.org/wiki/Eid\\_Mubarak](http://en.wikipedia.org/wiki/Eid_Mubarak)

Also, don't forget to bundle up . . . winter begins on Saturday.

And please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . make it a great week, too!

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# BLAINESWORLD

BLAINESWORLD

#584

12.10.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I hosted a Chanukah Party for residents of the nursing home where Cynthia's mother used to reside: Daughters of Israel in West Orange, NJ . . . through Cynthia's efforts, we got some 17 of our friends to join us as we spread cheer and gave presents to the approximately 60 folks who attended the event.

That's Cynthia, greeting everybody at the beginning of the festivities:



After we left the nursing home, most of us regrouped for an excellent Chinese dinner at a nearby restaurant: China Gourmet (973.731.6411), also in West Orange . . . we've been there before and as always, enjoyed both the attractive decor and tasty food.

B. Cynthia and I make it a point, whenever possible, to schedule our doctor appointments at the same time . . . I can only talk for myself, but I find it reassuring to have her with me and, also, it's always a good idea to have somebody else listen to what is being said.

Recently, we went to our favorite dermatologist (OK, OK . . . our

only dermatologist): Dr. Stenn in East Windsor, NJ: 609.443.4500 . . . I had to have a basal cell removed on my arm, which reminds me to ask you--yes, YOU!--to schedule routine appointments with dermatologists and other specialists . . . that way, any problems can be dealt with in a timely fashion, and they won't become major ones that can't be handled . . . Cynthia got to see John Chambliss, a physician assistant in the office, who froze off something on her nose that had to go . . . it wasn't a painful process, but it was one that needed to be done.

We're always impressed by the many fine employees who work in this office, ranging from Sunny Holman at the front desk to two of the nurses we frequently encounter: Judy Williamson and Judy Judy.

#### C. HELP REQUESTED:

As you may have heard, our current plans are to retire from our respective jobs after Spring, 2009 . . . we then plan to move sometime thereafter, ideally into a 55 and over community.

We're still somewhat up in the area as to exact location, but we now most probably want it to be on the East Coast--somewhere in New Jersey or Pennsylvania . . . or possibly as far south as Florida.

In a few weeks, in fact, we'll be visiting the Villages in Florida and two other retirement communities . . . however, Florida might wind up to be too hot for us(year-round), and it is far from family and friends, so we're still looking for other properties that meet the following criteria:

- \* 55 and over community
- \* Gated community, if possible
- \* 3 bedrooms, 2.5 baths
- \* 2 car garage
- \* Basement would be nice, particularly a walk-out kind
- \* Minimum of 500 homes with some or all of them still being built
- \* Great if on or overlooking water

Any thoughts and/or ideas for us; e.g., with respect to finding the above?

D. CONGRATULATIONS to Dr. Emil Matarese . . . he was recently honored by the NAACP for his stroke outreach to the African American community.

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

This week, it goes to Kevin Jameson--a former student and longtime friend.

Though everybody contributed mightily to the success of the aforementioned Chanukah Party (see also Section 1A), it was Kevin who ran things as the MC . . . he got everybody singing and clapping while running the karaoke part of the day's festivities.

If you'd like to book him for your next party or social event, you won't go wrong.

Kevin, senior national accounts manager for Honeywell Security, is a real fine guy who constantly does for others without asking for anything in return . . . no matter what is happening in his life, he always has a smile on his face . . . in addition, he is one

of the most creative guys I've ever encountered.

Kevin is also a published author, motivational speaker, inventor, and all-around bon vivant . . . for more information, please click:

<http://www.kevinjameson.com/>

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2. FYI

Please don't expect to get a Season's Greeting card from Cynthia or me . . . we instead take our budget for such purchases (and the postage) and use that money to make a contribution to our local newspaper's Holiday Fund . . . that way, others can benefit . . . please consider doing something similar.

That means, we'll be making a contribution to the 2007 COURIER NEWS Wish Book in appreciation of our many friends and relatives . . . if you'd like to join us in doing so, please call 908.707.3114 for more information.

We'll also be making a similar contribution to the program being run by another of my favorite papers: the BUCKS COUNTY COURIER TIMES . . . for more information, please call 215.949.4000.

And if you live in the Mercer County area, you won't go wrong in making a contribution to the program run by THE TIMES . . . you can get more information about that by calling 609.396.0400.

Local newspapers throughout the country run similar fundraising efforts to help others . . . just give them a call if you'd like to make a contribution.

FYI, part 2

\* Shelly in Pennsylvania:

Please go to this website:

<http://www.winanmri.com/>

scroll down (more than halfway) to Steele Memorial Hospital, watch the short video and vote for his hospital so that they might win an MRI

It may be strange, but there it is. Please vote as many times as you can.

It happens that I used to babysit for him [the surgeon at the hospital that is mentioned], and it is no coincidence that I have a son named Adam.

Thanks for helping!

\* Catherine in Massachusetts [responding to a letter in last week's issue]: In the interest of free speech and balanced thought, I want to put in my two cents worth on the Tyler Deer Hunt. This well-managed hunt performs a good service to the deer and to the local community. The deer population in Tyler and the surrounding area has over run the ability of the Park to provide food for it to survive. A one day hunt keeps the population within manageable numbers for its own sake. It is more humane than starvation. Most deer hunters use the venison for food themselves--it is not wasted. And hunters are permitted--it is not a free for all.

Thanks for all the valuable information on computers and websites you publish on a weekly basis.

\* Kathy in Florida:

I got some of those bracelets from Complaint Free World. Since I ordered them way back in September/October, they sent me 25 free. I gave some to my bosses for their kids. I'm anxious to hear the stories. I haven't put mine on yet. Maybe I should wait until AFTER the holiday shopping, huh? LOL.

\* Walt in New Jersey:

My pastor at the Center for Conscious Living in Moorestown NJ gave out the purple complaint wrist bands at services last Sunday. I am trying not to complain.

\* Lee in Pennsylvania:

My grandfather, who is 94, was no longer able to live on his own in Florida so we moved him back here to the Philadelphia area into assisted living. We are trying to sell his condo. It is in Boynton Beach, Florida. Three bedroom, 2 Full baths, garage in a gated over 55 community. For additional information, please contact Lee White at: leephwhite@comcast.net

\* Donna in New Jersey:

Include in your cellphone contact list: ICE (in case of emergency) with a telephone number.

\* Sue in Pennsylvania:

FYI . . . I like the following very much . . . they work for me, and they are inexpensive and natural:

<http://www.detoxion.com/>

The Detoxion Ionic Detox Foot Patch may help revitalize the body, enhance blood circulation, strengthen the immune system, improve your quality of sleep and promote better health and longevity. By placing the Detoxion Foot Patches on the soles of your feet before bedtime, they will unleash the toxins from your body during sleep.

\* Alan in Florida:

Please click:

[http://www.windowlive.com/smile?ocid=TXI\\_TAGLM\\_Wave2\\_oprsmilewlhmtagline](http://www.windowlive.com/smile?ocid=TXI_TAGLM_Wave2_oprsmilewlhmtagline)

By doing so, you'll be helping a fine organization known as Operation Smile.

\* Last week, I mentioned a Bucks County band that I liked . . . here's the website to find out more about the Powerhouse Rock and Roll Band:

<http://www.powerhouserocks.com/index1.html>

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3. Earache

Hoping to get an emergency appointment, my friend called his pediatrician. "My daughter has a horrible earache, " he told the nurse.

"Which ear?" she asked.

My friend called to his daughter Erica, "What ear is it?"

She replied, "2007."

My friend got the appointment.

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### 4. Reviews

A. BELLA is a small, independent film that you'll have to seek out (or wait until it comes out on DVD) . . . it is the tale of a young man who is about to become a major soccer star, only to have his life changed by a tragedy that he can't prevent . . . the film then flashes forward to the present and his employment as the cook in his brother's restaurant . . . when a waiter there is fired, he walks out with her and their friendship blossoms . . . there's great photography and music, and BELLA grew on me as I watched it . . . I was also touched by the ending . . . rated PG-13.

B. THE NANNY DIARIES is now out in DVD format . . . my review from BLAINESWORLD #569 follows:

THE NANNY DIARIES, the story of a woman who serves as a nanny for an affluent couple, was barely watchable . . . it just didn't seem "real," though the acting by Laura Linney and Paul Giamatti was quite good . . . Scarlett Johansson had the leading role; her performance simply didn't grab my attention . . . rated PG-13.

I'll remember it, though, for being what I think was the last film that Cynthia and I got to see with my mother . . . her health took a turn for the worse, shortly thereafter, and she unfortunately was no longer able to go out with us.

#### IF YOU WANT TO REMEMBER SOMETHING:

Don't waste your time or money in getting THE NANNY DIARIES . . . instead, please get BILLY ELLIOT . . . this charming 2001 movie is the story of a 11-year-old boy whose life is changed one day when he stumbles upon a ballet class during his weekly boxing lessons . . . you'll laugh, as well as cry, when you watch it . . . rated R, but probably because of the harsh language . . . I do believe this would be appropriate for any teenager.

BILLY ELLIOT later became a hit musical in London . . . Cynthia and I had the fortune to see it there, and we both loved it . . . it will be coming to New York in 2008 . . . if you're a fan of musicals, then get your tickets just as soon as they become available by clicking:

[http://www.broadway.com/gen/show.aspx?](http://www.broadway.com/gen/show.aspx?SI=553952&SR=sr2bw67go32214sb3663pi30ai901&gclid=CK_939yDpJACFQmgGgod4z518Q)

[SI=553952&SR=sr2bw67go32214sb3663pi30ai901&gclid=CK\\_939yDpJACFQmgGgod4z518Q](http://www.broadway.com/gen/show.aspx?SI=553952&SR=sr2bw67go32214sb3663pi30ai901&gclid=CK_939yDpJACFQmgGgod4z518Q)

C. I've read and enjoyed just about every book that Nicholas Sparks has written, including all three novels that were made into movies: MESSAGE IN A BOTTLE, A WALK TO REMEMBER and THE NOTEBOOK . . . his latest, THE CHOICE, will probably follow a similar path.

It is a touching story about a country veterinarian who seemingly has a good life that doesn't involve any serious relationship with a woman . . . things change, however, when a new neighbor moves next door . . . though she is already in a relationship, you just know that won't last--but you don't care as you

get swept up by the story of Travis Parker and Gabby Holland.

Sparks gets you quickly into the story and as is the case with his other writing, you find yourself not wanting to put THE CHOICE down . . . very little is particularly earth-shattering (or at least not until the about 2/3 of the way thorough), yet you'll find yourself surprisingly interested in what happens to the main characters.

You may not agree with the choice that was ultimately made, but therein lies one of the strengths of the book.

And then there's the writing, much of it memorable as evidenced by these tidbits:

\* Moby turned away. Unless Travis said the words walk or ball or go for a ride or come get a bone, Moby wasn't much interested in anything he had to say.

"Do you think I should call her to see if she's on her way yet?"

Moby continued to stare.

"Yeah, that's what I thought. She'll get here when she gets here."

He sat drinking his beer and stared out over the water. Behind him, Moby whined. "You want to go get your ball?" he finally said.

Moby stood so quickly, he almost knocked over the chair.

"But I'm different now than I was then. Just like I was different at the end of the trip than I'd been at the beginning. And I'll be different tomorrow than I am today. And what that means is that I can never replicate that trip. Even if I went to the same places and met the same people, it wouldn't be the same. My experience wouldn't be the same. To me, that's what traveling should be about. Meeting people, learning to not only appreciate a different culture, but really enjoy it like a local, following whatever impulse strikes you. So how could I recommend a trip to someone else, if I don't even know what to expect? My advice would be to make a list of places on some index cards, shuffle them, and pick any five at random. Then just . . . go and see what happens. If you have the right mind-set, it doesn't matter where you end up or how much money you brought. It'll be something you'll remember forever."

\* "I love playing with them, not herding." He leaned toward her conspiratorially. "But between you and me? This is what I've learned about parents: The more you play with their kids, the more they love you. When they watch someone who adores their kids--genuinely delighting in them the same way they do--well, he just becomes the cat's meow in the parents' eyes."

If you want a fine holiday read, you won't go wrong with THE CHOICE.

D. Heard Michael Medved read his autobiography, RIGHT TURNS: FROM LIBERAL ACTIVIST TO CONSERVATIVE CHAMPION IN 35 UNCONVENTIONAL LESSONS and must say I was impressed--though I don't agree with all his political beliefs.

Yet that's what makes the book so interesting; i.e., that

Medved gets you to think . . . he has always done that for me, even since I started to watch him back when he reviewed movies on PBS . . . his opinions were often funny, but they were also much more honest than those of his colleague Jeffrey Lyons (who could find something admirable in almost any film). . . I also got a kick out of his "Golden Turkey Awards," presented to the very worst efforts in filmmaking.

When he described his early liberal leanings, I could relate to much of what he said--particularly when he talked about Allard Lowenstein, one of my political heroes . . . how he transformed to become conservative kept my attention, as did his becoming increasingly aligned with Orthodox Judaism . . . and when he followed-up an unsuccessful first marriage with a loving second one, I found myself feeling glad for Medved.

Parts of RIGHT TURNS are funny; much of it is thought-provoking.

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#### 5. TV alert

A. SEINFELD MARATHON starts off with one of my favorite episodes, 1997's "The Strike," which introduced the word to Festivus . . . if you don't know about this nutty holiday concocted by George's father, then you must watch on Thursday at 9 p.m. on TBS . . . three other episodes follow.

B. The 2007 WORLD MAGIC AWARDS features such top illusionists as Penn & Teller and Mac King . . . Friday at 8 p.m. on MTV.

C. SNOWGLOBE is a whimsical movie about a Yuletide-loving 25-year-old whose dreams of the perfect holidays comes true when she's magically whisked into a snow glob . . . Saturday at 8 p.m. on ABC FAMILY.

D. BEST SCIENCE MOMENTS OF 2007 airs on SCIENCE on Sunday at 9 p.m. . . . among the highlights: the creation of embryonic stem cells from human skin and identification of the asteroid that wiped out the dinosaurs.

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#### 6. Football Q-and-A

##### NOTE:

Though directed at fans of the Philadelphia Eagles, methinks that many other teams could be substituted with the possible exception (this year) of the New England Patriots.

Q: What do you call a Philadelphia Eagle with a Super Bowl ring?

A: A thief.

Q: Why doesn't Camden have a professional football team?

A: Because then Philadelphia would want one.

Q: How do you keep a Philadelphia Eagle out of your yard?

A: Put up goal posts.

Q: Where do you go in Philadelphia in case of a tornado?

A: The Linc--they never have a touchdown there.

Q: What's the difference between the Philadelphia Eagle and a dollar bill?

A: You can still get four quarters out of a dollar bill.

Q: What do the Philadelphia Eagles and possums have in common?

A: Both play dead at home and get killed on the road!

Q: How many Philadelphia Eagles does it take to win a Super Bowl?

A: Nobody knows, and we may never find out.

Q: What do the Philadelphia Eagles and Billy Graham have in common?

A: They both can make 70,000 people stand up and yell "Jesus Christ."

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## 7. Websites

A. Pat in Pennsylvania sent me the following scary but true information:

<http://www.divinecaroline.com/article/22250/39039>

It certainly will cause me to rethink drinking water the next time I'm staying at a hotel or motel.

B. If you'd like to determine how happy you are, please click:

<http://www.authentic happiness.org>

You'll be able to compare your results to other people that have taken the same tests . . . in addition, you'll learn more about Dr. Martin Seligman--founder of Positive Psychology.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

And if you're curious about me and/or my teaching background, you can read more about it by clicking "Teaching" to the left.

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## 8. Computer tip

The last two weeks, I mentioned ways to get help on fixing your computer . . . and though fixing it yourself may well be the least expensive way to go, it can often be both frustrating and time-consuming . . . so unless you know what you're doing, you may well do better in deciding to cut your losses and seek expert help . . . another advantage to this option is that you won't make things worse, something I have done all too often!

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9. Things I've learned from boys, part 2 of 2  
by a Texas mother of 3 boys--or 4, counting her husband

(continued from last week)

13. Pool filters do not like Jell-O.

14. Brake fluid mixed with Clorox makes smoke--and lots of it.

15. VCRs do not eject "PB & J" sandwiches even though TV commercials show they do.

16. Garbage bags do not make good parachutes.

17. Marbles in gas tanks make lots of noise when driving.

18. You probably DO NOT want to know what that odor is.

19. Always look in the oven before you turn it on; plastic toys do not like ovens.

20. The fire department in Austin, TX has a 5-minute response time.

21. The spin cycle on the washing machine does not make earthworms dizzy.

22. It will, however, make cats dizzy.

23. Cats throw up twice their body weight when dizzy.

24. 80% of Men who read this will try mixing the Clorox and brake fluid.

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10. A quote I like

Life is what we make it--always has been, always will be.--Grandma Moses (1860-1961), a self-taught American folk artist who didn't begin painting until she was in her 70s

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11. Thought for the day

My friend Harry Paul (coauthor of FISH! A REMARKABLE WAY TO BOOST MOARALE AND IMPROVE RESULTS) graciously shared this story from his upcoming new book--INSTANT TURNAROUND!--coauthored with Ross Peck:

"Let me illustrate the difference [of focusing on people and meeting their needs vs. meeting performance numbers]." Jack then looked at Nancy and said, "Here's what I would like you to do. In the family room next door, you'll find three lazy, old cats sleeping on the couch. I want you to go in there, wake them up and herd them into the kitchen at the other end of the house."

"I've heard more than one person say that herding cats is impossible

because they're so independent."

"Have you ever tried to do it yourself?"

"No, I haven't."

"Then how do you know that it can't be done?"

"I guess I don't really know for sure."

"Then I want you to give it your best try. Who knows, you just might prove that old cat cliché wrong."

Nancy went into the room and woke the cats up one at a time. As she woke each of them, they stood up, stretched, yawned and blinked their eyes. She then tried to herd them into the kitchen by making a shooing motion with her arms. When she did this, one cat immediately jumped off the couch and made a beeline for the living room across the hall. The second cat leaped to the floor and ran behind the couch. The third cat hissed at her and looked determined to hold her ground.

"Are you making any progress?" asked Jack smiling as he walked into the room.

"Well, I've proved to myself that herding cats is impossible."

"Given that cats can't be herded, if you truly wanted those cats in the kitchen right now, how would you go about getting them there?"

"The only thing I can think of is to pick them up one at a time and carry them into the kitchen."

"There is a much easier and quicker way to get the job done."

"What's that?"

"Focus on their needs instead of yours."

"I'm not sure what you mean."

Then Jack handed Nancy a can of cat treats and said, "Take this into the kitchen and shake it so that it makes a loud enough noise that the cats can hear it at this end of the house."

Nancy took the can and headed toward the kitchen. When she arrived, she began to shake it vigorously. Within seconds, all three cats came running into the kitchen, meowing demandingly and began circling her feet.

"Notice anything different?" asked Jack as he entered the kitchen.

"I'll say. Shaking this can of treats brought these cats into the kitchen in a hurry!"

"Yes it did and I think it would be a good idea if you gave each of them the treats they're expecting now."

"You mean I'd better follow through and take care of their needs?"

"If you want them to get excited about running into the kitchen, you

had better," he said with a smile. "Now, let's take a look at the two methods that you used to try to get these cats into the kitchen. With the first method, herding, you tried to force the cats into the kitchen- and not those of the cats. You could have expended lots and lots of effort and still not succeeded in getting them into the kitchen. With the second method, shaking the can of treats, you focused on the cats' needs. In doing so, you got those same stubborn, independent cats to do exactly what you wanted. Now let me ask this: What was the attitude of the cats when you tried to herd them?"

"They were definitely not happy nor were they willing to cooperated. In fact, one was quite resentful about me trying to herd her."

"What was their attitude when you shook the can of treats?"

"They were happy, they were excited and they came running."

"That's right. They applied all their discretionary effort toward doing exactly what you wanted and they loved you while they were doing it."

"The same thing holds true for people. When you try to force people to perform, whose needs are you focusing on?"

"Yours."

"And what are you using as a motivator?"

Nancy thought for a moment and then said, "If you're using force, the motivator has to be fear."

"And does fear bring out the best in people?"

"No, it brings out their worst."

"Now let me ask you this," said Jack. "If you expect to get employees excited about applying all their discretionary effort toward performing mundane repetitive tasks day in and day out, whose needs do you have to focus on?"

"Theirs."

"Exactly. And when you focus on their needs, what are you using as a motivator?"

"I hate to admit it, but I have no idea."

"This brings us to the second step of our Destination Work program," he said as he wrote on his board:  
Motivate With Trust Instead of Fear.

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12. Advance planning department

A. This weekend at the Princeton Center for Yoga & Health:  
\* Happy Holidays, Happy Hour and a Half  
Friday, December 14, 6:15 p.m.  
Music & Mingle

Then at 7:30 p.m.:

First De-stress yourself with a yoga class lead by Lynne Christopher to Cal Coolidge's II's Holiday Music Instrumentals in reflection of our spirit. Then stay and enjoy Calvin L. Coolidge II in person with his compilation of traditional Christmas songs beautifully orchestrated and perfect to set the mood of the Holidays

\* Rhythm, Dance & Drum Circle with Mark Wood  
Saturday, December 15, 8:00 p.m.

Drumming Workshop 6:30 p.m.  
Pre-Registration for workshop is required!

For more information:  
<http://www.princetonyoga.com>

Or call: 609.924.7294.

B. If you're still looking for Chanukah gifts, you're in luck because the holiday ends on December 12 . . . by the same token, you can still have time to purchase your Christmas or Kwanzaa gifts . . . and since I celebrate ALL holidays (hint-hint), you don't want to forget yours truly and his 40R size . . . or if going out to shop is inconvenient, there's always the Foundation at Bucks County Community College.

Among the items being offered for any budget:

\* Family Night at the Philadelphia Flyers  
Four tickets to the December 18, 2007 game against the Phoenix Coyotes (7 p.m.)  
Value: \$375.00; BUCKS Price: \$300.00

\* Pizza Party for 10 at Cafe Europa  
Soft beverages included. Cafe Europa is located in New Hope, Pa.  
Value: \$150.00; BUCKS Price: \$75.00

\* The EAGLES Encyclopedia by Ray Didinger and Robert S. Lyons  
Value: \$35.00; BUCKS Price: \$25.00

\* Complete Auto Detailing and Use of a Lexus for the Day  
Professional detailing package by Lawrence Lexus in Lawrenceville, NJ  
Value: \$350.00; BUCKS Price: \$200.00

\* \$150 Worth of Concierge and Organization Services  
Who would use this certificate? Someone who prefers spending weekends with family not errands; has a house to be checked on while away; wants travel arrangements made; would like to give the gift of time to others; and more. Courtesy of Life Time Services.  
Value: \$150.00; BUCKS Price: \$65.00

\* Free Exam and Health History at ChiroPro Chiropractic Center  
Located in Newtown, PA  
Value: \$225.00; BUCKS Price: \$75.00

\* Overnight Stay and Friday Night Seafood Extravaganza for Two at The Temperance House  
Advanced reservation required. Certificate for room charge and food only.  
Value: \$350.00; BUCKS Price: \$200.00

\* Four 1/2 Days of Summer or Holiday Camp (2008)

BONUS: One Parent Survival Night, which makes an evening out a carefree experience. Held on select Friday and/or Saturday evenings for children ages 3 to 12.

Value: \$165.00; BUCKS Price: \$75.00

\* \$75 Gift Certificate to Countryside Gallery & Custom Frame Design  
The perfect opportunity to get those special holiday shots properly framed by the experts at Countryside in Newtown, Pa.

Value: \$75.00; BUCKS Price: \$35.00

\* Buy 1, Get 1 Free

This holiday season, surprise your loved ones with a personalized brick that will be planted in the beautiful Tyler Gardens on BCCC's Newtown campus. And if you place your order by December 31, you get a second brick for FREE. That's two personalized bricks for \$100.

TO ORDER:

Call the BCCC Foundation at 215.968.8224 or e-mail [foundation@bucks.edu](mailto:foundation@bucks.edu).

Personal checks, MasterCard and VISA accepted. Payment has to be received before order is shipped (BUCKS Price includes shipping charges). Order by December 17, 2007 to ensure timely delivery.

C. Villagers Theatre invites you to join us this New Year's Eve for:

My favorite Year . . . 20!

Experience an evening of theater and celebration . . .

This unique musical revue celebrates our 20th season of great theater in the wonderful facility many of us call home. Join us as our cast performs songs from Villagers' to musicals over the past 20 years, featuring songs from such favorites as OLIVER, MY FAIR LADY, SWEET CHARITY, DAMN YANKEES, CABARET, GREASE, NUNSENSE, HOLLY DOLLY, CINDERELLA, THE FULL MONTY, and INTO THE WOODS.

Afterwards, enjoy a New Years Eve Celebration including music, a hot and cold buffet, and a midnight champagne toast to welcome in the New Year!

December 31, 2007

Location: Villagers Theatre, Villagers Theatre, 475 DeMott Ln., Somerset, NJ

Time: Show only starts at 7 p.m.; \$20 . . . or show and hot-and-cold buffet starts at 9:30 p.m. and includes a champagne toast at midnight; \$45 through December 25 and \$55 thereafter.

For more information, please click:

<http://www.villagerstheatre.org>

Or call:

732.873.2710.

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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# BLAINESWORLD

BLAINESWORLD

#583

12.3.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I had a blast at the surprise retirement party of our friend Pat Weeks--planned and hosted by her husband Walter--this past Saturday.

That's the four of us below: (l-r) yours truly, Cynthia, Pat, and Walter.



We were glad that our friends Barry and Jody were also there . . . and Barry did a fine job as MC of the event . . . we particularly liked this poem from William Arthur Ward that he read, in that it reminded everybody of Pat:

Before you speak, listen.  
Before you write, think.  
Before you spend, earn.  
Before you invest, investigate.  
Before you criticize, wait.  
Before you pray, forgive.  
Before you quit, try.

Before you retire, save.  
Before you die, give.

There was plenty of food and drink . . . dancing, too, featuring a fine group from Bucks County: Powerhouse RnR Band.

B. Princeton Public Library (see also Section 12A) continues to delight me with its wide range of programs open to the public at no charge.

During the week, I was fortunate to see actor Alan Kitty in MARK TWAIN'S LAST STAND . . . though I'm now approaching the old as dirt stage of my life, I can't say that I ever got to see Twain in person (or even on stage), so I'll have to accept Kitty's performance as being true to the man . . . it seemed to be, right down to the costume and accompanying cigar.

Kitty had the large crowd laughing, especially when he cited such Twain witticisms as the following:

- \* It takes me up to three weeks to prepare an impromptu talk; and
- \* When I was younger, I can remember everything--whether it happened or not.

C. CONGRATULATIONS to these 2007 Administrative Special Award winners at Bucks County Community College: Janet Baker, Director Allied Health; Susan Clarke, Executive Director, Human Resources; Barbara Ford, Director, Transfer Services; Martin Sutton, Assistant Academic Dean 1975-2007; and Dr. Lou Woodruff, Director, Testing & Retetion.

I've gotten to know each one of these individuals and have always been impressed with both their fine work and dedication to the College.

D. \$500 REWARD:  
Yes, your eyes don't deceive you . . . help my brother and I find a buyer for our mother's apartment in Floral Park, NY, and this amount is yours . . . see below for more information:

A SPECTACULAR RENOVATED 1 BEDROOM, 1 1/2 BATH. LARGE LIVING ROOM, SLIDING GLASS DOORS AND BALCONY. SUNNY GOLF VIEWS. SEPARATE DINING ROOM / DEN. HUGE MASTER BEDROOM. INCREDIBLE OUTFITTED CLOSETS. HANDICAPPED ACCESSIBLE. BUILDING # 1. INCLUDES INDOOR PARKING. \$569,000.

You also get access to all stores downstairs, including a bank, restaurant, movie theater, supermarket, cleaner's, drugstore, health club, etc. . . . golf and/or tennis memberships are also available at a very reasonable extra cost . . . and there are both indoor and outdoor pools.

For more information, call Annette Kroll at 718.631.8867 . . . make sure you let me know if you or somebody you know contacts Annette, so that if there's a sale as a result, I can get you your \$500 . . . this is no joke!

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

This week, it goes to Victor--a representative in Verizon's Call Center in South Carolina.

I recently lost my cellphone for a few days. I was pretty sure

that I'd be able to find it (knowing where I had left it), so rather than go out and buy a new phone, I was instructed by a helpful Verizon representative to just switch back to my old cellphone.

I believe her name was Ann; however, I'm sorry I did not take down more accurate information in that she also deserves recognition.

But that said, when I was able to find my phone, I got through to Victor . . . he walked me through the steps that I had to take to switch back to the cellphone that I had lost, and he then called me back to make sure everything was working properly.

In both instances, I was able to get through to a live representative without too much of a delay, and I was most appreciative of the high level of customer support provided by Verizon.

What I learned from this experience was the following:

- \* Do NOT, I repeat, do NOT give away or discard your most recent cellphone; e.g., when you get a new one. Hold onto it because if you ever lose a cellphone like I did, you can use the old one until you find the lost one and/or it is time for a new cellphone; and

- \* Put your name and a non-cellphone number on your cellphone in case it ever gets misplaced. That way, you've increased the chances for getting a call back from somebody who may find it.

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## 2. FYI

When asked how they are, I have heard people groan sarcastically, "Another day in paradise." I decided to adopt this as my own genuine answer to this question. Not being sarcastic, but sincerely responding. "It's another day in paradise," when asked about my well-being. It was uncomfortable at first, but it has now become second nature. I've noticed that this comment makes others smile brightly, and it reminds me that I have a choice in that moment to be happy or sad; to be in heaven or hell.

SOURCE:

A COMPLAINT FREE WORLD (see also Sections 2, 4C and 11) by Will Bowen

FYI, part 2

- \* Barbara in Pennsylvania (about Thursday's deer hunt):  
Enclosed is the link to my article in the Bucks County Courier:  
<http://www.mathinmotion.com/deer>

Please ask your readers to make a call this week to STOP THE DEER HUNT. We need their voices--lives depend on it.

The actual protest is from 5:00-8:30 a.m. at Tyler State Park in Newtown, PA on Thursday.

However, please encourage people to attend anytime they can show up during that time frame, even at 7 or 8 a.m.

Park along the front entrance of the park on Rt. 332.  
You will see our cars. The more support we have, the more they will take us seriously.

If you cannot make the protest, PLEASE MAKE ONE PHONE CALL DURING THE HUNT (IS BEST), but anytime including after the hunt to keep the momentum going. Please be polite and rational in your calls and emails. I know this is a highly emotional issue, but if we are rude, they completely dismiss us. You do not need to identify yourself, but Tyler will take names if you are comfortable giving your name.

If not now, when? If you get an answering machine, please leave your comment anyway. Try to call back later or the next day to get a live person to make sure they received it. Here are the 3 most important contacts to call, as well as the online petition.

Call or write:

1. Michael Crowley, Tyler Park Manager  
Phone: (215) 968-2021  
email: microwley@state.pa.us

2. Michael DiBernardinis, Sec. Conservation and Natural Resources  
Phone (717) 772-9084  
email: midiberardi@state.pa.us

3. Governor Ed Rendell  
phone: 717-787-5825  
email: governor@state.pa.us

4. Sign the online Petition:  
<http://www.thepetitionsite.com/1/stop-the-hunt-at-tyler-state-park>

For more information, feel free to contact me directly:  
deerfriends@gmail.com

\* Sue in Pennsylvania:

I saw Dr Oz on Oprah and he treated a woman with fibromyaliga . . . he put her on a supplement, and she said her pain was gone after 5 days . . . only they did not mention the name of the supplement; UGH!

So I bought his book . . . figured it would be good regardless . . . and now I am trying to find out if he mentions it in the book . . . I just got through the first chapter . . . hopefully, it will be in the book somewhere.

FYI . . . I just found a really good product for pain . . . here is the website:

<http://www.blue-emu.com>

I bought mine at Rite-aid . . . its topical and has no known side effects . . . it's called Blue-emu and it is odor-free . . . feels really good on the body . . . icy-hot patches seem to help me some, too.

I do prefer all natural approaches . . . at the very least Blue-emu might be a good thing to keep in the medicine cabinet just in case . . . there does seem to be a lot of research on it.

\* Shelly in Pennsylvania:

My boyfriend and I also ate at Docks Seafood House in early November and what a treat it was. We also had Will as our waiter (that is some coincidence), and we could not believe how attentive a waiter he was. We thoroughly enjoyed our meals and thought the food was very fresh, very well prepared and very nicely served. I had not been there in 20 some years and what a nice surprise. I am usually disappointed at certain restaurants, but this one was above and beyond. Looking forward to returning.

\* Joyce in New Jersey:

Reading your newsletter and I saw that you went to Dock's Oyster House. When Cynthia told me that you were going to a fish restaurant in Atlantic City, I asked her if it was Dock's, and she said she didn't think so. Marty and I stumbled upon this restaurant many years ago and whenever we are in Atlantic City we always go there and have never been disappointed. Many of the waitresses have been there since the first time we went.

\* Tom in Pennsylvania:

Sorry I haven't been able to get back to everyone individually. "Watch on the Rhine" turned into an unexpected success. I managed to learn most of the lines by the first weekend, although I had to use the book for the 2nd half of the show. Last weekend I was off book. Pretty amazing since I only had 5 rehearsals and 3 shows under my belt, and I spent several days rehearsing another show (The Seven Year Itch) that I am understudying at the Montgomery Theatre.

By the way, I will be singing at Bob Egan's Big Monday Showcase at the Stockton Inn with my new piano partner, Carolyn Rockwell, this Monday doing several songs, then next Thursday we will be doing a two hour show at my Starbucks for their Holiday Cheer Party. Here is that info:

<http://www.actorr.com/cabaret.htm>

And the BIGGEST NEWS: I will be opening January 2008 as the girl's father in "The Fantasticks" at Philadelphia's Kimmel Center directed by Barrymore Award winner, Tony Braithwaite. More on that later!

\* Ellie in Pennsylvania:

I have to tell you how much fun I've had in the office with the website you sent in last week's newsletter. (freerice.com)

As slow as the real estate market has been, some of us have time to play on the computer, and that site is great. I feel less guilty because I'm providing a bowl of rice to someone. I've shared the info with other agents and maybe we'll feed a whole country before the real estate market recovers.

\* Marty in New Jersey:

You know in airports and other places, they have a booth, desk etc. marked "Information."

Sometimes I go up to the person and ask: "What's the speed of light?" "Why do Zebras have stripes?"

(I think I got the idea from the movie, "Airplane.")

\* Lorraine in NJ:

The ballet website:

<http://youtube.com/watch?v=LnLVRQCjh8c>

was awesome. Thanks for sharing

\* Walt in Pennsylvania:  
Trust all is well. Read your note re: Legends in AC.

Anne & I are going to the Kingston Trio (maybe before your time!) at the Sellersville Theater on Sunday.  
Hang down your head Tom Dooley, Where have the flowers gone, etc.!

MY TWO CENTS:  
Hopefully, Walt and Anne will get to hear my favorite song from the Kingston Trio: Greenfields. (With a name like that, could there be any other?)

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#### 3. What a guy!

My friend's fiance is not a sentimental guy, so I was pleasantly surprised when he told me that he asked a jeweler to engrave the inside of his wedding rings with both their names and wedding date.

"That's sweet," I replied.

"Sweet has nothing to do with it," he said. "I just don't want to forget our anniversary next year."

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#### 4. Reviews

A. I was enchanted by ENCHANTED . . . it is a delightful combination of a classic Disney animated fairy tale meeting up with a modern, live-action romantic comedy . . . kids will like it, and so will their parents . . . and grandparents, too . . . Amy Adams is the princess who gets banished to modern-day Manhattan . . . it is there that she finds true love in divorce lawyer Patrick Dempsey, but that doesn't sit well with her fairy tale prince or the evil queen (Susan Sarandon, intentionally over-the-top in a performance that's both funny and scary) . . . you'll have to see the film to find out what happens, but you'll be glad you did if for just one music number set in Central Park that I guarantee will have you smiling . . . rated PG.

B. SUPERBAD is now out in DVD format . . . my review from BLAINESWORLD #568 follows:

SUPERBAD has gotten great reviews . . . frankly, I don't understand why . . . I didn't enjoy it and thought the few funny spots were more than offset by a film that dragged until the very end . . . though many of the same actors, writers and producers had made 40 YEAR OLD VIRGIN and KNOCKED UP (both of which I enjoyed), they just couldn't pull this one off . . . however, I did like the work of Jonah Hill as the foul-mouthed loser obsessed with sex . . . rated R.

You'd do much better with renting SWING TIME from blockbuster.com or netflix.com . . . this was the fifth pairing of Fred Astaire and Ginger Rogers, and I think it might well have been the best . . . there's not much of a story, but the songs and dancing more than offset that fact . . . they didn't rate films when this came out, but if they had, it would have received a PG.

C. I must admit that, at times, I complain too much . . . so when I saw Pastor Will Bowen interviewed on TV show, I was captivated by the plan he has developed and written about in A COMPLAINT FREE WORLD (see also Sections 2, 10 and 11).

He suggests that you wear a purple bracelet and "if you catch yourself complaining, take the bracelet and move it to the other wrist" . . . if you can go without complaining for 21 days--not an easy task, by the way--then Bowen contends you will be well on your life to enjoying the life you always wanted.

This short, yet very insightful book, has motivated me to at least make an attempt to stop complaining . . . I'm also going to contact the website that's mentioned to order my very own bracelet.

A COMPLAINT FREE WORLD had many ideas that I'm planning to implement, but this one really struck me as being on target:

\* The way out is to stop complaining and to express gratitude when positive things happen. In every life, there are many, many things about which to be grateful. To remind myself of this, as soon as I wake up each day, I write down five things for which I am grateful. I have found that rather than just think about what I'm appreciative of, if I write them down, it sets a tone of gratitude for my entire day.

What a simple thing to do, yet potentially, I can see the benefits starting just as soon as I begin doing so . . . in addition, I liked this technique for making meal times more enjoyable:

\* I realized that before we adopted a Complaint Free lifestyle, I was teaching Lia that being at the family dinner table was a time to gripe and gossip. I was modeling for her that this is how people act. I'm so grateful now that our supper table is where we talk about blessings and bright vistas. This is what I want to pass on to her so she'll model this for her children and their children after them. Let family time be joyous and happy, not a time to vent about how things didn't go your way that day. I'm convinced that our lives are better because we're not searching out (and thereby finding) negative things every day to make sure we have dinner conversation that night.

And, lastly, there was this great concept that could be applied in countless business situations:

\* If we don't choose how we live our version of this one life with intention, we will live it by default, following along after others. We often follow along after others without even realizing we are doing so. When my father was a young man, he managed a motel owned by my grandfather. The motel was across the street from a used-car lot, and my dad worked out an arrangement with the owner of the car dealership. On evenings when the motel's business was slow, my father would go over and move a dozen or so cars from the dealership into the motel parking lot. In a short time, the motel would be full of paying customers. The people passing the motel reasoned that if the lot was empty, the motel must not be very good.

However, if the motel's parking lot was full, the passersby figured it must be a good play to stay. We follow others. And you have now become a person who is leading the world toward peace, understanding, and abundance for all.

If only I had more time to tell you more . . . oops, that sounds like a complaint coming, so instead, I'll just tell you to rush out and get your own copy of this book . . . I'm confident that you won't have any complaints with my recommendation.

D. I've seen Sylvia Browne a few times on the Montel Williams show and have always been amazed by the gift she seems to have . . . so when I came across the CD version of her book, ADVENTURES OF A PSYCHIC, I decided to give it a listen.

Doing so enabled me to learn about her fascinating life story . . . I also appreciated the point she made several times; i.e., that despite her desire to help others, her abilities have not enabled her to guide her own actions.

Brown contends that all people have psychic abilities . . . I'm not sure that listening to and/or reading ADVENTURES OF A PSYCHIC will help you discover yours . . . yet if you're open to what might be a new way of thinking about yourself, you will gain better insight into the events that help shape your life.

That Browne was also the narrator of this program added to my enjoyment.

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#### 5. TV alert

A. SAND AND SORROW is a documentary, narrated and produced by George Clooney, about the humanitarian crisis in Darfur--where 400,000 African people have been killed and millions others displaced . . . Thursday at 8 p.m. on HBO.

B. MOVIES ROCK! A CELEBRATIO OF MUSIC & FILM is a two-hour concert featuring popular artists performing some of cinema's most memorable songs . . . Mary J. Blige, Fergie, Elton John, Jennifer Lopez, and Carrie Underwood are among those slated to appear . . . Friday at 9 p.m. on CBC.

C. If you're like me and find yourself becoming increasingly interested in the upcoming elections, then watch NBC every Sunday morning . . . you'll catch CHRIS MATHEWS at 10 a.m., followed by MEET THE PRESS at 10:30 a.m. and then McLAUGHLIN GROUP at 11:30 a.m.

D. OPRAH WINFREY PRESENTS: MITCH ALBOM'S FOR ONE MORE DAY airs on Sunday at 9 p.m. on ABC . . . I liked the book and am curious to see how the movie version of this tale about a suicidal boozier visited by the spirit of his late mother will compare . . . TV GUIDE says Ellen Burstyn is "splendid."

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## 6. Symbolism

Three men died on Christmas Eve and were met by Saint Peter at the pearly gates.

"In honor of this holy season," Saint Peter said, "You must each possess something that symbolizes Christmas to get into heaven."

The first man fumbled through his pockets and pulled out a lighter. He flicked it on. "It represents a candle," he said.

"You may pass through the pearly gates," Saint Peter said.

The second man reached into his pocket and pulled out a set of keys. He shook them and said, "They're bells."

Saint Peter said, "You may pass through the pearly gates."

The third man started searching desperately through his pockets and finally pulled out a pair of women's panties.

St. Peter looked at the man with a raised eyebrow and asked, "And just what do those symbolize?"

The man replied, "These are Carols."

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## 7. Websites

A. This website gives viewers an overlook of the world population up to the latest minute:

<http://www.peterrussell.com/Odds/Popular.php>

In addition, it shows the amount of total births and deaths in the entire year. You can also find out amazing information about the growth of the earth by the year, month, week, day, and exact minute.

B. THANKS to Sue in Pennsylvania for this very short but sweet story about a trip to see the dolphins and how it turned into a lesson for life:

<http://www.TheDolphinMovie.com>

It's only two minutes, but it can change your day.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

If you're a glutton for punishment . . . or just want to see some pictures of folks in BLAINESWORLD, the world outside both the newsletter and website, please click "Blaine's Best" to the left, then pictures . . . make sure you have your sound on, too, so that you can listen to what's arguably the greatest song of all time.

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## 8. Computer tip

Last week, I mentioned that if you get error messages, you can submit them directly into your favorite search engine for suggestions on what to do next . . . the same applies to other types of glitches . . . if you are having problem, say, with your Compaq Presario 5000 (my computer at home), type those words into Google . . . I just did and came across many useful websites, including the following:  
[www.fixya.com/](http://www.fixya.com/)

It found some 20 problems for my machine--most with solutions!

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9. Things I've learned from boys, part 1 of 2  
by a Texas mother of 3 boys--or 4, counting her husband

1. A king size waterbed holds enough water to fill a 2000 sq. ft. house, 4 inches deep.
2. If you spray hair spray on dust bunnies and run over them with roller blades, they can ignite.
3. A 3-year old Boy's voice is louder than 200 adults in a crowded restaurant.
4. If you hook a dog leash over a ceiling fan, the motor is not strong enough to rotate a 42 pound Boy wearing Batman underwear and a Superman cape. It is strong enough, however, if tied to a paint can, to spread paint on all Four walls of a 20 x 20 ft. room.
5. You should not throw baseballs up when the ceiling fan is on. When using a ceiling fan as a bat, you have to throw the ball up a few times before you get a hit. A ceiling fan can hit a baseball a long way.
6. The glass in windows (even double-pane) doesn't stop a baseball hit by a ceiling fan.
7. When you hear the toilet flush and the words "uh oh" it's already too late.
8. A six-year old Boy can start a fire with a flint rock even though a 36-year old Man says they can only do it in the movies.
9. Certain Legos will pass through the digestive tract of a 4-year old Boy.
10. Play dough and microwave should not be used in the same sentence.
11. Super glue is forever.
12. No matter how much Jell-O you put in a swimming pool, you still can't walk on water.

(to be concluded next week)

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10. A quote I like

Complaining can be likened to bad breath. We notice it when it comes out of someone else's mouth, but not when it comes from our own.--Will Bowen in A COMPLAINT FREE WORLD (see also Sections 2, 4C and 11)

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#### 11. Thought for the day

You can tell I REALLY liked Will Bowen's A COMPLAINT FREE WORLD (see also Sections 2, 4C and 10) as evidenced by the fact that the following tidbit is the fourth time I have cited the book in this week's issue:

Gail [his wife] and I have our challenges, as do any two people in any form of relationship. The person with whom you are in a relationship often brings up things that you need to own and, ultimately, heal. Gail and I resolve our issues by talking to each other rather than to other people. Talking to someone other than the person who brings up your unhealed feelings is triangulation. If you're unfamiliar with triangulation, it occurs when you have an uncomfortable situation with someone but discuss the problem with someone else rather than going to the person directly. . . .

Am I opposed to gossip? Absolutely not. As long as:

1. What you're saying about the absent person is complimentary.
2. You would repeat, word for word, what you are saying if the absent person were present.

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#### 12. Advance planning department

A. TEA FOR THREE: LADY BIRD, PAT & BETTY  
Emmy Award-winning actress Elaine Bromka stars in this refreshingly witty portrait gallery of three remarkable First Ladies: Johnson, Nixon and Ford. This deeply touching play reveals the personal cost of what Pat Nixon called "the hardest unpaid job in the world."

FREE!

Saturday, December 8 at 3 p.m.

Princeton Public Library, Princeton, NJ

For more information, please click:

<http://www.princetonlibrary.org>

B. Author Discussion/Signing:

Paul Krugman: The Conscience of a Liberal

Calling for a "new New Deal," Paul Krugman's latest book challenges America to reclaim the values that made it great. The public is invited to meet today's most widely read economist as he discusses three generations of history with sharp political, social and economic analysis.

Date: Monday, December 10 at 7:30 p.m.

Location: Barnes & Noble, Market Fair Mall, 3535 U.S. Route 1 South, Princeton, NJ; 609.716.1570.

C. Winter Concert of the Mercer County Symphonic Band is on Wednesday, December 19, at the West Windsor campus of Mercer County Community College at 8 p.m.

Come hear Swing Music, Traditional Marches, American Composers, Holiday Selections, and 20th Century Music . . . in addition, you'll get to see such friends/colleagues as Betsy Sell and Marta Kaufmann (both in the Band) and Dr. Lou Woodruff (the director).

FREE!

For directions, please click:

[http://mccc.edu/welcome\\_directions.shtml](http://mccc.edu/welcome_directions.shtml)

D. Natalie in Pennsylvania:  
Immigration: What's at Stake?

Thursday, January 17  
7 p.m.

Lower Bucks Campus of Bucks County Community College  
1304 Veterans Highway, Bristol PA

Undocumented immigrants make up nearly 5% of the entire US labor force. Why are they denied the rights and benefits of citizenship? What makes a person "illegal" and why are people not allowed to travel freely across borders?

Join us for discussion as we hear expert opinions and take a close look at what has become one of the most hotly debated issues in the US and around the world. We will seek compassionate ways to address this issue.

Presenters:

Douglas Massey PhD., University of Princeton Professor, President of the American Academy of Political & Social Science and national expert of Immigration issues. Author of *New Faces: The Changing Geography of American Immigration*, among others

Maria (Charo) Juega, President of Latin American Legal Defense & Education Fund, Immigration Rights Advocate

Edward Overdeest, Overdeest Nurseries, in Bridgeton, NJ

Moderator:

Larry Snider, Coordinator, Compassionate Listening Project

Event is FREE and open to the public. Call 215.968.8015 for more information.

Presented by the Peace Center, the Bucks County Human Relations Council, the Bucks County Committee for Interracial Harmony, and the Lower Bucks Campus of Bucks County Community College.

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PS. I believe in celebrating ALL holidays . . . you get more gifts that way, plus lots of good food . . . so to all my Jewish readers, friends and family, Happy Chanukah!

And in case you're wondering about how I spelled the above holiday the way I did, join me in being confused about the "best" way to do so . . . apparently, there are many other ways as you can see by going to the bottom of this link:

[http://www.classbrain.com/artholiday/publish/article\\_173.shtml](http://www.classbrain.com/artholiday/publish/article_173.shtml)

For a slightly different perspective on Chanukah, methinks you'll find this website more fun:

<http://www.dobhran.com/greetings/GRhanukkah2.htm>

Also, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . make it a great week, too!

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# BLAINESWORLD

BLAINESWORLD

#582

11.26.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I celebrated our first Thanksgiving without any of our parents being around to join us . . . so we missed them, but appreciated being able to join other loved ones at the home of Cynthia's sister and brother-in-law, Joyce and Marty . . . as always, the food was both plentiful and delicious.

B. Saturday, we went with our friends Gail and Mark to Atlantic City . . . that's the four of us below (l-r) Gail, Mark, Cynthia, and yours truly:



At night, we had as fine a dinner as we've ever had at Dock's Oyster House (609.345.0092) . . . I'm ordinarily not a fish eater, but I tried and thoroughly enjoyed the baramundi dish . . . Cynthia liked her pan roasted halibut, and both Gail and Mark said their pecan salmon was superb . . . service by Will, our waiter, was outstanding.

From there, we went to see LEGENDS IN CONCERT at Resorts . . . all the tribute artists were talented: Michael Jackson, Marilyn Monroe, Liza Minelli, Elvis, and Jay Leno . . . the latter had perhaps the funniest line of the evening when he commented that "a teacher got arrested for having sex with a high school student . . . I was lucky if I got to bang the erasers!"

We stayed overnight at the Wyndham Skyline Tower, a time-sharing property that Mark and Gail have access to . . . it was nice . . . so were the massages we got the next morning.

Yet perhaps the thing we'll remember most was the walk that we all got to take on the boardwalk . . . we saw an amazing site: hundreds of strays cats at what could be best described as their very own campground . . . it seems that people take care of them throughout the year, bringing them food on a regular basis . . . they even had their own blankets and toys . . . and though they seemed to be in relatively good shape, it made us realize how fortunate our cats are to have a good home--and for us to have them as part of our home!

C. CONGRATULATIONS to Josh Rubinsky, the fantastic lawyer for our teacher's union at Bucks County Community College . . . he just helped employees at Total Health Home Care Corp. win a \$2.2 million settlement . . . for more information, please click:<http://www.emailthis.clickability.com/et/emailThis?clickMap=viewThis&etMailToID=597058322>

D. I realize not everybody reads every issue from top to bottom, but that said, I urge you NOT to skip over Section 7A in this week's issue . . . this is a website that you will long remember, and it will make you appreciate all that you have in life!

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

This week, it goes to Ryan Feeney--an employee at Maggie Moo's in Hillsborough, NJ.

Ryan has a winning smile when she scoops ice cream and makes you feel welcome every time you come into the store.

However, I was most impressed by something she did a few weeks ago . . . seems a mother brought her daughter in, along with a friend . . . turns out the friend got sick, rushed to the bathroom and did her thing.

The mother just sat by and watched, in essence doing nothing . . . so Ryan helped the young girl out, cleaned her up and even gave her a clean shirt to wear (Ryan's Maggie Moo shirt) . . . what's more, she didn't complain about the event at all; in fact, she even laughed it off and replied to me, she just did what "needed to be done."

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2. FYI

In an attempt to make all BLAINESWORLD readers feel better, here's a different way of looking at one of the world's great mysteries:

The missing sock experience.

"The washer ate one of my socks," we say.

Or "There must be a miniature black hole in the dryer."

Or "One of my socks escaped during the night."

There is another way to look at this.

A visiting friend transferred my laundry from out of my dryer onto the folding table, sorted my clothes, found one sock left over, and exclaimed,

"Look! Your dryer made an extra sock for you. When it makes another one, you'll have a new pair. You're not behind, you're ahead!"

Oh.

Well. Yes. A new view of the mysterious workings of the dryer.

Now I approach it eagerly anticipating spontaneous conception.

I need one more brown sock.

SOURCE:

WHAT ON EARTH HAVE I DONE? (see also Sections 4C, 10 and 11)

by Robert Fulghum

FYI, part 2

\* Lee in Pennsylvania:

There is a very friendly cat that has become the neighborhood pet in my area. I live in the Fox Chase section of Northeast Philadelphia. This cat must have belonged to someone at some point because he is extremely friendly. One of my neighbors took him to the vet and the cast is apparently is 4 years old and healthy. I would love to find him a home before the winter sets in. Unfortunately I have a male cat that is very territorial so I can't bring him in. If anyone is interested in this beautiful animal, please email me at [leepwhite@comcast.net](mailto:leepwhite@comcast.net).

\* Linda in Pennsylvania:

Below is an interesting article/website . . . perhaps for BLAINESWORLD?

According to the website, "So you want to give . . . nothing to your loved ones this holiday season? Or at least nothing that'll end up on a dusty shelf or in a landfill? Consider these stuff-free gift alternatives."

[http://www.grist.org/feature/2007/11/20/stuff-free/?source=most\\_popular](http://www.grist.org/feature/2007/11/20/stuff-free/?source=most_popular)

\* Kelly in Pennsylvania:

I loved reading your newsletter. Coincidentally, I grew up in Bucks County and live in Newtown, not too terribly far from BCCC.

I also have wonderful childhood memories of Foster's Toy and Cycle Shop (as it was called back then) in Doylestown. It was always the BEST Halloween store around, not to mention the place my parents bought me my first two-wheeler bike. Foster's has moved locations a couple of times, but I can still remember every room of building they occupied in the late 70s. Thanks for the trip down memory lane!

\* Kathy in Florida:

I think our movie senior discount starts at 50. I sometimes ask: Do you offer a senior discount? If they say yes at 65, I say, oops, gotta wait. Sometimes they just give it to me without asking age. It never hurts to ask.

\* Kevin in Pennsylvania:

Catalog Choice is an easy, free service that allows you to decline unsolicited catalogs, reducing the number of catalogs in your mailbox and the number of trees that get sent to the paper mill.

Join me by clicking the link below:

<http://www.catalogchoice.org/signup>

\* Roger in New York [commenting on computer problems]:

Or get a Macintosh! I have both Mac and Windows XP. You just don't know what you're missing, using Windows stone knives and bearskins instead of a Mac.

\* Bill in Pennsylvania:

My wife says it is rude to point out typos . . . but I cannot help myself. As you know, I love movies, and I do not get a chance to see that many. I saw FRED CLAUS with my son and thought that the movie was sure to be an instant Christmas classic. It reminded me of ELF with Will Ferrell. The cast was outstanding . . . Vince Vaughn, Paul Giamatti, Kevin Spacey and Kathy Bates was as outstanding as Mother Claus. However, Vaughn (as Fred) was Santa's big brother--NOT his little one.

\* Jack in Pennsylvania also picked up the same error: I hate to tell you this, but I found an error in the BLAINESWORLD review section. Fred Claus is the "older" brother not the younger. I saw it twice so far so I know that "piece of history!"

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#### 3. All you need to do is ask

While taking a routine vandalism report at an elementary school, my friend (a police officer) was interrupted by a little boy about 6 years old. Looking up and down at her uniform, he asked, "Are you a cop?"

"Yes," my friend answered and continued writing the report.

"My mother said if I ever needed help I should ask the police. Is that right?"

"Yes, that's right," my friend again answered.

"Well, then," he said as he extended his foot, "would you please tie my shoe?"

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#### 4. Reviews

A. Saw AUGUST RUSH, a schmaltzy drama about a talented orphan who finds his parents as a result of his musical talents . . . the music is OK and so is the acting (except for an over-the-top Robin Williams), but I just didn't get into the story until the very ending . . . the film finally comes alive then, but not enough so that I'd recommend that you rush out to go see it . . . rated PG.

##### MY TWO CENTS:

The above reminded me of part of an essay that Cynthia's nephew Benjamin wrote as part of his application to transfer into UCLA . . . he wrote this, by the way, before AUGUST RUSH came out:

Music allows me to express myself. Throughout my academic life, as I struggled to be understood by teachers and peers, instruments became my outlet for succinctly communicating my feelings. Nothing else in my world could help me understand or express so much joy, so much pain, and everything in between. Colors swirled through my mind's landscape as I stood on the phone book conducting symphonies on the record player before elementary school. It made sense; everything was in its right place. As I walked outside, the music continued. Birds, cars, wind blowing through trees, the rhythm of people's feet hitting the ground as they walked; this was music. All of these sounds collaborated to make beautiful, seamless transitions from one movement to the next.

B. WAITRESS is now out in DVD format . . . my review from BLAINESWORLD #554 follows:

Finally! . . . after seeing far too many films that had good reviews, but were terrible (YEAR OF THE DOG being the most recent instance), I

came across WAITRESS . . . critics loved this one; I did too.

It is a sweet and quirky tale of a small town woman stuck in a lousy marriage whose life changes when she becomes pregnant . . . Keri Russell is terrific in the leading role, and it was good to see Andy Griffith back on screen . . . rated PG-13.

C. Robert Fulghum has long been one of my favorite authors . . . ever since he came out with ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN, I've made it a point to get everything he has written.

They each contain essays that look at everyday situations in a way that will delight you and, also, make you think . . . his latest, WHAT ON EARTH HAVE I DONE? (see also Sections 2, 10 and 11) is no exception.

Fulghum begins by telling of an experience he had when he heard a mother asking a variation of the book's title question of her son: "Billy, what on Earth have you done?" . . . he then realized that his mother had asked the same question, and he then asked his own children, who no doubt have asked their kids.

Yet as he finds out, the answer is never easy and almost always surprising . . . in one of the best passages of the book, he describes an encounter he had with a particular store's employee . . . when something was not ready when promised, he didn't get upset; rather, he played a game to see if the person could come up with a really creative excuse as to why this happened.

This playfulness is described via several other encounters that Fulghum has as he moves among Seattle, Utah and Crete . . . for example:

\* There's a tailor shop on Queen Anne Avenue. Sign in the window says ALTERATIONS AND REPAIRS FOR MEN AND WOMEN. The tailor is standing in the doorway. I stop. "I'd like to get altered and repaired," I say.

She looks at me cautiously. Goes inside. Closes the door.

Not a player.

I also liked this other approach he describes:

\* A friend of mine simply waves and smiles at people he doesn't know.

More often than not, they wave and smile back.

Or ask, "Do I know you?" and he responds, "No, but you could."

As to what it (life) all means, Fulghum perhaps sums it up best with this tidbit:

\* The old man looked mildly outraged and fell into high-gear Greek again with his son. The son was apologetic. "Pardon me, but my father says that it is a lie that Americans have everything. You have no sheep, no goats, no trees, no oil, no vines, no wine, not

even chickens. He asks, 'What kind of life is that?' He says, 'No wonder you don't sing or dance or recite poetry very often.' He is dismayed."

If you'd like to become less dismayed, buy WHAT ON EARTH HAVE I DONE? for the upcoming holiday season . . . it will make an ideal gift for just about anybody on your list . . . yet make sure you treat yourself, too, with your very own copy.

D. I'm a big John Grisham fan, in part because he takes chances with his writing . . . initially, he just wrote legal thrillers that I enjoyed . . . but lately, he has veered away from such books.

In 2006, he came out with what I think was his first non-fiction book (AN INNOCENT MAN), and he followed it up with 2007's PLAYING FOR PIZZA--a title I just heard via a CD version.

It is the story of a third-string Cleveland Browns quarterback who becomes the greatest goat in sports history when his three interceptions cost his team a victory in the closing minutes of an AFC championship game . . . to escape, he finds refuge by playing football in Italy where the crowds are small and the pay is poor.

Yet as you might imagine, he finds success here and won't even break his contract even when he has the opportunity to do so for much more money in Canada . . . I found the details of the games leading up the Italian Superbowl quite interesting and actually found myself rooting for the Parma Panthers . . . in addition, I liked the details of life in Italy; it almost felt as if I was listening to a travel guide.

Only the romance toward the end was disappointing because it seems to have been thrown in as an afterthought.

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#### 5. TV alert

A. RADIO CITY MUSIC HALL'S 75TH ANNIVERSARY SPECIAL airs on Saturday at 8 p.m. on NBC . . . as a kid, I used to go there every Christmas . . . if you've never had the experience, watch to see such yearly crowd-pleasers as Rockettes, the Parade of the Wooden Soldiers and the Living Nativity.

B. MR. WARMTH: THE DON RICKLES PROJECT profiles the insult comic, who is interviewed and seen performing in his current Las Vegas show . . . Sunday at 8 p.m. on HBO.

C. Sissy Spacek and Alfre Woodard star in PICTURES OF HOLLIS WOODS, a 2007 Hallmark Hall of Fame production . . . Sunday at 9 p.m. on CBS.

D. LAST LAUGH '07 STARRING LEWIS BLACK takes aim at the year's most notorious newsmakers . . . to quote TV GUIDE, "Look out Britney, Don Imus and Michael Vick: This is gonna hurt" . . . Sunday at 10 p.m. on COMEDY CENTRAL.

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## 6. It takes all kinds

I overheard one of the clerks recently at my local library, telling her boss the following:

"I had to tell one of our patrons that she owed the library over \$15 in fines. Among the late books: THE COMPLETE IDIOT'S GUIDE TO BEATING DEBT."

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## 7. Websites

A. As promised, here's one of the finest things I have ever come across on the Internet:

**<http://youtube.com/watch?v=LnLVRQCjh8c>**

I don't want to give it away until you've actually seen it, so let me just say that you should have something available to wipe your tears when you view it . . . and I'm NOT kidding here . . . also, viewing this will have a greater appreciation of all the blessings that you have in your life.

Please feel free to share this with your children and grandchildren, too . . . you might want to forward it to others, too . . . as always, feel free to send the entire issue (emphasizing Section 7A) and when you do, invite your friends and colleagues to subscribe to BLAINESWORLD at no cost!

B. To go to the opposite extreme, take this opportunity to view what might well be the world's worst job:

**<http://youtube.com/watch?v=9ATH2gr4SDY>**

I guarantee that it will make any past or present job you've had look great!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

**<http://www.blaineworld.net>**

If you're ever in need of a quick laugh, go to "Newsletters" on the left, then "Past Issues" . . . click any number (particularly if you're a relatively new subscriber) and check Sections 3, 6 and 9 . . . so, for example, I did this for BLAINESWORLD #455 and revisited this true story:

Proper attire

Proper attire is required in the cafeteria at the University of Maine. To enforce that rule, the management posted this notice: "Shoes are required to eat in this cafeteria."

Next to it, a student added, "Socks can eat wherever they want."

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## 8. Computer tip

The next time you get an error message on your computer, put it in quotes and then submit to Google or your favorite search engine . . . you'll be pleasantly surprised to find that suggestions will come back that you can use to correct problems yourself.

To try this out, I used this error message: "Stop 0x00000077" . . . sure enough, when I went to Google, I got a bunch of helpful websites in return.

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## 9. New procedures

A sign in a Bank Lobby reads: "Please note that this Bank is installing new Drive-through teller machines, making it even easier for customers to withdraw cash without leaving their vehicles. Customers using these new machines are requested to use the procedures outlined below when accessing their accounts. After months of careful research, MALE and FEMALE procedures have been developed. Please follow the appropriate steps for your gender."

### MALE PROCEDURE:

1. Drive up to the cash machine and keep your car window down (that was open anyway as an arm rest).
2. Insert card into machine and enter PIN.
3. Enter amount of cash required and withdraw money.
4. Retrieve card, cash and receipt, then drive off.

### FEMALE PROCEDURE:

1. Drive up to cash machine.
2. Reverse and back up the required amount to align car window with the machine.
3. Set parking brake, put the window down.
4. Find handbag, remove all contents on to passenger seat to locate card.
5. Tell person on cellphone you will call them back and hang up.
6. Attempt to insert card into machine.
7. Open car door to allow easier access to machine due to its excessive distance from the car.
8. Insert card.
9. Re-insert card the right way.
10. Dig through handbag to find diary with your PIN written on the inside back page.
11. Enter PIN.
12. Press cancel and re-enter correct PIN.
13. Enter amount of cash required.
14. Check makeup in rear view mirror.
15. Retrieve cash and receipt.
16. Empty handbag again to locate wallet and place cash inside.
17. Write deposit amount in check register and place receipt in back of checkbook.
18. Re-check makeup.
19. Drive forward 2 feet.

20. Reverse back to cash machine.
21. Retrieve card.
22. Re-empty hand bag, locate card holder and place card into the slot provided.
23. Give appropriate one-fingered hand signal to irate male driver waiting behind you.
24. Restart stalled engine and pull off.
25. Redial person on cell phone.
26. Drive for 2 to 3 miles.
27. Release Parking Brake.

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#### 10. A quote I like

A Greek couple-dear friends of mine-made their first baby this year. "Come look," they said. I looked. What could I say? Most babies look like Winston Churchill without his cigar. Even the best ones look like Winston Churchill after a face-lift. This one looks like the daughter of Barbie and Ken. Perfect. That's what I told the parents. Men usually say, "Beautiful." Women usually say, "Cute." But I get very high points for saying, "Perfect." And not mentioning Winston Churchill.--Robert Fulghum in WHAT ON EARTH HAVE I DONE? (see also Sections 2, 4C and 11)

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#### 11. Thought for the day

The following is from Robert Fulghum's WHAT ON EARTH HAVE I DONE? (see also Sections 2, 4C and 10), a book I really liked as evidence by the fact that it has now been mentioned four times in this week's issue:

Meanwhile . . .

Some sense of being successful in life may lie in knowing which league to play in. If your dream of success means playing striker on a World Cup soccer team and you are short, chubby, and slow, you will die disappointed.

Wrong league.

If you are pleased to play goalie on a local playground team with other short, chubby, and slow people--and you have a wonderful time doing it, then you are a successful soccer player.

Right league.

And the same is true for any sport--tennis, baseball, volleyball, poker, or whatever--pick a league worthy of your abilities and flourish there.

Or, as Epictetus said in the 4th century B.C.:  
"If you can fish, fish. If you can sing, sing. If you can fight, fight.  
Determine what you can do. And do that."

Likewise, some sense of being successful in life may lie in knowing on which scale you work best. For example, an astronomer is one whose mind can function on a cosmic scale. A physicist is one whose mind can handle the quantum scale. A theologian--a metaphysical scale. A historian deals with the long picture. A psychiatrist works with the

deep picture. A cook or taxi driver works with the immediate situation. Poets and artists work on a very personal scale. Politicians--the public arena. Many die confused and unfulfilled because they spend a life trying to perform above their abilities and perspective--usually a matter of working on the wrong scale.

Epictetus said, "Why worry about being a nobody when what matters is being a somebody in those areas of your life over which you have control, and in which you can make a difference?"

Why am I telling you this?

Two reasons. My 70th year begins this week, and I am in a reflective mood.

And my thinking was provoked when I arrived in Crete this year and found on my desk a letter to me from a German scholar who had lived in my house for a time while I was away. (She has read my books and reads my web-site journal postings.)

After expressing appropriate appreciation for my writing and the use of the house, she asked some hard questions:

Why did I not address the political issues of our time, especially the actions of the present American government administration? Why did I not address the humanitarian issues of our day? Why was I not outraged as an American with the evil done on my behalf? Did I agree that might makes right, that the end justifies the means, and that God is on our side? How can I support the fundamental position of Zionist Israel? Did I really believe the American Way was the only Way? Did I have any real understanding of how America is perceived in the world now? How much hatred and contempt is felt? Why was I silent on these burning issues? Why did I not run for office and do something?

Answer: It is a matter of league and scale.

My mind works in the scale of the local, the daily, and the ordinary. Writing about that is the league in which I am competent. I tend to be simple-minded, plain-spoken, and optimistic. I attend to my corner of the world as best I can with the tools I have.

Of course I know that evil and ugliness exists, as much now as ever. These get all the headlines. We all get the bad news. And I send money and vote and march in response. But I remain astonished at the good and lovely that exists. And most of it is free and readily available--if I stay open-eyed.

Of course there is reason for pessimism. We shall all die. The earth will fall into the sun. Meanwhile . . . is the league and scale of the amateurs like me.

I have not the skill to play professional sports. Wrong league. I have not the competence to be an astrologer, physicist, theologian, chef, historian, politician, psychiatrist, cook, or taxi driver. Wrong scale. Nor the talent to be a poet, musician, or artist. Nor writer of great literature or even thrillers or detective stories or political commentary. Not me.

When people ask why don't I do this and this and this instead of that and that and that, I can only say that I am a man who has found his

league and scale, who goes about trying to be awake to the news of the immediate ordinary world; to make sense of what I see; to pass it on with the implied question: have you seen what I see?

Look! Don't miss the good stuff--that is my message.

There. Not self-defense or apology. Just a statement of position. Meanwhile . . . I know what I can do. Meanwhile. . . I do it.

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#### 12. Advance planning department

A. Alan Goldstein, a longtime friend and reader, is featured in a solo exhibit titled "Rock Paper Sand" running through Dec. 3 at Riverrun Gallery in Lambertville, NJ . . . for more information, please click:

<http://www.phillyburbs.com/pb-dyn/news/83-11262007-1446648.html>

B. MARK TWAIN'S LAST STAND will be performed by actor Alan Kitty on the second floor of the Princeton Public Library in Princeton, NJ, at 7 p.m. on Thursday . . . you can't beat the price: FREE!

For more information, call 609.924.9529 or click:

<http://www.princetonlibrary.org>

C. WATCH ON THE RHINE continues at Actors' NET of Bucks County in Morrisville, PA, through December 2 . . . this gripping drama by Lillian Hellman will be watchable if for no other reason than to catch Tom Orr (one of my favorite local actors), who stepped in at the last minute when the actor slated to play the Kurt Muller role dropped . . . for more information, call 215.295.3694 or click:

<http://www.actorsnetbucks.org>

D. Donna in New Jersey was kind enough to share the following memo she received from Brian Hughes, the effective County Executive for Mercer County, NJ:

Mercer County is proud to sponsor Patriots' Week, the annual celebration of the importance of Mercer County in the birth of our nation.

Patriots' Week 2007 will honor the Battles of Trenton and Gen. George Washington's brilliant coup against the feared Hessian mercenaries. From December 26 to December 31, the Trenton Downtown Association will coordinate the largest Revolutionary War festival in America. More than 50 events are scheduled and will include the Battles of Trenton re-enactments, lectures, puppet shows and other children's activities, Colonial teas, walking tours, bus tours, a Colonial church service, movies, art shows, Revolutionary sword fights, historical interpretations, colonial music, panel discussions, and a concert on an instrument designed by Ben Franklin rumored to drive men mad.

For more information, visit:

<http://www.patriotsweek.com>

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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# BLAINESWORLD

BLAINESWORLD

#581

11.19.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I had an event-filled Saturday, but a most enjoyable one . . . we first went to Barnes & Noble in Princeton, NJ to see actor John Lithgow read from his latest book, POETS' CORNER . . . this is a collection of his favorite poems . . . we were touched by his description of how his grandmother read to him when he was a child, and his reading helped make poetry come alive for us.

From there, we met friends for dinner at what is perhaps our favorite Chinese restaurant: Little Szechuan (609.443.5023) in West Windsor, NJ . . . the food was excellent, as usual, as was the service . . . it's unfortunate that more places don't make you feel as welcome as this one does . . . this happens, largely because of the graciousness of owner Francis Chung . . . his smile paves the way for what follows.

We then went to see FOLLIES at the Kelsey Theatre at Mercer County Community College in West Windsor, NJ . . . this Tony Award-winning Stephen Sondheim musical is not one of my favorites, but that had nothing to do with the performance . . . I just found the story to be a depressing one . . . nevertheless, I was moved by Patricia Bartlett's rendition of "Losing My Mind" . . . and Lou Woodruff, as conductor, led an outstanding 14-piece orchestra (one of the largest I've ever seen in a community production of this nature).

The show runs through this coming weekend . . . for more information, please click:

<http://www.kelseytheatre.net>

B. I was fortunate to hear another interesting presentation earlier in the week . . . Dr. Rameck Hunt shared his story of positive peer pressure in a lecture entitled "Thinking Big, Achieving Big" at the Princeton Public Library (see also Section 12B).

His story is a fascinating one . . . when he was a teenager, he

made a pact with two other friends from his Newark upbringing to stick together until they all became doctors . . . they did and now make it a point to give back to the community in a variety of ways.

In addition, Dr. Hunt has co-authored several books with Drs. Sampson Davis and George Jenkins . . . in mentioning his latest one, THE BOND, he talked about how they have all learned to forgive and reconnect with their fathers.

He also stressed the importance of having good friends who can help you reach your goals . . . and if you're not as fortunate as he was to have two such friends, then he suggested that you make a pact with God.

He concluded by saying that "there were people who made me feel good along the way" and [speaking to the educators in the room] "you always need to say positive things to kids."

C. KUDOS (belatedly) to the planning committee of the 40th reunion for the Lawrence High School Class of 1967--Helaine Fraser, Fred Ciampi, Bob Fischman, and others . . . though the death of my mother made it impossible for me to attend the event, I heard it was spectacular . . . I'm grateful, too, that I got to see Maddie Swedlin afterwards; she filled me in on many of the details--including a report on the Beatles tribute band that performed. . . Mark Millberg has done a fantastic job of posting the many pictures that have been submitted . . . and Steve Darter was gracious enough to allow me to reprint this submission to the blog that is being maintained:

I've heard it said that it is never wise to go back--that disappointment awaits--that good memories can rarely be matched--that bad memories can resurface in rawness you'd rather not face. But there was something quite compelling about this 40th high school reunion that wasn't there in previous ones. Maybe it was the approaching age of sixty and an unconscious sense that this might be the last opportunity to see people who had been very important in my life at one time--a last time to talk, touch, listen, and laugh--sort of a last hurrah. Maybe it was the flood of emails and the feelings of connectedness they generated--particularly from elementary school chums (Bobbie started this for us # 6 Alumni.) Maybe it was that old sense of competition and comparison kicking in again after all the years (had it really been left behind--mine I know never left but had redirected itself elsewhere)--all the Five Towns competitiveness had prepared us well for the demands of this world. Maybe it was all of the promotion efforts paying off--or seeing the number of people attending keep increasing (momentum building on itself and the feeling of not wanting to not be there.) Maybe it was some morbid curiosity lurking somewhere deep in the minds recesses.

Maybe you looked at the list of names--I know that I did--many I recalled, but oddly, I couldn't dredge up an iota of memory about most and only a tidbit here and there about others. The same with faces--some were very vivid and etched in my mind, but for most, no matter what mental gymnastics I exercised, I couldn't extract an image.

On top of this I was acutely aware that I saw myself a certain way back then and see myself a certain way now and the two images don't line up well at times--I know that I am not unique to this self evolution and awareness--it is something we all go through--shedding parts that no longer fit and keeping parts that do. All of this produced questions of how wise the trip would actually be. Emailing from a distance was safe. Being physically present might not be.

There was comfort in connecting individually with two of my then

closest friends Glenn on Friday for some one-on-one hoops, conversation and dinner, and Scott for lunch on Saturday--how easy it was--no awkwardness--no hesitation--we just picked up where we had left off 40 years ago--the flow felt so good.

What was remarkable about this reunion was the bond that people seemed to have--common ground that transcended past boundaries. People who might not have had much to do with each other back then were connecting. In some ways we seem to have come full circle. In kindergarten where some of us first met, we had no guards up--we were young, naive, and so open to a new world and others. The announcement about don't forget to eat--or something about no one seems to want to eat was quite revealing. Conversation, connecting, and people were the main course.

As I drove Scott home we talked about how young we felt. It was like the scene from the end of a movie--but it was also like just another Saturday evening at age 17 (without the parents waiting up because we were past curfew)--the party had come to the end--time to drive home. What are you doing tomorrow? Call me when you get up.

I don't know about you, but I had a blast. I arrived back at the motel filled with emotion and admiration for us, as a class, for not only surviving so well in our lives, but also for how we came together on this one evening and went back in time--and how we brought each other along for a great ride.

D. CONGRATULATIONS to longtime reader and friend Raymond "Skip" Goodnoe on his marriage to Robyn!

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

This week, it goes to Dori Simmons--a member of the Internet Help Desk for Continental Airlines.

When my mother died, I had to get Risa and JP up for the funeral . . . yet I had very little time to make arrangements.

Furthermore, for some reason, Continental's website wouldn't "take" the information that I was rushing to submit . . . so in some degree of desperation, I called late one night and was fortunate to have Ms. Simmons handle my call.

She took care of my needs in an quick, professional matter . . . also, she even saved me money by finding a bereavement rate and then telling me what I had to do to get it

Her assistance made what was a trying time just a little less so . . . and was very much appreciated.

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2. FYI

The Allies had won, Germany had lost. It was a classic I Win-You Lose negotiation. The Allies got to set all the terms. But the terms were unrealistic. They made a deal that could not be carried out. Instead of creating peace, they created further resentment. The loss of the Ruhr, the devastation of the German economy, the sacrifice of natural resources, all contributed to a latent, seething desire for revenge. Many historians feel that it was the ideal atmosphere for the rise of Adolph Hitler.

The deal that ended World War I, in effect, helped start World War II. In fact, when the Nazis invaded France, Hitler ordered that same railroad car, then housed in a museum, be the site where he would "dictate" the terms of the German occupation of France. I Win-You Lose became We Lose.

I Win-You Lose and its negative consequences seem obvious when the stakes are high and you have the historical benefit of hindsight. But the principle applies to even the simplest deal. In our seminars, we often begin with this game. You can try it yourself.

### The 10 Dollar Game

Take 10 one dollar bills. Find two people-two partners, husband and wife, people in your office, your kids. Tell them, "If you two can negotiate a deal in 30 seconds on how to divide the \$10 between you, you can have the money. But there are three rules:

1. You can't split it, \$5 and \$5.
2. You can't say \$7 and \$3 or \$6 and \$4 and make a side deal to adjust the division later.
3. If you don't make a deal in 30 seconds, I take all \$10 back."

Chances are, both parties will have a hard time resisting the urge to "win" and not "lose." . . .

Start with this premise [to win in this game]:

Maximize your interests. Determine what is the most you can come away with. Don't give away more than you have to. Get the most of a good deal, not the least of a bad deal. (That's another way of expressing WIN-win.)

Here are some interesting solutions we've seen in the seminars:

\* Find ways to agree. Rather than leaping into battle over who gets the most money, look for an idea upon which you both can agree. For example, "If we don't make a deal in 30 seconds, we both get nothing. So, let's start by splitting \$8 of the money, \$4 for me and \$4 for you. Now let's just negotiate over the \$2." Once you've found one basis for agreement, you may well find more.

\* Remove ego. Take subjectivity out and replace it with objectivity. Use a coin flip. "Heads, I get \$6 and you get \$4. Tails, you get \$6 and I get \$4." Both sides now have an equal chance to "WIN" or "win." And, regardless, it happened "fair and square."

\* Be creative. Look at the rules. They're limiting but not totally restricting if you're really creative. No one said you can't make change. Split the money \$4.99 and \$5.01. That's only a 2-cent windfall for the supposed winner.

\* Increase the pie. Again, the rules allow for imaginative solutions. No one said you can't add to the total. Let's say, you put in an extra dollar. Now you're dividing \$11. You take \$6 and the other side takes \$5. Both sides "WIN" by increasing the pie before dividing it.

Unfortunately, most people don't reach these solutions. They fall into the conventional traps of win-lose negotiation.

SOURCE:

THE POWER OF NICE (see also sections 2, 4C and 10) Ronald M. Shapiro and Mark A. Jakowski

FYI, part 2

\* Laura in New Jersey:

I thought that these links might be of interest. They were sent to me by a friend who uses them to find good movies to borrow or rent.

I use NetFlix:

<http://www.netflix.com/BrowseSelection>

to see movies that are currently available.

I also use JoBlo:

[http://www.joblo.com/dvdclinic/release\\_dates.php](http://www.joblo.com/dvdclinic/release_dates.php)

to see what is coming up for release. Although the release schedule shows months in advance, libraries don't usually pre-order them more than a couple of weeks prior to their release date. While it is not just movies, but all DVD releases (including TV shows), this site gives the most complete listing and advance notice of release that I have found.

I also use the Internet Movie Database:

<http://www.imdb.com/>

to check reviews and release schedules for films coming out in the theaters and on DVD.

MY TWO CENTS:

I still contend that [blockbuster.com](http://www.blockbuster.com) is the best website for renting movies for home usage . . . you get one film in the mail, then when you return it, you get another film (twice what you get from [netflix.com](http://www.netflix.com)) . . . when I want to check reviews, I always first go to: <http://www.rottentomatoes.com>

\* Karen in Australia:

I read your last newsletter about having time on the weekends now. That has got to be hard, but you and Cynthia should use that time to do quiet things together like go on a picnic or something like that.

I remember when my husband died, I would pick up the phone to ring him about something extraordinary our son did. It would then hit me that he was no longer here. So I had to find other ways of dealing with that issue, and I found starting a diary helped.

\* Barry in Pennsylvania:

[commenting on something that Cynthia wrote in last week's issue: "To stop, be silent, wait, and be present for the ones we love." Great quote and something I will try and work on for the rest of my life.

\* Jean in Pennsylvania:

Please don't pass along the advice to send letters to recovering soldiers at Walter Reed Hospital. The COURIER TIMES did a follow-up and reported last week that since 2001, the hospital doesn't accept such letters. Read more here:

<http://www.snopes.com/politics/christmas/soldiercards.asp>

THANKS, also, to Carol in Pennsylvania for pointing this out . . . I usually check out such information myself and actually did in this case . . . what happened was that [snopes.com](http://www.snopes.com) came out with the above link after I had already written about it in BLAINESWORLD.

\* Joyce in California [commenting on <http://www.bestplaces.net>]:

Thanks! this could not have arrived at a better time. We are moving in

a couple of weeks to a new area about an hour from here.

\* Joan in Pennsylvania:

Can you send me your cranberry recipe if you have it handy? I can't find it.

IN RESPONSE--FOR ALL:

Just in time for the holidays, here it is (with SPECIAL THANKS to Dana in Pennsylvania, the person who originally gave it to me):

Cranberry relish for about 8

1 15 oz. can whole berry cranberry sauce

1 8 oz. can sliced peaches: drain slightly, then cut into small pieces

1/2 cup black raisins

1/2 tsp. ginger

1/4 cup chopped walnuts (optional)

Mix all ingredients together well. Refrigerate before serving.

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### 3. Time off

Susan was desperate for a few days off from work. But she knew the boss wouldn't let her take a vacation. So she got a crazy idea. She hung upside down on the ceiling until the big guy noticed and asked her what she was doing. "I'm a light bulb," she told him.

"You are clearly stressed-out," said the boss, looking concerned. "Go home and take it easy for a couple of days." Susan jumped down and headed for the door.

Her co-worker Janice seized her opportunity and followed Susan. "Where do you think you're going?" the boss hollered after her.

"I'm going home too," Janice said. "I can't work in the dark."

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### 4. Reviews

A. Sometimes, you get lucky when you go to see a film . . . with Cynthia, I went to see LIONS FOR LAMBS . . . the great cast (Cruise, Redford and Streep) caught out attention, but within 10 minutes, we were bored to the extent that we couldn't stand any more of this talky look at the human consequences of a complicated war . . . so we went to the theater next door where FRED CLAUS was playing . . . Vince Vaughn is very funny as the big brother who lives almost his entire life in his more famous brother's shadow . . . though rated PG, some of the humor will simply go over the heads of many younger viewers . . . that's especially true of the one scene where Vaughn attends a group therapy session for unhappy siblings, including Frank Stallone (Sly), Stephen Baldwin (Alec) and Roger Clinton (Bill) . . . I'm still smiling as I think about it.

B. HAIRSPRAY is now out in DVD format . . . my review from BLAINESWORLD # 560 follows:

I had seen the non-musical version of HAIRSPRAY, as well as the musical Broadway play . . . both were good; the latest movie with the same title--now out--is perhaps best of them all . . . newcomer Nikki Blonski is fantastic as the plump girl who wants to dance on a popular local TV show . . . she is somehow chosen, and when that happens, Baltimore is never the same again as integration also sets in . . . other cast members were equally fine, including Michelle Pfeiffer, Christopher Walken and John Travolta as his wife (yes, wife!), and a scene-stealing Elijah Kelley . . . be prepared to want to dance as you watch this film--right from the very beginning . . . rated PG.

C. I recently enjoyed BULLIES, TYRANTS & IMPOSSIBLE PEOPLE by Ronald M. Shapiro and Mark A. Jankowski so much that I had to seek out their first book: THE POWER OF NICE (see also Sections 2, 10 and 11) . . . and if I had to do it all over again, I'd probably reverse the order of my reading and read this latter book first.

It gives the background for much of what is taught by the two authors; i.e., that you should seek to make sure that everybody wins in negotiations--but you win bigger . . . to do so, you need to understand the "three Ps," which are described as "preparing better than the other side; probing so you know what they want and why; and proposing, ideally without going first and revealing too much."

If you're a sports fan, you'll like the many examples involving such superstars as Eddie Murray, Kirby Puckett, Cal Ripken, and Brooks Robinson . . . however, others will be able to relate to discussions involving President Carter, home purchases and salary negotiations.

I learned much from this book, including:

\* A good negotiation is about dividing the pie so that both sides get a satisfactory piece. A better negotiation is one that finds a way to grow the pie (increase revenues, add market share, strengthen resources) so both sides get a bigger piece. But baseball was playing out the worst scenario possible. What had been a 2.5 billion dollar pie was actually shrinking. It had taken decades for it to reach that size and, in a matter of weeks, it was losing revenue by the millions.

\* When people are under pressure, they revert to habits. In order to create new habits, you need a simple, systematic approach that you can practice and master. I learned that lesson through skydiving, and I learned it again and again in negotiation. We do not teach people the 45 best opening lines or the 75 greatest closing tactics. If you learn it--that is, practice and master what we preach--when the pressure hits, you'll revert to your new, learned habit and you'll be a more effective negotiator.

\* And this particularly valuable tidbit that I have to put into practice more: Shh! (That's another secret to negotiation.) People like to talk. Resist the urge. The other side is human, so they want to talk, too. Encourage them. Then listen. They're trying to tell you how to make the deal. Did you ever notice how often the party opposite you thinks what he or she has to say is more important than what you have to say? That's okay. Give them a chance and they'll tell you everything you need to know: What they hope for, what they can move and where they can't. They may tell you directly or subtly. Ask questions. Listen more. Every moment you're not talking is an opportunity to learn what it takes to make the deal. The best negotiators aren't smooth talkers; they're smooth listeners.

The less you say, the more others will remember. It's simple math. Say a lot and they're bombarded and overwhelmed. Say a little and they can retain every word. And, of course, the less you say, the more you can focus on what they say.

THE POWER OF NICE also presented quotes in each chapter that pertained to the subject of negotiations, including this one from Thomas Jefferson that has very quickly become one of my favorites:

When I'm angry, I count to ten before I speak. When I'm very angry, I count to one hundred.

That said, I won't even bother doing any counting before recommending this very informative book to my fellow members of the Negotiations Team at the college where I teach . . . they'll greatly benefit from it, as will anybody else seeking insight into what makes others tick when they want something.

D. When watching NBC's TODAY show, I look forward to hearing segments featuring financial editor Jean Chatzky . . . they're always right to the point and in clear English, and I never fail to learn something.

Recently, I came across a taped version of TALKING MONEY: EVERYTHING YOU NEED TO KNOW ABOUT YOUR FINANCES AND YOUR FUTURE--written and read by Chatzky . . . though it had a 2002 copyright date, I still found the information quite fresh and relevant to anybody needing to know more about this important topic.

In fact, I'm going to get a copy for my daughter and her fiance, if just so they can fully grasp this one concept that is presented:

Pay off debt with savings. In a year, the difference [for her] between making 4% on a savings account vs. paying 18% in interest was some \$420.

This sounds so basic, yet I'm amazed by how many folks don't get the concept . . . hearing it from Chatzky, however, really drove the point home in that she explains how she learned it shortly after she graduated college (and was personally struggling to make ends meet).

TALKING MONEY also clearly explains the four keys to making your money grow:

- \* Buy and hold. Forget day trading.
- \* Don't try to time the market. Instead, use dollar cost averaging and regularly invest.
- \* Don't hesitate; automate your investments.
- \* Keep your investment expenses down.

Lastly, I loved this simple bit of advice that Chatsky gave before making purchases that aren't necessities: Wait a day. You'll often view them differently after 24 hours.

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## 5. TV alert

A. Dog lovers won't want to miss the NATIONAL DOG SHOW, hosted by John O'Hurley, on Thursday at 12 noon.

B. LEGALLY BLONDE: THE MUSICAL (LYRICS VERSION) airs on MTV on Thursday at MTV at 8 p.m.

C. A GRANDPA FOR CHRISTMAS stars Ernest Borgnine as an elderly actor who is estranged from his daughter and ends up caring for a granddaughter he didn't know . . . Saturday at 9 p.m. on HALLMARK.

D. KENNY VS. SPENNY is a raunchy new live-action series on Sundays on Comedy Central at 11:30 p.m.

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## 6. Bubba

Those who spend much time in a doctor's office should appreciate this!

Doesn't it seem more and more that physicians are running their practices like an assembly line? Here's what happened to Bubba:

Bubba walked into a doctor's office and the receptionist asked him what he had. Bubba said: "Shingles." So she wrote down his name, address, medical insurance number, and told him to have a seat.

Fifteen minutes later, a nurse's aide came out and asked Bubba what he had. Bubba said, "Shingles." So she wrote down his height, weight, a complete medical history, and told Bubba to wait in the examining room.

Half an hour later, a nurse came in and asked Bubba what he had. Bubba said, "Shingles." So the nurse gave Bubba a blood test, a blood pressure test, an electrocardiogram, and told Bubba to take off all his clothes and wait for the doctor.

An hour later, the doctor came in and found Bubba sitting patiently in the nude and asked Bubba what he had. Bubba said, "Shingles."

The doctor asked, "Where?"

Bubba replied, "Outside on the truck. Where do you want me to unload 'em??"

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## 7. Websites

A. If you are interested in helping the world fight hunger and feed the poor, please click:

<http://freerice.com>

This website was designed to inform the world about several different facts regarding rice. It is very simple to follow, and it gives viewers a short quiz on different vocabulary terms involving rice. Every correct answer means a donation of 10 grains of rice to the United Nations to help end world hunger!

B. When I was a kid growing up on Long Island, NEWSDAY was my favorite paper . . . its website contained the following blog entry by Walt Handelsman, Pulitzer Prize-winning political cartoonist and animator, that got me laughing:

[http://weblogs.newsday.com/news/opinion/walthandelsman/blog/2007/11/animation\\_baby\\_boomers.html](http://weblogs.newsday.com/news/opinion/walthandelsman/blog/2007/11/animation_baby_boomers.html)

You will need your sound on for this one. The louder you play it, the more impact it will have!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

THIS IS TRUE is one of my favorite online publications . . . it's a weekly syndicated newspaper column by Colorado humorist Randy Cassingham. TRUE reports on bizarre-but-true news items from legitimate newspapers from around the world (never "tabloids"). Each story ends with commentary by Randy--a tagline which is humorous, ironic or opinionated.

To subscribe for FREE from my website, go to "Blaine's Best" on the left (make sure you watch my eyes as you do), then "This Is True."

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8. Computer tip

If you get a wrong number on your cellphone or even regular phone, resist the temptation to call back . . . why bother?

However, if you simply MUST know who called you, you can look up the number online by typing in the number that called you at--surprise, [surprise--google.com](http://www.google.com):  
<http://www.google.com>

This can also be done via the reverse phone lookup option at:  
<http://www.switchboard.com>

Methinks that most of the time, you'll find that if the person who called you did not bother to leave a return number, then it was either a wrong number or a sales call.

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9. Three retirees

Three retirees, each with a hearing loss, were playing golf on a fine March day. One remarked to the other, "Windy, isn't it?"

"No," the second man replied, "it's Thursday."

And the third man chimed in, "So am I. Let's have a beer."

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10. A quote I like

The best way to get what you want is to help the other side get what they want.--Ronald M. Shapiro and Mark A. Jakowski in THE POWER OF NICE (see also sections 2, 4C and 11)

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### 11. Thought for the day

When I REALLY like a book, I mention it multiple times in an issue . . . that's certainly the case with THE POWER OF NICE (see also Sections 2, 4C and 10) by Ronald M. Shapiro and Mark A. Jakowski--the source of this following passage:

Adrienne, my 2-year-old niece, displayed one of the more effective uses of the WIN-win maxim: "The best way to get what you want is to help them get what they want." Adrienne likes nothing better than being carried around, all day long, every day, but her parents, wanting her to realize that when you grow up, you don't get carried around, wanted to break her of this habit. When her pleading, "Pick me up!" began to go unanswered, she modified her approach. In no time, she was looking up at her parents, offering her outstretched arms, saying, "Hug. Hug!" Who could ignore that affectionate request? Then, when her father bent down to give his little princess a hug, Adrienne would latch onto his neck, he'd straighten up, and guess what?-she was being carried around. She got what she wanted--being carried--by giving him what he wanted--a hug.

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### 12. Advance planning department

#### A. Nancy in Pennsylvania:

At our last Board meeting for the Newtown Chamber Orchestra, Susan Hudak suggested that we ask you to use your forum as the editor of BLAINESWORLD to help get out the information about our next concert on Sunday, November 25, 2008 at 3:00 p.m. in the Library Auditorium at Bucks County Community College in Newtown, PA. Tickets are available at the door for \$25 for adults, \$20 for seniors and \$15 for students. Children under 12 are encouraged to attend and their admission is free.

This concert will include Symphony, Opus 3, No. 4, B flat Major by Bach, Symphony, No. 11, Opus 21, No. 3, C Major by Boccherini, and Octet for Strings, Opus 20, E Flat Major by Mendelssohn.

B. Princeton Public Library in Princeton, NJ runs many fine programs that are FREE to the public . . . to name just a few:

\* Monday, December 3, at 7:30 p.m.: Chris Finian, president of the American Booksellers Foundation for Free Expression, will discuss his latest book, FROM THE PALMER RAIDS TO THE PATRIOT ACT: A HISTORY OF THE FIGHT FOR FREE SPEECH.

\* Wednesday, December 5, at 7:30 p.m.: Jenny McPhee will discuss her latest novel, A MAN OF NO MOON.

\* Thursday, December 6, at 7:30 p.m.: Christopher L. Eisgruber, provost at Princeton's Woodrow Wilson School, will discuss "The Next Justice: Repairing the Supreme Court Appointments Process."

\* Saturday, December 8, at 3 p.m.: Emmy Award-winning actress Elaine Bromka stars in TEA FOR THREE: LADY BIRD, PAT & BETTY, a portrait gallery of three remarkable First Ladies.

For more information, please click:

<http://www.princetonlibrary.org>

C. Natalie in Pennsylvania:  
Newtown Arts Company's '08 Roster

"Plaza Suite – Feb. 14, 15, 16, 17, 19, 20  
"Oklahoma" – April 10, 11, 12, 13, 15, 16  
"Love, Sex and the IRS" – June 14, 15, 16, 17, 19, 20  
"Cheaper by the Dozen" – August 7, 8, 9, 10, 12, 13  
"The Hollow" (Agatha Christie) – October 9, 10, 11, 12, 14, 15  
"Nuncrackers" (Xmas musical) – December 4, 5, 6, 7, 9, 10

For more information, please click:  
<http://www.newtownartscompany.com>

Or call: 215.860.7058.

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PS. For turkey day tomorrow:

May your stuffing be tasty  
May your turkey be plump,  
May your potatoes and gravy  
Have never a lump.  
May your yams be delicious  
And your pies take the prize,  
And may your Thanksgiving dinner  
Stay off your thighs!

Also, please join me in praying that we soon get our remaining soldiers  
back from Iraq and that peace resumes in Israel . . . and make it  
a great rest of the week!

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always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

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same email address.

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# BLAINESWORLD

BLAINESWORLD

#580

11.12.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I now find ourselves with time on our hands . . . for the first time since we've been married, we no longer find ourselves driving every weekend to visit her mother in North Jersey or my folks in Queens . . . of course we miss our parents dearly--though not those trips.

That said, we do recall two with particular fondness . . . shortly before my mother died, we visited her when she was receiving hospice care at Calvary Hospital . . . we got to meet one of the two rabbis there, Rabbi Harold Stern, and we were both very impressed with what he had to say . . . I've asked Cynthia to share her recollections:

When Blaine and I were visiting Muriel, a rabbi came to visit. Someone that Muriel did not know. She clearly wanted to speak with him, and in her own way, she requested to be with him alone. After about 30 minutes, the Rabbi left the room. He then spent much more time speaking with Blaine and myself.

We were asking him, "Is it appropriate to tell someone in Muriel's shape that it is OK to go . . . to give her permission to do so?"

His wise words have been reverberating in my brain ever since:

\* There is no "formula." Yes, that might be one of many things one "might" say to someone who is dying. How about letting what you have to say to the person "come" to you after listening to them.

\* Even more important than saying something is the willingness to be "silent." The rabbi told us he was going to speak at a seminar and help teach other people who spent time with the dying how to "be" with them. His plan was to start the seminar with two minutes of pure silence, realizing that the people would probably think he was crazy.

Silence--something most humans are most uncomfortable with. We all fill in the silence (all the time, but especially when we are in the face of the death of a loved one) with words, questions, touching, jokes . . . anything but to just be quiet and wait. Wait for a feeling of the right thing to say. Wait to hear what our loved one is saying even if his or her speaking is non-existent in the moment.

I, personally, was touched by what he had to say. I spent so much time with my own mother trying so hard to make it better . . . to make her dying "meaningful" . . . instead of just stopping and being silent and present and available.

What wise words for all of us. To stop, be silent, wait, and be present for the ones we love.

B. On another visit, we stopped by to see my childhood home in Freeport, NY . . . the people now living there very graciously allowed us in, and I got a big kick out of showing Cynthia around . . . I also showed her my elementary school, which reminded me of another time many years ago when I had gone to the same neighborhood and taken my daughter Risa with me . . . I had been telling her how far I had to walk when I was a kid (I had it rough!) only to be amazed by the fact that the distance between my home and school covered less than two short blocks.

And on the subject of homes, don't forget that my mother's is up for sale:

A SPECTACULAR RENOVATED 1 BEDROOM, 1 1/2 BATH. LARGE LIVING ROOM, SLIDING GLASS DOORS AND BALCONY. SUNNY GOLF VIEWS. SEPARATE DINING ROOM / DEN. HUGE MASTER BEDROOM. INCREDIBLE OUTFITTED CLOSETS. HANDICAPPED ACCESSIBLE. BUILDING # 1. INCLUDES INDOOR PARKING. \$569,000.

You also get access to all stores downstairs, including a bank, restaurant, movie theater, supermarket, cleaner's, drugstore, health club, etc. . . . golf and/or tennis memberships are also available at a very reasonable extra cost . . . and there are both indoor and outdoor pools.

For more information, call Annette Kroll at 718.631.8867.

C. Over the weekend, we joined friends for dinner at Genteel's Trattoria (609.252.0880) in Skillman, NJ . . . I often go there for lunch; the pizza is excellent . . . but this is the first time the we had gone for dinner in what turned out to be a very attractive dining room . . . our veal parmigiana and pasta bolognese were both excellent, and our friends seemed to like their choices too . . . portions were quite ample, too . . . from there, we went across the street to what is probably our favorite place to catch both independent and foreign films: Montgomery Cinemas (609.924.7444)--also in Skillman . . . for a review of what we saw, please see Section 4A.

D. During the week, I got to hear Carl Bernstein speak on his latest book, A WOMAN IN CHARGE; THE LIFE OF HILARY RODHAM CLINTON . . . it was quite a treat to hear this Pulitzer Pulitzer-winning author, and best of all, the event was free . . . it was held at Barnes & Noble (see also Section 12A) in West Windsor, NJ.

Bernstein indicated that Hillary is a complex woman who was

"the one person whose stature was enhanced by all this" [the Lewinsky period and the impeachment trial of President Clinton].

Furthermore, he noted, "This is a story about her marriage, which is a love affair, no matter how difficult (things have been). The Clintons are on the verge of a restoration, the first in American political history, and their roles would reverse. Mr. Clinton is the most important part of her process and vice versa. He's her principle adviser, and he's out to get her elected and to get them both back in the White House."

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

This week, it goes to Roberta Stein--the person in charge of the Merle Norman store (908.704.8300) in the Bridgewater Mall in Bridgewater, NJ.

Cynthia has been a customer there for several years . . . she has always been impressed with all the help she has received there, but particularly from Roberta . . . a recent purchase will show you why . . . when she wanted to purchase clove eye shadow, Roberta said they no longer carried that particular color . . . however, she asked Cynthia if she could call around to see if any other stores still had any inventory of the product.

Within a few weeks, Roberta had located a bunch of the product in various states throughout the country . . . she then asked Cynthia if she still wanted the item and when Cynthia said "yes," Robert had it shipped to her at no extra charge.

Now in case you're wondering why and how Cynthia uses the eye shadow, here's something from BLAINESWORLD #396--written shortly after we had started dating:

A really good friend (ok, ok, the aforementioned Cynthia if you must know) shared this idea she thought other female readers might find of value:

If you color your hair, it sometimes looks as if it needs a touch up after 4-5 weeks and often just before you next go for a coloring . . . I shampoo, then use a good brand of eye shadow for a touch up at the roots . . . it really does the job, and it typically lasts until my next shampoo.

I've tried many kinds of eye shadow over the years and have found out that the Merle Norman variety has consistently given me good results.

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## 2. FYI

Edison's mother guided him to apply the most effective and efficient means of study so that he could "tear the heart out of books." Here is how you can do what he did:

\* Set clear objectives: By approaching all your reading with a clear idea of what you want to learn, you will learn faster and more effectively. In a classic study, two groups were asked to read the same book. The first group was told that they were "responsible for the whole book."

The second group was given the objective of discerning only the book's three major themes. When tested, the "three themes" group did better on all aspects of the exam, including questions that were unrelated to the three themes. Formulate specific objectives for your reading and write them down.

\* Warm up your brain: Tune in to your subject matter by expressing verbally-or on paper-what you already know about the subject. This will energize the associative network in your brain. In two or three minutes you can access your knowledge base, and by bringing it to the fore, you greatly improve the chances that you will actually remember what you read.

\* Overview the text: Read the Contents page, introduction, exercises, chapter summaries, and review or conclusion sections first. Just like completing a jigsaw puzzle, you begin with the borders and work your way in. In many cases you will discover that your objectives have been achieved via the overview.

\* Record and share key points: If you've set your objectives, warmed up your brain, and overviewed your book, you will have an excellent idea of where the remaining "gold" is hidden in the text. "Tearing the heart out of books" involves focusing in on the parts that are most relevant to your objectives and choosing to skip the rest. As Edison did, record the key points of your reading. After you've finished, teach someone what you learned. As you practice expressing what you've learned you'll consolidate your ability to recall the material and you'll gain a clearer idea what you still need to learn.

SOURCE:

INNOVATE LIKE EDISON (see also Sections 4C, 10 and 11) by Michael J. Gelb and Sarah Miller Caldicott

FYI, part 2

\* Tobi in Pennsylvania (with a CORRECTION):  
In case anybody asks why the website to the donation page--for contributions in your mother's memory to the BCCC Foundation--cannot be found, there was a typo . . . see below for the corrected version:  
<https://www.bucks.edu/donation.php>

\* Deborah Norville, commenting on my review of her book--THE POWER OF NICE--in BLAINESWORLD #577:

Delighted that you liked the book. Thanks so much for mentioning it in your newsletter and for the nice review!

I have been simply amazed by the response to the science I share in the book, as well as the way people tell me its made a difference for them. Today I even got an email from Karachi!

I am sorry it took me a while to reply to your nice email. Its been amazingly hectic, but it's "good" hectic.

Thanks so much for taking the time to write. I would love to see your newsletter if you get a chance to forward it to me.

\* Linda in Pennsylvania:  
Helping a hero

Someone sent me this idea, which I thought was great, so I'm passing it on.

When you are making out your Christmas card list this year, also include one for the following address:

A Recovering American Soldier  
c/o Walter Reed Army Medical Center  
6900 Georgia Avenue, NW  
Washington, D.C. 20307-5001

If you approve of the idea, please pass it on.

\* Cara in Pennsylvania:

It is that time of year again . . . the Central Bucks West Choir is selling Poinsettias as a Fundraiser for their Spring Trip to South Carolina. They are 8 inch pots with 4 plants per pot (approx. 15+ blooms). Each plant costs \$18.00.

I need to have the orders in by December 3rd (including payment). The flowers are mostly red but last year there were a few pink and white, although I can not promise. I will deliver the flowers to you by December 14th.

My son Steve and I appreciate your support on this fundraiser. The flowers have been beautiful in the past!

Email me with your order, and I will make arrangements to pick up your payment. Made checks out to me.

Thanks again!

Cara Schollenberger  
Professor, Cinema/Video  
Bucks County Community College  
schollen@bucks.edu  
215.968.8099

\* Shelly in Pennsylvania:

Thanks to your newsletter, I have sent out the Allen Carr book on Stop Smoking to three people, and now his help has enabled 4 to stop, and two others to commit to it. (See the letter below; I took out their names for privacy.) Thank you for your generosity in offering to send out the book for free--now I send it to people I care about with a "no pressure" note, and I feel good about it!

Hi Shelly, A\_\_ and I stopped smoking after reading the book you sent us. We are still struggling on a daily basis, but this is definitely the easiest it has ever been. On Wednesday it will be three weeks for me. A\_\_ told C\_\_ that when I make it two weeks, she would stop and C\_\_ told D\_\_ that when A\_\_ makes it two weeks she will stop as well. Maybe we started something. Thanks B.

\*\*\*\*\* THE FREE OFFER (FROM ME) AGAIN \*\*\*\*\*

The book Shelly mentions is terrific . . . it has helped countless people . . . if you'd like to give it a try or know of somebody who could benefit from it, I'd like to get you a FREE copy . . . just send an email to my assistant, Bridget, with the these words in the subject line: FREE SMOKE CESSATION BOOK.

Send your emails to: [hughesbr@bucks.edu](mailto:hughesbr@bucks.edu) and make sure you include in the body of the email the following information:

1. Your name;
2. Your email address;
3. Your home address; and
4. Let me know if this is for you or somebody else. And if somebody else, what is that person's name?

I'll only request that if you get the book for yourself, please read it within 30 days of receipt . . . then send me an email or letter, telling me your reaction to the book . . . if you get the book for somebody else, make sure that he or she is willing to read it before you get them the copy.

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#### 3. Lost

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter, haven't you ever seen a little boy before?"

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#### 4. Reviews

A. BEFORE THE DEVIL KNOWS YOU'RE DEAD is a stylish thriller about two sons who decide to rob their parents' jewelry store . . . their plans fall apart, however, and so does this film about 2/3 of the way through . . . it held my interest until then; however, it was then that a whole bunch of folks got murdered and by the end, I couldn't wait to get out of the theater . . . Philip Seymour Hoffman and Ethan Hawke, as they usually do, turn in fine work, and I also liked seeing Marisa Tomei as Hoffman's gorgeous wife . . . yet overall, I wouldn't recommend that you rush out to see or even rent this one . . . rated R.

B. LA VIE EN ROSE is now out in DVD format . . . my review from BLAINESWORLD # 560 follows:

I have always loved the music of Edith Piaf and so was looking forward to LA VIE EN ROSE, the biopic about her life . . . despite a magnificent performance by Marion Cotillard, the film left me flat . . . it was way too long, and there wasn't enough singing . . . it's also very depressing, and I found the story to be too choppy for my taste . . . I was, however, impressed with both the set design and cinematography . . . rated PG-13.

Thinking out loud here . . . I don't want to leave you with nothing to see, so make it a point to rent from [blockbuster.com](http://blockbuster.com) or [netflix.com](http://netflix.com) the following: THE BISHOP'S WIFE . . . it is a delightful comedy, starring Cary Grant, David Niven and Loretta Young about an angel sent from heaven to raise

money for a new church . . . there weren't ratings at the time, but if there were, it would probably get a PG . . . it was remade into THE PREACHER'S WIFE, starring Denzel Washington and Whitney Houston . . . get the original; it's far superior.

C. Michael J. Gelb has become one of my favorite non-fiction authors . . . his bestseller, HOW TO THINK LIKE LEONARDO DA VINCI, impressed me so much that I now use it the Creativity course that I teach . . . several other books followed, and while they were all good, I do believe that he has topped himself with his latest effort: INNOVATE LIKE EDISON (see also Sections 2, 10 and 11), co-authored with Sarah Miller Caldicott--Edison's great-grandniece.

Subtitled THE SUCCESS SYSTEM OF AMERICA'S GREATEST INVENTOR, it is a winner from the very first page . . . there's a short but fascinating biography of Edison, followed by an easy-to-apply system of five success secrets--known as the Five Competencies of Innovation.

These are as follows:

1. Solution-Centered Mindset: how to keep unwavering focus on finding solutions;
2. Kaleidoscopic Thinking: how to juggle multiple projects, generate many ideas and the make creative connections or discern patterns;
3. Full-Spectrum Engagement: how to manage and balance a massive workload with social life, family and other obligations;
4. Master Mind Collaboration: how to multiply individual brain power by bringing the right people together; and
5. Super-Value Creation: how to target all creations to an existing market and provide value to potential customers.

Gelb and Caldicott describe these secrets, then show how they can be utilized in many different situations . . . I liked how they gave real examples, using both large and small companies . . . in addition, they effectively "updated" Edison's work by viewing it through the eyes of such contemporary thinkers as Edward de Bono, Martin Seligman, Daniel Goleman and others.

I also liked the pictures of Edison, as well as the use of drawings he actually did for his many inventions.

There were many useful tidbits that I gained from reading this book; among them:

\* Edison's idea of aligning with those unchangeable "infinite laws" and following "the teachings of his own conscience" meant living by a moral code grounded in honesty, respect, fairness, and integrity. He felt that the highest standards of personal and business ethics were congruent with the precise design of the infinite intelligence. Moreover, Edison hoped that his innovations would help humanity evolve to a higher moral plane. He proclaimed, "The machine has been human being's most effective escape from bondage." Like Gandhi, he believed that "Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages." When he was asked to serve on the Naval Consulting Board

during World War I, he made it clear that he would only work on defensive weaponry. As he noted, "I am proud of the fact that I never invented weapons to kill."

Edison's religious and ethical philosophy is probably best summarized by his observation that, "If we all try to carry out the Golden Rule in this life we have little to fear from the hereafter no matter what our belief may be."

\* Thomas Edison's love of nature and his passion for efficiency translated into a practical concern for energy conservation and environmental protection. By 1910, Edison had developed a storage battery that could power automobiles, trucks, and machines. He hoped this development would lead to the use of batteries as a self-sufficient source of energy in homes and buildings. In 1912, he constructed and helped to create a model home in West Orange, New Jersey, that was "off the grid," and powered solely by his storage batteries. He also began thinking about ways to harness the power of the wind and sun. Shortly before his death in 1913, Edison told his friends Henry Ford and Harvey Firestone, "I'd put money on the sun and solar energy. What a source of power! I hope we don't have to wait until oil and coal run out before we tackle that."

\* In his teenage years as well as at Menlo Park and beyond, Edison recorded his thoughts, observations, and visualizations in notebooks. Like other great minds, Edison jotted down his thoughts freely. His notebooks contain fragments of ideas and plenty of pictures. This daily practice helped him sharpen his observations, develop new ideas and make creative connections between diverse aspects of his research.

If you're looking for an ideal holiday gift for a student or anybody interested in lifelong learning, you certainly won't go wrong with getting them a copy of INNOVATE LIKE EDISON.

D. Heard the CD version of EAT THAT FROG!, written and read by Brian Tracy . . . he's a well-respected author on such subjects as personal and business success . . . and since I've benefited from his teachings in the past, I looked forward to this program--in large part because of its catchy title . . . I also liked the premise of the subtitle; i.e., that I'd learn 21 GREAT WAYS TO STOP PROCRASTINATING AND GET MORE DONE IN LESS TIME.

So you're probably wondering like I was: What's the deal behind eating a frog? (And why would anybody want to do that?) . . . Tracy explanation makes a lot of sense . . . he contends that if you eat a live frog the first thing in the morning, you can go through the rest of your day with the satisfaction that the frog is the very worst thing that's going to happen to you.

Much of the advice that follows has similar thinking . . . if you want to deal with procrastination, just do the most important thing first . . . you need to resist the temptation to do other tasks, even though they may be more fun to complete . . . or you can complete them in a relatively quick fashion.

I've heard much of what Tracy had to say, yet I kept thinking to myself that even though that was the case, I needed as much reinforcement as I could get . . . for example, he pointed out

\* You need to do something every day to move you toward your goal.

\* Every minute on planning saves as many as 20 minutes in execution.

\* To develop your career, continually ask: What's the one skill, if learned, would have the greatest positive impact on my career?

\* There's never enough time to do everything, but there's always enough time to do the most important thing.

\* Here's the core question of time management: What's the best use of my time right now?

\* Imagine yourself as having only one day before you go on vacation.

\* Don't worry about changing your whole life; say, instead, "just for today."

EAT THAT FROG!! might not get you to stop procrastinating forever . . . it will, however, help you get started . . . or as Tracy points out, if that's your problem, just say to yourself, "Do it now" . . . getting this program would be an excellent first step!

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#### 5. TV alert

A. WIRED SCIENCE, according to THE WALL STREET JOURNAL, "raises far more questions than it can answer, but that is what makes it so stimulating" . . . coming topics include synthetic blood and a company called ShotSpotter, which has developed microphones that instantly alert police to the sound and location of gunshots . . . Wednesdays at 8 p.m. on PBS . . . check local listings since PBS dates and times can vary.

B. Lisa in Pennsylvania about her son Anthony being on TV: The first event of the Formula D series that just concluded will be on THE SHEETS OF LONG BEACH on Thursday at 5 p.m. on ESPN2. Not sure how much Anthony is in this one, but there will be more to come. I'll keep you posted.

C. The usually funny Molly Shannon (who starred in the very disappointing YEAR OF THE DOG) combines comedy and romance when she plays an overwhelmed career mom in MORE OF ME on LIFETIME on Saturday at 9 p.m.

D. The AMERICAN MUSIC AWARDS feature such performers as Daughtry, Celine Dion, Fergie, and Alicia Keys . . . Sunday at 8 p.m. on ABC.

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#### 6. So you think you have problems?

A man goes to see his doctor because he has a lettuce leaf sticking out of his ear.

"Hmmm," the doctor says. "That's strange."

The guy replies, "I know. And that's just the tip of the iceberg."

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### 7. Websites

A. Here's an excellent source for home buyers who are looking to find a new home:

<http://www.bestplaces.net>

After simply typing in the city, town or zip code, a numerous amount of facts pop up--explaining both the positives and negatives of each city. Other facts include the population, average family income, great restaurants, and several photos.

B. I must admit to being a sucker for inspirational videos . . . and the following one, "Cowboy wisdom," is a good one:

<http://www.consciousone.com/friends/index.cfm?PID=452>

You can enjoy this without your sound on, yet it is even better with the accompanying music.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

You can see past books I've read and typically enjoyed by clicking the above and going to "Blaine's Best" on the left, then the second part of letter "O."

THANKS to the help of many readers, I'm now 344 in [amazon.com](http://amazon.com)'s list of Top 500 reviewers--based on 668 reviews that 3,418 others found helpful . . . if you'd like to help me move up even higher:

1. Go to:

<http://www.amazon.com>

2. Type-in some book I've reviewed in the last month or so; e.g., the aforementioned THANK YOU POWER (see also Section 2, part 2) by Deborah Norville.

3. My review is toward the right--around the third down from the top of those that most recently submitted reviews.

4. If you found my review helpful, and I hope you did, click YES.

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### 8. Computer tip

If you ever try to download something and it pauses or even stops, no problemo . . . typically, the best thing to do in such a situation is to turn your computer off . . . shut it down . . . wait a minute or so . . . then start your computer back up and again try the download . . . most times, it will work just fine after you do what I've suggested.

In fact, as I've said before, this is generally a good thing to try if

you're having any other computer problem; i.e., stop what you're doing, then after you turn off your computer and start it up again, your problems will often be solved.

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#### 9. Useful advice

Make sure your wife knows you're talking to a cat under her chair begging for food before you say, "You know you're already twice as fat as you should be."

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#### 10. A quote I like

The value of an idea lies in using it--Thomas Edison, cited in INNOVATE LIKE EDISON (see also Sections 2, 4C and 11) by Michael J. Gelb and Sarah Miller Caldicott

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#### 11. Thought for the day

When I REALLY like a book, I mention it multiple times in an issue . . . that's certainly the case with INNOVATE LIKE EDISON (see also Sections 2, 4C and 10) by Michael J. Gelb and Sarah Miller Caldicott--the source of this passage:

From his earliest days as an amateur chemist to the last years of his life when he was revered internationally as an icon of genius, Edison's daily activities reflected the alignment of his goals with his passions. Edison's feelings were wed to his ideas and his remarkable achievements were driven by that "keen pulsating desire which transcends everything." The marriage of his goals and passions allowed Edison to savor the process of achievement as much the result. As he commented, "I never did a day's work in my life, it was all fun."

MY TWO CENTS:

I'm blessed to be able to feel the same with respect to my job at Bucks County Community College--or at least on most days . . . the same holds true when I work in the field of dispute resolution . . . I mention this not to gloat, but rather to point out that this is something we all should seek; i.e., to have fun at work . . . and, actually, at anything that we do . . . if that not be the case, methinks that it is then time to seek some other pursuit(s).

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#### 12. Advance planning department

A. Award winning Actor John Lithgow to kick off Princeton Barnes & Noble's Holiday Book Drive benefiting HomeFront

Princeton, NJ November 2, 2007 - A special poetry reading and signing

featuring John Lithgow and his newest book, *The Poet's Corner: The One-and-Only Poetry Book for the Whole Family*, will kick off Barnes & Noble's holiday book drive benefiting HomeFront on Saturday, November 17, 2007 at 3:00 p.m. at the Princeton Barnes & Noble in the MarketFair Mall, 3535 US Route 1 South, West Windsor, NJ. The public is invited.

"We are hopeful that John Lithgow's generous appearance will inspire those in and around our community to purchase a book for a child who may never have owned a book before and possibly change their life forever," Princeton Barnes & Noble Community Relations Manager Debra Lampert-Rudman said. "Mr. Lithgow will read--in his remarkable voice--and discuss his favorite poems including selections by Dickinson, Poe, Blake and others. Books on the HomeFront childrens' "wish lists" will also be available for purchase and donation."

For additional information on this and other Barnes & Noble events in Princeton, NJ, contact Debra Lampert-Rudman, Community Relations Manager, at 609.716.1570 or email: [crm2646@bn.com](mailto:crm2646@bn.com).

B. Tony Robbins, Donald Trump and George Foreman are among the speakers slated to be at the Wealth Expo, sponsored by the Learning Annex, in New York on November 17 and 18.

There's a \$99 registration fee, but as of Monday, here's a way to get that waived . . . when you log-in, type the following words when you're asked for promotion code: FREE NY.

For more information, please click:  
<http://www.learningannex.com>

or call:  
1.800.679.4605.

C. From my friends at Comedy Cabaret:  
We are very excited to announce COMCAST will be taping at the Bucks County Comedy Cabaret one more time this year--and you receive a discount to the show for being on our e-list. (More about that later.)

Friday, Nov 30th - 9 p.m. - 14 Comedians - YES!!  
This show will be one of the highlights of the year!  
(Bring this email for discount on Friday, Nov 30th)  
\$5 off for every member of your party.

The Bucks County Cabaret is atop POCO's Restaurant in Doylestown. To make a reservation for Nov 30th, just click here:  
<http://www.comedycabaret.com/reserve.html>

Other News - This weekend in Cherry Hill, NJ:  
One of the only Mormon comics headlining around the county, New Jersey-born JOHN MOYER returns home to make you LAUGH! He was the winner of the Anheuser-Busch Comedy Competition, JOHN is also an actor and film director! His latest film comedy, "Mobsters and Mormons," is doing well.

And just booked" HBO COMEDY STAR BOB NELSON  
One night only" Fri Dec. 28th at 9 p.m. in Doylestown. \$22.50  
To make a reservation for the Nelson Show, use the above website.

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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# BLAINESWORLD

BLAINESWORLD

#579

11.5.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I had a blast at the Thankstween party hosted by our friends Kevin and Ginny . . . it was a combination Halloween and Thanksgiving event, and though costumes weren't required, we dressed up as you can plainly see:



Do you give up on what our costumes were?

We were a bride and groom, walking abreast!

B. Getting that rubber chicken was no easy task . . . we spent a bit of time, seeking out a place to buy it from . . . finally, Earl in Pennsylvania (a teaching colleague) suggested a neat store in Doylestown, PA: Foster's.

As they indicate on their card, "Fun is our business" . . . you can purchase toys, party goods, costumes, and even teaching supplies there . . . we'll be back, I'm sure.

En route, we called to make sure that the rubber chicken we wanted would be in stock . . . after all, there was the very real possibility that there could have been a rush because of the just-concluded Halloween season . . . so Cynthia dialed what we thought was the correct number, but instead got a beauty salon who thought she was crazy for asking about rubber chickens. Imagine thaaaaat!

Here's the correct number if you want to call Foster's for more information about rubber chickens--or anything else: 215.345.0710.

C. We recently saw Neil Simon's THE SUNSHINE BOYS at the George Street Playhouse in New Brunswick, NJ.

It was the first time we had ever been there; it won't be the last.

There are less than 400 seats and each one affords a perfect view . . . moreover, the production we saw was fantastic . . . it was touching, as well as funny.

All in the cast were excellent, but in particular, we saw it because of the stars: Jack Klugman and Paul Dooley . . . what a treat it was to see them . . . we also couldn't believe their respective ages, 85 and 79, and the fact that they were going to do a second show that night the afternoon that we saw them.

If you hurry, you can still catch this play . . . it runs until November 11 . . . for more information, please click:

<http://www.georgestplayhouse.org>

D. We're slowly getting back to normal after my mother's death (see also Section 2, part 2) . . . in the meantime, should any reader be interested in her great apartment or know of somebody who might be, here's the information on it:

A SPECTACULAR RENOVATED 1 BEDROOM, 1 1/2 BATH. LARGE LIVING ROOM, SLIDING GLASS DOORS AND BALCONY. SUNNY GOLF VIEWS. SEPARATE DINING ROOM / DEN. HUGE MASTER BEDROOM. INCREDIBLE OUTFITTED CLOSETS. HANDICAPPED ACCESSIBLE. BUILDING # 1. INCLUDES INDOOR PARKING. \$569,000.

You also get access to all stores downstairs, including a bank, restaurant, movie theater, supermarket, cleaner's, drugstore, health club, etc. . . . golf and/or tennis memberships are also available at a very reasonable extra cost . . . and there are both indoor and outdoor pools.

For more information, call Annette Kroll at 718.631.8867.

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

This week, it goes to Dr. Jeanne Golden-Tevald (908.735.9344)--Cynthia's primary care physician in Pittstown, NJ.

Though she is located about an hour from where we live, Cynthia keeps going to her . . . when I asked why, Cynthia told me:

Dr. Golden-Tevald is an extraordinary doctor. She is the only doctor I have ever been to who spends as much time as I need with her. I never feel as if she is rushing me. She is excellent at sharing medical information about my physical problems in a way that is clear and understandable. She takes the time to problem solve with me and to ask me how I feel about something (as opposed to just telling me what she knows). I would highly recommend her.

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2. FYI

Something I try to do when reading a book is to get at least one good idea from it . . . Ralph Nader's parents taught him the same thing, as can be seen in this passage from his book THE SEVENTEEN

TRADITIONS (see also Sections 4C, 10 and 11):

We were never able to impress our parents with the number of books we read. They were interested in what we derived from their pages, not just how many pages we turned over. They were too busy to dote on trivial benchmarks or childish academic bragging. When it came to teaching us, Mother preferred indirection- to lecturing, but she wasn't above issuing a direct riposte when needed. The moment one of us began showing signs of overconfidence, she was ready with her response: "You better be a genius, because you've clearly decided to stop learning."

FYI, part 2

\* THANKS to the many readers who wrote to me after my mother's death . . . it meant a lot to me, as did the visits, calls, gifts of food, etc.

Several folks even made contributions to various charities . . . I've already heard from Foundation at Bucks County Community College that over \$600 has been received, which will be used by the Women's Center to help get future smoking cessation programs off the ground.

This is something that would have pleased both my parents very much . . . in case you missed the notice in last week's issue, it follows:

The family requests that those who wish may give gifts in the memory of Muriel Greenfield to the Bucks County Community College Foundation to support smoking cessation programs run by the Women's Center. Such contributions will support the work that was started last year when my father died of smoke-related illnesses. My mother also died, in part due to lung cancer and exposure to second-hand smoke.

Gifts can be mailed to BCCC Foundation c/o Bucks County Community College, 275 Swamp Road, Newtown, PA 18940.

Or contributions can also be made online by clicking:

<https://www.bucks.edu/donation.php>

Simply put the beneficiary of your donation (e.g., smoking cessation program) in the Comments section on the bottom.

\* Cathy in Pennsylvania (with some words of comfort):  
I'll Live On

Don't cry for me in sadness; don't weep for me in sorrow,  
for I will live on beside you, as sure as comes tomorrow.

My body has gone but my spirit lives on, as does my love for you,  
just as in life, I'll watch over you, I always will be true.

My blood lives on in my children, how I've watched them grow with pride,  
I'll live on within them, always by their side.

I know my jokes weren't always funny and jobs weren't always done,

Just try and remember the good times, the days when we had fun.

Reach out if you need me, for I always will be near,  
Just talk to me, as if I am there, I promise I will hear.

For I'll live on, within your mind, we'll never be apart,  
As long as you keep, my memory, deep within your heart.

So lift up your hearts, don't be sad, my spirit hasn't gone,  
While you're still there, so am I, I really will live on.

Author unknown  
(if you know who wrote this and/or the source, please let me know.)

\* Mel in Pennsylvania:  
Here's the information from Snopes on the "keep your fork" story  
you ran last week:

<http://www.snopes.com/embarrass/celebrity/keepfork.asp>

\* Jonathan in Pennsylvania (with a REQUEST FOR HELP)  
Eric Mintel / Jazz presented by the Office of Cultural Programming  
at Bucks County Community College on Friday, November 23, 2007  
at 7:30 p.m.

We need (4) volunteers on Friday, November 23 to help with box office/  
ushering duties at the Library Auditorium stage. We also need (2) volunteers  
to provide hospitality/catering service for the performers backstage.

Volunteers will need to arrive by 5:30 on show day and will be finished  
with regular activity by about 8 p.m. Volunteers are invited to stay and  
enjoy the performance after pre-show activities have been completed.

This is a great opportunity to interact with our community and rub elbows  
with show-folk. Please contact Jonathan Lee ASAP if you can help out.

Do so via email: [leej@bucks.edu](mailto:leej@bucks.edu) or by phone, 215.968.8987.

\* Kath in Florida:  
The newsletter is great. Put me down on your list.

The story about giving the doctors candy . . . one time when I went  
in for a checkup, I took a cheap little bouquet of flowers to my doctor's  
nurse . . . I think it cost me \$4.00. I've been going there for 10 years,  
so I know her well. She was so delighted and she even mentioned it  
to my daughter the next time she came in. A little goes a long way.

I'm a big supporter of handwritten thank you notes and keep a box  
of blank cards in my desk to thank my three bosses every time they  
take us to lunch or when I get my annual raise and bonus. If I get  
exceptional service somewhere, I make note of the person's name  
and call the manager to tell him or write a note.

\* Natalie in Pennsylvania:  
Ivan and I are going to see the FOLLIES as a result of your newsletter.  
After I read it, I bring it to him. We both enjoy it so much. Thanks  
for continuing to put my notices in.  
or in correction? or in section 1?

\* Mike in Pennsylvania:  
Just a small correction, but the Colts and the Patriots cannot meet

in the Superbowl as they are in the same conference (AFC).

MY TWO CENTS:

Bummer, in that it would have been a great game . . . though that said, this past week's matchup between the two teams did not quite live up to its advance billing.

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### 3. Bachelorhood

Manny is almost 39 years old, his friends have already gotten married. Yet Manny just dates and dates.

Finally a friend asks him, "What's the matter? Are you looking for the perfect woman? Are you that particular? Can't you find anyone who suits you?"

"That's not the problem," Manny replies. "I meet many nice girls, but as soon as I bring them home to meet my parents, my Mother doesn't like them. So I keep on looking!"

"Listen," his friend suggests, "Why don't you find a girl who's just like your dear ol' Mother?"

Many weeks go by and again Manny and his friend get together. "So Manny, did you find the perfect girl yet? One that's just like your Mother?"

Manny shrugs his shoulders, "Yes I found one just like Mom. My mother loved her; they became fast friends."

"So do I owe you congratulations? Are you and this girl engaged yet?"

"I'm afraid not. My Father can't stand her!"

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### 4. Reviews

A. DAN IN REAL LIFE is a pleasing romantic comedy about an advice columnist struggling to raise three daughters by himself . . . though it won't have you rolling in the aisles with laughter, you'll find yourself both smiling in spots and being touched in others . . . Steve Carrell is his usual funny self in the main role, and I liked the work of comedian Dane Cook as his brother . . . the always watchable Juliette Binoche plays the woman who comes between the two of them . . . it's a shame we don't see her in more movies . . . rated PG-13.

B. Out on DVD is I NOW PRONOUNCE YOU CHUCK AND LARRY . . . it's a not very funny comedy about two firefighters (Kevin James and Adam Sandler) who must pretend to be gay for insurance purposes . . . rated PG-13.

You'll be much better off renting THE LAST TIME, a drama that I don't think ever appeared in theatrical release . . . it's a drama about two salesmen, Michael Keaton and Brendan Frazer . . . they

wind up competing for the same woman . . . there are a lot of twists and turns in the plot, and it kept me guessing until the very end of the film . . . rated R.

C. I've long admired Ralph Nader and have enjoyed some of his other books . . . so when a friend recommended that I read his latest, *THE SEVENTEEN TRADITIONS* (see also Sections 2, 10 and 11), I made it a point to get a copy.

My only problem came afterwards; I couldn't put it down . . . so some other projects had to be aside as I read about Nader's boyhood in a small town in Connecticut, and how that existence and the role of his parents affected the rest of his life.

As he notes:

\* I am often asked what forces shaped me. Rather than trying to give a full answer to that question-which would take longer than a limited interview would allow-I often reply simply, "I had a lucky choice of parents." My brother, two sisters, and I had a remarkable father and mother, who cared for us in both direct and subtle ways. The examples of their lives set us on the solid paths we have explored ever since.

As I was reading it, I kept thinking of how my parents were similar in so many ways . . . in particular, this passage could almost have been written about them as well:

\* Mother and Father each lived to be just short of a century old; we benefited from their seasoned perspectives and wisdom for many, many years. They were forever young, exemplifying my mother's strong belief in the importance of remaining "interested and interesting." And they succeeded in doing this throughout their lives, attracting ever-younger friends to visit, whether we children were home or not. They created the strong family base from which my siblings and I sallied forth into the wider world, full of new experiences and high expectations.

In sharing the lessons he learned from his parents, Nader also gave this advice that should be heeded by anybody raising children today:

\* Perhaps it was my father who best captured their attitude. Once, when I told him that I'd done my best at something, he leaned over quietly and looked at me. "Son, never say you did your best, because then you'll never try to do better."

As the holiday season approaches, methinks that *THE SEVENTEEN TRADITIONS* would make a perfect gift for anybody wanting to read about life back when his or her parents were younger . . . and how much of what took place then could still be put into effect now.

D. I enjoyed listening to *ALL TOO HUMAN: THE LOVE STORY OF JACK AND JACKIE KENNEDY*--written and read by Edward Klein.

Yes, it's gossipy, but that's a large part of the fun . . . also, I do believe that Klein had his facts straight (or at least most of them), in that he had once worked for Jackie . . . and she

became, thereafter, a lifelong friend.

You'll find out more about such interesting tidbits as the following:

- \* Jack had one of the worst attendance records when he was in the House of Representatives;
- \* His back problems were not the result of war and/or sports injuries;
- \* Their respective families had too much control over their adult lives (in fact, Joe Sr. even picked out the engagement ring that Jackie got);
- \* While Jack was indeed a womanizer, Jackie also had her share of male admirers; and
- \* Jackie had perhaps as big an impact on modern culture as did Jack.

If you're new to the lore of the Kennedys, then you'll find ALL TOO HUMAN a very readable introduction . . . others will appreciate being given the opportunity to revisit what seems to have been mythical times in the White House.

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#### 5. TV alert

A. David Schwimmer guest stars on 30 ROCK on Thursday on NBC at 8:30 p.m. . . . he plays the network's annoying new eco-friendly mascot, Greenzo.

B. Don't miss ICONOCLASTS on Thursday at 10 p.m. on SUNDANCE . . . Mike Meyers and Deepak Chopra discuss the connections between humor and spirituality.

C. KEITH URBAN is in a new concert special on Friday at 10 p.m. on CMT . . . on the next night, Saturday at 10 p.m. it's Jon Bovi's time on A&E ROCKS.

D. George Carlin and Tom Brokaw help Bill Maher wrap up his fifth season of REAL TIME on Friday at 11 p.m. on HBO . . . CURB YOUR ENTHUSIASM ends its sixth season on Sunday at 10 p.m. on HBO . . . here's hope that this comedy starring Larry David is picked up for next year . . . it has long been one of my favorite shows.

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#### 6. Final exam

There were four college sophomores taking chemistry and all of them had "A" grades so far. These four friends were so confident that the weekend before finals, they decided to visit some friends and have a big party.

They had a great time, but after all the hearty partying, they slept all day Sunday and didn't make it back to school until early Monday morning.

Rather than take the final then, they decided that after the final they would explain to their professor why they missed it. They said that they visited friends, but on the way back they had a flat tire. As a result, they missed the final.

The professor agreed they could make up the final the next day. The guys were excited and relieved, and they studied that night for the exam. The professor placed them in separate rooms and gave them a test booklet. They quickly answered the first problem worth 5 points. Cool, they thought!

Each one in separate rooms, thinking this was going to be easy . . . then they turned the page. On the second page was written:

For 95 points: Which tire?

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#### 7. Websites

A. To tour the world, you can spend lots of money and actually go places . . . or you can always check:

<http://www.VirtualTourist.com>

This is a worldwide travel community where both real travelers and locals share their real travel advice and experiences . . . you'll get valuable tips on what to visit, see, avoid, eat, and shop . . . should you not be able to find an answer, you can even post a question on the forum to get the answers that you want.

B. To see performance art at its best, please click:

<http://www.youtube.com/v/QZFkZiwMLZ4>

It's a bit long, but you'll enjoy the whole thing if you stick to it . . . for maximum enjoyment, you need to keep your sound on.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

To see past issues of BLAINESWORLD, the newsletter, go the above website and click "Newsletter" (to the left) . . . then click "Past Issues."

So if you'd want to read more about my remarkable mother and/or missed last week's issue, find #578 . . . to find more about my equally remarkable father, locate #513.

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#### 8. Computer tip

Just a word to the wise. Email petitions are NOT acceptable to Congress or any other municipality. To be acceptable, petitions must have a signed signature and full address. Same with "prayer chains" . . . be wary.

Almost all emails that ask you to add your name and forward on to others are similar to that mass letter years ago that asked

people to send business cards to the little kid in Florida who wanted to break the Guinness Book of Records for the most cards. All it was, and all this type of email is, is to get names and "cookie" tracking info for telemarketers and spammers to validate active e-mail accounts for their own purposes.

Any time you see an email that says forward this on to "10" of your friends, sign this petition, or you'll get good luck, or whatever, it has either an email tracker program attached that tracks the cookies and e-mails of those folks you forward to, or the host sender is getting a copy each time it gets forwarded and then is able to get lists of "active" e-mails to use in spam emails, or sell to others that do.

That said, this is one time where if you forward this section to others, you will be actually be doing them a favor. You will also be rewarded by NOT getting 30,000 spam emails in the future. (If you have been sending out the above kinds of email, now you know why you get so much spam!)

For more information, please click:

<http://www.snopes.com/inboxer/petition/internet.asp>

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#### 9. The ant and the grasshopper (two versions)

##### OLD VERSION:

The ant works hard in the withering heat all summer long, building his house and laying up supplies for the winter.

The grasshopper thinks the ant is a fool and laughs and dances and plays the summer away.

Come winter, the ant is warm and well fed.

The grasshopper has no food or shelter, so he dies out in the cold.

Moral of the old story: Be responsible for yourself!

##### UPDATED VERSION:

The ant works hard in the withering heat all summer long, building his house and laying up supplies for the winter.

The grasshopper thinks the ant is a fool and laughs and dances and plays the summer away.

Come winter, the shivering grasshopper calls a press conference and demands to know why the ant should be warm and well fed while others are cold and starving.

CBS, NBC, PBS, CNN, and ABC show up to provide pictures of the shivering grasshopper next to a video of the ant in his comfortable home with a table filled with food. America is stunned by the sharp contrast. How can this be, that in a country of such wealth, this poor grasshopper is allowed to suffer so?

Kermit the Frog appears on Oprah with the grasshopper, and everybody cries when they sing, "It's Not Easy Being Green."

Jesse Jackson stages a demonstration in front of the ant's house where the news stations film the group singing, "We shall overcome." Jesse then has the group kneel down to pray to God for the grasshopper's sake.

Nancy Pelosi, John Kerry and Harry Reid exclaim in an interview with Larry King that the ant has gotten rich off the back of the grasshopper, and both call for an immediate tax hike on the ant to make him pay his fair share.

Finally, the EEOC drafts the Economic Equity and Anti-Grasshopper Act, retroactive to the beginning of the summer! The ant is fined for failing to hire a proportionate number of green bugs, and, having nothing left to pay his retroactive taxes, his home is confiscated by the government.

Hillary gets her old law firm to represent the grasshopper in a defamation suit against the ant, and the case is tried before a panel of federal judges that Bill Clinton appointed from a list of single-parent welfare recipients. The ant loses the case.

The story ends as we see the grasshopper finishing up the last bits of the ant's food while the government house he is in, which just happens to be the ant's old house, crumbles around him because he doesn't maintain it.

The ant has disappeared in the snow.

The grasshopper is found dead in a drug related incident and the house, now abandoned, is taken over by a gang of spiders who terrorize the once peaceful neighborhood.

MORAL OF THE STORY: Be careful how you vote in 2008.

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#### 10. A quote I like

"If you want to get a politician to stop smiling and start promising," she always said, "just don't let go of his hand." In other words, be persistent.--Ralph Nader, quoting his mother in THE SEVENTEEN TRADITIONS (see also Sections 2, 4C and 11)

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#### 11. Thought for the day

Nothing speaks to my parents' view of work better than a story my sister Claire recalled. One day, when she was quite young, she was walking home with Dad when they passed a street cleaner. "I'm glad I'll never have to do such dirty work," she cried out. Dad stopped and looked at his little girl. "Then you should always respect street cleaners," he said, "if only because they're doing work that you don't want to do, but that you very much want to have done. This is the same reason they should be paid well. Claire, as you grow up, you'll see all kinds of work being done. Don't look down on people for the work they do-and don't be in awe of anyone, either."

SOURCE:

THE SEVENTEEN TRADITIONS (see also Sections 2, 4C and 10) by Ralph Nader, a book you can tell I REALLY liked as evidenced by the fact that this is now the fourth time I have mentioned it in this week's newsletter

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### 12. Advance planning department

A. Pulitzer-Prize-winning journalist Carl Bernstein speaks on his new book about Hillary Clinton, *A WOMAN IN CHARGE*, on Wednesday, November 7, at Barnes & Noble Market Fair in Princeton, NJ . . . Wednesday at 7:30 p.m. . . . for more information, call 609.897.9250.

On Thursday, he'll be speaking on the same topic at Borders, 290 Commons Way, Bridgewater, at 7 p.m.

#### B. Michael in Pennsylvania:

The Bucks County Community College Book Discussion Group meets the second Thursday of each month during the academic year. Newcomers are welcome to the free, informal talks held from 7:30 to 9 p.m. in the Quiet Study Room, adjacent to the Fireside Lounge in the lower level of the campus at 275 Swamp Road, Newtown, PA. For more information, contact Professor Michael Hennessey at 215.968.8164.

The following title will be discussed this coming Thursday, November 8: *The Alchemist: A Fable about Following Your Dream* by Paulo Coelho. This inspirational fable follows a shepherd boy who journeys from Spain to Morocco in search of enlightenment.

#### C. Barry in Pennsylvania:

"Financial Aid 101" is being held on Wednesday, November 14, 2007 at 7 p.m. at Chandler Hall in Newtown, PA.

Parents of high school sophomores and juniors are invited to attend this free 90 minute workshop on how to make college more affordable by understanding the laws that govern the financial aid process.

Dr. Barry Sysler, College Funding Expert and founder of Academic Directions, will cover the "Nine Best Kept Secrets of the College Funding Process." You can't afford to miss this eye-opening workshop.

To register for this seminar, call 215.579.82821 or visit:  
<http://www.academicdirections.com>

Seating is limited so call today.

D. Tony Robbins, Donald Trump and George Foreman are among the speakers slated to be at the Wealth Expo, sponsored by the Learning Annex, in New York on November 17 and 18.

There's a \$99 registration fee, but as of Sunday, here's way to get that waived . . . when you log-in, type the following words when you're asked for promotion code: FREE NY.

For more information, please click:

<http://www.learningannex.com>

or call:  
1.800.679.4605.

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PS. By now, I'm sure you have set your clocks back because of Daylight Savings Time . . . but don't forget to do the following, sent to me by Kathy in Pennsylvania:

This Saturday night/Sunday morning, as you go through your home changing the time on the clocks, vcrs, microwave, etc., please take an extra moment to change the batteries in your smoke detectors. If you don't have any, go buy them. Add a few dollars and make sure at least one includes a carbon monoxide detector.

Also, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#578

10.29.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I were saddened to learn of the death of my mother on Saturday morning . . . she was a woman who was loved by many friends and relatives . . . to describe her life, I'll paraphrase something my father used to say: she lived 87 great years and one not so great.

Our hope is that she is now with my father, enjoying a round of golf or playing bridge (two things they liked to do together in the 66 years they were married).

See below for two pictures of my mother. This first one was taken as she departed for her first trip to Europe in 1956:



This second was taken as she heard me deliver my Lindback Award presentation in 2006 at Bucks County Community College:



(Second picture taken by my friend Pat Hannigan. He does excellent work. 215.968.1615.)

B. Our family rabbi, Rabbi Katz, was unfortunately unable to conduct the memorial service for my mother . . . that morning, he had to be hospitalized for pneumonia . . . our family wishes him well.

Fortunately, we were able to get Rabbi Harvey Weil as a pinch hitter at the last minute . . . though he never had the fortune to meet my mother, we were impressed how he was able to capture her essence so well.

At my brother's request, he also read the following:

A woman of valor  
Proverbs 31: 10-31

Her husband's heart trusts in her and he shall lack no fortune.  
She repays his good, but never his harm, all the days of her life.  
She seeks out wool and linen, and her hands work willingly,  
She is like a merchant's ships; from afar she brings her sustenance.  
She rises while it is still nighttime, and gives food to her household  
and a ration to her maids.  
She considers a field and buys it; from the fruit of her handiwork  
she plants a vineyard.  
She girds her loins with might and strengthens her arms.  
She senses that her enterprise is good, so her lamp is not extinguished  
at night.  
She puts her hand to the distaff, and her palms support the spindle.  
She spreads out her palm to the poor and extends her hands  
to the destitute.  
She fears not snow for her household, for her entire household is clothed  
with scarlet wool.  
Bedspreads she makes herself; linen and purple wool are her clothing.  
Well-known at the gates is her husband as he sits with the elders  
of the land.  
Garments she makes and sells, and she delivers a belt to the peddler.  
Strength and splendor are her clothing, and smilingly she awaits  
her last day.  
She opens her mouth with Wisdom, and the teaching of kindness  
is on her tongue.  
She anticipates the needs of her household, and the bread of idleness,  
she does not eat.  
Her children rise and celebrate her; and her husband, he praises her:  
"Many daughters have attained valor, but you have surpassed them all."  
False is grace, and vain is beauty; a God-fearing woman, she should  
be praised.  
Give her the fruit of her hands, and she will be praised at the gates  
by her very own deeds.

C. Kenny, my brother, also spoke at the funeral . . . his words  
moved me, but more significantly, his care and love for my  
mother over the past several months is something I'll never  
forget . . . he visited her on just about a daily basis and made  
sure that her every need was met.

David, her grandson, spoke too . . . his remark about my mother being  
the best decorator for you--if you liked turquoise, that is--had  
everybody smiling . . . decorating was another of my mother's  
passions, and she had very strong opinions on what colors worked  
and what didn't.

Cynthia asked all in attendance to think of a time when my mother  
touched their heart . . . it could be as simple as saying "delightful"  
or "peachy" when asked how you're feeling or wearing clothing and  
jewelry that matched when you go out . . . whatever it is, have  
that be a part of your life every day starting right now.

I read "An unsung individual," a piece that can be found (below)  
in Section 12.

D. The family requests that those who wish may give gifts  
in the memory of Muriel Greenfield to the Bucks County  
Community College Foundation to support smoking cessation

programs run by the Women's Center. Such contributions will support the work that was started last year when my father died of smoke-related illnesses. My mother also died, in part due to lung cancer and exposure to second-hand smoke.

Gifts can be mailed to BCCC Foundation c/o Bucks County Community College, 275 Swamp Road, Newtown, PA 18940.

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

This week, it goes to Dr. Emmanuel Pappous--the attending physician who took care of my mother in her last few weeks at Calvary Hospital.

My brother and I were continually impressed by his kindness toward her, as well as to us . . . it seemed that he always made it a point to stop by to see how she was doing and in doing so, also checked up on us.

He kept us informed of her status on a daily basis, often keeping in touch with us by phone . . . his smile helped brighten everybody's day.

In addition, we were very impressed by Calvary . . . should you ever need a hospice for a loved one, we'd recommend it strongly . . . for more information, please click:

<http://www.calvaryhospital.org>

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2. FYI

I truly appreciate all the kindness that people have displayed to me over the past few days . . . in addition, I learned a lot about what you can do to help others when they are grieving a loved one . . . just be there in any way that you can . . . Joyce and Marty, Cynthia's sister and brother-in-law, surprised us one night by bringing over dinner . . . calls were greatly appreciated, as were notes--such this one from Cyndy in Pennsylvania that touched my heart:

I heard that your mother passed away and wanted to express my heartfelt condolences. My son died in a tragic accident two years ago, and the Marine Chaplain read "Keep your fork" at his service. I hope there may be some comfort for you in these words.

Keep your fork

There was a young woman who had been diagnosed with a terminal illness and had been given three months to live. So as she was getting her things "in order," she contacted her Rabbi and had him come to her house to discuss certain aspects of her final wishes. She told him which songs she wanted sung at the service, what scriptures she would like read, and what outfit she wanted to be buried in.

Everything was in order and the Rabbi was preparing to leave when the young woman suddenly remembered something very important to her. "There's one more thing," she said excitedly.

"What's that?" came the Rabbi's reply.

"This is very important," the young woman continued. "I want to be buried with a fork in my right hand."

The Rabbi stood looking at the young woman, not knowing quite what to say.

That surprises you, doesn't it?" the young woman asked.

"Well, to be honest, I'm puzzled by the request," said the Rabbi.

The young woman explained. "My grandmother once told me this story, and from that time on I have always tried to pass along its message to those I love and those who are in need of encouragement

In all my years of attending socials and dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.' It was my favorite part because I knew that something better was coming...like velvety Chocolate cake or deep-dish apple pie. Something wonderful, and with substance. So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder "What's with the fork?!" Then I want you to tell them: "Keep your fork . . . the best is yet to come."

The Rabbi's eyes welled up with tears of joy as he hugged the young woman good-bye. He knew this would be one of the last times he would see her before her death. But he also knew that the young woman had a better grasp of heaven than he did. She had a better grasp of what heaven would be like than many people twice her age, with twice as much experience and knowledge.

She KNEW that something better was coming.

At the funeral people were walking by the young woman's casket and they saw the cloak she was wearing and the fork placed in her right hand. Over and over, the Rabbi heard the question, "What's with the fork?" And over and over he smiled.

During his message, the Rabbi told the people of the conversation he had with the young woman shortly before she died. He also told them about the fork and about what it symbolized to her. He told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it either.

He was right. So the next time you reach down for your fork let it remind you, ever so gently, that the best is yet to come. Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise, and they always want to open their hearts to us. Show your friends how much you care. Remember to always be there for them, even when you need them more. For you never know when it may be their time to "Keep your fork."

Cherish the time you have, and the memories you share . . . being friends with someone is not an opportunity but a sweet responsibility.

And keep your fork!

Author unknown

(if you know who wrote this and/or the source, please let me know.)

FYI, part 2

\* Michael in Pennsylvania (with a REQUEST FOR HELP):  
I recently accepted the challenge of participating in the 2nd Annual Brain Tumor Society's Race for Hope 5k - Philadelphia.

I am asking you to help by supporting my fund-raising efforts with a donation to the Brain Tumor Society. Your tax-deductible gift will make a difference in the lives of brain tumor patients. It is faster and easier than ever to support this great cause--you can make your donation online by simply clicking on the link at the bottom of this message. If you would prefer, you can also send your tax-deductible contribution to the address listed below.

Any amount, great or small, helps in the fight. I greatly appreciate your support and will keep you posted on my progress.

Checks made payable to: Brain Tumor Society  
c/o Race for Hope 5k - Philadelphia  
124 Watertown Street, Suite 3H  
Watertown, MA 02472

Click here to visit my personal page:  
[http://www.braintumorsociety.org/site/TR/Events/07PARaceForHope?px=1407321&pg=personal&fr\\_id=1190&et=ZgKao4i818PlwXp4qXFRUA..&s\\_tafld=12922](http://www.braintumorsociety.org/site/TR/Events/07PARaceForHope?px=1407321&pg=personal&fr_id=1190&et=ZgKao4i818PlwXp4qXFRUA..&s_tafld=12922)

\* Jean in Pennsylvania:  
If you liked Bethlehem, you should venture back in August when they host Musikfest, a 10-day mostly free festival of all types of music and food.

\* Karen in New Jersey:  
I always read your stuff. Nice mention [about her son's wedding]. I did not read about my lovely dress!

CORRECTION:  
Karen's dress was indeed lovely. Sooooo sorry for I forgot to mention it. And ok, ok . . . her husband Steve looked good in his tux, too.

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### 3. Choices

Bill moved in with his girlfriend and her enormous collection of old magazines. They took up an entire room in the apartment.

"It's me or the magazines," Bill insisted. When she refused to part with any of them, Bill left. Like he told his friends, she just had too many issues.

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### 4. Reviews

A. Don't be put off by the fact that LARS AND THE REAL GIRL is about a guy whose girlfriend is an anatomically correct doll he purchased on the Internet . . . you'll find it a surprisingly sweet comedy about a whole community coming together to help Lars deal with his mental illness . . . Ryan Gosling (THE NOTEBOOK, HALF NELSON, etc.) continues to impress me in every movie, particularly because he

always plays a different character . . . Patricia Clarkson, as always, shines; she plays an understanding psychologist . . . rated PG-13.

B. LICENSE TO WED is now out in DVD format . . . my review from BLAINESWORLD #565 follows:

LICENSE TO WED got terrible reviews, but this romantic comedy pleasantly surprised me . . . it is about a couple who are about to marry, but before they can, they must complete a marriage-training program led by an over-the-top reverend (Robin Williams) . . . some of the segments had me laughing out loud, including one that featured the twosome taking care of two fake robot "children" while doing bridal shopping . . . the ending was too pat, and the whole film was definitely formulaic--but still worth catching; e.g., when it comes out on DVD . . . rated PG-13.

C. Many may only know Woody Allen from his films . . . but he has also written three very funny collections of short stories: GETTING EVEN, WITHOUT FEATHERS and SIDE EFFECTS.

Over 25 years have passed since the publication of that last book, so when I saw he recently came out with MERE ANARCHY, I quickly got my own copy to see if he has lost his touch . . . I'm happy to say that he has not.

MERE ANARCHY, like his earlier efforts, covers a wide range of topics . . . you'll find yourself laughing when you hear his observations about sex, food or even how parents deal with the rejection of their son into the best nursery school in Manhattan:

\* In the days following the rejection, Anna Ivanovich became listless. She quarreled with the nanny and accused her of brushing Mischa's teeth sideways rather than up and down. She stopped eating regularly and wept to her shrink. "I must have transgressed against God's will to bring this on," she wailed. "I must have sinned beyond measure--too many shoes from Prada." She imagined that the Hampton Jitney tried to run her over, and when Armani canceled her charge account for no apparent reason, she took to her bedroom and began having an affair. This was hard to conceal from Boris Ivanovich, since he shared the same bedroom and asked repeatedly who the man next to them was.

I also liked what Allen had to say about moving into a new property:

\* It all began with the purchase of a small brownstone on Manhattan's Upper West Side. Miss Wilpong, of Mengele Realtors, promised us it was the buy of a lifetime, priced modestly at a figure no higher than the cost of a stealth bomber. The dwelling was drumbeat as being in "move-in condition," and perhaps it was, for the Jukes family or a caravan of Gypsies.

And on the subject of crime, here was his take:

\* At the trial Stubbs chose to act as his own lawyer, but a conflict over his fee led to ill feelings. I visited Beau Stubbs on Death Row, where numerous appeals kept him from the gallows for a decade, in which time he used prison to learn a trade and became a highly skilled airline pilot. I

was present when the final sentence was carried out. A great sum of money was paid to Stubbs by Nike for the television rights, allowing the company to put its logo on the front of his black hood. Whether the death penalty acts as a deterrent remains questionable, although studies show that the odds of criminals committing another crime drops by almost half after their execution.

MERE ANARCHY is Allen at his absurdist best . . . read it, if for no other reason than it will put a smile on your face--something we all need to do more often.

D. I enjoyed the CD program, 5 KEYS TO IGNITING MOTIVATION & SUCCESS--written and read by Zig Ziglar.

For those of you not familiar with Ziglar's work, check him out . . . I've been following his career and reading all his books since I was in my 20s . . . it was then that I was first introduced to his classic, SEE YOU AT THE TOP, one of my favorites on the subject of what's needed to get ahead in life ("you can get anything you want, so long as you help enough other people get what they want").

In 5 KEYS, one of his latest efforts, I was especially impressed with his discussion of "Golden rule relationships" . . . he contends that if relationships with those you love are good, then so is life.

I gained many valuable tidbits from listening to his ideas; among them:

- \* Ask your spouse: How can we meet each other's needs better?

- \* People pay more attention to what you do than to what you say.

- \* Wake your children as you do when they were babies--slowly and gently.

- \* Being the right person is more important than marrying the right person.

- \* Don't just bring your bride something for her birthday. Bring her something on the 23rd of June just because it's the 23rd of June.

Ziglar is now in his 80s and has been married to "the redhead," as he affectionately calls his wife, for a long time . . . I still am amazed as to how much I can learn from him.

This fine program is available for purchase or rental . . . if you want to get it, please click:

<http://www.achievementlibrary.com/>

Above is the tape rental club I belong to; i.e., the Achievement Tape Library . . . this a great way to hear CDs and/or audio cassette tapes, view videos, etc.--all for a fraction of what it would cost to buy them . . . call the head of the firm (Paul Arroyo) directly at 1.800.735.3660 and mention my name . . . that way, you'll be sure to pay even higher prices . . . NOT.

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5. TV alert

A. NIP/TUCK returns for a fifth season, starting on Tuesday at 10 p.m., on FX . . . the bad boys of plastic surgery have relocated to Beverly Hills . . . look for appearances in the weeks to come from Oliver Platt, Craig Bierko and Lauren Hutton.

B. TO DIE IN JERSUSAM, according to TV GUIDE, is a "provocative documentary" about the blast five years ago that claimed the lives of a suicide bomber and a 17-year old Israeli student . . . Thursday at 9 p.m. on HBO.

C. RALPHIE MAY: PRIME CUT features the LAST COMIC STANDING alumni in a stand-up showcase on Saturday at 10 p.m. on COMEDY CENTRAL.

D. What well may be a preview of the Super Bowl is Sunday's game between the Patriots and the Colts . . . 4:15 p.m. on CBS.

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## 6. Counseling

When the subject of marriage counseling came up, my uncle once told me, "Your aunt and I never needed any. She was a communications major in college; I majored in theater arts."

"What's that got to do with a successful relationship?" I asked.

"She's good at communicating," he said, "and I'm good at acting like I'm listening."

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## 7. Websites

A. Shift happens . . . to see for yourself, please view this website that I guarantee you'll find thought-provoking:

<http://www.glumbert.com/media/shift>

Make sure you have your sound on, too, to listen to that you'll enjoy from THE LAST OF THE MOHICANS.

B. From what others have told me, Anjelah Johnson hit it dead on with her routine about going to the nail salon:

<http://www.youtube.com/watch?v=SsWrY77o77o>

This stand-up comedienne has joined the cast of MADtv as a featured performer . . . she is set to debut on the show on November 3.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

If you'd like to see pictures of yours truly with Cynthia, my family (including my mother), etc., click "Blaine's Best" to the left and then "Pictures" . . . make sure you have your sound on, so that you can also listen to what's arguably the greatest rock song of all time.

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### 8. Computer tip

To minimize and maximize all your active windows programs, you can of course use your mouse . . . however, if you want to do this with the keyboard, simply press the Windows key+M to minimize all active programs and later maximize them by using the Windows key+Shift+M.

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### 9. Time to stop going around the neighborhood

You know you are too old to Trick or Treat when:

10. You get winded from knocking on the door.
9. You have to have another kid chew the candy for you.
8. You ask for high fiber candy only.
7. When someone drops a candy bar in your bag, you lose your balance and fall over.
6. People say: "Great Boris Karloff Mask," and you're not wearing a mask.
5. When the door opens you yell, "Trick or ?." And can't remember the rest.
4. By the end of the night, you have a bag full of restraining orders.
3. You have to carefully choose a costume that won't dislodge your hairpiece.
2. You're the only Power Ranger in the neighborhood with a walker.

And the number one reason seniors should not go Trick or Treating . . .

1. You keep having to go home to pee.

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### 10. A quote I like

A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.--Tenneva Jordan

MR. CURIOUS HERE:

I haven't been able to find any other information about Tenneva Jordan . . . if you know more about her, please let me know.

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### 11. Thought for the day

I try NOT to repeat things in this missive too often, but will make an exception in the case of my mother . . . see below for a piece originally run in BLAINESWORLD #421 that had been written by my father . . . it's a bit longish, but definitely worth reading.

An unsung individual  
by Bernard Greenfield

I have always enjoyed and read with interest your sections

in BLAINESWORLD that gives credit to some individual who performs in some exemplary manner. You did not look to the world of celebrities to make your choice, but selected from the every day world of the common people that we all come into contact with on a daily basis. The unsung individuals that are an integral part of our quotidian existence; people that give unstintingly of themselves with no thought of reward or recognition.

I was privileged to observe such a person the other day. I was in the Waiting Room at the VA Hospital in Queens. There was an old black man sitting in a wheelchair. He was poorly dressed and it was obvious that he was distressed. You felt sorry for him just looking at him. He was trying to adjust the feet and leg supports on the chair. He kept working at it and was getting no place. Finally, some woman came over to him and tried to help him. She got no place and looked around and asked if there was anyone in the room that knew how to adjust the leg supports. No one came forward.

Finally, he was called in for his appointment with his doctor. Apparently he was hard of hearing or, perhaps, not too aware of things; he did not respond to the summons. When the doctor came out to see where he was, the woman asked the doctor if he could fix the wheelchair. The doctor seemed rather harried and impatient. I think he might not have quite understood what was being asked of him. At any rate, he wheeled the patient towards his offices.

Later that morning I was back in the waiting room. I had been seen by my doctor and was waiting for my medication to be prepared by the pharmacy. Our man in the wheel chair was also in the waiting room. An attendant told him that he did not belong there, but should be sitting in a designated location in the entrance hall where he would be picked up for transportation to his home in Brooklyn. He could not fully understand what he was being told to do; but the attendant was patient, and after going over the same message several times, she managed to make herself understood.

He started wheeling himself out. There are two exits from the waiting room. One is for wheelchairs, a large opening making for easier access to a level floor. The other was at the foot of a short flight of steps that would prove inaccessible and dangerous to anyone in a wheel chair. It would be like going over a precipice.

He was heading for the wrong exit. Several people in the room called out and tried to tell him he was heading in the wrong direction. He looked around confused and uncertain, as if not comprehending what was going on. That same woman, who had tried to be of help before, walked over, turned the wheelchair around and wheeled him out the door. She then proceeded to wheel him to where he was supposed to wait for his transportation, which was a distance from the waiting room.

When she returned, I could see that many there looked at her and turned to one another and seemed to say, "Well done, Good Lady."

When I was leaving, I was standing in the large entrance hall preparing to make my exit down the long ramp to the parking lot. In a corner was the pitiful looking soul in the wheel chair. That woman was talking to him, and I could overhear their conversation. He was telling her that he was hungry and hadn't anything to eat since early breakfast. He could not leave the place where he was sitting in his chair; he was afraid that he would miss his transportation. Furthermore, it was doubtful if he could

manage to make his way to the canteen or cafeteria. It was a distance away from where he was waiting and difficult to find.

That woman did not hesitate to act. She marched herself all the way through the corridors to the vending machines and brought him back some food. I heard her trying to explain to him that the machines were mostly empty or out of order and her choice was very limited. It was an act of goodness and kindness.

She was leaving, but before she left she turned to the officer, who was standing guard at the door, and asked him to please watch out for the poor man and to see that his transportation was properly taken care of.

That woman is truly one of your unsung heroes. She sought no special reward or recognition. With no other thought in mind but to be of assistance to a fellow person, she gave of herself and no task was too difficult. She only wanted to be of help to some unfortunate soul.

Blaine, that woman was your mother.

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## 12. Advance planning department

A. Cynthia in New Jersey (see also Section 1A):  
JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own or you may choose to lead only if you are comfortable. You honor yourself and what you need in the moment.

Please feel free to join me at the following session:

Day for All Women  
Bucks County Community College  
Newtown, PA  
November 3  
1:05-2:35 p.m.

In addition, there are many other excellent sessions . . . for more information and/or to register, please click:

**<http://www.bucks.edu/dfaw/>**

B. Janet in New Jersey with information about two upcoming events:  
\* Becoming medically intuitive: Be the medicine series  
with Janet StraightArrow

Saturday November 3, noon to 2 p.m.  
\$15 prepaid or \$20 after 11.1

Inspired Books  
41 North Front St (near Wall St)  
Kingston, NY  
845.331.0644

Come join us and experience healing yourself in new ways.

We each carry all of our information in our bodies and energy fields. Learn to gain access information about yourself--physical, mental, emotional and spiritual, and learn how to begin healing yourself.

You can know which healer or medical practitioner to work with, and more, from your body's wisdom. In this class learn to open up to new tools and practices using examples of questions you have about yourself that you bring to the class

\* Healing drumming circle  
with Janet StraightArrow

November 5 from 7-9 p.m.  
at CoreWellness in Mountain Lakes, NJ

Join in community for celebration and healing work. Bring a cushion, blanket, notebook, and if you have them a drum, rattles or percussion instrument.

Come with an open heart and mind. Each circle is unique and moves with spirit. Each month you can expect to receive profound healing, teaching and experience something new. The community is always loving and supportive. Be ready for new perspectives and healing adventures.

Registration fee is \$30 and pre-registration is required. An RSVP would be appreciated:

[shelaghwatersdwyer@gmail.com](mailto:shelaghwatersdwyer@gmail.com)

C. Deborah in New Jersey:

It's time for another special Free Classes for New Visitor's Week at the Princeton Center for Yoga & Health (Princeton, NJ).

Is there someone with whom you've always wanted to share the wonderful gifts you've received from your classes at PCYH? This is the perfect time to bring friends, family, your co-workers, hairdresser, accountant, teacher, pet-sitter (even someone you just met!) to sample classes at the Center.

And, as a special thank you, when you bring a friend new to the Center during this week, you get a class for free!

Free Classes for New Visitors Week  
November 4 - 10

For more information, please click:

<http://www.princetonyoga.com>

D. Joan in Pennsylvania:

"An Evening with Alan Dershowitz" is being presented by Ohev Shalom of Bucks County (944 Second Street Pike, Richboro, PA 18954) on Saturday, December 15th at 7:30 p.m..

Alan Dershowitz is a renowned defense attorney, best-selling author and Harvard Law School Professor. Professor Dershowitz's newest publication, which was just released in November, is entitled "Finding Jefferson: A Lost Letter, A Remarkable Discovery, And The First Amendment in An Age of Terrorism".

Ticket information:

Preferred Reserved Seating - \$180 per ticket - one reserved seat, listing in program, dessert reception and book signing with Professor Dershowitz immediately following the program

Reserved Seating - \$72 per ticket

General Seating - \$36 per ticket  
Student Seating (limited) - \$18 per ticket in general seating area

Books by Professor Dershowitz will be available for sale.

To purchase tickets online, visit us on the Web at:

<http://www.ohev.org>

or call our synagogue office: 215.322.9595.

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PS. Don't forget that Halloween is on Wednesday . . . enjoy, though try not to overindulge on that candy corn (73 pieces is my limit, but who's counting?) . . . or if you want to have something with no calories, please click:

<http://www.dedge.com/flash/hangman/>

Also, Daylight Savings Time ends this coming Sunday . . . the good news is that it will be lighter for an extra hour for kids to do their trick or treating . . . the bad news is that you have an old VCR or other such digital device, you will have to probably manually readjust the time . . . for more information, please click:

[http://origin.mercurynews.com/healthandscience/ci\\_7319769](http://origin.mercurynews.com/healthandscience/ci_7319769)

Lastly, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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# BLAINESWORLD

BLAINESWORLD

#577

10.22.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I had a fun-filled weekend at two different celebrations.

On Saturday, we journeyed to the Hotel Bethlehem in Bethlehem, PA to attend the wedding of our good friends Steve and Karen's son Justin to Alyson . . . the ceremony, conducted by a Jewish rabbi and Lutheran pastor, was a perfect blending of the two religions.

We then had a break of a few hours, so we went shopping in the downtown area . . . in particular, one store caught our attention: the Moravian Book Shop (610.866.5481) . . . it's the oldest such store in the country and has a great collection of books, along with an eatery and an eclectic range of knick knacks and food items.

From there, we went to the reception at the Northampton Country Club in Easton, PA . . . the food was excellent, as was the DJ . . . best of all was Steve's advice to his son:

If you ever have a fight with your wife, always keep these three words in mind:

1. [Say] I love you; and
2. [If that doesn't work] You are right; and
3. [Lastly] It's my fault.

B. On Sunday, we went to Van Gogh's Cafe (908.810.1844) in Union, NJ to join our friends Berta and Tom as they renewed their wedding vows on their 20th anniversary.

This was another lovely celebration at a most unusual art gallery/restaurant . . . see below for the a picture of the four of us--from left to right: yours truly, Cynthia, Berta, Tom--in front of a mural that is displayed on one of the walls:



Pastor Jay Olivo conducted a brief service . . . we enjoyed listening to his words, in which he encouraged the happy couple to keep in mind Proverbs 16:3:

Commit to the Lord whatever you do, and your plans will succeed.

He then challenged them to commit three things to the Lord:

1. Your home;
2. Your spouse; and
3. Your relationship.

Afterwards, we got to spend some time with Pastor Jay and his lovely wife Eileen.

For more information about Orchard Park Church, the Christian Missionary Alliance that he heads in Union, please call 908.687.0364.

C. We consider ourselves blessed to have an excellent team of financial advisors at Kohlhepp Investments (215.340.5777) in Doylestown , PA . . . once or twice each year, we meet with them to review how are we doing with our finances . . . at that time, we also discuss what we need to do in the future.

For several years, we've been discussing the need to have a long term care policy . . . personally, I was somewhat reluctant to go in that direction; i.e., until I saw what happened to my father, Cynthia's mother and now my mother . . . so with that perspective in mind, we met with one of Kohlhepp's associates: Gordon Cromwell.

He helped us design coverage that should meet our needs without bankrupting us . . . we were impressed by his knowledge, attention to details and excellent follow-up skills . . . in addition, his assistant (Nancy Poppelman) was a big help in completing all the necessary paperwork.

Should you want to contact Gordon directly, he can be reached at Gordon E. Cromwell Associates, Inc. in Flourtown, PA: 215.836.7845 . . . feel free to mention my name if you call.

D. It gives me great pleasure to be able to share good news with readers . . . so please join me in extending CONGRATULATIONS to:

\* Kelly in Pennsylvania:

She will be getting married in the spring. Also, from what I understand, her Washington Crossing (PA) massage therapy business is going well . . . for more information, please click:

<http://www.heartofthelotustherapeutics.com/index.htm>

\* Amy in Pennsylvania:

She has become director of client services for Radey Associates Architects--a full service Architectural firm that offers a broad range of high quality design and construction administration services for new buildings, additions, and renovations . . . for more information, Please click:

<http://www.radeyassociates.com>

\* Sue in Pennsylvania:

She recently changed real estate offices and went to Re/Max Advantage with offices in Huntingdon Valley, Yardley, Fairless Hills, and New Hope. The benefit of this change is to provide better service to a larger market area in Bucks and Montgomery counties.

TO CONTACT HER:

Sue Russeck, Re/Max Advantage, 2038 County Line Road, Huntingdon Valley. PA. Office: 215.354.1001; cell: 215.688.1381.

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

This week, it goes to Karen Bloschichak--a waitress at Applebee's in Newtown, Pennsylvania.

I typically go there before class every Tuesday night with a bunch of teaching colleagues . . . whenever possible, we ask to be assigned to one of Karen's tables . . . she seems to know what we want to order, even before we do . . . she is also friendly, as well as extremely professional.

Karen doubles as one of Applebee's "neighborhood experts" . . . this means she helps train other waiters and waitresses . . . it is easy to see why this is the case!

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2. FYI

Here's a neat idea from THANK YOU POWER (see also Sections 4C, 10 and 11) by Deborah Norville that you might wish to utilize when you next see your doctor and/or any other person who provides you with service:

Professor Isen told me her experiment scheduled active doctors at a busy hospital whenever they could spare a few minutes away from their rounds. One group was given, along with the diagnostic materials for the task, a plastic sandwich bag containing ten hard candies and tied with a piece of red yarn, and a note thanking them for their participation. This is the standard treat she uses in experiments to make people feel good or valued (in other words, to

create positive affects, as they say in researchspeak). Professor Isen laughed as she recalled the test. "Actually, for the doctors, we did break down and put in four Hershey's Miniatures because we were afraid we needed our 'big guns.'"

The other group of doctors, the control group, received only thanks for their participation, after the task was completed.

The differences were striking. Isen said, "The doctors who got the candy didn't jump to conclusions. They realized quickly what the domain of the illness was, and they were correct. But they continued to check their diagnosis against new information as it came in." The doctors who received no candy were less likely to be as methodical. They had a tendency to distort information they were given or ignore facts that didn't fit with their preliminary hypotheses. Professor Isen says where positive affect was created the doctors were more willing to see what was there, less defensive about their hypotheses, and less likely to feel that they had to be right no matter what.

Which doctor would you like working on your case? I asked Professor Isen if it might be a good idea to bring a bag of treats the next time I headed to the doctor's office. She begged off my question. I could understand why. Most doctors (and who knows, our own doctors might end up reading this book) would like to think they are focused and open to all the facts as they go about their work. But on the off chance--hey, it can't hurt--I think I'll bake cookies before my next checkup!

FYI, part 2

\* Laura in New Jersey:

Again, I recommended your newsletter to someone who just moved to Hillsborough.

I hope your mother is comfortable. I can tell you from the experience of friends of mine that she is in the best possible place to be if you need the care that she does. My friend's mother was there for almost six months--even before the hospital advertised on the radio. In the beginning, Eleanor, could not even remember the name of the hospital, but she just marveled at the care her mother was getting.

I finally got to Ya Ya Noodles with my roommate for lunch last Saturday. We were doing that tour of the historical sites of Somerset County. All of the sites were open, and there were no admission fees and the weather was beautiful. I also went to the book store two doors down and cannot wait to get back there soon.

The tour was great. You got a booklet with descriptions of all the sites, along with a map that cited three different routes that they suggested. We took the Southern Route, which started out at a Blacksmith Shop in Millstone which is a cute little town right on Amwell Road. The driving routes used were as nice as the sites we went to. We also went to two old school houses, a house that is being restored in Middlebush and an old church in Rocky Hill. The next day I went to the library in Raritan, which is housed in an old house that has been added to. What a cozy library it is.

\* Michael in New Mexico (with a press release about his latest book):  
The U.S. once led the world in innovation. But now, the nation that

gave the world the light bulb, telephone, and motion picture is rapidly falling behind, as countries like China and India are increasingly taking over global business investment and technology. How do we reverse this ebbing creative tide?

The answer lies with America's own Father of Innovation: Thomas Edison. In *INNOVATE LIKE EDISON: The Success System of America's Greatest Inventor* (Dutton; October 25, 2007; \$25.95), Michael J. Gelb, bestselling author of *How To Think Like Leonardo Da Vinci*, and Sarah Miller Caldicott, MBA and great-grandniece of Thomas Edison, translate the genius of Edison into a revolutionary new success system for innovation that applies to both organizations and individuals.

Edison was an exceptional genius, but the greatest product of his genius was the establishment of a systematic approach to success that he believed anyone could emulate.

With their unique insight and expertise, Michael J. Gelb and Sarah Miller Caldicott distill Edison's creative methods into a carefully researched, easy-to-apply system of five success secrets, the Five Competencies of Innovation:

1. Solution-Centered Mindset: how to keep unwavering focus on finding solutions.
2. Kaleidoscopic Thinking: how to juggle multiple projects, generate many ideas, and then make creative connections or discern patterns.
3. Full-Spectrum Engagement: how to manage and balance a massive workload with social life, family, and other obligations.
4. Master Mind Collaboration: how to multiply individual brain power by bringing the right people together.
5. Super-Value Creation: how to target all creations to an existing market and provide value to potential customers.

Although over seventy books have been written about Edison, none has ever addressed his systematic approach to innovation until now. *INNOVATE LIKE EDISON* provides the tools and strategies people need to compete and win in the business world and in everyday life. And in a "flat" world that increasingly rewards innovation, *INNOVATE LIKE EDISON* will help readers build and sustain competitive advantage in today's global economy.

MY TWO CENTS:

Michael Gelb is one of my favorite authors . . . this book sounds like another winner . . . I'm looking forward to reading it.

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3. Time

A man is praying to God. "Lord," he prays, "is it true that to you, a million years is but a second?"

"Yes," the Lord says, "that is true."

"Well, then, what is a million dollars to you?"

"A million dollars to me is but a penny."

"Ah, then, Lord," says the man. "May I have a penny?"

"Sure," says the Lord. "Just a second."

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### 4. Reviews

A. I have mixed feelings about INTO THE WILD (see also Section 4B), the film version of Jon Krakauer's bestselling nonfiction book about the life of Chris McCandless . . . it is both interesting and visually stunning, but way too long . . . watching it reminded me of CAST AWAY, starring Tom Hanks . . . I remembered seeing that and going out to the concession stand . . . the person working was unusually slow, and it took me some 15 minutes to get what I wanted . . . yet when I returned, it seemed as if I had missed nothing.

That's how INTO THE WILD felt . . . the only difference was that I didn't leave to get some popcorn, staying the entire time . . . I never got completely caught up in the travels of Chris, a promising college graduate who gives his life savings to charity to begin hitching across America with his ultimate goal being Alaska . . . in addition, I found director Sean Penn's direction a bit too choppy . . . yet that said, Emile Hirsh was fine in the leading role, and as always, I liked the work of Hal Holbrook as a widowed leather worker who befriends him . . . rated R.

B. Out on DVD is WE ARE MARSHALL, the true story of a plane that crashed with the entire Marshall University football team in November, 1970 . . . the school and town, though, came together to rebuild the squad--virtually from start . . . Matthew McConaughey is believable as the head coach; however, overall, the film left me flat . . . rated PG.

A much better choice would be to seek out LOVE & SEX from [blockbuster.com](#) or [netflix.com](#) . . . this is a touching romantic comedy about a woman (Famke Janssen) who can never seem to find the right guy until she meets up with an artist (a very funny Jon Favreau) . . . the accompanying soundtrack is great, too . . . rated R.

C. The premise behind THANK YOU POWER (see also Sections 2, 10 and 11) by Deborah Norville is a simple one; i.e., that we should all be more grateful for what we have . . . yet unfortunately, we often forget to express such gratitude--and that's a shame.

Saying thanks can be fun . . . it can also make you feel better . . . in addition, it can even help . . . you make more money as was pointed out in this one study:

\* Waitresses who simply wrote "thank you" on the check before handing it to their customers received on average 11 percent more in tips than those who didn't. Waiters who wrote a message about an upcoming dinner special on their checks also received higher tips. On average, their tips increased by 17 to 20 percent. In a world where personal connections seem increasingly limited, and sometimes stressful when they do occur. Thank You Power has great resonance.

Norville also points out that saying thanks can help turn around those who have not been kind to you in the past, such as if you did the following:

\* What would happen if you came to work one day and said, "Hello, how are you? I baked cookies last night; want some?" Remember how that bag of candies made the doctors better thinkers? There may be someone who secretly has the dagger out for you, or perhaps he or she is just insecure and, in that insecurity, has been acting like a nitwit. A small gesture directed toward that person cost you little and could change him or her a lot.

For one thing, it makes people more willing to resolve conflict. In one experiment, test subjects were told to sit quietly, make jokes, offer someone candy, or say they were uptight. Then they were put into a dispute that had to be resolved. The people who offered candy or make jokes were more likely to collaborate and work with the other parties to resolve the dispute. Once again, the good feelings from Thank You Power contribute to desired results. And there are many ways to bring Thank You Power to the workplace.

I also liked the quotes that were incorporated into each chapter, including this one:

\*When other people are made to feel important and appreciated, it will no longer be necessary for them to whittle others down in order to be seen bigger by comparison.- -Virginia Arcastle

Do get hold of this book, either for yourself or for those that you care about . . . keep in mind, too, that it would make an ideal gift for the upcoming holiday season . . . and I bet if you give it, you'd even get some thanks for having done so!

D. Enjoyed TOUCHED BY THE EXTRAORDINARY, written and read by Susan Barbara Apollon . . . she is an intuitive psychologist who combines research findings by physicians, quantum physicists and other experts with true stories of encounters that people have told her about.

To gain value from this CD program, you must be open to the possibility that our loved ones can communicate with us--even when they are no longer alive . . . when this happens, call it an odd coincidence or a synchronistic moment, but just don't reject the idea outright.

According to Apollon, there are several important messages to be gained by going through her program . . . you'll come to understand that:

1. Death is not an end. Whether you are grieving the loss of someone you love or struggling to accept your own impending mortality, please, please, please know that the soul goes on.
2. Your extraordinary experiences are real. Those strange encounters you've had--a vivid dream in which a lost loved one appears to you, a reassuring voice heard in an emergency room, even a glimpse of an angel--are not merely an overactive imagination at work.
3. You can create the life you want to live. We are all part of

a Universe of abundance, power, love, and joy.

Strangely (or perhaps it isn't so strange), I feel calmer just in typing the above words . . . TOUCHED BY THE EXTRAORDINARY, the program, will help you feel that way too . . . you'll be touched by it, particularly the parts where you hear from others about their experiences.

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#### 5. TV alert

A. Magic man Criss Angel and paranormalist Uri Geller team up to mentor aspiring mentalists on PHENOMENON, a new reality show on Wednesdays at 8 p.m. on NBC.

B. Actor-filmmaker Sean Penn and novelist Jon Krakauer discuss Penn's adaptation of Krakauer's INTO THE WILD (see also Section 4A) while traveling to Alaska in the Season 3 opener of ICONOCLASTS . . . Thursday at 10 p.m. on SUNDANCE.

C. THE NEXT GREAT AMERICAN BAND has the Top 12 acts performing before a studio audience for the first time . . . one of the judges, Goo Goo Dolls lead singer John Rzeznik, calls the show a merger of AMERICAN IDOL and a high school battle of the bands . . . Fridays at 8 p.m. on FOX.

D. After seeing just one episode, I'm already hooked on THE AMAZING MRS. PRITCHARD . . . the story follows a woman, the successful manager of a supermarket, who becomes England's next Prime Minister . . . according to THE WALL STREET JOURNAL, "As Chancellor and Deputy PM, Janet McTeer delivers a performance stunning for its force and magnetism . . . quite simply, she runs away with the series" . . . I agree! My only regret is that you don't get to see more of McTeer (so fine in such underviewed movies as TUMBLEWEEDS and SONGCATCHER) in other performances on the screen . . . Sundays at 9 p.m. on PBS . . . check local listings because PBS times and dates often vary.

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#### 6. Problems

A husband and wife came for counseling after 15 years of marriage. When asked what the problem was, the wife went into a passionate, painful tirade listing every problem they had ever had in the 15 years they had been married.

She went on and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured over the course of their marriage.

Finally, after allowing this to go on for a sufficient length of time, the therapist got up, walked around the desk and, after asking the wife to stand, embraced and kissed her passionately as her husband watched with a raised eyebrow. The woman shut up and quietly sat down as though in a daze.

The therapist turned to the husband and said, "This is what your wife needs at least three times a week. Can you do this?"

The husband thought for a moment and replied, "Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I fish."

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#### 7. Websites

A. To update your name and number on the Do Not Call Registry, please click:  
<http://www.donotcall.gov>

You can also call this number: 1.888-382.1222.

At the same time, you can report the name or phone numbers of violators to the Federal Trade Commission . . . but be advised that certain groups are exempt from the list—political operations, charities, telephone surveys, and businesses that have an existing relationship with you.

What you may have heard is true; i.e., if you were among the first to sign up with the Registry in June, 2003, you will need to re-register by next June . . . I verified that fact at the following website:  
<http://www.snopes.com/inboxer/pending/donotcall.asp>

B. The OTR.Network Library is a free resource for Old Time Radio (OTR) fans . . . over 12,000 OTR shows available for instant listening with 100 more added each week . . . to listen, please click:  
<http://www.otr.net/>

What a great way to spend some time with your parents, grandparents or other older relatives as you listen together to such classic shows as ABBOT AND COSTELLO, DRAGNET, GENE AUTRY'S MELODY RANCH, RED SKELTON SHOW, TARZAN, and YOU BET YOUR LIFE.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net>

Going to the homepage makes subscribing very easy for your friends, relatives and colleagues to subscribe to BLAINESWORLD, the newsletter (and new subscriptions are ALWAYS welcome) . . . just have them go to the "Special Offer" at the bottom of the page, then follow the directions there.

Or you can always forward this entire issue . . . if they like it, tell them to send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put the words FREE SUBSCRIPTION in the subject line.

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#### 8. Computer tip

Pat in Pennsylvania wondered about a road sign he saw in BLAINESWORLD #569 . . . as you may recall, it mentioned

my then-upcoming trip to London.

He wanted to know how to save such pictures.

The answer is simple . . . let me show you be creating another picture to save; e.g., this one is available from:

<http://www.getyourownstar.com/menu.php>

It enabled me to create something for the star of my life:



If you wanted to save that (or something similar you created for a loved one), all you need to do is:

1. Put your mouse cursor over the picture.
2. Right click it once.
3. When you see "Save Picture As . . .," choose that option.
4. Then give the picture a file name that you can easily find.
5. When you want to use the file, go to File (at top) of page and find it.

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#### 9. The secret

One day I saw a wonderful old gal sitting on her front step. Her face was wrinkled like a prune, she was so stooped she was almost folded in half, and her gnarled fingers could hardly grasp the glass of iced tea she was holding. But she had such a wide, toothless grin on her face that she positively spread cheer.

So I walked up to her and said, "I couldn't help noticing how happy you look! What is your secret for such a long, happy life?"

"I smoke ten stogies a day," she said. "Before I go to bed, I smoke a nice big joint. All my life I've eaten only junk food, and I put away at least a fifth of Jack Daniels every week. On weekends I pop pills and never do any exercise at all."

Absolutely, absolutely amazing, I thought. And I just couldn't help but to ask her, "Wow! How old are you, anyway?"

She didn't hesitate at all. "Twenty-four," she replied.

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#### 10. A quote I like

What people with Thank You Power will do is inspire those around them to do well. If a leader ranks high on positive emotion, his team will probably perform better. Salespeople are more helpful to their customers, more flexible, and more respectful. So make it a point --today--to make people in your world feel good. Say thank you to someone you may have taken for granted--the security guard at your office building or your child's teacher. Perhaps bring lemonade to the gardener working in the yard. Just because someone is paid to perform a service doesn't mean a thank you shouldn't come his way.--Deborah Norville in THANK YOU POWER (see also Sections 2, 4C and 11)

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#### 11. Thought for the day

You can tell I REALLY like a book if I mention it four separate times in any one issue of this newsletter . . . that's certainly the case with THANK YOU POWER (see also Sections 2, 4C and 10) by Deborah Norville . . . this following passage was taken from it:

For the first baby step, Peterson asked his students to each write what he called a gratitude letter to someone who had been especially kind to them but never properly thanked. Then they were asked to deliver their letters in person. Peterson was blown away by what happened.

"We had no idea how wildly successful it would be," the professor exclaimed. "It's positively moving! It's interesting; we've done it with college students, and they almost always thank mom or dad. The parents just go crazy. We've had parents pull us aside and say, 'This makes the tuition that I have to pay worth it!'" Peterson laughed as he related some of those conversations.

"So I guess this is a \$100,000 letter for some! There is no downside."

It's probably not surprising that the parents of Peterson's students were floored by receiving the letter. Most parents would fall over in a dead faint at receiving a written thank you for anything from their child. The heartfelt sentiments expressed in these letters, acknowledging the sacrifices made for their educations, and the promise to put that education to its best use were things these parents never expected to receive. Of course the parents were happy, but the students writing the letters were happy too.

It was more than knowing that they had pleased their parents. Yes, the exchange of the letter was for the recipient a tangible acknowledgment of the value of what they had received. It was hardly a repayment of a debt; few parents expect to be reimbursed for tuition

money. The students could tell how much their letters were appreciated, and they liked that. But the warm glow from exchanging the letter lasted long after the visit took place. For up to thirty days after the letters were given, the letter writers reported feeling elevated or happier.

Peterson and others believe it has less to do with the actual writing of the letter than with the reinforcement of the relationship between the giver and the recipient. That connection between individuals, underscored by the gratitude letter, is what scientists suspect is the key to Thank You Power. "We are not hermits; we are inherently social," Peterson explains. "What gratitude does is build bonds with other people. It makes those bonds stronger and more positive."

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### 12. Advance planning department

A. Carol in New Jersey:  
OCTOBER 21 - 27: SAFE SCHOOLS WEEK

MONDAY, OCTOBER 22  
4:00 p.m. - 10:00 p.m.  
Volunteers needed for various activities entire evening of  
STAND UP for a Safe America.

This is Brady Center fundraising event; dinner provided.  
The Times Center  
41st Street entrance between 7th and 8th Avenues  
New York City, NY

WEDNESDAY, OCTOBER 24  
Day of National Concern about Young People and Gun Violence/Student  
Pledge Against Gun Violence  
11:00 a.m. - 5:00 p.m.  
Quakerbridge Mall (MMM gun violence prevention information  
at Community Booth)  
Route 1 & Quakerbridge Road, Lawrenceville, NJ

FRIDAY, OCTOBER 26 – SUNDAY, OCTOBER 28  
Million Mom March  
National State Presidents Council Conference  
Washington, DC

For more information on any and/or all of these events:  
Carole Stiller  
President, Mercer County Million Mom March Chapter  
President, NJ Million Mom March Chapters  
of the Brady Campaign to Prevent Gun Violence  
P.O. Box 77333, Ewing, NJ 08628  
mercermmm@comcast.net  
609-882-3711  
609-771-1348 (fax)  
<http://www.millionmommmarch.org>

B. The nation's largest day of volunteering, Make a Difference Day, inspires 3 million people to help 20 million others on the fourth Saturday of each October . . . so that means this coming Saturday, the 27th is the big day . . . for more information, call

1.800.416.3824 or please click:  
<http://www.jointheteam.com>

C. Cynthia in New Jersey (see also Section 1A):  
JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own or you may choose to lead only if you are comfortable. You honor yourself and what you need in the moment.

Please feel free to join me at the following session:  
Day for All Women  
Bucks County Community College  
Newtown, PA  
November 3  
1:05-2:35 p.m.

In addition, there are many other excellent sessions . . . for more information and/or to register, please click:  
<http://www.bucks.edu/dfaw/>

D. David in Pennsylvania:  
On Saturday November 10 there are several events in Roosevelt, NJ. From 1 to 5, there are five artists with open studios. Naomi will have a pottery sale as one of these artists. At 5 p.m., the Jacob Landau studio will have an opening which will culminate with an 8 p.m. folk concert featuring me, Guy De Rosa and two other musicians. Come by if you can. Call 609.443.1898 for directions.

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINES WORLD

BLAINESWORLD

#576

10.15.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I joined friends for brunch at the Golden Eagle Diner (215.785.6926) in Bristol, PA . . . my chocolate chip pancakes were delicious, as was her chicken salad sandwich . . . portions there are huge, so be prepared to take food home with you.

From there, we went to the Bristol Riverside Theatre to see one of my favorite musicals: I DO! I DO! . . . it is a charming story about the life of a couple over a 50-year period of time.

There are many great songs, including "Nobody's Perfect," "My Cup Runneth Over" and "What Is A Woman?" . . . Brad Little and Barbara McCulloh, a real-life married couple, starred in the 2-person cast . . . they were superb . . . so was everything else: the musicians (just two of them), scenery, costumes, etc.

If you can, catch this winner before it closes on October 21 . . . for more information, please click:

<http://www.brtstage.org>

B. We also discovered a new ice cream parlor--at least for us: LJ's Boardwalk (908.231.7474) on South Main Street in Manville . . . we've passed it many times, but finally got to visit . . . there are lots of tasty flavors and toppings, and they don't skimp on portion size . . . our only regret is that the place closes down in late October for the winter.

C. My teacher's union recently had its fall get-together at Il Sol (215.968.5880) in Newtown, PA . . . we go there often and, as always, have a blast . . . the food is always excellent, and the drinks are equally fine.

I'll have to go back in the near future with Cynthia because the place now has entertainment during the week . . . on Wednesday, there's a piano bar sing; on Thursday, there's a Latin dance night; on Friday, there are Salsa lessons; and on Saturday,

Barbara Trent plays and sings the piano (and you can also dance to her music) . . . for more information, please click:  
<http://www.ilsoltuscangrill.com>

D. KUDOS to Bucks County Community College's Lisa Angelo and the United Way's Jeanmarie Foy . . . they both spoke at a recent meeting of our teacher's union, encouraging us to support the fine work of that organization.

KUDOS, also, to the College's Michael Hennessey and Allen Hoey . . . Michael runs an interesting book discussion group that I recently had the privilege of attending . . . it was discussing a book by Allen, CHASING THE DRAGON . . . what made the evening so worthwhile was that Allen was there to participate in the back-and-forth . . . I always find it fascinating to hear authors speak about their work . . . he also read a short portion from his latest book, VOICES BEYOND THE DEAD.

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

This week, it goes to Michael Bannon (215.348.7442)--the dynamic director for Bucks County's Office of Consumer Protection/Weights and Measures.

I've known Michael for several years and have always been impressed with both his enthusiastic manner and ability to get results . . . he even helped me out recently, going above and beyond the normal call of duty to help me with a problem that we had with a resort in Maine.

If you recall the story from the summer, Cynthia and I went there for our vacation . . . we had to leave after just one day because Cynthia's mother died, and the place wouldn't give us any sort of refund . . . in fact, they wouldn't even return our letters or calls.

Michael got his office involved and within a very short period of time, we received a \$600 refund . . . it wasn't the whole amount and the trip still remains our most expensive one night hotel stay of all time (\$3,000 minus the \$600 = \$2,400) . . . however, without Michael's efforts, we'd still probably be waiting for the place to respond.

The bottom line: If you live or work in Bucks County and you have a consumer problem or question, please contact the Office of Consumer Protection/Weights and Measures . . . you won't be disappointed.

Or you also might want to visit its informative website:

<http://www.buckscounty.org/government/departments/communityservices/ConsumerProtection/index.aspx>

In particular, when somebody goes out of the way to provide good service, take the suggestion (at the top) to write a thank you letter . . . if you click on the link, you'll see a sample one.

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2. FYI

A major urban hotel has a program I love. It's called Elevator Ears. That pretty much says it. At this hotel, employees are riding up and down the elevators all day long with customers. In fact, they are encouraged to do so. But these employees are trained not to think of the elevator as a way of getting from floor 2 to floor 12. They are trained to think of it as an opportunity to hear from their guests. It's an amazingly simple way to gather information from a somewhat captured audience. And you hear it all: guests who just registered,

a couple from the restaurant, a business-woman from the seminar, a golfer, a swimmer, and maybe even a late sleeper. The fact is, these are the people using the hotel services, and they often have comments. Many times these comments are volunteered without asking. Haven't you taken that moment of reflection in an elevator to say, "Boy, am I ready to get to the room. I thought we'd never get checked in." or "I guess that waitress was having a bad day." Or perhaps you've made a comment on the parking garage or the smell of smoke in the hallways.

Employees at this hotel are also trained to initiate a conversation if they do not hear one. Novel idea, isn't it? The employees simply start the conversation with lines like: "How is everyone this morning? I hope you're enjoying your stay at our hotel." And if that doesn't kick it off, the employee may add, "Has anyone tried our restaurant this morning?" or "I see you've been to the health club, how did you find our services there?" Can you just imagine the impression this makes!

To make this even better, as part of the Elevator Ears program the hotel has the Glitch Report. The Glitch Report is a daily reporting of the things heard by the hotel employees. These items are categorized for trending of poor (as well as outstanding) service areas, and discussions are held with the appropriate management and department personnel to work on correcting the service deficiencies. And don't think that this is all the hotel does to gather feedback. They also have:

- \* a quick survey card in the rooms and at the checkout desk
- \* a 24-hour hotline for guest service needs
- \* an in-room TV station with a guest questionnaire
- \* and as if that weren't enough, a random selection of guests receive follow-up letters thanking them for their stay and requesting their comments.

One of the attributes I like best about the Elevator Ears program is that it's not just for hotels. You can take the same principles of employee training for feedback and apply them to hospitals, retail stores, banks, and even doctors' offices. It's a matter of training employees to listen and to report. Can you think of listening posts for your business? A listening post can be any location where easy dialogue can take place-hallways, waiting rooms, around counters, throughout restaurants, most any public place.

SOURCE:

EXCEPTIONAL CUSTOMER SERVICE (see also Sections 4C, 10 and 11) by Lisa Ford, David McNair and Billy Perry

FYI, part 2

\* Terry in New Jersey:

My son Ron (a lawyer) was recently featured on FOX AND FRIENDS:  
**[Click here: YouTube - Fox and Friends- Google, MoveOn.org, Collins ad suspension](#)**

\* Carol in Pennsylvania:

I do not know if you ever recommend companies with which you have not had a direct dealing yourself, but I HAVE to put in a good word for the Saturn of Doylestown service department. They are magnificent! They go out of their way to make my life easier, supplying me with a rental free of charge if the work takes more time than has been scheduled.

Their warranty means something: my car is a 2003 model and 89.5% of the work has cost me absolutely nothing, including two tows! On top of all that, the service representatives are very nice people who always take the time to explain everything they did and why they had to do it (not to mention the free soft pretzels, coffee, etc.). I always feel like I am visiting a neighbor when I stop by.

\* Donna in New Jersey:

When I was in the library, I came across a book by Ralph Nader called THE SEVENTEEN TRADITIONS. It was published in 2007, so hence it was in the "New" section. Tiny book packed with interesting topics or as he puts it, "traditions" he learned from his parents and town. Lots of values abound, and he explains how all these traditions form the mind and character we become. Short read at 150 pages, which includes the introduction and afterword. You may find it interesting as well.

\* Arlene in Pittsburgh:

I can't argue these statistics [about spending under Bush] because I'm unfamiliar with the Cato Institute--where and how it got its figures. You call this "FYI," yet you're quoting and not necessarily stating facts.

That being said, I wasn't aware that President Bush spends all the money. I thought that was up to Congress with various committees presiding over who gets what money. The department of education puts forth proposed budget and then the ways and means committee must determine how much is to be spent and how it's to be spent. The department of defense puts forth a budget and then the armed services committee debates and discusses that. And so on and so forth.

It's easy to blame Bush on everything in the world. But in the end, he's just the head of one of three branches of the federal government. In my opinion, the congress (the house and senate) wield just as much (if not more) power.

The author you quote forgot to mention that Clinton sold secrets to the Red Chinese and how he let Osama go when he had him in his hand. Sure this guy would deny all these documented facts when put them in front of him. Certainly wouldn't tell your readers it's for their information.

\* Kaye in Pennsylvania:

I forgot to thank you (my mother "may she rest in peace" would paddle me but good . . . she raised us with good manners) for trying to find a typist for my husband. He got two leads and will call them shortly. You are great to help my husband

Did you ever check out my sister's website:

<http://www.petsetcetera.com>

I think you told me you weren't a cat person, but check it out anyway (in your free time--just kidding).

MY TWO CENTS:

What Kaye wrote might have been true in the past; i.e., that I wasn't a cat person . . . but no longer, especially since living with Cynthia and her three cats . . . make that, our three cats!

\* Jack in Pennsylvania (with a follow-up to his request for help in his upcoming Light the Night Walk, mentioned in last week's issue):

You may be sitting there a while, wondering if you're a better.

Jack says that he is agile, mobile and versatile,  
but you know that he's a fretter.  
Can he walk at least a mile,  
it could as well be five.  
And then you begin to smile  
because he may be talking jive.  
And since he is so meek and mild,  
make a donation for this white haired child.

But, seriously, thank you for donating to keep alive the memory  
of all that have battled this disease and the hope for those  
still actively fighting.

If you'd still like to contribute, by the way, you can do so  
by clicking:

[http://www.active.com/donate/ItnPhilad/2089\\_PayrollJack](http://www.active.com/donate/ItnPhilad/2089_PayrollJack)

\* Donna in New Jersey:  
THE AMERICAN PRESIDENT is one of my favorite movies! I  
watch it at least once a year.

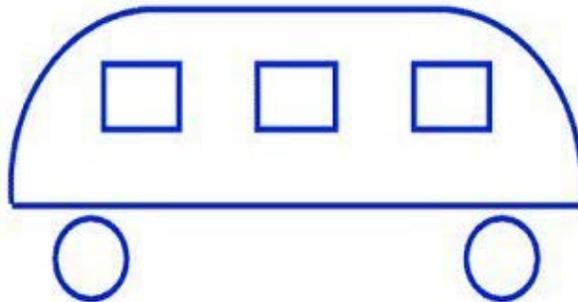
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3. Are you smarter than a pre-schooler?

I already knew I was dumber than the fifth graders, but now it's the  
pre-schoolers turn!

To see how you fare, here's a pre-school test for you"  
Which way is the bus below traveling . . . to the left or to the right?



Can't make up your mind? Look carefully at the picture again.

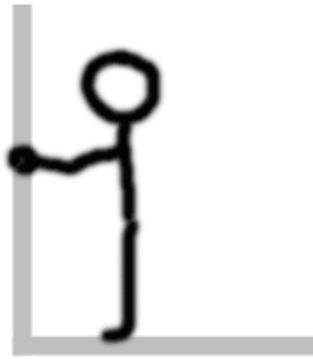
Still don't know?

Pre-schoolers all over the United States were shown this picture and  
asked the same question. 90% of the pre-schooler's gave this answer:  
"The bus is traveling to the left."

They were then asked, "Why do you think the bus is traveling to the left?"

They answered: "Because you can't see the door to get on the bus."

How do you feel now? I know. Me, too!



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### 4. Reviews

A. The critics loved EASTERN PROMISES, a thriller about a driver for one of London's most notorious organized crime families . . . that said, I did not like it at all . . . not only did I find it extremely violent, but I simply felt little for either of the main characters (Viggo Mortensen and Naomi Watts) . . . this is a film that I'd recommend that you miss, even when it comes out on DVD . . . rated R.

B. THE HOAX is now out in DVD format . . . my review from BLAINESWORLD #553 follows:

Richard Gere is fine as Clifford Irving in THE HOAX, a film about the guy who wrote a book about an alleged series of interviews with Howard Hughes . . . I also liked the work of his co-star, Alfred Molina, as Irving's loyal best friend . . . yet overall, THE HOAX did nothing for me . . . the story dragged on, and it could have been shortened by at least 30 minutes . . . by the time the credits rolled around, my feeling was that I was the one who got scammed . . . rated R.

You'd be much better of revisiting CHARLY, the moving drama about a mentally retarded adult who instantly matures as the result of an operation on his brain . . . Cliff Robertson deserved the Oscar for his work in this film, and I was also touched by Claire Bloom's sympathetic caseworker . . . the accompanying soundtrack by Ravi Shankar is magnificent . . . rated PG.

C. Customer service seems to be one of those things that everybody complains about, and it is also something that rarely seems to get better . . . yet rather give up hoping that things will ever improve, there is something that can be done; i.e., read EXCEPTIONAL CUSTOMER SERVICE (see also Sections 2, 10 and 11) by Lisa Ford, David McNair and Bill Perry.

This book inspired me with its many real examples of companies who get it right . . . such as the case with Ben and Jerry's ice cream:

\* They have incredibly effective letters to customers (you'll enjoy this story). A customer who was seven months pregnant had a midnight craving for Chunky Monkey ice cream. She managed to persuade her husband to brave a blinding snowstorm for a pint. Upon scooping the ice cream into a bowl, she was most disappointed at the sparseness of walnuts in the product. She was accustomed to many more from past experience. She wrote the company and complained. The letter responding to her situation was great! First, the company apologized to her for the "wimpy, anemic, under-chunked pint." What's more, they

included a coupon for a free pint because, as the letter stated, "you have to feed that baby." Score! They just created a customer experience.

Then there was this other example:

\* An idea at Marriott Hotels costs very little, and it makes a tremendous statement. Marriott has put together a Sweet Dreams package. It consists of a small bud vase, a flower, and some homemade cookies. Hotel staff members are encouraged to give it to customers who are having difficulties that the hotel really can't fix. For example, a guest enters the hotel complaining that she's tired, feels awful, and her four-hour plane delay didn't help. That's the cue for the staff person to send this guest a Sweet Dreams. While the hotel couldn't control the circumstances regarding this guest's day, they could control how they responded to it. And better yet, when one employee noticed a guest with an awful cough, a box of cough drops was included with the Dreams package. Now that's exceptional service! Don't think for a minute that customer loyalty and word-of-mouth advertising haven't paid for that box of cough drops.

I particularly liked the many fine exercises in EXEPTIONAL CUSTOMER SERVICE . . . they help show you can make a difference; e.g., by doing the following:

\* Reflect back on your last five encounters with customers (in person or over the telephone). Think through how you handled each situation, then try and identify and write down something you could have done to improve your response by 1 percent.

In addition, I liked the accompanying cartoons by illustrator Tate Nation . . . they put a smile on my face at the beginning of each chapter.

My only quibble with the book was the fact that since it was written by three authors, I would have liked all parts of it to have been written that way; e.g., using such terms as "we" and "our" throughout . . . instead, too many times I'd find myself reading "I saw" or something similar and wondering which author actually wrote that section.

D. Being smart does not always involve having a high IQ . . . if you don't believe that, then read (or listen, as I did) to EMOTIONAL INTELLIGENCE by Daniel Goleman.

You'll see why some people of modest IQ often do well in life, largely because they utilize such qualities as self-awareness, impulse control, persistence, zeal, self-motivation, empathy, and social deftness--or what Goleman terms emotional intelligence.

The author drives his message home through the use of lots of excellent examples that make it clear that to excel in life, you need these qualities . . . if you lack them, then your career may be ruined . . . and perhaps most significantly, children need to develop emotional intelligence or they'll fall prey to depression, eating disorders and crime.

Among the many tidbits I gained from this program were the following:

\* It is important to help others in need. Depressed people, in particular, need to do this--but they rarely do.

\* Emotional intelligence needs to be taught in our schools.

\* Another word for emotional intelligence is character.

And my favorite:

\* A monk on the best way to handle anger: Don't express it, but don't act on it.

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#### 5. TV alert

A. Though I haven't seen it yet, SEMANTHA WHO? has been getting some terrific reviews . . . it stars Christina Applegate (of MARRIED WITH CHILDREN fame) as a troublemaker who gets a do-over after a hit-and-run leaves her with a nasty case of amnesia . . . believe it or not, it's a comedy . . . Mondays at 9:30 p.m. on ABC.

B. INDEPENDENT LENS kicks off its ninth season with a presentation of WORDPLAY, an engaging documentary about crossword puzzles and their enthusiasts (such as Bill Clinton and Jon Stewart) . . . I was probably one of the few people who saw this in the theaters and was amazed that I enjoyed it as much as I did . . . Tuesday at 10 p.m. on PBS . . . check local listings since PBS dates and times often vary.

C. Another new show, VIVA LAUGHLIN, has been getting some terrible reviews . . . so watch it soon because methinks it will soon be off the air . . . yet I like the fact that it uses popular tunes to advance its story about a wannabe casino entrepreneur, and the fact that series producer Hugh Jackman will be a recurring guest star . . . Thursday at 10 p.m. on CBS and then moves into its regular time slot on Sunday.

D. Joey Chestnut beat Takeru Kobayashi at summer's hot-dog eating contest . . . he again takes on his nemesis and 14 other competitive eaters on MLE CHOW DOWN: WEDGES AND WINGS on SPIKE on Thursday at 11 p.m.

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#### 6. Neighbors

One week after moving into his first apartment, Ed called his mother to complain about his neighbors: "One woman cries all day, another lies in bed moaning and then there's the guy who keeps banging his head against the wall."

"You better keep away from them," she said.

"I am. I stay inside all day, playing my tuba."

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#### 7. Websites

A. THANKS to Carol in New Jersey who sent in this website that will help you remember our soldiers in Iraq:  
<http://video.aol.com/video-detail/remember-me/1227398507>

From what I understand, the person who put it together was only 15 at the time she did so.

**B. WARNING:**

If you're a Hillary Clinton supporter, you may not want to view the following:

<http://www.youtube.com/watch?v=XdWqNEboJe4>

But then again, you may if you have a sense of humor . . . it is funny, though it talks about a most serious disease: Tryphorgetin (pronounced Try-for-getting).

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

On the left, you'll see "Radio Show" . . . go to that link if you want to see a history of my radio career . . . you can also hear one of my shows.

As you may have read in a past issue, a management change at WWFM resulted in my show being taken off the air . . . but, hopefully, I'll resurface soon again . . . on another station and/or even with my own cable show.

Please do keep me in mind if you have any media contacts for me to pursue with respect to the above possibilities.

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**8. Computer tip**

You now have an option to fix your computer if you don't want to bring it in to a repair shop or wait around for a costly house-call . . . instead, try a service that can remotely access your computer while you are connected by phone to a call center or technician . . . two such services sell computer help by the minute:

<http://www.yourtechonline.com>

<http://www.plumchoice.com>

The former charges \$79 an hour, while the latter charges \$90 an hour.

There's still another service that charges \$39 to \$99, depending on the nature of the problem:

<https://www.support.com/>

Many of these companies offer services ranging from tune-ups to virus and spyware removal . . . and though not all are yet equipped to handle Apple software, some even offer support for iPods and other MP3 players, as well as printers and digital cameras.

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**9. And what will Tuesday bring?**

My friend is a minister, and one Sunday I decided to attend his worship service. At the end of the sermon, he said, "There will be a short deacon's meeting following today's service."

Then came a sly smile as he added, "And the tall deacons will meet on Monday."

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## 10. A quote I like

Another great idea is to set aside 10 to 15 minutes of every team meeting to learn something new. Maybe someone has a novel idea on how to handle a particular type of customer. Maybe someone has read an interesting article on some aspect of service that is worthy of sharing with the group.

SOURCE:

EXCEPTIONAL CUSTOMER SERVICE (see also Sections 2, 4C and 11) by Lisa Ford, David McNair and Billy Perry

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## 11. Thought for the day

When I REALLY like a book, I cite it four separate times in BLAINESWORLD . . . such was the case with EXCEPTIONAL CUSTOMER SERVICE (see also Sections 2, 4C and 10) by Lisa Ford, David McNair and Billy Perry--the source for the following passage:

I heard a counselor speak recently to a group of employees, and he talked about his years as a marriage counselor. One of the first things he would ask his couples is, "So how does your marriage work? Give it to me in percentages. Is it 75/25, 50/50? Each of you write it down and don't confer. Just be honest." Invariably people would come back with some split that gave him a good indication of his work ahead.

In all of his years he never once had an individual give him what he professed to be the right answer. The right answer (or the goal to strive for anyway) is 100/100. You see if each individual in a marriage would treat all situations as if he or she were 100 percent responsible, then most of your time would be spent thanking the other for taking care of things that you really felt you should have done. What a concept! Just imagine: "Those aren't my dishes in the sink, but I'll clean them up anyway." The lawn is getting a little shaggy, I better mow it." "The dog needs a bath, come on Fido!"

The key here is both partners are giving 100 percent. What if one partner starts this concept and the other continues to loaf? Don't you think after a while a little resentment would build? "OK, I've been doing this 100 percent junk for three weeks now, and I don't see you chipping in. In fact, I think you see it as a little bit of a free ride." Simply put, that's not 100 percent ownership, that's keeping score. And keeping score is one of the most destructive tactics one can apply. To truly embrace 100 percent, you adopt it with no questions asked, no scorecard kept, no trial period established. You see it's a way of life. It's deciding that you can control the situation before you, and you are the one to make it right. Is this simplistic? Yes. You can come up with thousands of "yeh, but's." Can you do everything? No. Can you be taken advantage of? Yes. More importantly, however, does this philosophy provide for better outcomes and a happier existence than blaming others? Yes, yes, yes!

Now take this 100 percent ownership philosophy into your work experience and, most specifically, the customer care context. Pretend you are a bank teller again. A customer just walked in and said her ATM card was eaten in the machine. You could:

A. Tell her that she needs to fill out a new application and mail it

into the customer care center three states away;

B. Tell her to go to the other side of the bank and wait for the next available personal banker;

C. Tell her she probably will save some money by not having an ATM card anyway; or

D. After showing appropriate empathy for her loss, pick up the phone, or complete the application on her behalf. You also let her know not only when to expect a new ATM card, but what options she has in the interim.

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## 12. Advance planning department

A. Cyndy in Pennsylvania:

READINGS WITH GRANDMOTHER PATHWEAVER, a Cherokee Métis Teacher and internationally known psychic and lecturer. She is also the founder and head Council member of the Buffalo Trace Society. Grandmother is back on the East Coast, and we found the gift of two days in her schedule--October 16 and October 17.

She has helped thousands to strengthen themselves and their direction through a variety of readings that she offers, most notably the Medicine Wheel Readings. Donations are \$40.00 for ½ hour and \$75.00 for an hour.

For more information, call Cyndy "Snake Dancer" In Landenberg, PA: 610.274.3109; email: Snakdancr@aol.com.

B. I'll be showing THANK YOU FOR NOT SMOKING to my Marketing students next Tuesday, October 23, at 6:30 p.m. in Penn 410 . . . it's a very provocative film, quite funny in spots too . . . you're welcome to join us AT NO CHARGE; plus, FREE popcorn will be served . . . just email me to let me know you're coming in case there's any last-minute change in plans.

C. Cynthia in New Jersey (see also Section 1A):

JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own or you may choose to lead only if you are comfortable. You honor yourself and what you need in the moment.

Please feel free to join me at the following session:

Day for All Women  
Bucks County Community College  
Newtown, PA  
November 3  
1:05-2:35 p.m.

In addition, there are many other excellent sessions . . . for more information and/or to register, please click:

<http://www.bucks.edu/dfaw/>

D. Lou in Pennsylvania:

I'm working on FOLLIES by Steven Sondheim. It's a wonderful and complex show, both at the musical and dramatic levels. The story is set in an old burlesque theater, once a plush, vibrant venue for lavish shows called Follies. The theater is scheduled to be torn down and made into a parking lot, and the owner decides to host a farewell party for all of the "old" performers for whom it represented an important part

of their youth. Some of them now married, and all weathered by time, attend to take one last sip from the cup of their youth.

Contrasting the return of these old performers are the ghosts of their youth, who also appear on stage, providing glimpses into their personalities and relationships decades ago. A poignant and penetrating script, and a score as complex as the interpersonal themes . . . past and present. A worthwhile theater experience.

The show runs November 16, 17, 18, 23, 24, and 25 at Mercer County Community College's Kelsey Theatre. Fridays and Saturdays at 8:00 p.m. and Sundays at 2:00 at 2 p.m.

For more information, please click:

<http://www.kelseytheatre.net>

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#575

10.8.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I got to see my daughter Risa and her fiancée JP for a brief time this past weekend . . . see below for a picture of the two of them, taken on a recent vacation they had at Discovery Cove in Orlando:



They were in from Florida for the Bar Mitzvah of Risa's cousin, and so we picked them up from Newark Airport on Friday . . . we hadn't planned to eat at any particular place, so it was fun to "find" King's Chef Chinese Restaurant (732.602.2188) in Iselin, NJ by just driving down Route 1.

We all shared four dishes: pork fried rice, made with brown rice; boneless ribs; sesame chicken; and pan-fried noodles with beef . . . each one was excellent . . . we also liked the decor of the place with its many large windows . . . though none of us had

ever been there before, we would definitely return based on our dining experience.

A stop at a Cold Stone Creamery for dessert topped-off the evening.

B. On Saturday, we had a belated celebration of Cynthia's birthday (it had been the previous Monday, October 1), at which time we were taken out for lunch by her sister and brother-in-law . . . we went to Eppes Essen in Livingston, NJ, a deli we've been to in the past and enjoyed . . . for more information, please click:

<http://www.EppesEssen.com>

Cynthia had an omelette with a whole bunch of vegetables in it, and I had the matzo brei . . . both items were delicious and huge in size . . . the best part, however, was being with Joyce and Marty . . . this is a something we've recently started; i.e., to join together when celebrating various birthdays . . . it is a tradition we plan to continue.

From there, we went to visit my mother . . . she has been moved to a hospice facility in the Bronx (Calvary Hospital) and is resting comfortably.

C. On Sunday, we saw THE TRIAL OF THE CENTURY at the renovated Hunterdon County Courthouse in Flemington, NJ (scene of the actual trial) . . . this true story revolves around Bruno Hauptmann, tried for the murder of Charles Lindbergh, Jr.

It was an interesting play and the acting was quite polished . . . in particular, I liked the work of Kevin Young as Attorney General Wilentz . . . if you go, you might want to consider bringing cushions . . . the courtroom benches are uncomfortable, at best.

For more information, please click:

<http://www.famoustrials.com>

For dinner, we went across the street to the Union Hotel (908.788.7474)--the place where the jurors dined and stayed at for the original six week trial . . . my burger was tasty, as was Cynthia's chicken quesadilla . . . the accompanying sweet potato fries were as good as we've had in quite some time . . . and if you go, make sure you ask for "Vinnie from Brooklyn," one of the managers . . . he'll make you feel most welcome.

D. CONGRATULATIONS--again!--to my good friend Lisa Gable and her family.

As previously reported, Lisa was named New Jersey's Outstanding Older Worker by an organization called Experience Works . . . she is the woman who invented Strap-Mate, an accessory that fits across a woman's back to keep lingerie straps from slipping . . . she hold four patents and has been operating her own company, LG Accessories, for over 13 years.

This past Friday, Lisa was honored at an awards ceremony in Washington, D.C. . . . unfortunately, she was not able to make the event because of a recent hip fracture (caused by some unnamed bum who pushed her out of the way to get a cab) . . . however, she was ably represented at the event by her son Steve and his wife Fern, and we all look forward to recognizing her work at

an upcoming recognition event to be held in this area . . . stay tuned for details.

In the meantime, should you want to know more about Lisa or her company, please click:

<http://www.strapmate.com>

For more information about the fine work done by Experience Works, please click:

<http://www.experienceworks.org>

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

This week, it goes to Pat O'Connell--payroll supervisor at Bucks County Community College.

Pat is one of those rare individuals who seems to be able to answer questions even before she picks up the phone or answers her email.

It is a real pleasure to work with her, and I'm constantly appreciative of her responsiveness to not only my concerns--but to those of countless of my colleagues.

I'm also impressed by both her enthusiasm and hard work.

Her department has always amazed me with the fact that so much is accomplished with so few employees. Pat and her entire office just goes about and does whatever needs to be done--never complaining about how much work there is.

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## 2. FYI

According to the Cato Institute's report, "President Bush has presided over the largest overall increase in inflation-adjusted federal spending since Lyndon B. Johnson. Even excluding spending on defense and homeland security, Bush is still the biggest-spending president in 30 years."

Some specifics:

- \* Federal spending has grown twice as fast under President Bush as under President Bill Clinton; 65 percent of it unrelated to national security.

- \* Spending on education has more than doubled since President Bush took office in 2001.

- \* In 2001, President Bush and the Republican Congress spent \$286 billion on thirty-three anti-poverty programs. By 2005, the amount spent had grown to \$397 billion--a 30-percent increase while inflation went up only 10 percent.

"The GOP was once effective at controlling non-defense spending," the Cato report says. "The final non-defense budgets under Clinton were a combined \$57 billion smaller than what he proposed from 1996 to 2001. Under Bush, Congress passed budgets that spent a total of \$91 billion more than the president requested for domestic programs."

SOURCE:  
CRAZIES TO THE LEFT OF ME, WIMPS TO THE RIGHT (see also  
Sections 4C, 10 and 11) by Bernard Goldberg

FYI, part 2

\* Kathe in New Jersey:

Just wanted to pass along promotional deal offered by THE WALL STREET JOURNAL. A promotion, advertised in the PHILADELPHIA INQUIRER (coupon FSI) is underway for 30 weeks at the rate of \$39.95. Call number is 1.800.765.4096, promotional code 27JGAC.

\* Jack in Pennsylvania:

I am participating in the Light the Night Walk on October 20th for Cancer awareness and funding. The Vice President of our company died this year from cancer. His name was Vince aka, Mr. Blacktop, and he was truly a gentleman. There will be a gold balloon in his honor at the walk. If anyone would care to sponsor me or make a wager whether I can complete the walk or not, that would be greatly appreciated.

To do so, please click:

[http://www.active.com/donate/ltnPhilad/2089\\_PayrollJack](http://www.active.com/donate/ltnPhilad/2089_PayrollJack)

\* Bob in New Jersey:

Barb and I are close friends with the organizers of "Sustainable Lawrence," an environmental group dedicated to protecting and improving the "balance of nature" in Lawrence Township. This group is hosting a special educational meeting for the "Faith Communities" in Lawrence and in the region.

Sister Miriam is a Roman Catholic nun, dedicated to serving humanity through environmental education and action. THIS WOULD BE GREAT FOR YOUTH AND COLLEGE STUDENTS!

Barb and I will be at St. Ann's Church on Rt. 206 in Lawrenceville, NJ on October 17th at 7:30 p.m. We hope that as many of our friends as possible can attend also. We are told that her presentation is uplifting and convincing. If you have any questions, call Barb at 609. 977.1719 or me at 609.977.1716.

Note that they are suggesting a \$5 donation at the door.

\* Rebecca in Michigan [commenting on the information about Randy Pausch, the computer science professor mentioned in BLAINESWORLD #573]:

Prior to meeting my husband, he too was a doctor with pancreatic cancer and only had months to live. He was diagnosed in April 2003, and was supposed to be dead by 10/03, but instead had a stroke and walked out of a nursing home on June 11, 2004.

I met him on line on 6/16/07, flew out to meet him on June 25, 2004, and the rest is history. He too lectures on Winning Thinking. For more information, I suggest you go to his website:

<http://www.michaelcortson.com>

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### 3. Clerk wisdom

Unfortunately, getting a new passport requires a new photo. As my friend handed her ten-year-old passport and the new picture to the clerk, she sighed. "I like the original better."

"Trust me," was the response she got. "Ten years from now you'll like this one."

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### 4. Reviews

A. THE HEARBREAK KID is a Farrelly brother's remake of the 1972 film of the same title . . . I liked the original, and I liked this version too . . . Ben Stiller stars as a guy who won't commit . . . you feel for him, especially when you see him sitting in a very funny scene at the kids' table at the wedding of his former fiance . . . things finally perk up for him when he meets Malin Akerman (a Cameron Diaz lookalike), and they soon marry . . . yet shortly thereafter, Stiller finds out that she is anything but what he thought she was--and he dumps her for another woman . . . both Stiller and Akerman had me laughing out loud, at times, as did what might be described as the most obnoxious mariachi band of all time . . . rated PG-13.

B. Now available for DVD rental is REIGN OVER ME, a tale of friendship and loss that did little for me . . . Don Cheadle is fine as one of the two dentists who reacquaints with his college roommate, Adam Sandler (who mumbled through his role and wasn't very good) . . . rated R.

Methinks you'll be much better off by revisiting something that you may not have seen for quite some time; e.g., AMERICAN PRESIDENT . . . I just saw this romantic comedy again and was again delighted with it . . . both Michael Douglas and Annette Bening sparkle as, respectively, the president and his girlfriend . . . the scene in which Douglas tries to buy her flowers is one of my all-time favorites . . . rated PG-13.

C. Some folks think I'm a liberal Democrat, but the truth is that I try to look at all sides of an issue--and even vote Republican at times . . . consequently, I find myself reading books that represent all viewpoints of the political spectrum.

Bernard Goldberg is an author I've read and enjoyed in the past . . . his BIAS got me thinking, always a good sign, and I found it a fair treatment of how news is presented by the media.

In his latest effort, CRAZIES TO THE RIGHT, WIMPS TO THE RIGHT (see also Sections 2, 10 and 11), Goldberg comes through again . . . he skewers both political parties, as evidenced by the book's subtitle: HOW ONE SIDE LOST ITS MIND AND THE OTHER LOST ITS NERVE.

Though Goldberg was initially Democratic, he became Republican . . . yet what's so great about his writing is that

it is actually quite balanced and doesn't leave you with the impression that he is doing a hatchet job, in that what he says presents a factual basis for many of his opinions.

For example, I liked this one example:

\* In another election, San Franciscans voted--60 percent to 40 percent--to ban military recruiters from their public schools. Funny, I thought liberals were the ones who were always telling us that "choice" is a good thing. I guess that only applies to abortions; not to choosing whether or not you want to let students listen to a military recruiter talk about a career with the army, navy, air force, or marines. And even though the vote is "only" symbolic--officially, it's nonbinding--it does tell us how these people feel about being citizens of the United States of America.

In addition, I liked his use of humor [inventing a proposed new game show] to drive home a serious point:

\* Okay, one senator down, ninety-nine to go. Bob Barker opens the drum door again, reaches in, and pulls out another name. This time he announces to the audience, "Robert C. Byrd"-a politician who, not for nothing, has been given the name "King or Pork" by Citizens Against Government Waste. You see, everything in West Virginia is named after Robert Byrd. Everything. And guess who paid for all of it? You did!

In case you're wondering just where your money went, here's a very short list of the pork Byrd brought home. There's the Robert C. Byrd Expressway, the Byrd Aerospace Tech Center, the Robert C. Byrd Federal Courthouse, the Robert C. Byrd Industrial Park, the Robert C. Byrd Institute for Advanced Flexible Manufacturing, the Robert C. Byrd Bridge, the Robert C. Byrd addition to the lodge at Oglebay Park, the Robert C. Byrd Library, the Robert C. Byrd Hilltop Office Complex, and about a million more Robert C. Byrd Projects that would require a lot more pages to list.

Lastly, although I didn't find myself agreeing with all his points, many of them got me to revisit some of my previously-held beliefs, such as this one on conservatism:

\* There are important reasons, I think that conservatives got feisty and started throwing their weight around. Liberals started it! Religious conservatives only became a political force after liberals began imposing their vision of morality on society. Liberals are the ones, after all, who thought it was a good idea for grade school kids to put condoms on bananas. So evangelicals responded with their own version of sex in the classroom: lectures on abstinence. Same with same-sex marriage: Conservative Christians never thought about banning it until liberals came up with the idea of legalizing it.

Regardless of your political affiliation, I strongly encourage you to read *CRAZIES TO THE RIGHT, WIMPS TO THE RIGHT* . . . one thing I guarantee is that you won't be bored!

D. I was so interested in the title of a CD program, *PUBLIC SPEAKING SUCCESS*, that I made it a point to both get and listen to it as quickly as I could.

The fact that it featured four top speakers was an added

attraction . . . Nido Qubein, Ron White, Brian Tracy, and Chris Widener, each had much to say about their respective topics, and their comments would be of value to virtually any speaker:

Qubein in "How to Communicate Like a Pro" noted:

\* Communication doesn't take place until you have the complete attention of your audience.

\* The first thing I do is get an audience into the act.

\* Always find out what turns on your audience and let your dialogue focus on that interest.

\* Ask questions to involve the listener.

White in "Speeches from Memory" commented:

\* I use the entire stage as my podium. This adds energy to my presentation.

\* When you can give a speech without notes, your credibility is going to go up.

Tracy (rapidly becoming one of my favorites) in "Communication--The Master Skill to Powerful Relationships" said:

\* When you have small children, you speak to them at their level.

\* The more the person is talking about themselves, the more they'll like you.

\* Treat the members of your family like you treat your best customers.

\* Men are 95% more likely to interrupt a woman than a woman is to interrupt a man.

\* If you can paraphrase what the person said, that's real listening.

Lastly, Widener in "Communication Skills to Influence and Persuade" observed:

\* When you master your skills, you're going to have better relationships.

\* The problem with being a good speaker is that you still need to get better.

This fine program is available for purchase or rental . . . if you want to get it, please click:

<http://www.achievementlibrary.com/>

Above is the tape rental club I belong to; i.e., the Achievement Tape Library . . . this a great way to hear CDs and/or audio cassette tapes, view videos, etc.--all for a fraction of what it would cost to buy them . . . call the head of the firm (Paul Arroyo) directly at 1.800.735.3660 and mention my name . . . that way, you'll be sure to pay even higher prices . . . NOT.

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5. TV alert

A. Chef Ramsey visits various restaurants in KITCHEN NIGHTMARES, ripping them apart with an eye toward eventually making them better in the long run . . . Wednesdays at 9 p.m. on FOX.

B. LAST MEN STANDING is a new sparring series, in which six athletes get ready to rumble as they travel the globe to learn ancient arts from indigenous tribesmen . . . Thursdays at 9 p.m. on DISCOVERY.

C. MEN IN TREES, one of my favorite shows, has its season premiere on Friday at 10 p.m. on ABC . . . if you like both romance and quirkiness, you'll soon become a regular viewer.

D. BORAT: CULTURAL LEARNINGS OF AMERICA FOR MAKE BENEFIT GLORIOUS NATION OF KAZAKHSTAN has its HBO premiere on Saturday at 8:30 p.m. on NBC . . . it's an outrageous mockumentary, featuring Sacha Baron Cohen . . . he also coproduced and codirected.

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#### 6. Bad start

I rear-ended another car the other day. I tell you, I knew right then and there it was going to be a REALLY bad day.

The driver got out of the other car and wouldn't you know it . . . he was a dwarf!

He looked up at me and said, I am NOT happy!!

So I said, "OK, then, which one are you?"

That's how the fight started.

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#### 7. Websites

A. Can chemistry be made easy? Well, I'm not sure I would go quite that far . . . however, it can certainly be made more interesting, as you can see by clicking: :  
<http://www.theodoregray.com/PeriodicTable/>

You'll find an actual (wooden) periodic table of elements, as depicted by chemist Theodore Gray . . . in addition, if you click on any element, you'll get a description of what it is, as well as what it can be used for.

B. To make your computer run better, there's an excellent cleaner that is now available to readers of BLAINESWORLD at no cost; please click:  
[http://comedyoption.com/pics/monitor\\_cleaner.swf](http://comedyoption.com/pics/monitor_cleaner.swf)

It is addicting, so consider yourself forewarned.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net>

To view past issues, click Newsletter on left and then Past Issues . . . it is a great way to catch up on jokes you may have missed and/or forgotten; e.g., see BLAINESWORLD #503 for other management lessons to go along with what you will learn in Section 9.

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#### 8. Computer tip

If you have a newsletter--such as BLAINESWORLD--that you send out to others, make it easy for them to read; i.e., by including it in the body of your email . . . sending it as an attachment forces the recipient to open his or her email, then download it (something that often isn't done) . . . even if you just are sending "regular" email, the same idea holds true . . . the less you force somebody to download something, the more likely you are to get it read.

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#### 9. Management lesson

A priest offered a nun a lift. She got in a crossed her legs, forcing her gown to reveal a leg. The priest nearly had an accident.

After controlling the car, he stealthily slid his hand up her leg.

The nun said, "Father, remember Psalm 129?"

The priest removed his hand, but, changing gears, he let his hand slide up her leg again. The nun once again said, "Father, remember Psalm 129?"

The priest apologized "Sorry Sister but the flesh is weak."

Arriving at the convent, the nun sighed heavily and went on her way.

On his arrival at the church, the priest rushed to look up Psalm 129. It said, "Go forth and seek, further up, you will find glory."

Moral of the story:

If you are not well informed in your job, opportunities for advancement will pass right by you.

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#### 10. A quote I like

There's an old line about how politicians are like diapers. They both need to be changed, a lot, and for the same reason. This, of course, is unfair. Diapers serve a useful purpose.--Bernard Goldberg in CRAZIES TO THE LEFT OF ME, WIMPS TO THE RIGHT (see also Sections 2, 4C and 11)

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#### 11. Thought for the day

The following material appeared in CRAZIES TO THE LEFT OF ME, WIMPS TO THE RIGHT (see also Sections 2, 4C and 10), a book by Bernard Goldberg that you can tell I REALLY liked by evidence of the fact that this is now the fourth time I have cited it in this week's newsletter:

I asked a young colleague once how he felt about diversity and affirmative action. Figuring he was a liberal, like just about everybody else in the media, I knew the answer before I asked. "I'm for it," he said.

"Good," I replied. "So would you give up your job so that a qualified minority or woman could have it?" He looked at me confused. No one had ever asked him such an odd question. He stammered all over the place and finally said, "But I already have the job," as if such a lame response would get me to change the subject.

"What about college admissions?" I asked him. "What if, in the name of diversity, you, a white kid, had been rejected in favor of another applicant, mainly because the other kid was a minority? Would that be okay with you?"

Again, despite the fact that he had gone to an Ivy League school, all I got was stammering before I let him off the hook and said, "Never mind."

I sympathize with my young colleague. He didn't make the rules. He's a good guy who wants everyone to have the same chance He did--at least in theory.

A few years earlier I put the same question to two friends, white, middle-aged men who were senior executives at two major American corporations. Both thought diversity was important in business and was also good for American (not to mention their careers). Both acknowledged they used race as a factor--often a major factor--in deciding who got hired and who got promoted.

"But if we do it your way," I told each of them in separate conversations, "it will take years and years to achieve the kind of racial equality you say you're looking for. My way will do it, literally, overnight."

"And exactly how would that work?" they asked in a tone suggesting they weren't really interested but were willing to humor me.

"Here's how," I said. And then I unveiled my plan.

"All you have to do," I told them, "is resign. Right now! And you do it on the condition that only a qualified minority or woman can take your place. What do you say?"

Like my young colleague, they were less than enthusiastic. And like my young colleague, they stammered all over the place but really said nothing; nothing except that you can't simply replace someone of their experience with a new person overnight. But, of course, you can--if you really want to.

But they don't really want to. They're for affirmative action--as long as it doesn't cost them anything. As I mentioned earlier, a

lot of liberals are like that.

But if affirmative action and racial preferences are such a good idea, then why don't we use them in really important things, like sports and politics?

Let's start with basketball. To make college and pro teams more diverse, let's reject some really talented black players in favor of white guys, who might not be as good but bring something very important to the table-namely the color of their skin; their minority whiteness.

But what about merit, you say. Shouldn't we take the best players without regard to race? In a word, No! White kids grow up with a distinct disadvantage. They go to inferior high schools (basketball-wise), and could never compete in the big leagues without affirmative action.

But won't the white kids feel stigmatized? Won't they know they got picked for the team not because of their ability but because of their skin color? Who cares! Too much is at stake to worry about such insignificant matters. Sports, as we all know, are a microcosm of America. And so America has a stake in the greater good. And that greater good is called . . . diversity! . . .

Under my plan every white male candidate who comes out in favor of affirmative action-if he is running against a woman or a racial minority-would have to spot that candidate ten percentage points before the votes are even counted, to make up for past injustices against women and minorities. So if the white male candidate were to "win" the vote by, say, nine percentage points-he would in fact lose the election, because of the ten bonus points. What could be more fair?

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## 12. Advance planning department

A. Cynthia and I have a good friend, Gail Frantz, who is a talented violinist . . . she has also started her own band: U.S. Creek . . . I mention this because you can catch this group in its very first gig on Saturday, October 13, at 1, 3 and 5:30 p.m. at the 2007 Autumn Lights Festival in West Milford, NJ . . . for more information, please click:  
<http://www.westmilford.com/alf/>

B. Deborah in New Jersey:  
Join us for Tribal Kirtan this Saturday, October 13 at 7:30 p.m. at the Princeton Center for Yoga & Health in Central NJ (website with directions and phone number below) . . . y'all come, bring friends and come together in community and good company--an easy trip from both the New York and Philadelphia areas.

Dalien, the "Yogi Rocker" returns to lead kirtan monthly with this unique and energetic experience.

Dalien also begins the first in a series of workshops: Dharma and Dalien--same day, October 13, at 3:30 p.m. (Sign up for this workshop and admission to the 7:30 event is free!)

October topic: The Power of the Heart Chakra. The workshop is held from 3:30-5:30 p.m.

For more information, please click:  
<http://www.princetonyoga.com>

or call:  
609.924.7294.

C. Be my guest and have chance to win \$500 at the same time when I present on "Positioning: How to Differentiate Yourself From the Competition" to graduate students at LaSalle University on Wednesday, October 17, at 6 p.m.

The presentation is FREE . . . it will be at LaSalle's Bucks County campus (Room 205) on Route 332 in Newtown, PA . . . check in at the security desk at the entrance, but please email me FIRST to let me know if you'll be coming so I can notify you if there's any change of plans.

D. Cynthia in New Jersey (see also Section 1A):  
JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own or you may choose to lead only if you are comfortable. You honor yourself and what you need in the moment.

Please feel free to join me at the following session:  
Day for All Women  
Bucks County Community College  
Newtown, PA  
November 3  
1:05-2:35 p.m.

In addition, there are many other excellent sessions . . . for more information and/or to register, please click:  
<http://www.bucks.edu/dfaw/>

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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**SUBSCRIBE/UNSUBSCRIBE INFORMATION**

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#574

10.1.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I were fortunate to be able to catch a performance of FALSETTOS at Mercer County Community College's Kelsey Theater . . . it is a Tony Award-winning musical comedy about loving, living and dying that is quite touching (especially at the end) and that has some beautiful songs.

We particularly liked the orchestra, actually billed as "the teeny-tiny band" of just three and, also, the work of Kevin J. Gray in the main role . . . he has a certain presence that just grabs your attention from the start . . . this is the second time we have seen him in a show . . . previously, he had wowed us as the narrator in a production of BLOOD BROTHERS . . . we shall await his next performance!

You're in luck, in that FALSETTOS runs through this coming week should you be able to see it . . . for more information, please click: <http://www.kelseytheatre.net>

B. Friends told us about a bed they just purchased and how great it was . . . it features an Isotonic mattress that responds to body shape--one that continually self-adjusts for comfort.

It sounded too good to be true . . . however, since our bed is only a few years old, we didn't want to buy a new one . . . so instead we went to Bed, Bath and Beyond and spent under \$200 for a 2-inch mattress pad that seems to do the same thing; i.e., make our bed even more comfortable . . . for more information about the product, please click: <http://www.carpenter.com>

C. I continue to enjoy reading THE WALL STREET JOURNAL (see the second part of Section 2 for how you can get a reduced-rate subscription) . . . yet lately, I've started to resume reading THE NEW YORK TIMES on a fairly regular basis and am equally impressed with that publication.

The good news for everybody is that you can now have FREE online access to the news and opinion columnists of THE TIMES . . . as the paper notes, "It's free speech that's free for everyone" . . . all you have to do is click:

<http://www.nytimes.com/opinion>

Even better, THE TIMES has opened up its vault as well . . . you can now skip through the archives for TIMES articles going back to 1851 (excluding the years 1923-1986, which are still part of the premium archive which you have to pay for; everything else is available at no cost) . . . to access, please click:

<http://www.nytimes.com/archive>

This service is sooooo neat . . . plus, you certainly can't beat the price!

D. THANKS to the many folks who have been asking me about my mother . . . she is recovering, fairly well, from her latest hip fracture surgery, and we are doing all that we can to make her as comfortable as possible . . . we were blessed to have had her recuperate at Long Island Jewish Hospital . . . just about everybody was very friendly, including the staff at the cafeteria (Au Bon Pain) . . . the food there was excellent, too.

I was especially impressed with the service provided by Diane Powell, one of the case managers at the hospital . . . she went out of her way to be of help . . . however, there's another individual who also deserves recognition for his efforts; see below for more information about him.

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

This week, it goes to Dr. Deyun Yang--a member of the Hospitalist Team in the Division of General Internal Medicine/Primary Care at Long Island Jewish Hospital . . . he was the physician most responsible for my mother, while at that fine facility, and our whole family was impressed with his level of care . . . he expressed a genuine interest in my mother's condition and did all he could to make her stay as pleasant as possible . . . in addition, he called me several times to keep me informed of her progress, and he gave of his time (above and beyond what I've seen from just about any other doctor I've ever encountered) to speak to both my brother and me whenever he saw us.

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## 2. FYI

N.I.C.E. is a systematic approach for successfully dealing with all of life's most difficult people without becoming one of them. It's simple, proven, and applicable to virtually any type of difficult person and any difficult situation.

The system and how it works:

N--Neutralize your emotions. Dealing with difficult people can be an emotional challenge. The more emotional you are, the less rational you behave. Conversely, the more

your emotions are in check, the more you can be in control of a positive outcome.

I--Identify the type. There are three basic types of difficult people (and several permutations of each):

- \* The Situationally Difficult: those people whose situation or circumstances make them difficult.

- \* The Strategically Difficult: those people who believe being unreasonable is effective.

- \* The Simply Difficult: those people with an ingrained personality characteristic.

C--Control the encounter. Once you know which type of difficult individual you face, you can employ the appropriate techniques to help shape and determine the outcome of the encounter. If you utilize the right techniques, you can change the fate of deals, meetings, and everyday confrontations.

E--Explore options. Even after shaping the encounter, you may still be at an impasse. The process of getting "unstuck" often requires the development of options-alternative solutions-so both sides can give and get, (This includes the option of ending without escalating, reserved for those instances in which the best deal is no deal, which can preserve the possibility of a future deal.)

SOURCE:

BULLIES, TYRANTS & IMPOSSIBLE PEOPLE (see also Sections 4C, 10 and 11) by Ronald M. Shapiro and Mark A. Jankowski

FYI, part 2

- \* Marilyn in Arizona:

I just finished watching the entire webcast [of Randy Pausch], and you were correct about the Kleenex . . . I always love a movie that makes me laugh and cry, and I feel good when I leave the theater . . . his talk did all of that and its real . . . he is a remarkable man, and I feel fortunate to have had the opportunity to have seen this . . . thanks for sharing it; it is something not to be missed . . . thanks also for your weekly newsletters.

MY TWO CENTS:

In the unlikely event that you missed the above information in last week's newsletter, here it is again:

To hear just part of this inspirational presentation, please click:

<http://youtube.com/watch?v=4HqdnjgkExY>

If you do, though, be forewarned . . . tissues are a MUST.

I'm hopeful that you will then be motivated to want to hear the entire lecture . . . you can do so by clicking:

[http://www.etc.cmu.edu/global\\_news/?q=node/42](http://www.etc.cmu.edu/global_news/?q=node/42)

It lasts over one hour, but it will be one of the best hours you've spent in a long time.

And, lastly, for more information about Pausch (best known to the IT world for designing a free software system, Alice, that makes it easy for people to design interactive stories and games), please click:

<http://chronicle.com/news/index.php?id=3072>

\* Maria in Pennsylvania:

Just a quick note that Chilipepper Candles was featured in the BUCKS COUNTY COURIER today.

Click onto the link below to read the article:

<http://www.phillyburbs.com/pb-dyn/news/147-09302007-1415964.html>

\* Janet in New Jersey:

I have given up my studio space in Woodstock in order to complete my book. I am in need of healing space and classroom space in both Woodstock and in NJ.

Several groups are gathering in NJ and one in Woodstock. I am living in NJ and traveling to Woodstock twice a month.

Please let me know if you know of sacred space that I might be able to [rent.in](http://rent.in) either state.

Also, please listen to the radio programs on my website.

And feel free to catch me at any of the following programs:

Healing the spirits of trauma at Mirabai in Woodstock, NY

Thursday, October 18

7-9 p.m.

\$15 pre registered; \$20 on date

Call 845.679.2100 to reserve your place.

Learn to Be Your Own Medical Intuitive

Inspirations Bookstore, Kingston, NY

Saturday November 2

Noon to 2 p.m.

Please call me at 845.853.9998 for more information on my programs and/or if you have a locale for me to rent.

And feel free to visit my website:

<http://www.oasisforthesoul.com>

\* Kaye in Pennsylvania:

My husband is looking for a typist to type what was translated from German into English. But the translator wrote it and didn't type it.

Do you know of anybody looking for this type of part-time work; i.e., typing from a handwritten manuscript (in English)?

If so, have them email me:

kpaletz@verizon.net

or call 215.355.5722.

Also, I read your newsletter. Very enjoyable!

\* Jane in Pennsylvania:

Are you still getting WALL STREET JOURNAL subscriptions? If so, I would like a one-year subscription if it is less than \$99. Please advise.

I enjoy your newsletter and have used many of your tips, particularly [Restaurant.com](http://www.restaurant.com). and the urban myth site [[www.snopes.com](http://www.snopes.com)].

THE ANSWER TO JANE & OTHERS IS YES!

Should you ever want a reduced-rate subscription, here's all that you have to do:

Choose your desired term and rate: 15 weeks, \$29.95; 26 weeks, \$49.95; or 52 weeks, \$99 . . . included is access to the online edition at no extra charge.

If you'd like to have me enter your subscription, just send an email to: [hughesbr@bucks.edu](mailto:hughesbr@bucks.edu) and put in the subject line: JOURNAL SUBSCRIPTION.

Include the following information in your email:

Name  
City, State, Zip  
# of weeks for subscription  
Email address  
Phone number

You'll then be billed directly by THE JOURNAL.

\* Meaghan in Pennsylvania:

I just saw SPRING AWAKENING on Broadway . . . it is described as barrier-breaking . . . it is amazing!

Winner of 8 Tony Awards, including best new musical.

It's one of the most talked about pieces now playing. We lucked out at the 1/2 price ticket booths and saw the Sunday matinee . . . what an experience!

For more information on the show, please click:

<http://www.springawakening.com/>

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#### 3. Meeting times

My friend is a minister, and one Sunday I decided to attend his worship service. At the end of the sermon, he said, "There will be a short deacon's meeting following today's service."

Then came a sly smile as he added, "And the tall deacons will meet on Monday."

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#### 4. Reviews

A. You may have to dig to find FEAST OF LOVE, but your effort will be worth the time . . . this is a small (think non-blockbuster) film with no special effects, but one with a lot of heart . . . it is a modern version of A MIDSUMMER NIGHT'S DREAM, wherein a local professor observes love creating havoc among the town's

residents . . . Morgan Freeman and Gregg Kinnear are both excellent, as they usually are, in the leading roles . . . the rest of the ensemble cast shines, too . . . rated R.

B. WILD HOGS is the perfect DVD rental . . . you probably missed it in the theaters, but if you catch it now, you'll find yourself laughing out loud--almost in spite of yourself--at this tale of four guys who hit the open road on their motorcycles . . . John Travolta, Tim Allen, Martin Lawrence, and William H. Macy are all quite funny . . . though there's excessive use of stereotyping, I still got a kick out of much of the film . . . it fell apart at the very end; however, that said, make sure you stay for the credits featuring a funny segment featuring Ty Pennington of EXTREME HOME MAKEOVER . . . rated PG-13.

C. BULLIES, TYRANTS & IMPOSSIBLE PEOPLE (see also Sections 2, 10 and 11) by Ronald M. Shapiro and Mark A. Jankowski is a book whose title caught my attention . . . when I then saw the subtitle--HOW TO BEAT THEM WITHOUT JOINING THEM--I was hooked with the awareness that this something that I had to read, because I often find myself having to deal with folks that might well be considered "difficult" only because I'm trying to be generous here.

The authors, founders of the Shapiro Negotiations Institute, bring in many examples that can be applied to life, home and work situations . . . what's best is that these are real, coming from such diverse fields as sports, politics, dining out, and personal relationships, to name just a few.

As I was reading, I kept thinking how Shapiro and Jankowski made difficult situations seem as if they could all be handled, such as this one example involving Phil Jackson when he was coaching the Chicago Bulls:

He recounted in INC. magazine how his players learned that the best way to overcome someone who is attacking you, emotionally or otherwise, is to replace the impulse to strike back with the impulse to become more focused on the game. Jackson recounted that when the Bulls played the Detroit Pistons in the late 1980s, Detroit would win because the Pistons were able to incite the Bulls into fighting back. It was not until the Bulls learned to control their "strike-back" impulse that they were able to overcome the Pistons. As Jackson recalled, "Everybody on our team was slammed around. . . . Players were tackled, tripped, elbowed, and smacked in the face. But they all laughed it off. The Pistons didn't know how to respond. We completely disarmed them by not striking back. At that moment, our players became true champions."

I gained another valuable tidbit of information when I read about how Shapiro and Jankowski talked about "writing their press release" . . . they said:

It can be challenging for most of us to come up with solutions that allow the other side to save face. Because it's hard to step outside of ourselves and think like the other side. (Hey, they are the other side. How could they be right?) One technique we have used to bridge the gap to their foreign territory is the exercise of "writing the other side's press release." In other words,

as you come up with options they may find attractive, give yourself the hypothetical assignment of crafting a statement to the press that explains why the resolution is a "win" for the other person, as if you are the other person. Forcing yourself to go through this exercise will ensure that you frame proposals or options from a point of view that demonstrates benefit to the other side. It is rare that you will ever be in a situation in which you are writing a real (not just hypothetical) press release. But once it did happen to Ron. He did actually write the press release to announce the other side's "victory" (which, in reality, he had shaped and defined on behalf of his client). It's a story that graphically demonstrates why options work and how to employ them to get out of a maze filled with apparent impasses.

Lastly, I liked the fact that humor was also used throughout the book, such as in this retelling of a famous anecdote about executives who worked for the infamous banking baron J. P. Morgan:

Morgan was tyrannical. He demanded endless, thankless work from his cadre of distinguished, educated, highly skilled business managers. He was notorious for never complimenting, but always disparaging their efforts, privately and publicly. But he paid them huge sums of money. When asked why these men continued to work for the abusive Morgan, one replied, "He's got us by our limousines."

I don't know if I'll go quite that far in working with others. . . however, as a result of reading BULLIES, TYRANTS & IMPOSSIBLE PEOPLE, I will now go out of my way to recommend it to others--particularly if they deal with such folks on any sort of regular basis.

D. When Princess Diana was alive, I never followed her activities that closely . . . so listening to THE DIANA CHRONICLES, written and read by Tina Brown, shed much new light on her life that may well have been familiar to others.

A lot of this information might be considered trashy, though that's no surprise since Brown had been a former editor-in-chief of TATTLER, England's glossiest gossip magazine . . . for instance, I learned such things as the following:

\* On his engagement, when asked if he was in love, Prince Charles replied, "Yes . . . whatever love means."

\* Diana had seen Charles only 17 times before they were married.

\* Charles was calling Camilia Parker Bowles, his former girlfriend, on the second day of his honeymoon.

I also learned much about the clothing worn by Princess Diana, and though that subject might not typically interest me, I found myself caught up in it because of Brown's descriptive writing style.

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5. TV alert

A. BETTER HALF is a new series, in which CURB YOUR ENTHUSIASM's Susie Essman challenges spouses to learn their

significant others' jobs and then compete for \$20,000 . . . Wednesdays at 11 p.m. on BRAVO.

B. 30 ROCK returns for its Season 2 with Jerry Seinfeld on hand for a less-than-happy reunion with Jack . . . Thursday at 8:30 p.m. on NBC.

C. LEAVE IT TO BEAVER 50TH ANNIVERSARY MARATHON begins at 8 p.m. on Saturday and continues for the next 24 hours on TV LAND.

D. AUSTIN CITY LIMITS kicks off its 33rd season with Norah Jones . . . Saturday at 9 p.m. on PBS . . . check local listings because PBS times and dates often vary.

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#### 6. Unfaithfulness

A man goes to a shrink and says, "Doctor, my wife is unfaithful to me. Every evening, she goes to Larry's bar and picks up men. In fact, she sleeps with anybody who asks her! I'm going crazy.

"What do you think I should do?"

"Relax," says the Doctor, "take a deep breath and calm down. Now tell me, exactly where is Larry's bar?"

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#### 7. Websites

A. If you'd like to make professional-looking albums, please click: <http://www.mypublisher.com>

You'll be amazed at how simple the process is, as well as how good your finished product will look.

And if you act soon, you can get advantage of the company's offer for a FREE album.

B. When in London recently, Cynthia and I saw the musical BILLY ELLIOT . . . we very much liked it and strongly encourage you to see it if you live anywhere near London or are there for a visit . . . it is also slated to open in New York City, sometime next year.

In the meantime, if you can't wait, please click these website for clips/songs from the show:

<http://www.youtube.com/watch?v=QF4IVBZiWR8&mode=related&search>

<http://www.youtube.com/watch?v=Oi4tJ4i9Y5w&mode=related&search=>

<http://www.youtube.com/watch?v=x202YkhKE4o&mode=related&search=>

Also, consider renting the charming film of the same name . . . though it's not a musical, methinks you'll enjoy--much!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

As you may know, when not teaching, I'm active in the field of dispute resolution . . . should you be in need of my services as a mediator or arbitrator, please see the above for more information . . . click "Dispute Resolution" to the left, then "Background."

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#### 8. Computer tip

Microsoft Word automatically capitalizes the first word of each word when you press your return key . . . to turn off this and other options off, to the Tools menu and select "AutoCorrect Options" or "AutoCorrect" . . . you can turn off automatic capitalization, as well automatic formatting that turns Internet and email addresses into live links.

The above works for Word 2003 for Windows and Word 2004 for Mac . . . to get to the AutoCorrect setting in Word 2007, click on the Microsoft Office button on the screen and click Word Options . . . then select Proofing to get to the AutoCorrect options area.

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#### 9. Letters to God

Little Leroy came into the kitchen where his mother was making dinner.

His birthday was coming up and he thought this was a good time to tell his mother what he wanted. "Mom, I want a bike for my birthday." Little Leroy was a bit of a troublemaker. He had gotten into trouble at school and at home. Leroy's mother asked him if he thought he deserved to get a bike for his birthday. Little Leroy, of course, thought he did. Leroy's mother, being a Christian woman, wanted him to reflect on his behavior over the last year, and write a letter to God and tell him why he deserved a bike for his birthday. Little Leroy stomped up the steps to his room and sat down to write God a letter.

LETTER 1:

Dear God:

I have been a very good boy this year and I would like a bike for my birthday. I want a red one.

Your friend,  
Leroy

Leroy knew this wasn't true. He had not been a very good boy this year, so he tore up the letter and started over.

LETTER 2:

Dear God:

This is your friend Leroy. I have been a pretty good boy this year, and I would like a red bike for my birthday.

Thank you,  
Leroy

Leroy knew this wasn't true either. He tore up the letter and started again.

LETTER 3:

Dear God:

I know I haven't been a good boy this year. I am very sorry. I will be a good boy if you just send me a red bike for my birthday.

Thank you,  
Leroy

Leroy knew, even if it was true, this letter was not going to get him a bike. By now, Leroy was very upset.

He went downstairs and told his mother he wanted to go to church. Leroy's mother thought her plan had worked because Leroy looked very sad. "Just be home in time for dinner," his mother said.

Leroy walked down the street to the church and up to the altar. He looked around to see if anyone was there. He picked up a statue of the Virgin Mary, slipped it under his shirt and ran out of the church, down the street, into his house, and up to his room. He shut the door to his room and sat, down with a piece of paper and a pen, and wrote his letter to God.

LETTER 4:

I GOT YOUR MAMA.

IF YOU WANT TO SEE HER AGAIN, SEND THE BIKE.

Signed,  
YOU KNOW WHO!

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10. A quote I like

"Shut Up, Mark, " I say to myself.--Mark A. Jankowski, describing a technique he uses for changes his physiology in BULLIES, TYRANTS & IMPOSSIBLE PEOPLE (see also Sections 2, 4C and 11), a book he coauthored with Ronald M. Shapiro

THE REST OF THE STORY, again quoting Jankowski:  
Someone says something provocative to me, and guess what? It works. I get provoked. Someone challenges. I accept. Someone yells. I yell back. But I don't always yell back the most persuasive, brilliant, or effective retort. In other words, I found there were too many times when I spoke before thinking. I shot from the lip.

And almost immediately afterward, I wished I had buttoned, zipped, or Velcroed my lip. So I started consciously buttoning it in advance, the moment a conversation even starts to get the least bit tense. Whenever my radar senses a challenging situation, my index finger drifts up to my mouth and comes to rest vertically across both lips. To anyone else, it just looks like I'm thinking-which I am. I'm thinking about not saying something stupid or inflammatory. It makes me literally close my mouth and pause. Not only am I thinking, but I am also physically reminding myself to keep my lips closed until I know exactly how I want to respond. At first I had to remind myself to do it, but now it's become such a habit that it's an automatic reflex. Someone challenges. Finger to the lips. I think. Someone yells. Finger to the lips. Then I respond. And I don't regret what I say (as much).

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### 11. Thought for the day

#### The guilt trip

You're driving along in your two-seater car on a windy, wet, cold, stormy night. Lightning flashes. Thunder crashes. Large dogs are blown across the highway like newspapers. You can barely navigate your way safely through this monsoon when you spot three people huddled at an unsheltered bus stop, shivering, soaking wet, waiting for what is obviously a very, very late bus. Through your overworked windshield wipers, you can ascertain the following: that Person 1 is a frail, aged lady who looks as if she is about to be swept away by the storm or, at the very least, come down with pneumonia; that Person 2 is an old and dear friend who once saved your life; and that Person 3 is that once-in-lifetime man or woman who, up to now, you have only seen in your dreams.

Which one would you choose to offer a ride, knowing that there can only be one passenger in your car (and why didn't you buy that minivan)? What are your options?

1. Choose the elderly lady, the one who is most in jeopardy to survive the night (but risk upsetting your lifelong friend and miss out on the chance to meet your one and only soul mate).
2. Pick your friend because he did once save your life and you vowed someday to repay him (but then you'll endure the eternal guilt of worrying that the fragile matron died, not to mention the anxiety of leaving the man/woman of your dreams stranded in the storm only to get a ride from the next passing potential soul mate).
3. You could follow your romantic instinct (cue the violins) and open your door (and your heart) to your true soul mate (while coldly turning your back on the defenseless old lady and your former best friend, now your newest enemy).

So there is no right answer, right? What do you do when confronted with a situation when none of the options seem to work, when, no matter what you do, you do the wrong thing? Answer: Create another option. Create an option

outside of the three obvious options. Maybe there are four. or five or six. Like what? Here's just one more idea:

4. Give your car keys to your old (trusted, reliable, lifesaving, safe-driving) friend, and let him drive the lady home or to the nearest hospital to make sure she's all right.

Then you could stay behind, enduring the frigid gales, torrential rains, and lightning bolts, alongside the man or woman of your dreams. What better way to get to bond with your soul mate than by braving the elements, huddled side by side, hand in hand, cheek to cheek...Well, you can take it from here.

While not immediately evident, this is a creative option that accommodates all of the people in the story. Instead of the expected solutions that, at best, have one winner and two losers, this option actually has three winners (or four, counting you). Did you come up with an option of your own before we got to ours? Did you think outside the confines of the expected and find a solution that served all three people without alienating one or two? There are actually countless possible ways to solve this dilemma, but they all require breaking the bounds of conventional thinking.

SOURCE:

BULLIES, TYRANTS & IMPOSSIBLE PEOPLE (see also Sections 2, 4C and 10) by Ronald M. Shapiro and Mark A. Jankowski, a book I REALLY liked as evidenced by the fact that I have now cited it four separate times in this week's newsletter

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## 12. Advance planning department

A. Cynthia in New Jersey (see also Section 1A):

JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own or you may choose to lead only if you are comfortable. You honor yourself and what you need in the moment.

Please feel free to join me at either or both of the following:

\* Franklin Adult Community Education

6 weeks . . . Tuesdays . . . Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20

Time: 6:30 - 7:45

Place: Elizabeth Avenue School Gym, Somerset, NJ

Price: \$40.00 for all sessions

To register: Contact me for registration forms . . . you can reach me via 609.731.0808 or via email:

**[cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com)**

\* Day for All Women

Bucks County Community College, Newtown, PA

November 3

1:05-2:35 p.m.

In addition, there are many other excellent sessions . . . for more information and/or to register, please click:

<http://www.bucks.edu/dfaw/>

B. Earl in Pennsylvania:

This is an open invitation to join the last harvest of the year at the Wycombe Vineyards.

About 50 people are needed. If you bring children, please watch them carefully as there will be equipment in use that could be dangerous.

Wycombe Vineyards hand picks all grapes at their location in Bucks County, PA.

When:

Saturday, October 6

A BBQ follows the harvest as thanks for your help!

Where:

Wycombe Vineyards

1391 Forest Grove Road

Furlong, PA

If you own garden shears or kitchen scissors, please bring them.

For more information, please visit:

<http://www.wycombevineyards.com/index.html>

If interested in helping, please RSVP to:

[info@wycombevineyards.com](mailto:info@wycombevineyards.com)

Include the following information:

Name, number of people, phone number, any food preferences (e.g., vegetarian).

C. Mike in Pennsylvania:

Several weeks ago, the County Commissioners asked me to co-chair "Save Bucks County," a coalition of people throughout the County organized to help pass the Bucks County Open Space Bond Referendum.

Voters will decide this November 6th whether to build on the successes of the open space program I began in 1997.

As many of you are well aware of my commitment to protecting our environment, I was excited for the opportunity.

I need your help. I am raising funds to help educate voters on the importance of smart growth and protecting open space.

I hope that you can make a donation by clicking:

<http://www.savebuckscounty.org/04-support.html>

feel free to also visit:

<http://www.savebuckscounty.org>

or support a fundraising event I am coordinating on October 7th.

If you would like to participate in my event on October 7th, email me back:

[mfitzpatrick@savebuckscounty.org](mailto:mfitzpatrick@savebuckscounty.org)

and I will get you involved.

I appreciate any support you can give and I hope that you will "Vote Yes" at the polls this Election Day!

D. Joan in Pennsylvania:

Please join me at my table for the YWCA of Bucks County's 15th annual Breakfast with Friends--Celebrating Success (formerly Breakfast for Women by Women).

Thursday, November 15  
7:30-9:00 a.m.

King's Caterers  
4010 New Falls Road, Bristol

Featuring Keynote Speaker Dr. Yvonne Kaye, noted humorist, author and lecturer, along with YWCA program participants sharing personal success stories

If interested, please contact Joan Weiss for more information:  
[weissj@bucks.edu](mailto:weissj@bucks.edu)

All proceeds benefit programs and services provided by the YWCA of Bucks County.

Guests are invited to bring to the breakfast donations of diapers, wipes, formula and NEW baby clothes to support needy families in Bucks County.

Free Door Prizes!

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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**SUBSCRIBE/UNSUBSCRIBE INFORMATION**

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#573

9.24.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I spent much of the past weekend with my mother . . . she fell, again, and this time fractured her other hip (a few months ago, she had fractured the hip on the opposite side) . . . she was taken to Long Island Jewish Hospital, where she presently is--awaiting surgery.

My mother had lived a marvelous life until last summer . . . then my father/her husband of 66 years died . . . she bounced back from that or so it seemed and went to visit friends in Florida in February, during which time she was even driving a rented car.

However, shortly thereafter, she was diagnosed with lung cancer . . . the operation for that was successful, but then she fractured her one hip, lost most of her short-term memory and now her long-term memory too, and then the latest fracture . . . too bad that aging can't be easier--or at least not for her!

B. Cynthia and I did manage to rediscover one of our favorite ice cream parlors: Super Sundaes (908.904.4811) in Hillsborough . . . we used to go there all the time, when Cynthia lived in that town, but for some reason, hadn't gone back there for too long a time.

We will certainly not make that mistake again . . . the flavors are plentiful and quite tasty, and they also have a wide range of toppings . . . perhaps best of all, the owners--Jayne and Steve Mochnacz--are real friendly, and we are constantly amazed at just how much of a difference that makes when you get ice cream . . . or anything else for that matter.

C. We were reminded of what a difference friendly (and competent) service makes with another recent visit . . . this time it was to our house by Stephen Moser, a technician with Cooper Pest Solutions (1.800.949.2667).

We had been so blown away by his service the last time we

called his company that I awarded him a BLAINESWORLD BEST AWARD back in August, 2006 . . . so when we had another pest problem--this time with a few mice that our cats capture, but for some reason don't kill--we called and asked for him specifically.

The company, as is always the case, arranged an appointment almost immediately . . . Stephen came, sealing up our house so that the problem would not reoccur . . . we appreciated both his friendliness and thoroughness . . . but what really blew us away was the fact that Stephen went above and beyond what he had to by inspecting our entire property . . . in doing so, he pointed out another problem that needed our immediate attention; i.e., a potential gas leak.

Cooper Pest advertises "wow service" . . . yet unlike many firms, they actually do deliver it!

D. If you're new to BLAINESWORLD or just never noticed, the usual format is as follows:

Section 1: Reflections . . . update on what's happening in my life and some general observations;

Section 2: FYI . . . some information that I think you might find useful, as well as some emails received from readers;

Sections 3, 6 and 9 . . . jokes;

Section 4 . . . reviews of movies and books;

Section 5 . . . a heads up on some upcoming TV shows that look interesting;

Section 7 . . . websites that you might want to check out, including a link that will take you directly to them . . . I realize some folks may not always check these, but PLEASE DO VISIT Section 7A this week . . . you won't be disappointed;

Section 8 . . . computer tips that are written, hopefully, so that anybody can understand them;

Section 10 . . . a quote that I enjoy;

Section 11 . . . a piece that typically inspires me; and

Section 12 . . . some upcoming activities to check out.

As always, feel free to forward this newsletter to your friends, relatives, neighbors, etc. . . . if they want to get their own FREE subscription, just tell them to drop me an email (to bginbc@aol.com) and put the word SUBSCRIPTION in the subject line.

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

This week, it goes to Jamunti Jagroo-one of the two aides from Personal Touch (718.468.2500) who has typically been assigned to help my mother.

She has provided my mother with much loving care over the

past several months, while at the time being most attentive to her every need . . . in addition, she has "covered" several shifts when other aides were not available to come in their regularly scheduled times.

However, it was this past week that Jamunti outdid herself. When my mother had to be rushed to the hospital, she went with her and comforted her there until Cynthia and I were able to arrive from New Jersey . . . she helped turn around what could have been an unbearable situation to one that gave my mother as much peace as was possible.

Jamunti is just one of many fine individuals who work for Personal Touch . . . I've been impressed with the professionalism of this agency and would strongly recommend it to others.

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## 2. FYI

Here's an effective and easy tool that will help you reduce and eventually eliminate the use of the words don't, not and no from your vocabulary. Each time you hear yourself using don't, not or no, ask yourself "So, what do I want?" Each time you talk about what you DON'T want, in that moment you are giving it your attention and energy. When you ask yourself what you DO want, the answer will have created a new sentence with new words. When your words change, your vibration changes, and the best news of all is that you can only send out one vibration at a time.

SOURCE:  
LAW OF ATTRACTION (see also Sections 4C, 10 and 11)  
by Michael J. Losier

FYI, part 2

\* Elliot in California:  
What a great review! You really "got" our book [MISTAKES WERE MADE, reviewed in BLAINESWORLD #570}--and it delights me to read such a clear, smart, on-target review. I can see why you are one of the top 500. You not only wrote a smart review, but you also avoided the common reviewers' trap--that of finding some small flaw to "expose" as a way of showing the reader that the reviewer is at least as smart as the author!

Carol and I enjoyed collaborating on this book. The process was both exciting and illuminating for me and, I suspect, for Carol as well--and we are very pleased at the excitement "Mistakes Were Made" is stirring up. I think it is an important book that we hope can have an impact on people's lives. Now, if we could only get the people in the White House to read it and understand it!

I very much appreciate your review and everything you are doing to publicize the book.

\* Roger in New York:

Blaine Greenfield's name will be remembered in infamy for corrupting me with his simple comment in BLAINESWORLD some years ago: "NIP/TUCK starts next week. It's my favorite show! Don't miss it!"

I can't wait for the new season of NIP/TUCK to start.

\* Bill in Pennsylvania:

I love talking movies . . . I find that almost all of Jodie Foster's films are excellent. She is a fine actress, although I didn't really care for CONTACT all that much. And Andrew Shue is not only a producer, but also an actor . . . remember he was on MELROSE PLACE. I believe that he had the apartment next to Amanda (Heather Locklear) . . . and I will definitely check out ONCE.

\* Pat in Pennsylvania:

To your Realtor friend in OC, NJ.

First of all I commend her for living in PA and commuting to OC. I really do respect her for being that committed to a long travel to work!!

But, in reference to her note about the ticket, I'm a little confused. I do not dispute what she says when she writes:

A friend of mine was pulled over twice. The second time, he went to fight the ticket in Williamstown, NJ. That was one of the most unpleasant experiences of his life and an all day event.

But, in PA I went to court and had the points taken off by showing up. I paid only a reduced fine by showing up and negotiating the amount of ticket to about 1/2.

Second, I did the same thing for my daughter in NJ. We met the prosecutor outside the court room and agreed to pay the fine, and they dropped the points. Both were short easy procedures, and I saved money and got zero points. In both cases I was respectful, polite and did not argue. One was in PA and the other was in NJ.

Laughing here . . . maybe its all how you carry yourself ?? So I am a bit confused as to what happened to your friend. Did she try to trash the officer and/or argue in front of the Judge? I do feel for her.

Sadly, the reality is that townships love the income they receive from tickets. BIG TIME!!!! And although in some cases there may be a distant hint of a POSSIBLE safety issue with the moving violation, its all about the money they bring in.

I'm not an advocate for wreck less driving. But most of the arguments they use to "claim" that lives are saved by driving slower, are usually based on trumped up massaged statistics. Think about it. if you are driving on the AC expressway, which is a flat, almost straight, well-maintained, paved, road at 75 miles an hour and no one is around, what real potential is there for an accident? The states will trump up statistics to support the income they will receive. Give me a break!!

With respect to Corzine and his speeding, from what I understand, his entourage was speeding in a heavily traveled, rush hour, Friday afternoon traffic on the Parkway. Different road, different times, different conditions, different circumstances. Sadly, the statistics usually don't take ALL of the issues into account. Next time, I suggest your friend's friend goes

to court and sees the right party "BEFORE" she faces the Judge. Good luck!

\* And here's the response from Terri in Pennsylvania:

Hi! Appreciating the response from Pat, but there is much written based on assumption. I agree that being polite and respectful is always the best policy in any situation.

In my previous email, I did not elaborate on what made it such an unpleasant experience, but I can tell you that my friend, while perhaps having a heavy foot (at least in the past) is one of the kindest, most good-natured, respectful, and well-respected people I know. I did not comment on the outcome, good or bad. In the quote provided by Pat, I also stated that my friend was a male.

But what is most distressing to me about what Pat wrote is the following: "If you are driving on the AC expressway, which is a flat, almost straight, well-maintained, paved, road at 75 miles an hour and no one is around, what real potential is there for an accident?"

Here are a few things that can happen: a blow-out, a deer, another driver with non-functioning back lights, debris on the highway having to be quickly avoided, a bird slamming into your windshield (had this happen,) and I'm sure the list can continue. Be careful, Pat. And fellow drivers.

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### 3. Bulletin blooper

A cookbook is being compiled by the ladies of the church. Please submit your favorite recipe and a short antidote for it.

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### 4. Reviews

A. I rarely like the second in a series of films, let alone the third . . . but THE BOURNE ULTIMATUM proved to be a rare exception, in that it was probably the best of the trilogy so far--and left me awaiting what I hope will be future episodes . . . there's non-stop action as Bourne (again well-played by Matt Damon) races around the world to uncover secrets of his identity . . . I also liked the work of Joan Allen and David Strathairn as battling CIA directors . . . rated PG-13.

B. KNOCKED UP is now out in DVD format . . . my review from BLAINESWORLD #558 follows:

Seth Rogen was hilarious in THE 40-YEAR-OLD VIRGIN; in fact, for me, he was the best part of the film . . . he again scores in KNOCKED UP, a follow-up that isn't quite as funny--but is more touching.

He plays the a slacker with no prospects who has a one-night stand with Katherine Heigl, an up-and-coming TV journalist . . . when she becomes pregnant, they begin dating and the results are anything but smooth . . . by the time the baby comes due, they aren't even together . . . yet (SPOILER ALERT) all ends well, which isn't much

of a surprise considering that this is a romantic comedy.

I also liked the work of both Leslie Mann and Paul Rudd as Heigl's sister and brother-in-law . . . rated R.

C. Much has been written lately about the law of attraction . . . however, **LAW OF ATTRACTION** (see also Sections 2, 10 and 11) by Michael J. Losier explains the concept in a clear, concise fashion that is as good as anything else I've seen.

Losier, naturally, presents a definition of the law of attraction; i.e., I attract my life whatever I give my attention, energy and focus to, whether positive or negative . . . he then reveals a three-step program to take the law and apply it to your life immediately, using examples involving such everyday situations as finding an ideal mate and increasing your personal wealth.

I particularly liked the tools he gave for allowing (the absence of negative vibration) . . . one of my favorites was to use the expression "lots can happen" whenever you notice a lack of results . . . consider whether this could happen in the next few days, the next week or in the next 30 days . . . the answer is almost always "yes."

Losier also encourages his readers to always say "yes" to money . . . for example, he notes:

A lot of people feel challenged to say yes when someone offers to pay for their lunch or buy them a gift or wants to simply give them money. Many people when offered to have their lunch paid for respond with "No that's okay, you don't need to do that," or "Oh no, I'll pay for my own. You don't have to buy me lunch," or "Oh no, I couldn't!" Does this sound like you or someone you know?

In all of these statements you can hear resistance to receiving money. The new you, however, will learn to say "Thanks, I would like that," and you'll start to feel good about it. You may experience discomfort at first but as you continue to say yes, it will get easier and you will feel your resistance fading away. This in turn opens up your allowing for more money.

So if anybody reading this wants to spring for my lunch or even dinner (hint-hint), I accept.

**LAW OF ATTRACTION** concludes with an excellent section on how parents and teachers can share the concept with children . . . what a marvelous idea!

D. Heard **EMOTIONAL RESILIENCE**, written and read by Dr. David Viscott.

The book suggests a way of life, in which we can communicate more freely with the people we love without baggage from our past . . . Viscott discusses the forces that block feelings, and he presents useful techniques for overcoming the obstacles that can create unhappiness and unnecessary tensions in our lives.

In some respects, listening was probably better than reading **EMOTIONAL RESILIENCE** because it felt almost as if the

author was speaking to me in a one-on-one therapy session.

Among the many insights that I gained were the following:

- \* Express your pain the minute it occurs.
- \* Guilt has no purpose.
- \* People will love you because you're human, not because you're perfect.
- \* What you avoid imprisons you.

And these do's and don't at the conclusion:

- \* Stop trying to prove yourself.
- \* Be kind to yourself every day.
- \* Find something to be grateful for.
- \* Don't try, just be.
- \* Don't try to change or fix others.
- \* Don't expect the person who hurt you to apologize.
- \* Don't expect people to be nicer to you than they are to themselves.
- \* Don't expect others to understand you.

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## 5. TV alert

CORRECTION:

Oops, my part . . . Bruce Springsteen will be on NBC's TODAY SHOW this coming Friday at 8:30 a.m. . . . he was not on last week, so the good news is that you didn't miss him . . . sorry 'bout that!

A. I watched the first episode of BACK TO YOU (Wednesdays at 8 p.m. on FOX) and enjoyed it . . . but to my great surprise, I then continued watching the next show: 'TIL DEATH (Wednesdays at 8:30 p.m., also on FOX) and liked it even more . . . it's a comedy starring Brad Garrett and Joely Fisher that had its debut last year . . . I watched it rarely, but if this year's episodes can match last week's show, I'll be a regular viewer . . . it had me laughing from start to finish as Garrett and Fisher tried to correct each other's imperfections.

B. Last week, it was the Democrats . . . this week, it is the Republicans in the first debate that will involve newly-declared candidate Fred Thompson . . . Thursday at 9 p.m. on PBS.

C. FUN SHUI is a new series featuring designer Stephanie McWilliams making over a busy bedroom into a serene heaven, using feng shui principles . . . Fridays at 9:30 p.m. on HGTV.

D. Daryl Hannah (and whatever became of her?) stars in ALL THE GOOD ONES ARE MARRIED, a 2007-movie about an

unlikely friendship between a soon-to-be divorcee and her husband's ex-mistress . . . Saturday at 9 p.m. on LIFETIME.

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## 6. Dieting made simple

Yesterday I went to the doctor for my yearly physical. My blood pressure was high, my cholesterol was high, I'd gained some weight, and I didn't feel so hot.

My doctor said eating right doesn't have to be complicated and it would solve my physical problems. He said just think in colors . . . fill your plate with bright colors . . . greens, yellows, reds, etc.

So I went right home and ate an entire bowl of:



And sure enough, I felt better immediately.

I never knew eating right could be so easy!

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## 7. Websites

A. Randy Pausch, is a computer-science professor at Carnegie Mellon University . . . he is also a 46-year-old father of three who is dying of pancreatic cancer and expects to live only a few months more.

As such, he recently gave his last lecture to a packed audience at this school . . . according to THE WALL STREET JOURNAL, it was a "œrollicking and riveting journey through the lessons of his life" . . . at the same time, he exhibited a mordant humor with when he noted with a smile, "œl've experienced a deathbed conversion. I just bought a Macintosh."œ

To hear just part of this inspirational presentation, please click:  
<http://youtube.com/watch?v=4HqdnjgkExY>

If you do, though, be forewarned . . . tissues are a MUST.

I'm hopeful that you will then be motivated to want to hear the entire lecture . . . you can do so by clicking:  
[http://www.etc.cmu.edu/global\\_news/?q=node/42](http://www.etc.cmu.edu/global_news/?q=node/42)

It lasts over one hour, but it will be one of the best hours you've spent in a long time.

And, lastly, for more information about Pausch (best known to the IT world for designing a free software system, Alice, that makes it easy for people to design interactive stories and games), please click:  
<http://chronicle.com/news/index.php?id=3072>

B. If you're in the mood for a great song (with catchy lyrics), please click:  
<http://www.youtube.com/watch?v=QuBhjBQKrW4&mode=related&search>

You'll see Ingrid Michaelson performing "The Way I Am" . . . methinks that you'll be as impressed as I was with her; in fact, I'm now going to seek her other songs/CDs.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net>

If you'd like to get a FREE subscription to one of my favorite online publications, see "Blaine's Best" to the left and then click "This is True" . . . you'll get bizarre-but-true news items from legitimate newspapers from around the world with commentary by Colorado humorist Randy Cassingham.

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## 8. Computer tip

Last week's issue mentioned a FREE auto-conversion patch for older versions of Microsoft Office, enabling the new file format extensions in Office 2007 to be recognized.

However, since many folks won't bother getting the above, here's my very strong suggestion:

When using Word 2007:

1. First click on the round "Office Button" at the top left of Word 2007.
2. Then, at the lower right of the window that appears, click on "Word Options."
3. In the next screen that comes up, click on "Save" in the column at the left.
4. In the panel that appears at the right, you'll notice an option called "Save Files in this format," with a drop-down list of choices next to it. Display the list of choices by clicking on the arrow and select "Word 97-2003 Document (\*.doc)". Then, click OK at the bottom of the window.

9. Things could always be worse

Brian is a commercial saturation diver for Global Divers in Louisiana. He performs underwater repairs on offshore drilling rigs. Below is an email he sent to his sister. She then sent it to radio station 103.2 On FM dial in Ft. Wayne, Indiana, which was sponsoring a Worst Job Experience Contest.

Needless to say, she won.

Hi Sis,

Just another note from your bottom-dwelling brother. Last week I had a bad day at the office. I know you've been feeling down lately at work, so I thought I would share my dilemma with you to make you realize it's not so bad after all. Before I can tell you what happened to me, I first must bore you with a few technicalities of my job. As you know, my office lies at the bottom of the sea. I wear a suit to the office. It's a wetsuit. This time of year the water is quite cool. So what we do to keep warm is this: We have a diesel powered industrial water heater. This \$20,000 piece of equipment sucks the water out of the sea.

It heats it to a delightful temperature. It then pumps it down to the diver through a garden hose, which is taped to the air hose. Now this sounds like a darn good plan, and I've used it several times with no complaints. What I do, when I get to the bottom and start working, is take the hose and stuff it down the back of my wetsuit. This floods my whole suit with warm water. It's like working in a Jacuzzi. Everything was going well until all of a sudden, my butt started to itch. So, of course, I scratched it. This only made things worse. Within a few seconds my butt started to burn. I pulled the hose out from my back, but the damage was done. In agony I realized what had happened.

The hot water machine had sucked up a jellyfish and pumped it into my suit. Now, since I don't have any hair on my back, the jellyfish couldn't stick to it. However, the crack of my butt was not as fortunate.

When I scratched what I thought was an itch, I was actually grinding the jellyfish into the crack of my butt.

I informed the dive supervisor of my dilemma over the communicator. His instructions were unclear due to the fact that he, along with five other divers, were all laughing hysterically.

Needless to say I aborted the dive. I was instructed to make three agonizing in-water decompression stops totaling thirty-five minutes before I could reach the surface to begin my chamber dry decompression. When I arrived at the surface, I was wearing nothing but my brass helmet. As I climbed out of the water, the medic, with tears of laughter running down his face, handed me a tube of cream and told me to rub it on my butt as soon as I got in the chamber. The cream put the fire out, but I couldn't poop for two days because my butt was swollen shut.

So, next time you're having a bad day at work, think about how much worse it would be if you had a jellyfish shoved up your butt. I hope you have no bad days at the office. But if you do, I hope that thought will make it a little more tolerable. Take care, and I hope to hear from you soon.

Love,  
Brian

**NOTE:**

Now repeat to yourself, "I love my job, I love my job, I love my job" . . . and whenever you have what you think is a bad day, ask yourself: Is this a jellyfish bad day?

This story has been around for some time and though it probably never happened, it should be noted that there is a diving outfit by the name of Global Industries in Louisiana . . . and whether you believe it actually happened is up to you, but there's no harm in getting a laugh out of it . . . for more information, please click:

<http://www.snopes.com/humor/letters/diver.asp>

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10. A quote I like

When a client cancels, most people will complain or worry about the cancellation and giving it negative attention. You can change the vibration by saying "I've just created a void to attract a new client," or "I've just created some more room for another project in my business."--Michael J. Losier in LAW OF ATTRACTION (see also Sections 2, 4C and 11)

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11. Thought for the day

Rewording your affirmations to make them feel better

Some of you have been taught to always state your affirmations in the current tense. Here, I'm suggesting that you are in the process. "The process" (the process of manifestation), actually starts when you think about your desire, talk about it, write about it, or when you give it ANY kind of attention, energy and focus. So the truth is you ARE in the process. When you say "I'm in the process ofâ€¦," that sentence becomes true and if it's true for you, it feels good, which is a positive vibration.

Let's revisit the statements on the previous page, starting each sentence with the following:

I'm in the process of . . .

- \* I'm in the process of creating ideal family relationships.
- \* I'm in the process of enjoying my body more and more.
- \* I'm in the process of becoming more abundant.
- \* I'm in the process of growing my business.
- \* I'm in the process of having ideal health.
- \* I'm in the process of attracting an ideal mate.

Now each statement is true for you! When a statement is true for you it feels good. When it feels good, you are sending a positive vibration which the Law of Attraction responds to by bringing you more of the same.

SOURCE:

LAW OF ATTRACTION (see also Sections 2, 4C and 10) by Michael J. Losier, a book I REALLY liked as you can tell by the fact this is the fourth time I've cited it in this week's issue!

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## 12. Advance planning department

A. Deborah in New Jersey:

Princeton Center for Yoga & Health turns 11 this year, and we invite you to join us in the celebration.

On Sunday, September 30, there's a Rhythm, Dance & Drum Circle with Mark Wood at 4:30 p.m., Pot Luck dinner at 5:30 and live Kirtan with Wynne Paris & Karttikeya at 7 p.m.

To continue our celebration, longtime PCYH friend and supporter David Brahinsky (appearing at PCYH since the first year we opened!) returns for another remarkable concert:

Songs of Greg Brown  
Saturday, October 6, at 8 p.m.

At PCYH, this new season is filled with yoga, meditation, drumming, dance, chanting, self-discovery, healing, bodywork and much more. It is filled with remarkable people, events, and opportunities for improved minds, bodies, and spirits. oved minds, bodies, and spirits.

We wish to thank you all for your ongoing support . . . you've helped us earn bragging rights in being named by New Jersey Magazine as one of the Top 5 Traditional Yoga Studios in the State (and, our Drum Circle the best in Central NJ!).

For more information, please click:

<http://www.princetonyoga.com>

B. Joan in Pennsylvania:

Have you ever thought of starting your own business? Do you know someone who is considering their own business? If so, then the following information is for them:

Be Your Own Boss  
A Seminar Series for Business Success  
Presented by the Small Business Resources Committee  
of the Lower Bucks County Chamber of Commerce

Four consecutive Wednesday evenings: October 3, 10, 17, and 24  
6:30 to 9:00 p.m.  
at the Lower Bucks County Chamber of Commerce  
409 Hood Boulevard, Fairless Hills, PA

This seminar series gives you the information you need to successfully run your own business. Not sure if owning your own business is for you? This seminar will provide you with all the ins and outs of owning and managing a business so you can make an educated decision.

Join us for four informative evenings to get you started on a successful venture!

- \* Expert speakers
- \* Resources you can use
- \* Networking/Questions and answers!

To register, visit  
<http://www.lbccc.org>

Investment: \$50 members; \$75 non-members

For additional information, call the Chamber at 215.943.7400 or download the flyer:

<http://www.lbccc.org/BYOBflyer2007-5ol.pdf>

Think Chamber first!

C. Charlotte in Pennsylvania:

Invites you to visit her studio: 1627 N. 2nd Street, Philadelphia, as part of POST--Philadelphia Open Studio Tours (East of Broad)--on Saturday and Sunday, October 20th and 21st.

Time: 12-6 p.m.

I will also be showing in the POST PREVIEW EXHIBIT on Thursday, October 11, 5:30-7:30 p.m. at Freeman's Auction House, 1808 Chestnut St., Philadelphia.

MY TWO CENTS:

Charlotte is a very talented artist . . . for more information about her work, please click:

<http://www.charlotteschatz.com>

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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#### SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

Blaine Greenfield  
19 N. Kaufmann Stone Way  
Biltmore Lake, NC 28715  
Phone : 828.633.1049

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# BLAINESWORLD

BLAINESWORLD

#572

9.17.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I had a nice visit with my mother and other members of my family as we celebrated the Rosh Hashanah holiday at the home of my cousin Richard and his wife Gail . . . we got a special kick in watching my mother's delight as she saw everybody's children and grandchildren . . . that never fails to put a smile on her face.

We were also pleased to hear that my mother got an excellent report from her recent visit to the oncologist . . . he said that her lung cancer surgery several months ago was a success, and that everything is now fine in that regard . . . as for her recovery from hip surgery, she's still undergoing physical therapy for that . . . whenever I ask her if they're too tough on her, she says "not really" . . . but when I suggest that I speak to them about working her harder, she tells me, "Don't you dare."

B. Cynthia and I also attended a nice Family Circle meeting at her cousin Miriam's house . . . this is a group that meets a few times a year, and we inevitably have a good time getting together with other family members for some good food and conversation . . . it's so great to be able to see family members for no other reason than the fact that you like being with them--especially when everybody is happy and healthy.

Cynthia's brother and his wife came in from Connecticut to attend the event, so we then got to spend some time with them and enjoyed having them then come over to visit and stay over at our home: the official residence of the Greenfields of Belle Mead.

C. My Tuesday night Marketing class is off to a fine start . . . the other night, my students found out about their group project for the semester: to help market a company called Math in Motion.

Run by Barbara Pearl, a dynamic educator, Math in Motion

helps make math fun by using origami to introduce many basic concepts . . . for more information, please click:

<http://mathinmotion.com/>

D. I'm soooo glad to be able to extend notices of CONGRATULATIONS to the following friends/readers:

\* Jean Dolan for having attained a Master of Arts in Professional Communication from the Communication Department in its School of Arts and Sciences at La Salle University.

\* Ward Vinson for having been chosen as an understudy to portray Gen. George Washington at the annual reenactment of the Delaware River Crossing on Christmas Day . . . for more information, please click:  
<http://www.phillyburbs.com/pb-dyn/news/111-09172007-1408595.html>

\* Tobi Bruhn for having become a father . . . Elizabeth Ann Bruhn arrived on Saturday, September 15, 2007, at 12:53 p.m. weighing in at 7 lbs. 15 oz. and measuring 21" . . . mother and baby (and father, too) are doing fine.

\* Lee White for become a member of the same father club . . . his son, Samuel Isaac White, was born on Tuesday, August 28th.

\* Mandy Reilly for being named a full-time faculty member at Bucks County Community College . . . she recently was named as Counselor, having previously served as the College's enthusiastic director of the Career Development Center.

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

This week, it goes to Jackie Young--a sales and service representative at the Newtown (PA) Acme branch of Citizens Bank.

Jackie is always both helpful and friendly . . . yet something she did for me the other day made me truly appreciate the fine service she so routinely provides . . . in helping me with a simple transaction, she noticed that my money could be doing better in another account offered by the bank . . . she reviewed the specifics, then quickly helped me with the necessary paperwork.

Jackie is just one of the many fine employees at the branch . . . as a result, I find it a pleasure to do my banking with Citizens Bank . . . what's even better is the fact that I can do grocery shopping at the same time.

For more information, the bank is located at 48 West Road; the phone number is 215.860.5268.

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## 2. FYI

One of the most effective techniques you can use, true to the title of this book, is to engage in organizing activities for one minute at a time.

For 60 seconds, straighten up whatever you can. In the course of a minute, maybe you can only tackle one area. Conceivably, you can handle two or three items. Put away or discard

extraneous items and neaten up any portion of your desk that will contribute to your overall quest.

As with other techniques presented throughout this book, you'll find that after 60 seconds, you often don't want to stop. The momentum of your efforts carries on to the next minute and the next. As this happens, be supportive of yourself. Let yourself "go with the flow." Believe me, you'll stop when you want to, have to, or are too tired to proceed. Still, it's amazing how much one minute's worth of straightening up can do for most of the places and spaces in your life.

I've seen people clear out and reorganize a desk drawer in a minute or so. I have observed others who rescue their desktops from overflow in 60 seconds or less. I've witnessed others clear away shelf space or simply make a path through their offices during these 60 second campaigns. You'll never know how much you can accomplish during this time until you try. So try it; you might like it!

SOURCE:  
THE 60 SECOND ORGANIZER (see also Section 4C)  
by Jeff Davidson

FYI, part 2

\* Patty in Pennsylvania:  
If someone who wants help to quit smoking contacts me and mentions BLAINESWORLD or that they are a student of yours, I will give them a HUGE discount on my services. I'll offer them a 3-session smoking cessation program for only \$200 if they pre-pay. This discount is over 55% off of my normal fee, which is \$425.

Again, to receive this discount, they must pay in advance and mention that they are a reader of BLAINESWORLD or a student. This discount applies to the Smoking Cessation program ONLY. Of course, I offer other types of discounts on my fees to anyone who pre-pays for services and of course anyone is welcome to contact me for these services which include: Smoking Cessation/ Weight Loss/ Stress Management/ Performance Enhancement/ Pain Management/ Personal Development, etc.

I will also give anyone who mentions your name a 10% discount off of my other services, which include Deep tissue and Hot Stone Massage/ Reflexology/Reiki/ IET/ Ear Candling.

Arrangements can be made to receive these services at your personal location if so desired.

Here is my contact info:  
Patricia A. Dilenno, CHT  
Inspirations Wellness Institute for Mind, Body and Soul  
PO BOX 2063  
Warminster, PA 18974

Phone: 267.813.8316

email: redhen45@yahoo.com

MY TWO CENTS:

Patty is the best! If you utilize her services, you won't be disappointed. Guaranteed.

\* Barbara in Pennsylvania (with a REQUEST FOR INFORMATION):  
I was invited to do a workshop for the Philadelphia School district in November . . . however, they require the presenter carry "Professional Liability" Insurance for the one day teacher inservice.

They are also willing to reimburse me for it.

Do you know of anyone I can contact to inquire about it?

Thanks,  
Barbara  
to respond directly: [info1@mathinmotion.com](mailto:info1@mathinmotion.com)

\* Maria in Pennsylvania:  
I hope you can find space in your newsletter to add info about our newest fundraising effort. We're trying to get the word out to everyone, everywhere!

Help Us Help Them  
Chilipepper Candles is conducting a fundraising effort for the American Bulldog Rescue. It started when we met Riley, a 7-month-old rescue, who had to have major surgery. Riley has been rescued by a very loving family, and he is recovering nicely from his surgery. His medical bills alone have topped \$5,000!

Chilipepper Candles will donate 10% of on-line sales to help these wonderful animals. Log onto:

<http://www.chilipeppercandles.com>

place your order, then type in "The American Bulldog Rescue" in the special instructions portion at the end of the ordering process, and we'll take care of the rest. Sorry, but no other discounts apply.

To contact us, email Maria at [info@chilipeppercandles.com](mailto:info@chilipeppercandles.com)

If you'd like to contact the American Bulldog Rescue here in Newtown, PA, please call Jodi at 215.8603161 or email her at:  
[jodi.spector@verizon.net](mailto:jodi.spector@verizon.net)

\* Harry in California:  
Good website for getting shortcuts to speaking with a person. They list a lot of companies, etc.:

<http://www.gethuman.com>

NOTE:

Thanks for the reminder, Harry . . . I originally mentioned this great website in BLAINESWORLD #489, but if you missed it and/or are new to the newsletter, then check it out now.

\* Tony in Pennsylvania:  
Tonight Minh and I saw a movie that I felt absolutely compelled to tell you about. It's called ONCE, and it's a small Irish film made on a budget that wouldn't pay for the catering on your average blockbuster. Its stars are musicians, not professional actors, and it has the rough-hewn look of a home video shot in someone's basement.

And yet . . .

here's how the BOSTON GLOBE put it:

"ONCE is a wee slip of a movie, 85 minutes long and notably light on plot.

"Guy meets girl, guy writes a few songs with girl, guy and girl try to figure out what to do about their mutual attraction.

"We never learn their names, the movie's that basic.

"Yet there are more emotions repressed and then sung out in this transcendent new Irish film than in a year of blockbusters, and in its brief running time, writer-director John Carney does something both profound and unexpected: He reinvents the movie musical as a genre of swooning rock 'n' roll realism."

The WALL STREET JOURNAL critic, meanwhile, gushed so much about ONCE he finally complained that "I should say something negative here; how else will anyone trust all this praise?"

If you're still not convinced, go to the movie's website:

<http://www.foxsearchlight.com/once>

then turn up your speakers and listen to "Falling Slowly," one of the film's starkly beautiful songs. Then go see ONCE on the big screen.

GREAT MINDS THINKING ALIKE:

I REALLY liked this film, too . . . if you can no longer see it in the theaters, grab hold of it just as soon as it is available on DVD . . . in the meantime, check out the website that Tony mentions . . . by just clicking it on, you'll also get to listen to full versions of several other songs from the soundtrack . . . you won't be disappointed.

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### 3. Doggie smarts

According to Jay Leno on THE TONIGHT SHOW, a Canadian psychologist is selling a video that teaches you how to test your dog's IQ

Here's how it works: If you spend \$12.99 for the video, your dog's smarter than you.

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### 4. Reviews

A. I've seen many other films with a theme similar to the one in THE BRAVE ONE; i.e., wherein a person seeks vengeance and takes the law into his or her hands (think, most notably, DEATH WISH) . . . yet somehow THE BRAVE ONE maintained my interest from start to end, especially because of the excellent acting by Jodie Foster as the wronged woman and Terrence Howard as the detective who seeks to find the anonymous vigilante . . . though I had problems with the moral ambiguity of the ending, I still recommend the film to anybody seeking a well-done thriller . . . rated R.

B. GRACIE is now out in DVD format . . . my review from BLAINESWORLD #557 follows:

GRACIE, based on true events from the lives of the Shue family (producer Andrew Shue and his actress sister Elisabeth), is about a teenage girl who overcomes the loss of her brother and fights to become the first girl in her town to play competitive soccer on the boy's high school varsity team . . . it is too predictable in spots and the beginning drags . . . however, when the soccer action takes over in the second half, the film comes alive . . . and though you can pretty much guess what's going to happen, you'll nevertheless find yourself cheering at the end . . . Carly Schroeder is fine in the leading role, and I also liked the work of Dermot Mulroney as her father . . . there's a great 70s soundtrack, featuring classic music from Blondie, Aretha Franklin and the Boss himself, Bruce Springsteen . . . rated PG-13.

C. Often times, the problem involving in getting organized is where to start . . . you may be like me and have many projects going at the same time, accompanied by even more pieces of paper.

So where do you begin? One approach is to get hold of Jeff Davidson's book, THE 60 SECOND ORGANIZER (see also Section 2) . . . Davidson, an author and professional speaker, presents many useful techniques--60 in all--that don't take a lot of time to implement . . . but do pay powerful dividends when utilized.

Many you've probably heard before . . . however, the problem is that you may well never have put them into practice . . . the author shows you how, for example, when he says:

\* You can fight junk mail by saving all of it for weeks. Then hire a high school student at minimum wage to send a form letter to every party who has sent you mail more than once. Explain carefully that you have no interest in their offer.

When it comes to seeking perfection in everything that you do, I really liked this bit of advice:

\* Studies show that the additional time you spend to take a project from the 95 percent mark to the 100 percent mark is, in most cases, not worth it. Striving for perfection, i.e., ensuring that the final 5 percent is correctly done, often takes as much time as the initial 95 percent of effort required! Gosh, no wonder it felt so difficult!

Lastly, when it comes to writing a book or completing some other task that will take a good amount of time, Davidson almost makes it easy when he advises how to do this:

\* I have written 32 books, but I wouldn't have finished book #1 if I tried to "write an entire book." Rather, my goal in approaching each book is to write one chapter at a time. Since most chapters are made of two or three subsections, I simply aim to finish one subsection, then another, then another until I finish a whole chapter. The rest of the day seems like a vacation.

The next day, I go back and start another chapter, approaching one subsection at a time. All the while, I acknowledge that I have a contract to honor and that a publisher is breathlessly waiting for my material. We pick a date in advance, and I agree

to turn in the manuscript no later than that day.

Now that I've finished THE 60 SECOND ORGANIZER, I'm all set to read another book the author wrote: THE 60 SECOND PROCRASTINATOR . . . all I have to do is stop procrastinating, then I'll be ready to begin it.

D. Harvey Mackay's SWIM WITH THE SHARKS WITHOUT BEING EATEN ALIVE is one of my all-time favorite books on marketing . . . it so impressed me that I have since read and enjoyed every other book written by the author.

So imagine my delight when I got hold of HARVEY MACKAY LIVE, a DVD of his best tips on outselling, outmanaging, outmotivating, and outnegotiating your competition . . . it captures him in front of a live audience, and does he ever drive his points in both an engaging and informative fashion.

Among the many ideas that I gained from viewing were these:

- \* Set your standards as high as Lou Holtz. And measure your performance every day.
- \* They're predicting every college graduate will have 3-5 career changes.
- \* Even if you're doing something, can you improve on what you're doing?
- \* People don't care about how much you know about them. They care about how much you care about them.
- \* You want to know what turns your customer on, which is just one of 66 things you should know about your customers.
- \* You must humanize your selling skills.
- \* The best kept secret in the world is Toastmasters International.
- \* It's the people you don't fire who make your life miserable.
- \* Every person you meet goes into your Rolodex file. Then find a creative way to keep in touch.
- \* Our lives change in two ways: People we meet and books we read.
- \* Knowledge doesn't become power it is used.

And lastly, there's this one--one that I often cite:

\* If I gave you a dollar, and you give me a dollar, we each have a dollar.  
But if I give you an idea, and you give me an idea, we each have two ideas!

That said, I'm confident that you'll get a lot more than two ideas if you obtain HARVEY MACKAY LIVE . . . best of all, it's accompanied by a free CD if you want to listen to it while driving or exercising.

To get your own copy, please click:

<http://store.harveymackay.com/SearchResults.asp?Cat=8>

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A. BACK TO YOU is the new show I'm most looking forward to this coming season . . . it features Kelsey Grammer and Patricia Heaton as coanchors on a Pittsburgh station . . . perhaps best of all, Fred Willard is also in the cast . . . Wednesdays at 8 p.m. on FOX.

MR. CURIOUS HERE:

Please let me know what you think about this show. And any others you are looking forward to and/or have already seen? Anything that should go on a "must see" list? (Or a "must avoid" list?)

B. A few weeks ago, there was an interesting debate featuring all of the Republican candidates except for Fred Thompson . . . now it is time to catch the Democratic presidential hopeful in THE CANDIDATES, a debate in Davenport, Iowa that will be focusing on health care and economic matters . . . Thursday at 9 p.m. on PBS.

C. If you've always wanted to see Bruce Springsteen in concert, join me via a first row seat (in front of your TV, that is) as you watch him live on NBC's TODAY SHOW on Friday from 8:30-9 a.m.

You could also go to Rockefeller Center and see him for FREE . . . the only problem is that there will probably be a mob of other folks there . . . but if you leave now, you could probably get a pretty good spot!

D. Ken Burns' 15-hour documentary THE WAR begins on Sunday on PBS at 8 p.m. . . . please check local listings because the time and dates of PBS shows may vary . . . according to TV GUIDE, this "is both an unflinching history lesson and a moving tribute to those dubbed the "Greatest Generation."

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6. WARNING:

Gray-haired joke alert. Methinks it's unfair that so many jokes are told about blondes, so as a public service, I think it is past time that BLAINESWORLD runs the following gray-haired joke:

Getting started

A gray-haired woman calls her boyfriend and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get it started."

Her boyfriend asks, "What is it supposed to be when it's finished?"

The gray-haired woman says, "According to the picture on the box, it's a tiger."

Her boyfriend decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a tiger."

He takes her hand and says, "Second, I want you to relax. Let's have a nice cup of tea, and then . . .

He sighed, "Let's put all the Frosted Flakes back in the box."

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#### 7. Websites

A. Are you prejudiced? See for yourself by clicking:

<http://www.understandingprejudice.org/drawline/>

You'll have the option of participating in either or both of the following:

\* Diet & Lifestyle Choices Interview: This interview probes the logic behind various dietary and lifestyle choices, attitudes, and beliefs. (Typical length: 20-30 minutes)

\* Race & Advertising Interview: This interview focuses on race relations, advertising and opinions about discrimination. (Typical length: 15-20 minutes)

B. Deb in New York:

No matter your political leanings, this is pretty funny:

<http://www.youtube.com/watch?v=FuE621j50Z0&mode=related&search>

Be forewarned that some might construe the above as being anti-Bush . . . frankly, I don't see it that way . . . and if anybody wants to share humorous videos about any Democrat, I'd be glad to mention them too.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

To learn more about the dance programs conducted by my aforementioned beautiful bride Cynthia (see also Section 1A), click "About Cynthia" to the left of the home page.

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#### 8. Computer tip

As mentioned previously, the 2007 version of Microsoft Office for Windows has a new default file format that has extensions ending with the letter "x" . . . the problem with this, and it's a big one, is that if anybody you correspond with uses an older version of Office, they won't be able to recognize the new formats.

If you're in this latter category, get the free auto-conversion patch that Microsoft has made available by clicking:

<http://www.microsoft.com/downloads>

It can be found under Microsoft Office Compatibility Pack for Word, Excel, and PowerPoint 2007 File Formats.

There's also a free stand-alone converter from Microsoft for the Mac versions of Word and Powerpoint . . . that is available at:

<http://www.microsoft.com/mac>

When there, find Microsoft Office Open XML File Format Converter for Mac.

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#### 9. Grandma's boyfriend

A 5-year-old boy went to visit his grandmother one day. Playing with his toys in her bedroom while grandma was dusting, he looked up and said, "Grandma, how come you don't have a boyfriend now that Grandpa went to heaven?"

Grandma replied, "Honey, my TV is my boyfriend. I can sit in my bedroom and watch it all day long. The religious programs make me feel good, and the comedies make me laugh. I'm happy with my TV as my boyfriend."

Grandma turned on the TV, and the reception was terrible. She started adjusting the knobs, trying to get the picture in focus. Frustrated, she started hitting the backside of the TV hoping to fix the problem.

The little boy heard the doorbell ring, so he hurried to open the door and there stood Grandma's minister. The minister said, "Hello son, is your Grandma home?"

The little boy replied, "Yeah, she's in the bedroom bangin' her boyfriend."

The minister fainted.

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#### 10. A quote I like

You have to know how to accept rejection and reject acceptance.--Ray Bradbury (1920 - ), US science fiction author

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#### 11. Thought for the day

A stunning senior moment

Apparently, a self-important college freshman attending a recent football game took it upon himself to explain to a senior citizen sitting next to him why it was impossible for the older generation to understand his generation.

"You grew up in a different world, actually an almost primitive one," the student said, loud enough for many of those nearby to hear. "The young people of today grew up with television, jet planes, space travel, man walking on the moon. Our space probes have visited Mars. We have nuclear energy, ships and electric and hydrogen cars. Computers with light-speed processing, and more."

After a brief silence the senior citizen responded as follows: "You're right,

son. We didn't have those things when we were young . . . so we invented them. Now, you arrogant little sh\*t, what are you doing for the next generation?"

The applause was amazing.

Author unknown  
(if you know who wrote this and/or the source, please let me know.)

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### 12. Advance planning department

A. Cynthia (see also Section 1A) in New Jersey:  
Just wanted to describe this new form of dance that I will be teaching. JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own, or you may choose to lead only if you are comfortable.

For more information, see below for upcoming programs; also:  
cgreenfield1001@aol.com  
609.731.0808

Princeton Center for Yoga and Health  
50 Vreeland Drive  
Suite 506  
Skillman, NJ  
<http://www.princetonyoga.com>

609.924.7794

Sunday, September 23: 2:00-5:00 p.m.; Fundraiser for children at St. Jude's Hospital

Other activities also: yoga, pilates, etc.  
Contact Center for more information and what you need to do to participate.

B. Deborah in New Jersey:  
The Princeton Center for Yoga & Health (PCYH), at Montgomery Professional Center, 50 Vreeland Drive, Suite 506 (just off Route 518 West and one half mile from Route 206), features David Brahinsky, songwriter, folksinger and storyteller, as well as philosophy professor and therapist for "The Greg Brown Songbook."

The concert will be held on Saturday, October 6th, 8:00 p.m. The cost is \$15 per person at the door.

Call 609.924.7294 for further information or visit:  
<http://www.princetonyoga.com>

C. Tobi in Pennsylvania:  
The Bucks County Community College Friends of the Library cordially invite you to a Reception and Historic Walking Tour of Newtown.

Saturday, October 13, 2007

The Home of Barry and Judy Fleck

127 Court Street  
Newtown, PA 18940  
4 p.m. to 7:30 p.m.

Refreshments and hors d'oeuvres will be served.

Cost:  
\$35 per person  
(Tax deductible amount: \$30)

To join the Friends of the Library, call 215.968.8003 or email: [mccannl@bucks.edu](mailto:mccannl@bucks.edu) by October 6 . . . proceeds benefit the Charles E. Rollins Library Endowment Fund at Bucks County Community College.

D. Lorraine in New Jersey:  
From October 15-19, workshops, seminars and events will be taking place throughout Trenton that are designed to provide educational and networking experiences for small business owners, entrepreneurs, corporate executives and enterprising individuals. You will have the opportunity to learn how to excel in:

Marketing, Financial Management, Web Site Development, Advertising, Bid Proposals, Sales, Networking, Legal Issues, Real Estate, Government Contracts, Business Growth, Technology, and much more!

Plan now to attend Trenton Small Business Week 2007! For a full schedule of the weeklong activities, sponsorship opportunities and to register, visit: <http://www.smallbizweek.com>

or call 609.771.2947.

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PS. If you're Jewish, here's hope that you fast well on Saturday when you observe the Yom Kippur holiday . . . which reminds me:

Q: Why can Jews never be mugged on Yom Kippur?

A: Because we fast!

Also, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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#### SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

Blaine Greenfield  
19 N. Kaufmann Stone Way  
Biltmore Lake, NC 28715  
Phone : 828.633.1049

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# BLAINESWORLD

BLAINESWORLD

#571

9.10.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I love our home and calling ourselves "the Greenfields of Belle Mead" . . . yet we don't see ourselves staying in this area for the rest of our lives and so have begun our search for our next locale . . . when we decide that, we'll then start looking for a home, though we still have some two years to go in that we don't see ourselves retiring and/or moving before then.

On Saturday, we got a lot of ideas at an expo in Parsippany, NJ run by a company called Live South . . . there were many builders from such states as North Carolina (a real possibility for us?), South Carolina and Florida . . . if you'd like more information, please click:

<http://www.livesouth.com>

Please DO keep us in mind if you come across similar information particularly as it involves retirement-type communities that have a lot of activities . . . we'd probably be most interested in something in a warm weather climate.

B. From there, we went to the wedding of our friends Lois and Hank in Ridgewood, NJ . . . Cynthia was one of the bridesmaids . . . see below for how beautiful she looked, as did Lois:



(l-r: Blaine, Cynthia, Lois, and Hank)

Perhaps the high spot of the evening for us was the blessing of the couple . . . it was sung by another good friend, Charlie Ianni, who did something similar for us a few months back when she blessed our home . . . she has a voice that moves anybody who listens to it . . . in addition, she's also a talented gospel singer . . . should you want to book her yourself, she can be reached at 609.323.7873; her email address is: mscharlie7@yahoo.com.

C. On Sunday, we saw ONCE UPON A MATTRESS--put on by the Somerset Valley Players in Hillsborough, NJ.

It's a cute musical that featured a fine performance from Laurie Hardy as Queen Aggravain . . . we also liked the work of Diana Barkman as Winnifred, especially given the fact she was serving as a stand-in for the actress who had the part originally (but who wasn't available for matinees).

Though there were only three musicians, they were all excellent and greatly added to our enjoyment of the show.

MATTRESS runs through September 7 on weekends . . . if you bring your kids or grandkids, you're sure to have a good time . . . for more information, please click:

<http://www.svptheatre.org>

D. FOR SALE:

As you may recall, my father had a scooter that we were going to sell after he died last year . . . we withdrew it from sale, thinking that my mother might be able to use it.

Sadly, that has not been the case; i.e., she just isn't up to using it . . . so with that in mind, here are the specifics:

One motorized Rascal 600 scooter, less than two years old and hardly used by my father . . . it is a three--wheeled vehicle that is in perfect condition and great for any person who needs help in

getting around . . . he paid nearly \$4,000 for it, but we'd consider any reasonable offer from anybody willing to get it from where it now is in Floral Park, NY . . . e-mail me at [bginbc@aol.com](mailto:bginbc@aol.com) if interested in this item.

Naturally, feel free to forward this information to anybody else who you think may be interested in such a scooter.

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

This week, it goes to John Bencivengo, former Hamilton Township (NJ) Republican Chairman and longtime entrepreneur, who is running for Hamilton mayor in this year's election.

I got to know John when he was the executive director of the Hamilton Partnership, a private/public partnership created to provide a better forum for area business and industry to air their concerns and work more effectively with government and the people.

He did a fine job in this position . . . several times, he put on informative programs that were open to the community, and I was honored to have been chosen by him to speak at several of these events.

John is an enthusiastic, bright guy who will serve the residents of Hamilton well, if they hopefully choose to elect him . . . my regret is that I don't live there because if I did, he'd certainly have my vote!

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## 2. FYI

Writing letters began for me when I was elected to Congress. I had a rule that every letter I received had to receive a substantive reply from the office staff within two weeks. As I recall, the office received thousands of letters in some weeks, so the replies had to be brief. Many people who wrote raised a number of topics in their letters. My way to deal with the letters to which I personally responded was to select the most important or interesting issue they raised and give it prime attention, responding briefly or not at all to the other, lesser issues.

SOURCE:

BUZZ (see also Sections 4C, 10 and 11) by Edward I. Koch and Christy Heady

FYI, part 2

\* Moe in Pennsylvania:

The proposed widening of Swamp Road [in Bucks County, PA] is a major SAFETY concern. To send us comments and to subscribe to our newsletter on the subject, please send an email to me at: [moesood@takemehome.info](mailto:moesood@takemehome.info)

\* Terri in Pennsylvania:

With regard to the NJ Troopers and speeding tickets . . .

I live in PA and work in Ocean City, NJ as a realtor. Needless to say,

I am back and forth on the AC Expressway and GSP often. There is never a time that I don't see someone pulled over, or the troopers hiding in the center, or an unmarked car flying past me to catch up with a speeder ahead.

While what you included in a recent newsletter may have circulated often, true or untrue, it is a fact that these troopers are out there and ticketing.

A friend of mine was pulled over twice. The second time, he went to fight the ticket in Williamstown, NJ. That was one of the most unpleasant experiences of his life and an all day event.

My advice: Set the cruise control and take your time!

Oh, yes . . . if you are planning a trip to Ocean City, please give me a call!

Terri

Ocean City Realty

c: 215.450.0396

(Let's face it . . . I did attend a class with BG of Belle Meade!)

\* Bill in Pennsylvania:

In previous issues of BLAINESWORLD, you have touted the use of 1-800-FREE-411. Since I like the word FREE, I have been using it for the past several months with mixed results.

Over the weekend, I had an experience that almost made me drive off the road. The automated telephone operator asks you for the city and state that you are looking for. I think that I speak relatively clear; after all, I speak publicly both at church on Sunday and at Chamber of Commerce meetings. I was looking for a telephone number of a store in Feasterville, PA. So I said that I was looking for Feasterville, PA.

The automated telephone operator said "East Pittsburgh, PA, is that correct?" I said no and it said try again. I said Feasterville, PA, and it said "Douglasville, PA, is that correct?"

Once again, I said no and it said try again. This time, I accentuated each syllable and it said are you looking for Centre Hall, PA?

I screamed in the phone some obscenities and hung up. I figured that I would arrive at the store before I finally found the telephone number using 1-800-FREE-411.

I love the concept of the service being free and I do not mind listening to the brief advertisement before you get to ask for the number you are looking for (that's what makes it free) . . . however, if the system is that (un)user-friendly, then in my opinion it is not worth the trouble.

MY TWO CENTS:

Whenever asked a question, I just calmly reply, "Operator please" . . . after two such responses, I can usually get through to a live operator.

\* Dan in Pennsylvania:

On September 11, 1994, my father died. That is one reason I don't want to fly the flag on 9/11.

The other reason is that flying the flag seems to be an empty gesture (to me), when we Americans don't seem to want to display the important

things that epitomize being Americans. One of those things is the idea of defending one's self rather than attacking without provocation.

It is unacceptable to go and hit Jimmy, who did not hit me. We may not like Jimmy, but that is no reason to hit him, even if I think he is contemplating hitting me.

Another thing we do not seem to want to do is listen to those who disagree with us. All we seem to do is vilify and question their motives. That is unAmerican.

We do not respect those who can actually make things. For some reason, we discourage that financially, but we reward the ones who sell the goods.

We trust our most valuable resource, our children, with teachers, and then we begrudge those same teachers when they want to get paid for it.

Flying the flag is too easy and is a cop out. We should DO something really American on 9/11. Show what our values are by example.

That's my story, and I'm sticking to it!

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### 3. Swept away

A Jewish grandma and her grandson are at the beach. He's playing in the water, and she is standing on the shore not wanting to get her feet wet. All of a sudden, a huge wave appears from nowhere and crashes directly onto the spot where the boy is wading.

The water recedes, and the boy is no longer there. He was swept away.

The grandma holds her hands to the sky, screams and cries: "Lord, My God, how could you?"

"Haven't I been a wonderful grandmother?  
Haven't I been a wonderful mother?  
Haven't I kept a kosher home?  
Haven't I given to charity?  
Haven't I lit candles every Friday night?  
Haven't I tried my very best to live a life that you would be proud of?"

A voice booms from the sky, "All right already!"

A moment later another huge wave appears out of nowhere and crashes on the beach. As the water recedes, the boy is standing there. He is smiling and splashing around as if nothing had ever happened.

The voice booms again. "I have returned your grandson. Are you satisfied?"

She responds, "He had a hat."

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### 4. Reviews

A. BECOMING JANE follows the real-life romance of beloved writer

Jane Austin . . . it is a period piece that's well-filmed but overall, surprisingly flat . . . that said, Anne Hathaway is fine as Jane, and James McAvoy as the Irish rogue she chooses to pursue continues his impressive string of performances (do try to find one of his RORY O'SHEA WAS HERE, one of his first films; he is superb in it) . . . rated PG.

B. AWAY FROM HER is now out in DVD format . . . my review from BLAINESWORLD #555 follows:

AWAY FROM HER touched me somewhat when I saw it--but surprisingly is growing on me as I review it in my mind . . .it is the story of a couple, married for a long time, that must deal with the fact that the wife has Alzheimer's disease . . . when the wife goes into a nursing home for the first time and must go through a period of 30 days without seeing her husband, I felt for her--and appreciated the magnificent acting done by Julie Christie . . . I also felt for her husband (an equally fine Gordon Pinsent) who makes an act of self-sacrifice at the end.

I only wish that the nursing home wasn't presented in quite the idyllic form that it was . . . lately, I've been in too many such facilities, and I've never seen one that came even close to what was shown in the film . . . rated PG-13.

C. To separate yourself from the crowd, read BUZZ (see also Sections 2, 10 and 11) by Edward I. Koch and Christy Heady.

Koch was the 105th mayor of New York City and served for three terms . . . though no longer an elected political official, it seems he is as busy as ever--serving as a partner in the law firm of Bryan Cave LLP, the host of a Friday evening radio and a newspaper columnist . . . as such, he consequently manages to generate a lot of press about himself . . .and he shows how you can do the same in this lively, informative book.

What I particularly liked about it was that much of the advice he gives can be applied to many different situations . . . for example, with respect to decision-making, he writes:

\* Decision-making is a melding of both rationality and intuition. In advance of publishing a Commentary, I always send it to four of my friends and ask for their opinion or criticism. Many times they will suggest changes, which I accept and then insert in my own language, or sometimes I reject the suggestions. Advice and criticism from others is very important.

When it comes to dealing with the press, he suggests the following:

\* If a reporter calls you, ask him or her for a description of the story and the deadline first before answering their questions. This way, if you need time to research something, you can do so and tell them you'll get back to them as soon as possible. Also, ask them to read your quotes back to you to ensure accuracy. I began the practice, followed by many today, to tape the interview--in effect, two dueling tape recorders.

Lastly, I appreciated that while he said it "is important to tell the

truth," he was honest enough to point out that there are two situations where you can lie and have no regrets:

\* One is when someone is dying of cancer. To comfort them I believe it is okay to say, "No, you don't have cancer, you only have jaundice, and you are getting well." That is what we told my mother, but I think she really knew.

The second situation . . . is when you fire someone. It is okay to say that he or she resigned to do other things, so as to not injure their career, unless they are being fired for criminality.

Reading BUZZ won't necessarily enable you to remain in the public eye as Koch has done for the past five decades . . . yet it will give you valuable insights into crafting your image, attracting media attention, and perfecting your skills as a public speaker.

D. Heard a taped version of PURE DRIVEL, written and read by Steve Martin, and I liked parts of it very much . . . the book is a collection of his short stories, many of which first appeared in THE NEW YORKER.

If you're going to get hold of it, I strongly suggest that this is one time where the audio version far succeeds the written copy . . . by listening to it, you'll almost feel like you are getting to hear Steve Martin in a private performance--given just for you.

One piece, in particular, had me laughing out loud . . . it described the breakup of a couple who had been dating for only a few months . . . yet the guy kept writing after the relationship was over and each time he did, his letters became increasingly stupider . . . the amazing thing about this tale is that it is sooooo true; i.e., I've actually seen both men and women do something similar.

I also liked this passage from a piece that announced a shortage of periods in the Times Roman font:

Most vulnerable are writers who work in short, choppy sentences," said a spokesperson for Times Roman, who continued, "We are trying to remedy the situation and have suggested alternatives, like umlauts, since we have plenty of umlauts--and, in fact, have more umlauts than we could possibly use in a lifetime! Don't forget, umlauts can really spice up a page with their delicate symmetry--resting often midway in a word, letters spilling on either side--and not only indicate the pronunciation of a word but also contribute to a writer's greater glory because they're fancy, not to mention that they even look like periods, indeed, are indistinguishable from periods, and will lead casual readers to believe that the article actually contains periods!

DRIVEL does have a few clinkers, though fortunately, there aren't many of them.

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## 5. TV alert

A. Derek Jacobi stars as Chilean dictator Augusto Pinochet in PINOCHET'S LAST STAND, a 2007 cable film on Thursday at 9:30 a.m. on HBO2E . . . it is repeated on the same station on the same day at 7:30 p.m.

B. Norman Jewison has directed such critically acclaimed films as THE RUSSIANS ARE COMING, THE RUSSIANS ARE COMING, MOONSTRUCK and IN THE HEAT OF THE NIGHT . . . he sits down for an interview with Robert Osbourne on PRIVATE SCREENINGS on Thursday at 8 p.m. on TCM.

C. IT'S ALWAYS SUNNY IN PHILADELPHIA returns for its second season on Thursday at 10 p.m. on FX . . . Danny DeVito is one of the stars in this comedy that I very much enjoyed in its first season last year.

D. THE 59TH ANNUAL EMMY AWARDS airs on Sunday at 8 p.m. on FOX . . . I'll be rooting for KATHY GRIFFIN: MY LIFE ON THE D-LIST to take the award for best Reality Program.

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## 6. Retirement

A priest was being honored at his retirement dinner after 25 years in the parish. A leading local politician and member of the congregation was chosen to make the presentation and give a little speech at the dinner. He was delayed, so the priest decided to say his own few words while they waited:

"I got my first impression of the parish from the first confession I heard here. I thought I had been assigned to a terrible place. The very first person that entered my confessional told me he had stolen a television set and, when questioned by the police, was able to lie his way out of it. He had stolen money from his parents, embezzled from his employer, had an affair with his boss's wife, taken illegal drugs, and gave VD to his sister. I was appalled. But as the days went on I knew that my people were not all like that, and I had indeed come to a fine parish full of good and loving people."

Just as the priest finished his talk, the politician arrived full of apologies at being late. He immediately began to make the presentation and gave his talk:

"I'll never forget the first day our parish priest arrived," said the politician. "In fact, I had the honor of being the first person to go to him for confession."

Moral: NEVER, NEVER, NEVER BE LATE!

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## 7. Websites

A. Dr. Gary Chapman has served over 30 years as a pastor and marriage counselor . . . it shows in his work . . . see for yourself by clicking:

<http://www.fivelovelanguages.com/learn.html>

You'll learn all about the Five Love Languages, as well as about the Five Apology Languages . . . make sure you also take the 30-second assessments to determine your Primary Love Language--and what it says about you.

B. If you want to be inspired, please click:  
<http://youtube.com/watch?v=p6cOp6EDFI>

You'll hear the true story of a boy who refused to let his autism pull him down.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

if you ever don't get an issue and/or accidentally delete one, go to the left and click "Newsletter" . . . then "Past Issues" . . . presently, I have archived some two years of back issues.

**SPECIAL NOTE:**

Typically, issues should come out sometime around Monday of each week . . . if you haven't received your copy by Thursday a.m., please notify me at once.

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8. Computer tip

If you're concerned about the security of your computer, please click:  
<http://www.commonssensesecurity.info/>

You'll get an overview of what we can do to keep our computers safer and more secure from spyware, viruses, worms, trojans, and a whole lot more.

There's also excellent information on how we can both avoid and fix problems that arise because of the above.

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9. Dog vs. cat . . . the diaries!

The dog's diary

8:00 a.m. - Dog food! My favorite thing!  
9:30 a.m. - A car ride! My favorite thing!  
9:40 a.m. - A walk in the park! My favorite thing!  
10:30 a.m. - Got rubbed and petted! My favorite thing!  
12:00 p.m.. - Milk bones! My favorite thing!  
1:00 p.m. - Played in the yard! My favorite thing!  
3:00 p.m. - Wagged my tail! My favorite thing!  
5:00 p.m. - Dinner! My favorite thing!  
7:00 p.m. - Got to play ball! My favorite thing!  
8:00 p.m. - Wow! Watched TV with the people! My favorite thing!  
11:00 p.m. - Sleeping on the bed! My favorite thing!

The cat's diary

Day 983 of my captivity.

My captors continue to taunt me with bizarre little dangling objects.

They dine lavishly on fresh meat, while the other inmates and I are fed

hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates my capabilities. However, they merely made condescending comments about what a "good little hunter" I am.

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of "allergies." I must learn what this means, and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released, and seems to be more than willing to return. He is obviously retarded. The bird must be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now . . .

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#### 10. A quote I like

Pick a dozen issues. If you agree with me on eight out of twelve, you should vote for me. If you agree with me on twelve out of twelve, see a psychiatrist.--Ed Koch, as quoted in one of Joe Klein's books

SOURCE:

BUZZ (see also Sections 2, 4C and 11) by Edward I. Koch and Christy Heady

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#### 11. Thought for the day

As can be seen by the fact that what follows is the fourth time I have mentioned the same book in any one issue of BLAINESWORLD, you can tell that I REALLY liked BUZZ (see also Sections 2, 4C and 10) by Edward I. Koch and Christy Heady:

If you are having a tough time trusting your gut, consider using one of the following three tests developed by Harvard Business School professors.

1. The Newspaper Test. If your final decision were to appear on the front page of your local paper in the morning, what would the consequences be?

2. The Golden Rule Test. Walk a mile in the other person's shoes.

How would you feel if your decision were enacted?

3. The Best Friend Test. Talk with people who know you well and respect you. They will understand your character and how the decision will affect you.

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#### 12. Advance planning department

A. Two events at Bucks County Community of College that I thought might be of interest:

\* John in Pennsylvania:  
Public Forum on Health Care Reform  
Saturday, September 15, 2007  
Bucks County Community College Library Auditorium  
275 Swamp Rd.  
Newtown, PA

9:30 am. to 12:30 p.m.

FREE and open to the public.

The purpose of the forum is (1) to establish basic principles that Bucks County residents want to see incorporated in any health care reform developed at the state or national level, (2) and to inaugurate a network of Bucks County residents ready to respond and work for those principles.

Dr. Walter Tsou, past President of the American Public Health Association and Former Philadelphia Commissioner of Public Health, will speak about the problems with our current health care system. Congressman Patrick Murphy and State Representative David Steil will talk about the process of how legislation becomes law and how citizens can be effective in their advocacy.

The participants of the forum will decide what basic principles need to be included in any current or future health care reform legislation.

Sponsored by Bucks County League of Women Voters and many others.

For information, contact Dr. Henry D'Silva at 215.860.7442.

\* Please feel free to accept my invitation to one of my upcoming Marketing classes on Tuesday, September 18, at 6:30 p.m. at Bucks County Community College . . . I'll be presenting on "Positioning: How to differentiate yourself from the competition" . . . location: Penn 410 . . . NO CHARGE, but please email to let me know if you'll be coming in case there's any change in plans.

B. Barbara in Pennsylvania:  
The Institute for Humane Education offers its acclaimed Sowing Seeds Humane Education Workshop

Dates: September 15 and 16, 2007  
Location: Peace Center in Langhorne, PA

ABOUT THE WORKSHOP:  
Sowing Seeds is an intensive, two-day training designed to help

participants effectively and creatively teach about the most important issues of our time. The workshop is designed for educators, parents, human rights activists, animal welfare and advocates of humane and sustainable living, and anyone wishing to develop their teaching and communication abilities to work for positive social change. Humane education addresses the pressing issues of our time and promotes positive choice-making on behalf of people, animal welfare, and the Earth. Network and make contact with other active participants to make our world a better place.

REGISTER HERE:

<http://humaneeducation.org/events/view/11>

REGISTRATION FEE: \$150.00 (includes lunches)

STUDENTS: Student rate: \$35.00 . . .

email: [sowingseeds@HumaneEducation.org](mailto:sowingseeds@HumaneEducation.org) to request a student registration form.

FINANCIAL AID:

Financial aid is available. Please contact: [sowingseeds@HumaneEducation.org](mailto:sowingseeds@HumaneEducation.org)

CONTACT INFO:

Amy Morley, Sowing Seeds Coordinator  
[sowingseeds@HumaneEducation.org](mailto:sowingseeds@HumaneEducation.org)  
207.667.1025

C. Cynthia (see also Section 1A) in New Jersey:

Just wanted to describe this new form of dance that I will be teaching. JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own, or you may choose to lead only if you are comfortable.

For more information, see below for upcoming programs; also: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com)  
609.731.0808

Princeton Center for Yoga and Health  
50 Vreeland Drive  
Suite 506  
Skillman, NJ

<http://www.princetonyoga.com>

609.924.7794

\* Sunday, September 16: 11:00 a.m.-12:30; \$15 drop-in fee

\* Sunday, September 23: 2:00-5:00 p.m.; Fundraiser for children at St. Jude's Hospital  
Other activities also: yoga, pilates, etc.  
Contact Center for more information and what you need to do to participate.

D. Natalie in Pennsylvania:

Bucks County Committee For Interracial Harmony presents:  
"Defining The Line - When Do We Cross It?"

Community Dialogue Pot Luck Dinner  
(Bring a covered dish to share)

Monday, September 17, 2007 at 6:00 p.m.

Join in a community dialogue which will continue to address the issues of racism and injustices demonstrated by the spoken word. Discuss who defines the line and when/how we cross it in our everyday society. The format will consist of small group dialogues addressing issues of negative speech brought to the forefront by the comments of Don Imus.

St. Mark A.M.E. Zion Church  
136 N. Congress Street  
Newtown, PA 18940  
215-579-9295

Please call 215.579.1836 for additional information or visit our website at:  
<http://www.bccih.org>

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PS. If you're Jewish, here's wishing you a happy, healthy New Year . . . regardless of your religion, consider doing what a non-Jewish friend of mine used to do to make some big bucks; i.e., bet any Jewish person that he or she doesn't know the actual year of the Jewish New Year . . . I lost many a nickel to him; however, that fate won't happen to you because as a result of being a BLAINESWORLD reader, you'll now know that as of Wednesday night, it will be 5768.

Also, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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**SUBSCRIBE/UNSUBSCRIBE INFORMATION**

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: bginbc@aol.com

In the unlikely event you wish to unsubscribe, notify me at the same email address.

Blaine Greenfield  
19 N. Kaufmann Stone Way  
Biltmore Lake, NC 28715  
Phone : 828.633.1049

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# BLAINESWORLD

BLAINESWORLD

#570

9.3.2007

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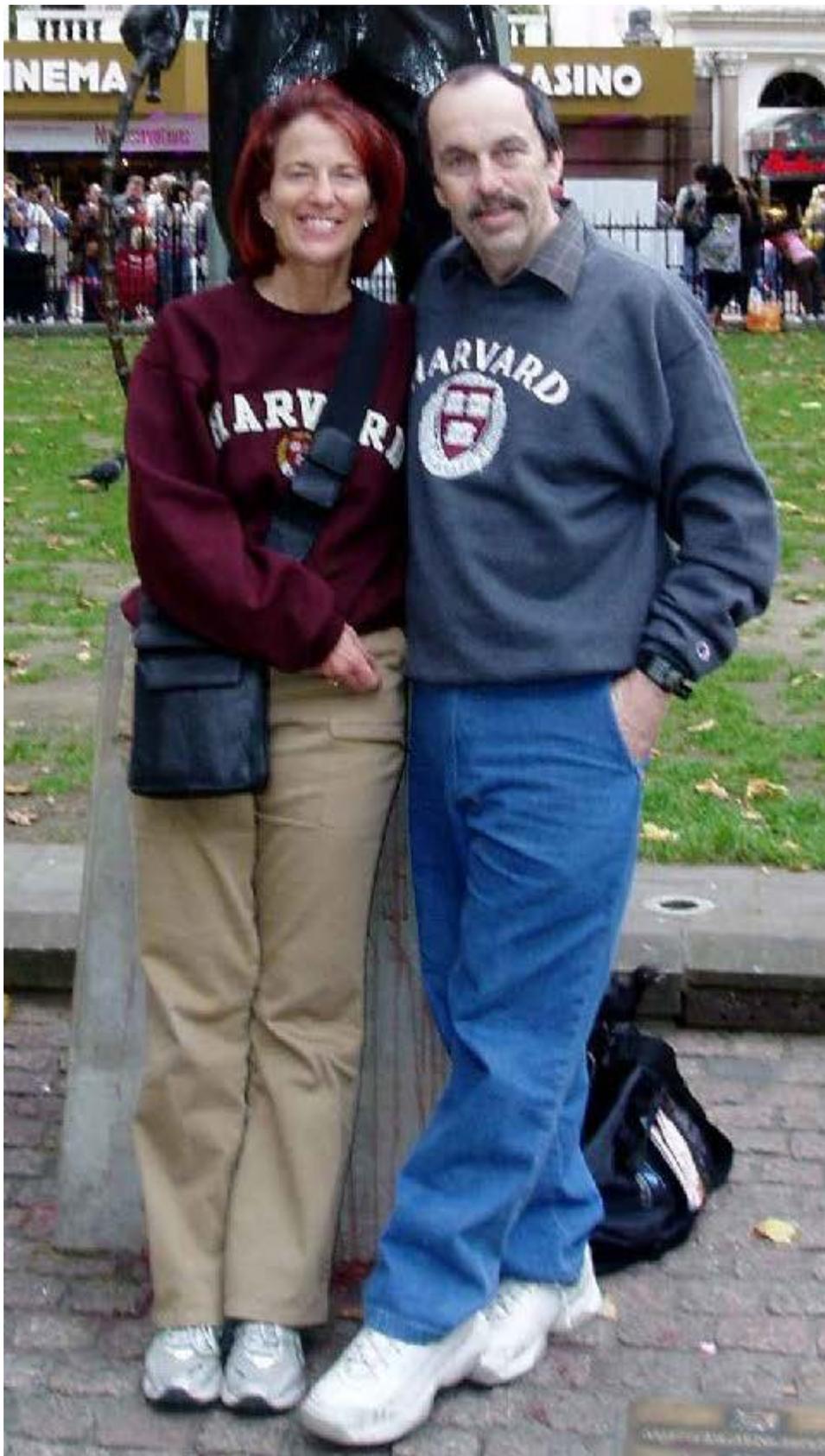
## 1. Reflections

A. Cynthia, my beautiful bride, and I didn't get to take much of a summer vacation . . . we had been slated to spend a week in Maine, but had to turn around after one day when her mom died.

So when my brother suggested we spend a long weekend in London, we said "great" and away we went.

That's the two of us in front of a statue of Charlie Chaplin in Leicester Square:





B. In three, too-brief days and four nights, we had a blast . . . we were lucky, in that our flights via Air India were mostly on time (though we were not very impressed with the airline's cleanliness--or lack thereof) . . . our hotel, The Metropolitan, was splendid . . . the weather was quite nice . . . so was the weather; it didn't rain a drop our whole time there.

We ate at various local pubs and though I wouldn't say we had any spectacular meals, the food wasn't bad . . . one night, of course, we had to have fish and chips . . . I enjoyed this particular dish more than Cynthia did.

Naturally, we managed to find places to get ice cream, including both Ben & Jerry's and Haagen-Dasz . . . hey, you can take the Greenfields of Belle Mead only so far without having them get a daily "fix" of their favorite comfort food.

C. We also walked a great deal, seeing as much of London as we could . . . in doing so, we managed to take a trip on the London Eye (the giant Ferris wheel, overlooking the entire city), see the changing of the guards at Buckingham Palace, observe Big Ben and the fact that it was over an hour behind time, take a double decker bus tour, visit the Chinatown section, etc.

In addition, we did something else that we like to do when away; i.e., get a massage . . . when waiting at Kennedy Airport before our flight took off, we stopped at a store there for a relaxing reflexology session.

D. We saw two shows at night . . . the first, BOEING, BOEING, was hilarious . . . Rhea Perlman of CHEERS fame was in the cast, but she was perhaps the last funny performer on stage . . . Neil Stuke and Doon Mackichan, however, had us in stitches throughout the evening . . . then on the next night, we were mesmerized by BILLY ELLIOT . . . it is a musical treatment of the movie by the same name that you MUST see, either if you're in London or when it comes to New York . . . the dancing was spectacular, as was the performance of Travis Yates in the leading role . . . we saw him in his last night in the role, made even more special by glowing words spoken about him by both his director and one of the other stars of the show . . . his parents were there, as well, and they too were called up on stage after the last number.

On our other night in London, Sunday, we saw a movie since virtually no shows were open . . . to see what we thought of our choice, 2 DAYS IN PARIS, please see Section 4C.

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

This week, it goes to Ken Greenfield--my brother.

First of all, he made it possible for Cynthia and I to go to London by taking care of all our arrangements: hotel, plane, etc. . . . as I've always told him, it's too bad that he never became a travel agent.

A few weeks ago, he also took care of everything for my mom's birthday party . . . when it comes to such details, nobody is better.

He has also been one fine son to my mom, particularly over these last several months when she has not been well . . . he visits constantly, makes sure she has an aide, sets out her medicines, etc.

And perhaps most importantly, he has put up with me and my cr\*p for these past 58 years!

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### 2. FYI

The tipping point at which a couple starts rewriting their loves story, [John] Gottman finds, is when the "magic ratio" dips below five-to-one: Successful couples have a ratio of five times as many positive interactions (such as expressions of love, affection, and humor) to negative ones (such as expressions of annoyance and complaints). It doesn't matter if the couple is emotionally volatile, quarreling eleven times a day, or emotionally placid, quarreling once a decade; it is the ratio that matters. "Volatile couples may yell and scream a lot, but they spend five times as much of their marriage being loving and making up," Gottman found. "Quieter, avoidant couples may not display as much passion as the other types, but they display far less criticism and contempt as well-the ratio is still 5 to 1." When the ratio is five to one or better, any dissonance that arises is generally reduced in a positive direction. For example, social psychologist Ayala Pines, in a study of burnout in marriage, reported how a happily married woman she called Ellen reduced the dissonance caused by her husband's failure to give her a birthday present. "I wish he would have given me something-anything-I told him that, like I am telling him all of my thoughts and feelings," Ellen said to Pines. "And as I was doing that I was thinking to myself how wonderful it is that I can express openly all of my feelings, even the negative ones...The left over negative feelings I just sent down with the water under the bridge."

SOURCE:

MISTAKES WERE MADE (BUT NOT BY ME) by Carol Tavris and Elliot Aronson that's also reviewed in Section 4C

FYI, part 2

\* Barbara in Pennsylvania:

Get your flag ready for 09/11/2007 Please join us in this FLY THE FLAG campaign and PLEASE forward this email immediately to everyone in your address book asking them to also forward it. We have a little less than one week and counting to get the word out all across this great land and into every community in the United States of America.

THE PROGRAM: On Monday, September 11th, 2007 , an American flag should be displayed outside every home, apartment, office, and store in the United States. Every individual should make it their duty to display an American flag on this sixth anniversary of our country's worst tragedy. We do this honor of those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain, and those who today are fighting at home and abroad to preserve our cherished freedoms. In the days, weeks and months following 9/11, our country was bathed in American flags as citizens mourned the incredible losses and stood shoulder-to-shoulder against terrorism.

Sadly, those flags have all but disappeared. Our patriotism pulled us through

some tough times and it shouldn't take another attack to galvanize us in solidarity. Our American flag is the fabric of our country and together we can prevail over terrorism of all kinds.

\* Joyce in New Jersey:

Just wanted to show this to everybody; one of my buddies is becoming a trooper, and he sent this to all of our friends.

NJ is starting up a 30 day speeding ticket rally. From what I hear, every trooper assigned to this has to hand out 1 ticket every 10 to 20 minutes. They will be focusing in and around this area so watch out.

Here's what a New Jersey State trooper sent:

Starting today, New Jersey will launch a 30 day speeding ticket frenzy. The state estimates that 9 million dollars will be generated in speeding tickets. 1 million will go to pay state troopers' overtime. There will 50 state troopers on duty at all times patrolling the 9 main intersections and highways. They are the following:

I-295 north and south  
I-95 (Jersey Turnpike) north and south  
I-80 east and west  
I-287 north and south  
I-78 east and west  
1-195 east and west  
1-280 east and west  
Rt. 130 north and south  
Garden State Parkway north and south

I'm warning everyone now that 5 mph above the limit can justify a ticket and every state trooper is supposed to pull a car over and write a ticket every 10 to 20 minutes. They have issued 30 brand new unmarked Crown Victoria cruisers and are bringing in all of their part timers on full time. If you work in NJ, NY, DE or CT, you will probably take one of these highways. It's up to you how fast you are going when they clock you.

101.5 FM confirmed all of this. So be safe and don't forget speeding tickets are on you. You've been warned." Then the same friend, emailed me the following:

Driving ticket fine increase in NJ

Starting on August 15th, the price of a ticket for violation of NJ Law 39:3-29 (failure to show your driver's license, registration or insurance card at the time you are stopped) is going from \$44.00 to \$173.00. Please make sure your vehicles have the proper documents in them. If you jump in the car to run to the store and forget your wallet with your license in it and you are stopped . . . oh well . . . you just spent \$173. And the fine for not having all three documents is \$519!!!

Forward to people in NJ, and let them know of this change. And be careful, the fine for hand held cell phone use while driving will be going up to \$180.00.

MY TWO CENTS:

The first part of this email has been around for quite some time and versions of it have also appeared in other states . . . for more information, please click:

<http://www.snopes.com/politics/traffic/speeding.asp>

However, I'm running this email in its entirety because it does contain useful information . . . namely, that folks shouldn't speed!

\* Deb in Colorado (with a REQUEST FOR HELP):

I recently accepted the challenge to raise funds to support the New Jersey Race for the Cure on October 14th in the fight against breast cancer. One in eight women will get breast cancer in her lifetime, and the more we raise, the more the Susan G. Komen for the Cure Central and South Jersey Affiliate can give back to fund vital breast cancer education and screening programs in our own community and support the national search for a cure.

Click here to visit my personal page and pledge your support:

[http://events.komencsnj.org/site/TR?pg=personal&fr\\_id=1000&px=1005615](http://events.komencsnj.org/site/TR?pg=personal&fr_id=1000&px=1005615)

Please join me in the fight by pledging in support of my participation in the Race or contributing generously to the New Jersey Race for the Cure Your tax-deductible contribution will fund innovative outreach and awareness programs for medically underserved communities in Central and South Jersey and national breast cancer research. It is faster and easier than ever to support this great cause--you can make a donation online by simply clicking on the above link.

Whatever you can give will help! I truly appreciate your support and will keep you posted on my progress. Thank you so much for your time and support in the fight against breast cancer! Every step counts!

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### 3. Chocolates

When I was in London, I went to buy some chocolates.

The cashier was like, "That will be ten pounds."

I'm like, "Rub it in, why don't you?"

SOURCE:

Carol Leifer, an American comedienne

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### 4. Reviews

A. 2 DAYS IN PARIS is noteworthy for the fact that it was directed, written and produced by French actress Julie Delpy, who also stars in it . . . it is a romantic comedy about a woman who brings her American boyfriend to Paris, causing a stir among both her old boyfriends and parents . . . parts of the film were funny, and I liked the dialogue . . . I also liked the work of Adam Goldberg as the boyfriend . . . this is his first major starring role, and I'm hopeful that he will be in many more films . . . yet overall, 2 DAYS left me flat and as such, I can't really recommend it--despite some great reviews from most critics . . . rated R.

B. There not being much "out there" in terms of new DVD releases,

I revisited MRS. MINIVER when it was on TV recently (but can also be rented from [blockbuster.com](http://blockbuster.com) or [netflix.com](http://netflix.com)) . . . it is a moving drama about a middle-class English family that is forced to cope with World War II . . . Greer Garson gives an Academy Award-winning performance as the lovely matriarch . . . the film won five other Oscars in 1943, including one for Best Picture . . . not rated, but methinks appropriate for anybody over the age of 11.

TIDBIT I JUST LEARNED:

MRS. MINIVER ends with a morale-boosting final speech that President Franklin Roosevelt ordered printed and air-dropped over war-torn Europe.

C. Renowned social psychologists Carol Travis and Elliot Aronson have written a truly fascinating book, MISTAKES WERE MADE (BUT NOT BY ME). . . its subtitle made me want to read it even more: WHY WE JUSTIFY FOOLISH BELIEFS, BAD DECISIONS AND HURTFUL ACTS because I have long observed this tendency--even in my own life.

The authors make what could be a dry subject come alive by the use of many examples . . . in addition, I liked how they incorporated much research--cited in nearly 40 pages of endnotes--but made it come alive via a lively writing style.

When they explained how our memories tell more about what we believe now than what really happened then, I had to laugh . . . and recall the story of how I once took Risa, my daughter, to my first home . . . from there, I proceeded to take her to my elementary school, which I could have sworn was nearly a mile away . . . in reality, it turned out to be less than two short blocks away!

MISTAKES WERE MADE further shows how couples can break out of the "he said, she said" spiral of blame and defensiveness, and perhaps most importantly, how all of us can learn to own up and let go of the need to be right.

There were many memorable passages in the book; among those that most caught my attention were the following:

\* The same DNA that exonerates an innocent person can be used to identify the guilty one, but this rarely happens. Of all the convictions the Innocence Project has succeeded in overturning so far, there is not a single instance in which the police later tried to find the actual perpetrator of the crime. The police and prosecutors just close the books on the case completely, as if to obliterate its silent accusation of the mistake they made.

\* De Klerk, who had been elected president in 1989, knew that a violent revolution was all but inevitable. The fight against apartheid was escalating; sanctions imposed by other countries were having a significant impact on the nation's economy; supporters of the banned African National Congress were becoming increasingly violent, killing and torturing people whom they believed were collaborating with the white regime. De Klerk could have tightened the noose by instituting even more repressive policies in the desperate hope of preserving white power. Instead, he revoked the ban on the ANC and freed Mandela from the prison

in which he had spent twenty-seven years. For this part, Mandela could have found entirely legitimate. Instead, he relinquished anger for the sake of the goal to which he had devoted his life. "If you want to make peace with your enemy, you have to work with your enemy," said Mandela. "Then he becomes your partner." In 1993, both men shared the Nobel Peace Prize, and the following year Mandela was elected president of South Africa.

\* Making mistakes is central to the education of budding scientists and artists of all kinds, who must have the freedom to experiment, try this idea, flop, try another idea, take a risk, be willing to get the wrong answer. One classic example, once taught to American schoolchildren and still on many inspirational Web sites in various versions, is Thomas Edison's reply to his assistant (or to a reporter), who was lamenting Edison's ten thousand experimental failures in his effort to create the first incandescent light bulb. "I have not failed," he told the assistant (or reporter). "I successfully discovered 10,000 elements that don't work." Most American children, however, denied the freedom to noodle around, experiment, and be wrong in ten ways, let alone ten thousand. The focus on constant testing, which grew out of reasonable desire to measure and standardize children's accomplishments, has intensified their fear of failure. It is certainly important for children to learn to succeed; but it is just as important for them to learn not to fear failure. When children or adults fear failure, they fear risk. They can't afford to be wrong.

That said, you won't go wrong by reading MISTAKES WERE MADE . . . I was so impressed by it that I now plan to get copies of the book for many of my colleagues at my college, in that they will be able to relate to much of it . . . so will you.

NOTE:

For more information, please also see Section 2.

D. An organization called L.A. Theatre Works brings together top actors to perform classic and contemporary plays, recorded in state-of-the-art sound quality . . . I've heard several of these in the past and have never been disappointed . . . so when I had the chance to listen to Neil Simon's LOST IN YONKERS, I jumped at the opportunity.

What a marvelous time I had!

The play is set in Yonkers in 1942 . . . two boys, aged 13 and 16, have to spend one year with their demanding grandmother after their mother dies and their father needs to find work elsewhere . . . they encounter all sorts of memorable characters, and I really felt that I got to know each and every one of them.

The performances were all excellent, though in particular, I was touched by the work of Roxanne Hart as Aunt Bella.

I now want to see the movie version of this play and, also, catch more productions from L.A. Theatre Works . . . for more information, please click:

<http://www.latw.org/>

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## 5. TV alert

A. CUSTODY has Rob Morrow and James Denton competing to be the dad of Kay Panabaker in a TV drama that should be poignant . . . Saturday at 9 p.m. on LIFETIME.

B. The sex lives of three couples are intimately charted in a new drama, TELL ME YOUR LOVE ME . . . according to TV GUIDE, it stars Ally Walker, Sonya Walger "and a few body parts rarely seen even on premium cable" . . . Sunday at 9 p.m. on HBO.

C. CURB YOUR ENTHUSIASM opens its sixth season on Sunday at 10 p.m. on HBO . . . I'm just annoyed that I had to wait two long years after the last finale for this comedy, starring Larry David, that is my favorite show on TV.

D. ALIVE DAY MEMORIES is an HBO documentary, in which actor James Gandolfini talks with wounded Iraq war vets . . . THE WALL STREET JOURNAL calls it "an extraordinary program about extraordinary people" . . . Sunday at 10:30 p.m. on HBO.

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## 6. Nine months later

Nine months later

Jack decided to go skiing with his buddy, Bob.

They loaded up in Jack's minivan and headed north.

After driving for a few hours, they got caught in a terrible blizzard.

They pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night. "I realize it's terrible weather out there, and I have this huge house all to myself, but I 'am recently widowed," she explained.

"I'm afraid neighbors will talk if I let you stay in my house."

"Don't worry," Jack said. "We'll be happy to sleep in the barn. And if the weather breaks, we'll be gone at first light."

The lady agreed, and the two men found their way to the barn and settled in for the night.

Come morning, the weather had cleared, and they got on their way.

They enjoyed a great weekend of skiing.

About nine months later, Jack got an unexpected letter from an attorney.

It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the ski weekend.

He dropped in on his friend Bob and asked, "Bob, do you remember

that good-looking widow from when we went skiing?"

Bob replied, "Yes, I do."

"Did you happen to get up in the middle of the night, go up to the house and pay her a visit?"

"Yes," Bob said, a little embarrassed about being found out.

"I have to admit that I did."

"And did you happen to use my name instead of telling her your name?"

Bob's face turned red and he said, "Yeah, sorry, buddy. I'm afraid I did. Why do you ask?"

"She just died and left me everything."

(And you thought the ending would be different, didn't you? Now keep that smile for the rest of the day!)

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## 7. Websites

A. Pat in Pennsylvania:  
Speaking of retirement . . .

Here are two websites you can click on to get an idea of how much you will need or expect to have when you retire:

**<http://www.choosetosave.org/>**

**<http://www.Fidelity.com>**  
(then click on "My Plan")

Hope this helps.

B. Bob in New Jersey:  
I bet you and Cynthia know all about this.  
A young friend is connected with this company,  
and it is amazing. Put in your any zip code, and  
you can find folks with similar interests. The results  
are astonishing.

**<http://www.meetup.com/>**

WHAT I FOUND OUT:

I hadn't been familiar with this, and Bob is right--as  
he often is. The results ARE astonishing. In my  
area alone, I found 22 groups of people who are  
interested in movies.

C. BLAINESWORLD, the website, remains up and running . . . to view  
it, please click:

**<http://www.blainesworld.net>**

From time to time, I mention work that when I'm not teaching, I  
do work as an arbitrator and/or mediator . . . should you be interested  
in utilizing my services, please go to the left and click "Dispute  
Resolution" . . . you can then read more about my background.

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### 8. Computer tip

You might be both receiving and sending files that end with the following extension: .pptx . . .that's fine if you have Office 2007, but not so fine for anybody else.

My strong suggestion is that if you use the above software, please save all files in the old .doc format . . . that way, they can be read by virtually anybody.

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### 9. That's the way the cookie crumbles

It's not enough for fortune cookies to tell you what you want to hear. These fortune cookies tell you what you need to hear:

Someone will find great prosperity and happiness by stealing your identity.

Yes, you do have something between your teeth.

Your ex-wife wants you to try the shrimp.

There is no toilet paper in the women's bathroom.

You only think you know how to use chopsticks.

No one at the table wants you to linger over one last cup of tea before you leave.

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### 10. A quote I like

Four short words sum up what has lifted most successful individuals above the crowd: a little bit more. They did all that was expected of them and a little bit more.--A. Lou Vickery, American author

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### 11. Thought for the day

A modern parable

A Japanese company (Toyota) and an American company (Ford Motors) decided to have a canoe race on the Missouri River . Both teams practiced long and hard to reach their peak performance before the race. On the big day, the Japanese won by a mile.

The Americans, very discouraged and depressed, decided to investigate the reason for the crushing defeat. A management team made up of senior management was formed to investigate and recommend appropriate

action. Their conclusion was the Japanese had 8 people rowing and 1 person steering, while the American team had 8 people steering and 1 person rowing.

Feeling a deeper study was in order, American management hired a consulting company and paid them a large amount of money for a second opinion. They advised, of course, that too many people were steering the boat, while not enough people were rowing.

Not sure of how to utilize that information, but wanting to prevent another loss to the Japanese, the rowing team's management structure was totally reorganized to include:

4 steering supervisors,  
3 area steering superintendents and  
1 assistant superintendent steering manager.

They also implemented a new performance system that would give the 1 person rowing the boat greater incentive to work harder. It was called the "Rowing Team Quality First Program" with meetings, dinners, free pens, and a certificate of completion for the rower. There was discussion of getting new paddles, canoes and other equipment, extra vacation days for practices, and bonuses.

The next year the Japanese won by two miles. Humiliated, the American management laid off the rower (a reduction in workforce) for poor performance, halted development of a new canoe, sold the paddles, and canceled all capital investments for new equipment. The money saved was distributed to the Senior Executives as bonuses and the next year's racing team was "out-sourced" to India.

Sadly, the End.

However, sad, but oh so true!

Here's something else to think about:  
Ford has spent the last thirty years moving all its factories out of the US, claiming they can't make money paying American wages. Toyota has spent the last thirty years building more than a dozen plants inside the US .

The last quarter's results:  
Toyota makes 4 billion in profits while Ford racked up 9 billion in losses.  
Ford folks are still scratching their heads.

IF THIS WASN'T SO SAD IT MIGHT BE FUNNY!

Author unknown  
(if you know who wrote this and/or the source, please let me know.)

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## 12. Advance planning department

A. Cynthia (see also Section 1A) in New Jersey:  
Just wanted to describe this new form of dance that I will be teaching. JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own, or you may choose to lead only if you are comfortable.

For more information, see below for upcoming programs;  
also: cgreenfield1001@aol.com  
609.731.0808

Princeton Center for Yoga and Health  
50 Vreeland Drive  
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609.924.7794

\* Sunday, September 16: 11:00 a.m.-12:30; \$15 drop-in fee

\* Sunday, September 23: 2:00-5:00 p.m.; Fundraiser for children  
at St. Jude's Hospital  
Other activities also: yoga, pilates, etc.  
Contact Center for more information and what you need to do  
to participate.

B. Please feel free to accept my invitation to one of my upcoming  
Marketing classes on Tuesday, September 18, at 6:30 p.m. at Bucks  
County Community College . . . I'll be presenting on "Positioning:  
How to differentiate yourself from the competition" . . . location:  
Penn 410 . . . NO CHARGE, but please email to let me know if  
you'll be coming in case there's any change in plans.

C. Susie in New Jersey:

The Provincetown Fringe Festival in Asbury Park & The Black Box  
of Asbury Park present THE VAGINA MONOLOGUES by Eve  
Ensler as part of the 5th Annual Women's Arts Festival.

THE VAGINA MONOLOGUES is an open-minded creation of how various  
women view their vaginas. The show has outrageous humor and is complex  
and realistic without sensationalizing its subject matter. Ensler talked  
to over 200 women about their vaginas. Ensler says that at first women  
were reluctant and shy to talk but once they got going, you couldn't  
stop them.

This is an award-winning, groundbreaking play into the forbidden zone  
at the heart of every woman.

The cast includes Anna Oleinik, Christine Emmert, Georgette Reilly  
Timoney, Judith Waxberg, Lesley Castellini, Marie Cathleen, Marjorie  
Conn, and Susie Marco.

PERFORMANCES:

Friday and Saturday, September 28, 29 at 7 p.m.

Sunday matinee, September 30 at 3 p.m.

Friday and Saturday, October 5, 6 at 7 p.m.

Since October is Domestic Violence Awareness Month, proceeds  
from these performances will be donated to 180 Turning Lives Around,  
Monmouth County's domestic abuse shelter and The Monmouth County  
Society for the Prevention of Cruelty to Animals. These organizations have  
formed a special partnership. The pets of victims of domestic violence  
are cared for at the MCSPCA free of charge while their human companions  
are turning their lives around.

All performances are at the Stephen Crane House, 508 Fourth Avenue in Asbury Park. Following each performance audience members and cast members are invited to share in a short discussion.

Information: 732.807.4052

Admission: \$10

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PS. Here's hope that you get to celebrate Labor Day together with loved ones and friends . . . in addition, please give some thought to its significance:

"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation."

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

For more information, please click:

<http://www.dol.gov/opa/aboutdol/laborday.htm>

Also, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . make it a great week, too!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: bginbc@aol.com

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#569

8.27.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I saw ONCE ON THIS ISLAND at Mercer County Community College's Kelsey Theatre in West Windsor, NJ: <http://www.mccc.edu/kelseytheatre>

It's an enchanting musical about a couple who fall in love, but must deal with much opposition because of the girl's background . . . the choreography was the best I've seen for quite some time . . . my regret is that we saw the last show of the run, so the only thing I can suggest is that you see some future production at Kelsey . . . we've never been disappointed!

From there, we went to the nearby Little Szechuan restaurant (609.443.5023) in West Windsor, NJ . . . our spare ribs and steamed vegetables were both excellent, and we also liked the pork fried rice that was prepared with brown rice . . . another reason we really like going there is because of Francis Chung, the owner . . . he never fails to greet us by name and ask how Risa, my daughter, is doing.

B. We also got to continue what has become almost a weekly tradition; i.e., joining my mother and her aide Dora for a movie and meal . . . on Sunday, we did just that (see also Section 4A) . . . our lunch at the Fratelli Iavarone Cafe (516.488.4500) in New Hyde Park, NY was most enjoyable . . . my mother and Dora split an order of baked ziti and said it was excellent, Cynthia had a delicious salad, and I liked my meatball parmigiana sandwich.

C. The fall semester at Bucks County Community College officially begins on Tuesday, though it seems like I've been there the entire summer dealing with Union matters that have become surprisingly contentious . . . I've also recently made presentations to part-time faculty members at various off-campus locations, one of the parts of my job as Union president that I most enjoy.

\*\*\*\*\* SPECIAL OFFER \*\*\*\*\*

As many readers know, I'm a big fan of THE WALL STREET JOURNAL . . . it is superb--not just for business tips, but also for articles on personal finance, education, success, etc. . . . I contend that half of what I've learned in life has come from reading THE JOURNAL over the last 20 years.

If you're a student, faculty member or staffer . . . or if you want to mail a gift to anybody in these categories, I can get you a GREATLY REDUCED RATE . . . it is as follows: 15 week, \$29.95; 26 weeks, \$49.95; and 52 weeks, \$99 . . . this also includes FREE online access to the electronic version.

To subscribe, all you need to do is send an email to my assistant Bridget at this address:  
hughesbr@bucks.edu

Put in subject line: FREE SUSCRPTION

Then in the body of your email, please include this information:

Name,  
Address, city, state zip  
Phone number  
Email address (Home or at school)  
How many weeks for subscription

D. BEST WISHES for a speedy recovery to Lisa Gable, a good friend . . . and yes, the same woman who I recently reported as being named New Jersey's "Top Older Worker."

When hailing a cab in New York City, some guy--make that bum--pushed her out of the way . . . as a result, she suffered a broken hip.

Cynthia and I got to visit her both in person (she is currently rehabbing at the St. Lawrence Rehab Center in Lawrenceville, NJ) and on the phone . . . it seems the more we come in contact with her, the more we are amazed at her attitude.

Cynthia, in fact, took notes on just some of the wise idea that Lisa has shared with her; among them:

\* We are here on Earth to make each other feel good about ourselves, not to make each other feel bad.

\* [She says to her son]  
I love you, but even more important than that is that I like you!

\* Family is what happens when you have the same biology. That doesn't always mean they will be your friends.

\* If you're looking for perfection, it can be found under "P" in the dictionary.

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

This week, it goes to Felice Rothenberg-Saprio--manager at my mother's Chase bank . . . Felice is what banking should be all about . . . she is both friendly and enthusiastic, as well as extremely helpful.

What a pleasure to have her there to help my mother . . . and to answer my numerous questions . . . I'm particularly impressed with her thoroughness with respect to follow-up.

Should you live anywhere near the Floral Park, NY area, I'd strongly recommend that you contact Felice about having you banking done with Chase . . . she can be reached at 718.423.4342.

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### 2. FYI

Too often, I've seen friends taking digital pictures only to have them stop because their camera's batteries have become run down.

To prevent that from happening, here's what I have done: Bought an extra battery and charger . . . then, when I'm done using my camera on any particular day or night, I take out the old battery and put it in my charger . . . at the same time, I put the new battery into the camera.

This has been so successful that I can't tell you when I have had to deal with a dead battery when taking pictures.

### FYI, part 2

\* Jean in Pennsylvania:

Thank you so much for publishing Cathy in PA's reaction to Alla in NJ. Because I am also of Ukrainian descent, I, too, was hurt by Alla's comments labeling Ukrainians as descendants of "murderers." Cathy's letter was eloquent and captured my emotions, but I had been afraid to speak out for fear of being labeled anti-Semitic.

My ancestors were starved and possibly murdered in Ukraine, although they were not Jewish. There's a lot of heartbreak among Ukrainian family history, for both Gentiles and Jews. If my Ukrainian grandmother had not run away from home at age 16 to come to America, I would not be here today. Christians were also persecuted and not allowed to practice their faith under Soviet rule.

The murderers who killed Alla's grandparents were likely not Ukrainian at all, since Russians held the power. The Ukrainians who gave the gift of a concert in Israel were therefore not "descendants of murderers." However, since nearly every country has waged war and killed others, in Alla's reasoning, we are all--each and every one of us--"descendants of murderers." Must we perpetuate hate for the current generation for sins of the past?

\* Christine in Pennsylvania (with a REQUEST FOR HELP):

As you know, I am a former student (and current fan). I was recently part of a corporate down-size. I am a locally recognized business leader and am immediately available to add a potent, competitive force to grow a company's market share. Specializing in Client Services, I am a polished business professional in Account Management, Business Development, and Process Improvement.

With more than 20 years experience in diverse industries including Pharmaceutical, Staffing, Training, Insurance, and Services, I consistently deliver superb client support and customer centric service solutions. My passion, enthusiasm, and focus on innovative business improvements have earned me praise and recognition from well known Pharmaceutical Clients and simultaneously increased sales and revenue growth for the other businesses I have supported. I am eager to be hired to show

what I can do for clients and company relationships.

Contact information: 267.337.3561; cleehess@comcast.net

\* Debbie in New York:

I saw that you mentioned the Elvis special . . . well, here's my story . . . I always try to take something away with me whenever I visit out of town . . . I had just finished work in the Memphis area this past Friday and although I've been there two other times, I had never gone to Graceland.

Anyway, the first time I discovered the best hot dogs there ever were, and I still stand by that . . . the second time I found some great chocolate and this time, I had planned on going to Graceland out of curiosity

it didn't happen because the place was hotter than hell and unbeknownst to me, it was Elvis week . . . all I can say is: I am so happy I was there . . . despite the weather because I came back with a new appreciation of the guy.....they played Elvis all the time . . . it was on the news, it was in the papers . . . it couldn't be avoided, and the more I saw about him, the more I watched, the more I read, the more I think he was truly a special guy . . . and you got be special if you can attract 75K people --30 years later . . . and so, I actually bought a CD of his and his 1968 comeback TV special (my God, he looks irresistibly sexy).

I think what a lot of people who don't realize is that he was a really spiritual down to earth guy . . . I never knew any of that about him. That's my story, and I'm sticking to it.

\* Marie in Indiana:

Jimmy Kennedy (James B Kennedy III) was named the top middle school volunteer in Indiana and awarded the Prudential Spirit of Community Award. This included a trip to Washington D. C., and the keynote speaker was Peyton Manning. This was an exciting trip for all of us. Chooch and I are very proud of Jimmy and his accomplishments.

The photo at the bottom of the following website shows Jimmy and Peyton shaking hands at the awards ceremony in Washington D.C. (The taller boy is the high school winner from Indiana.)

<http://www.MarieKennedy.com>

MY TWO CENTS:

I reviewed Marie's excellent book, MY PERFECT SON HAS CEREBRAL PALSY, a few years ago . . . it got me interested in her son Jimmy, and it been my pleasure to see him continue to grow into such a fine young man.

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3. Friends

Two psychic friends meet. The first one says,  
"You are fine. How am I ?"

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4. Reviews

A. THE NANNY DIARIES, the story of a woman who serves as a nanny for an affluent couple, was barely watchable . . . it just

didn't seem "real," though the acting by Laura Linney and Paul Giamatti was quite good . . . Scarlett Johansson had the leading role; her performance simply didn't grab my attention . . . rated PG-13.

B. *BLADES OF GLORY* is now out in DVD format . . . my review from *BLAINESWORLD* #550 follows:

*BLADES OF GLORY* is a goofy comedy that had me laughing from the very first scene . . . it is the tale of two male ice-skaters who when banned from competition for fighting with each other, team up to make a comeback in the pair-skating program . . . Will Ferrell and Jon Heder are equally funny as the two main characters, and I also liked Craig T. Nelson--and how come you don't see him more often?--as their coach . . . rated PG-13.

C. I laughed when I read *ONLY JOKING* by Jimmy Carr and Lucy Greeves, but I'd recommend that you read it because the answer to the book's subtitle--*WHAT'S SO FUNNY ABOUT MAKING PEOPLE LAUGH?*--is what made it more than just a collection of jokes.

The authors take an in-depth look at humor and view it from several perspectives, including a discussion of why jokes are important, the science of laughter, offensive jokes and why we laugh at them, and why we need political jokes.

One chapter alone made it worth reading to me; i.e., Chapter 6, "No way to make a living" (How to be a professional jokester). Here were the five basic rules for telling a joke:

1. Pick your moments. It's easiest, of course, to tell a joke when everyone's relaxed and enjoying himself. Telling a joke to relieve tension is a high-risk strategy, but potentially hilarious. Besides, there'll be other funerals.
2. Know where you're going before you start. Hopefully, in the direction of the punch line. It sounds obvious, but it's amazing how often people embark blithely on a joke they think they know without rehearsing the all-important ending, only to find themselves completely lost.
3. Don't be tempted to over-elaborate--using fewer words often works better. Eddie Izzard makes it look easy, but remember that one man's surreal flight of fancy is another man's rambling incoherent humiliation.
4. Project a demeanor of relaxed confidence--it gives your listener permission to laugh. You can try deadpan if you like, but normal social joke-telling usually requires the teller to laugh too.
5. Enjoy it. If you're all tense and competitive about sharing a joke with friends, if your entire self-esteem is resting on the outcome, then you're doing it for the wrong reasons. On the other hand, you are showing signs of the borderline personality disorder that characterizes all the best comedians; perhaps you should consider doing this for a living?

Carr and Greeves also presented a compilation of jokes

that can be seen throughout the book . . . I particularly liked this joke from Carr:

\* My dad used to say, "Whatever doesn't kill you makes you stronger." Until the accident.

There were hundreds of other quips from such comic geniuses as Steve Martin, Sarah Silverman, Gary Shandling, and Jay Leno . . . in addition, there were these jokes that at least had me chuckling:

\* I was a ballerina, but I had to quit after I injured a groin muscle. It wasn't mine.--Rita Rudner;

\* I don't want to achieve immortality through my work. I want to achieve immortality through not dying.--Woody Allen;

\* I was on a date with this really attractive model. Well, it wasn't really a date date. We just ate dinner and saw a movie. Then the plane landed.--Dave Attell; and

\* I never believed in Santa Claus because I knew no white dude would come into a black neighborhood after dark.--Dick Gregory.

You'll like ONLY JOKING. And that's no joke!

D. I heard a full-length version of LOST IN YONKERS, Neil Simon's Pulitzer and Tony Award-winning play--produced by L.A. Theatre Works.

Both the play and the production were excellent . . . consequently, because it got and maintained my attention, I'm now going to rent the DVD version from [blockbuster.com](http://blockbuster.com).

The story involves two boys, ages 13 and 16, who must spend one year together with their demanding grandmother in Yonkers . . . they come in contact with a whole host of other characters, including their crafty Uncle Louie and his sister Bella (movingly played by Roxanne Hart).

LOST IN YONKERS was surprisingly moving, but it also had some nice bits of humor thrown in . . . listening to it made me want to listen to more shows that come from L.A. Theatre Works . . . for more information, please click <http://www.latw.org>

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## 5. TV alert

A. IMAGINE . . . THE BEATLES IN LOVE is a behind-the-scenes documentary of Cirque du Soleil's Beatles-based LOVE show . . . 11 p.m. on Thursday on SUNDANCE.

B. THE HENRY ROLLINS SHOW has quite a combination this Friday at 11 p.m. on IFC . . . political commentator Arianna Huffington, founder of the Huffington Post website, appears, as does polarizing singer Sinéad O'Connor.

C. A lot of folks say I look like Will Smith . . . or is it that he looks like me? . . . in case you're wondering how so, just consider the fact that we're both so very tall . . . see for yourself by watching a five-hour marathon of THE FRESH PRINCE OF BEL-AIR, his popular 1990-96 sitcom, on Sunday at 8 a.m. on TBS.

D. Even if it's just for a few minutes, I always like to tune-in to the JERRY LEWIS TELETHON . . . the legendary comic is back for his 42nd annual fund-raiser for Muscular Dystrophy in Las Vegas . . . Celine Dion, the Commodores, and the Muppets are among the many acts slated to appear . . . Sunday at 9 p.m. on various syndicated stations; check your local listings.

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6. I'm not making this one up

On MISS TEEN USA, shown on NBC-TV this past weekend, they ask questions to prove that contestants are more than just a pretty face. (And Lauren Caitlin, Miss Teen South Carolina, certainly has one.)

When it was down to the last five finalists, here's the question that was asked to help determine the winner:

Recent polls have shown a fifth of Americans can't locate the U.S. on a world map. Why do you think this is?

To quote from the actual transcript taken from the TV broadcast, here was Miss Teen South Carolina's reply: "I personally believe that U.S. Americans are unable to do so because, uh, some, uh . . . people out there in our nation don't have maps, and, uh, I believe that our education like such as in South Africa and, uh, the Iraq everywhere like, such as and . . . I believe that they should, our education over here in the U.S. should help the U.S., err, uh, should help South Africa and should help the Iraq and the Asian countries, so we will be able to build up our future for our . . . "

Fortunately, the moderator stepped in and took the microphone away from her.

UPDATE:

Hilary Carol Cruz, Miss Colorado, was the winner. Lauren was the second runner-up. I only wonder how the others answered their question!

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7. Websites

A. The Phrase Finder has the meanings and origins of over 1,200 English sayings, phrases, and idioms . . . to view it, please click:  
<http://www.phrases.org.uk>

One of the most popular phrases last week, "hasta la vista," has been in everyday use in Spanish-speaking countries for some time. It means, "See you later" as fans of TERMINATOR 2: JUDGMENT DAY know only too well as the result of a famous exchange between two of the film's characters: John Connor (Edward Furlong) and "The Terminator" (Arnold Schwarzenegger) . . . should you want to learn

more, go the website and you can actually read the entire passage.

B. Every once in a while, I come across a truly great website . . . this one enables you to make your own customized road signs:

<http://www.customroadsign.com/menu.php>

It is sooooo neat; in fact, as you can see (below), I am using it to provide you with information as to why you may not be able to reach me by phone or email over the next few days:



C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

If you'd like me to someday speak to your company, club or organization, drop me an email . . . I truly enjoy making such presentations . . . for more information on my background, please click "Speaking" at the above homepage.

D. Art in Pennsylvania:

For the past five years, I have hosted a Shofar website, which gets about 6,000 hits around Rosh Hashanah. The website focuses on the history, Jewish law, techniques and how to get the smell out of the horn. To see if, please click:

<http://w.geocities.com/afinkle221/>

I sell nothing. My only wish is for you to prepare yourself for the upcoming year by satisfying your curiosity about the Shofar. For more information, please also click:

<http://www.geocities.com/shofar221/>

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## 8. Computer tip

A new feature in GoogleEarth, the company's satellite imagery-based mapping software allows users to view the sky from their computers. To access it, please click:

<http://earth.google.com>

The software works on computers running Microsoft Corp.'s Windows, Apple Inc.'s Mac OS X and Linus operating systems.

The tool provides information about various celestial bodies, from stars to planets, and includes imagery from the Hubble Space Telescope and other sources.

It also allows users to take virtual tours through galaxies, including the Milky Way.

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9. Being prepared  
(what women need to know, but methinks guys will enjoy too)

Isn't the truth?

You may need to stop at the women's restroom; be prepared!

When you have to visit a public bathroom, you usually find a line of women, so you smile politely and take your place. Once it's your turn, you check for feet under the stall doors. Every stall is occupied.

Finally, a door opens and you dash in, nearly knocking down the woman leaving the stall. You get in to find the door won't latch. It doesn't matter, the wait has been so long you are about to wet your pants! The dispenser for the modern "seat covers" (invented by someone's Mom, no doubt) is handy, but empty. You would hang your purse on the door hook, if there was one, but there isn't--so you carefully, but quickly drape it around your neck, (Mom would turn over in her grave if you put it on the FLOOR!), yank down your pants, and assume "The Stance." In this position your aging, toneless thigh muscles begin to shake. You'd love to sit down, but you certainly hadn't taken time to wipe the seat or lay toilet paper on it, so you hold "The Stance."

To take your mind off your trembling thighs, you reach for what you discover to be the empty toilet paper dispenser. In your mind, you can hear your mother's voice saying, "Honey, if you had tried to clean the seat, you would have KNOWN there was no toilet paper!" Your thighs shake more.

You remember the tiny tissue that you blew your nose on yesterday--the one that's still in your purse. (Oh yeah, the purse around your neck, that now, you have to hold up trying not to strangle yourself at the same time.) That would have to do. You crumple it in the puffiest way possible. It's still smaller than your thumbnail .

Someone pushes your door open because the latch doesn't work. The door hits your purse, which is hanging around your neck in front of your chest, and you and your purse topple backward against the tank of the toilet. "Occupied!" you scream, as you reach for the door, dropping your precious, tiny, crumpled tissue in a puddle on the floor, lose your footing altogether, and slide down directly onto the TOILET

SEAT. It is wet of course. You bolt up, knowing all too well that it's too late.

By this time, the automatic sensor on the back of the toilet is so confused that it flushes, propelling a stream of water like a fire hose against the inside of the bowl that sprays a fine mist of water that covers your butt and runs down your legs and into your shoes. The flush somehow sucks everything down with such force that you grab onto the empty toilet paper dispenser for fear of being dragged in too.

At this point, you give up. You're soaked by the spewing water and the wet toilet seat. You're exhausted. You try to wipe with a gum wrapper you found in your pocket and then slink out inconspicuously to the sinks.

You can't figure out how to operate the faucets with the automatic sensors, so you wipe your hands with spit and a dry paper towel and walk past the line of women still waiting.

You are no longer able to smile politely to them. A kind soul at the very end of the line points out a piece of toilet paper trailing from your shoe. (Where was that when you NEEDED it?) You yank the paper from your shoe, plunk it in the woman's hand and tell her warmly, "Here, you just might need this."

As you exit, you spot your hubby, who has long since entered, used, and left the men's restroom. Annoyed, he asks, "What took you so long, and why is your purse hanging around your neck?"

This is dedicated to women everywhere who deal with a public restrooms. (Rest? You've GOT to be kidding!) It finally explains to the men what really does take us so long. It also answers their other commonly asked questions about why women go to the restroom in pairs. It's so the other gal can hold the door, hang onto your purse and hand you Kleenex under the door!

This HAD to be written by a woman. No one else could describe it so accurately!

And in closing, keep in mind:  
A friend Is like a good bra . . .  
Hard to find  
Supportive  
Comfortable  
Always lifts you up  
Never lets you down or leaves you hanging  
And is always  
Close to your heart!

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You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.--James Allen (1864-1912), English writer whose *AS A MAN THINKETH* is now considered a classic self-help book

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### 11. Thought for the day

#### Mindset for the Class of 2011

For a decade, Beloit College has been helping out with its annual Mindset List of gentle reminders of what new students grew up with, and what they never experienced.

The list is the creation of Tom McBride, Beloit's Keefer Professor of the Humanities, and Ron Nief, the public affairs director. See below for some highlights from the 2007 list:

What Berlin wall?

They never "rolled down" a car window.

They have grown up with bottled water.

Nelson Mandela has always been free and a force in South Africa.

Pete Rose has never played baseball.

Russia has always had a multi-party political system.

No one has ever been able to sit down comfortably to a meal of "liver with some fava beans and a nice Chianti."

Wal-Mart has always been a larger retailer than Sears and has always employed more workers than GM.

When all else fails, the Prozac defense has always been a possibility.

They grew up in Wayne's World.

U2 has always been more than a spy plane.

Fox has always been a major network.

Women's studies majors have always been offered on campus.

Being a latchkey kid has never been a big deal.

They learned about JFK from Oliver Stone and Malcolm X from Spike Lee.

China has always been more interested in making money than in reeducation.

The space program has never really caught their attention except in disasters.

They're always texting 1 n other.

They will encounter roughly equal numbers of female and male professors in the classroom.

Avatars have nothing to do with Hindu deities.

The World Wide Web has been an online tool since they were born.

SOURCE:

<http://www.idehighered.com/news/2007/08/21/mindset>

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## 12. Advance planning department

A. Please feel free to accept my invitation to one of my upcoming Marketing classes on Tuesday, September 4, at 6:30 p.m. at Bucks County Community College . . . I'll be presenting on "Four-mula 4 Success," the four simple things that you can do to become successful in marketing and/or in life . . . location: Penn 410 . . . NO CHARGE, but please email to let me know if you'll be coming in case there's any change in plans.

SPECIAL INCENTIVE FOR ATTENDING:

One lucky participant will have the chance to win \$500 for just participating in the above!

B. Barbara in Pennsylvania:

I am helping to host this local workshop along with the Peace Center in Langhorne, PA, and we are fortunate to have them offer it locally in our area!

The Institute for Humane Education offers its acclaimed:  
Sowing Seeds Humane Education Workshop  
September 15 & 16, 2007

Hosted by: The Peace Center, Langhorne, Pennsylvania  
You have shown me I can do anything; you are changing the world, and make me feel like I can, too.--Sowing Seeds Participant

**<http://www.humaneeducation.org>**

Sowing Seeds is an intensive, two-day training designed to help participants effectively and creatively teach about the most important issues of our time. Discover how to humanely address the pressing issues of our time and promote positive choices on behalf of people, animals, and the Earth. Network with others of like-mind. Learn to nurture the 3 Rs of reverence, respect and responsibility, to help build a sustainable and just society.

REGISTER HERE:

**<http://umaneeducation.org/events/view/11>**

Early bird registration: \$120.00

After Sept. 6: \$150.00

Student rate: \$55.00

Registration fee includes lunch both days, catered by The Kind Café, and a copy of THE POWER AND PROMISE OF HUMAN EDUCATION by Zoe Weil.

FINANCIAL AID IS AVAILABLE!

To request a financial aid form, please contact:  
Amy Morley, Sowing Seeds Coordinator, 207.667.1025  
sowingseeds@HumaneEducation.org

PROFESSIONAL DEVELOPMENT FOR TEACHERS ACT 48: (tba)

C. Cynthia (see also Section 1A) in New Jersey:  
Just wanted to describe this new form of dance that I will be teaching. JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own, or you may choose to lead only if you are comfortable.

For more information, see below for upcoming programs; also:  
[cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com)  
609.731.0808

Princeton Center for Yoga and Health  
50 Vreeland Drive  
Suite 506  
Skillman, NJ  
<http://www.princetonyoga.com>

609.924.7794

\* Sunday, September 16: 11:00 a.m.-12:30; \$15 drop-in fee

\* Sunday, September 23: 2:00-5:00 p.m.; Fundraiser for children at St. Jude's Hospital  
Other activities also: yoga, pilates, etc.  
Contact Center for more information and what you need to do to participate.

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Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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# BLAINESWORLD

BLAINESWORLD

#568

8.20.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I were fortunate to be able to celebrate my mother's birthday--discretion prevents me from telling you which one--this past Friday at Il Bacco Ristorante (718.224.7657) in Little Neck, NY . . . the food was fine, but even better was the fact that we were able to get together with family and a bunch of her friends . . . Risa, my daughter, was even able to come in for the event.

See below for a picture of, l-r: Cynthia, Risa, my mother, and yours truly:



B. It was good getting to spend some additional time with Risa . . . she and I, along with Cynthia, had a talented massage therapist by the name of Cindy Sullivan come to our place to give us Thai massages . . . that's a type of massage that involves a lot of stretching and reflexology; for more information, please click:

[http://www.thaimassage.com/itta/pages/what\\_is\\_tm.html](http://www.thaimassage.com/itta/pages/what_is_tm.html)

We all felt better afterwards . . . should you want to contact Cindy, her email address is: starionred@comcast.net

Another high spot was a visit to the Americana Diner in East Windsor, NJ . . . it brought back memories for Risa and I, in that we both ordered what used to be our favorite item to eat together: chocolate chip pancakes . . . they were as good as always . . . Cynthia ordered and enjoyed another of my favorites, cinnamon French toast . . . Risa's friend Honey joined us and said her calamari salad was good, too.

For more information about the Americana, please click:

<http://www.americanadiner.com/>

C. Cynthia and I were invited for dinner at the home of our good friends Natalie and Ivan . . . we always have a fun time with them, and the conversation is always upbeat.

We especially enjoyed one of Natalie's "special" dishes; the recipe follows:

Italian chicken

Chicken breasts . . . about 1-3 pounds . . . I always make 3 lbs.

Eggs

Italian bread crumbs

1 can chicken broth (14.5 ounces)

1/4 cup white wine . . . make it good wine, not just cooking wine

Mushrooms

1 package Muenster cheese

Soak chicken in beaten eggs overnight . . . that's the official recipe; I just slice them thin and soak them as I cut up all the chicken . . . then coat chicken with Italian-flavored bread crumbs.

Melt some butter and/or olive oil and saute chicken until light brown. Remove chicken into casserole dish. Melt more butter or oil and saute sliced mushrooms. Add chicken broth and white wine and cook until hot. Pour over chicken and top with the grated Muenster cheese. Bake at 350 degrees until browned and bubbly.

D. I spent Monday of this past week, making a presentation to a group of parent liaisons in Trenton on the subject of "Conflict Resolution."

Then, during the latter part of the week, I was in Philadelphia as a member of a three-person arbitration panel on a stock exchange case . . . I learned a few things:

\* The best way to get in the city is via SEPTA train, leaving from West Trenton. What a pleasure to go into town this way. Methinks I'll never take the car again.

\* If you're married or in a relationship, both folks should be on the same computer screen with respect to investments. The case I had featured a husband and wife who constantly were battling over investment strategies.

\* If you are having problems with a broker or investment company, speak up when you are having them--not after the fact.

I was lucky to get to work with two other arbitrators who were both great: Michael Neft, an industry representative, and Nickolas Monteforte, a lawyer who also served as chair of the panel . . . in addition, I got to know them better over our working lunch each day at Elephant and Castle (215.751.9977) in Philadelphia, PA . . . the food there was delicious.

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

This week, it goes to Edith Smith--the person we're fortunate to have clean the residence of the Greenfields of Belle Mead (our home, in other words).

We've had the pleasure of working with Edith for some two years now . . . she always does a fine job, and she never misses an appointment.

I'd recommend her strongly to anybody in the Bridgewater, Hillsborough or Somerville areas, though at present, I believe she is only interested in cleaning offices in the evenings.

Edith can be reached at 908.526.5722. Feel free to mention that you read about her in BLAINESWORLD.

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## 2. FYI

Renewing magazines through their publishers might be the easiest way to do so, but it usually isn't the cheapest.

For example, I recently was in the process of renewing TV GUIDE . . . the cards that fell out of the magazine kept offering different rates and premiums, and so did the various letters I received directly from the publication.

However, I checked on the Internet and found this excellent company: <http://www.magazines.com>

Rates were about 14% cheaper, and I was also able to get a guaranteed rate for a longer period of time.

Calling can get you the same information and rates; in fact, I called company's 800.624.2946 number because I was pressed for time (in that my subscription was due to end soon) . . . a woman by the name of Jennifer helped me . . . she provided truly excellent customer service to the extent that I will use [magazines.com](http://www.magazines.com) in the future--and recommend it to all BLAINESWORLD readers via this passage.

FYI, part 2

\* Joan in Pennsylvania:  
Support the YWCA of Bucks County just by searching the web

As part of our ongoing efforts to raise funds, please review this information and instructions on how to register with GoodSearch--as a means of directing donations to the YWCA.

An easy way to help the YWCA of Bucks County is through a new search engine powered by Yahoo! called GoodSearch. GoodSearch will make a donation to the YWCA of Bucks County with every search. It doesn't cost you a thing--the money comes from the advertisers.

The more people who use this site, the more money will go to those in need. So please spread the word to your friends and family.

Here's the website:  
<http://www.goodsearch.com>

Just follow the instructions on this site and put down:  
YWCA Bucks County-Trevose

I use [goodsearch.com](http://www.goodsearch.com) exclusively whenever I need to access the web. If we could multiply my searches times 100 staff, board, friends and supporters, we could earn \$700 + per year for the YW--just by doing our searches through this engine. One hundred is a small group. 1,000 users could equal \$7,000 + per year.

\* Bernadette in Pennsylvania:  
Keep them [the newsletters] coming. My husband Rich also enjoys reading them!

MY TWO CENTS:  
If any reader would like separate copies sent to a spouse and/or child, just provide me with their email addresses.

\* Sorry, but due to the length of this week's issue, there is only room for these two emails . . . look for more next week!

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### 3. How to call the police

George Phillips of Meridian, Mississippi was going up to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window.

George opened the back door to go turn off the light but saw that there were people in the shed stealing things.

He phoned the police, who asked "Is someone in your house?" and he said "no." Then they said that all patrols were busy, and that he should simply lock his door and an officer would be along when available. George said, "Okay," hung up, counted to 30, and phoned the police again.

"Hello, I just called you a few seconds ago because there were people stealing things from my shed Well, you don't have to worry about them now because I've just shot them."

Then he hung up.

Within five minutes three police cars, an Armed Response Unit and an ambulance showed up at the Phillips' residence and caught the burglars red-handed.

One of the policemen said to George: "I thought you said that you'd shot them!" George said, "I thought you said there was nobody available!"

True story. And the thing to remember: Don't mess with old people!

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### 4. Reviews

A. SUPERBAD has gotten great reviews . . . frankly, I don't understand why . . . I didn't enjoy it and thought the few funny spots were more than offset by a film that dragged until the very end . . . though many of the same actors, writers and producers had made 40 YEAR OLD VIRGIN and KNOCKED UP (both of which I enjoyed), they just couldn't pull this one off . . . however, I did like the work of Jonah Hill as the foul-mouthed loser obsessed with sex . . . rated R.

B. THE LIVES OF OTHERS is now out in DVD format . . . my review from BLAINESWORLD #547 follows:

THE LIVES OF OTHERS won the Oscar last year for Best Foreign Film, and I can see why . . . it is a riveting political thriller about life in East Berlin, five years before Glasnost and the fall of the Berlin Wall, that takes a series of characters through 1991, in what becomes the reunited Germany . . . the acting is superb . . . I particularly liked the work of Ulrich Muhe (a Rob Corddry lookalike) as the police officer who eventually becomes disillusioned with his job . . . despite the fact that I saw this movie two weeks ago, I can still see it vividly in my mind--often a telltale sign that I really enjoyed it . . . you might have to dig some to find it, but please make the effort . . . I know that as of today, it was still playing at the Montgomery Cinema in Skillman, NJ . . . rated R.

C. Joseph Finder is rapidly becoming one of my favorite authors . . . his last two thrillers, PARAONIA and COMPANY MAN, were both page turners that I couldn't wait to finish . . . such is also the case with his latest effort, POWER PLAY.

It is the tale of a bunch of corporate employees on retreat at a deluxe lodge in the wilderness . . . all of a sudden, their calm is upset by the appearance of armed intruders who seek to hold them hostage.

Finder spins a taut story that also has a nice romantic subplot . . . while a bit on the violent side, I'd still recommend his book to anybody looking for a book that even manages to bring-in some humor from time to time, such as in this passage:

\* Dogs are underrated as girlfriend-substitutes, I think. Gerty never complained when I came home late from work; if anything, she was even happier to see me. She didn't mind eating the same thing day after day. She never insisted on

watching Desperate Housewives when I wanted to watch football, and she never asked me if I thought she looked fat.

I also like how the author describes certain situations; for example, how it is to live with a woman:

\* I've always thought that living with a woman is like visiting a foreign country where no one speaks English and the signs are all in some strange alphabet that almost looks like English, but not quite. If you want to buy coffee or order dinner or get a seat on a bus, you have to learn a few basic phrases of the local dialect.

Lastly, I appreciate how he really researches a subject before writing about it . . . his five pages of acknowledgments ranges from FBI folks to those with expertise on money-laundering and includes such others as those with knowledge about internal corporate investigations, the aerospace business and salmon-fishing.

When you read POWER PLAY, you'll constantly feel that you are learning something, even if it is as basic as the following:

\* "Right. I told Mike not to leave Mumbai until he gets Mr. Gupta's signature on the LOI." An LOI was a letter of intent. "I don't care how sick of curry he gets."

I now can't wait to read Finder's next book!

D. Heard the Nightingale-Conant CD program, CREATING IRRESISTIBLE INFLUENCE WITH NLP--written and read by Charles Faulkner.

He's an author and NLP (neuro-linguistic programming) modeler who shares many useful ideas on how to obtain what you want more quickly . . . you can succeed in doing so by keeping in mind such points that were made as the following:

- \* Meaningful influence is helping people get what they really want.
- \* Give people what they want. If they want chocolate ice cream, get them the best ice cream you can get. People will know you're listening to them.
- \* You can give something more status by making your voice lower and, also, by gesturing upward with your hand.
- \* People want to be the heroes of their own life. Show them that what you are offering can help them do that.
- \* When you help people fulfill their life's purpose, you'll make a difference they will remember.
- \* We can't help not respond to what is meaningful for us.

My only disappointment in CREATING was that it was a bit dry . . . also, the use of more real examples earlier in the program would have helped.

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## 5. TV alert

A. REAL TIME WITH BILL MAHER returns for a fifth season of his political chatfest on Friday at 10 p.m. on HBO . . . though I have no idea what topics will be discussed, I can report some good news for me at least; i.e., the series has been renewed for a sixth season, premiering in 2008.

B. Kenneth Branagh directs Shakespeare's AS YOU LIKE IT and sets it in 19th-century Japan . . . Kevin Kline and Alfred Molina star . . . Saturday at 4 p.m. on HBO . . . for other times, please click: [http://www.hbo.com/apps/schedule/ScheduleServlet?ACTION\\_DETAIL=DETAIL&FOCUS\\_ID=621048](http://www.hbo.com/apps/schedule/ScheduleServlet?ACTION_DETAIL=DETAIL&FOCUS_ID=621048)

C. HOUSE star Jennifer Morrison plays a journalist probing Princess Diana's fatal car crash in THE MURDER OF PRINCESS DIANA, a TV-movie based on Noel Botham's book . . . Saturday at 9 p.m. on LIFETIME.

D. BOB SAGET: THAT AIN' T RIGHT has the FULL HOUSE alum showing off his bawdy side in a New York stand-up concert on Saturday at 10 p.m. on HBO.

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## 6. Face up or face down

There are three men to be guillotined: a doctor, a lawyer and an engineer.

The doctor is first to be executed. The executioner tells him he has a choice: he can be face up or face down. The doctor votes for face up and just as his head is about to be lopped off, the blade stops in mid-air, about a foot from his head. No one can believe their eyes, and they are all in amazement. This has never happened before. It must be divine intervention--the doctor must be innocent. Therefore, he is pardoned and allowed to leave.

Next up is the lawyer. He's asked the same question by the executioner and decides to be face up as well. Just as the blade is about to cut off his head, it stops in mid-air exactly as it did the first time. Once again, everyone is stunned and believes that the lawyer must be innocent since there has been divine intervention yet again. He is pardoned and allowed to leave.

Then the engineer steps up to the guillotine and when asked which way he wants to be, he says, face up . . . but I think I see what the problem is.

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## 7. Websites

A. Tobi in Pennsylvania:  
I heard this guy speak at a LBCCC Percolator meeting. It's free and comes full of good tips [for small business owners that are also applicable to others]:

<http://www.pennypinchingtips.com>

He has a regular column in the PHILADELPHIA BUSINESS JOURNAL.

B. Jean in Pennsylvania:

I just watched a beautiful and powerful presentation that really touched me, and I wanted to share it with you. I'm sure you'll enjoy the breathtaking images and the inspiring message; see below:

<http://www.212movie.com/>

Make sure you have your sound on . . . the music is mesmerizing.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

Should you want to learn more about Cynthia or the dance programs she conducts, click "About Cynthia" on the left of the homepage.

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8. Computer tip

To search for videos on the Internet, you can always go to Google's YouTube site . . . however, you won't find videos from other sites there, nor will you find copyrighted clips.

There are several video-search engines now out there . . . the best might well be:

<http://www.truveo.com>

According to Katherine Boehret in "The Mossberg Solution" in THE WALL STREET JOURNAL, 8.22.07, page D1, "Truveo takes a refreshing look at video search and as long as you have the patience to travel to sites where content originated, you'll find it useful. It stands apart from other search engines in looks and functionality."

That said, there are three other websites you might also want to consider:

<http://video.yahoo.com>

<http://www.google.com/video>

<http://www.blinksx.com>

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9. Hurricane tips, part 2 of 2 (concluded from last week)

SHUTTERS: Your house should have hurricane shutters on all the windows, all the doors, and--if it's a major hurricane--all the toilets. There are several types of shutters, with advantages and disadvantages:

Plywood shutters: The advantage is that, because you make them yourself, they're cheap. The disadvantage is that, because you make them yourself, they will fall off.

Sheet-metal shutters: The advantage is that these work well, once you get them all up. The disadvantage is that once you get them all up, your house will look like a redneck crack house and your hands will be useless bleeding stumps, and it will be December.

Roll-down shutters: The advantages are that they're very easy to use, and will definitely protect your house. The disadvantage is that you will have to sell your house to pay for them.

Hurricane-proof windows: These are the newest wrinkle in hurricane protection: They look like ordinary windows, but they can withstand hurricane winds! You can be sure of this, because the salesman says so. He lives in Nebraska.

Hurricane Proofing your property: As the hurricane approaches, check your yard for movable objects like barbecue grills, planters, patio furniture, visiting relatives, etc. You should, as a precaution, throw these items into your swimming pool (if you don't have a swimming pool, you should have one built immediately). Otherwise, the hurricane winds will turn these objects into deadly missiles.

EVACUATION ROUTE: If you live in a low-lying area, you should have an evacuation route planned out. (To determine whether you live in a low-lying area, look at your driver's license; if it says "Florida," you live in a low-lying area). The purpose of having an evacuation route is to avoid being trapped in your home when a major storm hits. Instead, you will be trapped in a gigantic traffic jam several miles from your home, along with two hundred thousand other evacuees. So, as a bonus, you will not be lonely.

HURRICANE SUPPLIES: If you don't evacuate, you will need a mess of supplies. Do not buy them now! Florida tradition requires that you wait until the last possible minute, then go to the supermarket and get into vicious fights with strangers over who gets the last can of SPAM. In addition to food and water, you will need the following supplies:

1. 23 flashlights. At least \$167 worth of batteries that turn out, when the power goes off, to be the wrong size for the flashlights..
2. Bleach. (No, I don't know what the bleach is for. NOBODY knows what the bleach is for, but it's traditional, so get some!)
3. A 55 gallon drum of underarm deodorant.
4. A big knife that you can strap to your leg. (This will be useless in a hurricane, but it looks cool.)
5. A large quantity of raw chicken, to placate the alligators. (Ask anybody who went through Andrew; after the hurricane, there WILL be irate alligators.).
6. \$35,000 in cash or diamonds so that, after the hurricane passes, you can buy a generator from a man with no discernible teeth.

Of course these are just basic precautions. As a hurricane draws near, it is vitally important that you keep abreast of the situation by turning on your television and watching TV reporters in rain slickers stand right next to the ocean and tell you over and over how vitally important it is for everybody to stay away from the ocean.

Good luck, and remember: it's great living in Paradise.

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### 10. A quote I like

The greatest of faults, I should say, is to be conscious of none.--Thomas Carlyle (1795-1881), Scottish essayist, satirist and historian

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### 11. Thought for the day

Winner of the kingdom  
by Cynthia Greenfield

There once lived a King and Queen, and they had a grand kingdom. They were both elderly and knew they would be giving their kingdom onto their heirs. Since they did not have children of their own, they were going to pass on this honor to their nieces and nephews. Having many sisters and brothers, there were many nieces and nephews who would have this amazing opportunity to take over the throne.

So the King and Queen declared that for any niece or nephew that proved themselves to be worthy, they would be given the kingdom. They sent out a notice declaring the qualities they were looking for and explaining that there would be a series of tests.

The first test was the test of being a positive, affirming individual since this quality was of such importance when working with a kingdom. The nieces and nephews were told to do an action which would show their affirming nature.

There were many different ways that each of them showed this quality. One person just kept inviting them to dinner, verbalizing affirmations at times. the other spilled over with one affirmation after another. Another did not even seem sincere, but just talked about some educational program called the Forum. Another just came to visit once in awhile, was quiet but did come and was never intrusive. Even another cut out articles of interest to all the people and sent them via email or regular mail. They all went away feeling very sad as they were being positive and affirming in their own way and could not understand why they didn't measure up.

Nevertheless, the King and Queen rejected them all.

The next test was to be open and vulnerable and share yourself as a person. This quality was so important so that the people in the Kingdom realized that the King and the Queen were real, vulnerable people too. One person just would not open up but called a whole lot, the other came to visit only once and a blue moon, never ever called and just never shared his feelings at all. Still another cried at movies, and when it came to sharing his feelings would share happiness, but when sad, would share a joke to lighten up the mood. So many different personalities, yet none of them measured up to this perfect expectation of being open and vulnerable.

The King and Queen rejected them also.

The next test was of etiquette--doing the right thing in all circumstances. This quality also was so needed, especially for a King and Queen who are on display at all times. One person always did the right thing, visited whenever possible, made dinner a whole lot, worked like a dog, and would do anything that was necessary but at times was so exhausted doing it and felt unappreciated. Another one hardly ever did the right thing, but again he did show up and talked a whole lot less than his sisters, which was such a relief. (All that talking and expressing feelings can be exhausting!) And still another one showed up but was oftentimes oblivious to what was needed at the moment and just never quite did the "right" thing, according to the specifications that the King and Queen stated.

Alas, the King and Queen rejected them as well.

The King and Queen were becoming increasingly disturbed as none of the nieces or nephews seem to live up to their "perfect" picture of what qualities would be expected of a King and Queen. What were they to do?

There was one nephew left who did not even attempt to perform any of these tests. He was known to be a little "slow." No one paid much attention to this nephew in the family because he wasn't very intelligent.

This nephew lived without expectations of what others would do for him. Since most people did not give him much attention or any affirmation, anything that he received made him so happy. He did not take anything for granted, and he always realized that life was a gift. And if he received more than just being alive, it was gravy for him. What everyone else just expected as givens, he rejoiced in them as if they were amazing gifts. He woke up in the morning and just waking up was a gift to him. The sun and trees, his eyes and ears and legs, and anyone who happened to be in his life were blessings to him.

This nephew was the kind of person that if he wanted a basketball for a present for his birthday and someone gave him a tennis ball, well . . . he would jump up and down and be sooooo thankful that he got a present at all and that it resembled (even a tiny bit) what he had originally wanted. If he asked someone to acknowledge and affirm him and they invited him for dinner, he would be happy and realize that was their way of affirming him. If he wanted someone to be open and vulnerable with him, and they just came to visit and be very quiet, he would be so touched that the person came and just spent time with him.

As for the etiquette part, he just never asked anyone for that because he realized that there was never any particular way that things should be done. The only measure was that everyone felt affirmed and acknowledged for who they were. If they could perform for him in a way that touched him, his thinking was that alone was quite a gift. And if they did other things, he would realize it was still their gift to him, and he would acknowledge it. He would not reject a present that anyone gave to him because he realized it was the best they could do, and they were being generous in their own way. He knew in his heart of hearts that if he did reject it--expecting his present to show up in one "perfect" particular way--he would be left with no friends or family. Because rejecting people's offers (not matter how imperfect one may think they are) is one sure way to discourage a relationship.

So it turned out that the King and Queen finally found their heir to the throne. And the Kingdom all worked together to help this young man (as even he was far from perfect and needed much help) The Kingdom thrived and all celebrated the new heir to the throne.

People's hearts became so big that love just overflowed. People danced in the streets, affirming each other in all their differences. Everyone felt so full and acknowledged that they became the very best people that they possibly could become. There was much play and celebration. Everyone felt as if they were so important because they knew that their particular personality was "gotten" and even more than "gotten," it was celebrated.

There was such joy and happiness that all the Kingdoms of the world came together. War and hatred was abolished. And peace remained throughout the land.

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## 12. Advance planning department

A. Cynthia (see also Sections 1A and 11) in New Jersey:  
Just wanted to describe this new form of dance that I will be teaching. JourneyDance/Move Your Body is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times, you follow, you move intuitively on your own, or you may choose to lead only if you are comfortable.

For more information, see below for upcoming programs; also:  
[cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com)  
609.731.0808

\* Hillsborough Library  
Hillsborough, NJ

Wed. August 22: 7:00-8:30 p.m.

FREE class. Call 908.369.2200, ext. 13 for details and registration.

\* Princeton Center for Yoga and Health  
50 Vreeland Drive  
Suite 506  
Skillman, NJ  
<http://www.princetonyoga.com>  
609.924.7294

Sunday, September 16: 11:00 a.m.-12:30; \$15 drop-in fee

Sunday, September 23: 2:00-5:00 p.m.; Fundraiser for children  
at St. Jude's Hospital  
Other activities also: yoga, pilates, etc.  
Contact Center for more information and what you need to do to participate.

B. Tom in New Jersey:  
I started rehearsals yesterday for THE FULL MONTY at the Montgomery Theater yesterday, and the director informed us that tickets are selling faster than any show they have ever produced. Evidently, this is a favorite with Old Ladies Groups!

This represents something of a departure for me . . . what with the Jazz/Rock score and all the "artistic" dancing. The cast at this small, attractive theatre in Souderton PA is about 1/3 Equity and really terrific!

The show runs from September 12-October 6.

I'm very excited about this role (hopefully, not too excited during the final number), and hope that it leads to bigger and better things (bigger and better than things appear to be in the mirror, anyway)!

For more information, please click:  
<http://www.actorr.com/next.htm>

C. Debbie in Pennsylvania:  
OMPHALOS is proud to present the OUTRAGEOUS AND  
WONDERFUL healer/singer/songwriter/comedian Scott Kalechstein.

Please mark your calendars for a concert:  
Friday, September 14th  
7:00 p.m.  
\$20 advance registration; \$25 at door.

OMPHALOS The Center for P.E.A.C.E.  
301 Oxford Valley Rd. Suite 1504 (upstairs)  
Yardley, PA  
215.493.3456

Join us for an evening of illumination, inspiration, improvisational song,  
and lots of belly laughter.

Visit him and sample wit, wisdom, and songs at:  
<http://www.scottsongs.com>

Expect to laugh loudly, lighten up, get silly, and leave walking on air.

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PS. Please join me in praying that we soon get our remaining soldiers  
back from Iraq and that peace resumes in Israel . . . also, make it  
a great week!

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# BLAINESWORLD

BLAINESWORLD

#567

8.13.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I love getting the chance to celebrate happy occasions with friends . . . so when possible, we try to join them on their birthdays or close to that date . . . such was the case last Tuesday when we got together on our good friend Helen's special day . . . joined by her husband Ricardo, we went to one of their favorite places: Tropea Ristorante (908.638.3000, ext. 164) at the Bridgewater Manor in Bridgewater, NJ . . . my sole francaise was excellent, and Cynthia liked her pasta with shrimp dish . . . the service left something to be desired--actually, much to be desired--but since the food was so good, we'll probably return in the future.

B. Several days later, we had dinner at the home of two other good friends: Berta and Tom . . . they did something nice that we should remember to do more often; i.e., they asked in advance if there was anything we particularly liked or disliked.

They then prepared a delicious meal for us, including one of Tom's specialities . . . here's the recipe that he graciously has chosen to share:

### Tom's Chicken Delights

3 lbs chicken breasts  
Butter (2-3 heaping tablespoons, depending on taste)  
2 1/2 packages cream cheese  
1 lg. onion  
6 packages refrigerated crescent rolls

Cut chicken into tiny pieces  
Boil chicken until cooked thoroughly  
Cut onion into small pieces  
Melt cream cheese & butter until soft  
Mix with chicken  
Mix in onion

Refrigerate

Right before cooking:

Pinch 2 crescent rolls together

Put scoop of mixture in center

Close all sides into one bundle

Cook according to crescent roll package (typically 15 minutes)

Serve immediately

Best of all: Tom prepared more than we could possibly eat . . . so on the way out, Berta packaged up some of the leftovers . . . we look forward to soon devouring them!

C. We were fortunate to be able to catch PARK YOUR CAR IN HARVARD YARD, an Israel Horovitz play at the Off-Broadstreet Theatre (609.466.2766) in Hopewell, NJ.

It is a two-character drama--actually, two-and-a-half since there's a third voice offstage--about a teacher and his former student who has come to care for him.

Parts of it are funny; others are most touching . . . Benjamin Lovell and Alison Quairoli were both superb in the leading roles, and Robert Thick ably handled the direction and design of the production.

It runs through September 8, so you still have time to catch it . . . come early, too, because dessert is always served before curtain time.

D. CONGRATULATIONS are in order to a whole bunch of folks we care a lot about . . . in no particular order:

\* Peter Dominick has been named Executive Vice President at Bucks County Bank.

\* The Dowburds, Chic and Joni, recently became proud grandparents of, to quote them, an "absolutely precious" grandson: Jaden Michael Young.

\* Meg Crawford starts on September 4th as Special Assistant to the Vice President for Institutional Advancement at Holy Family University.

\* Carol Seufert has been named as an Assistant Director of Online Learning at Bucks County Community College.

\* And Scott Bradshaw coached the Bucks golf team to a very respectable 14th place finish in the final round of the NJCAA Division III national tournament.

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

This week, it goes to Eneas Arkawy--a close friend of my mother who was the honored guest last week at the North Shore Towers 28th Anniversary Golf Tournament and Dinner Dance on behalf of the UJA-Federation of New York's 2008 Annual Campaign.

Eneas is an amazing woman . . . she seems to know everybody at North Shore Towers, and she is an active participant in all that the building complex has to offer . . . aside from her work for the UJA-Federation, she serves as the first vice president of the Women's Golf Board and is on the Country Club and American

Israel Public Affairs committees.

Her life goal of making a difference is reflected not only in her involvement with the aforementioned, but also in her professional life . . . Eneas enhanced the lives of thousands of children in Queens District 26, where she taught for 25 years.

She was recently listed in the QUEENS COURIER as one of the 20 people who are making a difference in Queens.

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## 2. FYI

Don't give "goodies" to a loved one in a nursing home when you arrive. Give the "goodies" to them when you are leaving. By doing so, you see your loved one occupied and content when you are leaving.

SOURCE:

WHO CARES (see also Sections 4C, 10 and 11) by Dee Marrella

FYI, part 2

\* Cathy in Pennsylvania:

I felt compelled to respond to Alla in New Jersey who decried gentile Ukrainians as descendants of murderers who took a concert to Israel "for money!" apparently because they were incapable of love for Jews. There are those who do not agree with bigotry in any shape or form--that is one thing I love about my Ukrainian father, who has always stood against bigotry, and I have always admired him for it.

I have learned that when we do not have enough experience with a group of people, we can easily draw wrong conclusions about them. When I was in my early twenties, I had little money and no car, and I would ride the bus to prenatal appointments, tugging my 3-year-old daughter with me. Being very pregnant, I moved slowly and my daughter also moved slowly managing those big steps with her little legs. As we descended from the bus one day, a Jewish woman, apparently in a great big hurry, was irritated that we were not getting out of her way fast enough, and screamed loudly for everyone around to hear, "Look at her! And she's having ANOTHER one!" It was one of the most hurtful and humiliating moments of my life, at a very vulnerable time. It hurt so badly. I'll remember that wound till the day I die.

For years after this, I thought Jews were cruel and heartless because of her cruelty (and that of others I had met out in the world), and, because I simply had no clue how many Jews I really DID know. I persisted in this illusion until one day, I came to know a marvelous Jewish woman whose friendship changed my life, and suddenly, my eyes were opened and I realized that not only did I know Jews, but they were the people I admired most in my world. I just didn't realize they were Jewish because they didn't advertise it (and I was too inexperienced to realize it) but there they were: a kind and wonderful neighbor, several of my children's teachers, and, their school principal. These were good and excellent people whom I loved and admired deeply. I never again made the mistake of judging a group of people by a few scumbags you meet in the street; the decent ones are at home or at work or at school, doing something worthwhile.

I know a kindhearted and generous Ukrainian woman who will not admit to her true heritage because her elder residence has a large Jewish population, many of whom hate Ukrainians. And being a friendly, sociable person, she does not want to be hated. I also have found myself not volunteering that I am half Ukrainian to Jewish people that I don't know well because I am afraid they will stereotype me. I pray that their eyes will open to see they already know and love some Ukrainians, but never knew it, because they didn't advertise [that fact].

\* Jeff in New Jersey:

I see you and Cynthia are thinking about a 55+ community. Check "Living South" . . . they have magazines as well as shows that come to NJ. The show has seminars that can be helpful, plus a lot of developers.

Joyce and I went to one about 9 months ago. It was interesting, although we are about 10 years away from retirement. We probably will go south since we hate the cold weather and the tax and cost-of-living. It seems like there is much going on in North Carolina.

\* Arlene in Pennsylvania:

We just returned from our trip to The Villages [in Florida]. OMG and WOW!

I want to move there tomorrow morning. What a happening place. I even took a few line dancing lessons and never had so much fun. My three favorite restaurants were booming and again created a lot of fun for us. The music and the free entertainment in the town square markets were phenomenal.

My friends that own property there found an open house in one of the Villages. Drove us there and it was everything I've always wanted. Unfortunately, it was too large for me. At this stage of life, I don't need a 3-bedroom 3-bath home. The kitchen was to die for. I could go on and on. but this home is just typical. There are activities from morning until night. If you're a golfer, that's a plus. I'm not and still want to move there.

When you're close to your vacation there in December and you remember, I'll give you a hint on some of my favorite eating establishments. The prices are so reasonable. On this trip, I was able to visit the brand new temple they built. It still needs landscaping and parking for golf carts. Right now, they have 400 members.

\* Eric in Pennsylvania:

Mozy looks like a life saver. It would be great for backing up code for my websites and programs. Definitely will give that a try. Thanks for sharing it.

IN CASE YOU MISSED IT LAST WEEK:

Eric is referring to this website that I mentioned last week:

<http://www.mozy.com>

I also gave my opinion that it looked like a real winner for backing up computer files . . . what's so great about it is that the backup is done automatically.

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3. Taken

Our favorite restaurant has a waitress whose nametag reads

"Beautiful."

"Is that really your name?" I asked her.

"No," she admitted. "But if people are going to holler at me all day, I can at least be called something I like."

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#### 4. Reviews

A. Remakes of films are rarely as good as the originals . . . an exception is NO RESERVATIONS, a romantic comedy based on a German film (MOSTLY MARTHA) . . . I enjoyed both.

This latter version is the tale of an uptight chef in New York City whose life is turned upside down when her sister dies . . . when faced with having to raise her niece, she is forced to learn that there's more to life than just what takes place in the kitchen . . . Catherine Zeta-Jones and Aaron Eckhart make for a winning combination as the two leading characters, aided by Abigail Breslin (so fine in LITTLE MISS SUNSHINE) as the child who also must be worked into their lives.

The accompanying soundtrack is great, which is no surprise considering it was scored by Philip Glass . . . and much of his music is in it, too . . . rated PG, and it is truly a flick that everybody in the family will like.

B. FRACTURE, now out on DVD, is a cat-and-mouse thriller about a successful engineer who has shot his wife . . . though it appears to be an open and shut case, it turns out to be quite the contrary because of many legal loopholes that the engineer (Anthony Hopkins in another chilling role) has managed to find . . . the aggressive assistant DA (Ryan Gosling, proving that his Oscar-nominated performance in HALF NELSON was no fluke) risks both his career and his new love, attempting to put Hopkins away . . . this one kept my interest until the very end . . . rated R.

C. Please read WHO CARES (see also Sections 2, 10 and 11) by Dee Marrella as soon as you can, particularly if you are now happy and healthy . . . it is a step-by-step handbook, in which you get to provide your future caregivers with information about your needs and wishes.

Whether you like it or not, most of us will need assistance some time in our life . . . this book gives you the opportunity to decide what you want, as opposed to having somebody else make these decisions for you.

It should be completed by those living alone in cities away from family, adults with children, older adults before serious illness, and anyone in the early stages of Alzheimer's or other serious and other potentially fatal diseases.

WHO CARES will show you how to actually write a letter to your future caregivers and what to include in it . . . I liked the many suggestions it gave, including the one to give providers information on what you both like (including ice

cream!) and dislike . . . instructions are even given on how to share what you have learned in life.

There were many useful tidbits of information I gained from reading this book; among them:

\* When you come to visit, please don't tell me you can't stay very long. That tells me that you are there because of obligation. Truthfully, in that case, I would rather you stay away and get whatever is rushing you out of the way. Just come and see me when you can spend quality time holding my hand, talking to me seeing that I am okay. I say all of the above with love and understanding--not with anger.

\* In large decisions in life, decide what is in your heart. Do not just think with your head.

\* Do not do anything you would not be proud to have your children do in the future. They are watching

\* Never measure what you do for each other. Give with your whole heart when a family member is in need.

Lastly, there's this idea that I wished I had thought of when my mother-in-law was alive:

\* Leave a few dollars to that a pizza can be ordered or some other special treat. (Some patients met as a group and did this weekly in the nursing home.)

D. I got to revisit the 1996 presidential election when I listened to THE CHOICE, Bob Woodward's insightful account of the race between President Bill Clinton and Senate Majority Leader Bob Dole.

It was a behind-the-scenes view of what took place in each camp . . . though the outcome never seemed in doubt, I still liked how it made me appreciate the ups and downs of what has become a two year trek to lead the nation.

I also became more aware of Clinton's political brilliance . . . in addition, THE CHOICE made me think more highly of Dole--along with his wife Elizabeth (who methinks might have been an even better candidate for the top spot).

The narration by Tony Roberts added to my enjoyment of this book.

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## 5. TV alert

A. BACKCOUNTY BOOT CAMP, a six-hour reality show, debuts at 3 p.m. on Thursday on TRAVEL with three episodes and concludes tomorrow at the same time . . . for 35 days, 12 young adults traverse the remote Rocky Mountain wilderness carrying backpacks that weigh anywhere from 60 to 80 pounds . . . keep in mind that they don't have the use of bathrooms or toilet paper, only rations to eat . . . nor is there the \$1 million prize that the winner of SURIVOR gets; all that's

at stake is the satisfaction of having completed the challenge.

B. SO YOU THINK YOU CAN DANCE reveals the third season's top mover and shaker on Thursday at 8 p.m. on FOX . . . I like this show; however, that said, I'd prefer to see there be a top winning couple.

C. Elvis Presley passed away 30 years ago on Thursday . . . to mark the anniversary, TCM airs a daylong marathon of his films--starting at 6 a.m. with STAY AWAY JOE . . . and MYTHS AND LEGENDS, a new 30-minute exploration of tall tales surrounding the King--is on TV LAND at 10 p.m.

D. THE U.S. VS. JOHN LENNON is a 2006 documentary about how John Lennon became an activist for peace and why the Nixon administration tried to have the superstar deported . . . Saturday at 9 p.m. on VH1.

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## 6. Guilt

Dr. Sam had slept with one of his patients and felt guilty for days. No matter how much he tried to forget about it, he couldn't. The guilt and sense of betrayal was overwhelming. But, every once in a while he'd hear an internal, reassuring voice in his head that said: "Sam, don't worry about it. You aren't the first medical practitioner to sleep with one of their patients and you won't be the last. And you're both single. Just let it go."

And at times he would. But invariably another voice in his head would bring him back to reality, whispering:

Sam . . .

Sam . . .

Sam . . .

You're a veterinarian!

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## 7. Websites

A. Pat in Pennsylvania:

I came across this new website called [airset.com](http://airset.com). Basically, it's a free on-line scheduling calendar for groups.

For example, you and Cynthia could have a group set up between the two of you to plan all that you two may have going on or coming up in the future. This way, each of you could access the site when ever you wanted and post what plans, events and parties that each of you have coming up and what events you have as a group like family parties, weddings, shows and dinners. And you can also create lots of other groups too--such as for colleagues at school, those interested in Cynthia's dance programs, etc.

Pretty neat. So check it out:

<http://www.airset.com>

B. For a somewhat humorous look at what your future holds for you with respect to work, please click:

<http://www.careerbuilder.com/age-o-matic>

You can even personalize your message with your own picture and when you're done with it, you can send it to others via your own voice (that can be recorded by phone) or using the text-to-speech option that's provided.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

If you're a first time reader of this missive and want to get on the FREE mailing list, just go to the bottom of the homepage and see the "Special Offer" . . . as always, present subscribers are encouraged to forward this week's issue to their friends, relatives and colleagues--and also invite them to subscribe.

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## 8. Computer tip

AOL and others have been clamping down on spam mail . . . that's the good news . . . what's not so good is that in doing so, certain "regular" mail gets blocked . . . even worse is the fact that some folks are getting labeled as spammers and, as such, are getting their service terminated.

If you're an AOL user and you want to send a particular piece of email to a lot of folks, make sure you have your permission to get such correspondence from you . . . in addition, use a blind copy when sending to them; i.e., put their name in parentheses and separate it by a comma from the next person . . . see below for an example:

(Mary Creamcheese), (Harry Finichi), etc.

Other service providers have similar ways for doing this; just check help for instruction on how to send blind copies.

This is just common courtesy, too . . . unless there's a specific reason for including all the names on a distribution list, it is nobody else's business as to who gets email from you.

AOL now has something else in beta testing . . . go to keyword "groups" and try this approach; e.g., if you frequently send email out to a regular mailing list . . . another way to do the same thing (not using AOL) can be found by clicking:

<http://www.groups.yahoo.com>

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## 9. Hurricane tips, part 1 of 2

We're currently in the hurricane season. Any day now, you're going

to turn on the TV and see a weather person pointing to some radar blob out in the Atlantic Ocean and making two basic meteorological points:

1. There is no need to panic.
2. We could all be killed.

Yes, hurricane season is an exciting time to be--particularly if you live in Florida. If you're new to the area, you're probably wondering what you need to do to prepare for the possibility that we'll get hit by "the big one." Based on our experiences with such hurricanes as Frances and Jeanne, we recommend that you follow this simple three-step hurricane preparedness plan:

STEP 1: Buy enough food and bottled water to last your family for at least three days.

STEP 2: Put these supplies into your car.

STEP 3: Drive to Nebraska and remain there until Halloween.

Unfortunately, statistics show that most people will not follow this sensible plan. Most people will foolishly stay here in Florida. We'll start with one of the most important hurricane preparedness items:

**HOMEOWNERS' INSURANCE:** If you own a home, you must have hurricane insurance. Fortunately, this insurance is cheap and easy to get, as long as your home meets two basic requirements:

1. It is reasonably well-built.
2. It is located in Nebraska.

Unfortunately, if your home is located in Florida, or any other area that might actually be hit by a hurricane, most insurance companies would prefer not to sell you hurricane insurance, because then they might be required to pay YOU money, and that is certainly not why they got into the insurance business in the first place. So you'll have to scrounge around for an insurance company, which will charge you an annual premium roughly equal to the replacement value of your house. At any moment, this company can drop you like used dental floss.

Since Hurricane Frances, I have had an estimated 27 different home-insurance companies contact me. This week, I'm covered by the Bob and Big Stan Insurance Company, under a policy which states that, in addition to my premium, Bob and Big Stan are entitled, on demand, to my kidneys.

(to be concluded next week)

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10. A quote I like

Very often a little old lady sat in a wheelchair by the main

entry to Grandmom's nursing home. I would give her a big greeting and hug each time I saw her. One day she grabbed my arm and pulled me back. She said, "I want you to promise to remember what I am going to tell you. When they put me in this nursing home, they took away my house, my car, my furniture-but they couldn't take away my memories. Go out and get as many good memories as you can."--Dee Marrella in WHO CARES (see also Sections 2, 4C and 11)

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#### 11. Thought for the day

Someone once told me to put cotton in my ears, Vaseline on my glasses, and heavy gloves on my hands and combat boots on my feet. This will give you some idea of how an elderly person sees, and feels.

SOURCE:

WHO CARES (see also Sections 2, 4C and 10) by Dee Marrella, a book I REALLY liked as can be seen by the fact that this is the fourth time I have mentioned it is in this newsletter

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#### 12. Advance planning department

A. Cynthia in New Jersey (see also Sections 1A and 12C):

I have completed my training in another movement form called JourneyDance. It has some similarities to Move Your Body, and it has many possibilities for an expanded experience. I am very excited about it and would love to share it with you. Below are two FREE opportunities. They do require pre-registration, especially the one at Pike Run Associates as it will get booked up very quickly.

Love to see you there. Live and dance with joy.

\* Pike Run Associates in Belle Mead, NJ:  
Sat. August 18: 10:30 a.m.-12:00

Call Cynthia at 609.731.0808 for details and registration. Or email her at: cgreenfield1001@aol.com.

\* Hillsborough Library, Hillsborough, NJ

Wed. August 22: 7:00 p.m.-8:30

Call 908/369.2200 ext 13 for details and registration

B. Experience the Campus Advantage:  
You're Invited to Community Day  
at Bucks County Community College's  
New Lower Bucks Campus

FREE Fun for the Family!

DATE: September 8, 2007

TIME: Noon to 4 p.m.

LOCATION: 1304 Veterans Highway - Bristol, PA

MEET Innovator "Ben Franklin"

ENJOY Family Fun with Kids on Campus Activities

CELEBRATE with Song and Dance

MAKE and Fly a Kite

LEARN about your new campus and BCCC's programs

FREE Soft Pretzels & Rita's Water Ice

FREE Health Screenings and Career Workshops

WIN a Gateway Notebook

C. Save the Date:  
September 23, 2007  
at the Princeton Center for Yoga & Health

GLOBAL MALA PROJECT  
Fundraiser for St Jude Children's Research Hospital

We are excited to inform you about a special fundraising program we will be hosting on September 23 as part of the international Global Mala Project.

It will run from 2:00 to 6:00 p.m. Some of our instructors will be leading us in a series of 108 sun salutations/yoga poses, followed by 54 minutes of JourneyDance/Move Your Body--taught by and 54 minutes of Pilates.

Rama Ramanathan offers a special workshop on September 23 from 10:30 am-1:30 p.m. on Sun Salutations if you'd like to learn in depth about the practice of this powerful yoga sequence.

Every participant must find a sponsor or sponsors for participation in the day's events. For example: To donate \$1 toward each pose the participant achieves in the yoga portion of the day and/or \$54.00 for the completion of the JourneyDance/Move Your Body or Pilates portions. It all goes to St. Jude's, so it should be easy for us all to find sponsors to open their hearts and wallets for such a worthy cause.

In addition to feeling good about raising money for charity AND feeling great about getting a good workout, we'll have healthy snack breaks between events with some time for socializing. So look for a special time in good company in support of body, mind, and spirit and raising funds for a good cause.

The entry fee is only \$10.08 per person, so you get quite a workout for less than the cost of a drop-in fee! You may sign on for any portion of the event or the whole thing as long as you find sponsorship for all the activities you've signed on for. It's going to be a good, wholesome, consciousness-raising day, and we'll do a lot of good for the children at St. Jude's hospital and around the world.

If you are interested in participating or making a donation, please call the Center at 609.924.7294.

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#566

8.6.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride and I, try to make "dates" as often as possible . . . we get to spend the entire day with each other and as I often tell her, "This is as good as it gets!" . . . the key, I believe, is to constantly strive to increase the amount of such days--and to also increase the memorable moments within them.

B. This past Tuesday was one such example . . . we started off with a visit to our financial advisers: Ed Kohlhepp and his son Ed, Jr. . . . they've been handling our finances for the past several years, and I'm very pleased with the service we have received . . . both Kohlhepps know their stuff and our investments seem to have done well enough to enable us to contemplate retirement, perhaps as early as two years from now.

They're located in Doylestown, PA, and methinks you won't go wrong with having them help you with your financial decision-making . . . they can be reached at 215.340.5777 . . . as always, if you call, please feel free to mention my name.

From there, we went for a visit to our chiropractor, Dr. Wendy Attadgie (215.355.9337), who has offices in Newtown and Southampton, both in Bucks County, PA . . . afterwards, we got relaxing massages at her office from one of her newest massage therapists: Oksana Kors--a very skilled practitioner.

Next was a visit to see my friend Walt and his wife Anne . . . they live in a beautiful home in a 55 and over community: Heritage Creek in Warwick Township, PA.

### HELP REQUESTED DEPARTMENT:

We're in the process of seeking a similar community, but one with more activities . . . so far, the Villages in Florida is one possibility; we have a visit scheduled there for December . . . what we're looking to find: a 55 and over community, probably with at least 1,000 or

more homes, that has a lot happening--all the time . . . Florida is one possibly destination for us, but we're open to other warm weather climates . . . or possibly even, for me, a return back to Pennsylvania . . . I'd say New Jersey would be another location to consider, though from what I learned from the Kohlhepps, the tax situation is much better in the other states I mentioned.

C. We all then went for dinner at Tomatoes (215.343.4748), a restaurant in Doylestown . . . I've been there before and have always enjoyed the non-chain atmosphere . . . my chicken parmigiana was good; Cynthia said her veal parmigiana was excellent . . . Jackie, our server, was very friendly--something that always makes for an even better time . . . she also had a great necklace that you'll have to ask her about it you see her.

On our way home, Cynthia and I stopped at what has become one of our favorite ice cream parlors: Zebra-Striped Whale (215.860.4122) in Newtown, PA . . . portions are generous, and there's both a wide variety of flavors and blend-in choices . . . service is always cheerful, too, but what really makes it a neat place is the fact that on a nice evening, you can sit outside on a bench and enjoy your ice cream.

D. The rest of the week was equally fine, too . . . on Thursday, we got to catch a movie: I NOW PRONOUNCE YOU CHUCK AND LARRY . . . it was fair, at best . . . we then went for delicious hamburgers at one of my old stomping grounds, the Americana Diner in East Windsor, NJ . . . portions are huge, and if you're in the mood, catch such breakfast-type specialties as their chocolate chip pancakes (that I used to get with my daughter Risa) or cinnamon french toast . . . for more information on this great diner, please click:  
<http://www.americanadiner.com/>

We then saw our friend Marta, who is recovering from a broken foot . . . the fun part of our visit was that we brought-in ice cream from Cold Stone Creamery to share.

On Saturday, we went to see my mother and had brunch with her, along with my brother and his wife . . . from there, we took my mother to catch A MIGHTY HEART . . . don't believe the good reviews you may have seen about this flick . . . Cynthia and I found it dark and slow-moving, though we were surprised that my mother liked it.

When we left, we went to a barbecue at the home of Cynthia's sister . . . it was also the celebration of my brother-in-law's birthday--another nice thing to do; i.e., to get together with family on such occasions.

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

This week, it goes to Blake--a staffer at [mozy.com](http://mozy.com) (see also Section 8).

I encountered this individual when I wrote Customer Support with a question that I had about using his company's fine product . . . I was amazed that he got back to me within 24 hours, and that what he told me solved my problem.

Although many companies promise a response within a certain period of time, it is rare that when that happens; in fact, I'm finding out far too often that many companies don't ever bother replying to questions despite their promise to do so.

Furthermore, I was sooooo surprised that Blake actually answered my question in a concise, personalized fashion that provided me with the information that I needed . . . what usually seems to happen in such situations:

1. I'm sent a meaningless email with a reference number and notice of the fact that my question will be answered 24 hours later.
2. Then, the next day or usually, several days later, I'll get some sort of form reply that has nothing to do with my original question.
3. I'll email back and forth and if I'm lucky, I might eventually get the answer that I need within 7-10 days. Or the company will just give up trying to respond.

In this case with [mozy.com](http://mozy.com), it should be further noted that I got my response despite having just registered as a member--and I'm not yet even a paying customer!

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2. FYI

Think about how you tell a story. Oftentimes you will hear someone say "I'm not very good at telling stories" or "I'm not very good at telling jokes." Why would you write yourself a death sentence before you even begin? Why wouldn't you say something like, "I'm trying to get better at telling stories. Listen to this one."

SOURCE:  
GETTING YOUR WAY (see also Sections 4C, 10 and 11)  
by Jeffrey Gitomer

FYI, part 2

\* Vicki in Florida:  
My sympathies go out to Cynthia and you for her most precious loss. Losing a mother has to be the hardest thing in life. I'm going to visit my mother and father tomorrow. I'm blessed to still have them.

I love your email. It inspires me and makes me smile. Thank you!

\* Alla in New Jersey:  
Thank you very much from the bottom of my heart. I really appreciate your email.

"Hava Nagila" was a forbidden song in Ukraine where I was born and musicians in restaurants were not allowed to play it. I could only hear it at weddings or birthday parties behind closed doors.

And now Ukrainians went to Israel with the concert named from Ukraine with love? These are descendants of people who murdered my grandparents and many others. Anything for money!

My feelings are just like one famous writer in NY said, "This country does not exist for me" (meaning the former Soviet Union).

\* Arlene in Pennsylvania:

Speaking of Erma Bombeck [whose book was reviewed in a previous issue] . . . while a student at BCCC, I did a book review on one of her books. I think it was IF LIFE IS JUST A BOWL OF CHERRIES, WHAT AM I DOING IN THE PITS? One of Erma's quotes that stuck with me during these many years is something she said when asked to go skiing with a group of friends.

Her reply: "I refuse to participate in any activity that requires an ambulance on standby." She was a very funny lady.

I did an outline for a book I planned to write (in Erma Bombeck style) when I left my well-paying job to start my own home-based business. The title was GOING IT ALONG WITH OTHERS. Never got past the outline and the title.

[on quick but inaccurate typing, something else that I mentioned] . . . at 18, I was hired by the U.S. Government as secretary to the Commanding Officer of an inspection facility. I prided myself on taking shorthand quickly and transcribing it accurately.

One day, after leaving a letter on the Commander's desk for his signature, I looked up to find him standing in front of me with a smirk on his face. He told me there was one correction that had to be made, although the typo was closer to the truth.

In the letter to other Commanders concerning personnel issues, I had typed "this matter must be presented to all uninformed personnel." It should have read all uniformed personnel. We both had a good laugh over that one.

Keep BLAINESWORLD coming. I really enjoy it. Thanks.

\* Natalie in Pennsylvania:

Thanks for sharing it [PORTRAIT OF JENNIE] with others. It's one of my favorites. Speaking of favorites, just wanted to update you on some other movies I've enjoyed. Ivan and I saw "PAN'S LABYRINTH" last night on Verizon's On Demand. I really liked it. Have you seen it?

Also, I'm reading a very good book I'd like to tell you about. It's THE LAST HOURS OF ANCIENT SUNLIGHT, and it's all about the global warming crisis and the deterioration of our culture. It's fascinating by Thomas Hartmann who has written nine books, most of them about ADHD. If you're not familiar with it, I highly recommend it. What I most like about it is the way he goes back into ancient history to explore what led us to the mess we're in now and how we've come to disrespect and devalue all life and nature. He has some excellent suggestions for how we can get back to a purer, richer way of life, away from consumerism and dependence on oil.

\* Walter in Pennsylvania:

Saw LIVE FREE. I didn't take it too seriously and enjoyed it. A friend also said it was unreal. No kidding. Aren't most adventure movies?

If you want a good story, see TALK TO ME. Cheadle is terrific. It's about a street smart kid who makes it IN radio.

I was also uneasy watching JOSHUA, a real spine tingling story like the BAD SEED. But Pat and I talked about it for an hour afterwards.

Saw both new TV shows and enjoyed both for different reasons. Holly Hunter is quite a character and leaves some mystery. Glen Close is a tight knit story told with flash backs to one scene. Very well done.

\* Dan in Pennsylvania:

Here's another warning, I just received from my sister:

Cancer Update from Johns Hopkins

This information is being circulated at Walter Reed Army Medical Center as well.

I do not know where she got it. I never did too well in chemistry, so you'll have to research this yourself. Until now, I did not know this.

MY TWO CENTS:

I did not include the warning because in checking it, I found out that it wasn't true; i.e., Johns Hopkins did not issue it and much of the information it contained was false.

As always, please check [snopes.com](http://www.snopes.com) when you get such messages that you're tempted to forward . . . here's what it had to say about this one:

<http://www.snopes.com/medical/disease/cancerupdate.asp>

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3. Two cows

Two cows, Daisy and Dolly, are standing next to each other in a field. Daisy says, "I was artificially inseminated this morning."

"I don't believe you," says Dolly.

"It's true," insists Daisy. "No bull."

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4. Reviews

A. I had seen the non-musical version of HAIRSPRAY, as well as the musical Broadway play . . . both were good; the latest movie with the same title--now out--is perhaps best of them all . . . newcomer Nikki Blonski is fantastic as the plump girl who wants to dance on a popular local TV show . . . she is somehow chosen, and when that happens, Baltimore is never the same again as integration also sets in . . . other cast members were equally fine, including Michelle Pfeiffer, Christopher Walken and John Travolta as his wife (yes, wife!), and a scene-stealing Elijah Kelley . . . be prepared to want to dance as you watch this film--right from the very beginning . . . rated PG.

B. DISTURBIA is now out in DVD format . . . my review from BLAINESWORLD #551 follows:

DISTURBIA is a thriller that held my interest until shortly before the ending . . . until then, I was interested in how Shia LaBeouf dealt with

his court-imposed house arrest . . . his interaction with others, most notably a menacing David Morse and a bikini-clad Sarah Roemer, also made for a worthwhile movie-going experience . . . if only there had been a better conclusion than the last 15 minutes or so that reminded me of a slasher-type flick . . . rated PG-13.

For a better film, I'd suggest renting REAR WINDOW . . . the plot is similar--very similar, in fact--and the cast features both Jimmy Stewart and Grace Kelly . . . you won't go wrong with that one, though I doubt that very few folks under 40 will make the effort to get it.

C. Call me a Jeffrey Gitomer fan . . . make that, a BIG Jeffrey Gitomer fan . . . I've read just about everything he has written, including THE LITTLE GOLD BOOK OF YES! ATTITUDE, THE SALES BIBLE, etc. . . . and each book he comes out with has me looking forward to the next one.

So when I obtained his latest, GETTING YOUR WAY (see also Sections 2, 10 and 11), I couldn't wait to read it . . . the premise stated in the subtitle, HOW TO SPEAK, WRITE, PRESENT, PERSUADE, INFLUENCE, AND SELL YOUR POINT OF VIEW TO OTHERS, was of particular interest since this was and is something I often have to do in my work as president of my college's faculty union.

By the time I got to page 4, I knew that I had another winner in my hands . . . it is there that he gives this crucial piece of advice:

- \* The key to getting your way is to let the other person feel great after he or she has decided to see it or do it your way.

That's, of course, often easier said than done, but Gitomer shows you how this can be done in situations that involve not only work, but also gets you thinking about how best to sell such products as girl scout cookies:

- \* Why do you think they let girl scouts sell cookies instead of mothers? Because kids can outsell mothers 100 to 1. They have more enthusiasm, they have more passion, and they haven't been discouraged by life (yet).

Perhaps best of all were his many tips for presenting . . . although I felt that I knew something about this topic, I gained much insight from such tidbits as the following:

- \* Record a practice session. If you listen to the recording and say to yourself this sucks--that's what your audience will think. It's you--fix it.

- \* Don't thank anyone for anything at the beginning of your talk. Start as though you were in the middle of your talk and make an engaging point as fast as you can.

- \* Don't EVER say, "This one's a little hard to read." Slides are free. Make two of them.

The accompanying cartoons by Randy Glassbergen added to my enjoyment of this excellent book, as did the many free offers that were given if you just go to his website.

D. Bill Maher has been a comedian I've enjoyed for a long time . . . so when I got hold of his audio book, POLITICAL INCORRECTIONS, I was naturally looking forward to listening to it.

Its premise intrigued me, too . . . dubbed the "best opening monologues from hit show POLITICALLY INCORRECT," I listened with the expectation that I'd laugh loud and often--much as I had done when I watched the show when it was on the air.

For the most part, I did get quite a kick out of the book . . . it gave me a great opportunity to revisit much of the 1990s (POLITICAL INCORRECTIONS came out in 1996) and once again hear about such popular stories of the day involving OJ, Pee Wee Herman, Cathy Lee, Michael Jackson, and a whole host of others.

There were countless jokes fired in the typical Maher fashion with his promise that the material has been "satirized for your protection" . . . among just a few of those that caused me to pause while I was driving to write them down were the following:

\* [on the trend to remake old movies]

In the 90s, they had to be politically correct. So next year, they're coming out with THE GOOD, THE BAD AND THE FACIALLY CHALLENGED.

\* [on Clinton's cabinet]

It is starting to look like the Temptations. There are no original members.

\* [on a recent vote in California]

61% of people voted for the proposition to limit services to illegal aliens. The other 39% are illegal aliens.

\* [on Sonny Bono going to Congress]

Exit polls show he got in with a strong coalition of gypsies, tramps and thieves.

\* [on Pee Wee Herman auditioning for a role in HOW TO SUCCEED IN BUSINESS]

He said he could hold his own in the theater.

\* [on Colin Powell commenting how Bush and Reagan were hostile to on the race issue]

They wrote him back and told him to stop being so uppity.

\* [on St. Thomas being pounded so hard by hurricanes]

It is no longer considered a virgin island.

\* [on the OJ decision]

Justice is blind. I just didn't know she was such a big football fan.

\* [on Keith Richard having a grandson]

They can tell who he is because he has so many wrinkles and his nose is covered with white powder.

\* [on a survey of American sexual behavior]

American males came in last in almost every category except one: They were first in coming first!

My only criticism of POLITICAL INCORRECTIONS had to do with the inclusion of each night's guests . . . they added nothing to the book and could have easily been eliminated.

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#### 5. TV alert

A. I-CAUGHT, a new series, debuts on Tuesdays at 10 p.m. on ABC and runs for six weeks . . . it is a look at the camera craze of catching people on video and putting their images on the Internet . . .

B. A classic SEINFELD episode, "Chinese Restaurant," airs on Friday at 6:30 p.m. on TBS.

C. As a kid, I remember enjoying FLASH GORDON comic books . . . he resurfaces in a new series on SCI FI on Fridays at 9 p.m. . . . my hope is that it will be better than the 1980 movie with the same name.

D. THE LIFE, THE LEGEND: THE KING recalls some of Elvis Presley's greatest TV appearances, beginning with his debut on ED SULLIVAN in 1956 . . . Sunday at 8 p.m. on TV LAND.

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#### 6. Names

(An oldie, but still goody . . . and one that I don't seem to have ever used in BLAINESWORLD before.)

Three Native American children were asking their parents the origin of their names.

First son: How'd I get my name?

Father: In the Indian tradition, we name our children after some memorable thing that reminds us of how we conceived you. So that is why we call you Majestic Mountain.

First son: Oh, I love that name. Thank you.

Daughter: The origin of my name, Mom?

Mother: We also named you after something memorable. That is why we call you Running Brook.

Daughter: Oh, thank you mom. I love that name!

Third son: And the origin of my name?

Father: Well, sh\*t in the woods . . . !!!

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#### 7. Websites

A. Harvey Mackay has always been one of my favorite business authors . . . His classic book, SWIM WITH THE SHARKS WITHOUT BEING EATEN ALIVE, is one that I recommend in every class I teach . . . don't be put off by the title, either; just about anybody will benefit from reading it--regardless of profession . . . it also makes a great gift to give college students, recent graduates and anybody

looking to move up to a new position.

He also has a great newsletter that you can get for free by clicking:  
<http://www.harveymackay.com/columns/index.cfm>

Then, make sure you browse around at the website for past columns, advice and The Mackay 66 (the best tool I've ever seen for obtaining information about customers).

B. To take you back to a time when life was simpler, please click:  
<http://moreoldfortyfives.com/TakeMeBackToTheSixties.htm>

If the Sixties were before your time, then just sit back and enjoy the music.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net>

From time to time, you might want to check past issues . . . you can, of course, read some great jokes (Sections 3, 6 and 9) . . . but also, from time to time, you might want to check out the computer tip that can be found in Section 8.

For example, here's one I ran in BLAINESWORLD #533:

Last week, I mentioned one idea for printing pages from Mapquest or any other Internet site easier . . . here's another one:

Click the print preview option before you finalize anything . . . that way, you have the option to see what you're going to print out--before you do so . . . in addition, you can change from portrait to landscape, turn headers and printers on or off, make print size larger or smaller, etc.

If you play with these possibilities, you'll be pleasantly surprised.

WHATEVER YOU DO:

Don't miss the tip in this week's issue--see below, Section 8 . . . it will make your day, if not week . . . I'd say month, but that might be stretching things a bit.

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## 8. Computer tip

I attempt to backup the important files on my computer on a regular basis, but don't always remember to do so . . . and lately, I had been finding the whole process of using CDs a real pain.

That's when I discovered a web-based backup that makes life so much easier for me . . . to see it for yourself, please click:  
<http://www.mozy.com>

Best of all, the service is free (unless you need to backup a really large amount of stuff) . . . you'll also love the fact that it is automatic; i.e., every night, it runs at 2 a.m., and I don't have to do anything else except read the results the next day that everything went well.

If it sounds too good to be true, check out what THE WALL STREET

JOURNAL had to say about it and other such services by clicking:  
<http://ptech.allthingsd.com/20061214/back-up-files-remotely/>

For more information, see also the BLAINESWORLD BEST AWARD (at the end of Section 1).

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#### 9. A real challenge

A priest, a Pentecostal preacher and a rabbi all served as chaplains to the students of Northern Michigan University in Marquette. They would get together two or three times a week for coffee and to talk shop.

One day, someone made the comment that preaching to people isn't really all that hard. A real challenge would be to preach to a bear. One thing led to another, and they decided to do an experiment. They would all go out into the woods, find a bear, preach to it and attempt to convert it. A month later, they all got together to discuss their experience.

Father Flannery, who had his arm in a sling, was on crutches and had various bandages on his body and limbs, went first "Well," he said, "I went into the woods to find me a bear. And when I found him, I began to read to him from the Catechism. Well, that bear wanted nothing to do with me and began to slap me around. So I quickly grabbed my holy water, sprinkled him and, Holy Mary Mother of God, he became as gentle as a lamb. The bishop is coming out next week to give him first communion and confirmation."

Reverend Billy Bob spoke next. He was in a wheelchair, had one arm and both legs in casts, and had an IV drip. In his best fire-and-brimstone oratory, he claimed, "WELL, brothers, you KNOW that we don't sprinkle! I went out and I FOUND me a bear. And then I began to read to my bear from God's HOLY WORD! But that bear wanted nothing to do with me. So I took HOLD of him and we began to wrestle. We wrestled down one hill, UP another and DOWN another until we came to a creek. So I quickly UNKED him and BAPTIZED his hairy soul. And just like you said, he became as gentle as a lamb. We spent the rest of the day praising Jesus."

The priest and the reverend both looked down at the rabbi, who was lying in a hospital bed. He was in a body cast and traction with IVs and monitors running in and out of him. He was in really bad shape. The rabbi looked up and said, "Looking back on it, circumcision may not have been the best way to start."

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#### 10. A quote I like

I used to watch my father negotiate. He was a master at getting his way. After the deal was done, he would remind me, "Son, never offer anything you wouldn't be glad to accept yourself." I thought that was a pretty good strategy. It would certainly make you think before you tried to take advantage of someone.--Jeffrey Gitomer, author of GETTING YOUR WAY (see also Sections 2, 4C and 11)

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### 11. Thought for the day

Persistence is best defined by looking at the actions of a child or a cat. Neither one ever gives up. A child will do everything from begging to tantrum throwing. A child is willing to take corporal punishment to get their way. When you think about it, it's the only way they know. They're doing what comes naturally, unless the parent can do something that will change the behavior.

I recall walking in a mall with my then 5-year-old daughter Rebecca. She looked in a store window and asked, "Dad. can I have that T-shirt?" "Not today," I said. I we kept on walking. After about 100 yards I asked Rebecca, "How come you didn't throw a fit like you do with your mother?" Rebecca offhandedly responded to me and said, "It doesn't work with you. Dad." That was shock 10 me, and a lesson.

Now think about your cat. When the cat is hungry, the cat will never give up. The cat will jump on tables, jump people, make loud noises, and knock things down on purpose. In short, they'll do anything to get fed.

The will start out with a gentle meow, maybe rub up against your leg, maybe run to her dish as you begin to walk. But ignoring the cat will only make her persistence meter get to the red line. The meowing gets louder, the running around and jumping gets noisier, things will get knocked down, if she has claws they will begin to dig into you, and she will use every method at her disposal in order to be fed, only saying one word all the while--"Meow!"

Now think about die percentage of victory of your kid and your cat, and you at once realize that persistence pays. The question is how do you refine yours so that people perceive a value, not a pest? The secret is allowing the other person to feel a valid reason for your persistence. If they do, they will embrace you rather than avoid you.

The cat will get her way 100% of the time. If you want to learn how to get your way--get a cat.

SOURCE:

GETTING YOUR WAY (see also Sections 2, 4C and 10), a book by Jeffrey Gitomer that I REALLY liked as can be seen by the fact that this is the fourth time I have mentioned it is in this newsletter

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### 12. Advance planning department

A. A good friend, Ivan Winegar, will be appearing in:  
OUR TOWN by Thornton Wilder

The show is being presented by the Newtown Arts Company at the Newtown Theater from August 9-15.

For more information or to book tickets, call: 215.860.7058 or please click:

<http://www.newtownartscompany.com>

B. Cynthia in Pennsylvania (see also Section 1A):

I have completed my training in another movement form called JourneyDance. It has some similarities to Move Your Body, and it has many possibilities for an expanded experience. I am very excited about it and would love to share it with you. Below are two FREE opportunities. They do require pre-registration, especially the one at Pike Run Associates as it will get booked up very quickly.

Love to see you there. Live and dance with joy.

\* Pike Run Associates in Belle Mead, NJ:  
Sat. August 18: 10:30 a.m.-12:00

Call Cynthia at 609.731.0808 for details and registration. Or email her at: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com).

\* Hillsborough Library, Hillsborough, NJ

Wed. August 22: 7:00 p.m.-8:30

Call 908/369.2200 ext 13 for details and registration

C. Kathy in Pennsylvania:  
ONE DAY ALL GENDER DRUM BIRTHING

A drum is a powerful tool, which can be used for healing, honoring Spirit, clearing and generating energy. During either a weekend woman's retreat or a one day all gender workshop, we will use the shamanic technique of journeying to learn from Spirit how to deliver your 16" round, Sacred Medicine Wheel Drum, into being.

The lacing pattern we will use to hold the skin on the head of your drum was provided to Snake Dancer in a vision. It is a powerful symbol, which can open your heart to the connection which is always available with Spirit, Earth Mother, Father Sun, Grandmother Moon as well as the Physical, Spiritual, Mental and Emotional Realms.

The skin we will use was offered up to us by Elk, a wonderful teacher who we honor in our process. You may also learn simple drum rhythms that will merge your being with the elements of earth, water, fire and air.

It is possible in the process of birthing your drum, to experience a deep personal transformation and an initiatory type integration of your personal power. Snake Dancer also offers a one-day format, which welcomes both men and women.

One Day All Gender Drum Birthing dates:  
September 30, 2007  
Contact Kathleen for this class at: [holisticcare4u@aol.com](mailto:holisticcare4u@aol.com)

And January 12, 2008  
Contact Cyndy "Snake Dancer" Paige for this class at:  
[snakdancr@aol.com](mailto:snakdancr@aol.com)

Also contact Cyndy for information on the Women's Retreat dates:  
November 16-18, 2007.

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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# BLAINES WORLD

BLAINESWORLD

#565

7.30.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I had quite a past week . . . we started off by driving some nine hours to Maine, finally arriving at what we thought was our vacation destination . . . the place seemed quite run down and though Cynthia had been there several years ago, she thought perhaps things could have gone downhill.

After waiting several minutes, a young woman came to the front desk . . . when Cynthia asked her what role she was going to play in the musical performance that week, she told us, "You're at the wrong place; you want the resort down the road" . . . we thanked her and offered to cross our names off the guest register (which hadn't had an entry for some three days), but she said that wouldn't be necessary . . . on our way off, she gave us a discount coupon for our next visit, but methinks that will also not be necessary.

We then found our intended destination: Quisisana . . . located on the stunning Lake Kezar in Lovell, Maine, it is to quote the website's accurate description, "equal parts summer camp, music festival and gourmand's fantasy" . . . the few meals we had were delicious, our cabin overlooking the lake was magnificent, and the help was both enthusiastic and friendly . . . we got to see one show, a preview of what was to come during the rest of the week, and it had us looking forward to the rest of our stay.

Unfortunately, on our second day there, we got the news that Cynthia's mother had died . . . so we packed up and turned around for another nine hour trip back, thinking that it was the most expensive one night we had ever stayed anywhere.

We're hopeful that we will get some sort of refund, especially given the circumstances . . . stay tuned for details . . . and if and when that happens, we'd very much be interested in the possibility of returning . . . should you want to also go to this resort that Cynthia describes as "magical," please click for

more information:

<http://www.quisisanaresort.com/>

B. Last week was mostly spent with the funeral and sitting shivah, which is a period of mourning the dead that is observed in Jewish homes.

I wouldn't call it a happy week, but it wasn't completely sad either . . . Cynthia's mother--Elsie Rubin--had lived a good, long life and everybody got the chance to remember this woman who was remarkable in so many ways.

To quote from just part of her eulogy, movingly delivered by Cynthia sister's Joyce:

My mother's life was not an easy one. Her father died when she was just 16. Her brothers were much older and were already out of the house, so there were many years that it was just my mother and grandmother.

One summer, my mom decided that she needed to get away from the city and go to the country for the weekend. She decided to go to Lieberman's Hotel where she met my father. After a quick romance, they got married, and my mother became a women's libber long before it was fashionable because Elsie Rubin married Joe Rubin and my mom never changed her name.

Life for my parents was great and before long, my mother had the American dream--a house in the suburbs, two cars in the driveway and three children [while also working full-time and taking care of her mother who lived with us] . . .

Before long, the three of us were all grown, and my parents decided to sell the house and move to Concordia. Life again was great for them. My mother made new friends and had an active life, and she was sure that this was going to be her last move.

Little did she know at the time that there were still two more moves in her future. Life became more and more difficult after my dad passed away and finally after a lot of soul-searching, she decided to sell the condo and move to 750 in West Orange. So now from a 3-bedroom house, she went into a 2 bedroom condo and the next move she was downsizing once again to a 1-bedroom apartment.

Mom made the best of 750, but she really missed the life she had in Concordia. The women who lived at 750 loved my mother and whenever I came to visit always had such nice things to say about her. My mom was a strong lady and decided to just make the best of it.

Two years ago, her health took a turn for the worse and she was not able to live independently any longer. It was decided to move her to Daughters of Israel. Mom had always told us that she never wanted to go to a nursing home, and she knew that once there is was the last stop.

Within a very short period of time mom began declining and things got progressively worse.

C. Cynthia's brother-in-law, Marty, also spoke lovingly about Elsie . . . he had everybody laughing with these two stories:

Those of us who have known Elsie Rubin, my mother-in-law, through

the years, have come to appreciate her for her warm and joyous smile, and when warranted, her hearty laughter which could fill a room. There was the time, for instance, when Joyce and I took grandma to visit the University of Texas which included a side trip to San Antonio and the Alamo. On the way, I was pushing Elsie in her wheel chair when inadvertently I hit a rut in the sidewalk, and Elsie (who always refused to keep her feet on the foot rests) was dumped face-first in the dust. Happily, she was not hurt and she came up smiling. I'm not sure if she found humor in the incident or whether she was laughing at my ineptitude. But I can state with certainty that story was repeated over and over again far more often than the fabled tale of the Alamo has ever been told. I was persona non grata for a good while after that.

Unhappily, her illness of the last many months seemed to have robbed her of her joys. Every time Joyce and I visited her, she had little reason to laugh and less to even smile about.

Then, last week Joyce and I visited and found her sitting outside on the veranda in her wheel chair, and she had much to tell us. She had gotten to talking in low whispers, and my somewhat diminished hearing made it difficult for me to hear her. I kept asking her what she had said. "Come closer," she whispered and I leaned toward her. "Come closer," she repeated, and I knew I had a Groucho moment. I said to her, "If I come any closer, I'll be in back of you." Her face creased into a broad smile, and she broke into full-throated laughter.

It was the first time in almost two years that I had seen happiness cross her face, and it was a moment Joyce and I will not soon forget.

D. And Cynthia told about how her mother always used to wave good-bye to her when she left for school, as a child, and up through and including her final days at the nursing home.

She also had everybody chuckling with this true story of the time she first was going to live away from home . . . her mother spent hours, typing up a series of cards with recipes that further contained such useful information as the following:

- \* Never keep a box open on a shelf. Either keep in a closed container or put the box into a "baggie" and keep tied.
- \* Never keep anything uncovered in the refrigerator. Transfer to plastic containers or cover with Saran Wrap so you can see what is in it.
- \* Leave butter out for a while so it is easy to mix (soft).
- \* A dish may be prepared the night before. Cover with wax paper. Take out a while before placing in oven as Corning may crack while cold. Also, if cold, it takes longer to bake.

See below for a picture of the Cynthia with her mother, taken a few years ago:



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

This week, it goes to Cantor Erica Lippitz--the person who conducted the various services for Elsie Rubin.

She spoke and sang beautifully; however, that was not what was so remarkable about Cantor Lippitz . . . the night before, she came to visit with the family and spent well over an hour, drawing stories from all in attendance . . . then she officiated at the memorial service, as well as the funeral . . . that night, she returned to conduct the evening service and spent another hour afterwards, counseling the family on how to stay together in the future.

Afterwards, I was told that this is the type thing that she does for all families . . . she also refused to take any payment for her services, stating, "That's why you pay dues."

Cantor Lippitz is employed by Congregation Oheb Shalom (973.762.7067) in South Orange, NJ . . . they are fortunate to have her!

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## 2. FYI

Write a note to the boss of someone who has helped you, thanking him or her for having such a great employee.

SOURCE:  
RANDOM ACTS OF KINDNESS (see also Sections 4C, 10 and 11)  
by the editors of Conari Press

MY TWO CENTS:  
Make sure you also send the employee a copy of your note . . . too often, I have found that companies don't even bother to forward such communication.

As an example: Many years ago, I wrote to a movie chain about how much I enjoyed the service provided by three employees at a theater I used to frequent . . . when I asked them if they ever saw my letter, I couldn't believe that it had never been forwarded to them . . . so I then sent them their own copies of the letter and for the next ten years, I never had to pay when going to that theater (always being told words to the effect of "don't be ridiculous; you're our friend") . . . now I didn't write the letter for any particular reason; however, in retrospect, that was a nice side benefit I obtained as a result of just trying to be nice . . . sadly, the person who was my closest contact at the theater died, so I had to go back to paying for my ticket . . . and shortly thereafter, the theater closed.

FYI, part 2

THANKS to the many readers who wrote and expressed sympathy to Cynthia for her aforementioned loss . . . she truly appreciated the fact that so many folks took the time to express their feelings, especially given the fact that most have never met her mother--or even Cynthia for that matter.

As always, others wrote to contribute such interesting emails as the following:

\* Jean in Pennsylvania:

Thanks for the wonderful newsletter that you send weekly. You have such a fine sense of what is important in life and the fact that your M & M [referring to visits to both our mothers] days are written about with such love is obvious. I liked seeing Cynthia, your beautiful bride, with her new Toyota and what a blessing that she was not hurt in that split second of horror.

\* Jeff in New Jersey:

The best way to clean the grates--and does not cost anything--is when you are done cooking, shut off the grill. The next time you grill, let it warm up on high, then take a good wire brush (they are cheap to buy in the grill section of Home Depot) and scrape off the hardened-on grime from the last grilling session. The high temperature also burns off any grease and sanitizes the grates like in a self-cleaning oven. Also, porcelain grates clean up very easily.

\* Joe in New Jersey:

I hope you got this in time.

I just got access to this interesting tele-conference call [on the Law of Attraction] and thought you might want to attend:

Check it out while it's still up:

<http://askjackcanfield.com>

Please turn your PC speakers "ON" so you don't miss any of the message.

BLAINE'S TWO CENTS:

Though you may have missed the date of the call by the time you read this, I'm pretty sure the link will still be running . . . and Canfield is a guy who really knows his stuff.

\* Jim in Pennsylvania:  
If you have a business, are thinking about a business or just want to explore some business ideas, join me Monday nights, starting this week, July 30 for my no cost "Monday Master Mind Your Business" live tele-conference.

Monday's 7:30 PM (EDT)

Learn more and register here:  
<http://www.jimdonovan.com/callin.html>

Hope you can make it.  
We'll have some fun.

PS. Please invite your friends too.

\* Marcie in Pennsylvania:  
Just saw XANADU. It never takes itself seriously and had a tone close to ROCKY HORROR, so stupid you have to laugh. Loved all the "inside" wisecracks about Broadway. Don't think the show will make it because like ROCKY HORRO, it belongs off-Broadway where the audience gets it. It's not main stream enough for the "blue hairs" on a bus trip to the big city. You had to have actually done roller disco to truly appreciate it.

\* Pam in North Carolina:  
[to Terry in Texas] Sounds like it might be hyperthyroidism, which is a problem with older cats. You might check and see if your cat is acting kind of wired and drinking lots of water and acting voracious when he eats. At least that was the problem with my kitty Tuff. The vet said the diagnostic panel was \$400 to diagnose, but it is treatable with meds. It could be that or diabetes. Your vet should have a better idea. I am a cat lover here too and always I am reminded a cat owns you, you don't own a cat. Good luck with that.

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### 3. When it's your turn

Three women, obviously old friends, had just finished having dinner at the table next to me. When the waiter came with the bill, one said, "Give it to me."

"No. You got it last time," said another. "It's my turn."

The waiter stood there, unsure of what to do—until the third woman said, "I'm the biggest tipper." He handed her the check.

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### 4. Reviews

A. LICENSE TO WED got terrible reviews, but this romantic comedy pleasantly surprised me . . . it is about a couple who are about to marry, but before they can, they must complete a marriage-training program led by an over-the-top reverend (Robin Williams) . . . some of the segments had me laughing out loud, including one that featured the twosome taking care of two fake robot "children" while doing

bridal shopping . . . the ending was too pat, and the whole film was definitely formulaic--but still worth catching; e.g., when it comes out on DVD . . . rated PG-13.

B. Dig up this DVD that you probably missed in the theaters: THE THING ABOUT MY FOLKS . . . it's a comedy-drama about the father-son relationship, as depicted by Paul Reiser . . . he wrote it and also stars in it, along with Peter Falk who is absolutely superb . . . there's some great dialogue, too, and I only regret that I wasn't able to see it with my father when he was alive . . . rated PG-13.

C. "Imagine what would happen if there were an outbreak of kindness in the world," notes Daphne Rose Kingma in the foreword to RANDOM ACTS OF KINDNESS (see also Sections 2, 10 and 11) by the editors of Conari Press . . . you'd bring "delight and goodness to yourself and others."

Methinks that could well be possible; i.e., if everybody took the time to read this short but oh-so-powerful book . . . it is packed with practical ideas that can be applied to work situations, such as the following:

I had a client who owed me a good deal of money. Eventually she stopped seeing me, but each month I would send her a bill and receive no response. Finally I wrote to her and said, "I don't know what difficulty has befallen you that you are unable to pay me, but whenever it is, I'm writing to tell you your debt is forgiven in full. My only request is that at some point in your life, when your circumstances have changed, you will pass this favor on to someone else."

By the same token, there were perhaps an equal number of things that could be utilized if you wanted to make your home life more enjoyable, including this one:

There was a time in my life when everything was working so smoothly, I found myself sitting at home one Saturday with all my work done, all my household chores completed: dishes washed, laundry folded and put away, house dusted, grocery shopping completed, and that delicious feeling of having nothing to do. Then I thought about a friend from work who was a single mother of two small children and never seemed to have the time for anything. I jumped into my car, drove over to her house, walked in and said, "Put me to work." At first she didn't really believe it, but we ended up having a great time, cleaning like mad, taking time out to feed and play with the kids, and then diving back into the chores.

I also liked the quotes sprinkled throughout the book . . . what caught my attention was the fact that many had not been seen by me previously, including:

\* Do every act of your life as if it were your last.--Marcus Aurelius;

\* I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the

harder I work, the more I live. Life is no "brief candle" to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations.--George Bernard Shaw; and

The question is not whether we will die, but how we will live.--Joan Borysenko.

Lastly, I appreciated the thought-provoking suggestions presented throughout RANDOM ACTS OF KINDNESS . . . among the ones that caught my attention were these:

\* As you go about your day, why not pick up the trash you find on your sidewalk?

\* Buy a big box of donuts or chocolates for the office next to yours Or the kids who hang out on the street corner. Or the UPS person or the mail carrier.

\* If you have an infirmed person living near you, offer to do the grocery shopping for him or her.

D. I've always enjoyed walking through the nation's capital, so I was intrigued by the premise of WASHINGTON SCHLEPPED HERE--written and read by Christopher Buckley.

It is a walking tour of Washington, DC, by an insider who has both lived and worked there for some 20 years . . . ordinarily, I'm not a big fan of such books, but I had fun with this one and only regret that I was listening to it when driving to work in Pennsylvania . . . it would have been so much meaningful to have it in hand when actually taking the tours that the author describes.

Buckley interjects lots of humor into what ordinarily could be a dull topic; however, he also gives mini-history lessons that taught me things about the city that I never knew . . . though he also presents information about the Arlington National Cemetery, which isn't even Washington, I enjoyed that part perhaps the most because of his mention of the fact that Allard Lowenstein (my all-time favorite politician) is buried there.

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5. TV alert

A. WITHOUT PREJUDICE is a provocative new series where a panel of ordinary people judge five strangers, based on first impressions, to decide who wins \$25,000 . . . Tuesdays at 9 p.m. on GSN.

B. MIND CONTROL WITH DERREN BROWN features the mentalist who has been called "a charmer" by the NEW YORK POST whose show is "a hoot" . . . Thursdays at 10 p.m. on SCI FI.

C. INDIE SEX is a four-part original series that begins with a first segment look at the debate over what's considered too graphic for TV and film . . . Thursday at midnight on IFC.

D. GABRIEL IGLESIAS: HOT AND FLUFFY features the

self-deprecating comic who refers to his rotund build as "fluffy" . . . Saturday at 11 p.m. on COMEDY CENTRAL.

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### 6. Senior moments

At 85 years of age, Roger married Lou Anne, a lovely 25 year old.

Since her new husband is so old, Lou Anne decides that after their wedding she and Roger should have separate bedrooms, because she is concerned that her new but aged husband may overexert himself if they spend the entire night together.

After the wedding festivities Lou Anne prepares herself for bed and the expected "knock" on the door. Sure enough the knock comes, the door opens and there is Roger, her 85 year old groom, ready for action.

They unite as one. All goes well, Wally takes leave of his bride, and she prepares to go to sleep. After a few minutes, Lou Anne hears another knock on her bedroom door, and it's Wally. Again, he is ready for more "action."

Somewhat surprised, Lou Anne consents for more coupling. When the newlyweds are done, Roger kisses his bride, bids her a fond goodnight and leaves.

She is set to go to sleep again, but, aha you guessed it--Roger is back again, rapping on the door, and is as fresh as a 25-year-old, ready for more. And, once again they enjoy each other.

But as Roger gets set to leave again, his young bride says to him, "I am thoroughly impressed that at your age you can perform so well and so often. I have been with guys less than a third of your age who were only good once. You are truly a great lover, Roger."

Roger, somewhat embarrassed, turns to Lou Anne and says: "You mean I was here already?"

The moral of the story: Senior moments have their advantages.

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### 7. Websites

A. A friend sent me artwork by Ron Mueck . . . he is a London-based photo-realist artist whose stuff will amaze you . . . to see for yourself, please click:

[http://www.mca.com.au/default.asp?page\\_id=12&content\\_id=162](http://www.mca.com.au/default.asp?page_id=12&content_id=162)

You can also find more about him at:

[http://www.artcyclopedia.com/artists/mueck\\_ron.html](http://www.artcyclopedia.com/artists/mueck_ron.html)

He worked in special effects for such films as LABRYINTH, a 1986 fantasy epic starring David Bowie.

Eventually, Mueck concluded that photography pretty much destroys the physical presence of the original object,

and so he turned to fine art and sculpture. In the early 1990s, still in his advertising days, Mueck was commissioned to make something highly realistic and was wondering what material would do the trick. Latex was the usual, but he wanted something harder, more precise.

Luckily, he saw a little architectural decor on the wall of a boutique and inquired as to the nice, pink stuff's nature. Fiberglass resin was the answer, and Mueck has made it his bronze and marble ever since.

B. "Hava Nagila" like you've never heard it before:

<http://www.youtube.com/watch?v=BFtv5qe5o3c&mode=related&search>

After the song finishes, make sure you look to the right of the screen for the song that's after it: "Riverdance."

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

If you'd like to see reviews of many of the books that I have read (and generally enjoyed), click the above and then "Blaine's Best" to the left . . . go down to the second part of letter O, and you'll see nearly 640 reviews.

Presently, I'm #347 in amazon's list of Top 500 reviewers . . . if you'd like to help me move up in the rankings, here's what you could do:

1. Go to this website:

<http://www.amazon.com>

2. At search, type-in the name of a book I recently reviewed; e.g., SEND by David Shipley and Will Schwalbe.

3. Scroll down a bit to find my review at the top or near the top of "Most recent customer reviews."

4. Read my review.

5. If you found it helpful, and I'm hopeful that you will, check the "Yes" box.

Thanks in advance!

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8. Computer tip

Marie in Indiana had the following tale of woe to share:

I was having trouble with my computer.  
So I called Harold, the computer guy, to come over.  
Harold clicked a couple of buttons and solved the problem.  
He gave me a bill for a minimum service call.

As he was walking away, I called after him, "So, what was wrong?"

He replied, "It was an ID ten T error."

I didn't want to appear stupid, but nonetheless inquired,  
"An ID ten T Error? What's that in case I need to fix it again?"

Harold grinned: "Haven't you ever heard of an ID ten T error before?"

"No," I replied.

"Write it down," he said, "and I think you'll figure it out."

So I wrote it down.

I D 10 T

I used to like Harold.

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## 9. Globalization (defined)

Finally, here is a definition of globalization anyone can understand.

Question:  
What is the truest definition of globalization?

Answer:  
Princess Diana's death.

Question:  
How come?

Answer:  
An English princess riding with her Egyptian boyfriend  
crashes in a French tunnel,  
driving a German car  
with a Dutch engine,  
driven by a Belgian  
who was drunk on Scottish whisky,  
followed closely by Italian Paparazzi,  
who were riding Japanese motorcycles.

Di was treated by an American doctor,  
using Brazilian medicines.

This is sent around by a Canadian,  
using American technology,  
and you're probably reading this on your  
computer that uses Taiwanese chips,  
and a Korean monitor,  
assembled by Bangladeshi workers  
in a Singapore plant,  
transported by Indian lorry-drivers,  
hijacked by Indonesians,  
unloaded by Sicilian longshoremen,  
and trucked to your retailer by Mexican illegals.

That, my friends, is globalization.

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## 10. A quote I like

Give help rather than advice.-- Luc, Marquis de Vauvenargues (1715–1747), French moralist cited in RANDOM ACTS OF KINDNESS (see also Sections 2, 4C and 11) by the editors of Conari Press

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## 11. Thought for the day

RANDOM ACTS OF KINDNESS (see also Sections 2, 4C and 10) by the editors of Conari Press is another book that you can tell that I REALLY liked by the fact that I have mentioned it four separate times in this issue, including the following instance:

I live high in the hills and my body is getting old. One day I was out in my garden fussing with weeds and grew tired. I decided to lay back on the grass and rest like I used to when I was a small boy. I woke up some minutes later with a neighbor whom I had never met leaning over me, all out of breath, asking me if I were OK. He had looked out his window two blocks up the hill and saw me lying on my back on the grass, looking, I am sure, like the victim of a stroke or heart attack, and had run all the way down the hill to check on me. It was embarrassing but it was also so wonderfully touching. After we had it all sorted out, he let out a deep breath and lay down on the grass beside me. We both stayed there very quietly for a while and then he said, "Thank you for deciding to take your nap out on the lawn where I could see you. The sky is such a beautiful thing and I cannot remember the last time I really looked at it."

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## 12. Advance planning department

A. At the Bristol Riverside Theatre in Bristol, PA, running from August 2-12:

THOSE WERE THE DAYS: From Motown to Malibu, Baby Boomers were teens, Ike and Jack sat in the Oval Office, and the Jukebox played Rock and Country, Doo-Wop and Motown.

THOSE WERE THE DAYS takes you back to a time when the Billboard charts were populated by Frankie Valli and Frankie Avalon, Marvin Gaye and Aretha Franklin, The Beach Boys and Elvis. Oldies like "Respect," "By the Time I Get To Phoenix," "Can't Take My Eyes Off of You," "Help Me Rhonda," and "I Heard It Through the Grapevine," are sure to provide a trip down memory lane you won't want to miss.

Tickets \$29 for adults, \$10 for students, with a discounted rate for BRT members of \$25. For a complete performance schedule, please click: <http://www.brtstage.org/>

Don't wait until the last minute to get your tickets since many shows are

already sold out!

B. BAT BOY continues at The Kelsey Theatre at Mercer County Community College in West Windsor, NJ this coming August 3-5 . . . I've seen the production and can tell you that it is fantastic . . . in particular, I got a kick out of seeing Kitty Getlik, a longtime friend, in the show . . . it is a funny, campy, touching musical comedy from the composer of LEGALLY BLONDE.

For more information, please click:

<http://www.kelseytheatre.net/>

C. Cynthia in Pennsylvania (see also Section 1A):

I have completed my training in another movement form called JourneyDance. It has some similarities to Move Your Body, and it has many possibilities for an expanded experience. I am very excited about it and would love to share it with you. Below are two free opportunities. They do require pre-registration, especially the one at Pike Run Associates as it will get booked up very quickly.

Love to see you there. Live and dance with joy.

\* There will be NO class this coming Saturday, August 4, at the Princeton Center for Yoga and Health . . . regular classes will resume there in September . . . in the meantime, keep reading this newsletter for further details.

\* Pike Run Associates in Belle Mead, NJ:  
Sat. August 18: 10:30 a.m.-12:00

FREE class. Call Cynthia at 609.731.0808 for details and registration. Or email her at: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com).

\* Hillsborough Library, Hillsborough, NJ

Wed. August 22: 7:00 p.m.-8:30

FREE class. Call 908/369.2200 ext 13 for details and registration

D. Moe in Pennsylvania:

PennDot is proposing to widen Swamp Road even though there is a PennDot regulation that prohibits such expansion on roads that are not congested. As we all know, except for brief periods when the classes start in the morning and evening, Swamp Road is underutilized and free of congestion. These brief congestion periods can be easily alleviated by adding a third FAR WEST ENTRANCE to the college on Swamp Road and thus making life easier for the college community as well as residents.

On other roads, PennDot is narrowing lanes and proposing to add traffic circles to slow the traffic and make it especially difficult for the truckers. Net result would be that Swamp Road will become a major thoroughway and will get more than our fair share of the truck traffic. This will make things difficult for students and residents. Instead, we should also be demanding traffic calming measures to make the Swamp Road safer for all of us.

The opposition we expressed during the April 18th meeting has already lead to a few changes in the right direction. However, the new proposal still falls way short of what it needs to be. Thus it is important that the

college and the residents communities pull together once again to express our strong opposition at the PennDot open house on August 7th at Bucks County Community College in the Rollins Center from 6:00 to 9:00 PM.

For more information:  
Dr. Moe Sood  
215.968.1555  
[moesood@takemehome.info](mailto:moesood@takemehome.info)

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#564

7.23.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I drove nine hours on Saturday to Center Lovell, Maine, for a much-anticipated vacation at the Quisisana Resort on Lake Kezar . . . we were having a great time, too, until we got news on Sunday that her mother had died . . . so we turned around that day and drove another nine hours back for the funeral . . . more details next week, but I just wanted to know that your eyes are NOT deceiving you . . . that's why you now have an issue of BLAINESWORLD in front of you, even though I had previously reported that you shouldn't expect another issue until 7.30.2007.

B. Lastly week, I forgot to mention that we saw 42ND STREET at the Bucks County Playhouse in New Hope, PA: <http://www.buckscountyplayhouse.com>

The production was energetic, and the dancing was great . . . and it was fun hearing such classic songs as "We're in the Money," "Lullaby of Broadway" and the title song, "42nd Street."

However, overall, I was disappointed . . . Heidi Giberson, one of the main characters, has a fine voice but just didn't stop the show at the end as she should have . . . Jim Lynch was good, as always, but it is getting tiresome seeing him in what is virtually the same type role all the time . . . the wigs that were used were about the worst I've ever seen . . . also, as you probably know by now, I'm not a big fan of canned music (much preferring a live orchestra, even if only comprised of a few pieces) . . . that said, what I heard in this production was a step above terrible . . . it was tinny and sounded too similar for every song.

Lastly, if ever a production called for a rousing curtain call at the end, this should have been it . . . yet instead of the performers coming out and belting out and dancing a refrain, they just bowed politely and left the stage.

WE DID MANAGE TO SAVE SOME MONEY ON TICKETS:

We decided to go to this show at the last minute . . . fortunately, we checked the website . . . doing so saved us \$10/ticket since there was an offer for last-minute seats . . . methinks that is something all theaters should do; e.g., to help get rid of any unsold seats.

C. Your truly was quoted recently in the BUCKS COUNTY COURIER TIMES on paying bloggers: <http://www.phillyburbs.com/pb-dyn/news/111-07152007-1378018.html>

D. Please join me in praying for Betsy Farber, one of the many fine Math teachers at Bucks County Community College . . . she underwent surgery for a brain tumor last week and is now resting at home.

Though she's not yet up for calls or visits, I'm sure she would appreciate cards or note from those who know her:

Betsy Farber  
915 Princess Drive  
Yardley, PA 19067

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

This week, it goes to Lisa Gable--a longtime friend who was just been named by Experience Works, Inc. as New Jersey's Outstanding Older Worker.

She is an amazing woman who began her inventing career over ten years ago when she was in her 70s. She has since obtained four patents and knowing her, I'm sure that others will be forthcoming.

Lisa is perhaps best known for Stap-Mate, a product designed for 1/3 of all the women in the world whose bra straps slip . . . it has been sold in major department stores such as Nordstrom's and catalog companies such as Vermont Country Store . . . it has also been featured on QVC.

In 1999, she was honored by the New Jersey Inventors Hall of Fame for the above product.

For more information, please click: <http://www.strap-mate.com>

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2. FYI

Dylan, when it's hard to know what to say to someone who is ill or who just lost a loved one, say, "It's hard to know what to say, but I want you to know I'm sorry." It means an awful lot.

SOURCE:  
LESSONS FOR DYLAN (see also Sections 4C, 10 and 11)  
by Joel Siegel

FYI, part 2

\* Dana in Pennsylvania:  
I'm writing this in response to "Pat in Pennsylvania."

I live in a 55 and older active adult community, and I disagree with your comments. My husband and I are in a three story townhome in the community of Bluestone Creek, in Warrington, Pa. We have been here for about one year, and we love our community and have made many new friends with our neighbors, most of which are in the 55 to 65 age bracket, not our parent's ages.

It is nice and quiet here, and the advantage is simple: We no longer have to care for the lawn maintenance or snow removal. And my husband is free to pursue other interests on his days off. This is not necessarily a retirement home for us, as we are not planning on staying in PA after we retire.

There have already been four homes up for resale that have sold since we moved in, so I don't see that it is impossible to sell, even though there are age restrictions and a more limited market. I see many people my age and younger looking to downsize after their families are grown.

As for homeowners associations, even non 55 and older communities have those and that is a question of choice. If you don't want to be restricted or limited to what you are allowed to have on your property, don't buy into an association controlled community. I have a friend who lives in a very high end golf course community that is single family homes (not 55+) and her book of rules are thicker than a telephone directory. Again . . . it's not for everyone.

\* Ellie in Pennsylvania:

After all the negative comments about over 55 communities, I feel obliged to defend them. We live at the Villas at Shady Brook, where we thoroughly enjoy the community and the residents there. As you and your wife are very outgoing, you would have no problem with making friends there.

We enjoy book clubs, theatre, movies, Rotary Club, softball team, investment club, etc., as well as the usual card groups. The community has pot luck dinners, formal holiday parties, trips to interesting places (Sculpture Gardens for one) and interesting speakers. Someone mows our grass, trims our bushes, and shovels our snow--right to the front door.

While we are gone in the winter, our neighbors keep an eye on the place, forward mail, and water the plants. In the nice weather, we sit on our patio with a drink and invite passersby (who are doing their fitness walking) to join us. We have indoor and outdoor pools, walking trails, a fitness center, pool and ping-pong tables, a library, etc.

Many of the residents are under 55 and married to someone who is older. It's like living in a resort. We receive weekly e-mails to give us current info on what is going on and also a monthly newsletter. These are done by some very talented volunteers. Come visit us sometime, and we'll give you the tour or visit the web site: <http://www.thevillasatshadybrook.org>

\* Anita in Pennsylvania:

Let me say that I soooooo enjoy your newsletter! I look forward to each issue.

\* Terry in Texas (with a REQUEST FOR HELP):

I have a question about our older male cat that maybe you can help me with. "Monkey" is over 10 yrs old, basically healthy, but apparently has a sensitive stomach or something. (I haven't taken him to the vet about this.)

I can't tell what is triggering his "tossing his cookies". It's only sometimes, erratic, and I think one thing might be that the hairball formula dry cat food might be too strong so we mix it in with other brands.

He might be dehydrated, but we don't know which came first--vomiting or the dehydration because the food pellets are still dry when they "come up." Some of the problem might be that he is an indoor cat and doesn't move much. Neither does the female his age, but she is fine.

Thank you for any advice you can give.

\* Vera in Florida:

I checked the website [www.truthorfiction.com](http://www.truthorfiction.com) for the poem on The Crabby Old Man, and it said the man who wrote the poem is David L. Griffith, He wrote the poem in 1986 under this title: "Too Soon Old." Someone changed a few words and renamed it.

Griffith's website is [www.palletmastersworkshop.com](http://www.palletmastersworkshop.com) . . . you can find the poem on his website.

Thanks again for your newsletter on Tuesday mornings.

\* Kevin in Pennsylvania:

I made my first hit as a trendspotter: <http://www.springwise.com/weekly/2007-07-18.htm#eternalimage>

Did I ever share this newsletter with you? It's really very good.

\* Janet in New York:

Please sign up for our newsletter and enjoy free articles and radio shows on: <http://www.oasisforthesoul.com>

Learn how you can be your own medicine. Begin to learn different ways to heal yourself, others and the earth.

\* Dave in Florida:

I'm retiring effective 7/31/07. Please change my email address as indicated. I just want you to know how much I've enjoyed your world.

MY TWO CENTS:

And I've enjoyed sending BLAINESWORLD to you and others. Thanks for letting me know of your new email address. My request is that others do the same; i.e., let me know of any changes to their address. If you'd like, I can also add an address; e.g., to send the newsletter to both your home and work address. Or even to another address if you're away for the winter. As always, I can also add the addresses of your friends to the subscription list--provided you've asked them first.

\* Will in New York (in response to comments I made about his excellent book, SEND, that was reviewed in last week's issue:

Thanks, too, for these additional comments.

1. I do the same--I think it's really effective to lead with a name in the subject line. The problem can be, though, that spam is getting ever more specific and it often does the same. So I tend to lead with my name as sender: "Schwalbe on dog predicting weather for Susie." Even though it's cryptic, it also has fewer words. I find that as more people read on handhelds, it's more important to keep the word count down in the subject line.

2. Love the "bakatcha" though of course for more informal communication! But I might be more specific in round two or three as you wouldn't remember later what distinguished round two from three or four. And I would also probably try to put a word before invitation to make it more specific. Like:

"Schwalbe anniversary."  
"Schwalbe anniversary . . . bakatcha."  
"Schwalbe anniversary location"  
"Schwalbe anniversary rain date?"  
"Schwalbe anniversary dress code"

If those were the successive subject lines in a back and forth, it would be much easier later to figure out just the right email to open if there was a certain issue or detail I forgot.

3. Love this too! [I had told him that with respect to spelling and grammar, I'm an enthusiastic typist but not a very akkkkkurate one.] Anything that injects humor, a friendly tone, and encourages us all to lighten up a bit is . . . grrrrreat!

\* Murray in New Jersey:  
Enjoyed your must recent "World" . . . as usual.

Two comments:

1. In your comment on "How To Get To the Top" re: complaining. Here's one I've used in my seminars that strike home: "Cut out the complaints and most people have nothing to say."

2. Who is the painter in Atlantic City you recommended (FYI, part 2) and how come I missed it?

IN REPLY:

Sorry you missed this painter . . . I mentioned him in BLAINESWORLD #561 . . . here's the information again:

To see an amazing painter in action, please click: <http://www.youtube.com/watch?v=OIJtKxdRQzY>

Watch the entire clip and when you do, put your speakers on!

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### 3. Precision

Some tourists in the Chicago Museum of Natural History were marveling at the dinosaur bones. One of them asked the guard, "Can you tell me how old the dinosaur bones are?"

The guard replied, "They are 3 million, four years, and six months old."

"That's an awfully exact number," says the tourist. "How do you know their age so precisely?"

The guard answered, "Well, the dinosaur bones were three million years old when I started working here, and that was four and a half years ago."

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#### 4. Reviews

A. Don't believe the good reviews you may have read or heard about LIVE FREE OR DIE HARD . . . Bruce Willis again stars as New York City detective John McClane (after a twelve-year break from the role), and my only regret is that I stayed to see the entire film . . . it was completely unbelievable and a waste of my time . . . the one saving grace was that there were technical difficulties at the theater where I saw it and so there was no sound for about ten minutes . . . I didn't miss a thing; in fact, it reminded me of a similar experience I had when seeing Tom Hanks stranded in CAST AWAY . . . in both instances, they could have chopped another 30 or 40 minutes, and I still wouldn't have missed anything . . . at least in the Willis film, when I complained, I got two free passes . . . rated PG-13.

B. Try to find PORTRAIT OF JENNIE on DVD . . . it is an old Joseph Cotten/Jennifer Jones movie that a friend told me was her all-time favorite . . . I can see why . . . it is a combination of fantasy and romance about a painter who meets a young woman and becomes so inspired by her that his drawings surpass anything he has ever done in his life . . . mysteriously, she ages every time he meets her and as she does, he attempts to research her origins in the hopes of coming to an understanding of who she is . . . Cotten and Jones are both superb, as is the photography of Joseph August . . . not rated, but certainly appropriate for anybody over the age of 12.

C. Joel Siegel, an entertainment critic for ABC's GOOD MORNING AMERICA, had to be one brilliant guy . . . I know that for a fact because his opinions about movies were almost exactly the same as mine . . . the main difference, though, was that he got paid a lot more than I do to share them--and he often did so in a most humorous fashion.

When I heard he died recently on June 29, 2007 at the age of 63, I was saddened . . . I was also tempted to find out more about the man that others spoke so glowingly about, so I got hold of LESSONS FOR DYLAN (see also Sections 2, 10 and 11) . . . this was a book he wrote several years ago when he was diagnosed with cancer and his son was just two years old.

It is an autobiography, of sorts, but much more . . . Siegel tells of his life as a child, his work as a joke writer for Bobby Kennedy, his interviews with all four ex-Beatles, how he named such Baskin Robbins flavors as German Chocolate Cake and Pralines and Cream, and his Jewish heritage . . . it was as if he was talking to me personally, and I was amazed that anybody could lead such a varied and interesting life.

However, I most enjoyed the parts where he shared such bits of wisdom with his son as the following:

\* Gene Siskel once told me that one of his professors, John Hersey, once told him, "Don't worry about money. This is America. You're smart. The money will be there. Follow your passion." Good advice. I heeded it, and I'd never even heard it.

\* There is a saying I later learned from people who tend not

to use adverbs correctly: If you fight back and get hit, it hurts a little while; if you don't fight back it hurts forever.

\* These are good friends, Dylan. Almost like family. Better than family, because they aren't the family we were born into and had no say about; they are part of the family we chose.

Naturally, the book had information on movies--including this list of films that he wanted to sometime see with his son:

\* PUBLIC INTIMACY, HEAD START, STALAG 17, DOUBLE INDEMNITY, THE APARTMENT, SOME LIKE IT HOT, AND SUNSET BOULEVARD, CITIZEN KANE, RICHARD III, HAMLET, AND ROMEO AND JULIET, THE BLACK STALLION AND THE LITTLE PRINCESS, FIELD OF DREAMS AND TO KILL A MOCKINGBIRD, THE RED BALLOON, SINGIN' IN THE RAIN, A HARD DAY'S NIGHT, THE PRINCESS BRIDE, THE ADVENTURES OF ROBIN HOOD, BEAU GESTE, AND THE MAN WHO WOULD BE KING, DAY AT THE RACES, A NIGHT AT THE OPERA, and DUCK SOUP.

And I smiled at the many humorous stories sprinkled throughout LESSONS FOR DYLAN, such as this one:

\* Another why-I-love-New York story: A mother and her eight-year-old daughter had moved downtown and were auditioning synagogues, trying to decide which one to join. They visited an Orthodox synagogue where men and women do not sit together--the women's section is usually behind a curtain in the back of the sanctuary or up in the balcony. After the service the mother asked the daughter if she liked it, and the daughter answered, "No. The only people who get to sit together are the gay couples."

D. Heard the taped version of Erma Bombeck's ALL I KNOW ABOUT ANIMAL BEHAVIOR I LEARNED IN LOEHMANNMN'S DRESSING ROOM . . . this is a collection of 38 pieces where she compares and contrasts animal behavior with that of the human species.

Not everything hit the mark, but those that did had me laughing quite a bit . . . for example, when she compares the show-off behavior of gorillas to the attention-getting ploys of Madonna, Howard Stern, Roseanne, and other "professional exhibitionists, I kept thinking to myself that there are indeed amazing parallels.

I also liked her observation about the fact that the female elephant calf carries here calf for 660 days before giving birth and continues breeding until she is 90 days old . . . however, Bombeck says not to feel too sorry for the elephant; after all, her height enables her to carry the extra weight quite well.

And then she tells the story of four dolphins who got lost and were trapped in a New Jersey river. Of course, she contends, they had to be men . . . which leads to the author's advice on ending all wars: "Let men give directions on how to get there."

Bombeck, who died in 1996, was always one of my favorite humorists . . . this book will help remind you just how funny she was . . . narration by Barbara Rosenblatt was fine; however, I would

have preferred hearing the author herself.

---

#### 5. TV alert

A. SAVING GRACES has Holly Hunter playing a tormented, hard-driving cop who requires some divine intervention in the form of an angel . . . Mondays at 10 p.m. on TNT.

B. DAMAGES, stars Glenn Close as a tough lawyer who attempts to take down Ted Danson, who plays a corporate bandit . . . Tuesdays at 10 p.m. on FX.

C. S.O.B. (SOCIALY OFFENSIVE BEHAVIOR) explores what unsuspecting people will do when faced with a crazy situation and captured with a hidden camera . . . Wednesday at 10 p.m. on BET.

D. Season 2 of WHO WANTS TO BE A SUPERHERO? opens on Thursday at 9 p.m. on SCI FI . . . among the contestants: Hygena, who fights crime and grime with the use of cleaning utensils, and Mr. Mitzvah, who is a wealthy crime-buster.

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#### 6. Squirrel problems

There were five houses of worship in a small Texas town: the Presbyterian church, the Baptist church, the Methodist church, the Catholic church, and the Jewish synagogue.

Each church and synagogue was overrun with pesky squirrels. One day, the Presbyterian church called a meeting to decide what to do about the squirrels. After much prayer and consideration, they determined that the squirrels were predestined to be there and they shouldn't interfere with God's divine will.

In The Baptist church, the squirrels had taken up habitation in the baptistery. The deacons met and decided to put a cover on the baptistery and drown the squirrels in it. But the squirrels escaped somehow, and there were twice as many there the next week.

The Methodist church got together and decided that they were not in a position to harm any of God's creatures. So they humanely trapped the squirrels and set them free a few miles outside of town. Three days later, the squirrels were back.

But the Catholic church came up with the best and most effective solution. They baptized the squirrels and registered them as members of the church. Now they only see them on Christmas and Easter.

Not much was heard about the Jewish synagogue, but they took one squirrel and had a short service with him called circumcision . . . and they haven't seen a squirrel on the property since.

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#### 7. Websites

A. In case you missed it, there was an election to determine the new

7 wonders of the world . . . the results can be found at this website: <http://www.new7wonders.com/>

This got me thinking about the previous 7 wonders of the world . . . I tried to name them, but couldn't . . . see if you can . . . then to check your answers please click: <http://ce.eng.usf.edu/pharos/wonders/>

B. If you're a baseball fan or know of one, you MUST click: <http://www.ThisGreatGame.com>

You can find historical information by year, decade and team, plus a very interesting section called "The TGG Comebacker" that gives you the sport's latest news in a most entertaining fashion.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click: <http://www.blaineworld.net>

On the left, you'll see "Radio Show" . . . go to that link if you want to see a history of my radio career . . . you can also hear one of my shows.

As you may have read in a past issue, a management change at WWFM resulted in my show being taken off the air . . . but, hopefully, I'll resurface soon again . . . on another station and/or even with my own cable show.

Please do keep me in mind if you have any media contacts for me to pursue with respect to the above possibilities.

D. DON'T FORGET DEPARTMENT:

If you have a website you want me to mention, please do send it along for consideration . . . Janet Zofchak, a former student, helps design websites . . . to see two that she has done for Susan Goloshovsky, please click: <http://www.susanasa.com>  
(this is for Susan's work as a certified property appraiser) <http://www.susansamericanagallery.com>  
(this is for Susan's antique business)

If you'd like to contact Janet directly for more information about the fine web design work that she does, she can be reached at email: [info@jz-art.com](mailto:info@jz-art.com) or via her cellphone, 267.994.1421.

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8. Computer tip

Marilyn in Arizona:

Just for my information . . .

You said AOL thought that the website you included in your newsletter was sent out by spammers.

Does that mean that AOL reads every email for content and doesn't let anything in that contains something they don't think is appropriate? I thought they reviewed mail for spam by the sender's email address. I didn't have an email from you in my spam folder so does that also mean they censor my mail, and I don't even get to see what is spam and check?

MY RESPONSE:

I don't think AOL has a little guy or gal sitting down to read every single piece of email--or at least I hope that's not the case . . . but they

do have computers that check for spam, automatically, or anything in an email that might be spam . . . in particular, they are looking to "block" sites that send out a lot of spam . . . and this isn't such a bad thing.

What seems to have happened with last week's issue: I apparently had included such a website in Section 7B . . . it was not my intention to do so and when I found out about it (after a lot of AOL readers did not get the original copy of BLAINESWORLD #563), I made a correction so it would not happen again.

If you want to know more, here's the original website I sent out (now with an XXX designation both before and after it to prevent you from clicking it):

XXX<http://createyourdestiny.thesgrprogram.com/?e=bginnj@aol.com>XXX

The part after the .com/ is what appeared to be spam to AOL; i.e., it listed a specific email address . . . what I should have done is just listed the original website:

XXX<http://createyourdestiny.thesgrprogram.com/>XXX

And even now--because I have some concerns that this company might well be spamming folks--I have again sent it out with the XXX designation both before and after it . . . I still think the material that's there is good; however, I urge you to use caution in checking it out.

So what's the computer tip? Beware of spammers. Also, don't support their efforts by clicking on their websites and/or buying anything from them!

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#### 9. 8 dumbest questions asked by cruise passengers

Does the crew sleep onboard?

What time is the midnight buffet?

Which elevator takes me to the front of the ship?

Do you generate your own electricity?

Is this island totally surrounded by water?

Is the water in the toilet salt or fresh?

What do you do with the ice carvings after they melt?

How high above sea level are we?

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#### 10. A quote I like

He [Rabbi Larry Raphael, his friend] also told me, about kids, "The days take forever, but the years go by in a minute."--Joel Siegel in LESSONS FOR DYLAN (see also Sections 2, 4C and 11)

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## 11. Thought for the day

When you watch a ball game, learn to keep your eyes away from the ball. . . . The same thing goes in the theater, good critics know it: keep your eyes off the ball. Don't watch the guy who's talking, watch the guy who's listening. Anybody can talk, but to listen like you mean it is the sign of a great actor.

SOURCE:

LESSONS FOR DYLAN (see also Sections 2, 4C and 10) by Joel Siegel--a book you can tell I REALLY liked because of the fact that I mentioned it four separate times in this week's newsletter

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## 12. Advance planning department

A. Cynthia in New Jersey (see also Section 1A):

I am very excited about a new teacher training that I just completed. It is called JourneyDance. JourneyDance is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times you follow, you move intuitively on your own or you may choose to lead if you are comfortable. You honor yourself and what you need in the moment.

It is a form of joy, creativity, connection, community, and self-acceptance. The power of the dance experience is used to release old ways of being that no longer serve you and reclaim new, consciously chosen ways of being in a truly experiential way. It includes and celebrates all types of bodies, people and energy levels. No yoga or dance experience is required. It is an experience not to be missed.

Here is the current class schedule:

\* IN SKILLMAN, NJ:

Sat. Aug. 4 - 1:30 - 3:00

Sun. Sept. 16 - 11:00 - 12:30

Sun. Oct. 21 - 12:00 - 1:30

Sun. Nov. 18 - 11:00 - 12:30

Sun. Dec. 16 - 11:00 - 12:30

\$15.00 drop-in fee

Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506  
Skillman, NJ

609-924-7294 <http://www.princetonyoga.com>

\* IN BELLE MEAD, NJ:

Sat. Aug. 18 - 10:30-12:00

Pike Run Associates (the Clubhouse)  
Belle Mead, NJ

FREE class. Email me: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com) or call me: 908.874.9557 for details and to register.

I would love to see you at any and/or all of the above!

\* IN HILLSBOROUGH, NJ:  
Wed., Aug. 22 - 7:00 - 8:30

Hillsborough Library  
Hillsborough, NJ

FREE class.

Call 908.369.2200, ext.13 for details and to register.

B. A good friend, Ivan Winegar, will be appearing in:  
OUR TOWN by Thornton Wilder

The show is being presented by the Newtown Arts Company  
at the Newtown Theater from August 9-15.

For more information or to book tickets, call: 215.860.7058 or  
please click: <http://www.newtownartscompany.com>

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PS. Please join me in praying that we soon get our remaining soldiers  
back from Iraq and that peace resumes in Israel . . . also, make it  
a great week!

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# BLAINESWORLD

BLAINESWORLD

#563

7.16.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I will be away on vacation next in Maine at a resort she has been to in the past . . . I'm looking forward to our trip, if for no other reason than to see how accurate the website's description is:

Situated on stunning Lake Kezar in Lovell Maine, Quisisana is equal parts summer camp, music festival and gourmand's fantasy. Your stay will be filled with exquisite meals, the scent of pine, and music from Bach to Broadway.

For more information, please click:

<http://www.quisisanaresort.com/>

\*\*\*\*\* IMPORTANT NOTE \*\*\*\*\*

As a result, BLAINESWORLD will most probably be on vacation too . . . so don't expect the next issue to come out until 7.30.2007 . . . try not to be too disappointed; in the meantime, feel free to go back and revisit past issues. (See also Section 7C.)

B. This past week, we celebrated our second wedding anniversary . . . the afternoon was spent in a locale we hopefully won't go back to soon: Hillsborough Court . . . Cynthia had to appear because of the accident she was in a few weeks ago . . . I guess the experience could have been worse; i.e., we could have not been together . . . and though she was guilty, we were impressed with the way Judge Robert Foley ran the court . . . he moved things along, was fair and even had a sense of humor as evidenced by his advice to Cynthia on how to avoid future tickets: "Stop driving."

From there, we had a nice dinner at Charlile Brown's and then went for ice cream at Maggie Moo's . . . the evening was capped by watching a DVD we both enjoyed on our new large-screen TV. (See also Section 4D.)

The whole day's experience might not sound particularly special in reading it, but to us it was because as I like to tell Cynthia, "Every day we have together is special" . . . and we both try to treat it as such.

C. Over the weekend, we had fun at a barbecue at the home of our good friends, Gail and Mark, in Lake Hopatcong, NJ . . . they overlook the water, and the view is spectacular . . . the only problem is that whenever we go there, we think that we want to live in a similar-type locale . . . whether we can find one is a whole different story, but we've started to at least start thinking about it . . . in fact, see Section 2, part 2 for some emails we've already received on the topic . . . and please do keep writing with other possibilities for our retirement.

During the week, I got to attend two interesting presentations.

The first was a breakfast meeting with local labor leaders and Patrick Murphy, Bucks County's first term Congressman . . . I was impressed with his stand on immigration; he said we need to: 1) Tighten borders; 2) Crack down on people getting paid under the table; and 3) Not reward illegal behavior with amnesty . . . he further got my attention by his rejection of a recent budget proposal from President Bush--and the fact that he had the guts to tell his fellow Democrats that he was doing so before the vote was taken . . . see below for a picture, left-to-right, of Rep. Murphy, John Strauss (a fellow Union leader at Bucks County Community College) and yours truly:



Later in the week, I got to hear author Ellen Sussman . . . she was speaking at Borders in West Windsor, NJ, about her latest book: **BAD GIRLS: 26 WRITERS MISBEHAVE** . . . I always enjoy such presentations and am constantly amazed that they take place so often in the area . . . you just have to keep your eyes open for announcements from local book stores, libraries, colleges, etc.

I got a kick when she said, "Fiction enables you to write stories without embarrassing your family" . . . she also indicated that she became a writer, largely because her parents had an "absolute belief" in her . . . that's such a powerful concept for us all to keep in mind when it comes to encouraging others!

D. THANKS to my cousin Blanche for helping solve most of the problems we were having with the navigator system on Cynthia's Avalon . . . it was only working from time to time, and for the life of us, we couldn't figure out why . . . then Blanche told us the key: You can't set it when the car is in motion . . . I guess it would have helped had we not skipped over the safety instructions in the manual!

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

This week, it goes to Ceci--a representative from Verizon's Loyalty Marketing Department.

I had called about my ever-increasing cellphone bill . . . he very patiently reviewed it with me, item by item, then suggested one very simple way to reduce it; i.e., to actually increase the amount of text messaging minutes . . . doing so will now enable my daughter to text message to all the people within the Verizon system for free (whereas she had to previously pay for each message).

Ceci also was able to give me a very significant credit as the result of a special promotion that was being run, and he also showed me how I could increase my monthly allocation of minutes at no extra charge by entering into a new contract . . . I took his advice and will remain with Verizon at least for the near-foreseeable future--in large part because of the fine way that he handled my call.

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## 2. FYI

The email Subject [in email] line is increasingly, and rightly, being used as if it were a text message. "The meeting is at 6" can be the entire email and fit in the Subject line. If you do this, it's a courtesy to add EOM ("End of message") after your brief burst of information.

SOURCE:

SEND (see also Sections 4C 8 and 10) by David Shipley and Will Schwalbe

FYI, part 2

\* Arlene in Pittsburgh, Pennsylvania:  
If you want to stay in Pennsylvania, look at the homes in Flower Mills.  
It's a wonderful 55 plus community.

If you're thinking about Florida, may I strongly suggest The Villages. This community is growing by leaps and bounds and is a wonderful place to retire. There is so much to do each and everyday. Call their toll free number and get their latest video, which will guide through all the wonderful features of this place. Been there a couple times and going back the beginning of August.

For more information about this latter locale, please click:  
<http://thevillages.com/>

\* Barbara in Pennsylvania:

I'm sure this issue has come up at your AFT Conventions (because this injustice is annually an item on the NEA-RA agenda!) . . . if you move out of NJ, make sure you move to a state allows you to collect both your pensions AND your Social Security; not all states do.

\* Pat in Pennsylvania:

A friend of mine who is close to your age says to stay away from 55 and over age restricted communities. Here's why. First, he feels that by the time you are in your 80s, there will be a much smaller demand for age restricted housing as it will be the getting towards the end of demand from the baby boomers. And if you or your kids try to sell your home and use the money for your health care or long term nursing care, it will be hard to sell because there will be few buyers who want it.

He also feels if you were to leave it to your kids, the value would be less than a traditional house and probably be a boat anchor for them to get rid of. It would be hard if at all possible to convert that type of community over to traditional housing as they are not set up to handle families that have four or five cars for husbands and wives and kids' cars.

Plus the houses are typically smaller and, they typically do not have things like playgrounds, etc for children. So before you buy one of these places, be sure to check your options.

I had a friend who bought one of these places and said it was the worst move he ever made. And remember, when you buy into one of those places, you are usually the youngest members. So respectfully, don't expect to get much help or friendship from any of your neighbors nor have many friends to entertain. (You can only play so many card games at the community center. After a while it's not much fun.)

A co-worker of mine bought one and he said he never sees his neighbors and doesn't even know them. I think he spoke to one neighbor. Kind of bad for emergencies of trying to ask for help or asking someone to look after your house if you were away.

I have a college teacher friend who bought one and he had to face a hostile resident's committee cause he wanted to put a hot tub on his deck. Sadly, the residents who made up the board had really nothing at all to do so they had lots of time and energy just to fight him for the sake of fighting him. (What a bad situation to be in huh?). They felt he would be too noisy! Ha!

\* Marcie in Pennsylvania:

Just saw IN THE HEIGHTS off-Bway. Wow! I think it's closing this week for an opening in the fall ON Broadway. If you have time this week, check it out while it's still cheap.

\* Arlene in Croydon, Pennsylvania:

Went to a preview showing of the movie, HAIRSPRAY, tonight at Penns Landing. It was a fabulous, entertaining, feel good, movie! I knew nothing about the story since I had never seen the play. I laughed till I cried. Every time John Travolta appeared as Edna, the Mother of the main character, the entire audience broke up. Christopher Walken was hilarious as her husband. How they kept it together without cracking up, I'll never know. What a wonderful and talented cast. The music and dancing were the best. When "The End" appeared on screen, the entire audience applauded. This is definitely a must-see movie.

\* Sandy in Pennsylvania:

I love "It's all good." Marty and I used to put our arms up like goalposts and proclaim, "It's GOOD!" . . . a little skit taken from THE NUTTY PROFESSOR where entertainer Reggie was being roasted by Eddy Murphy for the big split between his teeth.

\* Joyce in Pennsylvania:

I had a situation this week that I thought might be of interest and help to your readers.

I bought an HP laptop about 9 months ago from Circuit City. I also bought the extended warranty. I had a minor problem with the wireless card. After calling HP and them sending me out another card to replace myself, it still didn't seem to solve my problem. I told them I wasn't comfortable doing any other repairs myself and they had me send them my computer.

About a week later, they called to tell me that my warranty was voided, and it would cost me \$789.00 to fix my computer. I was shocked. I asked them why. They told me that I had spilled something all over the keyboard, thereby voiding my warranty. I explained they must have me confused with someone else and to please check into it.

Another week went by with them not returning my calls. Finally, I got a call telling me it was fixed and being mailed back. Much to my surprise, I got it back with a note saying it wasn't fixed. It was also covered in a pink sticky mess. Obviously, someone had spilled something on it after it left my hands.

I took it over to Circuit City who tried to help. Finally, they had the extended warranty kick-in, even though it really wasn't effective until the computer was a year old. I'm not sure how they did it, but they did.

The insurance company had me send them my computer. They called later to tell me they could not fix it and offered me a replacement. I asked if it was a new computer. They told me no . . . it had a 90 day warranty. I asked them if my 4-year extended warranty that I had on the other computer was going to be transferred to this one. The answer was no. I was astounded. I asked them what if I say "no: to their offer. They said they'd send me a gift certificate for \$789. Amazing how it was the exact amount of the cost of repairing it by HP.

I took the \$789 and am now able to buy a new computer with a -year warranty and again got an extended contract. I still don't understand why I buy something that is good for 4 years and it's voided the second you use it. Maybe you know the answer or someone in your mailing list.

But the lesson learned: Always get the extended warranty because when it's out of your hands, you have no control over it. BTW, I'll never buy an HP laptop again. But I will buy from Circuit City. They were great.

---

### 3. No surprise

One monk has taken a 30-year vow of silence. He is only allowed to break it once every ten years.

So after the first 10 years, the monk is asked by the head Buddhist how he feels. He replies, "Bed hard."

Ten more years of silence pass and again the same question. The monk answers this time, "Food bad."

Still another 10 years pass, marking a total of 30 and again the question. This time the monk's final answer is "I quit."

The head Buddhist replies: "We're not surprised. You've been here for 30 years, and all you ever do is complain!"

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#### 4. Reviews

A. I found *BROKEN ENGLISH* to be watchable, but Cynthia seemed to enjoy it more than I did (and so did my mother, for that matter) . . . it is a "chick flick" about a single unloved girl who can never seem to find the right guy . . . it starts out as a comedy, but soon winds up as a drama about an unhappy woman who must first find herself before she can fall in love with a guy . . . Parker Posey is excellent as the main character . . . unrated and probably not for anybody under the age of 16.

B. In the likely event that you missed *AURORA BOREALIS* in the theaters, do catch it on DVD . . . it is a touching drama about an angry loser (Joshua Jackson) who can't keep a job . . . only when he takes to caring for his aging grandparents (Donald Sutherland and Louise Fletcher) does his life begin to turn around, in large part because he also hooks up with their aide (Juliette Lewis) . . . the acting is superb, though in particular, I'll long remember Sutherland's performance as the sickly grandfather contemplating suicide . . . and it is not as depressing as it sounds; in fact, the ending is quite upbeat . . . rated R.

C. No matter how much or how little you use email, I strongly recommend that you read *SEND* (see also Sections 2, 8 and 10) by David Shipley and Will Schwalbe . . . subtitled *THE ESSENTIAL GUIDE TO EMAIL FOR OFFICE AND HOME*, it accomplishes its goal--providing much useful information for wherever and whenever you need to communicate electronically.

For example, when it comes to subject lines, the authors stress the need to always use them. As they point out:

\* Make sure they say something informative. Make sure they don't sound like spam. Make sure they reflect not only the first item in your message ("your lunch order") but its entire content ("your lunch order and your court date"). And make sure you use specific names that are identifiable to the recipient. (Don't say, "Meeting"; say "Kaleigh's meeting.")

When it comes to font size:

\* Common sense also tells you that what you write should be readable. Twelve-point type is the norm for business, eight-point is way too small, and sixteen-point and above is inappropriate unless you're writing for cue cards (or for someone who is visually impaired). In addition, what you see on the screen may not be what your sender sees. If you have any concerns, highlight a portion and check it against your font menu before you send it. And hope your recipient has a compatible system.

As for addressing those in a group, if there's no succinct way

to address it:

\* There is a one-word salutation that is inoffensive, cordial, and not too casual: "Greetings."

Shipley and Schwalbe even interject a sense of humor in many of their examples . . . such as this one, in which somebody was added to an email conversation:

\* To: Charlie Brown, Pippen, Snoopy, Woodstock

Cc: Schroeder

From: Lucy

Re: Halloween Special

Hey guys, we're adding Schroeder to these emails because he's going to be playing piano on the show.

Note: Lucy called Charlie Brown before sending out this second email; she knows that he has low self-esteem, and she didn't want him to take it personally when she unilaterally added Schroeder to the chain.

I especially liked "the last word" in SEND, in which the following is stated:

\* If you take away only two things from this little book, the authors sincerely hope it will be these:

Think before you send.

Send email you would like to receive.

Methinks I'll now take that advice and write both Shipley and Schwalbe an email, telling them how much I liked their short but helpful book.

D. Heard FIRST, BREAK ALL THE RULES by Marcus Buckingham and Curt Coffman of the Gallup Organization . . . it was the report on a massive in-depth study of great managers across a wide variety of situations, ranging from Fortune 500 companies to key players in small, entrepreneurial firms.

It got me thinking about the difference that effective leadership at the top can make and how, unfortunately, this doesn't happen as much as it perhaps should.

Many of the ideas I've come across before . . . yet it wasn't until I heard the spin placed on them by the authors that I came to the realization that though they were seemingly basic, implementation of them isn't always quite so simple.

Also, I realized that most of the ideas can easily be applied to great parenting, great running of virtually any club or organization, etc.

For instance:

\* Best managers don't treat everybody like they want to be treated. Instead, they treat each employee as how he or she wants

to be treated.

And to find this out is easy:

- \* Just ask!

Among the other valuable tidbits I gained from listening were these:

- \* Effective managers spend their most time with their best people.

- \* Great managers know that any attempt to impose one best way is doomed to fail.

- \* Never try to perfect people.

- \* Great managers focus on the future with their people.

- \* When told an employee was late, great manager almost always ask why.

Buckingham also did the reading of FIRST, BREAK ALL THE RULES . . . I was so impressed with this book that I'm now going to read his other works, including his latest: GO PUT YOUR STRENGTHS TO WORK.

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## 5. TV alert

A. BACK TO THE GRIND gives classic TV stars an opportunity to step into the shoes of their most famous characters by taking on their jobs . . . so in the opener, look for WKRP IN CINCINNATI's Lori Anderson taking on the job as a radio-station receptionist and CHIP's Erik Estrada trying to ride with the California Highway Patrol . . . Wednesday at 10:30 p.m. on TV LAND.

B. MAD MEN is a new drama starring John Slattery and Jon Hamm as cutthroat ad execs in the 1960s . . . Thursday at 10 p.m. on AMC.

C. BILL MAHER: THE DECIDER features the cynical comedian in a one-hour stand-up concert, taped in Boston . . . Saturday at 10 p.m. on HBO . . . topics are primarily political and include immigration, civil rights and President Bush.

D. THE KILL POINT is a new series that debuts on Sunday on SPIKE at 9 p.m. . . . it stars John Liquizamo as a bank robber who takes hostages. . . Donnie Wahlberg is the negotiator who tries to handle the situation, but things soon get complicated.

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## 6. Creative pricing

A grocer put up a sign that read: "Eggplants, 25¢ ea. or three for a dollar."

All day long, customers came in exclaiming, "Don't be ridiculous! I should get four for a dollar!"

Meekly the grocer capitulated and packaged four eggplants. The tailor next door had been watching

these antics and finally asked the grocer, "Aren't you going to fix the mistake on your sign?"

"What mistake?" the grocer asked. "Before I put up that sign no one ever bought more than one eggplant."

---

## 7. Websites

A. THE SECRET remains the "hot" book/DVD on the law of attraction . . . to find out more, please copy the part before and after the XXXX into your browser:  
XXX<http://createyourdestiny.thesgrprogram.com>XXX

I had to send it this way because AOL blocked many recipients from receiving this issue because it incorrectly made the assumption that the above website was sent out by spammers.

It wasn't and if you take the time to check it out, you can sign-up for the first seven lessons for FREE . . . a friend told me that they are excellent.

B. There are now two separate TV shows on the air, in which guests try to remember the lyrics to various songs . . . if you like this type thing, please click:

<http://www.kissthisguy.com/>

Make sure you check perhaps the most famously misheard lyrics in oldies history . . . John Fogerty (Creedence Clearwater) sings, "There's a bad moon on the rise," but most people thought he was instead singing, "There's a bathroom on the right."

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

If you miss a past issue . . . or want to read one that came out before you became a subscriber . . . just click "Newsletter" on the left, then "Past Issues."

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## 8. Computer tip

When you're starting to feel overwhelmed by all the emails you have to answer, try re-sorting your inbox by clicking on different tabs. If your inbox, for instance, is ordered by date (Received), re-sort by clicking on Sender, and you may realize that there are lots of messages from just one person, which might then be best handled in a single email or a phone call. Re-sorting can have an added benefit of helping you see your inbox anew: emails you've been passing over jump out at you when put in a new context. It's also useful to re-sort by clicking on Size, which allows you to focus your attention on the emails with huge attachments that have been hogging your memory.

SOURCE:

SEND (see also Sections 2, 4C and 10) by David Shipley and Will Schwalbe

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## 9. Settlement on your new home

Here are ten things you don't want to hear from your real estate agent when you go to settlement on your new home:

1. "I think unexplained crop circles add a unique flair to any home's garden."
2. "Actually, it's only the rear portion of the yard that overlaps the ancient Indian burial ground."
3. "Yes, the last owner did donate the house to the Hell's Angels, but I'm told that the judge has ordered them not to come within 50 feet of it."
4. "One bleeding toilet doesn't necessarily mean it's haunted."
5. "Your neighbor has assured me that, technically, they're not 'killer' bees."
6. "Even if there was a full-scale mud slide, it's unlikely that it would reach as far back as your property."
7. "It's quite common for roaches to grow that big even when not in the presence of radioactivity."
8. "Did you know that the band Grave Raper holds their practice sessions right next door?"
9. "It's true that they died in the house, but the prosecutor was never actually able to prove it was murder."
10. "You can barely hear the sheet metal factory at night."

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## 10. A quote I like

Patrick Lencioni, the author of *THE FIVE DYSFUNCTION OF A TEAM*, told us, "When I send an email to one person, there's a 95 percent chance I'll get a reply. When I send to ten people, the response rate drops to 5 percent. When you add people, you drastically decrease the exclusivity and make people feel they don't need to read the email or do what you ask." He calls this the electronic version of the Freeloader Effect.

### SOURCE:

SEND (see also Sections 2, 4C and 8) by David Shipley and Will Schwalbe--a book that you can see I REALLY liked as evidenced by the fact that I have used it four separate times in this issue of BLAINESWORLD

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## 11. Thought for the day

When an old man died in the geriatric ward of a small hospital near Tampa, Florida, it was believed that he had nothing left of any value.

Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

One nurse took her copy to Missouri. The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. A slide presentation has also been made based on his simple, but eloquent, poem.

And this little old man, with nothing left to give to the world, is  
Now the author of this "anonymous" poem winging across  
the Internet:

Crabby old man

What do you see nurses? What do you see?  
What are you thinking when you're looking at me?  
A crabby old man, not very wise,  
Uncertain of habit with faraway eyes?

Who dribbles his food and makes no reply.  
When you say in a loud voice, "I do wish you'd try!"  
Who seems not to notice the things that you do.  
And forever is losing a sock or shoe?

Who, resisting or not, lets you do as you will,  
With bathing and feeding the long day to fill?  
Is that what you're thinking? Is that what you see?  
Then open your eyes, nurse . . . you're not looking at me.

I'll tell you who I am as I sit here so still,  
As I do at your bidding, as I eat at your will.  
I'm a small child of ten with a father and mother,  
Brothers and sisters who love one another.

A young boy of sixteen with wings on his feet  
Dreaming that soon now a lover he'll meet.  
A groom soon at twenty, my heart gives a leap.  
Remembering, the vows that I promised to keep.

At twenty-five, now, I have young of my own.  
Who need me to guide . And a secure happy home.  
A man of thirty . My young now grown fast,  
Bound to each other with ties that should last.

At forty, my young sons have grown and are gone,  
But my woman's beside me to see I don't mourn.  
At fifty, once more, babies play 'round my knee,  
Again, we know children . . . my loved one and me.

Dark days are upon me. My wife is now dead.  
I look at the future. I shudder with dread.  
For my young are all rearing young of their own.  
And I think of the years and the love that I've known.

I'm now an old man and nature is cruel.

'Tis jest to make old age look like a fool.  
The body, it crumbles . . . grace and vigor, depart.  
There is now a stone where I once had a heart.

But inside this old carcass a young guy still dwells,  
And now and again my battered heart swells.  
I remember the joys. I remember the pain.  
And I'm loving and living life over again.

I think of the years . . . all too few . . . gone too fast.  
And accept the stark fact that nothing can last.  
So open your eyes, people, open and see . . .  
Not a crabby old man. Look closer . . . see . . . ME!

Author unknown  
(if you know who wrote this and/or the source, please let me know.)

A REQUEST:  
Remember this poem when you next meet an older person  
who you might brush aside without looking at the young soul within.  
We will all, one day, be there too!

---

## 12. Advance planning department

### A. Natalie in Pennsylvania:

The Peace Center is holding an interfaith dialogue, "How Does Religion Plant the Seeds of Peace" on Thursday, August 2 from 5:30-9:30 p.m. at the Grey Nuns Academy in Yardley, PA. This dialogue will explore ideas of peace amongst a diverse body of religious structures. The Interfaith Dialogue will promote the understanding of the peace through the exploration of how Hinduism, Buddhism, Judaism, Christianity, and Islam defines this term. Representatives from these traditions will share their meaning of peace, their active involvement in the peace movement and how they designed their own peace tree.

"How Does Religion Plant the Seeds of Peace" will open with a peace reception with different faiths being represented. Debbie Burns, Board President of the Peace Center, will lead a Peace Poetry Workshop in the Peace Garden at the Grey Nuns Academy in Yardley, PA. Larry Synder will take the poets into a session of Compassionate Listening--teaching them to listen from the heart, not simply from the mind. After the interfaith dialogue, there will be a Question and Answer session with the audience and group activities involving peace.

Please contact BJ Davis, Executive Director of the Peace Center at 215.750.7220 for further details.

### B. Kitty in New Jersey:

SOUND OF MUSIC [at Mercer CountyCommunity College] is great!  
Plays next weekend, too: Fri. at 8. Sat. at 2 & 8 p.m., and Sun. at 2.

And, you must come and see me in BATBOY at The Kelsey Theatre. The show runs July 27, 28, 29, Aug. 3, 4, 5. It is a really fun show, though hard to describe. It is based on the old Enquirer-type papers in the supermarket with wild stories about batboy found living in cave, etc.

It actually is a show about acceptance, kind of like THE ELEPHANT MAN or more like EDWARD SCISSORHANDS. It has beautiful music

by the same composer as LEGALLY BLONDE (now the hottest ticket on Broadway). Six part harmony on some numbers. It is also hysterically funny. It takes place in a town in West Virginia called Hope Falls, where the coal mines closed up and the townsfolk are trying to raise cows on the side of a mountain and can't figure out why they keep dying.

I play Mrs. Taylor, a role originated Off-Broadway by a guy!

Call 609.570.3333 for tickets. Or for more information, please click:  
<http://www.mccc.edu/kelseytheatre>

C. Cynthia in New Jersey (see also Section 1A):

I am very excited about a new teacher training that I just completed. It is called JourneyDance. JourneyDance is a transformative, freeing movement experience. Using inspiring music from around the world, you are softly led into easy-to-follow movements. At times you follow, you move intuitively on your own or you may choose to lead if you are comfortable. You honor yourself and what you need in the moment.

It is a form of joy, creativity, connection, community, and self-acceptance. The power of the dance experience is used to release old ways of being that no longer serve you and reclaim new, consciously chosen ways of being in a truly experiential way. It includes and celebrates all types of bodies, people and energy levels. No yoga or dance experience is required. It is an experience not to be missed.

Here is the current class schedule:

\* IN SKILLMAN, NJ:

Sat. Aug. 4 - 1:30 - 3:00

Sun. Sept. 16 - 11:00 - 12:30

Sun. Oct. 21 - 12:00 - 1:30

Sun. Nov. 18 - 11:00 - 12:30

Sun. Dec. 16 - 11:00 - 12:30

\$15.00 drop-in fee

Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506  
Skillman, NJ

609-924-7294

<http://www.princetonyoga.com>

\* IN HILLSBOROUGH, NJ:

Wed., Aug. 22 - 7:00 - 8:30

Hillsborough Library  
Hillsborough, NJ

FREE class.

Call 908.369.2200, ext.13 for details and to register.

\* IN BELLE MEAD, NJ:

Sat. Aug. 18 - 10:30 -12:00

Pike Run Associates (the Clubhouse)  
Belle Mead, NJ

FREE class. Email me: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com) or call me:  
908.874.9557 for details and to register.

I would love to see you at any and/or all of the above!

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PS. Please join me in praying that we soon get our remaining soldiers  
back from Iraq and that peace resumes in Israel . . . also, make it  
a great week!

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# BLAINESWORLD

BLAINESWORLD

#561

7.2.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I are back up and running with respect to our vehicular transportation (for more information, see below for the BLAINESWORLD BEST AWARD).

As mentioned last week, Cynthia's car was totaled in an accident, but she is fortunately OK . . . she is also most thankful to the Hillsborough Rescue Squad for how promptly and efficiently they got her to Somerset Hospital to be checked out.

We did want to use this opportunity to caution everybody when driving on Route 206, going North, in Hillsborough . . . from what we found out after the fact, there are 1-2 accidents each week in the very same spot she had her fender bender.

She was making a left turn into the strip mall . . . a truck had even given her the go-ahead to do so, pausing for her . . . however, in the outer lane, another car was going perhaps too quickly and then hit her car.

Afterwards, when we asked if anything could be done to prevent future accidents here, we were told that they could ban all left turns--but all the merchants would object.

B. On Saturday, we attended a memorial service for our friend Kevin's mother . . . he planned the whole thing, and it was one of the most touching such events we have ever attended.

There were songs and stories, as well as several poems . . . one we particularly liked was the following:

Loss

Now that I am gone  
remember me with smiles and laughter.

And if you need to cry,  
cry with your brother or sister  
who walks in grief beside you.  
And when you need me,  
put your arms around anyone  
and give to them what you need to give to me.  
There are so many who need so much.  
I want to leave you something -  
something much better than words or sounds.  
Look for me in the people I've known  
or helped in some special way.  
Let me live in your heart  
as well as in your mind.  
You can love me most  
by letting your love reach out to our loved ones,  
by embracing them and living in their love.  
Love does not die, people do.  
So, when all that's left of me is love,  
give me away as best you can.

Author unknown

(if you know who wrote this and/or the source, please let me know.)

C. Sunday is typically our "M and M" day when we see both our mothers . . . this past weekend, we had two particularly nice visits.

In the morning, we saw her mother . . . she was sleeping most of the time, but when Cynthia told her, "You did a good job, Mom. I'm happy, and I turned out well," she all of a sudden opened her eyes and replied, "If you do say so yourself" . . . then she went back to sleep.

We went from there to see my mother and take her out for lunch at the Malverne Diner (516.593.3382) . . . my bacon-and-egg sandwich was tasty, and everybody else enjoyed their lunches too . . . the best part of eating there is the fact that the movie theater is right next door, so it was easy for us to catch a flick too . . . see Section 4A for more information.

D. MR. CURIOUS HERE:

We are just starting to think about our respective retirements . . . though we still have a few years to go, we believe it is never too early to start the process . . . as such, we are also contemplating possible retirement locales--in New Jersey, but in other locales too . . . ideally, we would like warm weather year-round and something overlooking water would be an added plus . . . I wouldn't mind a 55- and over community either . . . any and all suggestions would be much appreciated.

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

This week, it goes to Charles Leonard--head of Bella Motors in Yardley, PA (215.499.5364).

Charles is a former student and longtime friend who sold me my Toyota Subaru and the Toyota Avalon we just purchased. See below for a picture of him with Cynthia in front of her new Avalon:



We are quite pleased with it thus far . . . now if we can just figure out how to work the navigation system, we'll be all set.

If you want to buy a car, I strongly suggest you contact Charles . . . he knows cars better than anybody else I know.

What he does: He finds out what you want, then looks for it at auction and usually within days, finds exactly what you need at a price several thousand dollars less than you can get anywhere else . . . moreover, he takes all the hassle out of the car-buying process, and he's also a real nice guy.

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## 2. FYI

My seatmate on a dinner flight was a woman from Switzerland. As soon as the meal was served, I noticed that she heavily salted and peppered her dessert-a luscious-looking piece of chocolate cake. The flight attendant, somewhat taken aback, explained that it wasn't necessary to do this. "Oh, but it is," the woman replied, smiling. "It keeps me from eating it."--contributed by Jackie Trotta

SOURCE:  
EVERYDAY GREATNESS: INSPIRATION FOR A MEANINGFUL  
LIFE (see also Sections 4C, 10 and 11) by Steven R. Covey; compiled  
by Donald K. Hatch

FYI, part 2

\* Make my day department--or it is week? . . . I received the following two notes from authors of books I've recently reviewed in this missive:

Bob Newhart:

Just wanted to drop you a note thanking you for your very positive of my book in your newsletter. Thanks again.

Sen. John McCain:

Thank you very much for your kind words regarding my book FAITH OF MY FATHERS. I appreciate your encouragement and support. They mean a great deal to me.

\* Lee in Pennsylvania:

A while back, I happened to tell you about my involvement in horse racing. Our horse (Theregoesmyhero) won its second victory by half of a head on Tuesday at Philadelphia Park.

MY TWO CENTS:

Go, Lee! Go, Theregoesmyhero! I'll be looking for you both in next year's Kentucky Derby.

\* Dan in New Jersey (with a REQUEST FOR HELP):

Any suggestions on singing lessons for my 6-year old daughter? She lives in Robbinsville, NJ.

Ideally, the teacher would live near there. We'd prefer somebody who could come to our house, but we'd consider a location close by.

We'd like to focus on pop/contemporary-type stuff.

\* Bettina in New York:

I was just reading through your newsletter when it occurred to me that you should see a movie that is playing at the moment. It's called CZECH DRAM and for someone in marketing it is a must!

\* Craig in Pennsylvania:

If you have a second, check out:

<http://www.myspace.com/quickstepjohn>

We just posted our new single from up upcoming album coming out 9/4.

\* Maria in Pennsylvania:

You asked for information about the nose inhaler I use when I get stressed and want a smoke. It's called Smoke Less Scent Inhaler.

It smells of eucalyptus, lemon and pine and actually calms me down and negates the feeling that I want a smoke. I use it as little or as often as I need. it's made by a company called Earth Solutions out of Atlanta; web site:

<http://www.earthsolutions.com>.

I got mine from a friend and have been using it ever since I read the book [THE EASY WAY TO STOP SMOKING by Allen Carr] you recommended and stopped smoking. Sometimes when things get very stressful, I need a little help.

On a side note with the book . . . it's really very difficult to try to explain why the book has been the catalyst for me to successfully stop smoking.

I think it's also a mind set; I was ready to do this and open to ideas.

But the most important thing is the author . . . he speaks the same words that every smoker (or soon to be ex-smoker) has thought. He expresses every one of our fears and faces them head on. He pulls no punches. All of the programs/workshops/clinics I've been to throughout the years were conducted by clinicians who had never smoked. Hard core smokers (those who can't concentrate on their kid's wedding because they need the smoke) need to be understood.

These days smokers are considered lepers or parasites in the community. All it does is anger the smoker; it doesn't help at all. I remember someone coming up to me while I was outside having a smoke, looked at me very sternly and said, "don't you know that's no good for you?"

I'd been so fed up with people talking to me like that I said, "No, I never heard that!" Needless to say he got the point, but my point is nagging, threatening or any other means like that doesn't work. The book was the first time I'd actually read someone acknowledging that. It was refreshing to finally see it in print and know that someone else understood.

\*\*\*\*\* THE OFFER REMAINS \*\*\*\*\*

If you'd like your own FREE copy of this book for yourself, a loved one or friend, just drop me an email to that effect . . . put SMOKING BOOK in subject line and make sure you include your address . . . the only thing I ask is that the book gets read within a month--and then I'm notified whether it was helpful.

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#### 3. Unforgettable

Methinks this mom will never forget a recent Sunday sermon she attended.

"Dear Lord," the minister began with arms extended toward heaven and a rapturous look on his upturned face. "Without you, we are but dust."

He would have continued but at that moment my very obedient daughter (who was listening!) leaned over to me and asked quite audibly in her shrill little girl voice, "Mom, what is butt dust?"

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#### 4. Reviews

A. EVENING is a romantic drama that could best be classified as a "chick flick" . . . when I saw it with Cynthia, my mother and her aide, I was only one of three guys in attendance in an audience of about 60.

It is the story about a woman on her deathbed who reveals a secret about a past love to her two daughters . . . the film then skips back and forth in time as the story unfolds . . . this technique proved distracting and though the film has a fine cast (including Vanessa Redgrave, Meryl Streep, Natasha Richardson, and Toni Collette), the end result was extreme dullness . . . skip it, regardless of your sex . . . rated PG-13.

B. However, don't go thinking that I dislike all such films . . . here's one to catch: MRS. PALFREY AT THE CLAREMENT.

I missed it when it originally was in the theaters, but because of [blockbuster.com](http://blockbuster.com), I was able to catch it in the comfort of our home--and via our new large screen TV . . . it is a delightful tale about aging and unexpected friendship, starring Joan Plowright who still is a terrific actress at . . . well, a gentleman never tells . . . but if you must know, you can always find out at this website:

<http://imdb.com/name/nm0687506/>

Recently widowed, Plowright moves to London to be near her grandson . . . when he doesn't return any of her calls, she instead encounters a young writer (an engaging Rupert Friend) who helps her trick the other residents of her hotel into believing that she really does have a grandson . . . nice guy that I am, I won't reveal the ending; however, I will tell you that is a satisfying one . . . you'll enjoy it, along with the cinematography that will make you want to visit England . . . the soundtrack is great, too . . . Not rated, but certainly appropriate for anybody over 12.

C. Be forewarned: EVERYDAY GREATNESS: INSPIRATION FOR A MEANINGFUL LIFE (see also Sections 2, 10 and 11) by Steven R. Covey; compiled by Donald K. Hatch is not a "typical" Covey book along the lines of his classic THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE.

Rather, it is a collection of short pieces that originally appeared in READER'S DIGEST that Covey effectively brings together with running commentary. . . the "Reflections" section after each chapter made me do just that; i.e., think about what life is all about . . . I found the overall effect to be quite powerful.

I also liked the "Further Insights" that provided quotes on the topic being discussed . . . among the ones that caused me to pause were these:

\* What do we live for if not to make the world less difficult for each other?--George Eliot;

\* It is more noble to give yourself completely to one individual than to labor diligently for the salvation of the masses.--Dag Hammarskjold; and

\* Laughter is the sun that drives winter from the human face.--Victor Hugo.

EVERYDAY GREATNESS is the type book that you'll often want to revisit . . . it would make a great gift for just about anybody . . . furthermore, it can also be a source for short read-aloud stories that can be appreciated by all ages--such as this one [from John Louis Feliciello]:

\* As a boy I often tackled a task full of enthusiasm, only to become discouraged quickly. One bright summer day my father showed me an experiment with a magnifying glass and a newspaper. When he moved the glass over the paper from one place to another, nothing happened. But when he held it motionless in one spot for a while,

focusing the sun's rays, a hole appeared.

I was fascinated, but didn't grasp the significance of the procedure. Father explained that the same principle applied in everything we do: That to make a success of our lives we must learn to concentrate all our efforts on the undertaking in hand until it is finished.

D. Heard and thoroughly enjoyed SECRETS OF TEN GREAT GENUISES--written and read by Tony Alessandra, one of my favorite motivational speakers/authors.

In this program, he takes a look at some of the greatest minds of all times and analyzes what makes them tick . . . he does so by presenting short, interesting summaries of their lives and then shows you how you can personally relate this information to your own life.

Some of the names featured you would expect: Einstein, Edison, da Vinci, etc. . . . but I also liked hearing about the physical genius of hockey Hall of Famer Wayne Gretzky and the financial genius of Peter Lynch, who built the Magellan Fund into the world's largest mutual fund.

Among the many tidbits I gained from the program were these:

- \* A genius does difficult things easily.
- \* A genius sees things that others don't see. (This is also known as visionary genius.)
- \* Take a vacation from the details.
- \* You may not always be able to control the outcome of what you desire, but you can always control your responses to the outcome.
- \* Every time Lincoln failed to win an election, he succeeded in the next one.
- \* Lynch: Don't invest in anything you can't draw with a crayon. (In other words, you have to understand the investment.)
- \* Listen to the other person's view, then restate it to that person's satisfaction. Then reverse this process.
- \* The best way to impress an audience is to be brief.
- \* Almost all geniuses read a lot.

Alessandra then concludes this program with a great review . . . in doing so, he shares this bit of advice from his friend Jim Cathcart: Consider how the person I'd like to be do the thing I'm about to do.

This fine program is available for purchase or rental . . . if you want to get it, please click:

<http://www.achievementlibrary.com/>

Above is the tape rental club I belong to; i.e., the Achievement Tape Library . . . this a great way to hear CDs and/or audio cassette tapes, view videos, etc.--all for a fraction of what it would cost to buy them . . . call the head of the firm (Paul Arroyo) directly at

1.800.735.3660 and mention my name . . . that way, you'll be sure to pay even higher prices . . . NOT.

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#### 5. TV alert

OOPS! Last week, I mentioned MEN IN TREES as a show that you'll like to watch . . . but I forgot to mention the station that airs it: ABC . . . Thursdays at 10:01 p.m.

A. LIVE EARTH: THE CONCERTS FOR A CLIMATE IN CRISIS features more than 100 musicians, including Madonna, James Blunt, the reunited Spinal Tap and The Police . . . SUNDANCE has the most coverage--22 hours--beginning at 4 a.m. on Saturday. . . . BRAVO has 18 hours starting at 4 a.m., CNBC's seven hours of coverage begins at 7 and NBC presents three hours in prime time at 8 p.m.

B. AVENGING ANGEL stars Kevin Sobo as a preacher-turned bounty hunter on AVENGING ANGEL . . . Saturday at 9 p.m. on HALLMARK.

C. ASSUME THE POSITION 201 WITH MR. WUHL is a follow-up to last year's special with Robert Wuhl looking at the sway pop culture has over history . . . Saturday at 10 p.m. on HBO.

D. SPEEDOLOGY is about things that are done quickly . . . the opener looks at speed-eaters and the risks they face when they stuff their stomachs . . . Sunday at 9 p.m. on National GEOGRAPHIC.

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#### 6. To be sure

My friend Sharon adopted a stray cat and took it to the vet to be neutered.

"I'm about 90 percent certain he's been fixed," the vet said.

"How can I be 100 percent?" Sharon asked.

"Watch to see if he does any 'male' things."

"He already lies on the couch all day," she said. "If he starts hogging the remote, I'll bring him in."

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#### 7. Websites

A. To help you put a price on how much you'll save by trading up for something with better mileage, please click:

<http://www.MPGoMatic.com>

In addition, the website is info-packed with details about high-mileage cars, trucks, SUVs, etc.

B. To see an amazing painter in action, please click:

<http://www.youtube.com/watch?v=OIJtKxdRQzY>

Watch the entire clip and when you do, put your speakers on!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

To see pictures of yours truly, Cynthia, my daughter Risa, etc., go to "Blaine's Best" on left, then "Pictures" . . . make sure your sound is on!

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#### 8. Computer tip

If you want to send information about a virus that you KNOW is true, make sure you don't include the actual link that came in the original virus warning.

For example, let's say I wanted to tell you to make sure you didn't click a link to [amazon.com](http://www.amazon.com) . . . what I would do is put three XXXs both in front and back of it, so you'd instead see something like this: XXXamazon.comXXX . . . so even if you wanted to click it on, you couldn't.

Equally important, pay heed to the suggestion I have made in the past; i.e., don't forward anything without first checking if it's true by clicking:

<http://www.snopes.com>

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#### 9. London newspapers

These supposedly are true. Regardless, I thought you'd get a kick out of them; I did.

\* Commenting on a complaint from a Mr. Arthur Purdey about a large gas bill, a spokesman for North West Gas said, "We agree it was rather high for the time of year. It's possible Mr. Purdey has been charged for the gas used up during the explosion that destroyed his house.--LONDON DAILY TELEGRAPH

\* Police reveal that a woman arrested for shoplifting had a whole salami in her underwear. When asked why, she said it was because she was missing her Italian boyfriend.--MANCHESTER EVENING NEWS

\* Irish police are being handicapped in a search for a stolen van because they cannot issue a description. It's a Special Branch vehicle, and they don't want the public to know what it looks like.--MANCHESTER GUARDIAN

\* A young girl who was blown out to sea on a set of inflatable teeth was rescued by a man on an inflatable lobster. A coast guard spokesman commented, "This sort of thing is all too common".--LONDON TIMES

\* At the height of the gale, the harbourmaster radioed a coastguard and

asked him to estimate the wind speed. He replied he was sorry, but he didn't have a gauge. However, if it was any help, the wind had just blown his Land Rover off the cliff. ABERDEEN EVENING EXPRESS

\* Mrs. Irene Graham of Thorpe Avenue, Boscombe, delighted the audience with her reminiscence of the German prisoner of war who was sent each week to do her garden. He was repatriated at the end of 1945, she recalled. "He'd always seemed a nice friendly chap, but when the crocuses came up in the middle of our lawn in February 1946, they spelt out 'Heil Hitler.'"--BOURNEMOUTH EVENING ECHO

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#### 10. A quote I like

Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together.--Vesta M. Kelly in EVERYDAY GREATNESS: INSPIRATION FOR A MEANINGFUL LIFE (see also Sections 2, 4C and 11) by Steven R. Covey; compiled by Donald K. Hatch

BY CHANCE:

Does anybody recognize Vesta M. Kelly? If anybody knows who she is, please let me know . . . that way, I'll know who she is too . . . and will then share this information with other readers.

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#### 11. Thought for the day

When I REALLY like a book, I mention it in four different sections of BLAINESWORLD . . . such is the case with EVERYDAY GREATNESS: INSPIRATION FOR A MEANINGFUL LIFE (see also Sections 2, 4C and 10) by Steven R. Covey; compiled by Donald K. Hatch . . . see below for still another passage from it:

A peasant circulated slander about a friend, only to find out later that it was not true. He came to a wise old monk for advice.

"To make peace with your conscience," said the monk, "you must fill a bag with chicken down, go to each house in the village, and place one feather at the threshold."

The peasant did as he was told and returned announcing he had completed his penance. "Not yet!:" said the monk. "Take up your bag and gather each feather that you have dropped!"

"But the wind must have blown them all away."

"Yes," replied the monk. "And so it is with gossip. Words are easily spread, but no matter how hard you try, you can never get them all back again."--Merle Crowell, THE AMERICAN MAGAZINE

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#### 12. Advance planning department

A. Joe in Pennsylvania:

Now playing at The Actors' NET: YOU'RE A GOOD MAN, CHARLIE BROWN . . . a terrific cast is having a ball with teens and a ten year old in the roles, all performing like seasoned pros. Plays through July 8th.

For more information, please click:

<http://www.actorsnetbucks.org>

B. Cynthia in New Jersey (see also Section 1A):

\* Move Your Body classes meet every first Saturday of the month at 1:30 p.m., so the next one is on Saturday, July 7.

Location:

Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Freeland Drive Suite 506--off Route 206  
Skillman, New Jersey

FREE to try out the class; for more information, please click:

<http://www.princetonyoga.com>

609.924.7294

\* There will also be a FREE session in my development (Pike Run in Belle Meade) on Sunday, July 8, at 1:30 p.m.

Email me for more information: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com)

C. Janet in New York:

AWAKENING VENUS: WOMEN'S WEEKEND

A Woman's Weekend of Ceremony, Celebration, Learning and Love,  
July 27-29, 2007

Oasis For The Soul

18 Orchard Lane, Woodstock, NY 12498

The FEMININE DIVINE is waking in our hearts, in our souls, to enlighten the world with love. To bring joy into our lives is one of the most essential actions that we can do in these times of extraordinary consciousness shift. This weekend is the perfect time to explore the deeper dimensions of the feminine, as Venus as high in the sky as she gets, turning back toward the Sun and her renewal in the light. Kelley, Janet and Oonaja have decades of experience and teachings to share, experience deep awakening, transformation, and fun!

Information and Registration:

<http://www.oasisforthesoul.com/schedule.php>

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PS. Please join me in celebrating a joyous Fourth of July with your friends and loved ones . . . to help add to your enjoyment, please click:

[http://www.kidskonnnect.com/FourthofJuly/LadyLiberty/liberty\\_dl.htm](http://www.kidskonnnect.com/FourthofJuly/LadyLiberty/liberty_dl.htm)

Also, make it a great Fifth, too; in fact, rest of the week . . . and let's pray that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel.

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#560

6.25.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I had quite a scare this past week . . . she was in a bad accident and totaled her car . . . afterwards, she went by ambulance to the hospital, but amazingly was OK . . . more details to follow next week, but let me just remind everybody to ALWAYS use your seat belts (the minute you start your car) and, also, when you get a new vehicle, make sure it has both front and side air bags.

B. We were both away this past weekend, though unfortunately not together . . . Cynthia is in the process of finishing her JourneyDance training, and I went with two of my fellow Union officers to the annual conference of the Pennsylvania Federation of Teachers in Pittsburgh . . . the workshops weren't bad . . . even better was what we did at night . . . on Friday, we had a great dinner at Bravo Franco (412.642.6877) . . . my chicken parmigiana was about the best I've ever had; it was oh-so-tender . . . from there, we went a few doors down to the Pittsburgh CLO Cabaret production of ALWAYS . . . PATSY CLINE . . . Marlana Dunn WAS Cline, the singer who died far too young at 30, yet became famous for such songs as "I Fall to Pieces," "Your Cheatin' Heart," "Walkin' After Midnight" and "Crazy" . . . I couldn't believe this was Dunn's professional debut . . . Terry Wickline provided comic relief as Louise Seger, Cline's friend, and they were effectively backed-up by a five-piece band.

If you're in the Pittsburgh area, catch this show before it closes in late July . . . for more information, please click:

<http://www.clocabaret.com/default2.html>

On Sunday night, all those at the conference had a blast on a Gateway Clipper Fleet Dinner Cruise . . . that's (from left to right) yours truly, Joann Corn, Bill and Louise Yorke--prior to boarding:



C. I was glad to finally get some good news from Bucks County Community College . . . after what seemed to be a battle for well over 10 years, the College's Board of Trustees finally approved the purchase of a new clock system . . . so we should finally have clocks that work by the beginning of the fall semester . . . this might not sound like a big deal, but believe me, it was . . . it was also quite an embarrassment to have to tell a guest speaker, for example, that to figure out how much time he had left, all he had to do was look at the clock that was being used and subtract 2 hours and 7 minutes!

And more on the Trustees . . . CONGRATULATIONS to one of this group's members: Dr. Frederick Breitenfeld, Jr. . . . he was honored by the Maryland Public Broadcasting Commission on June 9 in Baltimore. He was named as the first recipient of an award named after him, the "Frederick Breitenfeld Award for Visionary Leadership in Public Media".

The award will be given in the future to "those who provide extraordinary leadership in support of public television."

Dr. Breitenfeld was the founding chief exec officer at Maryland Public Television from 1966 to 1983, and president of WHYY-FM/TV in Philly

from 1983 until his retirement in 1997. He served on the Temporary Commission on the Alternate Funding of Public Broadcasting organized by the FCC, and in leadership roles with the Council of State Telecommunications Authorities and the Philadelphia Regional Chapter of the National Academy of Television Arts and Sciences.

D. I've recently switched doctors to somebody closer to where I live: Dr. Joseph Weinstein with Your Doctors Care (908.685.1887) in Hillsborough, NJ . . . I was impressed with the way he conducted my first physical and especially with something that the practice does; i.e., it has a nurse record your medical information directly into a computer . . . since nobody can ever read my writing and probably the writing of many other folks, this just seems to make a great deal of sense . . . furthermore, Dr. Weinstein was easily able to both access and review my file by looking at his monitor.

I also appreciated the fact that I was taken on time and did not have to wait around for any part of the physical or the blood work afterwards.

Everything seems to be in fine working order, though I do need to reduce my overall cholesterol total.

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

This week, it goes to Craig Whitaker--head of Whitaker Brothers in Bristol, PA.

I've known Craig for quite some time; in fact, he was a student of mine many years ago . . . it has been my pleasure to watch how he led his company (along with his brother Kevin) when it was originally a DJ business . . . he then had it morph into a successful company that creates unique quality Audio/Visual Environments for your home, house of worship or place of business.

I just had Whitaker Brothers install a Bose sound system, along with a Pioneer large screen TV . . . the installation went smoothly, and I felt the overall price was quite fair.

For more information, please click:  
<http://www.whitakerbros.com/>

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2. FYI

Not too long ago, I heard two people complaining . . . one ended the discussion by the use of this simple statement: "hey, it's not cancer" . . . think about it; things could almost always be worse . . . so when I get "down," which isn't toooooo often, I try to keep that perspective in mind.

FYI, part 2

\* Jeff Dwokin at [villagerstheatre.com](http://villagerstheatre.com):

Thanks again for the nice comments [about CINDERELLA], but you need to issue a bit of a retraction. It was NOT canned music but an outstanding live orchestra located in the pit that sits above and behind the stage!

We all ways use live music, never prerecorded.

MY TWO CENTS:

Sorry 'bout that!

\* Sandy in Pennsylvania:

Just a note of thanks for giving DREAMGIRLS a good review because I am the only one of my friends who bothered to see it. I loved it. Then I went out (as you did) and bought the soundtrack, which I am playing right now over and over in my vehicle.

\* Norean in New York:

THANK YOU for sending the book [THE EASY WAY TO STOP SMOKING by Allen Carr] so quickly.

I have to tell you that before I gave it to my sister, I took it to work. My desk is in an office with two others. One smoker and one not. The adjoining office has three more desks and two more smokers. All I did was lay the book on my desk (where I knew anyone who walked by would see it) and within minutes, I had my coworkers wanting to know if I was reading it and asked could they see it?

So far I have had one request for the book when I receive it back. I am so glad I thought of doing this as it is extremely difficult to persuade a person to quit the habit. I will update you with my success and let you know how my sister is doing when she finishes the book.

THE OFFER REMAINS:

If any BLAINESWORLD reader still wants a copy of the book for himself/herself/any friend or relative, just drop me a note to that effect . . . sent it to bginbc@aol and put "SMOKING" in subject line.

The key: The person you give it to has to want to quit and/or at least try reading the book . . . ask if that be the case . . . if not, don't even bother; it won't work.

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3. So this is progress?

Two Eagles, an Indian Chief, was approached by a white government official: "You have observed the white man for 90 years. You've seen his wars and his technological advances. You've seen his progress, and the damage he's done."

The Chief nodded in agreement.

The official continued, "Considering all these events, in your opinion, where did the white man go wrong?"

The Chief stared at the government official for over a minute and then calmly replied, "When white man find land, Indians running it. No taxes, No debt. Plenty buffalo, plenty beaver. Clean water. Women did all the work. Medicine man free. Indian man spend all day hunting and fishing; all night having sex."

Then the Chief leaned back and smiled. And added, "Only white man dumb enough think he improve system like that."

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#### 4. Reviews

A. I have always loved the music of Edith Piaf and so was looking forward to LA VIE EN ROSE, the biopic about her life . . . despite a magnificent performance by Marion Cotillard, the film left me flat . . . it was way too long, and there wasn't enough singing . . . it's also very depressing, and I found the story to be too choppy for my taste . . . I was, however, impressed with both the set design and cinematography . . . rated PG-13.

B. THE PAINTED VEIL is now out in DVD format . . . my review from BLAINESWORLD # 539 follows:

Enjoyed THE PAINTED VEIL, an old-fashioned melodrama based on the novel by W. Somerset Maugham . . . it is the story of the relationship between two frosty Brits who discover themselves while in the cholera-ridden China of the 1920s . . . a bit slow moving at the start, it soon picks up thanks in large part to the acting of both Naomi Watts and Edward Norton . . . the accompanying musical score added to my appreciation of this film . . . rated PG-13.

C. Seth Godin seems destined to be one of my favorite business authors . . . I previously got much out of SMALL IS THE NEW BIG (reviewed in BLAINESWORLD #533) and so have decided to read his other books.

That said, ALL MARKETERS ARE LIARS called out to me--if just for its great title . . . more appropriate might have been ALL MARKETERS ARE STORYTELLERS, but as Godin points out, it would not have caught the attention of most others readers.

And that's what is needed . . . for a company to be successful, it must catch the attention of its customers . . . this can best be done by telling stories, as opposed to outright fibbing . . . as an example, he cites the case of a glass maker who contends that wine tastes better in glasses . . . this is the story that he tells and people accept it, and the glasses sell more . . . contrast this with another company that says you can call anytime to hear its president's voice . . . not only does it sound implausible, but it turns out the voice is an actor since the president died over 50 years ago . . . that's obviously fraud.

What makes ALL MARKETERS so compelling is that Godin presents many other such examples, all that got me to think more--always a good sign.

For instance, he talks about how the folks at Banquet scored a home run by telling a story that got people to played into the belief that home-cooked meals are better:

\* They found an audience with a worldview that matched a product they had the ability to talk about. It turns out that millions of Americans feel guilty about the fact that they no longer cook dinner for their families. They were raised to believe that a home-cooked meal = love = family = healthy and in our modern world, they can't find the time or the energy to pull it off.

A lot of these people own Crock-Pots, the electric slow-cooking device used for making soups and stews. John Hanson of Banquet introduced Crock-Pot Classics, saying, "Banquet Crock-Pot Classics contain all of the high-quality ingredients needed for a slow-cooked meal-like tender meats, fresh vegetables, hearty potatoes and perfectly seasoned sauces-and are ready to cook with less than five minutes of preparation. At the end of the day, Banquet Crock-Pot Classics welcome home families with the inviting aromas of a slow-cooked meal." In other words (if Banquet had stated the real deal): "Here's a bunch of stuff, preserved by chemicals and freezing. Dump it all in the pot, turn it on and you'll end up with something we could have just as easily precooked for you and sold frozen, ready for the microwave."

I also liked how he used other examples from such diverse fields as politics, baby food, health clubs, the Internet, restaurants, retail stores, and organic soap.

Car manufacturers can also sell more product by telling stories, as evidenced by this tidbit:

\* Aston Martin has the new hot \$150,000 car of the moment. The New York Times gave it a twelve on a scale of one to ten. You can also buy exotic cars from Jaguar, Volvo and Range Rover. And every one of them is made by Ford-and you shouldn't be surprised to discover that they even share parts.

If you're interested in selling more of anything, tell better stories . . . ALL MARKETERS ARE LIARS shows you how to accomplish this task.

D. I've long been a Bill Bradley fan . . . his talent on the basketball court always impressed me, in large part because he seemed to have to work so much harder than many other players . . . then when he entered the political arena, I continued to follow his career with interest . . . my only regret is that he never got past the Senate . . . I still think he would have made a fine President.

Hearing his book, VALUES OF THE GAME, impressed me even more . . . it is not a standard sports autobiography, but rather a collection of essays by Bradley that deal with such topics as passion, discipline, responsibility, and resilience . . . he shows how these all became key parts of his life, citing examples of such greats as Cousy, Chamberlian, Iverson, and Pippen . . . I got a particular kick out of what he said about Dennis Rodman: he admired his rebounding tenacity, but noted that Rodman "isn't everybody's cup of tea" because of his behavior.

This would be a great gift for any basketball fan, young or old . . . nevertheless, I'd recommend giving the book rather than the audio version that I heard . . . though the narration by John Randolph Jones was fine, I would have much preferred Bradley doing the reading himself.

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## 5. TV alert

A. MEN IN TREES returns on Thursdays at 10:01 p.m. (and whoever came up with that time?) . . . this week's episode is a repeat of the September pilot . . . if you haven't caught this quirky series, this is an ideal time to do so . . . methinks you'll grow to like it as much as I have.

B. The difficulty of transporting ships over land is addressed on MEGA MOVERS on HISTORY on Friday at 8 p.m. . . . I'll be curious to see how the 77,500-ton Queen Mary was moved.

C. Five folks attempt to create an original flavor for Haagen-Dazs on SCOOP! on FOOD on Saturday at 9 p.m.

D. CONCERT FOR DIANA features Elton John, Duran, Duran, Kanye West, P. Diddy, Tom Jones, Rod Stewart, and Joss Stone, among others, in a live concert . . . proceeds will go to charities that were supported by the princess . . . Sunday at 8 p.m. at 8 p.m. on VHS for five hours of live coverage; Matt Laurer is the host of an hour of taped highlights at 8 p.m. on NBC.

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## 6. Southern charm

Two southern ladies are visiting with each other.

The first is describing to her friend how wonderful her husband has been to her.

First woman: My husband is so wonderful. For our wedding, he bought me a beautiful diamond wedding band. It is so bright and sparkling.

Second woman (fanning herself): How nice.

First: My husband is so wonderful. For my birthday, he bought me a beautiful mink coat. It is so soft and warm.

Second (fanning herself): How nice.

First: My husband is so wonderful. For our anniversary, he took me on a terrific trip to Hawaii. We had a fabulous time.

Second (fanning herself): How nice.

First: How about you? How wonderful is your husband?

Second: My husband is so wonderful. For no reason at all, he sent me to etiquette school. It's there I learned that whenever I want to say "F you", I instead say, "How nice."

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## 7. Websites

A. For the opportunity to get one product at a great discount, please click:

<http://www.woot.com/>

Every day starting at midnight, just one item is offered . . . when it's gone, that's it . . . you can always come back tomorrow to see what's new.

B. You'll be dazzled by this clip from the British version of AMERICA'S GOT TALENT:

[http://www.flicklife.com/b60adb254a8127a6da8e/Britains\\_Got\\_Talent\\_This\\_guy\\_is\\_amazing.html](http://www.flicklife.com/b60adb254a8127a6da8e/Britains_Got_Talent_This_guy_is_amazing.html)

You're guaranteed to have a lump in your throat as you listen to it!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

If you want a friend to get a FREE subscription, just refer them to the above webpage . . . at the very bottom, then direct them to see the "Special Offer."

Another way to get people on board . . . just forward this issue with a note to this effect: If you'd want to also subscribe, just drop Blaine a note at bginbc@aol.com and put SUBSCRIPTION in subject line . . . you'll then get a weekly missive that has some jokes, hopefully not too risqué; websites; reviews, etc.

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## 8. Computer tip

Be forewarned

There is a dangerous virus being passed around electronically, as well as by hand and orally.

This virus has been dubbed by experts in the field the "Worm Overload Recreational Killer (WORK)" virus. It is highly contagious and spreading rampantly. Be on your guard!

If you receive WORK from any of your colleagues, your boss, or anyone else via any means, do not touch it! The consequences are severe: This virus can wipe out your private life completely.

If you should come into contact with WORK, put your jacket on and take two good friends to the nearest retail outlet for either of the two known antidotes:

Work-Isolating Neutralizer Extract (WINE) or Bothersome Employer Elimination Rebooter (BEER). Take either or both antidotes repeatedly until WORK has been completely eliminated from your system.

Warning: Severe cases can only be cleared out with Liquid Intensely Quenching Ultimate Obliteration Remedy (LIQUOR), which has multiple side effects.

Your best remedy, as always, is avoidance. Approach possible WORK infestations with great care.

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## 9. London conductors

These came into my inbox, supposedly true examples of what conductors on the London Tube told passengers. Maybe they are, but it hardly matters; they're fun either way.

\* Ladies and Gentlemen, I do apologize for the delay to your service. I know you're all dying to get home, unless, of course, you happen to be married to my ex-wife, in which case you'll want to cross over to the Westbound and go in the opposite direction.

\* Your delay this evening is caused by the line controller suffering from E & B syndrome: not knowing his elbow from his backside. I'll let you know any further information as soon as I'm given any.

\* Do you want the good news first or the bad news? The good news is that last Friday was my birthday, and I hit the town and had a great time. The bad news is that there is a points failure somewhere between Stratford and East Ham, which means we probably won't reach our destination.

\* We are now traveling through Baker Street. As you can see, Baker Street is closed. It would have been nice if they had actually told me, so I could tell you earlier, but no, they don't think about things like that.

\* Beggars are operating on this train. Please do not encourage these professional beggars. If you have any spare change, please give it to a registered charity. Failing that, give it to me.

\* Let the passengers off the train first! (Pause). Oh go on then, stuff yourselves in like sardines, see if I care--I'm going home.

\* Please allow the doors to close. Try not to confuse this with Please hold the doors open. The two are distinct and separate instructions.

\* Please note that the beeping noise coming from the doors means that the doors are about to close. It does not mean throw yourself or your bags into the doors.

\* We can't move off because some idiot has their hand stuck in the door. To the gentleman wearing the long gray coat trying to get on the second carriage: What part of "stand clear of the doors" don't you understand?

\* Please move all baggage away from the doors. (Pause) Please move all belongings away from the doors. (Pause) This is a personal message to the man in the brown suit wearing glasses at the rear of the train: Put the pie down, four-eyes, and move your bloody golf clubs away from the door before I come down there and shove them up your arse sideways!

\* May I remind all passengers that there is strictly no smoking allowed on any part of the Underground. However, if you are smoking a joint, it's only fair that you pass it round the rest of the carriage.

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## 10. A quote I like

Shared joy is a double joy; shared sorrow is half sorrow.--Swedish proverb

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### 11. Thought for the day

A little coffee wisdom

A group of alumni, all highly established in their respective careers, got together for a visit with their old university professor. The conversation soon turned to complaints about the endless stress of work and life in general.

Offering his guests coffee, the professor went into the kitchen and soon returned with a large pot of coffee and an eclectic assortment of cups: porcelain, plastic, glass, crystal--some plain, some expensive, some quite exquisite. Quietly, he told them to help themselves to some fresh coffee.

When each of his former students had a cup of coffee in hand, the old professor quietly cleared his throat and began to patiently address the small gathering:

"You may have noticed that all of the nicer looking cups were taken up first, leaving behind the plainer and cheaper ones. While it is only natural for you to want only the best for yourselves--that is actually the source of much of your stress-related problems.

"Be assured that the cup itself adds no quality to the **coffee**. In fact, the cup merely disguises or dresses up what we drink. What each of you really wanted was coffee, not a cup, but you instinctively went for the best cups. Then you began eyeing each other's cups.

"Now consider this: Life is coffee. Jobs, money, and position in society are merely cups. They are just tools to shape and contain Life, and the type of cup we have does not truly define nor change the quality of the Life we live.

"Often, by concentrating only on the cup, we fail to enjoy the coffee that God has provided us. God brews the coffee, but he does not supply the cups. Enjoy your coffee!"

The happiest people don't HAVE the best of everything; they just MAKE the best of everything.

So please remember:  
Live simply.  
Love generously.  
Care deeply.  
Speak kindly.  
And leave the rest to God.

Author unknown  
(if you know who wrote this and/or the source, please let me know.)

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## 12. Advance planning department

A. Information on two exciting programs for children, offered by the Bristol Riverside Theatre:

### \* Children's Theatre Starts June 30

Every Friday and Saturday morning beginning this Saturday, June 30, Theatre Arts Center presents children's theatre at BRT. Theatre Arts Center has been entertaining Bucks County audiences since 1985!

Whether you are looking for youth group activities or just a special family outing, you will enjoy these professionally staged productions performed for youth by youth. Children and adults alike are delighted with their "all-singing, all-dancing" musicals of your favorite classic stories.

First up is Willy Wonka. Tickets are \$7 general admission, \$6 for BRT Members. For a complete schedule visit the [Theatre Arts Center Page](#) on our website. Tickets are available by visiting the BRT Box office or calling 215.785.0100.

### \* ArtRageous: BRT's Summer Youth Camp

Theatre Arts Center presents theatre for youth, by youth, beginning June 30.

Did you know BRT is in its THIRD summer of offering a youth camp? The camp's goal is to provide an educational program for youth that offers a creative and positive outlet while building their confidence and self-esteem, allowing kids to discover the limitless possibilities within themselves. Students will take classes in improvisation, voice/singing, acting and movement/dance techniques.

The 6-week camp will culminate in a performance on the BRT stage. ArtRageous 2007 runs from July 9-August 16. The cost of the camp is \$600 with some scholarship possibilities available. Read more in our [online newsletter](#) or call 215.785.6664 for more information about registration or the possibility of your company providing scholarship contributions.

### B. Maria in Pennsylvania:

Doylestown, Pa.--Baseball fanatics and kids of all ages can meet the Phillie Phanatic at First Friday Doylestown on July 6 from 7-8 p.m. at State and Hamilton Sts., thanks to the ALS Association, Greater Philadelphia Chapter. Remember to bring your camera!

At the other end of town on East State Street, Radio Disney (640 AM) will entertain from 6:30 to 8 p.m. with Radio Disney personality DJ Mickey! He will bring his "party patrol" and play music that is played on the radio station, play games with the kids, hand out lots of prizes and do some dancing.

It's perfect for kids age 6 to 14, but it will be fun for the entire family.

Like all First Fridays, which are sponsored by The Solebury Club, downtown merchants stay open late and sponsor local artists and musicians from 6 to 10 p.m. But this First Friday Doylestown is especially family-friendly.

In addition to learning more about ALS--and how they can help--visitors to the ALS tent at State and Hamilton streets will be able to take a chance on raffle tickets and also get to enjoy FREE Cracker Jacks, as well as face painting and music.

There will also be many more fun activities around town.

C. Cynthia in New Jersey (see also Section 1A):

\* Move Your Body classes meet every first Saturday of the month at 1:30 p.m., so the next one is on Saturday, July 7.

Location:

Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506--off Route 206  
Skillman, New Jersey

There's a nominal charge; for more information, please click:

<http://www.princetonyoga.com>

609.924.7294

\* There will also be a FREE session in my development (Pike Run in Belle Meade) on Sunday, July 8, at 1:30 p.m.

Email me for more information: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com)

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#559

6.18.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I went with friends to see a tuneful production of Rogers & Hammerstein's CINDERELLA at the Villagers Theatre in Somerset, NJ . . . Lauren Renahan as Cinderella and Michael Miquel as Prince Christopher were both charming, yet it was the work of Amy Toporek and Jessica Pfeiffer as the evil stepsisters that particularly caught our attention . . . they stole just about every scene they were in . . . our only disappointment was there wasn't a live orchestra; instead, canned music was used.

IF YOU CAN:

The show runs through June 24, so do try to catch it . . . for more information, please click:

<http://villagerstheatre.com/>

Afterwards, we all went out for ice cream at a new place for us: Dairy Delite, located at 583 Hamilton St., Somerset, NJ; phone: 732.247.1232 . . . we enjoyed the flavors and toppings (I had pineapple coconut with chocolate chips; Cynthia had maple walnut with the same chips), and we got a kick out of what the place also sold . . . in the window, you could see an assortment of pocketbooks and various porcelain figurines.

B. We were also glad to have my mother back home . . . she completed a successful stint in rehab, recovering from a fractured hip and is now back where she belongs.

In addition, Cynthia and I got to celebrate Flag Day and my 58th birthday (can you believe it? I know, you still find it hard to believe that I'm a day older than 56!) together . . . we did three of our favorite activities: caught the movie mentioned in Section 4A, had dinner and then went for ice cream . . . the day couldn't have been finer!

C. During the week, I attended an informative presentation by

Walter Isaacson on his book: EINSTEIN: HIS LIFE AND UNIVERSE . . . he noted:

\* Einstein is a symbol of creativity who wouldn't be bound by restraints;

\* He thought in pictures; and

\* He did thought experiments that we now call daydreaming.

Best of all, Isaacson had this good news for parents: Einstein was no Einstein as a kid . . . so even if your kid is floundering, there's still hope.

Isaacson appeared at the Princeton Public Library in Princeton, NJ . . . there was no charge for his presentation, and if you'd like to see a listing of other events that will be held there, please click:

<http://www.princetonlibrary.org>

Do check with your local libraries--and colleges, too . . . you'll often find other such presentations, most all of them being free.

I also attended a meeting of the Lower Bucks Chamber of Commerce, at which time I was awarded the Business Education Partnership Award . . . see below for a picture of yours truly, holding the plaque they gave me . . . Joan Weiss, my teaching colleague and longtime friends, is the person on the left . . . she was the person nice enough to have nominated me.



D. CONGRATULATIONS to Raymond "Skip" Goodnoe . . . after stepping down as owner of Goodnoe's Ice Cream in Newtown, PA, he has already jumped back into the entrepreneurial

world by taking over as head of Anchor Automotive--also in Newtown . . . methinks that if you need any sort of body work for your car or truck, Skip is the guy to contact . . . I'm sure that he will continue to maintain the Goodnoe reputation by providing outstanding service.

For more information, please click:  
<http://anchorautomotive.net/>

CONGRATULATIONS, also, to Ruth Frank . . . she stepped down as a member of Bucks County Community College's Board of Trustees after having served with distinction for some ten years . . . prior to that, Ruth had been an outstanding professor in the Behavioral Science Department at the College.

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

This week, it goes to Hannan Isaacs--a Princeton, NJ, attorney who was recently named as one of New Jersey's "Legends of ADR."

Hannan has long been one of the leaders of ADR--Alternative Dispute Resolution--in both the state and nation. With 25 years of continuous service to New Jersey's citizens, he is a veteran among professionals in the state. His amicus brief and argument in *Lerner v. Laufer*, a 2003 Appellate Division Case, had a major impact on negotiations, mediation and litigation practice in civil and family court matters throughout New Jersey. He co-authored New Jersey's Uniform Mediation Act, which passed the New Jersey Legislature unanimously in 2004.

Hannan also pressed the Legislature to adopt New Jersey' divorce reform, the "Irreconcilable Differences" bill, which Gov. John Corzine signed into law in January.

In 2004, Hannan received significant public notice in a civil rights case against the United States of America, litigated on behalf of a federal sector employee. His work in *Ryan v. Mineta*, tried in U.S. District Court on behalf of a Federal Aviation Administration employee, created major policy changes for 50,000 Agency workers in the areas of hiring and promotion.

And perhaps most significantly, Hannan was my divorce lawyer several years ago.

For more information, please click:  
<http://www.hananisaacs.com>

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## 2. FYI

When your telephone rings, you might pick it up and say, "Good morning." And when you hear who it is, you say, "Hello, there, hold just a second please," and then you say to yourself, What is it that I most want to achieve in this conversation? I want to uplift the other person. I want to be understood. I want the other person to understand me, and I want the other to be positively influenced in the direction of my desire. I want the other to be stimulated and excited by my words. Indeed, I want this

to be a successful conversation. Then, when you come back on the line, you have prepared. And now, that other one will respond to you much more in accordance with your desire than if you had not taken that time.

SOURCE:

THE LAW OF ATTRACTION (see also Sections 4C, 10 and 11) by Esther and Jerry Hicks

FYI, part 2

\* Dana in Pennsylvania:

Thursday, August 8th , at 8 p.m. at Mann Center in Fairmount Park in Philadelphia: HIPPIEFEST.

Starring . . . THE TURTLES! . . . and more.

Just thought I'd tell you.

MY TWO CENTS:

Alas, we'll be away on vacation then . . . but if anybody else is lucky enough to catch this event, do let me know what you think.

As many of you may know, it is my belief that the Turtles are arguably the greatest group of all kind and "Happy Together" is my all-time favorite song . . . so if you ever see that they are performing elsewhere, drop me an email to that effect.

\* Pam in Pennsylvania:

The chiropractor I am working for does animal chiropractic. We have seen excellent results. Please pass this on to who ever may be interested.

His name is Dr. Michael Burak, and he is located at 2579 Huntingdon Pike in Huntingdon Valley, PA. His phone number is 215.938.6040.

\* THANKS to the several folks who responded to my question about whether to submit a claim to my insurance company (about a minor fender-bender) . . . among the responses were the following:

Marty in Texas:

If it's minor, go to a body shop and find out how much to repair without insurance. Helene had a small fender bender. The insurance estimate from our company was \$500. I got it repaired for \$175.

I refused to put in a claim. Our insurance rates were unaffected.

Rachelle in Illinois:

Just because the officer was not there and unable to give a ticket to the other party, certainly does not mean the other party was not at-fault. Based on the details of the accident, your insurance company and the other party's insurance company will determine fault.

Since you reported to your company, and they and the other company determine the other party to be at-fault. If your company put out any money for the accident (less your deductible), they will collect what they put out to repair your vehicle and also get your deductible back for you. If they negotiate and decide it was contributory negligence, they will determine the percentage

each party is at fault and reimburse that way--if anything to reimburse.

As for rates and so forth, that depends on the state's rules and regulations for insurance companies. Some states prohibit increase of rates unless a number of accidents have occurred. I cannot remember PA automobile rules, since I have been out of the insurance company for three years. But I can say that PA is a consumer-friendly state and a lot of the rules that govern in insurance help the consumer in the beginning.

If you are constantly having accidents, eventually the insurance company is allowed to take serious action.

Debbie in New York:

In the past, I have reported incidents to the insurance company, but made it clear I was not making a claim. This way they are aware, but it does not go against you.

Joyce in New Jersey:

If I were you for a fender bender, I would not have called the insurance company. You always run the risk of it opening up a can of worms.

There really is nothing you can do now since you have already reported. Maybe you could try to call and ask them if they have not processed the claim to just void it. It might be worth a try.

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### 3. Where to go

The local day-care center spent time helping the kids memorize their home addresses. My friend's daughter had her street name down, but couldn't remember the house number.

"If our house is on fire and you call 911," her teacher asked, "how will the firefighters know where to go?"

She had a plan: "I'll tell them to go to South 14th Street and look for the house that's on fire."

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### 4. Reviews

A. Loved ONCE, a musical tale about an Irish musician who is playing for change when he meets an immigrant from the Czech Republic . . . the two bond, musically, and they also begin to develop a relationship of sorts . . . Glen Hansard and Marketa Irglova are perfect as the two leading characters . . . the music is memorable, and the ending is as fine a one as you'll ever see . . . rated R for some strange reason; there is nothing here that couldn't and shouldn't be seen by any teenager.

B. MISS POTTER is now out in DVD format . . . my review from BLAINESWORLD #549 follows:

Seek out MISS POTTER, a touching biopic about Beatrix Potter

(author of such children's books as THE TALE OF PETER RABBIT) . . . she was also a woman ahead of her time; in addition to her writing success, she built a farming dynasty . . . Renee Zellweger charmingly plays the title character . . . Ewen McGregor as her publisher/first love and Emily Watson as his sister also shine . . . rated PG.

C. THE SECRET may be the "hot" DVD and book out now, but to truly appreciate it, you should read THE LAW OF ATTRACTION: THE BASICS OF THE TEACHINGS OF ABRAHAM by Esther and Jerry Hicks (see also Sections 2, 10 and 11).

The authors take the basic concept--that which is like unto itself is drawn--and help you both understand and apply it via a series of examples that relate to all aspects of life . . . for example:

\* Have you noticed that those who speak most of illness have more and more illness? Have you noticed that those who speak of poverty live more of it, while those who speak of prosperity have more of it? As you understand that your thoughts are magnetic and your attention to them causes them to grow in power until eventually the subject of the thought becomes the subject of your experience, your willingness to pay attention to the way you feel will help you more deliberately choose the direction of your thought.

Although I've heard this notion many times, I found myself wondering how come I fall back at times into what might be considered negative thinking . . . so to deal with that, the Hicks recommend some words that could be used to help a variety of things--including perfect help:

\* I want perfect health! I like feeling good. I enjoy my good-feeling body. I have many positive memories of feeling good in my body. I see many people who are clearly in a state of good health, and it is easy to see how much they are enjoying their good-feeling bodies. When I think thoughts like these, I feel good. These thoughts are in harmony with a healthy body.

More joy in your life can be obtained, too . . . all you need to do is consider that:

\* When joy is really important to you, you do not allow yourself to focus upon things that do not feel good--and the result of thinking only thoughts that feel good would cause you to create a wonderful life filled with all things that you desire.

This may sound basic to many, but believe me it works . . . a key is to keep in mind that:

\* In this unlimited Universe, there need be no competition for resources, for the resources are unlimited. You may deprive yourself of receiving them, and therefore perceive a shortage, but it is really of your own making.

Please don't deprive yourself of these resources . . . to begin accumulating them, start by reading THE LAW OF ATTRACTION.

D. I haven't been much of a NASCAR fan, but after listening to AT THE

ALTAR OF SPEED: THE FAST LIFE AND TRAGIC DEATH OF DALE ERNHARDT by Leigh Montville, I just might change my mind.

This is a very exciting tale of Erhardt, a ninth-grade dropout who went through two marriages and a string of no-future jobs before turning 25 . . . he then became a legendary champion, only to die in a 2001 crash.

Montville interviewed many close to Erhardt, and it shows . . . I got a real feeling for the man, as well as for his role in the tremendous growth of the sport . . . though I still might not run to watch the Daytona 500 or any other race on TV, I will not at least appreciate all that the drivers have to go through to even enter the event.

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#### 5. TV alert

A. AFI's 100 YEARS . . . 100 MOVIES will include films released from 1996 to 2006 in this 10th anniversary edition of the list . . . Spike Lee, Martin Scorsese, Halle Berry, Harrison Ford, Jeff Bridges, and host Morgan Freeman are just a few of the luminaries who will be featured on the program . . . Wednesday at 8 p.m. on CBS.

B. LIVE FROM ABBEY ROAD is a new series on Sundance on Thursdays at 10 p.m. . . . it offers a rare look at what it takes to put on a live concert . . . the first installment features performances by Norah Jones and John Mayer.

C. KISS entrepreneur and now reality-TV star Gene Simmons talks about his career on THE HENRY ROLLINS SHOW on IFC on Friday at 11 p.m.

D. CROSSROADS unites country queen Reba McEntire and AMERICAN IDOL's Kelly Clarkson on Sunday at 8 p.m. on CMT . . . then stay tuned for UNPLUGGED at 9 p.m., featuring a 90-minute concert by Bon Jovi.

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#### 6. Hints

Hoping to get some hints on how to draw birds to my garden, I attended a lecture on the subject at the local horticultural society. For some odd reason, the presentation covered only snakes and toads.

So I finally got up and asked, "But how do I attract birds?"

One attendee offered the following suggestion: "Park your car under a tree."

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#### 7. Websites

A. Even if you're not a Hillary Clinton fan, please click  
<http://www.hillaryclinton.com/?splash=1>

You'll see a great spoof of the last episode of THE SOPRANOS . . . if you then want to hear the song that has been chosen as her official campaign song, you can also listen to it by clicking:

<http://www.hillaryclinton.com/feature/song/>

B. I've long admired Randy Cassingham . . . he publishes a weekly newsletter that always manages to put a smile on my face:

<http://www.thisistrue.com>

You can subscribe for free, and I strongly recommend that you do.

He now has a new project: This is True, the video edition . . . you can view the first one by clicking:

[http://www.youtube.com/watch?v=\\_zmD2Mlcqds](http://www.youtube.com/watch?v=_zmD2Mlcqds)

Episode #2 is now out, too:

<http://www.youtube.com/watch?v=3L2TALRR86E>

If you have a YouTube account and like the above, please give it a 5-Star rating.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

To see the 629 books I have reviewed over the past several years (most of them quite favorably), go to "Blaine's Best" on your left, then the second part of letter "O."

As you can see, I'm now 353 in the list of amazon.com's Top 500 reviewers . . . to help me move up, please go to:

<http://www.amazon.com>

Then:

1. At top, put down "Books" when asked what to search.
2. Then type-in some recent book that I reviewed; e.g., THE POWER OF A POSITIVE NO.
3. Find my review. (It had been the first one on the right.)
4. If my review was helpful, and I hope it was, just click YES at the bottom.

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## 8. Computer tip

BLAINESWORLD, as you probably know by now, typically comes out on or before Wednesday of each week . . . I shoot for Mondays, but lately, often seem to get it out a few days later.

If you miss an issue, please let me know right away . . . more importantly, check your spam folder every often; e.g., to make sure an issue doesn't wind up there.

And please make sure the following items are marked as "safe" by you; i.e., with your service provider:

bginbc@aol.com

BLAINESWORLD

9. Four "minute" mysteries (NOT a joke)

Think carefully now or you'll kick yourself if you miss the clue . . . they are so blatant they almost smack you in the nose!

Mystery 1:

A man was found murdered on Sunday morning. His wife immediately called the police.

The police questioned the wife and staff and got these alibis:

The wife said she was sleeping.

The cook was cooking breakfast.

The gardener was picking vegetables.

The maid was getting the mail.

The butler was cleaning the closet.

The police instantly arrested the murderer. Who did it and how did they know?

Mystery 2:

A man walks into his bathroom and shoots himself right between the eyes using a real gun with real bullets. He walks out alive with no blood anywhere. And no, he didn't miss, and he wasn't Superman or any other caped crusader.

How did he do this?

Mystery 3:

Old Mr. Tidy was found dead in his study by Mr. Fiend. Mr. Fiend recounted his dismal discovery to the police.

"I was walking by Mr. Tidy's house when I thought I would just pop in for a visit. I noticed his study light was on, and I decided to peek in from the outside to see if he was in there. There was frost on the window, so I wiped it away to see inside.

"That is when I saw his body. So I kicked in the front door to confirm my suspicions of foul play. I called the police immediately afterward."

The officer immediately arrested Mr. Fiend for the murder of Mr. Tidy. How did he know Mr. Fiend was lying?

Mystery 4:

If you touch me, you will die, but you can only live without me. I am a big part of your life and will eventually be the only thing left. You will learn to embrace me finally and rest. What am I?

ANSWERS:

1. It was the maid. She said she was getting the mail. There is no mail on Sunday.

2. He shot his reflection in the bathroom mirror.

3. Frost forms on the inside of the window, not the outside, so Mr. Fiend could not have wiped it off to discover Mr. Tidy's body.

4. Death.

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### 10. A quote I like

There is not a need to prove anything to anyone with your words. Let that which you are--that which you are living--be your clear example to uplift others.--Ester and Jerry Hicks in THE LAW OF ATTRACTION (see also Sections 2, 4C and 11)

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### 11. Thought for the day

When I REALLY like a book, I use it four different times in this newsletter . . . that's the case with THE LAW OF ATTRACTION (see also Sections 2, 4C and 10) by Esther and Jerry Hicks . . . the following passage comes from it:

Here is an exercise that will assist you in your Deliberate Creating:

Take three separate pieces of paper, and at the top of each page write one thing that you want. Now take the first page, and beneath the subject of what you have written, write: "These are the reasons that I want this . . ." Write whatever comes to your mind--write whatever flows forth naturally; do not try to force it. And when nothing more comes, you are complete for now.

Now, turn your paper over and write at the top of the second side of the page: "These are the reasons that I believe that I will have this . . ."

The first side of your page enhances what you want (the first side of the equation of Deliberate Creation). The second side of the page enhances your belief that you will have it (the second side of the equation of Deliberate Creation). And now that you have focused upon and activated within your vibration both sides of the equation, you are now in the state of receiving the manifestation of your desire, for you have successfully accomplished both sides of the Creative Process. All that is necessary now is that you want it--and continue to expect it until you have it--and it will be yours.

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### 12. Advance planning department

A. Carole in New Jersey:  
Again this year, the Mercer County Million Mom March Chapter will distribute gun violence prevention materials on:

NATIONAL ASK DAY

Thursday, June 21  
11:00 a.m.-6:00 p.m.

Quaker Bridge Mall  
Route 1 & Quakerbridge Road  
Lawrenceville, NJ 08648

If you have an hour or two to spend at the Community Booth (located at the Lord & Taylor courtyard across from the Information Booth), your help would be greatly appreciated. We are generally quite well received and it turns out to be a fun day.

I look forward to hearing from you.

Call 609.882.3711 to volunteer.

Thank you in advance.

Carole Stiller  
President, Mercer County Million Mom March Chapter  
President, NJ Million Mom March Chapters

B. Janet in New York:  
Still a few spots for this upcoming SPECIAL SOLISTICE Weekend!

Welcome Summer connecting to the earth and all of her beauty.  
We will listen and speak with the Fairies and Spirits in Trees  
and Nature.

Learn advanced Medicine Wheel connections and healing for all.  
Safe, Natural, Beautiful Experience.

Learn how to work with the symbols of animals and signs in nature  
and journeys.

Saturday and Sunday, June 23 & 24  
10 a.m. to 5 p.m.  
\$225 CALL TO RESERVE PLACE TODAY!

Perfect for the New Practitioner, as well as if you have had  
Shamanism Training and Journey Experience.

This work moves deeper than prior training's.  
Together we learn to be with the spirits in all things.  
We are one with the earth and ALL of her creations.

Life is much more wonderful than we think.  
We are not alone and we have many who assist us and the earth.  
Begin to know and experience through direct communication and  
Shamanic journeys the world around us.  
We will be raising our awareness and explore how to help each other,  
the earth and ourselves.  
Work with your power animal and your highest level guides.

Come bring friends and family to share this awakening experience.

Free follow-up phone session with Janet included.  
Bring childlike wonder and notebook, pens, eye cover, lunch, seat  
and layered comfortable clothing.

Call Janet Today to sign up or with questions: 845.679.7175.  
<http://www.OasisForTheSoul.com>

C. There's a great series of FREE events at The Commerce Bank  
Amphitheater in Bensalem Township, PA . . . every other Tuesday  
night, there's a movie that starts at dawn . . . next up is OVER THE

HEDGE on June 26, followed by CATS & DOGS on July 10 . . . on many Wednesdays there are rock concerts, including Tequila Sunrise, an authorized tribute to The Eagles, on June 20; Bad Medicine, an authorized tribute to Bon Jovi, on June 27; The Fabulous Greaseband on July 11; Still Surfin', an authorized tribute to the Beach Boys, on July 18; and Draw the Line, an authorized tribute to Aerosmith, on August 1.

For the complete schedule and/or more information, please click:  
<http://www.cbaevents.com>

D. Cynthia in New Jersey (see also Section 1A):

\* Move Your Body classes meet every first Saturday of the month at 1:30 p.m., so the next one is on Saturday, July 7.

Location:

Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506--off Route 206  
Skillman, New Jersey

There's a nominal charge; for more information, please contact:

<http://www.princetonyoga.com>  
609.924.7294

\* There will also be a FREE session in my development (Pike Run in Belle Meade) on Sunday, July 8, at 1:30 p.m.

Email me for more information: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com)

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

Biltmore Lake, NC 28715  
Phone : 828.633.1049

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# BLAINESWORLD

BLAINESWORLD

#558

6.11.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I are looking forward to my daughter Risa's upcoming wedding . . . she just recently chose a date (October 18, 2008) and location: Battlefield Country Club in Manalapan, NJ . . . details to follow.

We are also pleased with the progress that my mother is making from her hip fracture . . . she is now slated to return home from the rehab center this coming Friday!

B. I got to see two exceptional plays this past week . . . the first, WAR SONGS II: MORE SONGS FROM THE VIETNAM ERA, was performed at the Bristol Riverside Theatre in Bristol, PA . . . it featured eight performers, and I'd be hard pressed to choose a favorite.

To see clips from some of the songs, please click:

<http://www.youtube.com/watch?v=05mGOow2kcQ&mode=related&search=>

My only disappointment: At an earlier show, one of the singers even proposed to his bride-to-be on stage . . . I'm sorry I did not see that, but you can by first getting out your hankies and then clicking:

<http://www.youtube.com/watch?v=hhlGfK9q8gk>

I saw the second one, DAMN YANKEES, at the Heritage Center in Morrisville, PA . . . this musical is one of my all-time favorites . . . I've now seen three it three times in the past five years, and methinks this may well have been the best production.

Each cast member was perfect in his or her role . . . I get a particular kick out of seeing some actors I've seen in smaller roles (James Petro, terrific here as Joe Hardy) take on their first major starring turns . . . also, it's fun to notice somebody in a lesser role (Alex Hernandez, for instance, as one of the baseball players) and look forward to what the future may bring . . . Bill Thompkins was

great as the devil, as was Dani Tucci-Juraga as his assistant . . . Cheryl Doyle was touching in her role as Meg Boyd, and Joe Doyle's direction was right on target . . . I always like the little touches he incorporates; e.g., giving out peanuts before the second act and having everybody sing "Take Me Out to the Ballgame."

Unfortunately, both of these above shows will have ended their runs by the time you read this issue . . . however, make sure you get on the mailing list for these two theaters so you don't miss anything else they put on:

Bristol Riverside Theatre:

<http://www.brtstage.org>

Heritage Center:

<http://www.actorsnetbucks.org>

C. KUDOS to all those involved with putting on the 19th annual Tyler Tasting Party at Bucks County Community College . . . Faith Bertolet and Glenn Blakely served as co-chairs, and they were ably assisted by a committee of 17 other volunteers . . . in addition, Foundation staffers Tobi Bruhn, Adrienne Clarke, Nancy Steigerwalt and Jean Holmes put in countless hours to make the event the success that it was.

I had a blast, visiting such favorites eateries as American Crab Company, Dolce Carini, Il Sol, and Zebra-Striped Whale . . . see below for a picture of yours truly (in the middle), flanked by my friends from left to right: Mike Lazanski, Sue Russeck, and Ginny and Kevin Jameson:



D. MR. CURIOUS HERE:

I was in a minor fender-bender this past Saturday. . . somebody clipped me as I was pulling into a parking space . . . I've reported the accident to my insurance company, but am wondering if I would be better off not putting in an actual claim . . . what I'd get back wouldn't be much more than my deductible, and I don't want to jeopardize our coverage since Cynthia and I have both had some accidents and

tickets in the past.

The other party wasn't issued a ticket since the officer said he wasn't there, so he wasn't exactly sure what happened . . . nobody was hurt . . . any thoughts?

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

This week, it goes to Jim Sell--executive director of BCCC's Bristol Center.

He has done his usual super job there, helping to revitalize the existing Bristol campus as he also helps get the College ready to move to its new facility just down the road . . . I've always admired Jim because of how he constantly goes out of the way to help folks . . . to cite just one such instance: Marilyn Puchalski, a longtime friend/colleague, told me about how she was recently slated to speak in Bristol only to have car trouble the day before . . . Jim both picked her up and took her back to the main campus just so she wouldn't have to cancel.

Jim is held in high regard by the entire College community . . . in fact, just a few years ago he was presented with the Alumni Association's Award for Service to the College.

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2. FYI

A beautifully dressed, perfectly coiffed woman, age ninety-two, arrived at the nursing home in a taxi. Feeble and using a walker, she'd come to the establishment because she could no longer live on her own since the death of her husband after seventy years of marriage.

Despite waiting in the lobby for two hours, she was still smiling when the nurse came to get her. As she was being guided along a corridor and told about the tiny room that would be hers, the old woman gushed with a schoolgirl's enthusiasm, "I love it!"

"But Mrs. Jones, you haven't even seen the room yet," the nurse said.

"That has nothing to do with it. Happiness is something I decide on ahead of time. Whether or not I like my room doesn't depend on how the furniture is arranged. It's how I choose to arrange my mind."

Indeed, how we arrange our minds has everything to do with how happy and successful we become. In fact, a positive attitude is as essential to success as oxygen is to life. Yet it's astonishing how many people don't realize how they-not someone else, not luck or fate, not even life's dire events-determine their attitude.

"No one can make you feel inferior without your consent," Eleanor Roosevelt observed. And it could equally be said that no one can make us unhappy or unsuccessful without our tacit compliance either. When people allow outside events to shape them, they lose power over controlling their destiny.

SOURCE:

BECOME WHO YOU WERE BORN TO BE (see also 4C, 10 and 11) by Brian Souza

FYI, part 2

\* Pam in Pennsylvania:

First, thank you for your newsletter . . . it's quirky and fun and sometimes even--gasp!--useful. (And I do like your jokes. See my PS.)

A small suggestion: On page 1 of the last issue, next to last paragraph, you mention Mitch Aglow's shining in the play. To say " . . . he shone . . . " would be cooler than " . . . he shined . . . "

Also, may I take advantage of your generous book offer? If convenient it could be sent to me here at Bucks . . . less postage and all that.

With many thanks and hopes that the book will indeed do its good work

PS. Dunno where you stand on puns, but here's one of my current favourites:

Q: Why don't bears like to walk on gravel paths?

A.: Because they have bare/bear feet!

MY TWO CENTS:

On shone vs. shined, I believe either works; in fact, BRB.

Baaaaack, you missed me?

Just checked my online Merriam-Webster dictionary and found out that both Pam and I could be considered correct:

Main Entry: 1shine

Function: verb

Pronunciation: 'shin

Inflected Form(s): shone/'shOn, esp Canadian & British 'shän/ or shined ; shin·ing

Etymology: Middle English, from Old English scinan; akin to Old High German skinan to shine and perhaps to Greek skia shadow

intransitive senses

1 : to emit rays of light

2 : to be bright by reflection of light

3 : to be eminent, conspicuous, or distinguished <shines in math>

4 : to have a bright glowing appearance <his face shone with enthusiasm>

5 : to be conspicuously evident or clear

transitive senses

1 a : to cause to emit light b : to throw or direct the light of

2 past & past part shined : to make bright by polishing <shined his shoes>

On sending puns, I love ALL types of humor and appreciate getting such material--and other stuff too (see also Section 5A), especially if you typically haven't seen it before . . . what BLAINESWORLD the newsletter is all about is sharing!

As for the book offer that Pam mentions, I'm glad to oblige her

any anybody else; see below:

\*\*\*\*\* THIS REMINDS ME \*\*\*\*\*

As it turns out, I still have a few copies left of Allen Carr's excellent book (THE EASY WAY TO STOP SMOKING) that will help you or others stop smoking. . . if you'd like a FREE COPY--with my compliments--for yourself, a friend or loved one, please let me know . . . your best bet is to send an email to: bginbc@aol.com . . . put these words in the subject line: STOP SMOKING BOOK . . . then in body of the email, include your full name and address.

I only request that if you plan to give the book to somebody else that you first check with that person to see if he or she actually wants it and would be willing to read it, say within a month . . . you can even tell them that they can continue to smoke during that time . . . otherwise, I've found that giving the book to somebody who doesn't want it makes you come across as little more than a pest.

\* Andrea in Pennsylvania:

I also had the opportunity to go to Patsy's in NYC. It was great and all of the ladies in our group received a gift bag with a jar of their sauce. It was a fantastic touch that I haven't forgotten. (And since I am in sales I am fortunate to go out to a lot of nice dinners.)

\* Warren in Pennsylvania:

[commenting on the [belief.net](http://belief.net) website mentioned last week]

Interestingly, but not necessarily surprisingly, it appears that there are at least 10 other religions that are more compatible with my beliefs than the one to which I now belong.

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#### 3. Simple math

My friend Susan was helping her five-year-old son review his math while her teenager was in the kitchen making a snack.

"You have seven dollars and seven friends," Susan said. "You give a dollar each to two of them but none to the others. What do you have left?"

From the next room she heard her teenager call out, "Two friends."

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#### 4. Reviews

A. Seth Rogen was hilarious in THE 40-YEAR-OLD VIRGIN; in fact, for me, he was the best part of the film . . . he again scores in KNOCKED UP, a follow-up that isn't quite as funny--but is more touching.

He plays the a slacker with no prospects who has a one-night stand with Katherine Heigl, an up-and-coming TV journalist . . . when she becomes pregnant, they begin dating and the results are anything but smooth . . . by the time the baby comes due, they aren't even together . . . yet (SPOILER ALERT) all ends well, which isn't much of a surprise considering that this is a romantic comedy.

I also liked the work of both Leslie Mann and Paul Rudd as Heigl's

sister and brother-in-law . . . rated R.

B. The aforementioned Rogen reminds me of a young Albert Brooks . . . if you've never seen it, rent the DVD (if you can find it) and catch Brooks in LOST IN AMERICA . . . he and Julie Hagerty play a couple who are not pleased with the way things are going, so they head out on the highway in a brand-new Winnebago to alter their quiet lifestyle . . . things unfortunately don't turn out quite the way they had wanted, which is what makes the movie so appealing . . . it is both funny and touching, and you'll get a particular kick out of one scene featuring filmmaker Gary Marshall as a casino manager . . . rated R.

C. Brian Souza notes in his excellent book, BECOME WHO YOU WERE BORN TO BE (see also Sections 2, 10 and 11), that:

Just as musicians must make music, poets must write, and artists must paint, we all have a unique gift designed for a specific vocation that will bring both meaning and purpose to our lives. True joy and happiness will continue to elude us until we use that gift to become who we were born to be.

Souza then describes how he found this unique gift for himself and, in doing so, shows how others can do the same. He also presents countless real-life examples from such famed successes as Lance Armstrong, Amy Tang, Richard Branson.

I gained so many valuable from reading BECOME WHO YOU WERE BORN TO BE that I'm going to reread it in the near future, if just to remind me about the "no regrets" strategy that Souza uses to make life's daily decisions:

By analyzing each decision closely and making a conscious choice about which path we believe will lead us to long-term happiness, we'll better our odds of achieving it. If you think that at some point in the future you might regret a decision you're thinking about making, choose a different path. You'll find that this strategy is also helpful in breaking out of the short-timer's mentality of doing only what's easiest today at the expense of tomorrow. When you start with the end in mind, you better your chances of actually liking where you're going to end up.

And then there was this invaluable tidbit:  
Imagine that every day is a holiday. But instead of presents, you give a friendly smile to a passerby, you give the right of way to the guy at the stop sign, you give a compliment to a stranger, you give a meal to a homeless person, you rejoice in someone else's success. It doesn't take much to brighten someone's day. All that you give will be returned to you-and then some.

I also liked the many famous and not-so-famous quotes that were used, along with the "questions to contemplate" that he presented at the end of each chapter . . . for example:

If you could have any job, what would it be? If you could live anyplace, where would it be? If you could do anything, what would it be?

My only nitpick with the book was that I think it could have used a better job of documentation . . . Souza includes an extensive

Bibliography; however, I would have wanted to see reference to the items he cites in the actual pages of BECOME WHO YOU WERE BORN TO BE.

D. THE POWER OF POSITIVE THINKING by Norman Vincent Peale is one of my favorite books . . . so imagine my delight when I had the opportunity to revisit it recently as a result of listening to the taped version.

Best of all: Peale did most of the narration . . . while some could argue that his speaking voice wasn't the greatest (or at least at the age when he read this particular version), I enjoyed it even more so because he was the one doing the reading.

His advice from the book remains timeless; i.e., provided you can get through some of the parts that might be a little too religious-based for your particular taste . . . I was able to do so and so was thus able to enjoy such insights as the following:

\* As you think, so shall you be.

\* I don't believe people are born negative thinkers. All babies, unless they're ill, are positive. Positive thinking is extremely natural. Unfortunately, some babies are born into negative households. Since they're very susceptible to their environment, they absorb the negative impulses and attitudes around them.

\* Create a mental picture of yourself as a success. Hold on to this picture tenaciously. Since your mind tries to complete what it pictures, always picture SUCCESS no matter how badly things seem to be going at the moment. Whenever a negative thought about your personal power comes to mind, deliberately voice a positive thought to cancel it out.

\* Anger, fear and worry are among the most subtle and destructive of all emotions. To counteract their power, fill your mind with good will, forgiveness, faith, and love.

\* Each time you feel a surge of anger, ask yourself, "Is this really worth what it is doing to me emotionally? Do I really want to make a fool of myself in front of friends or family?"

\* Practice happy thinking. Make a mental list of pleasant thoughts and pass them through your mind several times each day. If an unpleasant thought should enter your mind, immediately stop, reject it and substitute a pleasant thought.

And, lastly, there was this idea that I do try to practice every day:

\* Every morning before rising, lie relaxed in bed for a few minutes. Let pictures of each happy experience you expect to have that day, pass across your mind. Savor their joy. Such thoughts will cause events to turn out that way.

There's an excellent Listener's Guide that accompanies THE POWER OF POSITIVE THINKING.

This fine program is available for purchase or rental . . . if you want to get it, please click:

<http://www.achievementlibrary.com/>

Above is the tape rental club I belong to; i.e., the Achievement Tape Library . . . this a great way to hear CDs and/or audio cassette tapes, view videos, etc.--all for a fraction of what it would cost to buy them . . . call the head of the firm (Paul Arroyo) directly at 1.800.735.3660 and mention my name . . . that way, you'll be sure to pay even higher prices . . . NOT.

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#### 5. TV alert

##### A. Jean in Pennsylvania:

I have a VCR alert/TV viewing recommendation for you and perhaps for your newsletter readers. CREATURE COMFORTS debuted last night on CBS and is hilarious. The "Wallace & Gromit" animators interviewed average Americans and put their interviews to claymation animals. For instance, they took audio of a man at a wine tasting, describing the aroma and bouquet and more, and put it to a dog sniffing . . . well, you have to watch. This is the U.S. version of a successful BBC series. You can catch the entire first episode on the CBS website:

[http://www.cbs.com/primetime/creature\\_comforts/](http://www.cbs.com/primetime/creature_comforts/)

Ordinarily, the show airs on Mondays at 8 p.m., but this week you can also catch it on Wednesday at the same time.

B. BARBARO is a documentary about last year's Kentucky Derby winner who suffered a terrible leg injury at the Preakness and the eight-month struggle to save his life . . . Friday at 2 p.m. on HBO.

C. CONFESSIONS OF A MATCHMAKER is a peek into the romance broker Patti Novak . . . Saturday at 9 p.m. on A&E.

D. NICK NEWS WITH LINDA ELLERBEE has teachers evaluating the state of education in the United States . . . this is something appropriate for the whole family to watch . . . Sunday at 8:30 p.m. on NICKELODEON.

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#### 6. Becoming illegal

What follows is a supposedly an actual letter from an Iowa resident sent to his senator . . . I haven't been able to disprove it, yet, but even if it's not true, you have to admit that it contains a brilliant idea!

The Honorable Tom Harkin  
731 Hart Senate Office Building  
Phone (202) 224 3254  
Washington DC, 20510

Dear Senator Harkin,

As a native Iowan and excellent customer of the Internal Revenue Service, I am writing to ask for your assistance. I have contacted the Department of Homeland Security in an effort to determine the process for becoming an illegal alien and they referred me to you.

My primary reason for wishing to change my status from U.S. Citizen to illegal alien stems from the bill which was recently passed by the Senate and for which you voted. If my understanding of this bill's provisions is accurate, as an illegal alien who has been in the United States for five years, all I need to do to become a citizen is to pay a \$2,000 fine and income taxes for three of the last five years. I know a good deal when I see one and I am anxious to get the process started before everyone figures it out.

Simply put, those of us who have been here legally have had to pay taxes every year so I'm excited about the prospect of avoiding two years of taxes in return for paying a \$2,000 fine. Is there any way that I can apply to be illegal retroactively? This would yield an excellent result for me and my family because we paid heavy taxes in 2004 and 2005.

Additionally, as an illegal alien, I could begin using the local emergency room as my primary health care provider. Once I have stopped paying premiums for medical insurance, my accountant figures I could save almost \$10,000 a year.

Another benefit in gaining illegal status would be that my daughter would receive preferential treatment relative to her law school applications, as well as "in-state" tuition rates for many colleges throughout the United States for my son.

Lastly, I understand that illegal status would relieve me of the burden of renewing my driver's license and making those burdensome car insurance premiums. This is very important to me given that I still have college age children driving my car.

If you would provide me with an outline of the process to become illegal (retroactively if possible) and copies of the necessary forms, I would be most appreciative.

Thank you for your assistance.

Your Loyal Constituent,  
Donald Ruppert  
Burlington, IA

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## 7. Websites

A. To remember what being a child is all about, please click:

**<http://www.simpletruths.com/a.aspx?af=132&mo=time>**

You may have heard this moving story before, but never in quite this format . . . make sure your sound is on.

B. If you're a music fan, please click:

**[http://www.noolmusic.com/blogs/z\\_YouTube\\_Music\\_Videos\\_80s\\_90s\\_New\\_Wave\\_Rock\\_Pop\\_-\\_Full\\_List.shtml](http://www.noolmusic.com/blogs/z_YouTube_Music_Videos_80s_90s_New_Wave_Rock_Pop_-_Full_List.shtml)**

You'll be able to listen to songs from ABBA, Aerosmith, Bruce Springsteen, Kiss, Leonard Cohen, Meatloaf, Sting, etc.--and also watch the accompanying music videos!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

On the left, you'll see "Radio Show" . . . go to that link if you want to see a history of my radio career . . . you can also hear one of my shows.

As you may have read previously, a management change at WWFM has in my last show being taken off the air . . . hopefully, I'll resurface soon again on another station and/or even with my own cable show.

Please do keep me in mind if you have any media contacts for me to pursue with respect to the above possibilities.

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#### 8. Computer tip

If your computer's time (see lower right hand corner of your screen) is not accurate, correcting it is easy . . . just right click your mouse, then select Adjust/Time.

To find out what time it really is, please click:

<http://www.time.gov/>

This will give you the official U.S., as is cooperatively provided by the two time agencies of the United States: a Department of Commerce agency, the National Institute of Standards and Technology (NIST), and its military counterpart, the U. S. Naval Observatory (USNO).

Obviously, this website is also very helpful if you want to set your other clocks and watches, VCRs and TiVos, etc.

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#### 9. 15 excuses for calling in sick

When asked to share the most unusual excuses workers gave for missing work, hiring managers revealed some of their favorite alibis:

1. Employee was poisoned by his mother-in-law.
2. A buffalo escaped from the game reserve and kept charging the employee every time she tried to go to her car from her house.
3. Employee was feeling all the symptoms of his expecting wife.
4. Employee called from his cell phone, saying that he was accidentally locked in a restroom stall and that no one was around to let him out.
5. Employee broke his leg snowboarding off his roof while drunk.
6. Employee's wife said he couldn't come into work because he had a lot of chores to do around the house.
7. One of the walls in the employee's home fell off the night before.

8. Employee's mother was in jail.
9. A skunk got into the employee's house and sprayed all of his uniforms.
10. Employee had a bad case of hiccups.
11. Employee blew his nose so hard, his back went out.
12. Employee's horses got loose and were running down the highway.
13. Employee was hit by a bus while walking.
14. Employee's dog swallowed her bus pass.
15. Employee was sad.

SOURCE:

<http://www.careerbuilder.com>

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#### 10. A quote I like

So if you're a parent, a grandparent, an uncle or aunt, a teacher, a coach, or just a friend, make it a point to look a child in the eye and tell her that she is destined for greatness. Tell her that she has very important work to do. Tell her that she has a special gift that the world needs. Don't merely tell her with words, but tell her with your eyes and heart that you believe she was put on this earth to make a positive difference. Through planting these little seedlings of hope, we can change this world, one child at a time.--Brian Souza in BECOME WHO YOU WERE BORN TO BE (see also Sections 2, 4C and 11)

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#### 11. Thought for the day

In 1933, Keller penned a remarkable article for the Atlantic Monthly in which she imagined what she would want to view if she could be granted sight for just three days. "I have often thought," she wrote, "that it would be a blessing if each human being were stricken blind and deaf for a few days at some time during his early adult life. Darkness would make him more appreciative of sight; silence would teach him the joys of sound."

She mentioned having talked to a sighted friend who'd just returned from a long walk in the woods. When Keller asked her what she'd seen, the woman replied, "Nothing in particular." Keller said she'd become "accustomed to such responses, for long ago I became convinced that the seeing see little."

If granted three days to see, Keller wrote, on the first day she would call in Sullivan and her other friends and "look long into their faces, imprinting upon my mind the outward evidence of the beauty that is within them." She'd want to look at a baby

too, as well as dogs, her home, her books, and nature.

On the second day, she would rise early to see the dawn-that "thrilling miracle"-and then go to museums to view natural-history exhibits and art before watching a play, a movie, and a dance performance.

On the third day, she'd greet the dawn again, then take in the sights and sounds of New York City-the view from its towering buildings, the colors of the women's dresses, the goods in the store windows. "My eye passes lightly over no single trifle; it strives to touch and hold closely each thing its gaze rests upon." She would cap that last day by seeing "a hilariously funny play, so that I might appreciate the overtones of comedy in the human spirit."

She concluded by suggesting to readers: "Use your eyes as if tomorrow you would be stricken blind. And the same method can be applied to the other senses. Hear the music of voices, the song of a bird, the mighty strains of an orchestra, as if you would be stricken deaf tomorrow. Touch each object you want to touch as if tomorrow your tactile sense would fail. Smell the perfume of flowers, taste with relish each morsel, as if tomorrow you could never smell and taste again. Make the most of every sense: glory in all the facets of pleasure and beauty which the world reveals to you."

SOURCE:

BECOME WHO YOU WERE BORN TO BE (see also Sections 2, 4C and 10)by Brian Souza, a book I REALLY LIKED as evidenced by the fact that I have used it in four sections of this newsletter

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## 12. Advance planning department

### A. Lou in Pennsylvania:

If you're looking for a different artistic experience and are available, you may want to consider hitting the Kelsey Theater this Friday evening at 8:00 p.m. for the Mercer County Symphonic Band Spring Concert. Admission is FREE.

Location:

The Kelsey Theatre at Mercer County Community College  
1200 Old Trenton Road, West Windsor, NJ  
(609) 570-3333

I'm conducting. The band is comprised of over seventy musicians, ranging in age from 14 to 80.

The performance is quite eclectic, including contemporary works, traditional transcriptions, music from Disney feature films with accompanying visuals, selections from Jesus Christ Superstar, portions of the soundtrack from the documentary Victory at Sea, and traditional marches. We're also presenting an inspiring composition titled Heritage of Freedom to which I have added narration and visuals. The music is high quality and the performance is entertaining.

B. Cynthia in New Jersey (see also Section 1A):

\* Move Your Body classes meet every first and third Saturday of the month at 1:30 p.m., so the next one is on Saturday, June 16.

No charge, but love donations to the Princeton Center are always appreciated.

Location:

Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Veeland Drive Suite 506--off Route 206  
Skillman, New Jersey

For more information:

<http://www.princetonyoga.com>

609.924.7294

\* There will also be a FREE session in my development (Pike Run in Belle Meade) on Monday, June 18, at 7 p.m.

Email me for more information: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com).

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PS. Please join me in celebrating Flag Day on June 14 . . . and don't forget that Sunday is Father's Day . . . if you're lucky enough to have your father alive, do try to spend the day with him or at least give him a call; otherwise, take at least some time to remember the "good times" when you had him with you . . . also, join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . make it a great week, too!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

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# BLAINESWORLD

BLAINESWORLD (with FREE SHOW TICKETS; see Section 12A)

#557

6.4.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I joined friends for dinner on Saturday night at Siam Cuisine (215.794.7209)--an attractive Thai restaurant in Buckingham, PA . . . my chicken fried rice dish was tasty, and Cynthia said her salmon with curry was excellent . . . service was friendly, and I'm sure that we will return.

From there, we all went to see THE MAN WHO CAME TO DINNER, a Town and Country Players production in Buckingham, PA.

Though this particular comedy has never been one of my favorites, we were appreciative of the fine job of acting by all members of the large cast . . . in particular, we had gone to see a friend of mine--Mitch Aglow (see also what follows Section 1D--who was in the play; he shined in what was for us a too-brief appearance . . . his German accent, which he had worked on for months, was flawless.

Here he is, flanked by the two of us:



Upcoming show dates are June 8, 9, 10 (matinee), 15 and 16 . . . tickets are \$15 . . . for reservations, call 215.348.7566 or visit the website: <http://www.townandcountryplayers.org/2007/season.html#dinner>

On Sunday, we had a nice time celebrating the birthday of Rachel (Cynthia's niece) . . . we were joined for brunch by Rachel's parents, Cynthia's sister and brother-in-law, at a place called Church Street Cafe (973.233.0216) in Montclair, NJ.

The ambience was fine, and it was nice to be able to sit outside . . . however, our meal left much to be desired . . . just about every item we ordered came to the table with something missing, and we had to keep sending it back . . . our waiter seemed completely disinterested . . . when we spoke to Cheryl, the owner, she was apologetic and explained that there was a new cook and to top things off, there had been an electrical failure in the kitchen . . . she was most gracious and even tried to make amends by sending over some birthday cake at no charge.

B. During the week, I met friends in New York City for dinner at Patsy's (212.247.3491) . . . I liked my veal parmigiana dish . . . but what really impressed me was the fact that chef Sal Scognamillo came over and introduced himself . . . he also said he'd make anything we wanted, even if it wasn't on the menu.

From there, we went to a Learning Annex presentation by Marianne Williamson . . . she's a world famous speaker, and I've enjoyed hearing her before on CD . . . yet this time I was disappointed.

The first hour seemed a bit canned . . . it was as if she was on auto-pilot . . . then, she rather abruptly switched to a question-and-answer

format for the second hour . . . I was not overly interested in hearing about the problems of others (many of whom went on and on), and I also didn't like how Williamson asked all in attendance to say a prayer for somebody . . . she did this on at least three separate occasions.

Yet that said, I nevertheless was able to gain some value from such comments she made as the following:

- \* The universe is ready to help you at any given minute. But the key: Are you ready to receive the help? And can you then hold onto it?
- \* This planet will be OK if we all become the person we are supposed to be.
- \* If you're honest with yourself, it's easier to change.
- \* An idea when it is shared becomes more powerful.
- \* Do the best you can to decrease suffering for somebody else.

C. CONGRATULATIONS to Mandy Reilly, director of the career development center at Bucks County Community College . . . she was the winner in last week's contest for two free tickets to Tyler Tasting (see also Section 12B) . . . to the 14 other people who entered the contest and didn't win, we'll get you the next time around . . . or take me up on the opportunity to get FREE TICKETS to this Wednesday's performance at the Bristol Riverside Theatre . . . see Section 12A for more information.

CONGRATULATIONS, also, to Walt Puchalski . . . he was the person in charge of the Faculty of the Future Conference held at Bucks on Friday . . . it was a huge success.

I was honored to have been chosen to run one of the workshops . . . it was a lot of fun, too, especially because I got to conduct a live cockroach race--thanks to the generosity of Phil Cooper of Cooper Pest Control . . . he graciously provided the cockroaches!

And, lastly, CONGRATULATIONS to Phil and his fine company . . . he and his brother Richard were recently recognized with the U.S. Small Business Administration's 2007 New Jersey Jeffrey Butland Family-Owned Business of the Year Award . . . for more information about Cooper Pest Control, please click:  
<http://www.cooperpest.com/>

D. CONDOLENCES to the family of Manuel Tubio . . . he passed away on Sunday, June 3rd. He was retired and had been assistant director of library services at BCCC.

Manuel had always been both friendly and helpful to me; I'll miss him.

There will be a short memorial service on Friday, June 8th at 1:00 at the Old Chapel on Heckewelder Place on the Central Moravian Church campus in Bethlehem, PA.

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

This week, it goes to the aforementioned Mitch Aglow (see also Section 1A) . . . a part-time faculty member in the Business Studies Department at Bucks, he was awarded an outstanding teaching award last year . . . it was well-deserved.

He has further served as the faculty adviser to the College's award-winning Students in Free Enterprise Chapter the past few years, and he has often done faculty advising . . . no matter what needs to be done, it seems as if you ask Mitch, it will gone be done with both competence and enthusiasm.

Lately, I've enjoyed hearing about how Mitch has embarked upon his theatrical pursuits . . . prior to his most recent show, he was in such plays as A MIDSUMMER'S NIGHT DREAM, DEARLY DEPARTED and INHERIT THE WIND.

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### 2. FYI

A common form of blame is to use the words should or shouldn't which usually come laced with judgment: "You should learn how to behave better!" or "You shouldn't do that." A more neutral phrasing would be: "This behavior creates a problem for both of us." A very useful practice is to try speaking to the other without using the word should. It will increase the other's receptivity to your message.

#### SOURCE:

THE POWER OF A POSITIVE NO (see also Sections 4C, 10 and 11)  
by William Ury

#### FYI, part 2

##### Natalie in Pennsylvania:

I have to urge you and Cynthia to get to see the show at the Bristol Riverside Theatre. They are not using songbooks anymore, and there are some outstanding performers, including Demetria Bailey, the star of the recent HIS EYE ON THE SHADOW show. (I think you saw?) and our favorite, a black performer by the name of Keith Spencer.

The music is from the Vietnam area, and it will have you wanting to dance in the aisles--songs like "Proud Mary", "Let the Sun Shine," "Blowing in the Wind" and many other amazing ones of that era. The show will be playing through June 10, so try to see it if you can. I think you both would highly enjoy it.

#### WHAT A COINCIDENCE:

Per Natalie's suggestion, I'm going to see this show on Wednesday . . . you can, too; e.g., see Section 12A.

#### \* Shelly in Pennsylvania:

I'm just taking this opportunity to thank you for a very special gift (in addition to your birthday email).

At Chanukah/Christmas, I gave my son's girlfriend a copy of Allen Carr's book on smoking. I told her to open it whenever she was ready to stop, even if was years from now.

Well, on Mother's Day she sent me a giant card with an added message that I'd given her the best gift she'd ever gotten . . . she hadn't smoked in 3 (now 4) months! Can you imagine that feeling? What a gift to have given (to her and to my non-smoking son--and to her father . . . ), and what a gift to have been given in return!

Thank you for letting all of us know about that book! I've given one to my nephew, and I'm going to buy two more, for my two friends . . . and so on.

PLEASE NOTE:

See also Section 7B and the offer that follows it.

\* Jerry in Pennsylvania:

I disagree with your Voice mail advice and the 30 second thing. I love voice mail, and I want more than 30 seconds, and I want you to know if you call me you will have more than 30 seconds.

Four things I want to know when you call me:

Identify yourself;

What is your concern;

What is your call back #; and

When is a good time for me to call you back.

I tell my assistant, if you do not get all four of these things when you answer the phone, I will be annoyed, so then just transfer the call to voice mail.

Here is what I hate: She might tell me that Rick G called. I will ask what did he want? She will say, he did not say, so now I will obsess what did Rick want? I then call him and guess what I get his voice mail, and hence, phone tag.

A lot of my clients are also friends . . . is he calling for business reasons or to hook up for a quick lunch? I may never know. However, if you get voice mail, you always seem to answer all four of the above questions. If he gets my voice mail, he may say, Hey Jerry, this is Rick, you busy for lunch, I will be in your neighborhood about 1 p.m., hey call me on my cell if you can, 215 (whatever the number is) . . . hence, no obsessions.

\* Sandy in Oregon:

Please tell your beautiful bride that I have studied JourneyDance to use as an exercise in my acting workshops in order to help actors relax and better connect with their inner being . . . to learn how to use their bodies in connection with their minds.

I loved both learning and teaching the dance technique and found it really works very well.

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3. The things you learn online

Fascinated by the military, my cousin's daughter went online to research everything there was to know about the armed forces--from training to equipment.

Looking up bulletproof vests, she found one with an interesting warranty. It said, "Guaranteed or your money back."

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4. Reviews

A. GRACIE, based on true events from the lives of the Shue family (producer Andrew Shue and his actress sister Elisabeth), is about a teenage girl who overcomes the loss of her brother and fights to become the first girl in her town to play competitive soccer on the boy's high school varsity team . . . it is too predictable in spots and the beginning drags . . . however, when the soccer action takes over in the second half, the film

comes alive . . . and though you can pretty much guess what's going to happen, you'll nevertheless find yourself cheering at the end . . . Carly Schroeder is fine in the leading role, and I also liked the work of Dermot Mulroney as her father . . . there's a great 70s soundtrack, featuring classic music from Blondie, Aretha Franklin and the Boss himself, Bruce Springsteen . . . rated PG-13.

B. Out on DVD is AFTER THE WEDDING, a film you probably missed in the theaters . . . do catch it now . . . it is an engrossing story about the owner of the orphanage who must return to his native Denmark to receive a huge donation . . . when he does, he must deal with some unreasonable demands to collect it . . . Mads Mikkelsen (a Viggo Mortenson lookalike) is extremely watchable as the main character . . . rated R.

C. William Ury's classic, GETTING TO YES, has always been one of my favorite book the subject of negotiations . . . I'm now going to have to add his latest, THE POWER OF A POSITIVE NO (see also Sections 2, 10 and 11) , to my list.

It is a most useful guidebook that will help you in both your personal and professional life . . . Ury presents real examples, drawing upon his lifetime experiences as a negotiator . . . and while you may not be able to relate to his being in countries like Chechnya and Venezuela, you'll certainly be able to see yourself when he describes such other situations as his daughter's illness and his divorce.

The key in all these and more--being able to deliver a positive No . . . it requires skill and tact, and it involves a deceptively simple three-step process:

Begin with the affirmation (Yes!), proceed to establish a limit (No) and end with a proposal (Yes?).

One example, in particular, struck home because I've had to often face it myself; i.e., how to decline an invitation to speak at a local community organization . . . his recommendation on how to handle the request is positively brilliant:

Imagine, for instance, that you are declining an invitation to speak to a local community organization: "It is good to hear from you and good to hear of all the valuable work the center is doing. For family reasons, I am not taking on any additional commitments at this time. Next year, if you are still interested, I'd be happy to consider it. Thank you for thinking of me." After the initial note of acknowledgement and respect, you begin the Positive No by expressing a Yes! To your interests ("family"). You proceed to assert your No in a matter-of-fact way that does not reject ("I am not taking on any additional commitments at this time"). You follow up by proposing a Yes?, an alternative solution ("next year, if you are still interested"). You end, just as you began, on a note of respect ("Thank you for thinking of me").

I also liked Ury's use of historical figures, including Abraham Lincoln, Nelson Mandella and even Hercules . . . in addition, he cites this other useful bit of advice gleaned from when our country was founded:

No less a man than Thomas Jefferson invoked this piece of advice during the hot, sweltering summer of 1789 when delegates to the Constitutional Convention in Philadelphia struggled over

the principles and wording that would govern their fledgling nation. Tempers frequently flared as delegates stood up for their interests and values and said No. In the midst of this struggle, Thomas Jefferson had a piece of advice for his colleagues: "When angry, count to ten. If very angry, a hundred."

THE POWER OF A POSITIVE NO is a book that I'm going to recommend to all my fellow members of the negotiations team at the college where I teach, if for no other reason than this valuable tidbit:

If you are having trouble persuading the other to accept your proposal, try putting it through this test. Suppose for a moment that the other says Yes to your proposal and now needs to present the prospective agreement to their constituents. Imagine the other giving a little speech, explaining to their constituents why this is a good agreement and why they should support it. Write out an outline of that speech. What is the most persuasive case they could make for accepting your proposal? Jot down the key talking points.

D. Heard OUR LADY OF THE FREEDOMS, a fascinating account by writer-director Norman Corwin about how the Statue of Liberty came to America's shore . . . I liked the narration by Charles Kuralt; unfortunately, this was his final performance before he died . . . adding to my enjoyment was the fact that there was a full cast that made the dramatization of the behind-the-scenes maneuvering seem almost real.

My only criticism was extra material that seemed to be added-on after the fact . . . this involved a look at American place names and seemed to have no relevance to the essential story that was told.

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#### 5. TV alert

\*\*\*\*\* SOMEBODY YOU MAY EVEN KNOW \*\*\*\*\*

Gail Frantz, Cynthia's very good friend, is tentatively slated to be on TODAY on NBC on Thursday, sometime between 7 and 10 a.m. . . . she is slated to appear in a makeover segment . . . Cynthia and I have a special reason to look forward to it, in that Gail will be sleeping over our place the night before and will get picked up by limo early on the morning of her appearance.

For your further consideration:

A. The season premiere of AMERICA'S GOT TALENT on Tuesday at 9 p.m. on NBC . . . Jerry Springer takes over as host for the second round of folks going after a million bucks . . . and on Wednesday, Season 2 of AMERICAN INVENTOR gets underway at 9 p.m. on ABC . . . I'll watch, if just to see George Foreman and Pat Croce as two of the judges in this year's competition.

B. Series creator Tyler Perry directs back-to-back episodes of HOUSE OF PAYNE, a COSBY SHOW-like sitcom built around a firefighter named C.J. and his extended family . . . Perry appears as Madea (the character he made famous in various movies) in the opener . . . Tuesday at 9 p.m. on TBS.

C. 40 MOST SOFTSATIONAL SOFT-ROCK SONGS airs on VH1 on Wednesday at 11 p.m. . . . among those featured: Michael Bolton, Lionel Richie, Journey, REO Speedwagon, and Kenny Loggins . . . this is a definite "guilty pleasure that I've already seen and enjoyed.

D. The 61st annual TONY AWARDS will air on Sunday at 8 p.m. on CBS . . . there will be musical numbers from each of the Tony Nominees for Best Musical--CURTAINS, GREY GARDENS, MARY POPPINS, and SPRING AWAKENING, as well as performances by the casts of Best Musical Revival nominees--A CHORUS LINE, COMPANY and 110 IN THE SHADE . . . additionally, the show will feature a special performance by Fantasia now appearing on Broadway in THE COLOR PURPLE.

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#### 6. Living off the fat of the land

About a year ago, my friend joined a gym. Although he only went the first week or so, he hurried back when it was time to renew.

When he did so, he jokingly asked the man behind the counter as he paid: "Do you guys have a name for people like me who join and hardly show up?"

"Yeah," he said. "Profit."

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#### 7. Websites

A. To help people find and walk a spiritual path that will bring comfort, hope, clarity, strength, and happiness, please click:  
<http://www.beliefnet.com/>

There's some good stuff here . . . I particularly liked the piece on "How to unlock THE SECRET."

Make sure to also check out Belief-O-Matic, an interactive quiz that will tell you what religion (if any) you practice--or ought to consider practicing.

In addition, you can even find jokes such as this one:

Q: HOW MANY ZEN BUDDHISTS DOES IT TAKE TO CHANGE A LIGHTBULB?

A: Three. One to change the lightbulb, one NOT to change the lightbulb, and one to neither change nor not change the lightbulb.

B. Although you missed "World No Tobacco Day" on May 31 (I did too), here's a website for you to still send a nice reminder to anybody you care about:  
[http://www.123greetings.com/events/world\\_no\\_tobacco\\_day/](http://www.123greetings.com/events/world_no_tobacco_day/)

\*\*\*\*\* THIS REMINDS ME \*\*\*\*\*

As it turns out, I still have a few copies left of Allen Carr's excellent book (THE EASY WAY TO STOP SMOKING) that will help you or others stop smoking. . . if you'd like a FREE COPY--with my compliments--for yourself, a friend or loved one, please let me know . . . your best bet is to send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) . . . put these words in the subject line: STOP SMOKING BOOK . . . then in body of the email,

include your full name and address.

I only request that if you plan to give the book to somebody else that you first check with that person to see if he or she actually wants it and would be willing to read it, say within a month . . . you can even tell them that they can continue to smoke during that time . . . otherwise, I've found that giving the book to somebody who doesn't want it makes you come across as little more than a pest.

C. BLAINESWORLD the website remains up and running . . . to view it, please click:  
<http://www.blainesworld.net>

If you'd like your friends, relatives and colleagues to also get BLAINESWORLD the newsletter, just refer them to the above . . . easy FREE subscription instructions are at the bottom of the page under "Special Offer."

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#### 8. Computer tip

If you have a chance to do a backup on mail you retain online, do so at every opportunity you are given . . . for example, if you're an AOL user, you can do this on stuff that's in your Personal Filing Cabinet every so often . . . when asked if you want to, always say YES . . . that way, if there's any sort of crash (as was the case with me not too long ago), you'll at least have the mail that you saved . . . methinks that you can probably do this with other email programs, in which your mail gets automatically saved . . . it is not enough to just have it saved; you also need to do a backup of some sort.

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#### 9. Mom's dictionary, part 3 of 3 (concluded from last week)

##### QUIET:

A State of household serenity which occurs before the birth of the first child and occurs again after the last child has left for college.

##### RAINCOAT:

Article of clothing Mom bought to keep a child dry and warm, rendered ineffective because it's in the bottom of a locker stuffed in a book bag or because the child refuses to wear ""that geeky thing."

##### REFRIGERATOR:

Combination art gallery and air-conditioner for the kitchen.

##### ROOM MOTHER:

A position of great honor and responsibility bestowed on a mom who inadvertently misses a PTA meeting.

##### SCHOOL PLAY:

Sadistic ritual in which adults derive pleasure from watching offspring stumble through coarse reenactments of famous historic events.

##### SCREAMING:

Home P.A. system.

**SNOWSUITS:**

Warm, padded outer garments that, when completely zipped and snapped performs two important functions: Protecting children from the cold and reminding them that they have to go to the bathroom

**SOAP:**

A cleaning agent Mom puts on the sink on the off-chance one of her kids will accidentally grab it while reaching for the towel.

**SPIT:**

All-purpose cleaning fluid especially good on kids' faces.

**SPOILED ROTTEN:**

What the kids become after as little as 15 minutes with Grandma.

**SWEATER:**

Magically charmed article of clothing that can ward away colds, flu and even pneumonia.

**SUNDAY BEST:**

Attractive, expensive children's clothing made of a fabric which attracts melted chocolate and grape juice.

**TEACHER CONFERENCE:**

A meeting between Mom and that person who has yet to understand her child's "special needs."

**TERRIBLE TWO'S:**

Having both kids at home all summer.

**"THAT WAY":**

How kids shouldn't look at moms if they know what's good for them. Also applies to how they talk.

**TOWELS:**

See "FLOOR COVERINGS."

**TRAMP:**

A woman with two kids and no stretch marks.

**TROUBLE:**

Area of non-specific space a child can always be sure to be in.

**UMPTENTH:**

Highly conservative estimate of the number of times Mom must instruct her offspring to do something before it actually gets done.

**UNDERWEAR:**

An article of clothing, the cleanliness of which ensures the wearer will never have an accident.

**UTOPIA:**

See "BUBBLE BATH."

**VACATION:**

Where you take the family to get away from it all, only to find it there, too.

**VITAMINS:**

Tiny facsimiles of cave people Mom forces you to swallow each morning as part of her sinister plot to have you grow up to be "Just like Daddy."

**WALLS:**

Complete set of drawing paper for kids that comes with every room.

**WASHING MACHINE:**

Household appliance used to clean blue jeans, permanent ink markers, loose change, homework, tissues and wads of gum.

**"WHEN YOUR FATHER GETS HOME":**

Standard measurement of time between crime and punishment.

**XOXOXOXO:**

Mom salutation guaranteed to make the already embarrassing note in a kid's lunch box even more mortifying.

**XYLOPHONE:**

Small toy musical instrument often given as gifts to children who show their appreciation by playing the stupid thing constantly, over and over, all day long! See also "DRUMS."

**YARD SALE:**

Heart-wrenching emotional process wherein Mom plans to sell kids' outdated toys and clothing that she decides at the last minute are treasured mementos she can't bear to part with.

**"YIPPEE!":**

What Mom would jump up and shout if the school year was changed to 12 months. See also "YAHOO!"

**ZILLION:**

Amount of times Mom must have gone to the supermarket already this week.

**ZUCCHINI:**

Vegetable which can be baked, boiled, fried or steamed before kids refuse to eat it.

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10. A quote I like

One of the great arts in life is learning how to disagree without being disagreeable.--William Ury in THE POWER OF A POSITIVE NO (see also Sections 2, 4C and 11)

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11. Thought for the day

When I REALLY like a book, you can tell by the fact that I mention it in four parts of this newsletter . . . such as the case with THE POWER OF A POSITIVE NO (see also Sections 2, 4C and 10) by William Ury, the basis of this next passage:

[There is} an old Japanese story about a samurai and a fisherman. One day, the samurai went to collect a debt from the fisherman. "I'm sorry," the fisherman said, "but this last year has been a very bad one for me, and I regret to say I do not have the money to repay you." Quick to anger, the samurai drew his sword and prepared to kill the fisherman on the spot. Thinking fast, the fisherman boldly said, "I have been studying martial arts and my master teaches that you should never strike out of anger."

The samurai looked at him for a minute, then slowly lowered

his sword. "Your master is wise," he said quietly. "My master used to teach the same lesson. Sometimes my anger gets the better of me. I will give you one more year to repay your debt, but if you fail by even a penny, I will surely kill you."

The samurai returned to his house, arriving late at night. He crept in quietly, not wishing to wake his wife, but to his shock, he found two people in the bed, his wife and a stranger dressed in samurai clothing. With a surge of jealousy and anger, he raised his sword to slay them both, but suddenly the fisherman's words came back to him: "Do not strike out of anger." The samurai stopped for a moment, took a deep breath, and then deliberately made a loud noise. His wife instantly woke up, as did the "stranger," who turned out to be his mother.

"What is the meaning of this?" he yelled. "I almost killed you both!"

"We were afraid of robbers," his wife explained. "So I dressed your mother up in your samurai clothes to scare them off."

A year passed and the fisherman came to see the samurai. "I had an excellent year, so here is your money back and with interest," the fisherman said happily to him. "Keep your money," replied the samurai. "You repaid your debt long ago."

When you want to say No, remember the samurai's lesson: do not react out of anger-or indeed out of any negative emotion such as fear or guilt. Take a deep breath and focus on your purpose-your Yes in this situation. Ask yourself what you really want and what is really important here. In other words, shift from being reactive and focused on No, to being proactive and focused on Yes.

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## 12. Advance planning department

### A. FREE SHOW TICKETS FOR THIS COMING WEDNESDAY, JUNE 6:

Sorry for short notice, but to quote an email from Chuck Reece, marketing manager for the Bristol Riverside Theatre in Bristol, PA:

We have a couple of VIPs coming to see our 2:00 Wednesday Matinee performance of "War Songs II: More Songs of the Vietnam Era" here at BRT and are looking to fill up some empty seats. I would be happy to provide COMPLIMENTARY tickets to you or any of your co-workers. The concert runs about 2 hour, 20 minutes.

If you would like tickets, please call our Box Office at 215.785.0100. Mention that you heard about them via BLAINESWORLD. Tickets will be first-come first served and based upon availability.

For more info about the show, visit us online:  
<http://www.brtstage.org/brtshows/2007SummerMusicales-1.html>.

Hope to see you here.

B. On Friday, June 8, from 6:30 – 9:30 p.m., the Bucks CCC Foundation will be hosting Tyler Tasting's 19th annual premier food and wine tasting

event, along with musical entertainment and a silent and live auction at the Newtown Campus.

New in 2007: In addition to sampling food from Bucks County's finest restaurants, guests will also have an opportunity to sample some of the "Greatest Beers of the World" presented by Gretz Beer Company. Beers such as Rogue, Victory, Michelob, Newcastle, Moretti, Paulaner, Carlsberg Jacobsen, Grolsch, and Warsteiner will be available.

A new and exciting auction item this year: Chef Barry Sexton, who assists Chef Robert Irvine on the Food Network's "Dinner: Impossible," show will prepare dinner for 12-18 people.

Tickets are \$100/person . . . to order them or for more information, call 215.968.8224.

C. Cynthia in New Jersey (see also Section 1A):

\* Move Your Body classes meet every first and third Saturday of the month at 1:30 p.m., so the next one is on Saturday, June 16.

No charge, but love donations to the Princeton Center are always appreciated.

Location:  
Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506--off Route 206  
Skillman, New Jersey

For more information:  
<http://www.princetonyoga.com>  
609.924.7294

\* There will also be a FREE session in my development (Pike Run in Belle Meade) on Monday, June 18, at 7 p.m.

Email me for more information: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com).

D. Janet in New York:  
Come Join us for this special opportunity in Woodstock, NY:  
A Weekend of Shamanic Experiences and Learning

Welcome Summer connecting to the earth and all of her beauty. We will listen and speak with the Devas and Fairies and Spirits in Trees and Nature. Learn advanced Medicine Wheel connections and healing for all. Safe, Natural, Beautiful Experience. Learn how to work with the symbols of animals and signs in nature and journeys.

Saturday and Sunday June 23 & 24  
10 a.m.-5 p.m.  
\$225 if prepaid by June 16, \$250 afterwards.

For questions and/or to register, kindly call: 845.679.7175.

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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## SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD (with SPECIAL CONTEST; see Section 1C)

#556

5.28.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I spent a rare weekend apart.

She was away, adding to her ever-increasing repertoire of dance skills (see also Section 12A) . . . she is now studying something known as JourneyDance and is very excited about how she can incorporate this material into what she already does.

To quote from the website:

JourneyDance™ is a playful and intuitive method of using movement to discover and celebrate our inner strengths. We are all dancers, emotion in motion. We cleanse our bodies and minds with sweat and breath, laughter and prayer. We discover the anatomy of the soul. We feel our power and aliveness. We learn to love ourselves. We find balance and blessings. We become bright, shining, radiant.

For more information, please click:

<http://www.journeydance.com/>

\*\*\*\*\* DON'T FORGET \*\*\*\*\*

If your company and/or organization is looking for a dynamic program, please keep Cynthia in mind . . . she'd also be a natural for conventions . . . she has run similar events for groups throughout New Jersey and Pennsylvania and has always gotten rave reviews . . . your best bet to reach her is via email: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com).

B. I missed Cynthia, of course . . . it just wasn't the same seeing things myself, though that said, I nevertheless caught a fine production of HOSPITALITY SUITE (732.873.2710) at the Villagers Theatre in Somerset, NJ.

This is a play written by Roger Rueff about three salesmen who gather in a hotel room to throw a cocktail party for prospective buyers . . . it is both provocative and witty, and Derek Mazukiewicz and Arian Stein shined in their roles . . . however, it was the work of Jeff Dworkin--who also serves as operations vice president for Villagers--that blew me away . . . his performance as the harsh, cocky veteran was as good as any I've seen

in community theater.

My only regret is that you won't be able to see this show yourself because I caught it on the last night of the run . . . yet do look for the DVD version of Rueff's show: THE BIG KAHUNA . . . it stars Kevin Spacey and Danny DeVito, and if you can find it, you'll enjoy it.

Also, make sure you try to catch upcoming shows at the Villagers Theatre . . . I've seen several there and have never been disappointed . . . up next is Rodgers & Hammerstein's CINDERELLA from June 1-24, followed by TAPE from June 29-July 15 . . . for more information, please click: <http://www.villagerstheatre.com>

Naturally, I also had to catch a movie--or three . . . see Section 4A for my review of BLACK BOOK, one of the best films I've seen in quite some time.

And I got to spend some time with my mother . . . she is presently in the Mary Manning Walsh Home in New York City, undergoing rehab for her fractured hip . . . she's managing to hang in there and has regained her appetite (a good sign) . . . I'm a bit concerned that her short-term memory seems to have taken a vacation; hopefully, she'll regain that in the not-too-distant future . . . yet it is amazing to speak to her and listen to all that she can remember, including the phone number of her home when she was a young child!

C. As you've seen in previous issues:

On Friday, June 8, from 6:30 – 9:30 p.m., the Bucks CCC Foundation will be hosting Tyler Tasting's 19th annual premier food and wine tasting event, along with musical entertainment and a silent and live auction at the Newtown Campus.

New in 2007: In addition to sampling food from Bucks County's finest restaurants, guests will also have an opportunity to sample some of the "Greatest Beers of the World" presented by Gretz Beer Company. Beers such as Rogue, Victory, Michelob, Newcastle, Moretti, Paulaner, Carlsberg Jacobsen, Grolsch, and Warsteiner will be available.

A new and exciting auction item this year: Chef Barry Sexton, who assists Chef Robert Irvine on the Food Network's "Dinner: Impossible," show will prepare dinner for 12-18 people.

Tickets are \$100/person . . . to order them or for more information, call 215.968.8224.

\*\*\*\*\* SPECIAL CONTEST \*\*\*\*\*

The above is your best bet if you wish to attend this gala event . . . but 1-2 lucky readers of BLAINESWORLD will also get the opportunity to attend; i.e., if they enter this contest . . . the rules are simple:

1. Send an email to: [bginbc@aol.com](mailto:bginbc@aol.com);
2. Put these words in subject line: TYLER TASTING CONTEST;
3. Include in body of email your name, address and phone number; and
4. Tell me if you'd need 1 or 2 tickets.

Entries must be submitted on or before June 4 . . . that evening, I'll have a drawing and will contact the winner(s) . . . so if you haven't heard by June 5 and still wish to attend, make sure you call the Foundation Office to buy your tickets.

D. CONGRATULATIONS to my following three readers/friends:

\* Scott Bradshaw, the golf coach at Bucks County Community College, whose team placed second in the regionals and is now headed to national competition on June 3;

\* Mary Ann Klicka, professor of mathematics at Bucks, whose Pa. Assoc. of Developmental Educators, was named outstanding chapter by the national association; and

\* Diana Loreman, recently named library director at the Manor College Basileiad Library in Jenkingtown, PA.

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

This week, it goes to Shawn White (908.256.2999)--head of New Ambiance a company out of Bridgewater, NJ that provides excellent work in such areas as interior and exterior painting, sheetrock repair, faux finishing, and wallpaper removal.

We recently used Shawn's company when we had a minor leak in our kitchen . . . the work was done quickly and reasonably, as well as meticulously.

Afterwards, Shawn refinished our deck . . . I was particularly impressed with how thorough he was . . . he actually came back the next day after the job was finished to make sure it came out just right.

I imagine his work ethic comes in large part from his dad Mark . . . his firm is White Speed Construction (908.240.2507), also in Bridgewater . . . that's the firm that has helped get our house into its current great shape.

Mark has installed wood flooring, made an area for our cats, put in extra lights in the kitchen, and done a variety of smaller, fix-it type repairs.

If you want quality work done, I'd strongly recommend contacting either Shawn or Mark White.

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2. FYI

Voice mail and cell phone: Change your setup so that callers have only thirty seconds to leave a message (and change your outgoing message to alert them to this).

SOURCE:

FIVE GOOD MINUTES IN THE MORNING (see also Section 4C)  
by Jeffrey Brantley and Wendy Millstone

FYI, part 2

\* Maria in Pennsylvania:

A friend of mine, Susan Kennedy, is going to try to break the world record for jump roping--more than 27 hours!

By doing so she hopes to raise money and awareness for Alzheimer's. Her mom suffers from the disease. (As you know, so does my mother-in-law.)

Susan is 43, a Doylestown mom of four, volunteer, business owner, etc. and wanted to show how easy, cheap and fun exercise can be--and tie it into the idea of healthy body, healthy mind at any age.

Because she has always loved to jump rope, her 8-year-old son thought it would be great if she tried to set the world record. She's been practicing in her garage when she kids go to school for up to 8 hours at a time.

She will be jumping for the World Record at The Solebury Club on Rte. 263 at 413, from 6 a.m. Thursday, May 31, to at least 9 a.m. Friday, June 1. To help cheer her on, the club will host a 24-hour Open House, with appetizers, drinks, music and games from 6-8 p.m. Thursday night where you can learn more about the club, the disease and jumping!

And if you want to join that night, the club will donate 50% of the initiation fee to the Alzheimer's Association.

Please come and support Susan--and keep me company, especially in the middle of the night!

Susan will also be at First Friday Doylestown, at State and Hamilton Streets on June 1, from 6:30-9 p.m., leading group jumps and signing photos. She's right next to the tents for the Alzheimer's Association and the Bucks County Jazz Fest, which also benefits Alzheimer's. So there will be incredible jazz music, as well as a juggler and a kick-a-thon by karate kids.

You can also donate by going to:  
<http://www.firstfridaydoylestown.com>

and clicking on Alzheimer's Association.

\* Jean in Pennsylvania:

Are you a successful alumnus of Bucks County Community College who attended BCCC for at least a year? Would you like to share your story about how Bucks influenced your life and career?

If so, please contact Jean Dolan at [dolanj@bucks.edu](mailto:dolanj@bucks.edu) or 215.968.8094. We might use your comment and photo as a testimonial in our credit-course brochure or college catalog. This is strictly voluntary; as a nonprofit institution, we cannot pay you for use of your comments or image. But you'd be helping your alma mater build its reputation as a college of excellence. From a fellow alumna (Class of '87), thank you in advance!

\* Betty in New York:

On your review of AWAY FROM HER, I just need to comment on your interpretation of the nursing home in the movie being portrayed as "idyllic."

Apart from the fact that the writer/director Sarah Polley is one of my favorite actresses and only 27 years old, I think the facility (Meadowbrook?) was shown in the light that it should have been. Due to the fact that it was so painful for the husband to part with his wife, the home never looked idyllic in his eyes. Yet we get to see glimpses of all versions of the assisted living facility.

Firstly, we see it in the administrator's eyes, during the tour ("Look, we get plenty of natural light") and then we see it in his eyes. Clearly not ideal.

However, it is Kristy (the nurse who befriends him) who reaches out to him that makes the place warm. Also, it is a sad truth in our society that when our elderly become frail and sick, we feel that we are incapable of serving them ourselves.

It's quite clear that Alzheimer's is a disease that requires expert psychological attention. It is one of the only diseases you can think of that affects the family of the patient more than it affects the actual patient. I hate to mention the fact that the movie took place in Canada where they have socialized medicine. Is it possible that their system is just better in general?

I hope that when award season rocks around, Polley gets the attention she deserves--unlike that lavish attention that was heaped on Sofia

Coppola when she directed LOST IN TRANSLATION.

\* Sharee in Florida:

I have a neighbor who is struggling with quitting smoking and I would LOVE to have a copy of the book [THE EASY WAY TO STOP SMOKING by Allen Carr] for her. They just found 4 nodes on her lungs, and she is undergoing tests to see if she actually has lung cancer.

Thank you for providing such wonderful news in your newsletter.

MY OFFER REMAINS:

As it turns out, I still have a few copies left of Carr's excellent book . . . if you'd like a FREE COPY--with my compliments--for yourself, a friend or loved one, please let me know . . . your best bet is to send an email to: bginbc@aol.com . . . put these words in the subject line: STOP SMOKING BOOK . . . then in body of the email, include your full name and address.

I only request that if you plan to give the book to somebody else that you first check with that person to see if he or she actually wants it and would be willing to read it, say within a month . . . you can even tell them that they can continue to smoke during that time . . . otherwise, I've found that giving the book to somebody who doesn't want it makes you come across as little more than a pest.

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### 3. Shopping

Linda Burnett, 23, a resident of San Diego, was visiting her in-laws and while there went to a nearby supermarket to pick up some groceries.

Several people noticed her sitting in her car with the windows rolled up and with her eyes closed with both hands behind the back of her head.

One customer who had been at the store for a while became concerned and walked over to the car. He noticed that Linda's eyes were now open, and she looked very strange. He asked her if she was okay, and Linda replied that she'd been shot in the back of the head, and had been holding her brains in for over an hour.

The man called the paramedics, who broke into the car because the doors were locked and Linda refused to remove her hands from her head. When they finally got in, they found that Linda had a wad of bread dough on the back of her head.

A Pillsbury biscuit canister had exploded from the heat, making a loud noise that sounded like a gunshot, and the wad of dough hit her in the back of her head. When she reached back to find out what it was, she felt the dough and thought it was her brains. She initially passed out, but quickly recovered and tried to hold her brains in for over an hour until someone noticed and came to her aid.

Linda is a blonde and a Republican, but I'm certain that's irrelevant.

MY TWO CENTS:

Don't shoot the messenger . . . that was the original ending as I received it, but if it really bums you, consider substituting either of the following as a last line:

- \* Linda is a redhead and a Democrat, but I'm sure that's irrelevant.
- \* Linda is a brunette and a Libertarian, but I'm sure that's irrelevant.

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#### 4. Reviews

A. The actor Sebastian Koch can do no wrong--at least in my opinion . . . several months ago, I saw him in THE LIVES OF OTHERS, and he was fantastic in it . . . it was my favorite film, so far, of the year; i.e., until I saw his latest: BLACK BOOK . . . it is as good, if not even better . . . an old-fashioned melodrama, it will remind you of the days when Humphrey Bogart battled would battle the world to win the heart of Lauren Bacall . . . here, Koch is a Nazi officer who becomes smitten with a Jewish singer (an equally fine Carice Van Houten) . . . she originally befriends him to get information to fellow resistance fighters . . . but their relationship leads to an improbable love story amidst much bloodshed . . . along the way, there are many twists and turns that will keep you guessing about the outcome until the very end . . . don't be put off by the subtitles; you'll be blown away by BLACK BOOK . . . rated R.

B. MUSIC AND LYRICS is now out in DVD format . . . my review from BLAINESWORLD #542 follows:

Enjoyed MUSIC & LYRICS, a romantic comedy that works because you care about the co-stars (Hugh Grant and Drew Barrymore) . . . the former plays a washed-up 80s pop star who can only find work on the nostalgia circuit . . . he has a chance at a comeback, however, but only if the latter can help him write a new song . . . not only was the dialogue catchy throughout the film, but the songs were too . . . I also liked the work of Kristen Johnson as the sister of Barrymore's character . . . make sure you stay for the credits at the end; there's a cute spoof of the music played on VH1 . . . rated PG-13.

C. Can five minutes make a difference in your life?

The answer is a resounding YES, according to authors Jeffrey Brantley and Wendy Millstone in FIVE GOOD MINUTES IN THE MORNING (see also Section 2)--a most informative book that is filled with suggestions on what can be accomplished in such a brief period of time.

To begin with, you should start with mindful breathing and follow that with mindful listening . . . you are then ready to act wholeheartedly, in which you do something with all your attention and energy.

The authors give you a choice of 100 different practices, any and/or all of which can be used to get your day off to a great start . . . some of them may seem basic, but methinks if you actually tried to implement at least some of them, you couldn't find a better way to begin start your day.

Or in certain instances, end it as was the case with the following exercise that I've already started to put to good use:

If you inherited the worry wart gene, then you're well versed in the mental ruminations that can plague a quiet night at home. You worry about the strange ticking noise that the car started making. You worry about an awkward conversation you had with your boss. You may find yourself on a hamster wheel of worries, running in circles but not making any forward progress at all.

The following practice will help you stop spinning your wheels

and let go of those bothersome thoughts.

1. Begin by making a mental or written list of all your worries, large or small, rational or far-fetched.
2. Visualize or find a small wastepaper basket or box in which you can stash your worries.
3. Imagine tearing off each individual concern or fear and tossing it into your storage bin. If you've made a written list, go ahead and actually do this.
4. Say these words out loud: "I am letting go of these nagging thoughts. Some are important and some are not. But right now, I am reclaiming my right to enjoy life, live fully, and feel safe and secure tonight."

Today, let me add one more exercise to the aforementioned 100; i.e., take the time today to get your own copy of FIVE GOOD MINUTES . . . this slight investment will pay itself back many times over.

D. Heard the CD version of ON TRUTH by Harry G. Frankfurt, a professor emeritus of philosophy at Princeton University . . . it is a follow-up to ON BULLSHIT, his surprising NEW YORK TIME best-seller.

Though short in length, it is anything but light reading . . . Frankfurt attempts to get you to think about this provocative topic by quoting sources ranging from Spinoza to Shakespeare, but the truth is that I found this book not very helpful.

It assumes, for example, that you know something about postmodernists because he criticizes them as "these shameless antagonists of commonsense" . . . however, if you're new to philosophical thought and/or reading about the topic, you'll find yourself in need of some basic understandings before you attempt plodding through ON TRUTH.

And while ON BULLSHIT supposedly used both wit and creativity to make its point, I saw little of either in this book . . . it's always a good thing to attempt to make philosophy more popular; however, this effort just didn't work for me at all.

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### 5. TV alert

A. THE EX-WIVES CLUB is a new series for those going through a painful breakup and/or needing advice on how to pick up the pieces . . . Marla Maples and others help newly single men and women create a whole new beginning . . . Mondays at 9 p.m. on ABC.

B. Look-alikes vie for \$100,000 on THE NEXT BEST THING: WHO IS THE GREATEST CELEBRITY IMPERSONATOR? . . . a trio of judges decides which impersonators of famous folks like Madonna, Whitney and Elvis Presley do the best job . . . Wednesdays at 8 p.m. on ABC.

C. TV'S FUNNIEST MOMENTS, as chosen by the Museum of Television and Radio, airs on Friday at 8 p.m. on FOX.

D. Sarah Silverman hosts the MTV MOVIE AWARDS on Sunday at 8 p.m. on MTV . . . make sure you tune-in if you're curious who will win golden popcorn-tub trophies for Best Fight, Best Villain and Best Kiss.

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### 6. You be the judge

Fifteen years ago this past Friday, Jay Leno replaced the legendary Johnny Carson on THE TONIGHT SHOW (see also Section 7B). Does he still have it? Determine for yourself by reacting to this sampling from recent monologues:

1. "I don't want to say Miss USA was partying pretty hard, but I understand Sunday morning Charlie Sheen woke up wearing a crown."

Hit or miss? (All answers are at bottom.)

2. "Jimmy Carter recently said George W. Bush was the worst in history. Bush says that's not true. He was the worst in math and English."

Hit or miss?

3. "They have a test now that tells people the sex of their baby just six weeks into the pregnancy. Isn't that amazing? Ryan Seacrest's parents have been waiting, what, 32 years to find out?"

Hit or miss?

4. "Yesterday, there were huge immigration rallies all across the country. In fact, there were so many that most Wal-Marts were down to just one clerk."

Hit or miss?

5. "According to GLAMOUR magazine it takes the average woman 11 minutes to get aroused. The problem is that by the time the average woman gets aroused the average guy has been asleep for nine minutes."

Hit or miss?

ANSWERS, based on over 50,000 responses:

1. 62% thought a hit; 38% a miss.
2. 79% thought a hit; 21% a miss.
3. 70% thought a hit; 30% a miss.
4. 80% thought a hit; 20% a miss.
5. 88% thought a hit; 12% a miss.

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### 7. Websites

A. If you're a sucker for motivational-type material (and I am, by the way), please click:

<http://www.TheFocusMovie.com>

In just a few minutes, you'll see an inspiring collection of photos and accompanying text . . . make sure your sound is on to hear the pulsating music that goes along with it.

B. To create your own TONIGHT show music, videos and promos, please click:

[http://www.nbc.com/The\\_Tonight\\_Show\\_with\\_Jay\\_Leno/exclusives/15yrMash/player/index.shtml](http://www.nbc.com/The_Tonight_Show_with_Jay_Leno/exclusives/15yrMash/player/index.shtml)

Just go down to the middle of the homepage, and you'll be ready to go . . . while you're at it, see also Section 6 in this week's newsletter.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net>

For the latest pictures of yours truly, Cynthia and our family and friends, go to "Blaine's Best" on the left and then "Pictures" . . . make sure you have your sound on so you can hear what's arguably the greatest song of all time!

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#### 8. Computer tip

Google has recently released a new feature called My Maps that lets users annotate online maps by marketing locations with notes, videos and photos and then share them with friends or the public . . . to see it for yourself, please click:  
<http://maps.google.com/>

This service will allow consumers to easily mark places on maps with virtual pushpins and link them to video clips on Google's YouTube and Video services and photos stored on the Web. Users can also type notes and include links to other Web sites at each location, and draw lines or shapes to signal paths or areas.

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#### 9. Mom's dictionary, part 2 of 3 (continued from last week)

##### HANDS:

Body appendages which must be scrubbed raw with volcanic soap and sterilized in boiling water immediately prior to consumption of the evening meal.

##### HINDSIGHT:

What Mom experiences from changing too many diapers.

##### HOMEBREAD BREAD:

An object of fiction like the Fountain of Youth and the Golden Fleece.

##### ICE:

Cubes of frozen water which would be found in small plastic tray if kids or husbands ever filled the darn things instead of putting them back in the freezer empty.

##### INSIDE:

That place that will suddenly look attractive to kids once Mom has spent a minimum of half an hour getting them ready to go outside.

##### "I SAID SO":

Reason enough, according to Mom.

##### JACKPOT:

When all the kids stay at friends' homes for the night.

##### JEANS:

Which, according to kids, are appropriate for just about any occasion, including church and funerals.

##### "JEEEEEEEEZ!":

Slang for "Gee Mom, isn't there anything else you can do to embarrass me in front of my friends?"

JOY RIDE:

Going somewhere without the kids.

JUNK:

Dad's stuff.

KETCHUP:

The sea of tomato-based goo kids use to drown the dish that Mom spent hours cooking and years perfecting to get the seasoning just right.

KISS:

Mom's medicine.

LAKE:

Large body of water into which a kid will jump should his friends do so.

LEMONADE STAND:

Complicated business venture where Mom buys powdered mix, sugar, lemons, and paper cups, and sets up a table, chairs, pitchers and ice for kids who sit there for three to six minutes and net a profit of 15 cents.

LIE:

An "exaggeration" Mom uses to transform her child's paper-mache volcano science project into a Nobel Prize-winning experiment and a full-ride scholarship to Harvard.

LOSERS:

See "KIDS' FRIENDS."

MAKEUP:

Lipstick, eyeliner, blush, etc., which ironically make Mom look better while making her young daughter look "like a tramp."

MAYBE:

No.

MILK:

A healthful beverage which kids will gladly drink once it's turned into junk food by the addition of sugar and cocoa.

"MOMMMMMMM!":

The cry of a child on another floor who wants something.

MUSH:

1. What a kid loves to do with a plateful of food.
2. Main element of Mom's favorite movies.

NAILS:

A hard covering on the end of the finger, which Mom can never have a full set of due to pitching for batting practice, opening stubborn modeling clay lids and removing heat ducts to retrieve army men and/or doll clothing.

OCEAN:

What the bathroom floor looks like after bath night for kids, assorted pets, two or three full-sized towels, and several dozen toy boats, cars and animals.

OPEN:

The position of children's mouths when they eat in front of company.

OVERSTUFFED RECLINER:

Mom's nickname for Dad.

PANIC:

What a mother goes through when the darn wind-up swing stops.

**PENITENTIARY:**

Where children who don't eat their vegetables or clean their rooms eventually end up, according to Mom.

**PETS:**

Small, furry creatures which follow kids home so Mom will have someone else to clean up after.

**PIANO:**

A large, expensive musical instrument which, after thousands of dollars worth of lessons and constant harping by Mom, kids will refuse to play in front of company.

**PURSE:**

A handbag in which Mom carries the checkbook and keys she can never find because they're buried under tissues, gum wrappers, a plastic container full of cereal, toys from a fast-food restaurant, a teddy bear, a football, wallpaper samples, a grocery list, and several outdated coupons.

(to be concluded next week)

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10. A quote I like

There is a wonderful mythical law of nature that the three things we crave the most in life--happiness, freedom and peace of mind--are always attained by giving them to someone else.--Petyon Conway March (1864-1955), American soldier and Army Chief of Staff

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11. Thought for the day

Its made where?

John Russell started the day early, having set his alarm clock (MADE IN JAPAN) for 6 a.m. While his coffeepot (MADE IN CHINA) was perking, he shaved with his electric razor (MADE IN HONG KONG). He put on a dress shirt (MADE IN SRI LANKA), designer jeans (MADE IN SINGAPORE) and tennis shoes (MADE IN KOREA).

After cooking his breakfast in his new electric skillet (MADE IN INDIA), he sat down with his calculator (MADE IN MEXICO) to see how much he could spend today. After setting his watch (MADE IN TAIWAN) to the radio (MADE IN INDIA) he got in his car (MADE IN GERMANY) filled it with gas (from SAUDI ARABIA) and continued his search for a good paying job.

At the end of yet another discouraging and fruitless day checking his computer (MADE IN MALAYSIA), John decided to relax for a while. He put on his sandals (MADE IN BRAZIL) poured himself a glass of wine (MADE IN FRANCE! France!!) and turned on his TV (MADE IN INDONESIA), and then wondered why he can't find a good paying job in . . . AMERICA.

Author unknown

(if you know who wrote this and/or the source, please let me know.)

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12. Advance planning department

A. Cynthia in New Jersey (see also Section 1A)

\* Move your Body class at night on May 31 from 7-8:15 p.m.

Cost: Just \$5 per person.

Location:

Capitol Health Systems  
1445 Whitehorse-Mercerville Rd.  
Hamilton, New Jersey

For more information:

<http://www.capitolhealth.org>

609.394.4512

\* In addition, other Move Your Body classes meet every first and third Saturday of the month at 1:30 p.m., so the next one is on Saturday, June 2.

No charge, but love donations to the Princeton Center are always appreciated.

Location:

Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506--off Route 206  
Skillman, New Jersey

For more information:

<http://www.princetonyoga.com>

609.924.7294

B. Meg in Pennsylvania:

Here's the latest at Bristol Riverside Theatre:

Hope you have time to enjoy WAR SONGS II, May 31 though June 10.

Tickets: \$29

Groups/Members: \$25

Students: \$10

To find out more about the show, please click:

<http://www.brtstage.org/brtshows/2007SummerMusicales-1.html>

C. I'm speaking at the Faculty of the Future Conference at Bucks County Community College this coming Friday, June 1 . . . my presentation is entitled, "What's the difference between a left- and right-handed pencil?" . . . if you attend, you'll not only learn the answer to that question, but also have the chance to win \$500 . . . for more information or to register, please click:

<http://www.bucks.edu/fotf2007/>

D. Janis in New York:

DISCOVER A PROFOUND CONNECTION YOUR SOUL, BODY, AND SELF. HEAL YOURSELF AND DISCOVER WHO YOU ARE.

Join us Saturday June 16, 10 a.m. to 6 p.m.

At Cynthia Greenfield's home at 15 McElroy Lane, Belle Meade, NJ.  
As part of the day's activities, Cynthia will be leading you through dance

and energy movements to bring healing into your body.

\$125 if paid by June 1 or \$150 afterwards or at door. Limited class size, so sign up early.

To reserve your place send a check for \$125 to:  
Janet StraightArrow, P O Box 1476, Woodstock, NY 12498.

For any questions or MC/Visa information, please call Janet  
at 845.678.7175 or click:  
<http://www.oasisforthesoul.com>

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PS. If you get this in time, please take a moment and pause at 3 p.m. (local time) on Monday, Memorial Day, to think about those who died to preserve our liberties . . . and even if you get this after the fact, do take a moment to appreciate all they have done for us.

Please also join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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#### SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#555

5.21.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I truly enjoy finding new places to dine and/or snack . . . often times, we take recommendations that folks graciously send us, so thanks in advance.

We've now gone a few times to Genteel's Frattoria Pizzeria (609.252.0880) on Route 206 Skillman, NJ . . . the pizza is sooooo good there . . . it has a thin crust and the taste is simply mouth-watering . . . for lunch, they have a great special: two slices and a soda for just \$4 . . . Jimmy, the owner, always has a great smile and makes you look forward to coming to his place . . . there's also a separate dining room that we haven't tried yet, but will . . . it is quite attractive.

The Montclair, NJ location of Applegate Farm, one of the largest retail outlets for ice cream in New Jersey, was featured on an episode of THE SOPRANOS this year . . . so we naturally had to check it out for ourselves . . . we weren't disappointed! . . . in particular, I liked the caramel cow, which featured caramel ice cream with mini chocolate-covered caramel cups.

For the closest store near you, please click:

<http://www.applegatefarm.com/locations.htm>

\*\*\*\*\* MR. CURIOUS HERE \*\*\*\*\*

We're in the process of looking to get a large screen TV . . . anybody care to share any recommendations with respect to models? What about installers? (Isn't it amazing that you now have to pay somebody to do this work for you? But if you don't, we've heard you're likely to get stuck with a TV that doesn't work as well as it should.)

B. The regular school year at Bucks County Community College came to a nice close with several events last week . . . at the Honors Convocation, I was pleased to see that Jo Ciavaglia (one of my two nominees) was presented with the Distinguished Alumni Award for her fine work at the BUCKS COUNTY COURIER TIMES.

Then at graduation, it was good to see that all the retiring faculty members were granted the title of Professor Emeritus . . . in a previous issue, I mentioned eight of my colleagues who had announced their intent to leave full-time teaching at the end of this academic year . . . now add to the list the name of Tom Goldman, my longtime colleague in the Department of Business Studies . . . he will be missed.

Diane Gibbons, district attorney for Bucks County (and a just-elected judge) gave an excellent Commencement Address . . . at just over seven minutes in length, it was not only pleasantly short, but it also hit the mark with its message . . . she urged those graduating to "don't limit yourself and don't let anybody else limit you" . . . also, to "leave wherever you are better than when you got there" . . . and she concluded by saying, "You can do it!" She got a big laugh by citing herself as an example; she graduated the College and is now at a point in her career where she is her husband's boss!

From there, faculty members went for an after-graduation party to one of our favorite watering places: Il Sol (215.968.5880) in Newtown, PA . . . Joe Siano, the owner, put out a tasty spread for us as he always does, and we had a fun time.

See below for a picture Sandy Barnhardt, a former College staffer and longtime friend/reader, with yours truly at the event:



C. I was quoted in a recent article in the COURIER TIMES about how Citizens Bank is trying to booster the company's customer-friendly image: <http://www.phillyburbs.com/pb-dyn/news/102-04272007-1337437.html>

D. CORRECTIONS:

\* THANKS to Jean in Pennsylvania for pointing out that you may have to do some digging to see our friend Gail, recently featured at the following [usa.newtowlrk.com](http://usa.newtowlrk.com) website:

<http://www.usanetwork.com/series/starterwife/sexyandsassy/mostviewed.php?p=3&b=2>

As of this morning, she can be seen when you click on the above page . . . but if she "moves," be advised that she is the blonde with long hair, and you may have to first look for her at page 3.

\* To find out how secure your computer is, I mentioned a product in last week's issue called ShieldsUP! . . . here's a better way to find it:

<http://www.grc.com/default.htm>

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

This week, it goes to John Robinson--owner of Robinson Fiberglass Repair, Inc. (908.284.9492) in Flemington, NJ.

He recently replaced the motor in our Lasco whirlpool and soaking tub . . . what should have been a relatively easy thing to do was made difficult by the fact that he didn't have great access because of the way the unit was originally installed . . . however, he refused to give up and kept coming back to our home until he did the job right.

At all times, John Robinson was both polite and friendly . . . he has over 30 years of experience . . . I'd recommend him to anybody needing work on any of these products: Jacuzzi, Kohler, American Standard, Universal Rundle, and of course Lasco . . . in addition, he does expert bathtub refinishing.

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2. FYI

To protect your valuables, consider hiding them in plain sight . . . so instead of putting them in dresser drawers or closets (obvious places), how about a hidden wall safe that looks like an electrical outlet? "Fake books can also be purchased that have an author and title on the binding, but a hidden compartment on the inside. Even real beer cans are now available for such purposes!

Companies that offer these products, often for less than \$20, include these two:

<http://www.diversioncansafes.com>

<http://safetyandsecuritycenter.com>

FYI, part 2

\* Arlene in Pennsylvania recently shared this information with me about a program she runs that helps others share their life stories:

I did a presentation to 82 sixth graders (4 individual classes) on two separate days at Neshaminy Middle School a month ago that was a great success. The presentation addressed techniques and responsibilities before, during, and after the interview and highlighted the benefits of discovering what life was like when their grandparents were their age.

Topics included asking for the interview, scheduling an appointment, preparation and materials, dealing with grandparents with disabilities,

typing their stories, and sending a sincere thank-you letter expressing what conducting the interview meant to them. During our time together, I asked them questions and shared my fears back when I was their age.

At the end of each presentation, I gave the students this question on lined paper and asked them to write their answer:

If someone gave you one million dollars, but you had to give half of it away to the poor or to an organization that needed money to help people, who would you give it to? Why?

The teacher had warned me that I would get only some who would willingly read. 80 out of 82 shared their stories in front of the class! Most were nervous and hesitant. Their answers (personal and revealing) and enthusiasm for the activity were so much more than their teacher and I expected.

A week later, I received 70 heartfelt Thank You letters that made me weep. Many of the letters included a request that I come back and ask them more questions (I'm going to make that happen) and expressed how happy they were that they shared their story in front of the class even though they were scared.

TO CONTACT ARLENE:

If you'd be interested in her running a similar program for groups of any age, her phone number is 215.785.2104 and she can be reached at this email address: [aditzler@aol.com](mailto:aditzler@aol.com).

\* Mike in New Jersey:

Ever want to show your work in a gallery before? Now's your chance! Art All Night Trenton is a 24 hour long (literally) art festival in Trenton, NJ starting Saturday June 23rd at 3 p.m. and ending Sunday June 24th at 3 p.m. The centerpiece of this blowout event is art submitted by anyone from 4 year old refrigerator artists to seasoned professionals, from painters to audio visual artists. Other highlights include bands on two stages, art demonstrations, art films, kids activities, and interesting food. To submit your art or to volunteer for a 3-hr. shift, visit: <http://www.artworkstrenton.org>

To see the TRENTON TIMES article about Art All Night, please click: <http://www.nj.com/columns/times/kaemmerlen/index.ssf?/base/columns-0/1178771379234990.xml&coll=5>

\* Bryan in Pennsylvania:

If you remember, I attended the hypnosis sessions at Bucks last year and was unable to stop smoking a month or so later. You sent out a follow-up letter to my house which I remember reading the first few lines of and tossing aside when I saw it was pertaining to the hypnosis. I was too disappointed in myself for having picked up again.

It was several weeks later before I got the itch to try to quit again, and I sent an email requesting a copy of THE EASY WAY TO STOP SMOKING . . . .

My experience was quite different from Patty's [mentioned in last week's issue].

What I believe is the most important thing that one can pull away from the book, and what Mr. Carr truly emphasizes is not in fact the need to stay positive at all. Carr spends 85% of the book explaining nicotine addiction, and attacking smoking with a "Myth-Busters" attitude in order

to help smokers realize the activity for what it is--stupid.

As a smoker of seven years (which I realize is nothing compared to some), I had certain beliefs about how smoking relieved stress, was enjoyable, just a habit, and so many others. Carr advises his readers not to quit smoking until they have finished the book, so that as they read they can smoke and think about the message he is trying to relay. I had already quit for three days when I picked it up, and wasn't going to start again, but it was just as powerful for me.

I do not believe he was a marketing genius at all. I believe that Mr. Carr was a man who smoked more than most people could ever imagine and found a way to stop when it seemed impossible. To him it was something so remarkable that he wanted to share it with the world. As much as it may be "all in how you package it" as Patty stated, it is also all in how you perceive and interpret it. As far as she is concerned, Carr was focused on staying positive. I got something COMPLETELY different out of the same book, and had a completely different reaction.

In any case, today I celebrate 1 month smoke free. I bought four copies of the book to give to people I talk to who want to quit. I figure I'm saving the money by not smoking, so I might as well spend it on something worthwhile . . . like helping others.

I'm not sure if you've ever suggested it before, but here's an EXCELLENT resource for anyone who wants to quit:

<http://www.quitnet.com>

MY OFFER REMAINS:

Thanks to Bryan for his insightful comments . . . as it turns out, I still have a few copies left of Carr's excellent book . . . if you'd like a FREE COPY--with my compliments--for yourself, a friend or loved one, please let me know . . . your best bet is to send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) . . . put these words in the subject line: STOP SMOKING BOOK . . . then in body of the email, include your full name and address.

\* Harvey in Pennsylvania:

Welcome to our FREE conference call on Thursday, May 24th at 8:30 p.m. EST.

Theme: Learning How to Learn

Phone: 319.256.0100

Access Code: 147081#

It's important to dial in 10 minutes before 8:30. Calling after then will cause ringing sounds that would disrupt speakers during the call.

Because of the number of participants, you are asked just to listen for the first 60 minutes. Please mute your end by hitting 6.

You can demute during the 30 minute question answer session by hitting 6 again.

If you have any questions call me at 215.752.5117

Looking for to you participation in our call!

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### 3. Silence

When my friend's sixth grade class gets too noisy, she uses her stopwatch to time out a minute of silence. The kids are to sit quietly and not talk at all.

One day, she raised her voice over them and said, "I want a minute of silence."

One of her brighter students replied, "If you want a minute of complete silence, you should tell one of your jokes!"

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### 4. Reviews

A. AWAY FROM HER touched me somewhat when I saw it--but surprisingly is growing on me as I review it in my mind . . .it is the story of a couple, married for a long time, that must deal with the fact that the wife has Alzheimer's disease . . . when the wife goes into a nursing home for the first time and must go through a period of 30 days without seeing her husband, I felt for her--and appreciated the magnificent acting done by Julie Christie . . . I also felt for her husband (an equally fine Gordon Pinsent) who makes an act of self-sacrifice at the end.

I only wish that the nursing home wasn't presented in quite the idyllic form that it was . . . lately, I've been in too many such facilities, and I've never seen one that came even close to what was shown in the film . . . rated PG-13.

B. LETTERS FROM IWO JIMA is now out in DVD format . . . my review from BLAINESWORLD #541 follows:

Several months ago, I saw FLAGS OF OUR FATHERS--the Clint Eastwood war film about the battle of Iwo Jima told from the American perspective . . . it was well done, but overlong and for some reason, not overly compelling . . . he then shot LETTERS FROM IWO JIMA, which described the same battle but through the eyes of the Japanese . . . I thought this was far better; in fact, it was one of my favorite movies of the past year . . . if you're not put off by the subtitles, and I hope you won't be, you'll find yourself surprisingly drawn into the lives of the brave soldiers who fought against America . . . the acting is superb . . . I particularly liked the work of Kent Watanabe (so fine in THE LAST SAMURAI) and Kazunari Ninomiya . . . rated R for violence, but mature teenagers would benefit from seeing because of how it would get them to think about the futility of war.

C. I developed a lifelong interest in politics because of Allard Lowenstein, the one-time congressman in the district (Nassau County) where I lived as a teenager . . . he spoke at one of a series of town meetings that he regularly conducted, and so I was pleasantly surprised when I read the following about these sessions in NEVER STOP RUNNING--William H. Chafe's excellent biography:

To a large degree, Lowenstein used the same approach of

welcoming debate and reaching out to the opposition back in his home district. Almost as soon as he was elected, Lowenstein scheduled a five-day series of town meetings in different communities to learn what his constituents were most worried about. Shortly thereafter, he announced his plan to hold congressional forums every two weeks in various communities within the district, each one designed to inform people about critical issues, while stimulating dialogue. "[AI] understood the role of the political person as teacher," one political adviser noted. Costing between \$1,300 and \$1,500 each, the forums brought up to 1000 constituents to daylong seminars and debates on issues as diverse as Jewish-black relations (featuring Shirley Chisholm), antiballistic missiles, jet noise, the environment, funding education programs, and law enforcement problems. Moreover, he consciously sought to spotlight Republican viewpoints, bringing in such prominent conservatives as William Buckley, Congressman Sylvio Conte, and assorted Nixon administration officials. "It's important at this time in our history for people to have opportunities to express and hear different points of view about things that bother them," he said.

I remember being particularly impressed by the fact that he could do this with even the most controversial issues of the time; e.g., abortion . . . not only did he get people with divergent viewpoints together in the same room to talk; he also got them to listen.

Lowenstein was perhaps best known as being one of the architects behind the "dump LBJ movement," which led to President Lyndon B. Johnson not running for a second term . . . as Chafe notes:

No matter what political observers or historians think about Allard Lowenstein's style and effectiveness, his success in putting together a mainstream Democratic effort to defeat a sitting president was one of the most remarkable political achievements of contemporary American history. With unerring singleness of purpose, Lowenstein identified his objective, created a brilliant strategy, and mobilized an elite battalion of supporters to achieve his goal.

I always felt bad that Lowenstein led such a difficult life . . . after his one successful foray into elected politics, he kept running and losing in other races for office . . . he also had many jobs, including a stint as an ambassador to the United Nations, that rarely lasted more than few years.

In addition, he had to deal with unresolved homosexual tendencies and his religious alimantation . . . only when he was murdered in 1980 by an unbalanced follower did many seem to come forward to recognize his many contributions to society.

At a hero's ceremony where he was buried in Arlington National Cemetery, Ted Kenney had this to say about him:

There are black people in Mississippi who can vote because he was there in the civil rights movement. . . . There are American sons living out normal lives who did not die in Vietnam because he was there in New Hampshire in 1968. . . . There are political prisoners in the Soviet Union whose cause was heard . . . because he was there in the United Nations . . . For me he was more than a friend, though his friendship was rare. He was more than a counselor,

though his counsel was wise. For me and for so many others, he was our brother....It is the last and the least we can give to Al . . . [to] pledge that we shall . . . strive as he so tirelessly did to do better. Our brother left us his love. He goes with ours.

D. I haven't played golf for many years, yet I remain a fan of the game . . . as such, I thoroughly enjoyed listening to THE GAME OF A LIFETIME by Harvey Penick with Bud Shrank.

The book's subtitle says it all: MORE LESSONS AND TEACHINGS . . . though published in 1996, shortly after Penick's death, it is still surprisingly relevant . . . any fan of the sport will appreciate the many tidbits of useful life from one of America's best-loved teachers of the game.

I especially liked hearing about how he helped develop the careers of two of his most famous pupils, Ben Crenshaw and Tom Kite . . . however, equally noteworthy was his account of seeing somebody with an unorthodox grip or swing who posted great scores--and tell that person not to let anybody fiddle with his game.

Jack Whitaker's narration was excellent . . . I also liked hearing from Tinsley Penick, his son, at the end of the program.

THE GAME FOR A LIFETIME is a "must" for any golfer, yet I'd recommend it to non-golfers as well if just for them to discover what their spouses and friends find so exciting.

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5. TV alert

A. SO YOU THINK YOU CAN DANCE begins its third season with the New York auditions . . . Thursday at 8 p.m. on FOX.

B. GOOD MORNING AMERICA offers a series of FREE summer concerts through the end of August in New York's Bryant Park, adjacent to Times Square . . . they run from 7-9 a.m. on Fridays with a segment typically on the show sometime after 8:30 a.m. . . . upcoming shows include Fergie, May 25; Daughtry, June 1; and Robin Thicke, June 8 . . . for the complete summer schedule please click:

<http://abcnews.go.com/GMA/SummerConcert/story?id=3147852>

C. Faye Dunaway, French Stewart, Eric Roberts, and Vincent Spano star in PANDEMIC, a three-hour thriller about a killer virus threatening the entire population of L.A. . . . Saturday at 8 p.m. on HALLMARK.

And whatever became of Spano? After a most impressive performance in 1983's BABY IT'S YOU, he never did too much afterwards.

D. BURY MY HEART AT WOUNDED KNEE premieres on HBO on Sunday at 9 p.m. . . . about the displacement and mistreatment of Native Americans in the late 19th century, it is a drama that TV GUIDE calls "a vividly painful reminder of a shameful period we can't allow ourselves to forget."

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### 6. Buffalo Theory

#### BACKGROUND:

In one classic episode of CHEERS, Cliff is seated at the bar describing the Buffalo Theory to his buddy Norm. Methinks that I've never heard anything explained quite so clearly as the following:

"Well you see, Norm, it's like this . . . a herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole because the general speed and health of the whole group keeps improving by the regular killing of the weakest members.

"In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster more efficient machine. And that, Norm, is why you always feel smarter after a few beers."

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### 7. Websites

A. You can convert just about anything (other than your religion) at: <http://www.OnlineConversion.com>

As you might expect, it does all the boring metric-to-English stuff . . . but also you can find what an American size 8 shoe is in Europe . . . or what's the date 87 days from now . . . or even how to convert any keyboard character to ASCII decimal, hex or binary . . . lots more, too!

B. Politicians are increasingly using video to show a lighter side to themselves . . . here are three examples that are worth viewing:

\* Fred Thompson, the former Tennessee senator and potential presidential candidate (best known to many as an actor), chomps on a cigar while criticizing Michael Moore for a recent Cuba trip: <http://youtube.com/watch?v=JYH0i3UnWAY>

\* Hillary Clinton proves she can't sing as she asks viewers to help her pick a campaign song: <http://youtube.com/watch?v=3FV7XU-TLMU>

\* Gov. Bill Richardson of New Mexico is told by an unimpressed interviewer that he may be a bit over-qualified: <http://youtube.com/watch?v=st01RB6mLcs>

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

You can always go there to check past issues of BLAINESWORLD, the newsletter; e.g., in case you--perish the thought--accidentally deleted them . . . you can also view some that may have been published before you became a subscriber.

Just go to Newsletter, on the left, then Past Issues . . . for example, in browsing issue #447, I came across this oldie but still goody:

Bad news

The doctor goes to the patient and says, "You only have six months to live."

The patient replies, "That's awful!"

The doctor adds, "And what's worse, you owe \$5,000."

"I don't have five thousand dollars," says the patient.

So the doctor says, "OK, I'll give you a year."

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#### 8. Computer tip

To find out about the schemes that spammers and others try to pull on you (via your computer), please click:

<http://www.SpamPrimer.com>

If you're really "into" the subject, you might also want to visit:

\* For information on detecting spyware on your computer:

[http://www.bonzersites.com/spyware\\_detection.html](http://www.bonzersites.com/spyware_detection.html)

\* For still additional information:

[http://www.bonzersites.com/broadband\\_security\\_faq.html](http://www.bonzersites.com/broadband_security_faq.html)

\* And to search for other articles if you have questions:

[http://ask-leo.com/internet\\_safety\\_how\\_do\\_i\\_keep\\_my\\_computer\\_safe](http://ask-leo.com/internet_safety_how_do_i_keep_my_computer_safe)

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#### 9. Mom's dictionary, part 1 of 3

**ADULTS:**

Group of people Mom longs to communicate with after several hours of talking in small words about topics like "who touched who first."

**AIRPLANE:**

What Mom impersonates to get a 1-year-old to eat strained beets.

**ALIEN:**

What Mom would suspect had invaded her house if she spotted a child-sized creature cleaning up after itself.

**APPLE:**

Nutritious lunch time dessert which children will trade for cupcakes.

**BABY:**

1. Dad, when he gets a cold.
2. Mom's youngest child, even if he's 42.

**BATHROOM:**

A room used by the entire family, believed by all except Mom to be self-cleaning.

**BECAUSE:**

Mom's reason for having kids do things which can't be explained logically.

**BED AND BREAKFAST:**

Two things the kids will never make for themselves.

**CARPET:**

Expensive floor covering used to catch spills and clean mud off shoes.

**CAR POOL:**

Complicated system of transportation where Mom always winds up going the furthest with the biggest bunch of kids who have had the most sugar.

**CHINA:**

Legendary nation reportedly populated by children who love leftover vegetables.

**COOK:**

1. Act of preparing food for consumption.
2. Mom's other name.

**COUCH POTATO:**

What Mom finds under the sofa cushions after the kids eat dinner.

**DATE:**

Infrequent outings with Dad where Mom can enjoy worrying about the kids in a different setting.

**DRINKING GLASS:**

Any carton or bottle left open in the fridge.

**DUST:**

Insidious interloping particles of evil that turn a home into a battle zone.

**DUST RAGS:**

See "DAD'S UNDERWEAR."

**EAR:**

A place where kids store dirt.

**EAT:**

What kids do between meals, but not at them.

**EMPTY NEST:**

See "WISHFUL THINKING."

**ENERGY:**

Element of vitality kids always have an oversupply of until asked to do something.

"EXCUSE ME":

One of Mom's favorite phrases, reportedly used in past times by children.

EYE:

The highly susceptible optic nerve which, according to Mom, can be "put out" by anything from a suction-arrow to a carelessly handled butter knife.

FABLE:

A story told by a teenager arriving home after curfew.

FOOD:

The response Mom usually gives in answer to the question "What's for dinner tonight?" See "SARCASM."

FROZEN:

1. A type of food.
2. How hell will be when Mom lets her daughter date an older guy with a motorcycle.

GARBAGE:

A collection of refuse items, the taking out of which Mom assigns to a different family member each week, then winds up doing herself.

GENIUSES:

Amazingly, all of Mom's kids.

GUM:

Adhesive for the hair.

HAMPER:

A wicker container with a lid, usually surrounded by, but not containing, dirty clothing.

HANDI-WIPES:

Pants, shirtsleeves, drapes, etc.

(to be continued next week)

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10. A quote I like

What is now proved was once only imagined.--William Blake  
(1757-1827), English poet

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11. Thought for the day \

Your life holds unlimited potential and wonderful dreams

You have the ability to  
attain whatever you seek.  
Within you is every potential  
you can imagine.

Always aim higher than you  
believe you can reach.

So often, you'll discover  
that when your talents  
are set free by your imagination,  
you can achieve any goal.

If people offer their help or  
wisdom as you go through life,  
accept it gracefully.  
You can learn much from those  
who have gone before you.

But never be afraid or hesitant  
to step off the accepted path and  
head off in your own direction,  
if your heart tells you that it's  
the right way for you.

Always believe that you will  
ultimately succeed at whatever you do,  
and never forget the value of persistence,  
discipline and determination.  
You are meant to be whatever  
you dream of being.

Author unknown  
(if you know who wrote this and/or the source, please let me know.)

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## 12. Advance planning department

### A. Cynthia in New Jersey (see also Section 1A)

\* Move your Body classes at night on 24 and 31 from 7-8:15 p.m.

Cost: Just \$5 per person.

Location:  
Capitol Health Systems  
1445 Whitehorse-Mercerville Rd.  
Hamilton, New Jersey

For more information:  
<http://www.capitolhealth.org>

609.394.4512

\* In addition, other Move Your Body classes meet every first and third Saturday of the month at 1:30 p.m., so the next one is on Saturday, June 2.

No charge, but love donations to the Princeton Center are always appreciated.

Location:  
Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Veeland Drive Suite 506--off Route 206  
Skillman, New Jersey

For more information:  
<http://www.princetonyoga.com>  
609.924.7294

B. Janis in New York:  
DISCOVER A PROFOUND CONNECTION YOUR SOUL, BODY, AND  
SELF. HEAL YOURSELF AND DISCOVER WHO YOU ARE.

Join us Saturday June 16, 10 a.m. to 6 p.m.

At Cynthia Greenfield's home at 15 McElroy Lane, Belle Meade, NJ

\$125 if paid by June 1 or \$150 afterwards or at door. Limited class size,  
so sign up early.

Your spirit lake and spirit twin connect you to your soul and spirit and  
physical life in profound ways for deep healing and understanding  
of your timeless self and everyday experiences.

You will appreciate the direct connections and learning's that unfold.  
Everyone who is open and ready can accomplish this.

In addition, Cynthia will lead you through dance and energy movements  
to bring the healing all the way into your body. Become empowered with  
these new tools and practices that will change your life forever for the  
better.

To reserve your place send a check for \$125 to:  
Janet StraightArrow, P O Box 1476, Woodstock, NY 12498.

For more information or MC/Visa information, please call Janet  
at 845.678.7175 or click:  
<http://www.oasisforthesoul.com>

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PS. Please join me in praying that we soon get our remaining soldiers  
back from Iraq and that peace resumes in Israel . . . also, make it  
a great week!

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BLAINESWORLD  
#554  
5.14.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I got to spend Mother's Day with our respective mothers . . . that part was nice.

What wasn't quite as nice was the fact that we spent it with my mother in the hospital . . . she fell last Monday night and fractured her hip . . . on Friday, she had surgery and though it went well, she was still somewhat out of sorts (because of the anesthesia) . . . what's next: a stint in a rehab facility, then hopefully back home in the not too distant future.

B. During the week, I get to see my daughter Risa for a brief visit . . . she was in to attend the wedding of her fiance's brother, and so we got to have dinner with my mother before her fall . . . it was also the first time I got to see her engagement ring . . . see below for a picture of the two of us, showing it to my mother:



Risa also got to look at some places for her wedding . . . she's down to two possibilities--both very nice--and is looking at a date sometime in September, 2008.

C. As many of you know, I'm a big massage fan . . . I try

to get one as often as I can, typically at the Attadgie Wellness Center (215.355.9337) at either of the two Bucks County, PA locations: Southampton and Newtown.

CONGRATULATIONS to two of the massage therapists there: Chris Williams on her recent engagement, and Christine McAuley on earning her nursing degree from Bucks County Community College.

And WELCOME to Dr. Attadgie's newest massage therapist: Mia Giraldi . . . she works primarily out of the Newtown office and based on my having already received two massages from her, I can say that she seems to be a fine addition to the staff.

D. In the news:  
USA, the television network, is showing THE STARTER WIFE on May 31 at 9 p.m. . . . it stars Debra Messing and is about a woman who is informed of her husband's intention to divorce shortly before their tenth anniversary . . . at that time, she will no longer be known as the "wife of," but instead as "starter wife."

I mention this because Cynthia's good friend Gail heard about the movie and, also, a promotion that Ponds was running in conjunction with it . . . Gail was intrigued and submitted her own story . . . it was then chosen to appear on the usanetwork website: <http://www.usanetwork.com/series/starterwife/sexysassy/mostviewed.php?p=3&b=2>

Gail was also notified that she'll be brought to New York City for a makeover . . . when and if her appearance ever makes it to the airwaves, you'll hear about it first here!

\*\*\*\*\* BLAINESWORLD BEST AWARD \*\*\*\*\*  
This week, it goes to Lori Hansen-a former student who is a teacher of business subjects at Abington Senior High School in Abington, PA . . . .in addition, she is business manager of the yearbook, business manager of the school musical, activity accounts treasurer, and in charge of the usher/usherettes club.

In whatever she does, Lori is both extremely professional and thorough . . . as a result, she was recently presented with her school's 2007 Freedom's "Voices of Inspiration" Award for Teaching Excellence.

Lori also serves as webmistress for my website, [blaineworld.net](http://blaineworld.net), as well as for the website of the teacher's union at Bucks County Community College.

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2. FYI

\* In response to a teacher being asked how old she was, Dear Abby replied on 12.9.06:

DEAR ARIZONA SENIOR: There are certain questions that are considered rude to ask. A person's age is one of them. If these students have not been taught that lesson at home, then it falls to you as a teacher to enlighten them.

Your answer should be, "My dear, that question is inappropriate and should not be asked of someone who is an adult." Say it gently with a smile so it does not seem like a rebuke.

\* Readers then wrote Abby with even better responses; here are their replies from a 1.25.07 column:

DEAR ABBY: After reading your column this morning (Dec. 9) with the letter from the Arizona substitute teacher, I had to respond. I am also an older substitute teacher with white hair, and I, too, used to be offended when children would ask how old I am. However, I found that if I seemed offended by the question, the children would be hurt and distant for the rest of the day. When I laughed and said something like, "Oh my, I'm old enough to be your grandmother," or, "Would you believe I'm older than dirt?" the children would laugh with me, and we'd have a positive relationship for the rest of the day.

Substitute teaching is about helping the children to learn and have a good day while their teacher is out, not about making me feel good. When I can no longer laugh and enjoy the children, it's time for me to retire.--COLORADO SENIOR SUBSTITUTE

DEAR COLORADO SUBSTITUTE: Thank you for weighing in on the issue. I heard from others in the field of education (and out), and all of their input was interesting. Read on:

DEAR ABBY: I'm a first-grade teacher and have found that kids come to school unaware of many of life's "rules." I cover the rule about asking your age the first day in my class.

When I introduce myself, I tell the children that I'm a grandma and laughingly tell them that makes me "old." Someone always asks me the question, "How old are you? And that's when I tell them the first of many of life's rules: "There are two things you never ask a woman--her age and how much she weighs."

The kids always remember this rule, and many have told their parents. If a new student comes to class and asks me how old I am, you can hear the gasps from the other students. Then another child will inform him/her of the rule. Problem solved!--TEACHER IN OHIO

DEAR ABBY: I started substitute teaching after 35 years in the classroom. Young children have no concept of age. We, as adults, are always asking children their ages, and they are proud to tell us. Telling young children the question is inappropriate sets a double standard.

When I am asked, I always reply, "How old do you think I am?" The answer may be anywhere from 5 to 100. Then I tell them they are close to being right, chuckle to myself and continue with the day's activities. They are happy, no one is offended, and it puts a smile on my face.--JOAN IN STEWARTSTOWN, PA.

DEAR ABBY: A child who asks the teacher's age is probably too young to understand the word "inappropriate," Abby. I suggest that the teacher respond by saying, "Some people don't like to tell their ages. I'm old enough to know you are special."--ANGIE IN DAYTON, OHIO

DEAR ABBY: The next time that substitute teacher is asked her age, she should reply, "I have an unlisted number!"--NANCY IN NORTH PORT, FLA.

DEAR ABBY: When I was asked the same question, I replied, "Twenty-one." (At the time, our daughter was going to college.) Two answers were unique: A 6-year-old girl said, "You were a very young mother." A boy the same age answered, "... and next year you'll be 22." A difference in the male-female brain? - - MARGARET IN GREENVILLE, SC

DEAR ABBY: Our youth badly need examples of how people of all ages contribute to making our society a success. That teacher should say, "My dear, it is not always appropriate to ask adults their ages, but I'm 73 and proud to be able to teach."

I am a busy 71-year-old volunteer for Court Appointed Special Advocates (CASA) advocating on behalf of abused and neglected children, and feel honored to have them know there's a grandma out there who cares about them.--LOUISE IN CONWAY, ARK.

SOURCE: <http://www.uexpress.com/dearabby/>

FYI, part 2

\* Bob in New Jersey:

The Tom Rush video was just terrific. For a long time, I couldn't remember WHO sent it to me, but then it dawned on me!

Thanks so much for bringing such thoughtful ideas and so much joy every week in your newsletter. We would all like more pictures of Cynthia and perhaps fewer of an old college professor. (Ha!)

\* Meg in New Jersey:

Here is a link to Elizabeth Taber King's memoir, per your request in last week's issue for more information about her:

[http://books.google.com/books?id=3-qltZvFqUQC&dq=who+is+%22elizabeth+taber+king%22&printsec=frontcover&source=web&ots=4\\_gzPF8Lni&sig=EgPDn7X31H1SJAbxUSZyzoH8CA](http://books.google.com/books?id=3-qltZvFqUQC&dq=who+is+%22elizabeth+taber+king%22&printsec=frontcover&source=web&ots=4_gzPF8Lni&sig=EgPDn7X31H1SJAbxUSZyzoH8CA)

\* Patty in Pennsylvania (commenting on THE EASY WAY TO STOP SMOKING by Allen Carr):

I think the book is good in that it emphasizes the importance of staying positive. In essence that to become a non-smoker, you must think and act like a non-smoker. However, I think he overemphasizes the simplicity of it.

In the early stages, I actually had dreamed that I was smoking on a couple of occasions, and the fact that I live with a smoker IS at times challenging. Also, I personally disagree with going to a bar and other venues under which you would normally smoke more in the initial stages of quitting. In his book he claims that you shouldn't avoid these situations. As he suggests in his book, I did re-read it

when the going got tough; however, it didn't cause me to have any great epiphanies; I had gotten his message the first time.

He is a marketing genius. Writing a book on a given subject, especially one which deals with overcoming a bad and dangerous habit that is indulged in by millions is a guaranteed success. Hey, let's face it, there's just not a lot of books out there on the subject. Had he chosen to write a book on weight loss based on the premise of "just don't overeat," he probably would have still achieved some measure of success. It's all in how you package it.

The author claims that the Cold Turkey method is bound to fail, yet what he's preaching IS the Cold Turkey method. He's just reframed it: i.e., you could call a piece of broccoli a nutrient-rich anti-oxidant super food and although that's true, it isn't going to change the taste of the broccoli or make it any more palatable. (By the way, I do like broccoli!)

Although I agree with his discouraging the use of nicotine or any other kind of substitutes from a personal perspective, but I don't think it's a good idea to rule this out for everyone. Not unlike an infant being weaned from the breast or bottle, for some folks, just completely shutting them down can cause lots of anxiety. In these situations, I don't see anything wrong with using nicotine substitutes. We're talking about an addiction here, not some pleasant diversion or indulgence.

I'm all for making smoking illegal. Tobacco is by far one of the most addictive substances in existence. You don't have to have an addictive personality to become hooked on tobacco. It's actually considered a staple in the stock market, right up there with food!

In all fairness, I'm a slightly different animal. I had been a non-smoker for 10 years and picked up again in a time of crisis in my life. Although I exercised and ate a healthy diet, I succumbed to the temptation. When I started smoking again 5 years ago, I had been on vacation for a week with a house full of smokers. I was single at the time and going through a rough period in my life. I probably would have been okay had I just bummed a cigarette or two, but I made the huge mistake of going out and buying a pack.

Although I didn't immediately jump back into it full force after that first pack, it was too late in that it lowered my resistance. As with any drug, the need increased. I started out going through a pack every 10 days or so and would even go several days without smoking. Eventually, it escalated to a pack every 3 days and finally I was up to practically a pack a day for the last six months in which I smoked.

I always said during those first 10 years that I had been a non-smoker that the reason I didn't want to ever smoke again was because I didn't want to have to quit again. I still stand by that statement.

My final thoughts:

If it gives millions hope and support in the battle against smoking addiction, I'm all for it. Especially if it truly enjoys the measure of success that Carr claims it does.

And I can't emphasize enough how much I respect and admire your efforts to helping others become non-smokers; so much so as going as far as putting your money where your mouth is by purchasing the EASY WAY books.

MY TWO CENTS:

Thanks to Patty for her nice comments . . . as it turns out, I still have a few copies left of Carr's excellent book . . . if you'd like a FREE COPY--with my compliments--for yourself, a friend or loved one, please let me know . . . your best bet is to send an email to: bginbc@aol.com . . . put these words in the subject line: STOP SMOKING BOOK . . . then in body of the email, include your full name and address.

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### 3. Forgetfulness

"Francie is SO forgetful," the sales manager complained to his administrative assistant. "It's a wonder she can sell anything. I asked her to pick me up some sandwiches on her way back from lunch, and I'm not sure she'll even remember to come back."

Just then the door flew open, and in bounced Francie. "You'll never guess what happened!" she shouted. "While I was at lunch, I met old man Brown, who hasn't bought anything from us for five years. Well, we got to talking, and

he gave me this half-million dollar order!"

"See," sighed the sales manager to his assistant. "I told you she'd forget the sandwiches."

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#### 4. Reviews

A. Finally! . . . after seeing far too many films that had good reviews, but were terrible (YEAR OF THE DOG being the most recent instance), I came across WAITRESS . . . critics loved this one; I did too.

It is a sweet and quirky tale of a small town woman stuck in a lousy marriage whose life changes when she becomes pregnant . . . Keri Russell is terrific in the leading role, and it was good to see Andy Griffith back on screen . . . rated PG-13.

B. THE QUEEN is now out in DVD format . . . my review from BLAINESWORLD #527 follows:

THE QUEEN (starring Helen Miren) is about Queen Elizabeth II and the rest of the royal family around the time of Princess Diana's death . . . it is a film that has gotten absolutely great reviews; in fact, probably the highest I've ever seen . . . my reaction was that I couldn't get into THE QUEEN at all, nor did I care for any of the main characters . . . while Miren was fine, as usual, her performance wasn't one that I'd recommend you rush to see because methinks you'd wonder like me: so what? . . . rated PG-13.

C. I've long been a fan of stand-up comedians . . . reading I KILLED: TRUE STORIES OF THE ROAD FROM AMERICA'S TOP COMICS by Rich Shydner and Mark Schiff has made me appreciate them even more.

This book includes interviews with and/or anecdotes from dozens of top comedians, including Chris Rock, Jay Leno, Larry David, George Lopez, and Joan Rivers . . . they talk about what it's like to travel throughout the country just to tell jokes, and you get a real feel about how difficult such a life must be.

For example, Shydner describes how when early in his career, he performed regularly at a variety of bars around Washington, D.C. . . . once he found himself opening for a riled-up crowd eager to see the Ramones . . . nobody really wanted to see him, so those in the audience started to throw beer . . . one of the Ramones caught his act and thought that was his act: human beer sponge.

Hecklers were another problem faced by just about all the comedians . . . my favorite story was this one told by Dave Coulier:

I was working PJ's, this crazy strip club in Anchorage, Alaska, in 1983. A heckler lost an exchange with me and threatened me with a gun. As they pulled him away, he was still waving the gun and shouting, "I'm gonna shoot your ass." A few minutes later I was offstage and still shaking when the bouncer consoled me with this line: "Unless the bullet actually hits you, you got nothing to worry about."

Judy Tenuta had me laughing when she described one of her appearances at the beginning of her career:

It's the winter of 1981 in Chicago, with maybe ten people in the audience, when a rat (the four-legged kind) runs across the stage. Suddenly the club owner takes out a gun and blasts it, then motions for me to continue with my show.

Lastly, I liked this story told by Joey Novick--a real funny guy I've actually seen perform several times:

We were three New York comedians in the Deep South, and the directions given to us by the club were, "Go past the Italian restaurant." We drove back and forth for an hour till we realized the "Italian restaurant" was a Pizza Hut.

Read I KILLED if you're in the mood to laugh--a lot!

D. MONEYBALL by Michael Lewis was one of the finest books on baseball I have ever read . . . I can now say that his latest, THE BLIND SIDE, was one of the finest books on football I have ever read--or make that heard (in that I listened to it on CD).

It was so good, in fact, that at the end I found myself staying in my car one afternoon because I wanted to see what happened . . . and when it was over, I thought to myself, "Too bad. This is a story I wanted to continue."

But methinks it will, in that we will most probably hear more about Michael Oher (its main character) . . . it concluded with Oher still in college after what might be described as an improbable climb from his being a homeless Memphis kid to a career that will likely take him into the National Football League.

En route, Lewis touches upon many fascinating subplots: the role of the left tackle in the game, how society lets young black youngsters drop out of the educational system, collegiate recruiting, the NCAA, and how diploma mills lead to both college credits and degrees.

You don't have to be a sports fan to enjoy THE BLIND SIDE . . . those interested in education and sociology will like it, along with anybody else looking for a story that will hold your attention from beginning to end.

I got a particular kick out of this book because it made many long car rides go quickly, in large part due to Grover Gardner's excellent narration.

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#### 5. TV alert

A. THE PRICE IS RIGHT MILLION DOLLAR SPECTACULAR gives Bob Barker, retiring after 35 years as host, the chance to allow contestants to complete for bigger prizes . . . Wednesday at 8 p.m. on CBS . . . then on Thursday at 8 p.m., also on CBS, there's BOB BARKER: A CELEBRATION OF 50 YEARS ON TELEVISION, on which he reminisces about his five-decade career.

B. CIRQUE-A-THON features back-to-back presentations of these Cirque du Soleil shows: CORERO and LA NOUBA . . . Thursday at 10 p.m. on BRAVO.

C. NATIONAL BINGO NIGHT, a new series, gives both contestants and viewers a chance to compete for cash . . . Fridays at 9 p.m. on NBC.

D. AUSTIN CITY LIMITS showcases the Dixie Chicks in a rousing concert from January . . . Saturday at 9 p.m. on PBS . . . check local listings because PBS times and dates often vary.

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#### 6. Ambition

There was once a young man who, in his youth, professed a desire to become a "great" writer.

When asked to define "great," he said: "I want to write stuff that the whole world will read, stuff that people will react to on a truly emotional level, stuff that will make them scream, cry, wail, howl in pain, desperation, and anger!"

He now works for Microsoft writing error messages.

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#### 7. Websites

A. To see what other users think about what media and subject matters they like best, please click:  
<http://www.digg.com>

Recently, I came across such interesting items as the following:

- \* Top 25 TV moments
- \* 10 tips: Save your money by saving the planet
- \* BBC Scientology documentary: Watch it in full online
- \* Photos: How not to ship a plasma TV

B. For a moving song with pictures, please click:

<http://www.flashdemo.net/gallery/wake/index.htm>

It will help you appreciate what soldiers go through!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blainesworld.net>

If you go there, make sure you see the "Special Offer" at the bottom . . . feel free to share that (and this whole issue, too) with your friends, relatives and colleagues . . . new subscribers are always welcome!

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#### 8. Computer tip

If you're REALLY interested in how secure your computer is, please click:  
<http://www.grc.com/x/ne.dll?rh1dkyd2>

Doing so will enable you to run "Shields Up!" . . . it takes just a few minutes and costs you nothing.

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#### 9. Perks of being over 50, part 2 of 2 (concluded from last week)

11. You no longer think of speed limits as a challenge.

12. You quit trying to hold your stomach in no matter who walks into the room.

13. You sing along with elevator music.

14. Your eyes won't get much worse.

15. Your investment in health insurance is finally beginning to pay off.

16. Your joints are more accurate meteorologists than the national weather service.

17. Your secrets are safe with your friends because they can't remember them either.

18. Your supply of brain cells is finally down to manageable size.

19. You can't remember who sent you this list.

20. You notice that if these were all in Big Print, you'd be able to read them a lot easier.

21. And if you can remember to do so, forward this to everyone you can still remember.

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#### 10. A quote I like

Happiness is often the result of being too busy to be miserable.--Anonymous

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#### 11. Thought for the day

Saying it differently

One day, there was a blind man sitting on the steps of a building with a hat by his feet and a sign that read: "I am blind, please help."

A creative publicist was walking by and stopped to observe. He saw that the blind man had only a few coins in his hat. He dropped in more coins and, without asking for permission, took the sign and rewrote it.

He returned the sign to the blind man and left.

That afternoon the publicist returned to the blind man

and noticed that his hat was full of bills and coins.  
The blind man recognized his footsteps and asked if it was he who had rewritten his sign and wanted to know what he had written on it.

The publicist responded: "Nothing that was not true. I just wrote the message a little differently."

He smiled and went on his way.

The new sign read: "Today is Spring, and I cannot see it."

Sometimes we need to change our strategy.  
If we always do what we've always done,  
we'll always get what we've always gotten.

And remember too, sometimes it's not WHAT we say,  
it's HOW we say it.

Author unknown  
(if you know who wrote this and/or the source, please let me know.)

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## 12. Advance planning department

### A. Cynthia in New Jersey (see also Section 1A)

\* Move your Body classes at night on May 17, 24 and 31 from 7-8:15 p.m.

Cost: Just \$5 per person.

Location:  
Capitol Health Systems  
1445 Whitehorse-Mercerville Rd.  
Hamilton, New Jersey

For more information:  
<http://www.capitolhealth.org>

609.394.4512

\* In addition, other Move Your Body classes meet every first and third Saturday of the month at 1:30 p.m., so the next one is on Saturday, May 19.

No charge, but love donations to the Princeton Center are always appreciated.

Location:  
Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506--off Route 206  
Skillman, New Jersey

For more information:  
<http://ww.princetonyoga.com>  
609.924.7294

### B. Amy in Pennsylvania:

We're back at the Washington Crossing Inn this Saturday night, May 19. We hope that you'll all come out and join us for a great time this weekend!

As many of you know, the Washington Crossing Inn is a GREAT place to eat. If you are planning to have dinner, please call in advance for reservations, request seating by the bar for the band and please mention SECOND NATURE. If the weather is nice, dining is available on the outdoor patio. Afterwards, come on in and dance the night away!

HOPE TO SEE YOU SATURDAY NIGHT!

Here are some additional upcoming dates AND VENUES for you to update your calendars:

Washington Crossing Inn  
Routes 532 & 32 (River Road)  
Washington Crossing, PA 18977  
215.493.3634  
9:30 p.m.–1:30 a.m.

Saturday, 06/16/07  
Saturday, 07/21/07  
Saturday, 08/25/07  
Saturday, 09/29/07

C. Natalie in Pennsylvania:

Join us for a Be the Change Campaign  
BENEFIT CONCERT for The Peace Center,  
featuring Singer/Songwriter Laura Derocher.

As Laura takes the stage, she alternates lively, up-tempo songs with deeply moving ballads. Her presence is warm and powerful, inspiring and moving, fun and deeply meaningful. Her lyrics say everything you've been feeling, thinking and learning about how you want to show up in the world.

Opening with Performances by Youth Groups from Local School Districts!

You will leave this concert feeling hopeful, alive and uplifted.  
You will remember how much your life makes a difference.  
You will have more courage to, as Gandhi requested,  
Be the Change You Wish to See in the World!

Date: Sunday, May 20th, 2007

Time: 5:30-7:30 p.m.

Place: Chandler Hall, 99 Barclay Street, Newtown PA

Ticket Price: \$20 per person (includes refreshments and \$50+ in Valuable Sponsor Coupons!)

For more information on purchasing tickets, sponsors and schedule of weekend events, call 215.493.3456 or go to:  
<http://www.bethechangecampaign.com>

D. Janis in New York:

DISCOVER A PROFOUND CONNECTION YOUR SOUL, BODY, AND SELF.  
HEAL YOURSELF AND DISCOVER WHO YOU ARE.

Join us Saturday June 16, 10 a.m. to 6 p.m.

At Cynthia Greenfield's home at 15 McElroy Lane, Belle Meade, NJ

\$125 if paid by June 1 or \$150 afterwards or at door. Limited class size, so sign up early.

Your spirit lake and spirit twin connect you to your soul and spirit and physical life in profound ways for deep healing and understanding of your timeless self and everyday experiences.

DISCOVER your life purpose and work with your twin to allow this self to evolve and stay on course.

LEARN Self-healing and energy clearing as well as awareness of what is happening in and around you.

ENJOY experiencing deep peace and connection to your soul, self and all of life in many ways.

MAGICAL, simple, profound and loving experiences evolve.

You will appreciate the direct connections and learning's that unfold. Everyone who is open and ready can accomplish this. Janet has trained people from all walks of life and all age groups in this practice with much success. You will work with the roots of all of Shamanism, Psychology, Energy Work and Spirituality here as well as new applications and practices that streamline the healing and connections. Open your life and healing in profound new ways that are simple and work!

Cynthia will lead you through dance and energy movements to bring the healing all the way into your body. Become empowered with these new tools and practices that will change your life forever for the better.

Janet StraightArrow is a gifted Spiritual teacher honoring the uniqueness of each person. StraightArrow's devotion and extensive training offers you an opportunity to open your heart to new life and deep love. Her upcoming book and work, Be Your Own Medicine, brings you deeper into yourself and gifts in powerful new ways that she will share in this class.

Cynthia Greenfield is a certified Dancekinetics Instructor from Kripalu

Institute and has training in Expressive Movement Therapy. Cynthia is a certified Massage Therapist, and works as an Elementary Guidance Counselor. Her intention for the Move Your Body classes and her life is to create, empower and share in a space of acceptance, freedom, and fun.

To reserve your place send a check for \$125 to:  
Janet StraightArrow, P O Box 1476, Woodstock, NY 12498.

For more information or MC/Visa information, please call Janet at 845.678.7175 or click:  
<http://www.oasisforthesoul.com>

Bring a notebook, pens, pillow, lunch and childlike wonder.  
We look forward to sharing this exciting day and work with you.

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PS. Don't forget that postal rates have increased . . . first class stamps are now 41 cents, but if you buy them, they can always be used: i.e., even if rates go up, you can still mail something with this stamp . . . each additional ounce now costs 17 cents (up to 4 oz.) . . . postcards have risen to 26 cents . . . and watch the width of what you send out; anything over a quarter of an inch needs additional postage.

Also, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . make it a great week, too!

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In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#553

5.7.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I saw another fine show at the Off-Broadstreet Theatre (609.466.2766) in Hopewell, NJ: THE GOODBYE GIRL.

Originally a 1977 film starring Richard Dreyfuss and Marsha Mason and updated for TV in a 2004 production that starred Jeff Daniels and Patricia Heaton, this version differed in that it had music . . . yet the basic story about Paula, a woman who has a record of hooking-up with losers remained the same.

Patrick Andrae is particularly excellent as the guy who begins to change Paula's life around . . . I liked how he handled both the songs and Neil Simon's snappy dialogue, including this one funny response to a list of rules that have been sung to him:

"I sleep in the nude, el buffo, winter and summer, rain or snow. With the windows open. And because I might have to go potty, or to the fridge in the middle of the night, and I don't want to put my jammies on--that I don't own in the first place--unless you're looking for a cheap thrill or your daughter an advanced education, I suggest you keep your door closed. How's that grab you?"

I also enjoyed seeing Tom Orr--always one of my favorite local actors--get to play several roles as a member of the ensemble cast . . . and it was a pleasure listening to live musicians handle Marvin Hamlisch's catchy score, as opposed to hearing the canned music used by other theaters . . . Christopher Madison on keyboard, leading Andrew Kosek on bass and Dennis Quinn on drums, all deserve praise for a job well done.

THE GOODBYE GIRL runs through June 2 . . . dessert is included with your ticket purchase; it's served one hour before show time.

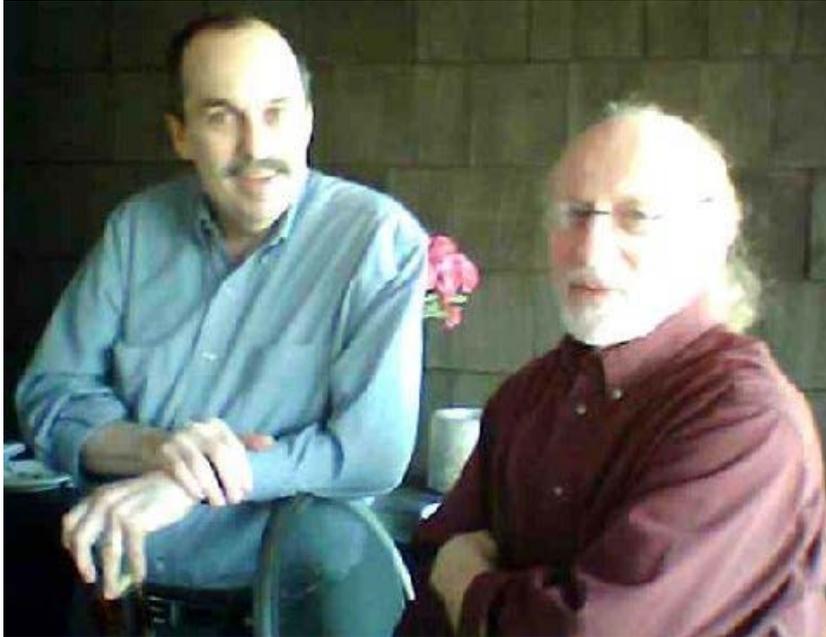
B. I always look forward to our end-of-year Union party . . . as he usually does, John Murray had everybody laughing as emcee.

We recognized each of the faculty retirees: Hazel Fisher, John Harrison, Anne Kinnier, Earle Meyers, Carol Starrels, Judy Switzer, Barry Sysler, and Rosemary Tamblyn . . . I've gotten to work with many of them

over the last 30 years that I have been at Bucks County Community College and will personally miss them.

However, it is my hope that they will come back to our parties . . . we always make a point to invite them, and many of them made a point to return to this year's gala event.

See below for a picture of yours truly (on the left) with Sy Platt, a former member--make that distinguished former member--of our Music Department:



(Photo courtesy of Holly Madison, who took it with her son's Fisher Price camera.)

The party was at Il Sol (215.968.5880) in Newtown, PA, where the food is always excellent . . . a highlight was the make-your-own pasta station that owner Joe Siano personally ran.

C. Congratulations to Sam Sachs, a longtime friend, who recently appeared before the NJ Supreme Court . . . to see what he had to say on the state's DWI laws, please click:

<http://mfile.akamai.com/19311/wmv/yorkmedia.download.akamai.com/19311/wm.yorktelecom/NJ/Judiciary/20070405/A-96-07.asx>

For more information about Sam, please click:

<http://lickyourtickets.com/aboutUs.shtml>

D. MR. CURIOUS HERE:

I'm looking at the possibility of getting trained this summer as a hypnotherapist to continue in my efforts to help people stop smoking (see also Section 2, part 2) . . . as such, I'm interested in two things:

\* Finding somebody to train me . . . he or she should be somewhere within 75 miles of Belle Meade, NJ; i.e., anywhere in New Jersey . . . I'd also consider the NYC or Philadelphia area . . . anybody have suggestions for such training?

\* Would anybody want to be trained with me? Joining me might prove cheaper than getting trained by yourself, and it might also be more interesting for the both of us. Let me know if interested.

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

This week, it goes to Ryan Stever--a sales associate with American Tire Service (908.281.7500) in Hillsborough, NJ . . . he works at the place

where Cynthia and I get both our cars serviced, and we are very pleased with the excellent service he has provided over the past few years.

He is extremely knowledgeable, friendly and courteous . . . in addition, he is excellent at returning calls . . . and we're particularly appreciative of the fact that he checks with us before making any major repairs, even though we have given him carte blanche to do anything that he feels is necessary.

Although our dealings have primarily been with Ryan, we have been quite pleased with all the other personnel employed by American Tire Service . . . if you need your car repaired and/or some new tires, you won't go wrong by going here!

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2. FYI

To save money on dry cleaning . . . make that BIG MONEY . . . look for establishments that do bulk dry cleaning . . . they offer a good deal.

You get charged by the weight (sometimes as low as \$2.50 a pound and rarely more than \$3.50) instead of per item . . . your clothes get dry cleaned the usual way, but are typically not pressed . . . some places don't clean for spots, either, though I've found that some will if you point them out.

Your clothes will be returned on hangers or folded neatly in a black garbage bag.

To find an establishment that does this kind of work, check your local listings for cleaners who offer "bulk dry cleaning" . . . you'll be pleased with the results and amazed by the savings!

FYI, part 2

\* Derek Humphry, author of FINAL EXIT (reviewed in last week's issue):

Thank you very much for taking the trouble to write and send around your thoughtful review of my book. I'm not looking for bouquets, but it is important that the existence of the book be kept in the public eye so that those who need it are likely to find it easily. You have skillfully contributed to that.

For more information, please click:

<http://www.finalexit.org>

\* Mark in Pennsylvania:

Your BLAINESWORLD and the time and effort it requires, compels me to acknowledge same and thank you for the chuckles and many truly useful items you send along.

Hello to Cynthia. Refreshing to hear a husband speak so lovingly of his wife. A trend in the making? Shall we hope?

Spring may finally be upon us. If so, enjoy. If still delayed, please be patient . . . we're doing our very best.

\* Elizabeth in Virginia:

Your Cynthia is lovely.

A quote I love from Maya Angelou:

"We did what we knew how to do. And when we knew better, we did better."

I share this with my students. We all grow.

Thanks for the newsletter.

\* Denise in New Jersey, commenting on the video that appeared in last week's issue (about another reader's son being on the news):

Marie must be very proud of her son. What a super fellow he is. He deserves that prestigious award!!

\* Harvey in Pennsylvania (with an invitation):

I'd like to invite readers of BLAINESWORLD to participate in the "Learning How to Learn Program," sponsored by our Mastermind Group.

Participants in this program include teachers, professors, psychologists, a philosopher, engineers, computer specialists, a magician, an emergency treatment doctor, coaches, specialists in creativity, president of a company training in leadership, founder of S.A.G.E. (Senior Adults for Greater Education), a yoga instructor, and a woman who did home schooling.

To participate, submit a minimum of ½ page on something you learned and how you learned it to: [HMathason@aol.com](mailto:HMathason@aol.com) by May 22, 2007. You, in turn, will receive copies of all material submitted.

If you have questions, please call Harvey Mathason at 215.752.5117.

\* Patty in Pennsylvania:

I just wanted to share with you that I've been a non-smoker since February 14th. I can't thank you enough for your interest in my health and welfare and your contribution to my good health!

REMINDER:

To help others stop smoking, I still have a few copies left of an excellent book by Allen Carr: THE EASY WAY TO STOP SMOKING . . . if you'd like a FREE COPY--with my compliments--for yourself, a friend or loved one, please let me know . . . your best bet is to send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) . . . put these words in the subject line: STOP SMOKING BOOK . . . then in body of the email, include your full name and address.

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### 3. Losing weight the easy way

I was talking to my doctor about a weight-loss patch I had seen advertised. Supposedly, you stick it on and the pounds melt away. "Does it work?" I asked.

"Sure," he said, "if you put it over your mouth."

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### 4. Reviews

A. Richard Gere is fine as Clifford Irving in THE HOAX, a film about the guy who wrote a book about an alleged series of interviews with Howard Hughes . . . I also liked the work of his co-star, Alfred Molina, as Irving's loyal best friend . . . yet overall, THE HOAX did nothing for me . . . the story dragged on, and it could have been shortened by at least 30 minutes . . . by the time the credits rolled around, my feeling was that I was the one who got scammed . . . rated R.

B. DREAMGIRLS is now out in DVD format . . . my review from BLAINESWORLD #535 follows:

Even if you saw the show DREAMGIRLS, rush to see the movie version . . . it is fantastic; in fact, one of the best films I've seen

in a long time . . . it is the story of a Supremes-type group that has such great music that afterwards, I had to rush to get the CD . . . one song, in particular, sung by Jennifer Hudson, had those in attendance clapping at its conclusion (something that I don't think that I have ever seen) . . . Hudson was magnificent in her first screen role; however, equally good were Beyoncé Knowles, Jamie Foxx and Eddie Murphy . . . although I ordinarily don't pay that much attention to costumes, I certainly noticed them in DREAMGIRLS . . . I often complain about the fact that movies are too long . . . this is one that I would have wanted time added to it . . . make sure you stay for the credits, in that you'll get even more music and a chance to see pictures of the actors who played the various characters . . . rated PG-13.

C. I serve on one non-profit Board, so naturally when I was browsing and came across THE FUNDRAISING HABITS OF SUPREMELY SUCCESSFUL BOARDS (see also Section 11) by Jerold Panas, I just had to get it.

The fact that its subtitle promised me that I could read it in 59 minutes made it even more appealing . . . what's best of all: the ideas contained in the book made sense . . . and they work!

For example, there was this one:  
Not only is it good manners to thank donors, it's fiscally prudent. It costs a whopping 4 1/2 times the resources, staff and energy to acquire a new donor as it is to keep a current one.

Nothing profound, yet something that we forget all too often--regardless of our field of endeavor.

Then there was the following:  
Givers give. Which explains why at the end of your campaign, if you're short of goal, you call on those who have already given. You don't go to those who earlier said, "call on me later." Chances are they'll put you off again.

Lastly, this tidbit really struck home:  
From my 40 years of experience, I can say without question the first and foremost reason people give is because your organization changes lives or saves lives.

Although it took me less than an hour to read, I must admit to going back to reread it because there were so many fine ideas contained therein . . . in fact, I'm going to recommend THE FUNDRAISING HABITS to my non-profit Board and, also, to my friends who belong to other Boards.

D. Heard the taped version of AN ACTOR AND HIS TIME, written and read by Sir John Gielgud.

Gielgud, arguably the greatest Shakespearean actor of the 20th century, is perhaps best known by modern audiences for his starring role in ARTHUR . . . however, he appeared in well over 120 other movies and TV productions--in addition to his stage work.

While I found AN ACTOR AND HIS TIME moderately interesting, I was disappointed that most of its emphasis was on Gielgud's work on the English stage . . . I would have much preferred more emphasis on his latter work.

In addition, I enjoyed hearing about such modern performers as Laurence Olivier and Ralph Richardson . . . that said, tales of his own great aunt Ellen Terry (also a star actress) were of little interest to me.

The fact that AN ACTOR AND HIS TIME was narrated by Gielgud, who still had a magnificent voice at the time of taping, helped maintain my interest.

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### 5. TV alert

A. INNOCENT focuses on a team of young law students, led by a handsome professor, who grapple with ethics and adulthood . . . THE NEW ORK TIMES says, "Think of PAPER CHASE meets the Innocence Project" . . . Thursdays at 8 p.m. on BBC AMERICA.

B. TODAY launches it annual summer concert series on Fridays at around 8:30 a.m. on NBC . . . Martina McBride, Josh Turner and Gretchen Wilson perform in the first show.

C. LET THE GOOD TIMES ROLL: THE BUNCO WORLD CHAMPIONSHIP airs on Friday at 11 p.m. on LIFETIME . . . find all about the parlor game, made popular by suburban housewives.

D. TIERNEY GEARON: THE MOTHER PROJECT is a provocative documentary about the model-turned-photographer . . . Sunday at 10 p.m. on SUNDANCE.

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### 6. Heard on the Internet (so it must be true)

"I read that ten out of two people are dyslexic," said Stewart Francis--comedian and game show host.

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### 7. Websites

A. Amazon keeps track of what you buy and suggests other items it thinks you might enjoy, hoping to lure you into spending more money . . . for a new website that does just the opposite, please click: <http://www.librarything.com/unsuggester>

For example, if you loved David McCullough's biography of Harry S. Truman, then Harry Potter may not be your cup of tea.

There's also an option for the service to make good suggestions . . . I gave it a shot with FREKONOMICS . . . recommendations included BLINK and THE UNDERCOVER ECONOMIST.

B. I almost forgot to share this website with you . . . to see why, please click: <http://www.youtube.com/watch?v=9yN-6PbqAPM>

Make sure you have your sound on when you do . . . methinks you'll be able to relate to the song; I did!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click: <http://www.blaineworld.net>

On the left, you'll see "Radio Show" . . . go to that link if you want to see a history of my radio career . . . you can also hear one of my shows.

As you may have read in a past issue, a recent management change at WWFM has resulted in my show being taken off the air . . . but, hopefully, I'll resurface soon again . . . on another station and/or even with my own cable show.

Please do keep me in mind if you have any media contacts for me to pursue with respect to the above possibilities.

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### 8. Computer tip

Many websites that run stories--e.g., newspapers--are starting to break the text into two or three pages . . . that forces you, the reader, to click through ads to get all of what you want . . . to circumvent this from happening, format the story for printing (an option at most of these websites).

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### 9. Perks of being over 50, part 1 of 2

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run--anywhere.
4. People call at 9 p.m. and ask, Did I wake you????
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 4 p.m.
9. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.

(to be concluded next week)

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### 10. A quote I like

I find that it is not the circumstances in which we are placed, but the spirit in which we face them, that constitutes our comfort.--Elizabeth T. King

#### REQUEST FOR HELP:

Does anybody know who Ms. King was; e.g., the years she lived, what she did, etc.? . . . if so, please advise.

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### 11. Thought for the day

Michael Bloomberg is yet another advocate. You probably know him best of all as Mayor of New York.

He's also one of the most significant philanthropists in the country. His gifts to Johns Hopkins (his alma mater) alone have totaled well over \$200 million.

Bloomberg tells me that because of the size of his gifts, he is almost always called on by a board member. "I expect that. I think that's an important job of a trustee. I'm on some boards and I consider it my responsibility to ask for gifts."

As busy as he is, I ask how he finds time to solicit gifts. "I don't find time," he says. "I make time."

Most institutions don't lack a culture of philanthropy. They lack a culture of asking.

But something terrible happens when trustees fail to call on others. Nothing! It's amazing what you don't raise when you don't ask.

SOURCE:  
THE FUNDRAISING HABITS OF EXTREMELY SUPREMELY  
BOARD (see also Section 4C) by Jerold Panas

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## 12. Advance planning department

A. Lou in Pennsylvania, describing a musical currently playing at the Kelsey Theatre in West Windsor, NJ from May 4-12:

LUST & RUST is a unique musical.....country all the way!! The book is quite funny and very explicit sexually. Not a show for kids at all.

The greatest musical challenge was the absence of music!! The publisher could not find the parts for the instruments. I think we may be the first company to perform it since its initial run and the music books seem to have been misplaced. All I received was a lead sheet (melody, words and chord names) with a very rudimentary and virtually unusable piano part. So I've formed a country band with guitar, bass, drums, piano, and two fiddles--plus me on electric keyboard. We all basically improvise . . . just like a real country band!!

The trick has been making it sound like real country, since none of us are. I think its coming together quite well. However, it's not a deep meaningful show with intricate interplay between music and drama. But it's an enjoyable, humorous, sexually explicit two hours, guaranteed to draw laughs.

And if one is able to peel past the country skin, there are a few sensitive moments and even perhaps a message. But I would guess that after peeking under the covers, most will be pleased to just ride the horse that was saddled for them.

For more information, please click:  
<http://www.mccc.edu/kelseytheatre/trailer.shtml>

B. Cynthia in New Jersey (see also Section 1A)

\* Move Your Body classes meet every first and third Saturday of the month at 1:30 p.m., so the next one is on May 19.

No charge, but love donations to the Princeton Center are always appreciated.

Location:  
Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506--off Route 206  
Skillman, New Jersey

For more information:  
<http://www.princetonyoga.com>  
609.924.7294

\* Move your Body classes at night on May 17,  
24 and 31 from 7-8:15 p.m.

Cost: Just \$5 per person.

Location:

Capitol Health Systems  
1445 Whitehorse-Mercerville Rd.  
Hamilton, New Jersey

For more information:  
<http://www.capitolhealth.org>

609.394.4512

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PS. Don't forget that Mother's Day is this coming Sunday . . . if you're fortunate enough still have your mother alive, spend some time with her . . . if your mother is no longer around, then take the day to remember her.

Also, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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BLAINESWORLD  
#552  
4.30.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I celebrated her mother Elsie's 89th birthday with her brother and sister and their respective mates . . . food was brought in from a local delicatessen, and we brought in some balloons to decorate the room that we were using . . . all had a fun time, and we were amazed at Elsie's appetite (she had a whole tongue sandwich, plus a big piece of birthday cake) . . . if only my mother had half that appetite!

See below for a picture of the happy crowd:



From L-R: Alison, Allen, Marty, Elsie, Joyce, Blaine, and Cynthia.

B. Over the weekend, I attended the annual AFT (American Federation of Teachers) Pennsylvania higher education conference in Plymouth Meeting, PA . . . I enjoyed getting to moderate one of the sessions on Friday, then found the Saturday workshops quite informative.

Of particular interest was the chance to meet with Pennsylvania State Rep. James Roebuck--who also serves as a member of the Board of Trustees at Philadelphia CCC . . . he gave a presentation on the Faculty and College Excellence Act that has the following as a key provision:

At least 75% of the undergraduate courses offered within each department on each campus of each public institution of high education, if the department has at least eight full-time equivalent faculty positions, shall be taught by full-time tenured or tenure-track faculty.

Forget about 75%: if only Bucks County Community College would do what it is required to do by our contract--maintain a 60% full-time/40% part-time ratio . . . I'd almost be in seventh heaven!

I also liked an idea that was mentioned at a health benefits workshop; i.e., get all employees to participate in a health assessment profile . . . that way, there would be early detection of such medical problems as diabetes and high blood pressure . . . there would also be a reduction in premiums to all those individuals (and their spouses) who participated.

C. Union politics at Bucks have kept me busy . . . to begin with, I was reelected to another two year term as the teacher union's president.

CONGRATULATIONS to newcomers Jim Freeman and Marianne Kepler, both of whom got elected to positions on our Negotiations Team/Meet and Discuss committee . . . I look forward to working with them, though must admit that I'll miss having Earle Meyers (who is retiring) and Mary Bobbie (who lost in the recent election) around.

We have also been working on several grievance-type situations, all of which are proving a bit more irksome than we thought would originally be the case.

CHANGE SUBJECT DEPARTMENT:

The BUCKS COUNTY COURIER TIMES recently interviewed me about the benefits that Citizen Bank gets from its Phillie sponsorship . . . for the front-page story, please click: <http://www.phillyburbs.com/pb-dyn/news/102-04272007-1337437.html>

Also, that same paper is rotating a banner ad designed by graphic artist (and BLAINESWORLD subscriber) Mike DiFiori on its website: <http://www.phillyburbs.com>

It reminds readers that Bucks is "Where to Learn, Where to Return."

D. Cynthia, yes that same amazing woman mentioned in Section 1A, somehow manages to find time to be a massage therapist when not serving as a guidance counselor (her full-time job) and/or leading the Move Your Body classes mentioned in Section 12A.

She has done this work for quite some time and in my humble opinion, does it quite well . . . but then again, I'm prejudiced.

She also recently went through the rigorous certification process now required by the Division of Consumer Affairs and--drum roll, please--became officially certified to practice massage, bodywork and somatic therapy anywhere in New Jersey.

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

This week, it goes to Chrissy Kempster, a senior consumer relations representative for the Pepsi-Cola Company.

As readers may recall, we had some problem with Cynthia's car due to an exploding can of Diet Pepsi . . . it exploded when we left it in the car one evening, despite the fact that the can indicates that it is to be stored in cool temperatures.

We immediately contacted the fine folks at Pepsi, and they in return sent us some certificates for more Diet Pepsi . . . that was a fair exchange, given that the certificates just about covered what we had to pay to get the car cleaned.

A short while later, we had further difficulties with Cynthia's car . . . it could not shift out of gear . . . when we brought it to the dealer, the representative said he had seen the problem before . . . and that it had been caused by the aforementioned exploding can.

So we had it repaired . . . at that time, I contacted Pepsi again . . . that was when I got to speak to Chrissy . . . she was most sympathetic to our plight and after a very short discussion, told us she would reimburse us for the entire cost of our repair.

I was impressed with how Chrissy handled the situation from the very beginning . . . she researched the facts and, also, kept getting back to me in a prompt fashion . . . needless to say, I was delighted with the resolution that she helped bring about.

TO ALL:

Please learn from my experience . . . do NOT, I repeat, DO NOT store any cans containing carbonated beverages in your car if it is to be out in extremely cold OR warm weather . . . my students have told me that this also applies to freezing beer or soda . . . that's a definite no-no as well!

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2. FYI

How not to stand out

A possible red flag for the IRS are deductions far above the norm. Below are national averages for some deductions, based on adjusted gross income, for 2005 (the most recent year this information is available):

Deductibles:

\$50-\$100,000: \$5,812  
\$100-\$200,000: \$10,504  
\$200,000 or more: \$39,321

Charitable gifts:

\$50-\$100,000: \$2,703  
\$100-\$200,000: \$4,057  
\$200,000 or more: \$20,434

Interest:

\$50-\$100,000: \$8,946  
\$100-\$200,000: \$11,927  
\$200,000 or more: \$21,166

Medical expenses are excluded since only a small percentage of taxpayers can deduct any.

SOURCE:

Adapted from THE WALL STREET JOURNAL, 4.7-8.2007, p. B1

MY TWO CENTS:

By the same token, I'd be a bit concerned if what you report is significantly below these figures: i.e., it may be time to revisit your deductions--possibly with the help of a qualified accountant.

FYI, part 2

\* Ellen in Pennsylvania:  
Have you ever wondered if your thoughts influence your business and personal success?

The Six Advisors (TM) Assessment report accurately measures your thought processes so you can discover which ones are supporting your success and which thoughts may be sabotaging it.

For more information, please contact me. Also, email me to receive my newsletter: ellen@leapsandboundcoaching.com

For more information, please click:  
<http://www.leapsandboundcoaching.com>

Ellen Cahill, M.A., CSAC  
Certified Six Advisors Coach  
215.355.6316

\* Natalie in Pennsylvania:  
[replying to my request for more information about the film she helped bring to Bucks County Community for an exclusive preview] The website for FALLING FOR GRACE is:  
<http://www.fallingforgrace.com>

\* Adrienne in Pennsylvania:  
The Alumni Council of Bucks County Community College Alumni Association presently has a few openings. We are looking forward to filling these seats with alumni who have a desire to help the association become more active with friend- and fund-raising events. If you would like to learn more about becoming involved with the Alumni Council, please contact Adrienne Clark in the Foundation Office at 215.968.8461 or e-mail [clarka@bucks.edu](mailto:clarka@bucks.edu).

\* Bill in Pennsylvania:  
My family and I very much enjoyed AKEELAH AND THE BEE. We were a little hesitant to rent it because we had seen the movie BEE SEASON with Richard Gere prior to seeing AKEELAH. BEE SEASON is also about a National Spelling Bee. While AKEELAH is uplifting and triumphant, BEE SEASON is depressing, and I would not recommend it for children.

\* Marie in Indiana:  
Very cool I can share this with you . . . my son Jimmy was on the news:  
[Click here: WISHTV Video](#)

or if you need the actual website:  
[http://www.wishtv.com/global/video/popup/pop\\_player.asp?ClipID=1391022&h1=Two%20Hoosier%20Kids%20Win%20National%20Award%20for%20Volunteering&vt1=v&at1=News&d1=169266&LaunchPageAdTag=Station%202&activePane=info&playerVersion=9&hostPageUrl=http%3A/www.wishtv.com/Global/category.asp%3FC%3D77447&rnd=95474475](http://www.wishtv.com/global/video/popup/pop_player.asp?ClipID=1391022&h1=Two%20Hoosier%20Kids%20Win%20National%20Award%20for%20Volunteering&vt1=v&at1=News&d1=169266&LaunchPageAdTag=Station%202&activePane=info&playerVersion=9&hostPageUrl=http%3A/www.wishtv.com/Global/category.asp%3FC%3D77447&rnd=95474475)

YOU MAY REMEMBER:  
I've written about Jimmy in the past (most recently in BLAINESWORLD #541) . . . he is an amazing young man who received the Prudential Spirit of Community award.

To find out more about him and the book that his mother wrote about him, MY PERFECT SON HAS CEREBRAL PALSY, please click:  
<http://www.mariekennedy.com/>

\* Jack in Pennsylvania:  
I don't know who Jean is, but Dana is a student at St. Andrew's CCD program in Newtown. I personally can not make it there that evening because it is my son's birthday and we are also celebrating my brother-in-law's marriage. (If I had a brother, this would be him.)

But we do need students to participate in a talent contest that evening at the NAC for Dana. If any student is interested in performing, he or she can call Cathy DeRico at St. Andrew Catholic Education Center at 215.968.6929.

Thanks for your help for this very bright and inspiring young lady.

\* And here's the original email from Jean, the person Jack mentions:  
Come to "Go, Dana! Family Fun Night" on May 11

As 10-year-old Dana Demsko bravely battles leukemia, show your support at "Go, Dana! Family Fun Night" on Friday, May 11, from 7 to 10 p.m. at the Newtown Athletic Club. For just \$40 a family, enjoy refreshments, swimming, activities, games, a talent show, and contests throughout the NAC, located at Penns Trail and the Newtown Bypass. There will also be a basket raffle and silent auction, with items such as an original Craig Hackett watercolor, an overnight stay and brunch at the Temperance House, and a Philly Fan Sports Package. All proceeds help the Demsko family through this difficult time.

To register, call the NAC program desk at 215.968.0600, ext. 12. Hope to see you there!

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3. Banana split

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly and painfully up onto a stool. After catching his breath, he ordered a banana split. The waitress asked kindly, "Crushed nuts?"

"No," he replied, "Arthritis."

#### 4. Reviews

A. Save yourself some money and don't see YEAR OF THE DOG, a supposedly quirky comedy about a woman who loves her dog . . . Molly Shannon (see also Section 7D) is terrible in the leading role, as is just about everybody else in this film . . . It only comes alive when Regina King appears on screen and that is not often enough . . . rated PG-13.

B. THE LAST KING OF SCOTLAND is now out in DVD format . . . my review from BLAINESWORLD #540 follows:

Methinks that Forest Whitaker deserves an Oscar for his work in THE LAST KING OF SCOTLAND, a fictionalized political thriller about the real-life megalomaniac dictator Idi Amin . . . he was excellent, but so was James McAvoy (an actor that first caught my attention in the RORY O'SHEA WAS HERE, a gem of a film that you should try to catch on DVD) . . . LAST KING has quite a bit of violence in it, including one scene toward the end that I could have done without . . . but overall, I'd recommend seeing it if just for the acting . . . rated R.

#### NOTE:

As you probably know, Whitaker did win the Oscar for his above performance . . . it was well-deserved!

C. I just read Derek Humphry's controversial FINAL EXIT, a book whose subtitle says it all: THE PRACTICALITIES OF SELF-DELIVERANCE AND ASSISTED SUICIDE FOR THE DYING . . . and while I wouldn't say I enjoyed it (in large part because of the subject matter), I did find it very thought-provoking.

Humphry, a journalist and author, is perhaps best known as the person who launched the Hemlock Society in 1980 in California . . . though that organization is no longer in existence, the idea behind it still lives on; i.e., that people should have the right to choose rational suicide as an option in certain instances.

Now please don't get on my case if you disagree with that opinion . . . I'm not advocating for it one way or the other--or at least not in this review . . . in fact, in this book, Humphry actually presents more reasons why somebody should not commit suicide . . . as he notes:

If you are considering taking your life because you are unhappy, cannot cope, or are confused, please do not use this table but contact a Crisis Intervention Center or Suicide Prevention Center. (Look in the telephone book. It may be under "Hotlines.") An unfinished life is a terrible thing to waste. This information is meant for consideration only by a mature adult who is dying and wishes to know about self-deliverance.

Yet for those with an incurable disease and who want an easy passing for themselves and/or their loved ones, then the author's story about his wife will offer much insight:

I was Jean's safety device against a too early self-deliverance. While I did not want her to die, I was willing to take my share of the responsibility of decision-making if it brought her peace. Assisting in difficult decisions is an essential responsibility of a loving relationship.

USA TODAY in 2007 listed FINAL EXIT as amongst the 25 most influential books of the previous quarter century . . . it is definitely NOT for everyone, yet that said, I also liked the fact that it has such useful advice for anybody facing death as the following tidbit:

Tell those around you the complimentary things which have been left unsaid due to the strain of illness. The appropriate "I am grateful for what you've done" or similar remark will help comfort those left behind after you have gone.

Wouldn't it be grand if we could do the above more often, especially when we're healthy?

D. Heard the CD version of THE RAPE OF NANKING by Iris Chang, the true story of a horrifying episode from World War II: i.e., the raping, torture and murder of more than 300,000 Chinese civilians by the Japanese army . . . I certainly don't recall ever reading about this when I took history way back in high school, but that's because it was a massacre that was all but covered-up until the publication of Chang's book in 1998 . . . yet even then and still to this date, there are many in Japan who still dispute the fact that this episode ever happened . . . what can't be disputed, however, was the thorough job of research done by the author that certainly seems to prove that the event did happen.

Some of the details were a bit on the gory side, but for anybody to put Nanking in any sort of perspective, they must be told . . . what I found particularly interesting was learning about the heroism of a small number of foreigners who objected to the savagery taking place, particularly the bravery displayed by a Nazi businessman who resided in China for 30 years.

Barbara Rosenblatt's narration was excellent; in addition, I liked how the production used male actors to recite some of the actual

testimony of those who personally observed these tragic events.

I'd recommend this book to any history buff, as well as to any history teacher who wants to assign it for his or her classes to ensure that students find out what really happened in Nanking in December, 1937.

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#### 5. TV alert

A. BRANDO, "a fascinating two-part documentary (according to TV GUIDE) begins on Tuesday at 8 p.m. on TCM and concludes the on Wednesday at the same time . . . if you miss either part, the program will be repeated on both May 12 and 29 . . . for more information and exact times, please click:  
<http://www.tcm.com>

B. AMERICAN MASTERS has Bette Middler narrating "Atlantic Records: The House that Ahmet Built," a profile of Ahmet Ertegun (1923-2006), an expatriate Turk whose passion for the music of black America led to the creation of America's preeminent R&B label . . . Wednesday at 9 p.m. on PBS . . . since PBS times and dates often vary, check your local listings . . . or click:  
<http://www.pbs.org>

C. MY NAME IS EARL features a series of smells to enhance your viewing experience . . . If you want to join in the fun, you'll need the scent card found on page 22 of the April 30-May 6 TV GUIDE . . . Thursday at 8 p.m. on NBC.

D. SATURDAY NIGHT LIVE IN THE 90S: POP CULTURE NATION airs on Sunday at 9 p.m. on NBC . . . I'll view to again see Chris Kattan as Mango, Cheri Oteri and Will Ferrell as the Spartans, and Molly Shannon (see also Section 4A) as Mary Katherine Gallagher.

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#### 6. Peace at last

The Israelis and Arabs finally realized that if they continued fighting, they would someday end up destroying the world.

So they sat down and decided to settle the whole dispute with a dogfight. The negotiators agreed that each country would take five years to develop the best fighting dog they could.

The dog that won the fight would earn its country the right to rule the disputed areas.

The losing side would have to lay down its arms.

The Arabs found the biggest, meanest Dobermans and Rottweilers in the world. They bred them together and then crossed their offspring with the meanest Siberian wolves.

They selected only the biggest, strongest puppy from each litter, killed all the other puppies and fed them the best food . They used steroids and trainers in their quest for the perfect killing machine.

After the five years were up, they had a dog that needed iron prison bars on its cage. Only the trainers could handle this beast. When the day of the big fight arrived, the Israelis showed up with a strange animal.

It was a nine-foot-long Dachshund. Everyone felt sorry for the Israelis. No one else thought this weird animal stood a chance against the growling beast in the Arab camp. The bookies predicted the Arabs would win in less than a minute. The cages were opened. The Dachshund waddled toward the center of the ring.

The Arab dog leapt from his cage and charged the giant wiener-dog. As he got to within an inch of the Israeli dog, the Dachshund opened its jaws and swallowed the Arab beast in one bite. There was nothing left but a small bit of fur from the killer dog's tail.

The Arabs approached the Israelis, shaking their heads in disbelief. "We do not understand. Our top scientists and breeders worked for five years with the meanest, biggest Dobermans and Rottweilers. They developed a killing machine."

"Really?" the Israelis replied. "We had our top plastic surgeons working for five years to make an alligator look like a Dachshund."

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#### 7. Websites

A. If you're REALLY into nutrition . . . and open to the possibility that

there may be alternative approaches to dealing with cancer, please click:

Part 1:

<http://tinyurl.com/2suw5b>

Part 2:

<http://tinyurl.com/3d5vae>

You'll hear Jerry Brunetti's highly informative video lecture, "Food as Medicine," originally presented in 2005 . . . he tells how in 1999, he was diagnosed with Non-Hodgkin's Lymphoma and given six months to live . . . and yet he now is not only living, but flourishing--in large part because of his healthy eating habits!

B. If you're in the mood for happy tears, please click:

<http://www.inspiringhots.net/movie/life-on-train.php>

You'll see and hear something called "Life on the train" . . . both the pictures and text are truly moving, and I also liked the accompanying text.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

As you hopefully know by now, you should ALWAYS feel free to mention this newsletter to your friends, relatives, etc. . . . should they want to subscribe (AT NO COST), all they have to do is go to my homepage . . . then click on "Special Offer" at the bottom . . . it's that simple!

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8. Computer tip

\* Michael Port, author of BOOK YOURSELF SOLID (an excellent book reviewed in last week's issue), has this to say about reading email:

Thanks for your email.

In order to increase my productivity (and maintain my sanity), I'm trying something new--I'm only going to check email once per day. I'll let you know how this little experiment goes.

If you need something immediately, you can contact my online support desk at:

<http://www.MichaelPortSupport.com>

It's checked every two hours by my staff.

If you need something even faster than immediately, you can reach my executive assistant at amy@bookyourselfsolid.com or toll-free at 877.279.5220.

If you know my private phone line or my cell and want to ring it, go for it!

Much love to you today.

\* When I wrote him back for permission to use the above, he replied: Sure, but I got the idea from Tim Ferriss in his book THE 4-HOUR WORKWEEK. He should get the credit.

\*\*\*\*\* MR. CURIOUS HERE \*\*\*\*\*

Anybody doing that: i.e., checking email just once a day? If so, how's it working out for you? And if you're not checking once a day, what do you think about the idea?

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9. No nursing home for us

We are checking into the Holiday Inn!

With the average cost for a nursing home care costing \$188.00 per day, there is a better way when we get old and feeble. We have already checked on reservations at the Holiday Inn. For a combined long term stay discount and senior discount, it's \$49.23 per night. That leaves \$138.77 a day for: breakfast, lunch and dinner in any restaurant we want or room service: laundry, gratuities and special TV movies. Plus, they provide a swimming pool, a workout room, a lounge and washer-dryer, etc.

Most have free toothpaste and razors, and all have free shampoo and soap. \$5 worth of tips a day will have the entire staff scrambling to help you. They treat you like a customer, not a patient. There is a city bus stop out front, and seniors ride free. The handicap bus will also pick you up (if you fake a decent limp).

To meet other nice people, call a church bus on Sundays. For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there. While you're at the airport, fly somewhere. Otherwise, the cash keeps building up.

It takes months to get into decent nursing homes. Holiday Inn will take your reservation today. And you are not stuck in one place forever: you can move from Inn to Inn, or even from city to city.

Want to see Hawaii? They have a Holiday Inn there too.

TV broken? Light bulbs need changing? Need a mattress replaced? No

problem. They fix everything and apologize for the inconvenience.

The Inn has a night security person and daily room service. The maid checks to see if you are ok. If not, they will call the undertaker or an ambulance. If you fall and break a hip, Medicare will pay for the hip, and Holiday Inn will upgrade you to a suite for the rest of your life.

And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini-vacation. The grandkids can use the pool. What more can you ask for?

So, when we reach that golden age, we'll face it with a grin. Just forward all our email to: Holiday Inn, Hotels & Resorts.

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10. A quote I like

Everyone must know that within them burns a candle and no one's candle is identical with the candle of another. It is our obligation to work hard to reveal the light of our candle, and make of it a great torch to enlighten the whole world.--Rabbi Abraham Isaac HaCohen Kook (1865-1935), first chief rabbi of what was then Palestine

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11. Thought for the day

In April, Maya Angelou was interviewed by Oprah on her 70+ birthday. Oprah asked her what she thought of growing older. And, there on television, she said it was "exciting."

Regarding body changes, she said there were many, occurring every day . . . like her breasts. They seem to be in a race to see which will reach her waist, first. The audience laughed so hard they cried.

She is such a simple and honest woman, with so much wisdom in her words! Maya Angelou also said this:

I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that making a 'living' is not the same thing as 'making a life'.

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands: you need to be able to throw some things back.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

I've learned that I still have a lot to learn.

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

SOURCE:

I've seen the above (or variations thereof) for quite some time on the Internet . . . often, it is credited to Maya Angelou . . . but that said, I'm not so sure that she ever said it--or at least not on Oprah's show . . . if anybody has more accurate information to share, I'd be most appreciative.

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12. Advance planning department

A. Cynthia in New Jersey (see also Sections 1A and 1D):

\* Move Your Body classes meet every first and third Saturday of the month at 1:30 p.m., so next ones are on May 5 and 19.

No charge, but love donations to the Princeton Center are always appreciated.

Location:

Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506--off Route 206  
Skillman, New Jersey

For more information:

<http://www.princetonyoga.com>  
609.924.7294

\* Move your Body classes at night on May 17,  
24 and 31 from 7-8:15 p.m.

Cost: Just \$5 per person.

Location:  
Capitol Health Systems  
1445 Whitehorse-Mercerville Rd.  
Hamilton, New Jersey

For more information:  
<http://www.capitolhealth.org>

609.394.4512

B. Donna in New Jersey:  
Consumer Rights Conference

Open to all Mercer County Residents  
(non-residents can also attend: i.e., if you preregister and mention you  
read about event in BLAINESWORLD)

Wednesday, May 16, 2007

2:00 to 4:00 p.m.

609-989-6671

Call today to reserve your seat

Limited space available

Highlights:

- \* Home improvement fraud
- \* Internet sales
- \* Identity theft
- \* Fair debt collection practices
- \* User car sales

Sponsored by:  
Central Jersey Legal Services, Inc., Mercer County  
Division of Consumer Affairs and Mercer County Prosecutor's Office

Location:  
Mercer County Administration Building, 640 S. Broad Street,  
Room 211, Trenton, New Jersey

Accessible by NJ Transit Bus and River Line. Free Parking available.  
Call for details

C. Maria in Pennsylvania:  
Welcome Day Newtown will be held this year on Sunday May 20th  
from noon to 5 p.m. (Rain date May 27th.) It's a street fair with flare!  
We will have a Kids Fun Zone with inflatables, etc. Welcome Day is  
on Main Street between Washington & Jefferson Sts. There will be  
businesses, crafts, artisans, a food court, entertainment throughout  
the day, as well as activities for the kids (such as face painting).  
It's a great day in Newtown. If you need any additional information,  
check out the website at:  
<http://www.newtownbpa.org>

D. HOLD THIS DATE:  
On Friday, June 8, from 6:30 – 9:30 p.m., the Bucks County Community  
College Foundation will be hosting Tyler Tasting's 19th annual premier  
food and wine tasting event, along with musical entertainment and a silent  
and live auction at the Newtown Campus.

New in 2007: In addition to sampling food from Bucks County's  
finest restaurants, guests will also have an opportunity to sample some  
of the "Greatest Beers of the World" presented by Gritz Beer Company.  
Beers such as Rogue, Victory, Michelob, Newcastle, Moretti, Paulaner,  
Carlsberg Jacobsen, Grolsch, and Warsteiner will be available. Another  
new vendor this year is Southern Wine and Spirits Portfolio. For your  
pleasure, they will be serving Absolut, Cruzan, Sauza, the Jim Beam  
Family, and Starbucks.™

A new and exciting auction item this year: Chef Barry Sexton, who  
assists Chef Robert Irvine on the Food Network's "Dinner: Impossible,"  
show will prepare dinner for 12-18 people.

For more information or to order tickets, call 215.968.8224 or send an  
email to: [foundation@bucks.edu](mailto:foundation@bucks.edu)

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PS. Please join me in praying that we soon get our remaining soldiers  
back from Iraq and that peace resumes in Israel . . . also, make it  
a great week!

And don't miss the following:  
At three minutes and four seconds after 2 a.m. on the 6th of May (this  
coming Sunday), the time and date will be:  
02:03:04 05/06/07

This will never happen again  
**!Top**

Blaine Greenfield  
19 N. Kaufmann Stone Way  
Blittmore Lake, NC 28715  
Phone : 828.633.1049

Contact Us at [bginbc@aol.com](mailto:bginbc@aol.com)  
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# BLAINESWORLD

BLAINESWORLD

#551

4.23.2007

In this issue:

1. **Reflections**
  2. **FYI**
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  4. **Reviews . . . DISTURBIA, etc.**
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  9. **Top ten things I learned from AMERICAN IDOL**
  10. **A quote I like**
  11. **Thought for the day**
  12. **Advance planning department**
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## 1. Reflections

A. Cynthia, my beautiful bride, and I spent several days together at her various "Move Your Body" workshops . . . she led separate groups on Thursday night, Saturday afternoon and Sunday morning, and all I can say is that she is amazing . . . she's able to get all those in attendance up and dancing, and they have fun as well . . . almost everybody reports in their evaluations that "we had fun."

Should you want to book her for your organization or school, please feel free to drop her an email at: [cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com) . . . plus, you might want to catch her at an upcoming session she's conducting (see Section 12D).

Best of all: You might well get to see me, too, as I often am given the honor of being Cynthia's roadie . . . I drive her, when possible, and then help her set up.

B. On Friday night, we had a lot of fun when we hosted a "Movie Night" for Cynthia's students at Elizabeth Avenue School in Somerset, NJ . . . we invited them and their parents to see a cute film that all ages can enjoy, BECAUSE OF WINN-DIXIE, and served popcorn and juice to the 65 or so who came . . . we look forward to repeating the experience next year when we plan to show AKEELAH AND THE BEE, one of our favorites.

C. On the health front, my mother had a somewhat rough week . . . she was home for a few days after rehab, then went back to the hospital because she wasn't feeling well . . . fortunately, she's back home, and we're hoping that she is where she stays for she is happiest there . . . as she noted, she most appreciates the "delicious quiet" that just can't be found in rehab centers or hospitals . . . now if she can just get her appetite back, as well as her energy level, she should be fine.

D. On the school front, there was some good and bad news:

\* The good news was that two readers/colleagues were named as recipients of part-time faculty teaching awards: Karl Carter and Debbie Grant . . . they both do an outstanding job in the classroom at Bucks County Community College and are well-deserving (if not past due) of this recognition.

\* Also, Donna Wilkoski was named the director of financial aid at the College and Kelly Gredone was named the newest faculty member in the Business Department . . . two finer choices couldn't have been made!

\* I was greatly saddened, however, to hear the following news: Donald Trucksess passed away on Sunday, April 15th. There will be no funeral or memorial service. The family has requested that in lieu of flowers donations be made to:

Samaritan Hospice  
5 Eves Drive, Suite 300  
Marlton, NJ 08053  
<http://www.samaritanhospice.org/>

Condolences can be sent to:  
Anne Eileen Trucksess & family  
1822 Riverside Drive  
Trenton, NJ 08618

Don was a friend and colleague for well over 20 years, as well as a subscriber to this missive . . . he was always there to help me, and his smile and enthusiasm never ceased to brighten my day . . . he'll be missed, not only by me--but by the many students and colleagues he inspired over the years.

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

This week, it goes to James Freeman--professor of Language and Literature at Bucks County Community and, also, a longtime friend.

Jim was recently named as recipient of the College's prestigious 2007 Lindback Award for Distinguished Teaching.

He is an excellent teacher, well-respected by both his students and colleagues. In addition, he is the author of some 15 books, including PARADE OF DAYS (his most recent one).

Jim is also a most accomplished poet.

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2. FYI

I recommend books all the time, and I'm often asked, "How do you read so much?" which always makes me smile because, when I was a kid, my father was worried that I wasn't going to amount to much because he couldn't get me to read much beyond the Hardy Boys. But now I read about two books per month. What changed? I realized that the answers to every single question I have are offered in a book. Even better, I get to choose what I learn and from whom. Then armed with this information, I am in a great place to share it with others.

SOURCE:  
BOOK YOURSELF SOLID (see also Sections 4C, 10 and 11)  
by Michael Port

FYI, part 2

\* Jamie in Pennsylvania (with a REQUEST FOR HELP):  
This year, I'll be participating in a very special event called the Breast Cancer 3-Day.

I have embraced the challenge of walking 60 miles over the course of three days with thousands of other women and men. The net proceeds will support breast cancer research, education, screening and treatment through Susan G. Komen for the Cure and the National Philanthropic Trust Breast Cancer Fund.

I've agreed to raise at least \$2,200 in donations. I've set my personal goal at \$3,000. So I need your help. Would you please consider making a donation? Please take a look at the enclosed donation form and designate the amount that's right for you.

According to Susan G. Komen for the Cure, approximately 200,000 American women will be diagnosed with breast cancer this year, and nearly 40,000 will die from the disease. I am walking for every mother, father, daughter, son, sister, brother and friend who has been touched by breast cancer. I hope that you'll share this incredible adventure with me--by supporting me in my fundraising efforts.

To make a contribution, please click:  
<http://www.the3day.org/philadelphia07/jamie0522>

Thank you in advance for your generosity!

\* Arlene in Pennsylvania, responding to an email in last week's issue from Dan in New Jersey:

Let me see if I get this. Homeopathy does NOT work because it involves using substances in such small amounts, that they could not possibly create any physiological changes in the body. It doesn't follow the laws of physics. Right? Okay. So if that's the case, if homeopathic remedies are so weak and diluted that they could not possibly create changes in the body, how is it that "thousands of people ended up calling poison control centers because of a bad reaction".

Do you see the glaring contradiction here? First he's claiming that it won't create a reaction, and then he claims that it will create a reaction. You can't have it both ways. Either it creates a reaction or it doesn't. Perhaps he's trying to claim that homeopathic remedies can ONLY cause harm, but it's impossible that they can help. Yeah, right.

By the way, the idea of introducing a substance into the body in a very small amount isn't all that out of the ordinary. In fact, traditional allopathic medical physicians do this all the time. It's called a vaccination. With a vaccination, you are injecting a miniscule amount of the disease into the patient. It's a small enough amount that the patient doesn't get sick (or does he?). This creates an antibody-antigen response, and the patient's immune system develops memory T cells which react IF the patient ever gets exposed to a

clinical dose of the disease.

Of course, the vaccinations are loaded with mercury, formaldehyde and other extremely toxic substances which causes autism, massive irreversible neurological damage and even death. But who cares, as long as my biotech stock is doing well? Right?

Is the FDA the solution to everything? Can we trust the fine people at the FDA? Are they looking out only for our best interest? The FDA said that PhenFen was safe and okay to use. They said the same thing about Thalidomide, Vioxx, Celebrex, and Bextra. Give me 10 minutes, and I'll provide you with a rather large list of FDA-approved drugs which have been documented to maim or kill people.

According to their own research, pharmaceuticals (which were given to the right patient, in the right dosage, at the right time) kills around 105,000 Americans each year. How many people die as a result of taking multivitamins, fish oils, and other dietary supplements? Zero. But that's not good enough for the pharmaceutical/FDA cartel. They want complete control and complete power over EVERYTHING.

10 years ago, most of the M.D.'s laughed or scoffed at the wellness concept. Today, they are embracing it with open arms. 10 years ago, you couldn't find supplements at CVS, Rite Aid or Eckerd Drug. Today, each of them has an entire section of the store dedicated to supplements and vitamins. In fact, in my Rite Aid, there's a miniature GNC right in the middle of the store. So apparently, the public is starting to accept more and more non-pharmaceutical interventions.

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3. It's plain to see

When a friend's marriage began to unravel, my 12-year old cousin offered, "I think the problem is largely psychological."

"How so?" I asked.

"He's psycho and she's logical."

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4. Reviews

A. *DISTURBIA* is a thriller that held my interest until shortly before the ending . . . until then, I was interested in how Shia LaBeouf dealt with his court-imposed house arrest . . . his interaction with others, most notably a menacing David Morse and a bikini-clad Sarah Roemer, also made for a worthwhile movie-going experience . . . if only there had been a better conclusion than the last 15 minutes or so that reminded me of a slasher-type flick . . . rated PG-13.

For a better film, I'd suggest renting *REAR WINDOW* . . . the plot is similar--very similar, in fact--and the cast features both Jimmy Stewart and Grace Kelly . . . you won't go wrong with that one, though I doubt that very few folks under 40 will make the effort to get it.

B. *NOTES ON A SCANDAL* is now out in DVD format . . . my review from

BLAINESWORLD #538 follows:

NOTES ON A SCANDAL is a psychological thriller that sounds trashy, but actually is quite well done--and engaging, too . . . it is the tale of one teacher, Cate Blanchett, who enters into a relationship with one of her teenage students . . . when another teacher, Judi Dench, observes this, a complex relationship evolves that kept my attention throughout the film . . . Blanchett and Dench were both excellent, as was the always watchable Bill Nighy as the former's husband . . . the accompanying musical score by Philip Glass was an added plus . . . rated R.

C. BOOK YOURSELF SOLID (see also Sections 2, 10 and 11) by Michael Port had me hooked after just reading the cover . . . its subtitle--THE FASTEST, EASIEST AND MOST RELIABLE SYSTEM FOR GETTING MORE CLIENTS THAN YOU CAN HANDLE EVEN IF YOU HATE MARKETING AND SELLING--seemed to me that it would give me information that I could personally use and, also, share with my students and colleagues.

I was not disappointed; this book is a winner from the opening page.

Port, known as "the guy to call when you're tired of thinking small," tells service professionals how to start and grow their business . . . however, his ideas can also be applied to many other fields of endeavor.

I liked his many examples, most based on real clients he has personally helped. . . . in addition, Port provides more help to readers by making available his website that can be viewed for free (I've already obtained much useful information), and he includes a downloadable workbook that can be used to reinforce many of the concepts in his excellent book.

I particularly appreciated the many interactive exercises that were included every few pages . . . one very clearly shows you how to develop a Book Yourself Dialogue; all you need to do is follow this step-by-step approach:

Part I: Summarize your target market in one sentence.

Part II: Identify and summarize the three biggest and most critical problems that your target market faces.

Part III: List how you solve these problems and present clients with unique solutions.

Part IV: Include the most dramatic ("Wow!") results that you or your clients have achieved.

Part V: List the results and deepest benefits your clients receive.

There were many other useful tidbits throughout the book; among them:

\* Why start by thinking of your own needs, desires, and passions rather than those of your clients? For one very simple reason: If you are not passionate about what you're doing, if your heart isn't in it, if it doesn't have meaning to you, you are not going to devote the time and energy required to be successful, and you'll never, in a million years, be able to convince people in your target market that you're the best person to help them.

\* If you've been feeling like you can't or shouldn't, be paid to do what you love, you must let that limiting belief go if you're to be hooked solid.

\* While the Book Yourself Solid Networking Strategy adds value to the lives of people who could become your clients, you'll also want to spend 50 percent of your networking time connecting with other professionals. Networking with other professionals provides you with an opportunity to connect and share resources, knowledge, and information. Bear in mind that working solo does not mean working alone. You can create so much more value when other talented people are involved.

The above makes so much sense to me, in fact, that I'm now going to spend some time telling such other professionals as my chiropractor, my financial consultant and my personal organizer about BOOK YOURSELF SOLID . . . I'm pretty sure you will want to make similar recommendations after you finish this book.

D. Enjoyed THE FORTUNATE PILGRIM by Mario Puzo, written before THE GODFATHER . . . this one also looks at the Italian-American experience, but from the perspective of a family where the woman holds the power.

I was moved by the story of Lucia Santa and her journey from the mountain farms of Italy to the streets of New York . . . she hoped for a better life, but instead found herself living in Hell's Kitchen and in a bad marriage where she had to raise six children on her own.

Their lives also fascinated me, as did Puzo's description of what life was like in the twenties, thirties and forties . . . it made me feel like I was actually there--right with the characters.

After the novel was over, I wondered how come it never was made into a major movie . . . I did find out that THE FORTUNATE PILGRIM was instead made into a TV mini-series in 1988, starring Sophia Loren and Edward James Olmos . . . so I now know what I'll be watching when I rent my next DVD!

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5. TV alert

A. MaggieMoo's is making its Food Network debut on April 23rd at 7:30 p.m. EDT on the popular show "Unwrapped." Tune in to the episode called "Cakewalk" featuring MaggieMoo's Ice Cream Cupcakes, the first cupcake you can eat with a spoon!

YES, if the place sounds familiar it is because you've read about it often in BLAINESWORLD . . . Cynthia and I had our reception for friends at this ice creamery after our wedding nearly two years ago!

NOTE:

If you've missed the above air date, go to this website:

<http://www.foodnetwork.com/>

and search for the show UNWRAPPED and see when Episode CW1510 will be repeated.

You can probably find similar information at:

<http://www.tvguide.com>

B. Unassuming people enter the CASH CAB as simple passengers taking a normal taxi ride, only to be shocked when they discover that they're instant contestants on Discovery Channel's innovative game show . . . Wednesdays at 5 and 5:30 p.m.

For sample questions and a chance to win some virtual cash, please click:

<http://dsc.discovery.com/fansites/cashcab/quiz/quiz.html>

C. Dave Foley, one-fifth of the late, great comedy troupe Kids in the Hall, recently returned to the world of humor playing judge and jury on THANK GOD YOU'RE HERE, an amusing new improv-comedy competition . . . Wednesdays at 8 p.m. on NBC.

D. A classic TWILIGHT ZONE airs on Friday at 8 a.m. on SCI FI . . . it stars BEWITCHED's Agnes Morehead as a haggard farmwoman who struggles to defend her home from a group of tiny spacemen in 1961's THE INVADERS.

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6. Best comeback

If you ever testify in court, you might wish you could have been as sharp as this policeman. He was being cross-examined by a defense attorney during a felony trial. The lawyer was trying to undermine the policeman's credibility . . .

Q: "Officer--did you see my client fleeing the scene?"

A: "No sir. But I subsequently observed a person matching the description of the offender, running several blocks away."

Q: "Officer--who provided this description?"

A: "The officer who responded to the scene."

Q: "A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?"

A: "Yes, sir. With my life."

Q: "With your life? Let me ask you this then officer. Do you have a room where you change your clothes in preparation for your daily duties?"

A: "Yes sir, we do!"

Q: "And do you have a locker in the room?"

A: "Yes sir, I do."

Q: "And do you have a lock on your locker?"

A: "Yes sir."

Q: "Now why is it, officer, if you trust your fellow officers with your life,

you find it necessary to lock your locker in a room you share with these same officers?"

A: "You see, sir--we share the building with the court complex, and sometimes lawyers have been known to walk through that room."

The courtroom erupted in laughter, and a prompt recess was called. The officer on the stand has been nominated for this year's "Best Comeback" line . . . and we think he'll win.

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## 7. Websites

A. What happened to all that stuff that was supposed to change our lives; e.g., by the year 2000? You can now see for yourself by clicking: <http://www.RetroFuture.com>

I got a special kick out of reading about Smell-O-Vision, having actually seen POLYESTER back in 1981 and gotten the chance to get a whiff of dirty socks.

And isn't it sooooo true that can history repeat itself? The episode of MY NAME IS EARL, airing on May 3 at 8 p.m. on May 3, will feature a scent-sational experience that can be enhanced by use of a card that can be found in the April 30-May 6 issue of TV GUIDE.

B. For a collection of classic songs, please click: <http://www.jhegarty.com/sounds/music.htm>

As I type this, I'm currently listening to Dean Martin's "Memories Are Made of This" and when that is over, I'll check out "Greenfields" (what a great song title!), "All I Have to do is Dream" and some 40 other tunes.

The sound quality is excellent.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click: <http://www.blainesworld.net>

For a look of books I've reviewed (and enjoyed, for the most part), go to "Blaine's Best" on the left, then the second part of letter "O" . . . if you'd like to help me go even higher on the list of amazon.com reviewers, look up any book I've recently reviewed by clicking:

<http://www.amazon.com>

Find a book I've recently reviewed; e.g., the excellent DON'T RETIRE, REWIRE! by Jeri Sedlar and Rick Miners--all about helping you decide what you should do upon retirement from your present job . . . click customer reviews and when you find mine, probably at or near the top, read it . . . when asked whether my review was helpful, say "yes" if you feel that it was.

For your information, I'm presently a "Top 500 Reviewer" (ranked #353) with 3,119 helpful votes of the 614 books I've reviewed.

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## 8. Computer tip

### How to forward email (IMPORTANT!)

A friend who is a computer expert received the following directly from a system administrator for a corporate system. It is an excellent message that ABSOLUTELY applies to ALL of us who send e-mails. Please read the short letter below, especially if you know somebody who doesn't follow proper procedures--then forward this to them.

Do you really know how to forward e-mails? 50% of us do; 50% DO NOT.

Do you wonder why you get viruses or junk mail? Do you hate it?

Every time you forward an e-mail there is information left over from the people who got the message before you, namely their e-mail addresses & names. As the messages get forwarded along, the list of addresses builds, and builds, and builds, and all it takes is for some poor sap to get a virus, and his or her computer can send that virus to every e-mail address that has come across his computer. Or, someone can take all of those addresses and sell them or send junk mail to them in the hopes that you will go to the site and he will make five cents for each hit. That's right, all of that inconvenience over a nickel

How do you stop it? Well, there are several easy steps:

1. When you forward an e-mail, DELETE all of the other addresses that appear in the body of the message (at the top). That's right, DELETE them. Highlight them and delete them, backspace them, cut them, whatever it is you know how to do. It only takes a second. You MUST click the "Forward" button first and then you will have full editing capabilities against the body and headers of the message. If you don't click on "Forward" first, you won't be able to edit the message at all.
2. Whenever you send an e-mail to more than one person, do NOT use the To: or Cc: fields for adding e-mail addresses. Always use the BCC: (blind carbon copy) field for listing the e-mail addresses. This is the way the people you send to will only see their own e-mail address. If you don't see your BCC: option click on where it says To: and your address list will appear. Highlight the address and choose BCC: and that's it, it's that easy. When you send to BCC: your message will automatically say "Undisclosed Recipients" in the "TO:" field of the people who receive it.
3. Remove any "FW :" in the subject line. You can re-name the subject if you wish or even fix spelling.
4. ALWAYS hit your Forward button from the actual e-mail you are reading. Ever get those e-mails that you have to open 10 pages to read the one page with the information on it? By Forwarding from the actual page you wish someone to view, you stop them from having to open many e-mails just to see what you sent.
5. Have you ever gotten an email that is a petition? It states a position and asks you to add your name and address and to forward it to 10 or 15 people or your entire address book. The email can be forwarded on and on and can collect thousands of names and email addresses.

A FACT: The completed petition is actually worth a couple of bucks to a professional spammer because of the wealth of valid names and email addresses contained therein. If you want to support the petition, send it as your own personal letter to the intended recipient. Your position may carry more weight as a personal letter than a laundry list of names and email address on a petition. (Actually, if you think about it, who's supposed to send the petition in to whatever cause it supports? And don't believe the ones that say that the email is being traced, it just ain't so!)

6. One of the main ones I hate is the ones that say that something like, "Send this email to 10 people and you'll see something great run across your screen." Or, sometimes they'll just tease you by saying something really cute will happen. IT AIN'T GONNA HAPPEN!!!! (Trust me, I'm still seeing some of the same ones that I waited on 10 years ago!) I don't let the bad luck ones scare me either, they get trashed. (Could be why I haven't won the lottery??)

7. Before you forward an Amber Alert, or a Virus Alert, or some of the other ones floating around nowadays, check them out before you forward them. Most of them are junk mail that's been circling the net for YEARS! Just about everything you receive in an email that is in question can be checked out at Snopes. Just go to:

<http://www.snopes.com/>

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9. Top ten things I learned from AMERICAN IDOL  
(presented by Sanjaya on 4.23.07 on David Letterman's LATE SHOW)

10. The camera adds ten pounds to your mohawk.

9. Work hard and make sacrifices, you can finish in 7th place.

8. It's very important to "keep it real, dawg."

7. I should have gone for the Immunity Idol -- oh wait, that's SURVIVOR.

6. On-camera Simon is a bit nasty, but off-camera, he's a total jerk.

5. Voting for yourself 100 times an hour causes some wicked carpal tunnel.

4. When you forget the words, just do this (Sanjaya belts out, "OHHHHHHH").

3. Honestly, I thought I was auditioning for ARE YOU SMARTER THAN a 5TH GRADER?

2. Nothing

1. America loves performers with bad hair--right, Dave?

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10. A quote I like

Please give away so much value that you think you've given too much and then give more. I had a friend in college who, when he ordered his hero sandwiches, would say, "Put so much mayonnaise

on it that you think you've ruined it, and then put more." Gross, I know (I believe that he has since stopped eating his sandwiches that way and his arteries are thanking him), but adding value is not a dissimilar experience.--Michael Port in BOOK YOURSELF SOLID (see also Sections 2, 4C and 11)

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## 11. Thought for the day

When I REALLY liked a book, I'll mention it four separate times in this newsletter . . . this is the case with BOOK YOURSELF SOLID (see also Sections 2, 4C and 10) by Michael Port, in that I'd now like to share still another passage with you; it follows:

It's time to stop thinking about selling as a canned presentation that influences or manipulated someone. The selling process is more about your clients and less about you. If you are selling properly, here's all you really need to do:

- \* Ask more questions than you answer.
- \* Listen more than you speak.
- \* Consider the needs and desires of your potential clients before considering your own.
- \* Keep the conversation positive and empowering.

MY TWO CENTS:

The above is good advice that can be applied to countless non-selling situations . . . in particular, if you're attempting to start and/or maintain a relationship, methinks you'll benefit by following Port's advice.

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## 12. Advance planning department

A. Natalie in Pennsylvania:

Cris Groenendaal, the third Phantom of the Opera on Broadway and his wife, conductor of Cats, Sue Anderson will present an evening of Broadway music on Friday, April 27, 7:30 p.m. in the Library Auditorium of Bucks County Community College.

Tickets are \$10.00 and can be purchased through Natalie Kaye, 215.579.1836 or online at:

<http://www.bucks.edu/cultural>

They are also available in the Student Life office. For anyone who loves the music of Broadway, this is a must-see.

B. You're invited by yours truly; i.e., me:  
To have a chance to win \$500!

I'm speaking on Wednesday, May 2, at 8 a.m. to the Women's Business Forum. The location is the James Lorah House in Doylestown, located at the corner of Broad and Main--next to the courthouse parking entrance on Broad (the best place to park).

Topic: "Differentiating Yourself in the Marketplace."

No pre registration necessary; all are welcome!

C. Jean in Pennsylvania:

Come to "Go, Dana! Family Fun Night" on May 11

As 10-year-old Dana Demsko bravely battles leukemia, show your support at "Go, Dana! Family Fun Night" on Friday, May 11, from 7 to 10 p.m. at the Newtown Athletic Club. For just \$40 a family, enjoy refreshments, swimming, activities, games, a talent show, and contests throughout the NAC, located at Penns Trail and the Newtown Bypass. There will also be a basket raffle and silent auction, with items such as an original Craig Hackett watercolor, an overnight stay and brunch at the Temperance House, and a Philly Fan Sports Package. All proceeds help the Demsko family through this difficult time.

To register, call the NAC program desk at 215.968-0600, ext. 12. Hope to see you there!

D. Cynthia in New Jersey (see also Section 1A):

\* Move your Body classes every first and third Saturday of the month at 1:30 p.m., so next ones are on May 5 and 19.

No charge, but love donations to the Princeton Center are always appreciated.

Location:

Princeton Center for Yoga and Health  
Montgomery Professional Center  
50 Vreeland Drive Suite 506--off Route 206  
Skillman, New Jersey

For more information:

<http://www.princetonyoga.com>

609.924.7294

\* Move your Body classes at night on May 17, 24 and 31 from 7-8:15 p.m.

Cost: Just \$5 per person.

Location:

Capitol Health Systems  
1445 Whitehorse-Mercerville Rd.  
Hamilton, New Jersey

For more information:

<http://www.capitolhealth.org>

609.394.4512

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PS. Lest you forget: Administrative Professional's Week is celebrated from April 22-28, and Wednesday marks Administrative Professionals Day (formerly called Secretary's Day) . . . if you're fortunate to be working with any individuals who do this kind of work, make sure you recognize them for all their tireless

efforts of your behalf . . . for more information, please click:  
<http://www.holidayinsights.com/other/secretary.htm>

Also, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#550

4.16.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I are pleased to report that your good wishes, prayers and cards are working . . . my mother only wanted to get out of her rehab center, so we had her brought home and provided 24-hour care for her . . . the first few days were a bit rough, but shortly thereafter, she started making progress . . . she's now even back to smiling!

B. On Saturday, we went with friends to dinner at Hong Kong Pearl (215.949.1233) in Levittown, PA . . . the food there is excellent, and you know you're in for a treat because there's usually a wait to get seated . . . Cynthia and I shared our two dishes: steamed fresh vegetables with sauce on the side and chicken with cashews.

From there, we went to a production of GEORGE M!, being put on by the Neshaminy Valley Music Theater . . . the entire troupe did a bang-up job with this musical account of the life of legendary showman George M. Cohan, and we particularly appreciated the enthusiasm of all the performers . . . Michel Zweig shined as Cohan . . . we enjoyed seeing Chic and Joni Dowburd (see Section D for more information about them) acting and dancing up a storm . . . in addition, Bob Davidson did a fine job in one of the roles; he was my daughter Risa's Hebrew teacher when she went to religious school . . . . . and costuming by Joanne Urquhart, who also appeared as Fay Templeton, was excellent.

You can still catch performances on April 20 and 21 at 8 p.m. at Neshaminy High School in Langhorne, PA and on April 21 at 2 p.m. . . . ticket prices are \$18 for adults; \$12.50 for children/students under 18 with a special \$12.50 price for senior citizens at the matinee on April 21.

Performances are at the Bucks County Playhouse in New Hope on April 27 and 28 at 8 p.m. and on April 29 at 2 p.m. . . . ticket prices are \$20 for adults; \$12.50 for children/students under 18.

All seats are reserved . . . for more information, call 215.364.4999.  
Tickets will be available at the door and via online at:  
<http://www.ticketleap.com>

On Sunday, we went to the home of my friend and colleague Dee in Pennsylvania who put together a delightful retirement party for my friends Barry Sysler and Earle Meyers (both of whom are retiring from Bucks County Community College at the end of this spring semester) . . . we got a kick out of hearing stories about the both of them told by all those in attendance.

I mentioned all the help Earle has given me with the Union and how he made life easier for me by presenting me with something to utilize for whenever the BCCC president, Jim Links, gave me a hard time; i.e., my very own button to push . . . Barry actually helped pave the way for my life with Cynthia, in that several years ago, we sat down over dinner and he went on and on about how happy he was with Jodi as his wife . . . I saw for the first time that such an existence was possible and shortly thereafter, found it.

See below for a picture of several of the happy crowd:



(L-R: Blaine, B.J. Duffy, Dee Jones, Scott Bradshaw, Joan Hughes, Gene Fox, Barry Sysler, and Earle Meyers; photo taken by Walter Weeks)

C. I've mentioned before how you can find many excellent programs at local colleges and universities, as well as at public and parochial schools in your area . . . they are often for free or at very low cost . . . these include films, speakers, shows, and a whole range of other activities . . . to find them, check your local paper or visit websites of the nearby institutions.

Bucks County Community College is blessed to have Natalie Kaye (see also Section 12B), coordinator of the Women's Center, arrange many such events . . . just last week, she brought filmmaker, actress, writer, and producer Fay Ann Lee on campus to talk about her soon-to-be-released movie FALLING TO GRACE.

I was fortunate enough to be able to attend this most informative presentation . . . afterwards, we all got to see Lee's romantic comedy about the cultural complications that occur when an Asian-American woman realizes her Cinderella fantasy

by dating one of Manhattan's most eligible bachelors.

Lee wrote the script for the movie and starred as Grace, a female Wall Street whiz with a Chinatown background . . . she was simply charming, as was the film . . . look for it in the theaters!

D. WHO WOULD HAVE THUNK? You're now reading the 550th issue of this newsletter, which means it has been in publication for well over 10 years . . . for those who may have joined late as a subscriber and/or just recently:

BLAINESWORLD is a weekly missive that contains some jokes, hopefully not too risqué; websites; reviews, etc. . . . you do NOT ever have to read the whole issue; i.e., unless you want to . . . typically, it is broken down as follows:

Section 1: General reflections on things happening in my life, some of which you may be able to apply to yours.

Section 2: Information that hopefully will be of use.

Sections 3, 6 and 9: Jokes or material of a humorous nature.

Section 4: Reviews of movies and books.

Section 5: Programs you might want to watch on TV.

Section 7: Websites, typically of an unusual nature.

Section 8: A weekly computer tip.

Section 10: A quote I like.

Section 11: Something to think about.

Section 12: Notice of upcoming events that are generally open to the public.

For BLAINESWORLD to work best, your participation is both requested and appreciated . . . feel free to send me anything you think others might like to see . . . I especially welcome jokes that may be new to you (that you have not seen repeatedly on the Internet) . . . the same applies to websites, computer tips, etc. . . . as I tell my students, if I give you a buck and you give me a buck, we each have one dollar . . . however, if I give you an idea, joke, website, or computer tip that haven't seen, and you give me one back, we each have two . . . your best bet to reach me is via email: [bginbc@aol.com](mailto:bginbc@aol.com) . . . please make sure you put something in the subject line that tells me what you're writing about; e.g., suggestion for an upcoming issue.

There are now some 780 BLAINESWORLD subscribers and new ones are always welcome, so feel free to share it with your friends, relatives and colleagues--and encourage them to subscribe as well . . . all they have to do is go to this website and see the information at the bottom (under Special Offer):

<http://www.blaineworld.net>

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

This week, it goes to Chic and Joni Dowburd--longtime friends

who are now appearing in GEORGE M! (see also Section 1D) . . . this was the first time they've appeared together on stage, and they both performed with great aplomb . . . and talent, too . . . like everybody else involved in the production, they spent countless hours in rehearsal . . . their efforts certainly paid off, and I look forward to seeing them in whatever show they next appear . . . in the meantime, you can see them both in the Time Life Malt Shop Informational appearing on many local TV stations.

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## 2. FYI

People tell me they have to watch the daily news to "keep current." My definition of "keep current" is "stay negative." All news is negative. Constant exposure to daily negative news can possibly have a positive impact on your life. The Internet will give you all the news you need, in about a minute and a half. That will free up time that you can devote to yourself and your positive attitude.

Think about it this way: If you watch the news an hour a day, that's 15 full 24-hour days of negative each year.

1. How important is the news to your success?
2. What can you do with that time to build YOUR LIFE, instead of your storehouse of useless knowledge?

Do you affect the news or does it affect you? This is a key phrase to determine whether something will positively impact you. If you can't affect it in some way or another, the best thing to do is stay away from it.

SOURCE:  
JEFFREY GITOMER'S LITTLE GOLD BOOK OF YES! ATTITUDE  
(see also Sections 4C, 10 and 11) by Jeffrey Gitomer

FYI, part 2

\* Dan in New Jersey and author of the excellent NATURAL CAUSES: DEATH, LIES AND POLITICS IN AMERICAN'S VITMAIN AND HERBAL SUPPLEMENT INDUSTRY (reviewed in BLAINESWORLD #543):

[In response to a follow-up email I sent to him about the above]  
If one trusts scientists to put a rocket into space, to build a bridge, to make a cellphone that allows you to talk to someone on the other side of the planet or to figure out how it's possible for me to sit here in my kitchen and type on a laptop keyboard that will send you a message, then why not trust scientific tests of whether or not a drug works.

Homeopathic products have never been shown to work. They are based on a truly loopy, non-scientific idea, developed in the mid-19th century, that you can cure an illness by giving the body a teeny-tiny amount of something that should cause the same kind of symptoms as your illness. By "teeny tiny," that means it's diluted to the point where the

laws of physics say it should be undetectable, that is, nothing's left. No credible studies have ever shown that a homeopathic product can cure any illness, and it would be bizarre if a study did show that. Of course, scientists are always open to "bizarre" findings, or else there would never be any progress. But they're convinced by proof, not by a neat-sounding theory, which is all that homeopathy ever was.

One peculiar part of the homeopathy story, however, is that U.S. poison control centers get thousands of phone calls every year from people who took a homeopathic product and either had a bad reaction or else just mistakenly took too much and are worried. People get hospitalized from reactions to these products.

So they definitely do not work, and they occasionally (very rarely) cause bad reactions.

But as Sponge Bob would say, "Good luck with that!"

PS. Another way of putting it: Would you ever fly on an alternative airplane, built by alternative flight engineers, piloted by a complementary and alternative pilot, all of whom believe not in the rules of physics but in alternative aerodynamics?

\* Poonam in Pennsylvania:

Yes, the movie [THE NAMESAKE, reviewed in BLAINESWORLD #548] is very well done. The acting is good.

I always liked Tabu. It was nice and short, but still portrayed the struggle, etc. very well. Like you said, it was sad but funny.

I can relate to some of the feelings very well regarding the parents and life one leaves behind. Like in the movie, our friends are the family we leave behind. Now for me Newtown is home.

\* Lorraine in New Jersey:

Saw your picks on your website regarding Travel.

My company is partnered with Travelocity for our booking engine, but we have something that Travelocity doesn't . . . we give the opportunity for individuals to have their own booking sites with Travelocity's own booking engine.

In essence, you can become a homebased travel agent complete with industry credentials!

Whether someone is a travel junkie and wants to take advantage of the industry perks, upgrades and discounts, or someone is looking to make a part time income being the travel agent for family, friends, groups, get the tax benefits of a home-based business and get their vacations for less, or for the businessperson making a career change and helps us market these sites for larger income returns, we have a brilliant, win/win opportunity.

Most of all, Blaine. It is so simple. So inexpensive. So addictive.

We sell the same thing as Hilton, Sandals, Royal Caribbean . . . with no extra add-on premiums. People order their travel online (Travelocity and Expedia), so they order travel on our website with the same booking engine....and make doing so. In addition, there's access to all the insider professional and the tax benefits.

Check out our booking site:  
<http://www.olatravels.com>

Check out our presentation:  
<http://www.presentingytb.com>

Then call and/or write us:  
(609) 730-8388  
olatravels@gmail.com

\* Janet in New York:  
Continued love and healing to your Mom. Good to have her out of the facility she is uncomfortable in. They are set up to help after surgery, yet can be depressing

My 80 year-old Mom had surgery last fall in Tennessee, and I was fortunate to be able to work from her home to be with her for a week. It helped tremendously when she had different professionals come to help each day for weeks and happy to be in her own home. . . .

Thanks for your weekly newsletter and community and personal support.

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### 3. Twins

A man was taking his wife, who was pregnant with twins, to the hospital when his car went out of control and crashed. Upon regaining consciousness, he saw his brother, a relentless world-class practical joker, sitting at his bed side.

He asked his brother how his wife was and his brother replied, "Don't worry, everybody is fine, and you have a son and a daughter. But the hospital was in a real hurry to get the birth certificates filed and since both you and your wife were unconscious, I named them for you."

The husband was thinking to himself, "Oh no, what has he done now?" and said with trepidation, "Well what did you name them?"

The brother replied, "I named the little girl Denise."

The husband, relieved, said, "That's a very pretty name! What did you come up with for my son?"

The brother replied, "Denephew."

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### 4. Reviews

A. BLADES OF GLORY is a goofy comedy that had me laughing from the very first scene . . . it is the tale of two male ice-skaters who when banned from competition for fighting with each other, team up to make a comeback in the pair-skating program . . . Will Ferrell and Jon Heder are equally funny as the two main characters, and I also liked Craig T. Nelson--and how come you don't see him more often?--as their coach . . . rated PG-13.

B. FREEDOM WRITERS is now out in DVD format . . . my review from BLAINESWORLD #537 follows:

Loved FREEDOM WRITERS, a real-life story of high school teacher Erin Gruwell (Hilary Swank in a great performance) who inspires her at-risk students to change their lives via a writing project. . . it moved me and made me, as well as the others in the audience, want to applaud at the end . . . this is a film that you won't want to miss; encourage others to see it, too . . . teenagers and their parents will do well to see it together . . . Cynthia and my mother also enjoyed it . . . and even if you're not a fan of rap music, much of what's contained you'll appreciate . . . rated PG-13.

C. Jeffrey Gitomer knows how to write about selling . . . I've read and enjoyed two of his other books--THE LITTLE RED BOOK OF SELLING and THE SALES BIBLE . . . in each instance, I found myself taking copious notes . . . that's always a good sign; i.e., it shows there is something that I wish to retain and/or share with others.

The same thing happened when I devoured JEFFREY GITOMER'S LITTLE GOLD BOOK OF YES! ATTITUDE (see also Sections 2, 10 and 11) . . . it took me just a few hours to read, but that's misleading in that after I finished, I had to go back to revisit much of it . . . and I'm sure I will continue to do so in the future, in that it is that good.

Perhaps most importantly, Gitomer got me to think about what's important in life . . . for example, when feeling down, he advises that all you need to do is:

Visit a children's hospital or help someone less fortunate than you. Get comfortable with the plight of others, and feel good about the minuteness of your problems compared with theirs.

I also liked his advice on how to find out about the weather: Poke your head outside in the morning. It's a lot more accurate than the weather guy.

The above might seem basic, but if you're like me, you need to be reminded of it every so often . . . likewise, Gitomer urges you to think the following when it comes to making money:

Most people get into a career to "make money." There could not be a worse reason to enter a profession. The best way to amass a lot of money in a career is to earn it.

And, also, I liked the author's shortest goal lesson in life: Post your goals (in front of your face) on your bathroom mirror, and say them twice a day. Once achieved, post your accomplishments on your bedroom mirror so you can start each day by looking at your success.

Lastly, Gitomer constantly offers readers the opportunity to gain even more from his book by references to his website . . . one free offer promises you his collection of personal quotes for your personal inspiration . . . please excuse me while I go get that now.

D. HOW TO WIN FRIENDS AND INFLUENCE PEOPLE by

Dale Carnegie was first published in 1937 . . . it has sold over 15 million copies since then and, amazingly, is as relevant as it ever was.

I first read it as a college undergraduate back in, well, let's just say way back when . . . since then, I've made it a point to reread it at least once every ten years . . . just recently, I had the opportunity to hear a recorded version for the first time . . . and while I'm glad I did, I now find myself wanting to go back and revisit the print copy because I couldn't take all the notes that I wanted to (since I was driving).

Carnegie makes many points that left me shaking my head every time I hear them . . . they make sense and I often wonder to myself: How come I don't do follow his advice more often?

His use of real-life examples and famous people (running the gamut from Abe Lincoln to Al Capone) also helps drive home his material.

Essentially, his advice can be broken down into four main sections that are presented in the book . . . they are as follows:

Fundamental Techniques in Handling People, including:

"Give people a feeling of importance; praise the good parts of them."

Six Ways to Make People Like You, including:

"Remember that a man's name is to him the sweetest and most important sound in any language."

Twelve Ways to Win People to Your Way of Thinking, including:

"Show respect for the other person's opinions. Never tell someone they are wrong."

And Nine Ways to Change People Without Giving Offense or Arousing Resentment, including:

"Ask questions instead of giving direct orders."

Now if I can just remember even some of these idea when we negotiate our next contract at the college where I teach, I'll be all set . . . in the meantime, I'll make sure to reread HOW TO WIN FRIENDS AND INFLUENCE PEOPLE . . . I encourage you to do likewise, and at the same time, buy a copy and then share this timeless classic with somebody else (possibly younger) who could also benefit from it.

This fine program is available for purchase or rental . . . if you want to get it, please click:

<http://www.achievementlibrary.com>

Above is the tape rental club I belong to; i.e., the Achievement Tape Library . . . this a great way to hear CDs and/or audio cassette tapes, view videos, etc.--all for a fraction of what it would cost to buy them . . . call the head of the firm (Paul Arroyo) directly at 1.800.735.3660 and mention my name . . . that way, you'll be sure to pay even higher prices . . . NOT.

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A. I haven't previously been watching HUSTLE, but the fourth season's opener looks like a winner . . . Robert Vaughn and Co. relocate to America where they attempt sell the Hollywood sign to a corrupt businessman played by Robert Wagner . . . Wednesday at 10 p.m. on AMC.

B. EDDIE IZZARD: GLORIOUS features THE RICHES star at his cross-dressing, free-associating best . . . Saturday at 9:55 p.m. on BBC AMERICA.

C. 20/20 has Diane Sawyer discussing "Planet Earth: Seven Ways to Save the World," a look at critical environmental problems and the innovative solutions currently practiced on different continents . . . Friday at 10 p.m. on ABC.

D. JUMP THE SHARK is an hourlong special that looks at how a great TV series can be torpedoed by one critical misstep . . . the term first came about when Fonzie on HAPPY DAYS jumped over man-eating sharks while on water skis . . . Sunday at 8 p.m. on TV GUIDE CHANNEL.

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### 6. Lunch break

During my lunch break one day at work, a person at the next table sneezed.

"In my culture, if you sneeze once, that means someone is missing you," my Chinese friend Lin told her. "If you sneeze twice, someone's saying nasty things about you behind your back. And if you sneeze three times, someone is speaking kindly about you."

"What if you sneeze four times?" asked the person who had sneezed.

"That," said Lin, "means you've caught a cold."

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### 7. Websites

A. When formatting something for publication on the Internet, it is best to use 60-65 characters per line . . . to make life easier for you, all you need to do is click:

[http://www.web-source.net/format\\_text.htm](http://www.web-source.net/format_text.htm)

This online text formatter means you won't have to count each character and/or place a hard carriage return at the end of each line . . . will this make life easier for you; for me, too!

B. For a lovely rendition of the song "One Boy, One Girl," please click:  
<http://www.blueyze.com/1boy1girl.html>

This website is best viewed if you have your sound turned on as you read the accompanying words.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

THANKS to Lori, my fantastic webmistress, you'll now be able to get more information about Cynthia and her dance programs . . . on the left of the homepage, you'll see "About Cynthia" . . . please click to read more, then make sure to stop by for updates.

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#### 8. Computer tip

For hotel discounts, one good source to check is:

<http://www.hotels.com>

In addition, you might want to check out any and/or all of the following:

<http://www.hotelcoupons.com>

<http://www.travelcoupons.com>

<http://www.destinationcoupons.com>

What I typically do: Check [travelocity.com](http://travelocity.com) or [expedia.com](http://expedia.com), then see if I can beat the price at one of the above websites.

MR. CURIOUS HERE:

Might you have any other suggestions for hotel/motel rooms, in general, or travel (overall)? If so, please share them with me. That way, I can then let others know this information too.

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#### 9. Management Communications 101: Memoranda for Management

In large companies, it's obviously important that memoranda contain lots of important buzzwords. What the memos actually say isn't particularly important; if it were really important, someone would discuss it in person or by email.

In writing these memoranda, please remember the importance of these buzzwords.

#### BUZZWORDS FOR MANAGERS

COLUMN I	COLUMN II	COLUMN III
-----	-----	-----
0. integrated	0. management	0. options
1. heuristic	1. organizational	1. flexibility
2. systematized	2. monitored	2. capability
3. parallel	3. reciprocal	3. mobility
4. functional	4. digital	4. programming
5. responsive	5. logistical	5. scenarios
6. optional	6. transitional	6. time-phase
7. synchronized	7. incremental	7. projection
8. compatible	8. third-generation	8. hardware
9. futuristic	9. policy	9. contingency

The procedure is simple. Think of any three-digit number, and then select the corresponding buzzword from each column.

For instance, number 257 produces "systematized logistical projection," a phrase that can be dropped into virtually any report with a sincere ring of decisive, knowledgeable authority. No one will have the remotest idea of what you're talking about, but the important thing is that THEY ARE NOT ABOUT TO ADMIT IT!

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10. A quote I like

The main reason people rain on my parade is because they have no parade of their own.--Jeffrey Gitomer in JEFFREY GITOMER'S LITTLE GOLD BOOK OF YES! ATTITUDE (see also Sections 2, 4C and 11)

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11. Thought for the day

When I REALLY like a book, I use it four times in the newsletter . . . as you can see by the following passage, that's the case with JEFFREY GITOMER'S LITTLE GOLD BOOK OF YES! ATTITUDE (see also Sections 2, 4C and 10) by Jeffrey Gitomer:

What's your attitude when you describe a person?

When someone asks you, "What do you think about Bill?" do you give your opinion in negative terms - what Bill can't do - or where Bill falls short?

On rare occasions, you might have nice things to say at the beginning, followed by the word BUT. And but is the downside. "He's a great guy, but he drinks too much."

People put others down to build themselves up. This is known as limited self-image through the third person. "I believe I'm better than Bill; therefore, I can put Bill down."

Key Awareness: You've been doing it for years - so many years that you do it automatically. I'm going to ask you to think about how you describe others in their absence versus how you might describe them if they were in your presence. One usually gives negative traits in their absence, but would almost never say the same thing in their presence. My rule is real simple: If you wouldn't say it to their face, why would you say it behind their back?

This is a very important part of attitude awareness because it brings to focus how much negativity and how much negative talk is really in your life. This is only one example.

"If you have nothing nice to say about someone, say nothing."  
Florence Gitomer 1915-1986 (my mother)

12. Advance planning department

A. Cynthia (see also Section 1A):  
TREASURE YOURSELF

A Woman's Circle of Discovery and Adventure  
with Janet StraightArrow and Cynthia Greenfield

Saturday, April 21 (rescheduled from March 17 when it  
had to be postponed because of the snow)

12:30 p.m.-4:30 p.m. at Princeton Center for Yoga  
50 Vreeland Drive, Suite 506, Skillman, NJ 08558

609.924.7294

For directions, please click:

<http://www.princetonyoga.com>

Cost: Free. Love donations accepted for the rental space.

Bring your little girl self and wise woman self. Be ready for mystery,  
magic and fun! Woman of all ages welcomed and appreciated!

B. Natalie in Pennsylvania (see also Section 1C):  
Cris Groenendaal, the third Phantom of the Opera on Broadway and  
his wife, conductor of Cats, Sue Anderson will present an evening  
of Broadway music on Friday, April 27, 7:30 p.m. in the Library Auditorium  
of Bucks County Community College.

Tickets are \$10.00 and can be purchased through Natalie Kaye,  
215.579.1836 or online at:

<http://www.bucks.edu/cultural>

They are also available in the Student Life office. For anyone who  
loves the music of Broadway, this is a must-see.

C. Jerry in Pennsylvania:  
Monday April 30th FREE Financial Seminar at Pippo's (primarily  
for singles, but others are welcome), 765 Second Street  
Pike, Southampton, PA

6:30-8:30 p.m.

Who says there no such thing as a free lunch? We'll do one  
better . . . how about a FREE DINNER at Pippo's Italian Restaurant  
with some great free financial advice from Charter Financial Consultant  
Jerry Gross, MBA, CLU, ChFC.

You must be registered for this event to attend. Learn the answers  
to questions like: Are your investments a reflection of your future goals?  
Is your IRA set up properly? Are you paying too much in tax? And  
much,much more!

Call Jerry Gross at 215.355.4544 to register.

D. Adrienne in Pennsylvania:  
HOLD THIS DATE:

On Friday, June 8, from 6:30 – 9:30 p.m., the Bucks County Community College Foundation will be hosting Tyler Tasting's 19th annual premier food and wine tasting event, along with musical entertainment and a silent and live auction at the Newtown Campus.

New in 2007: In addition to sampling food from Bucks County's finest restaurants, guests will also have an opportunity to sample some of the "Greatest Beers of the World" presented by Gretz Beer Company. Beers such as Rogue, Victory, Michelob, Newcastle, Moretti, Paulaner, Carlsberg Jacobsen, Grolsch, and Warsteiner will be available. Another new vendor this year is Southern Wine and Spirits Portfolio. For your pleasure, they will be serving Absolute, Cruzan, Sauza, the Jim Beam Family, and Starbucks.™

A new and exciting auction item this year: Chef Barry Sexton, who assists Chef Robert Irvine on the Food Network's "Dinner: Impossible," show will prepare dinner for 12-18 people.

For more information or to order tickets, call 215.968.8224 or send an email to: [foundation@bucks.edu](mailto:foundation@bucks.edu)

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace soon resumes in Israel . . . also, make it a great week!

And if you read this on or before Tuesday, make sure you visit this website to find out where you can get celebrate Ben and Jerry's Free Cone Day: <http://www.benandjerrys.com/index.cfm>

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#### SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

Blaine Greenfield  
19 N. Kaufmann Stone Way  
Biltmore Lake, NC 28715  
Phone : 828.633.1049

Contact Us at [bginbc@aol.com](mailto:bginbc@aol.com)  
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# BLAINESWORLD

BLAINESWORLD

# 549

4.9.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I have always liked Yogi Berra's classic advice about going to funerals . . . he said, in essence: the more you go to, the more folks will attend yours.

I mention that because it is one thing to like the advice; it is another thing to follow it . . . we try to, which reminds me that we are going to too many as of late.

Just this past week, we attended the service for the mother of one of Cynthia's friends, and I then learned about the death of the mother of one of our good friends.

Our goal this coming week--make that month--even better, year--is to NOT have to attend any more such events.

Offsetting the aforementioned news was that we had some good things happen . . . on Monday, we attended a lovely Passover seder hosted by my cousins Grace and David . . . we got a particular kick out of seeing many of my other cousins and their respective children and grandchildren.

Then, possibly because of everybody's good wishes (and the many cards you have so graciously sent), my mother is making some degree of progress in her recovery from an operation for lung cancer . . . she is also complaining about the rehab facility, which dome to think of it, might be a good sign; i.e., that she wants to get home . . . we are hopeful that this might soon happen.

B. About two months ago, I reported that a can of Diet Pepsi had exploded when left overnight in Cynthia's car . . . it created a real mess and, as a result, I learned from the folks at Pepsi that cans should not be stored overnight in cold conditions (though it does say "store in a cool place" on the can) . . . I was also told the same thing for the summer; i.e., not to store cans

in a warm place.

We thought nothing of it until just recently, we started having problems with Cynthia's car . . . turns out that it would not shift out of park . . . we wound up having to replace the shifter assembly, a rather expensive repair.

That said, we were very pleased with the service that was done on the car by Somerset Nissan (908.722.3600, ext. 211) in Somerset, NJ . . . they took our car in on short notice, diagnosed it properly, kept us apprised exactly of what was happening, and got it repaired in a timely fashion.

We were also impressed by the fact that our car was also washed for us when we picked it up . . . Cynthia kidded with the service consultant, a very helpful Tom Lewis, that for those prices he should have also had the inside of the car licked clean . . . Tom didn't go quite far, but when I half kiddingly asked for a coupon to have my car washed too, he gave me one with a smile . . . as a result, we'll definitely be back to this dealership for future repairs.

C. CONGRATULATIONS to Lynn Bntliff, a BLAINESWORLD reader and administrative assistant, associate degree nursing programs at Bucks County Community College.

Lynn has been chosen as the College nominee for the annual YWCA "Salute to Women Who Make a Difference" award. Lynn's contributions to her department, the campus community and the community at large are recognized by this selection.

She will honored at an awards dinner to be held on May 10.

D. Short notice department:

In the unlikely event you don't BLAINESWORLD from top to bottom, I'm including the following invitation here; e.g., if you're around this week and would like to hear/meet me:

Career Services is hosting a "Getting Your Foot in the Door" job search workshop at Bucks County Community College in Tyler 128 on Thursday, April 12 from 5:30 p.m. to 9:00 p.m. This workshop is open to all members of the community and will address all aspects of conducting a successful job search.

Yours truly is doing the very first session at around 5:45 on "Networking" . . . I'd love to have you join me, even if you can't stay for the whole evening.

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

This week, it goes to Dr. Beth DuPree--medical director and chief executive of the Comprehensive Breast Care Institute at DSI Bucks County in Bensalem, PA, the first comprehensive breast care hospital in the United State.

This magnificent facility is now up and running . . . surgeries are slated to begin next week.

Dr. DuPree believes that using a holistic approach to healing a patient is extremely important. It is her position that marrying both holistic therapies with state-of-the-art, leading-edge technology can lead to better outcomes—even

in people with life-threatening disease, such as cancer.

She believes that "whatever it takes to help a person find healing and peace within should be an integral part of their treatment process."

Dr. DuPree serves as a member of the Public Relations Committee of the American Society of Breast Surgeons, in addition to serving on the advisory board for The Susan G. Komen Foundation, Gilda's Club and the Young Survivor's Coalition.

Because of her strong dedication to patients with cancer, Dr. DuPree established a non-profit organization called The Healing Consciousness Foundation. This initiative will fund holistic and wellness therapies for women who would otherwise be denied these services, as they are not covered by health insurance.

She has also managed to find the time to write a book entitled THE HEALING CONSCIOUSNESS: A DOCTOR'S JOURNEY TO HEALING (that I reviewed most favorably in BLAINESWORLD #519) . . . for more information about Dr. DuPree, please click: <http://www.comprehensivebreastcare.com/>

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## 2. FYI

If you know you'll be put on hold for twenty minutes when calling your health insurance carrier, or that visits to the DMV or your doctor require long waits, and you take some action to make these delays less annoying (doing a household chore while you're on hold, or bringing a great book to the waiting room), you're bound to feel less scrooged. You knew it was coming, and hey, you were right.

SOURCE:  
DON'T GET SCROOGED (see also Sections 4C, 10 and 11) by  
Richard Carlson

FYI, part 2

\* Carole in New Jersey:  
Any volunteers for Saturday, April 14?

YMCA HEALTHY KIDS DAY [http://www.ymca.net/about\\_the\\_ymca/ymca\\_healthy\\_kids\\_day.html](http://www.ymca.net/about_the_ymca/ymca_healthy_kids_day.html)

For the past few years, the Mercer County Million Mom March Chapter has distributed gun violence prevention materials and provided a kids' activity at the TRENTON AREA YMCA on this day. We will again be doing this from 10:00 a.m.-3:00 p.m. this coming Saturday.

I plan to work at this event. (Help would be appreciated; Free breakfast & lunch!).

I also have found out that other YMCAs in the area are listed as hosting events.

WOULD YOU BE AVAILABLE to work at any of the following branches IF we are permitted to set up a table?

Hamilton, 1315 Whitehorse-Mercerville Road  
Hopewell Valley, 62 S. Main Street, Pennington  
Plainfield, 518 Watchung Avenue  
Princeton, 59 Paul Robeson Place

Please let me know ASAP so that I can make the calls and prepare a schedule. Thank you in advance for our consideration in helping at these worthwhile events.

My email is: [mercermmm@comcast.net](mailto:mercermmm@comcast.net); for more information about Million Mom March, please click:  
<http://www.millionmomsmarch.org>

\* Bonnie in Pennsylvania:  
Your newsletter is wonderful.

Just wanted to share this with everyone if possible:  
Car Show/Flea Market/Car Corral  
Saturday, May 19  
Morrisville Senior Center  
31 East Cleveland Ave.  
Morrisville, PA

Best of show, Top 40, stock and modified, dash plaques, etc.  
Goody bags and door prizes.

Pre-registration, \$10; day of show: \$15. Vendors, \$12, Car Corral, \$15. Informatino: 215.295.0567.

We are sure to have a great time. All are welcome to enter a car or stop in for grilled food and/or funnel cake. We will have raffles, and you you can even get up to sing karaoke if you like.

Also, we are in need of a few volunteers if anyone is interested for photography, set up and clean-up crew.

\* Linda in New Jersey:  
My sister Lois Quigley is a Holistic Health Counselor; she just issued her first newsletter and has a really cool website.

I'm sharing contact information with you just in case there may be something of interest to your readers:

Lois Quigley  
Holistic Health Counselor  
Intrinsic Well Being  
[loisquigley@aol.com](mailto:loisquigley@aol.com)  
phone 215-547-6448 <http://www.integrativenutrition.com/graduates/LQuigley.aspx>

BLAINE'S TWO CENTS:

At the above, Lois makes a generous offer to any reader; i.e., a free initial consultation to discuss your health history, your concerns and goals, as well as what you have always imagined for your life.

To quote her:

This free, one-hour session is a great way for you to get a feel for how I work with clients, and to see if we are a good match. There is no obligation, so I welcome you to consider having this conversation. It could very well be a turning point in your life. Are you in?

\* Jerry in Pennsylvania:

You have any friends who would like to go to work part time for me marketing Gross Financial, say for about 15 hours per week? The person can make up to \$15 per hour easily.

Ideal person: very organized, great phone skills and great presenter.

Contact:

Jerry Gross, MBA, CLU, CHFC

1041 Bustleton Pike, suite 4

Feasterville, PA 19053

215-355-4544...Fax 215-355-3676

cell: 215-518-5578

<http://www.jerrygrossfinancial.com>

\* Terry in Texas:

Blaine, thank you for sending me your newsletter. It's jam-packed to keep and review through time.

Please click: <http://www.fbcc.org/AngelFoodMinistries/>

It is open to everyone (no limits on number of "units" you can order ), and it is a tax write off for food distributors. It is currently in 32 states, and I'm receiving my first order at the end of this month.

\* Freddie in New Jersey:

Perhaps you can mention the following website; it's a cool place to go if you are into message boards . . . it's FREE, of course . . . please click:

<http://www.nedthetoothpick.com>

Over 9,000 topics; ver 1,100 members. No spam of popups.

Just a regular, very active message board with almost a half million posts.

Lot's of folks from New Jersey posting there, but you don't have to be from New Jersey to register and/or post.

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### 3. Interruptions

It's tough enough reading some of the news in the paper without a six-year-old constantly interrupting you.

Finally, my friend could stand it no longer.

"Honey," he said, "this is the fifth time I've read the same sentence."

"What's the matter?" she asked. "Too many big words?"

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### 4. Reviews

A. Seek out MISS POTTER, a touching biopic about Beatrix Potter (author of such children's books as THE TALE OF PETER RABBIT) . . . she was also a woman ahead of her time; in addition to her writing success, she built a famring

dynasty . . . Renee Zellweger charmingly plays the title character . . . Ewen McGregor as her publisher/first love and Emily Watson as his sister also shine . . . rated PG.

B. ROCKY BALBOA is now out on DVD . . . don't rush out to rent it . . . the sixth (and hopefully final) installement in the ongoing saga of the Philadelphia fighter left me completely bored until the second half when finally Sylvster Stallone gets into the ring . . . I didn't buy the premise, either; i.e., he would be allowed to fight after being away from the ring for so long . . . rated PG.

C. Ever since I read DON'T SWEAT THE SMALL STUFF . . . IT'S ALL SMALL STUFF, Richard Carlson has always been one of my favorite authors . . . I believe that I've read just about every book he has written, and I'm amazed how he continually teaches me how to deal with the stress of everyday life.

So when I saw his latest, DON'T GET SCROOGED (see also Sections 2, 10 and 11), I was intrigued by the title . . . what a neat concept; i.e., how to avoid being haunted by the Scrooges who come out in full force during the holidays--and then seem to stay all year round.

You know who I'm talking about: the salesclerk who ignores you to take a phone call, the customer who cuts in front of you at Starbucks, your in-laws who always invite themselves for a two-week stay at your house, etc. . . . your typical response might be to either complain about these folks or just accept their boorish behavior; however, Carlson often manages to come up with better techniques for handling them.

For example, he describes this technique he learned from his father:

When you have to be around someone self-centered (Mr. Me) or find yourself waiting for the chronically tardy (late Phil), why not make the best of it with a little spin? My father did this when he was in the army and had a stereotypically brutal drill sergeant. Instead of griping with the other grunts about what a monster this guy was, my father decided to see him as his helper in getting into the best physical shape of his life. This scrooge went from dreaded drill sergeant to helpful personal trainer in one quick spin.

Or here's another idea I liked for dealing with a fully conscious, stone-cold semiprofessional manipulator:

When I'm in this position, I sometimes think of a bumper sticker I once saw: "I will not should on myself today." You might even try saying it out loud, with a smile on your face, to the person making you feel like crap.

Lastly, Carlson helped me come to this realization: One of the hardest lessons to learn about difficult people is that if they ever do change (and that's a big "if"), it probably won't be as a result of anything you say or do. We'd all love to dish out "aha" moments to our friends and family, but that's not our job-it's Dr. Phil's. Or Dr. Laura's. Or God's. Or somebody else's, but not yours or mine. You might be a

wiz at changing tires, lightbulbs, or credit cards, but changing a person--that's a tougher task.

DON'T GET SCROOGED is a short, but oh-so-powerful book that I found extremely useful . . . you will, too.

D. Loved the taped version of I SHOULDN'T EVEN BE DOING THIS!, written and read by Bob Newhart . . . I laughed out loud many times while listening to it, but also got to appreciate this brilliant comedian even more than I had previously (if that's even possible).

Newhart talks about how he failed first as a law student and then as an accountant before discovering that he was meant to be a comedian . . . he traces his career and friendships, and though he mentions a lot of famous names, the book doesn't come across as making him boastful . . . rather, it presents him as a guy you'd like to meet someday.

I also liked learning about his personal life and, especially, about his romance with his longstanding marriage of well over 40 years with his wife Virginia . . . he even describes this one day when he came in and found out that she was mad at him . . . he had no idea why; turns out she was made at him because of something he did in a dream, and though it was only a dream, it was still sounded like something he would do.

Perhaps best of all was how he actually read several of his most famous comedy routines, including two of my all-time favorites: "Sir Walter Raleigh" and "Abe Lincoln PR" . . . his response to those not getting his material was also a classic; though much of it was presented as if he were on a telephone conversation, Newhart would say that the microphone was at fault if he ever bombed.

Lastly, I enjoyed reading behind-the-scenes accounts of his two most famous TV shows, THE BOB NEWHART SHOW and NEWHART . . . if you recall the closing scene of the latter program, you'll really appreciate his remembrance as to how it came about.

I don't typically listen to a book and then go back and read it . . . I SHOULDN'T EVEN BE DOING THIS! is definitely going to be an exception to that rule!

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## 5. TV alert

A. CNN: SPECIAL INVESTIGATIONS UNIT looks at "Chasing Life" and presents the keys to living a long life . . . according to Sanjay Gupta, CNN chief medical correspondent, "A lot of what I found . . . shows that relatively simple things [like diet and staying active] not only lengthen your but prolong your functionality" . . . Saturday at 8 p.m. on CNN.

B. AUSTIN CITY LIMITS features John Fogerty performing such Creedence Clearwater Revival classics as "Fortunate Son" and "Born on the Bayou" . . . Saturday at 9 p.m. on PBS . . . please check local listings because PBS time and dates often vary.

C. Treat Willaims, Samaire Armstrong and Kevin Pollak star in THE STAIRCASE MURDERS, a true-crime movie based on actual events about a novelist accused of killing his wife . . . CNN's Anderson Cooper called the "just . . . fascinating" . . . Sunday at 8 p.m. on LIFETIME.

D. FOOD NETWORK AWARDS is the first annual gala honoring excellence in the culniary world . . . Emeril Lagassee hosts the shindig, which will feature awards for Favorite Comfort Food combo, Funniest Food Festival and Best Ball Park Eats . . . Sunday at 9 p.m. on FOOD.

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6. Shopping trouble  
(a story told to me by my friend Ivan in Pennsylvania)

When I was 18, and living at home, I used to catch a bus in Kingston, NY up to college in Oneonta, NY. I remember one time my father dropped me off, and since I had some time to kill I went into a nearby department store.

I was trying on a belt when I was grabbed by a security guard, who apparently thought I was going to steal it. He brought me into the manager's office and ordered me to wait there while he got the manager.

I was scared to death--one, because, I had never been in trouble with the law, and two, because I knew my father would kill me. Impulsively, I decided to climb out the window (which was on the first floor).

Just as I was straddling the window sill, the manager came into his office, grabbed my leg and started pulling it . . . just like I'm pulling yours.

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7. Websites

A. Send yourself an email in the future by clicking:  
<http://www.futureme.org>

Just imagine the possibilities: your very own capsule . . . a way to check on your progress with something you want to accomplish . . . or even if you want to remember something good that happened to you today!

B. Steven Bochco, the creator of hit TV shows like L.A. LAW and NYPD BLUE, is trying a new medium with a series of short, unscripted videos on the Interview . . . to view, please click:  
<http://www.metacafe.com/cc>

The results are more professional than the average YouTube home video, but the subject matter and style are remarkably similar. The series features real people, many in their 20s, speaking into the camera about topics like their most embarrassing moments or worst dates.

Many of the anecdotes have sexual themes, including an entire category devoted to "my first time," and sometimes feature off-color jokes and

commentary. Bochco says he was looking for a topic that young people would be "universally attracted to."

He is also sponsoring a contest for user-submitted videos in any of the site's six categories. He says he'll continue to roll out a new confessional every day, at least for the next few weeks.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

If you'd like to get your issue delivered to two addresses (say home and work), just go to the homepage of the above website . . . at the bottom, you'll see a way to add an address . . . just follow the instructions.

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#### 8. Computer tip

If you have an old computer or printer and want to get rid of it, don't throw it out . . . there are many charitable organizations and schools interested in your outdated equipment . . . you can help them, plus you get a tax break to boot.

In addition, faxes are welcome.

For more information, please check either or both of the following websites:

<http://sharetechnology.org>

<http://www.throwplace.com>

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#### 9. Heart warming story

I don't normally pass these "feel good" stories around, but this one is special . . .

In 1986, Mkele Mbembe was on holiday in Kenya after graduating from college.

On a hike through the bush, he came across a young bull elephant standing with one leg raised in the air. The elephant seemed distressed, so Mbembe approached it very carefully.

He got down on one knee and inspected the elephant's foot and found a large piece of wood deeply embedded in it. As carefully and as gently as he could, Mbembe worked the wood out with his hunting knife, after which the elephant gingerly put down its foot.

The elephant turned to face the man, and with a rather curious look on its face, stared at him for several tense moments. Mbembe stood frozen, thinking of nothing else but being trampled.

Eventually the elephant trumpeted loudly, turned, and walked away.

Mbembe never forgot that elephant or the events of that day.

Twenty years later, Mbembe was walking through the Chicago Zoo with his teenaged son. As they approached the elephant enclosure, one of the creatures turned and walked over to near where Mbembe and his son Tapu were standing.

The large bull elephant stared at Mbembe, lifted its front foot off the ground, then put it down. The elephant did that several times then trumpeted loudly, all the while staring at the man.

Remembering the encounter in 1986, Mbembe couldn't help wondering if this was the same elephant.

Mbembe summoned up his courage, climbed over the railing and made his way into the enclosure. He walked right up to the elephant and stared back in wonder.

The elephant trumpeted again, wrapped its trunk around one of Mbembe's legs and slammed him against the railing, killing him instantly.

Probably wasn't the same elephant.

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10. A quote I like

Would you rather be happy or right? This question is easy for me to answer. I have no problem allowing a wannabe scrooge to feel "right" if it keeps me from getting miserable. I've learned over the years that I'd much rather stay happy than spend even a little bit of time trying to prove I'm right or argue with a turkey with ruffled feathers.--Richard Carlson in DON'T GET SCROOGED (see also Sections 2, 4C and 11)

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11. Thought for the day

You can tell I REALLY like a book if I mention it four separate times in any one issue . . . such is the case with DON'T GET SCROOGED (see also Sections 2, 4C and 10) by Richard Carlson . . . it is the source for the following passage:

When I described this avoidance technique at a speaking engagement, a woman named Barbara approached me and tried to defend her decision to keep picking up prescriptions at a pharmacy where the woman who had an affair with her husband shopped. And it wasn't just that they both shopped there: somehow it happened that they routinely shopped at the same time and regularly needed refills on the same day. "Why should I change my routine for that -----?!" the woman asked me. "You wouldn't be changing your routine for her," I replied. "You'd be changing your routine for you." She instantly got this, marveling at how she'd been torturing herself for months for no good reason.

So stop the madness. Dodge the oddball, avoid the creeps you can, and you might just find yourself going sane.

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### 12. Advance planning department

#### A. Natalie in Pennsylvania:

\* Filmmaker, actress, writer, and producer Fay Ann Lee is coming to BUCKS to talk about and show her soon-to-be-released movie FALLING TO GRACE on April 12.

Lee will discuss her experiences as a filmmaker at 6:30 p.m. in Penn Hall, Room 257. Her independent film, to be shown in the Library Auditorium starting at 7:30 p.m., was shot in New York City. It is a romantic comedy about the cultural complications that occur when an Asian-American woman realizes her Cinderella fantasy by dating one of Manhattan's most eligible bachelors. Lee wrote the script for the movie and stars as Grace, a female Wall Street whiz with a Chinatown background.

\* Cris Groenendaal, the third Phantom of the Opera on Broadway and his wife, conductor of Cats, Sue Anderson will present an evening of Broadway music on Friday, April 27, 7:30 p.m. in the Library Auditorium of Bucks County Community College.

Tickets are \$10.00 and can be purchased through Natalie Kaye, 215.579.1836 or online at: <http://www.bucks.edu/cultural>

They are also available in the Student Life office. For anyone who loves the music of Broadway, this is a must-see.

B. I'm soooooo looking forward to a production of GEORGE M!, being put on by the Neshaminy Valley Music Theatre . . . here's why: our friends, Chic and Joni Dowburd, are both in it!

Performances are on April 13, 14, 20 and 21 at 8 p.m. at Neshaminy High School in Langhorne, PA and on April 21 at 2 p.m. . . . ticket prices are \$18 for adults; \$12.50 for children/students under 18 with a special \$12.50 price for senior citizens at the matinee on April 21.

Performances are at the Bucks County Playhouse in New Hope on April 27 and 28 at 8 p.m. and on April 29 at 2 p.m. . . . ticket prices are \$20 for adults; \$12.50 for children/students under 18.

All seats reserved . . . for more information, call 215.364.4999. Tickets will be available at the door and via online at: <http://www.ticketleap.com>

#### C. Cynthia (see also Section 1A): TREASURE YOURSELF

A Woman's Circle of Discovery and Adventure  
with Janet StraightArrow and Cynthia Greenfield

Saturday, April 21 (rescheduled from March 17 when it had to be postponed because of the snow)

12:30 p.m. to 4:30 p.m. at Princeton Center for Yoga  
50 Vreeland Drive, Suite 506, Skillman, NJ 08558

609.924.7294

For directions, see link under April 7 listing.

Cost: Free. Love donations accepted for the rental space.

Bring your little girl self and wise woman self. Be ready for mystery, magic and fun! Woman of all ages welcomed and appreciated!

Janet holds a circle of Love, Laughter and Joy:  
Rediscover who you are as a soul, as a woman and as a magnificent being.

Increase your energy, awareness, memory and connection to self, spirit and others.

Janet teaches you tools she has gathered--to awaken, empower and live your gifts and your dreams.

Move Your Body with Cynthia:  
A fun, rejuvenating movement experience where you follow simple dance moves to soul-filled music from around the world.

Let go and drop expectations of looking any particular way while dancing.

Moving in this class honors your self, enjoying pleasure in movement, letting go of your mind and allowing free expression from your soul.

Enjoy! Have Fun! Experience spiritual renewal and healing.

Community is an important aspect of the gathering. We learn from each other as mirrors and teachers.

Future programs will be available for the group to deepen their connection to themselves, soul, spirit, your life and purpose.

Bring friends, sisters, mothers or any fabulous women you know.

D. Adrienne in Pennsylvania:  
HOLD THIS DATE:

On Friday, June 8, from 6:30 – 9:30 p.m., the Bucks County Community College Foundation will be hosting Tyler Tasting's 19th annual premier food and wine tasting event, along with musical entertainment and a silent and live auction at the Newtown Campus.

New in 2007: In addition to sampling food from Bucks County's finest restaurants, guests will also have an opportunity to sample some of the "Greatest Beers of the World" presented by Gretz Beer Company. Beers such as Rogue, Victory, Michelob, Newcastle, Moretti, Paulaner, Carlsberg Jacobsen, Grolsch, and Warsteiner will be available. Another new vendor this year is Southern Wine and Spirits Portfolio. For your pleasure, they will be serving Absolut, Cruzan, Sauza, the Jim Beam Family, and Starbucks.™

A new and exciting auction item this year: Chef Barry Sexton, who assists Chef Robert Irvine on the Food Network's "Dinner: Impossible," show will prepare dinner for 12-18 people.

For more information or to order tickets, call 215.968.8224 or send an

email to: [foundation@bucks.edu](mailto:foundation@bucks.edu).

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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#### SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

Blaine Greenfield  
19 N. Kaufmann Stone Way  
Biltmore Lake, NC 28715  
Phone : 828.633.1049

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# BLAINESWORLD

BLAINESWORLD

#548

4.2.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I are most appreciative for the many emails (see Section 2, part 2 for just a small sampling) and calls we've received about my mother.

She made it through surgery last week . . . the doctors removed a tumor the size of an apple from her lungs and are hopeful that they got all the cancer . . . after a few painful days in the hospital, she is now in at a rehab facility--hopefully for not too long a period.

Several readers have asked me about the possibility of sending a get well card to her . . . the thought, I'm sure, would be most appreciated . . . should you feel so inclined, your best bet is to write to her at her home address:

Mrs. Muriel Greenfield  
27110 Grand Central Parkway  
Apt 18 A  
Floral Park, NY 11005-1218

Many thanks, in advance!

B. Aside from my mother being on the mend, we recently heard some other good news--this time about my daughter Risa . . . she called from Florida to tell us that she now feels officially engaged because she now has a ring . . . we look forward to seeing both it and her (OK, her fiance JP too) when they are come up in May for the wedding of JP's brother.

C. On Saturday, amidst all our running around, we attended the memorial service of Jack Gevins--a longtime friend/colleague of mine at Bucks County Community College.

His brother said some nice things about him and then he did something that we liked; i.e., he asked us all to pause and

think about one memory that we had about Jack.

Several came to mind for me . . . however, one in particular, stood out . . . many years ago, I heard him deliver a lecture on Van Gogh . . . I remember being sooooo impressed that he could be so passionate about the painter, and he helped make him come alive for me.

That night, we went with a bunch of friends for dinner to The Kalamata Cafe (908.359.7144) in Hillsborough, NJ . . . the whole wheat pizza there was, as is always the case, particularly outstanding . . . from there, it was on to see our friend Gail play her violin with Dave Brahinsky and Friends at the Coffee House at Six Mile Run Church (732.297.3734) in Franklin Park, NJ . . . we never cease to be amazed at her virtuosity.

D. On Sunday, we visited Cynthia's mother at Daughters of Israel Nursing Home in West Orange, NJ . . . one of the things we like is that there is almost always a weekly concert for the residents . . . on this particular day, we saw a performer we've seen before: Rick Knips (732.787.9382), a vocalist/entertainer . . . we like his singing, and perhaps even more importantly, we like how he relates to the audience . . . he was assisted by his friend Daryl, who ran the sound system and went above and beyond the call of duty to befriend many of those in attendance.

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

This week, it goes to Jesse Ponnock--yes, the same Jesse Ponnock you've been reading about over the past several weeks.

Thanks in large part to your votes, the 20-year-old nephew of Jean in Pennsylvania won the Best Music on Campus contest on MTV-U!

For more information, please click:  
<http://www.bestmusiconcampus.com>

He now gets an EP recording contract with Drive-Thru records and a music video that will premier on MTV-u, MTV's channel for colleges and universities!

To quote from part of an email I received from his proud aunt: Jesse started taking guitar lessons at around age 12, and also learned the piano as well. By 14 he was playing with a high school band, but they were mostly juniors and seniors, and after they graduated he found it easier to strike out on his own. While in high school he also interned at a recording studio. After graduating high school in Lower Merion in 2005, he went to Temple for his freshman year, then transferred to UofM for its prestigious music program. . . .

Jesse always had a poetic soul, which is evident in the lyrics to the songs he entered. They touch upon heartache, missed opportunities, and life's lessons with the clarity of someone much older and wiser than Jesse's 20 years. He told his mom he got his ideas for some of the songs from Vonnegut and other things he's read.

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The book DON'T RETIRE, REWIRE! (see also Section 4C) by Jeri Sedlar and Rick Miners had the following section that will help determine what you should be doing with your life--and not just at retirement:

#### Dream-Catching Exercise #1:

For exercise #1, imagine you have five years to live. Write down everything you've ever dreamed about doing. Don't spend a lot of time thinking about this. Write down the first ideas off the top of your head.

Now imagine you have one year to live. Write down everything you would want to do. Again, work quickly.

The last step: Imagine that you have only three months to live. Write down everything you dream of doing.

Now look at your answers for five years, one year, and three months. Circle the answers that are the same. Which answers did you write all three times? Which did you write least? The things that you wrote down more than once provide clues as to what your dreams are. Make a note of what you wrote. You will come back to your answers later.

#### Dream-Catching Exercise #2:

If you've completed exercise #1, you're ready to continue. Answer the following questions:

Think back to your childhood. What excited you?

What did you want to be when you were 5, 10, or 15 years old?

When you hate your job, what do you wish you could do?

What are your "someday" activities?

When you can do whatever you want, what do you do?

If money were no object, what would you want to do?

What do you do with your personal time while on vacation?

Were there any themes that popped out? Are there any similarities in what you wrote in exercise #1 and exercise #2? Write down any answers that were the same.

#### Dream-Catching Exercise#3:

Look over your answers in exercises #1 and #2. Note the recurring themes. The following are common phrases people use to introduce their dreams. What have you heard yourself say when you've used one of these phrases? Fill in the blanks of these phrases by writing your answers on a piece of paper.

It's never too late to . . .

One day I'll . . .

One of these days I'll . . .

If I had the money I'd . . .

If I had time I'd . . .  
You never know, I just might . . .  
If only I could . . .

Your someday is now. You're ready to declare your dream. What have you decided to no longer delay?

FYI, part 2

\* Barbara in Pennsylvania:

So very sorry to hear about your mother's cancer! Does she have a smoking history, is this "second degree" from your Dad's smoking history or is she one of the unfortunate few to develop lung cancer for no apparent reason (which means she'll be barraged with unsolicited and inappropriate lectures from the otherwise well-intentioned)?

Tell her I'll be especially thinking of her on Wednesday.

IN RESPONSE:

My mother spoke for a large part of her younger life . . . she gave up the habit many years ago; by then, it may well have been too late . . . I also don't think my father's smoking helped the situation, but only God knows . . . and she doesn't tell us!

\* Kathe in New Jersey:

I was particularly touched regarding the special evening with your mother and wanted to share a candle tip that I've been using for several years at the breezy shore--flameless candles. They flicker, available in a variety of sizes and appointments, and are battery operated.

Snipes has carried them; they're featured in direct mail catalogs; and they'll be highlighted this evening on QVC (I think it's in the 7 p.m. timeframe).

\* Barbara in Pennsylvania:

I'm so sorry to hear the health news of your Mother. My dear friend is a Franciscan Nun who I will ask to say prayers for your Mom. I've asked similar favors of her and she's more than happy to oblige. What she will do is go to the Nuns and asks for daily prayers to be said. . . .

And by the way, I was gasping while reading about your fall off the horse until I got to the "April Fool's Day." You haven't lost your sense of humor!! That's what makes your newsletter so much fun to receive and read.

\* Deb in Colorado:

Sorry about your mom. She is in my prayers, as are you and Cynthia.

I wanted to tell you I bought a beautiful Hummel for my mother from your friend's e-Bay auction. I am saving it for her birthday in October.

Also, it is now five months and one day since I quit smoking. Thought that would make you smile.

\* Meaghan in Pennsylvania (with a REQUEST FOR HELP):

Thank you for reading this email!

We are experiencing a dramatic drop in Volunteers at BRT. Such is the case, particularly, for our Red Hat Extravaganza on Thursday, May 10. Help is needed for a variety of tasks including (but not limited to) decorating the lobby, welcoming guests, handing out flowers and ushering.

Volunteers are entitled to 2 complimentary tickets to a performance of Forever Plaid (April 17-May 13). This offer does not include special events such as the Red Hats Extravaganza, Opening Night, Wine Down Wednesday or Friday Festival. This offer also excludes Sunday Matinees.

Volunteers must sign up in advance by contacting Meaghan Crawford, BRT Group Sales Manager, at 215-785-6664.

PLEASE HELP by forwarding this message to your friends--or even better--VOLUNTEER! Your priceless support is essential in our continued success as Bucks County's only premiere, professional theatre.

I look forward to your response! Thank you!!!!

Meaghan K. Crawford  
Group Sales Manager  
Bristol Riverside Theatre

Phone: 215-785-6664

Fax: 215-785-2762

[MCrawfordArts@yahoo.com](mailto:MCrawfordArts@yahoo.com)

<http://www.BRTstage.org>

NOTE:

If you call, and I strongly encourage you to do so, mention that you heard about this opportunity through BLAINESWORLD.

\* Emma in Pennsylvania:

I finished the book and quit smoking on Saturday. I have to say this has been the easiest time I have ever had quitting thus far and usually the first few days are the hardest. His concept that you are not giving anything up is brilliant; I think it was the thought that I was sacrificing something that made me go back in the past. Will keep you post and certainly make a donation as well.

Thank you for getting this book to me and helping me change my thinking in this area of my life!

\* Eleanor in Florida:

I can appreciate the child story. Here's another one for you. This happened to me this week with my son.

He had to pick out classes for school for the upcoming year and get them registered. When I asked him for the paper that he was to have written his class choices on, he went to get it. He handed it to me and what do I find on it: one class for his foreign language, Chinese-Mandarin I.

When I asked him why he chose Chinese as his language, he told me it was because it was a new class option and that the book they used would probably be younger than him. So, at the age of 14, we had a bigger discussion about class choices. Needless to say, I went to the school with him to talk to the counselor.

Keep in mind that he has been an honor student since he was in kindergarten.

\* Deborah in New York:

You got me on the horse thing.

I had an awful experience--years and years ago . . . seems horses have an unspoken rule on the order of their formation; for example, if the horse you are riding on usually is in the 3 place and the 4th horse in the line gets a head of the 3rd one, they get upset!

My horse freaked out and started bucking . . . and no, I didn't fall off . . . but it did scare the sh\*t out of me . . . so I walked my horse back to the stable . . . LOL . . . and haven't been on one since, nor do I care to!

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### 3. Burnout

The dad in the supermarket clearly had a bad case of parental burnout. His toddler would not sit down in the grocery cart, and finally he snapped.

"If you fall and break your leg," he scolded her, "don't come running to me."

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### 4. Reviews

A. Find THE NAMESAKE if you can . . . it is a touching story about an Indian couple who after an arranged marriage, move from Calcutta to New York . . . their love grows as they struggle to adjust to this country and the birth of two children who have little respect for their ancestry . . . the film shifts back and forth between the two generations, and as it does, I developed a real feeling for all the characters . . . Kal Penn showed me that he is more than just a comic actor; his performance here was outstanding . . . Tabu and Irrfan Khan, playing his parents, also excelled . . . rated PG-13.

B. VOLVER is now out in DVD format . . . my review from BLAINESWORLD #545 follows:

Forget the great reviews you may have seen for VOLVER . . . this is a film you'll want to miss--at least in my opinion . . . it is a convoluted melodrama about the trials and tribulations of women that had me angry with myself that I stayed around to the very end of the film . . . I didn't care for any of the characters, and though Penelope Cruz got favorable press for her work, I was glad that she didn't get an Oscar for her starring role . . . it just didn't move me, though that said, I kept thinking of a young Sophia Loren every time I saw hr on screen . . . rated R.

C. For the first time, I'm eligible to take a retirement incentive from my full-time teaching job . . . though not quite ready to take advantage of this option right now, it has gotten me thinking as to what I want to do next with my life . . . so I was most interested in discovering DON'T RETIRE, REWIRE! (see also Section 2) by Jeri Sedlar and Rick Miners.

This excellent book got me questioning whether I just wanted to continue teaching indefinitely--or perhaps try something else . . . the key: to be able to find a work situation that was and is

both financially and personally rewarding, whether it be a part-time job, volunteer work or even a second career.

Like many of my colleagues, I've been thinking about this subject for quite some time . . . but that said, I didn't know quite where to start in determining how to pursue the subject further.

I now have some good ideas, largely because of the many useful exercises that DON'T RETIRE, REWIRE! guided me through . . . among them was the following Legacy Quiz:

Imagine your funeral. Who will attend? Who do you want to deliver your eulogy? What would you like that person to say? What would you like your obituary to say? How would you like to be remembered by others in your town or community?

I also liked the stories and lessons that the authors shared from more than 300 real-life retirees they've known.

And I found myself thinking that wouldn't be great if this happens:

When you rewire, you'll have the chance to become the person you were meant to be, if you aren't already and to do the things you've always dreamed of doing. Rewiring is your time to focus on your discarded dreams, uninvestigated interests, delaying discoveries and any of the stuff you haven't done or pursued because you were too busy "doing life."

No longer is retirement so scary, in large part because of DON'T RETIRE, REWIRE! . . . I strongly recommend it to anybody still working who is 50 years or older.

D. Heard the taped version of EVERYMAN by Philip Roth, a short but powerful novel that begins with the protagonist's death . . . it then shifts backward through his life, which included three marriages, an advertising career and numerous health problems.

Naturally, it being a book by Roth, there's some sex thrown in for good measure.

I kept thinking that much of what I was hearing was Roth describing his life (or at least large chunks of it), but then again, I could see bits and pieces of my life too . . . as it has been and, alas, as it will probably be.

The writing, in many parts, nearly took my breath away . . . it is that powerful . . . for example, there was this one passage describing a yearning for the strength and joy of youth:

Nothing could extinguish the vitality of that boy whose slender little torpedo of an unscathed body once rode the big Atlantic waves from a hundred yards out in the wild ocean all the way in to shore. Oh, the abandon of it, and the smell of the salt water and the scorching sun! Daylight, he thought, penetrating everywhere, day after summer day of that daylight blazing off a living sea, an optical treasure so vast and valuable that he could have been peering through the jeweler's loupe engraved with his father's initials at the perfect, priceless planet

itself--at his home, the billion-, the trillion-, the quadrillion-carat planet Earth!

It is now several days since I finished EVERYMAN, but I still find myself thinking about it--always a good sign that a book moved me. This one certainly did.

George Guidall ably handled the narration . . . listening, it felt almost as if Roth was speaking directly to me.

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### 5. TV alert

A. THE WORD ACCORDING TO WHOOP! features the Oscar-winning funny lady in an hour of stand-up . . . Thursday at 10 p.m. on BRAVO.

B. If you're a dog lover, then you'll want to check out AMERICA'S CUTEST PUPPIES on Saturday at 9 p.m., followed by DOGGIE DAYCARE on Saturday at 9:30--both on WE . . . in the latter show, cameras follow the staff and four-legged clients of Downtown Dog Lounge, a full-service canine-care center in Seattle.

C. MASTERPIECE THEATER has Bob Hoskins starring as Badger in a live-adaptation of Kenneth Grahame's THE WIND IN THE WILLOWS, the timeless children's tale . . . Sunday at 9 p.m. on PBS . . . check your local listings because times and dates often vary on PBS shows.

D. Sunday also marks the return of THE SOPRANOS at 9 p.m. on HBO for its final nine episodes . . . at 10 p.m., also on HBO, ENTOURAGE resumes for its third season.

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### 6. Concern

I had a voice my concern when a co-worker said she found dates using the Internet.

"Don't worry about me," she said. "I always insist we meet at a miniature golf course."

"Why there?" I asked.

"First, it's a public spot," she said, "Second, it's in broad daylight. And third, I have a club in my hand."

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### 7. Websites

A. If you're a student or teacher/staffer at any school and you have a valid .edu address, you can get access to THE NEW YORK TIMES for free . . . just click:

[http://www.nytimes.com/gst/ts\\_university\\_email\\_verify.html](http://www.nytimes.com/gst/ts_university_email_verify.html)

This is a great deal, if just to be able to have access to all articles in the archives . . . the only restriction is that you can only get 100 per month.

B. Kick back your shoes and take a nostalgic trip back to the 50s by clicking: <http://oldfortyfives.com/TakeMeBackToTheFifties.htm>

Make sure your sound is on!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

To see pictures of yours truly (along with Cynthia, my daughter Risa, etc.), go to the left and click "Blaine's Best" and then "Pictures" . . . make sure your sound is on so you can hear what is arguably the greatest rock song of all time.

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## 8. Computer tip

It's always a good idea to have a backup email address; e.g., in case your primary server ever shuts you down (even if by accident).

A friend recently found herself unable to get or receive mail from her Verizon account . . . fortunately, she still kept her AOL account, so she was able to at least contact her address book to let everybody know.

So if you're using, say, AOL, methinks you should also have an account with hotmail, gmail or with your Internet service provider.

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## 9. Life before computers

Memory was something that you lost with age.

An application was for employment.

A program was a TV show.

A cursor used profanity.

A keyboard was a piano.

A web was a spider's home.

A virus was the flu.

A CD was a bank account,

A hard drive was a long trip on the road.

A mouse pad was where a mouse lived.

And if you had a 3 ½ inch floppy, you just hoped nobody found out.

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### 10. A quote I like

We either make ourselves miserable, or we make ourselves strong. The amount of work is the same.---Carlos Castaneda (1925-1998), author of several best-selling books about the mystical teachings of don Juan Matus, a Yaqui Indian shaman from Sonora, Mexico

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### 11. Thought for the day

Eight gifts that don't cost a cent

The gift of listening

But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.

The gift of affection

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

The gift of laughter

Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."

The gift of a written note

It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime and may even change a life.

The gift of a compliment

A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.

The gift of a favor

Every day, go out of your way to do something kind.

The gift of solitude

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

The gift of a cheerful disposition

The easiest way to feel good is to extend a kind word to someone. Really, it's not that hard to say, Hello or Thank You

Author unknown

(if you know who wrote this and/or the source, please let me know.)

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### 12. Advance planning department

A. Cynthia (see also Section 1A):

PLEASE JOIN ME AT EITHER AND/OR BOTH OF THESE PROGRAMS:

\* Saturday, April 7

Move Your Body class. This is a fun, rejuvenating movement experience where you follow simple dance moves to soul-filled music from around the world.

FREE. Love donations accepted for the rental space.

1:30-2:45 p.m. at Princeton Center for Yoga & Health,  
Skillman, NJ.

For more information, please click:

<http://www.princetonyoga.com>

\* TREASURE YOURSELF

A Woman's Circle of Discovery and Adventure  
with Janet StraightArrow and Cynthia Greenfield

Saturday, April 21 (rescheduled from March 17 when it  
had to be postponed because of the snow)

12:30 p.m. to 4:30 p.m. at Princeton Center for Yoga  
50 Vreeland Drive, Suite 506, Skillman, NJ 08558

609.924.7294

For directions, see link under April 7 listing.

Cost: Free. Love donations accepted for the rental space.

Bring your little girl self and wise woman self. Be ready for mystery,  
magic and fun! Woman of all ages welcomed and appreciated!

Janet holds a circle of Love, Laughter and Joy:  
Rediscover who you are as a soul, as a woman and as a  
magnificent being.

Increase your energy, awareness, memory and connection to self,  
spirit and others.

Janet teaches you tools she has gathered--to awaken, empower  
and live your gifts and your dreams.

Move Your Body with Cynthia:

A fun, rejuvenating movement experience where you follow simple  
dance moves to soul-filled music from around the world.

Let go and drop expectations of looking any particular way while  
dancing.

Moving in this class honors your self, enjoying pleasure in movement,  
letting go of your mind and allowing free expression from your soul.

Enjoy! Have Fun! Experience spiritual renewal and healing.

Community is an important aspect of the gathering. We learn from each  
other as mirrors and teachers.

Future programs will be available for the group to deepen their connection to themselves, soul, spirit, your life and purpose.

Bring friends, sisters, mothers or any fabulous women you know.

B. Natalie in Pennsylvania:

I'd love to share this FREE event with you. If you want to attend the presentation, contact me and make a reservation as the space truly is limited. No reservations required for the movie, just first come, first served until we fill the 336 seats in the auditorium.

Filmmaker, actress, writer, and producer Fay Ann Lee is coming to BUCKS to talk about and show her soon-to-be-released movie "Falling for Grace". On April 12, Lee will discuss her experiences as a filmmaker at 6:30 p.m. in Penn Hall, Room 257. Her independent film, to be shown in the Library Auditorium starting at 7:30 p.m., was shot in New York City. It is a romantic comedy about the cultural complications that occur when an Asian-American woman realizes her Cinderella fantasy by dating one of Manhattan's most eligible bachelors. Lee wrote the script for the movie and stars as Grace, a female Wall Street whiz with a Chinatown background.

C. Amy in Pennsylvania:

We're back at the Washington Crossing Inn on Saturday nights!

As many of you know, the Washington Crossing Inn is a GREAT place to eat. If you are planning to have dinner, please call in advance for reservations, request seating by the bar for the band and please mention SECOND NATURE.

Here are some upcoming dates for you to update your calendars:

Saturday, 04/21/07

Saturday, 06/23/07

Saturday, 07/21/07

New Time! 9:30 p.m. – 1:30 a.m.

Routes 532 & 32 (River Road)

Washington Crossing, PA

<http://www.washingtoncrossinginn.com>

215.493.3634

SECOND NATURE--Celebrating music from the 60's thru today's future standards, featuring talented "seasoned" musicians who cover an eclectic mix of tunes from The Beatles to Bonnie Raitt, Santana to Joe Jackson and Joss Stone to Los Lonely Boys. Members include Amy Baker (lead vocals), Bill Corfield (guitar/vocals), Brian Schiefer (bass/vocals), Kenny Pesile (drums), and Richie Petronio (keyboards and vocals.)

Come on out and listen to Second Nature's Rock, Funk, R&B and Soul styles and be sure to bring your dancin' shoes!

D. Adrienne in Pennsylvania:

HOLD THIS DATE:

On Friday, June 8, from 6:30 – 9:30 p.m., the Bucks County Community College Foundation will be hosting Tyler Tasting's 19th annual premier food and wine tasting event, along with musical entertainment and a silent

and live auction at the Newtown Campus.

New in 2007: In addition to sampling food from Bucks County's finest restaurants, guests will also have an opportunity to sample some of the "Greatest Beers of the World" presented by Gretz Beer Company. Beers such as Rogue, Victory, Michelob, Newcastle, Moretti, Paulaner, Carlsberg Jacobsen, Grolsch, and Warsteiner will be available. Another new vendor this year is Southern Wine and Spirits Portfolio. For your pleasure, they will be serving Absolute, Cruzan, Sauza, the Jim Beam Family, and Starbucks™

A new and exciting auction item this year is Chef Barry Sexton, who recently appeared on the Food Network's "Dinner: Impossible" show, will assist Chef Robert Irvine to prepare dinner for 12-18 people.

For more information or to order tickets, call 215.968.8224 or send an email to: [foundation@bucks.edu](mailto:foundation@bucks.edu).

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PS. Please join me in wishing all my Jewish readers a very happy, healthy Passover . . . to see what the excitement is all about, please click:

<http://one.revver.com/watch/193542>

Also, please join me in wishing all my Christian readers an equally happy, healthy Easter . . . for a lovely rendition of "The Easter Song" from Annie Herring, please click:

<http://www.youtube.com/watch?v=Ny7cyPk1DEc>

And don't forget to continue praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . make it a great week, too!

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In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#547

3.26.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I are constantly looking for new things to do . . . yet when she suggested horseback riding some time ago, I wasn't too sure 'bout that one . . . it had never been my favorite activity when I was a kid . . . also, I can still remember my having to hold my head up high when I was in my high school's marching band (and in front of us were the horses; well, I think you get the idea).

Nevertheless, on one beautiful day this past week, I caved-in to her wishes and took her riding . . . I had hoped that I could get by with just letting her engage in the activity, but she told me "no way," so I too got up on a horse--perhaps for the first time in some 50 years.

It became a near death experience that I am sure will change my life forever. Everything was going fine until the horse started bouncing out of control. I tried with all my might to hang on, but was thrown off. Just when things could not possibly get worse, my foot got caught in the stirrup.

When this happened, I fell head first to the ground. My head continued to bounce harder as the horse did not stop or even slow down. As I was giving up hope and losing consciousness . . .

Cynthia got the Wal-Mart manager to come and unplug it. Just in time, I might add, to wish you a Happy April Fool's Day in advance. (The big day is this coming Sunday!)

B. We've had some surprisingly nice visits with my mother as of late . . . I say surprising only because of the location of these visits: the hospital . . . she has amazed us with her good spirits, especially given all the tests she has had to endure.

She was recently diagnosed with lung cancer and is slated for an operation this coming Wednesday.

C. On Saturday, we wanted to have a candlelit dinner with her . . . we even went so far as to light the candles, only to have several nurses run over to us and say that we couldn't do that in the hospital . . . given that the woman in the bed next door to my mother was on oxygen, in hindsight, that was probably not such a bright idea we had.

After eating, Cynthia then gave my mother a foot massage--the first massage of any kind she has ever received . . . her delight in receiving it indicated to us that it won't be the last.

D. We somehow even managed to get to two shows this past week.

\* The first was GODSPELL, presented by the SGS Players & NJRF Players at the Sampson G. Smith School Theatre in Somerset, NJ.

Cynthia wanted to see it because several of her past and current students were in it, including Claire Dunden, Kayla Green, Taylor Huffner, Benjamin Michael, Kristen Paladino, Kristin Seggio, and Sangeetha Sunthebennur.

They were all excellent . . . though never one of my favorite shows, this production was done quite well . . . it contained a lot of lively singing and dancing, and we particularly enjoyed the four-piece orchestra.

The prices are right, too--just \$8/ticket . . . the show runs through April 1 . . . for more information, please click:  
<http://www.njkingdom.com>

\* On Sunday, we went with friends to a superb production of TO KILL A MOCKINGBIRD, put on by the Villagers Theatre in Somerset, NJ.

I've seen several shows here, and they've all been excellent . . . this one was no exception.

The cast was large (18) and included three children . . . all were just about perfect; that said, I particularly admired the work of Hans Gusustave . . . though he had nothing to say in the first act, his presence was nevertheless most commanding . . . his acting in the second act was equally as impressive . . . Randall McCann was the menacing bad guy in the show . . . that I did not like his character was a tribute to his acting.

Afterwards, there was a very informative Talk Back session . . . this is something that Villagers does at least once during the run of each show . . . the actors, as well as the director, come on stage to answer questions from the audience.

I loved one response . . . when asked the message about racism that he got from the show, Sam Ricciardi, a sixth grader, replied, "Elect Barack Obama" . . . everybody in attendance roared.

MOCKINGBIRD runs through April 1 . . . for more information, please click:  
<http://www.villagerstheatre.com>

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

This week, it goes to Brandon Lee Wolff--a Swarthmore College

student and president/founder of a group called SAVE R US (Students Against Violence Everywhere Are Us).

This is an anti-violence organization that he started this back in 2001 when he was a student at Council Rock High School . . . it has since grown to include a chapter at Swarthmore.

SAVE R US has several programs, including an annual Peace Week run in Bucks County . . . for more information about this year's event that runs from March 26-April 4, please click:

<http://www.peaceweek.org>

There will also be a multi-county Peace Week from March 29-April 6 . . . please see the above link and click Tri-Co Peace Week.

Lastly, this amazing student is looking to expand SAVE R US . . . if you'd like to find out how you can help assist him, please click:

<http://www.saverusinternational.org/>

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2. FYI

When you need to choose a doctor, dentist or any other health professional, consider asking some doctor you use (and respect) for his or her recommendation . . . then ask as a follow-up question if your doctor currently uses the recommended doctor.

You can usually bet that if your doctor gives you such a recommendation, it will be somebody that you will enjoy using too.

FYI, part 2

\* Two readers had this to say about the feedback that I cited in last week's issue from two other readers (about my attending a recent talk given by Elizabeth Holtzman):

Bob in New Jersey:

I want to compliment you for two things:

1. Printing the emails from the folks who were upset that you mentioned Holtzman's name; and
2. Your very balanced and human response to the emotional emails was really saying "calm down a little" and maybe we can learn from each other

Many people would have just let it drop and said nothing. You had the fairness and the courage (and the self-esteem) to let them have their say, fully and unedited. I wish there was more tolerance in our country for the views of others . . . your demonstrated good editorial judgment is one bit of evidence that we really can have a meaningful discourse, still, in America.

Here is to free speech! Bravo!

Mary in New Jersey:  
I am so NOT disappointed in you!

I thank God that you spoke out!

I thank God that we are free to "bash Bush" when we want.

Don't let those neat, perfect Republican conservatives stifle you!

\* Kandi in Arizona:

You have probably already seen this--Allen Carr's obituary:

<http://www.theeasywaytostopsmoking.com/Portals/0/SiteDocuments/BMJArticle.pdf>

I went to his website to give him feedback that he helped another become a nonsmoker, as suggested in his book. Sorry I was too late.

Thanks Blaine for sending his book. It was very helpful in articulating to my brain just how I will succeed at starving that nicotine monster out of me. I look forward to killing that sucker for good! I am a proud nonsmoker, and it feels darn good to be free. Thanks so much!

\* Joyce in New Jersey shared this recipe for a dessert she recently prepared that was soooo decadent:

Coconut Cupcakes

Makes 18-20 large cupcakes

¾ lb unsalted butter at room temperature  
2 cups sugar  
5 extra-large eggs at room temperature  
1 ½ tsps. Pure vanilla extract  
1 ½ tsps. Pure almond extract  
3 cups all-purpose flour  
1 tsp. baking powder  
½ tsp. baking soda  
½ tsp. salt  
1 cup buttermilk  
14 ounces sweetened, shredded coconut  
Cream cheese icing (recipe follows)

Preheat the oven to 325 degrees.

In the bowl of an electric mixer fitted with a paddle attachment, Cream the butter and sugar until light and fluffy, about 5 minutes. With the mixer running on low, add the eggs one at a time, scraping down the bowl after each addition. Add the vanilla and almond extracts and mix well.

In a separate bowl, sift together the flour, baking powder, baking soda, and salt. In three parts, alternately add the dry ingredients and the buttermilk to the batter, beginning and ending with the dry. Mix until just combined. Fold in 7 ounces of coconut.

Line a muffin pan with paper liners. Fill each cup to the top with batter. Bake for 25 to 35 minutes, until the tops are brown and a toothpick comes out clean. Allow to cool in the pan for 15 minutes. Remove to a baking rack and cool completely. Frost with cream cheese icing and sprinkle with the remaining coconut.

I use an ice cream scoop to fill the muffin cups.

Source:

THE BAREFOOT CONTESSA COOKBOOK

MY TWO CENTS:

These cupcakes were as good as they get . . . though anybody can prepare recipes from a book (well, make that, almost anybody can; I certainly can't), Joyce always manages to add that something extra ingredient--love?--that makes whatever she prepares always come out even better than described on the written page.

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### 3. My kind of course

Suffering from a bad case of the "blahs," I went down to the adult-education center to see what classes were offered. As I leafed through the brochure, I spotted one that sounded interesting.

"Are there any spaces left in the self-motivation class?" I asked the receptionist.

"Sorry," she said. "That course was canceled. No one signed up for it."

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### 4. Reviews

A. THE LIVES OF OTHERS won the Oscar last year for Best Foreign Film, and I can see why . . . it is a riveting political thriller about life in East Berlin, five years before Glasnot and the fall of the Berlin Wall, that takes a series of characters through 1991, in what becomes the reunited Germany . . . the acting is superb . . . I particularly liked the work of Ulrich Muhe (a Rob Corddry lookalike) as the police officer who eventually becomes disillusioned with his job . . . despite the fact that I saw this movie two weeks ago, I can still see it vividly in my mind--often a telltale sign that I really enjoyed it . . . you might have to dig some to find it, but please make the effort . . . I know that as of today, it was still playing at the Montgomery Cinema in Skillman, NJ . . . rated R.

B. THE PURSUIT OF HAPPYNESS is now out in DVD format . . . my review from BLAINESWORLD #533 follows:

I had really looked forward to seeing THE PURSUIT OF HAPPYNESS, a film based on the true story of Chris Gardner--a family man struggling to make ends meet . . . when faced with the task of raising his five-year-old boy while being homeless, he manages to somehow survive the ordeal and become a success in life . . . Will Smith was fine in the leading role; his real-life son seemed to be overacting . . . I was touched by the ending; however, overall, PURSUIT was a bit flat . . . rated PG-13.

C. If you're a boxing fan, you MUST read TUNNEY: BOXING'S

BRAINIEST CHAMP AND HIS UPSET OF THE GREAT JACK DEMPSY by Jack Cavanaugh . . . fans of other sports and history buffs will enjoy it, too.

It is the tale of Gene Tunney, the poetry-quoting fighter, who always was overshadowed by Dempsey--even though he beat him twice . . . but what made the book so enjoyable was that it featured tales of many other fighters of the era, including the amazing Harry Greb who fought for several years with just one eye . . . in addition, it gave me a greater appreciation of the role played by sports (and boxing in particular) in the 1920s and 30s.

I also got a kick out of finding the story behind such famous quotes as the following:

\* Even Flynn seemed surprised at the knockout. "Well, it was this way," he explained some years after his most notable victory. "I hit him with a one-two. But just put it down that I didn't exactly knock Dempsey out. He just forgot to duck."

\* As he had feared, Dempsey was called on to say a few words. Though he had already appeared in movies and on the vaudeville stage, Dempsey was not comfortable speaking in public. But he handled himself well and seemed to win over his audience. "I feel like the Irishman who was asked to do something special for the guests at a very fancy affair," Dempsey said to the assembled guests. "The Irishman said, 'I can't sing, I can't dance, and I can't tell a story. But I will tell you what I will do. I'll fight anybody in the house.' "

\* Several days after the fight, Dempsey apologized to Firpo for hitting him as soon as he got up, claiming he was so dazed he didn't know what he was doing. To which Firpo, likable and with a wry sense of humor--and whose varied business interests would make him one of the richest men in South America--replied, "There were three of us in the ring, Jack, so if you didn't know what you were doing, why didn't you hit the referee?"

I was most impressed by the author's thorough job of research . . . only the ending of the book left me a bit disappointed, in that it didn't contain very much information about Tunney's life after he left the ring . . . that was probably because he was such a private individual; however, he was one great fighter that might now finally get some credit that failed to come his way when he was active in the ring.

D. Heard FAITH OF MY FATHERS by John McCain with Mark Salter that details the Arizona senator's life before his political career.

It is an engrossing tale about how he followed in the footsteps of both his grandfather and father, the first father and son to be promoted the rank of admiral in the U.S. Navy . . . but McCain wasn't as successful; he graduated fifth from the bottom of his class at the Naval Academy and was nearly expelled.

However, he achieved fame in another way as naval aviator when he was shot down in 1967 and became a POW in North Viet Nam . . . for several years, he endured both physical and mental abuse--yet managed to survive while many others did not.

FAITH OF MY FATHERS made me appreciate the sacrifices made by McCain and all the other soldiers who have served and/or continue to serve our great country . . . it also reminded me about the fact that when America is in a country where others don't want us to be, then anything can and does go with respect to how people get treated when captured.

I was glad that McCain chose to narrate this book himself . . . it made my listening even more enjoyable.

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#### 5. TV alert

A. THE GREAT AMERICAN DREAM VOTE, hosted by Donny Osmond, makes the fantasies of ordinary folks come true after viewers choose whose dream is most worthy . . . among the contestants vying for your vote are a student trying to save the family business, an ice-cream salesman struggling to stay afloat and a kindergarten assistant in need of a makeover . . . Wednesdays at 8 p.m. on ABC.

B. 1000 PLACES TO SEE BEFORE YOU DIE is a new series on TRAVEL on Thursday at both 9 p.m. and 10 p.m. . . . it begins with a trip to Alaska, followed by one to Italy.

C. THIS FILM IS NOT YET RATED, a documentary about the inner workings of the Motion Picture Association of America, airs on Saturday at 11 p.m. on IFC.

D. JERRY SEINFELD: THE COMEDIAN AWARD was taped in Las Vegas at the inaugural Comedy Festival at Caesars Palace . . . Chris Rock, Robert Klein and Gary Shandling are among those participating in the salute . . . Sunday at 9 p.m. on HBO.

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#### 6. Take a look at yourself

It doesn't hurt to take a hard look at yourself from time to time, and this should help get you started. During a visit to the mental asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup?"

"No." said the Director, "A normal person would pull the plug. Do you want a bed near the window or close to the door?"

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### 7. Websites

A. Are you smarter than a 5th grader? You don't even have to watch the FOX show on television; you can see for yourself by clicking:  
<http://www.orlandosentinel.com/news/local/newsletter/mu-html/ny-et5thgrade0227-quiz,0,3118508.triviaquiz?coll=orl-middayupdate-utility>

My score was 21 correct, but then again, I was never very good in math!

B. I'm not a big game player, but must admit that this is one of the best I've ever seen:  
[http://hk.promo.yahoo.com/movie/superman/Stop\\_Press\\_Game/](http://hk.promo.yahoo.com/movie/superman/Stop_Press_Game/)

Methodinks that photography buffs would also like to see it, so feel free to forward it to them as well.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net>

As always, new subscribers are always welcome . . . feel free to refer your friends, colleagues, students, relatives, students, etc. to the above website . . . at the bottom of the homepage, there's a "Special Offer" that contains all the information needed to subscribe.

D. Jessica, a reader and friend, is a most inspiring motivational speaker. She also has an incredible story to tell of how she has survived a massive heart attack, leg amputation and cancer, then managed to survive for nine months on a battery-operated mechanical heart assist device.

Find out more about her by clicking:  
<http://www.jessicamelore.com>

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### 8. Computer tip

To limit your search to a particular website, type "site:" and then the domain name of the site into your search field before you type the desired phrase . . . for example, use Google:  
<http://www.google.com>

and type "site:[blaineworld.net](http://www.blaineworld.net) consulting" . . . you will only find references that apply to consulting that appear on the official [blaineworld.net](http://www.blaineworld.net) pages.

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### 9. Retirement: What's not to like?

Question: How many days in a week?  
Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Three hours after he falls asleep on the couch.

Question: How many retirees to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% percent discount.

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: Why do retirees count pennies?

Answer: They are the only ones who have the time.

Question: What is the common term for someone who enjoys work and refuses to retire?

Answer: NUTS!

Question: Why are retirees so slow to clean out the basement, attic or garage?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What is the best way to describe retirement?

Answer: The never ending Coffee Break.

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one calls your parents.

And my favorite one:

Question: What do you do all week?

Answer: Mon to Fri. Nothing, Sat &Sun I rest!

Share this one with all the retirees that you know. I'm sure they can relate to some of them! AND, If you have not yet retired, look what you have to look forward to!

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10. A quote I like

I'm addicted to placebos. I'd give them up, but it wouldn't make any difference.--Steven Wright, American comedian

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11. Thought for the day

In a university commencement address several years ago, Brian Dyson, then CEO of Coca-Cola Enterprises, spoke of the relation of work to one's other commitments:

Imagine life as a game in which you are juggling some five balls in the air.

You name them--work, family, health, friends, and spirit, and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back.

But the other four balls---family, health, friends, and spirit--are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged, or even shattered. They will never be the same. You must understand that and strive for balance in your life.

How?

Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you. Don't take for granted the things closest to your heart. Cling to them as they were your life, for without them, life is meaningless.

Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other.

Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give; the fastest way to lose love is to hold it too tightly, and the best way to keep love is to give it wings.

Don't run though life so fast that you forget not only where you've been, but also where you are going.

Don't forget a person's greatest emotional need is to feel appreciated.

Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry easily.

Don't use time or words carelessly. Neither can be retrieved.

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## 12. Advance planning department

A. There are two exciting events this coming Friday.

\* Robin in Pennsylvania:  
Newtown Friends Meeting is hosting its Third Annual Lasagna Dinner to raise money for needy children. Here are the details:

Cost: \$8.00

Date: Friday, March 30th

Time: 5:30-7:00 p.m.

Location: 219 Court Street, Newtown, PA  
Telephone: 215.968.1655

Why not join me for some good eats for a great cause?

\* Walter in New Jersey:  
JAMES TWYMAN IS COMING TO NEW JERSEY!

I have heard him, and he is good.

The Center for Conscious Living is delighted to present an extraordinary evening of beautiful music, deep peace, and shared consciousness of oneness, during this concert for peace with internationally renowned author and musician, James Twyman. James is performing a 64-day concert tour for the 2007 Season for Non-Violence, celebrated from January 30 to April 4, commemorating the memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King Jr. During this tour, James will perform 64 concerts to honor the lives of these two peacemakers and to raise awareness of peace and non-violence everywhere.

James' music opens the heart to peace. He is a wonderful example of the Gandhi quote: "Be the change we want to see in the world." We have found the energy raised as we come together as peace, truly influences and uplifts consciousness everywhere. Please join us in this concert for peace.

The concert takes place on Friday, March 30, 2007 at 7:30 p.m. at the Moorestown Community House, 16 E. Main St., Moorestown, NJ 08057. Tickets are \$20; children under 12 free.

Tickets may be purchased by calling the CCL Church Office at 856.722.5683.

B. Tony in Pennsylvania:  
News on the Net forum

On Wednesday, April 4 at 10 a.m., the journalism program at Bucks County Community College and the Centurion will host the forum "News on the Net: The Future of Online Journalism."

This free event in the Library Auditorium will feature talks by:

\* Jonathan Tannenwald, a producer for [Philly.com](http://Philly.com), the website of the Philadelphia Inquirer and Daily News;

\* Angelo John Lewis, a corporate convergence editor for [Phillyburbs.com](http://Phillyburbs.com), website of the Bucks County Courier Times and Doylestown Intelligencer; and

\* Eric Redner, a writer and editor for [Sportsnetwork.com](http://Sportsnetwork.com). Redner is a graduate of the journalism programs at Bucks and Temple University, and a former editor at the Centurion.

The speakers will talk about Internet journalism and their careers and spend time answering audience questions.

The event marks the eight annual "Media Day" forum at Bucks. Attendees will also have the opportunity to hear about Bucks' programs in journalism and communications and visit the college's student newspaper newsroom and TV production facilities.

More information is available on Bucks' journalism website at:  
<http://www.bucks.edu/journalism>

or e-mail: [journalism@bucks.edu](mailto:journalism@bucks.edu)

C. Cynthia (see also Section 1A):  
PLEASE JOIN ME AT EITHER AND/OR BOTH OF THESE PROGRAMS:

\* Saturday, April 7

Move Your Body class. This is a fun, rejuvenating movement experience where you follow simple dance moves to soul-filled music from around the world.

FREE. Love donations accepted for the rental space.

1:30-2:45 p.m. at Princeton Center for Yoga & Health,  
Skillman, NJ.

For more information, please click:  
<http://www.princetonyoga.com>

\* TREASURE YOURSELF

A Woman's Circle of Discovery and Adventure  
with Janet StraightArrow and Cynthia Greenfield

Saturday, April 21 (rescheduled from March 17 when it  
had to be postponed because of the snow)

12:30 p.m. to 4:30 p.m. at Princeton Center for Yoga  
50 Vreeland Drive, Suite 506, Skillman, NJ 08558

609.924.7294

For directions go to:  
<http://www.princetonyoga.com>

Cost: Free. Love donations accepted for the rental space.

Bring your little girl self and wise woman self. Be ready for mystery,  
magic and fun! Woman of all ages welcomed and appreciated!

Janet holds a circle of Love, Laughter and Joy:  
Rediscover who you are as a soul, as a woman and as a  
magnificent being.

Increase your energy, awareness, memory and connection to self,  
spirit and others.

Janet teaches you tools she has gathered--to awaken, empower  
and live your gifts and your dreams.

Move Your Body with Cynthia:  
A fun, rejuvenating movement experience where you follow simple  
dance moves to soul-filled music from around the world.

Let go and drop expectations of looking any particular way while  
dancing.

Moving in this class honors your self, enjoying pleasure in movement,

letting go of your mind and allowing free expression from your soul.

Enjoy! Have Fun! Experience spiritual renewal and healing.

Community is an important aspect of the gathering. We learn from each other as mirrors and teachers.

Future programs will be available for the group to deepen their connection to themselves, soul, spirit, your life and purpose.

Bring friends, sisters, mothers or any fabulous women you know.

D. Jean in Pennsylvania:  
HOLD THE DATE

Public Relations for film, From Philadelphia to the Front,  
to be shown 5.6.07

WINNER: best film, short film, and audience favorite at five film festivals: 2006 Aarhus Festival of Independent Arts, Denmark, LA Jewish Film Festival, Warsaw Jewish Film Festival, Palm Springs International Film Festival of Shorts. From Philadelphia to the Front is an inspiring documentary profiling the experiences of six Jewish American World War II veterans. Co-director Judy Gelles will speak about the 37-minute film on Sunday, May 6, at The George School in the Coffee House in Newtown, PA.

This rare film begins at 2:00 p.m. and leaves one wanting more. The film features stunning archival footage, including the first Jewish worship service at Dachau after it was liberated. From Philadelphia to the Front is the first documentary to focus on Jewish Americans who participated in the allied victory of World War II.

Tzedek v'Shalom of Newtown, PA sponsors this event. Seating is limited and calling Jean Ryersbach at 215.943.4565 or emailing Ryersbac@bucks.edu reserves \$5 tickets.

For more information, please click:  
<http://www.fromphiladelphiatothefront.com>

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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**SUBSCRIBE/UNSUBSCRIBE INFORMATION**

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: bginbc@aol.com

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#546

3.19.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I have been spending a lot of time going back and forth seeing our respective mothers . . . hers somehow is managing to hang in there as a patient at Daughters of Israel in West Orange, NJ . . . methinks she is en route to holding the dubious distinction of being the longest patient in hospice care, having been in that category for nearly 18 months . . . my mother is still undergoing tests at North Shore University Hospital in Manhasset, NY . . . we hope to hear some results this coming week . . . MANY THANKS to all who have written to express their thoughts and prayers.

B. We are both constantly on the lookout for things that make us smile . . . sometimes they are just little, everyday happenings at work that you have to sometimes think about as they take place.

For instance, Cynthia had me cracking up when she told me about this one teacher she overheard talking to a bunch of her elementary school students as they were in line . . . she said, rather loudly, "Why don't you walk like an adult?" . . . then a few minutes later, she came back with this one that we all have asked children at one time or another: "Why can't you behave like an adult?"

Think about it, there's no acceptable response to either question . . . if a child answers honestly to the effect of, "I'm not an adult," he or she will probably be in worse trouble!

C. Harry Paul was a smash at last week's Author's Talk at Bucks County Community College . . . thanks in large part to the generous sponsorship of Fulton Bank, we raised some \$3,700 for various student scholarships, and those in attendance learned much from the author of FISH! and REVVED!

Among the tidbits I gained were the following:

\* When you ask how many work in your company, don't be surprised to find out this answer: About 1/2.

\* If you say this is where I want to be (say at work), the energy goes up.

\* Here's an actual, great title for a bellman that I came across: Captain of Grace and Ambassador of Charm.

\* And here's one for a receptionist: Director of First Impressions.

\* Take out chairs and meetings will be shorter.

\* Meetings are just excuses for making unilateral decisions.

\* Choose your attitude. Decide to bring more enthusiasm to work.

\* To win folks over, be nice, remember the four Bs:

Be nice.

Be informal.

Be appreciative.

Be real.

\* What a great idea for a medical facility: When women go for a mammogram, offer them neck and back massages.

\* Utilize the multiplier effect. Send a note to somebody's boss about the great job that he or she does. And when you do, send an actual note--not email.

\* Banks should not chain down their pens.

D. I'm sooooo proud of Arlene Ditzler, a former student and longtime friend/reader . . . she is pursuing her dream job of helping people write their life stories . . . for more information about this marvelous concept, please click:

<http://www.phillyburbs.com/pb-dyn/news/147-03062007-1309434.html>

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

This week, it goes to Lorraine Allen-regional director of the Small Business Development Center for New Jersey. (She handles both Mercer and Middlesex Counties.)

Recently, I was pleased to hear that Lorraine was named Businesswoman of the Year by the Middlesex Regional Chamber of Commerce.

This was a great choice. I have known Lorraine for many years and have always been impressed by her knowledge, as well as competence. She provides training classes and one-on-one consulting for small businesses, ranging from start-ups to firms with several hundred employees.

If you are a small business owner, you won't go wrong contacting Lorraine. She can be reached at 609.989.5232.

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## 2. FYI

Sometimes, rumors you hear on the Internet do have some validity to them--and may even be true . . . the key is to check them out; e.g., at my favorite website for such a purpose:

<http://www.snopes.com>

I did so with the following two rumors that you NEED to be aware of:

\* Claim: The "cuts and gravy" form of pet food manufactured by Menu Foods (and sold under a variety of labels) has been recalled.

Status: True.

If you own a dog or cat, you MUST check this website for more information:

<http://www.snopes.com/critters/crusader/menu.asp>

The affected products have been sold under 48 brands of dog food and under 40 brands of cat food.

\* Claim: Mold that forms in pancake mix can cause a life-threatening allergic reaction.

Status: True.

If you have pancake mix around that has been opened, you MUST check out this link:

<http://www.snopes.com/medical/toxins/pancake.asp>

And as the report points out, also beware of outdated cake, brownie and cookie mixes.

FYI, part 2

\* Jean in Pennsylvania (with a final REQUEST FOR HELP):  
Thanks to your wonderful readers, my nephew Jesse Ponnock is now in the TOP 5 of the Best Music on Campus contest for MTV-U and Drive-Thru records! The final voting is taking place now through Friday at 4 p.m.

PLEASE help again! Go to:

<http://www.bestmusiconcampus.com/band/default.aspx?bandID=885#>

and click on "vote now." You can refresh your browser and vote as often as you like!

Thank you!

\* Jerry in New Jersey (with ITEMS FOR SALE):  
We are downsizing with the rest of the Baby Boomers. We just bought a new home in a 55+ community and have to sell some of our stuff.

To view, please click:

<http://hub.ebay.com/community>

and then enter the user ID: Mscharlie7.

\* Two readers had a lot to say about the fact that I gave a summary of a speech recently given by Elizabeth Holtzman (that I heard at Princeton University):

Barbara in Pennsylvania:

Actually, I can blame you for being a "Bush Basher, and Bush Hater." Simply because you added the fact that you attended the speech by Elizabeth Holtzman, knowing she hates Bush and then proceeded to add about:

Her "wish and push" to impeach the "President of the United States," especially at a time when we are at war and while we have awesome, intelligent, fearless, service men & women watching "our" backs here at home, and with some of these wonderful "service" people giving of their lives for something "they believe in" . . . .is something I will never understand..

Why don't you and she and the rest of the Democrats and Republicans that seem to have nothing better to do than spew hate for each other, learn from the wonderful leaders that we've had in the past who "worked together in a time of war." Let's win this war that we are involved in up to our big fat mouths, and then, and only then, you can talk and protest about whatever you want after we have honorably won the war and brought all of our service "men & women" home safe and sound.

I don't agree with the way this war is going, but I would never speak against the President of the United States of America.

I'm so sick of the Democrats drooling about:

- \* Wiretapping without warrants;
- \* Lying in order to initiate the Iraq war;
- \* Torture incidents in the Abu Ghraib prison in Baghdad; and
- \* An inadequate response to Hurricane Katrina.

MOST OF WHAT IS IN THE ABOVE MARKED HEADINGS ABSOLUTELY DO NOT DIRECTLY BLAME THE PRESIDENT OF THE UNITED STATES.

What is wrong with you? You are a professor at a College. What happened to your sense of right and wrong? I hear everyday about liberal professors who take their frustrations out on their students who do not have the same opinions that they have. I have never thought of you in that manner.

You have this terrific newsletter you send out every week that I so enjoy receiving "except" when you Bush Bash and also add your digs at Conservatives.

As she concluded (Holtzman), "It's up to us. If we are silent, what will that say about us?"

WHO IS "US? WHO IS SHE DIRECTING THAT TO AND WHAT DOES THAT MEAN???

"Will we have done everything we can to keep this democracy a democracy?"

WELL, SHE, WITH HER BIG MOUTH AND BIG PENCIL CERTAINLY IS DOING A LOT TO TRY AND BREAK DOWN THE DEMOCRACY WE HAVE SPENT LIVES & LIFETIMES BUILDING.

And about "your" MY TWO CENTS, in trying to stay out of it because the words didn't originate from your mouth, while they didn't originate from your mouth, you certainly are helping to promote them and even promote her book.

I'm disappointed in you Blaine. I'm so disappointed in you promoting

this garbage at this time while we are at war.

Mary in Pennsylvania:  
My three cents:

Do you really believe that Bush is personally responsible for all these claims? Our American life changed after 9/11 & it is naïve of people to think that we could go back to our routine lives. There are many similarities to what FDR did during his presidency and yet liberals tout how great he was. How quickly liberals forget life during the Carter administration. Does anyone still remember the hostage situation? I'm afraid most Americans suffer from ADD and are too willing to follow people like Ms. Holtzman without checking out her claims.

As for Katrina, it was local political corruption that brought about that disaster on the people of NOLA. What's that fable about the ants & the grasshopper?

And what's this about not being Anti-Bush???? What a cop-out! Your little intro about seeing Ms Holtzman begs to differ. Words like fortunate, case for impeachment, & protect the Constitution, tell a different story. Them's fightin' words Mr. Greenfield. I believe in the Constitution of our forefathers and appreciate the blood they were willing to shed for it. I doubt we would be called Americans if Ms Holtzman had been around then. She would have called for the impeachment George Washington because he prayed at official functions.

Bush doesn't have that much time left in Washington. There are more important things to worry about than wasting time & money on "impeaching" anyone. She'll have her chance very shortly to vote for whomever she pleases. That's the great thing about this country. And some people are willing to keep it that way and even die for it.

MY REACTION:

Geez, give me a break here . . . I was NOT giving my opinion about what Holtzman said . . . rather, I quoted her directly.

I do believe that we ALL should be more open to views from all sides of an issue and then draw our own conclusions . . . both Barbara and Mary did not hear Holtzman; I did . . . yet they then based their emails on my summary.

In follow-up correspondence, I encouraged them to read the Holtzman book themselves so that they could base their opinions on fact; i.e., the points Holtzman actually made . . . for anybody else who might be interested in finding out more, here's title of the book: THE IMPEACHMENT OF GEORGE W. BUSH.

Or if you just want to read an informative summary, please click:  
<http://www.thenation.com/doc/20060130/holtzman>

But before any readers go crazy here, I should tell you the real reason I saw Holtzman was because she was at a locale that was convenient to me, and I was free when she was speaking . . . if George W. was speaking in the area, I'd do my best to hear what he had to say, too.

And I should tell you that I've voted for Republicans and Conservatives in the past; in fact, some of them are even my friends . . . I've also read books by and/or about Ronald Reagan, Pat Buchanan, Bernard Goldberg, Bill O'Reilly, and John McCain and in a BLAINESWORLD

within the past month, I wrote that it was my opinion that the latter individual would make a fine president.

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#### 3. It never hurts to ask

A woman rushed into the supermarket to pick up a few items. She headed for the express line where the clerk was talking on the phone with his back turned to her.

"Excuse me," she said, "I'm in a hurry. Could you check me out, please?"

The clerk turned, looked her up and down, and smiled, "Not bad."

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#### 4. Reviews

A. Enjoyed THE ULTIMATE GIFT, a somewhat hokey film based on the Jim Stovall bestseller . . . it is about a trust fund kid named Jason who expects a lot of money when his grandfather dies, only to find out that he first must go through a set of 12 obstacles--each one designed to teach him that there's more to life than wealth alone . . . James Garner, Abigail Breslin (so fine in LITTLE MISS SUNSHINE), Brian Dennehey, and Ali Hills all do a fine job of acting; their work, however, it is almost offset by a wooden performance from Drew Fuller in the leading role . . . rated G, THE ULTIMATE GIFT would be good for the whole family to watch together, especially for its uplifting message; i.e., it is up to each of us to do what we can to help others fulfill their dreams.

B. THE HEART OF THE GAME is now out on DVD . . . this is a documentary that I had wanted to see in the theaters, but it never got out my way . . . too bad . . . you'll love this film about a Seattle high school girls' basketball team, the unorthodox coach that leads it and the touching true story of one player's battle to play the game she was seemingly born to play . . . see this even if you're not a sports fan . . . rated PG-13.

C. I'm not a big coffee drinker, but that said, I've always been amazed by the success of Starbucks . . . now after reading THE STARBUCKS EXPERIENCE (see also Section 11) by Joseph A. Michelli, I have a much better appreciation of why this has happened.

After all, how many companies have their employees--or partners, as Starbucks call them--taste their core products at least twice a year? In addition, "Starbucks partners are given a pound of coffee each week at no charge to ensure that they are continuing to develop their knowledge of and refined taste for Starbucks products."

Furthermore, "As they develop, baristas are encouraged to explore the possibility of becoming 'Coffee Masters,' a designation reserved for Starbucks

partners who have a passion to become true coffee experts. To achieve that designation and don a black apron, a barista must complete a significant number of hours of paid training, pass a series of content-based tests with high proficiency, and lead a number of coffee tastings. Normally, this training occurs over a period of about three months and involves presenting seminars and topical sessions."

Another thing that I was impressed with was the fact that store partners check the dining area every 10 minutes. To me, that ensures a clean and orderly establishment, as well as one where customers become known.

And therein lies another key to the success of this chain; i.e., partners have the autonomy to do what is "right" as opposed to just what might be best for the immediate bottom line. For instance:

"A perfect example of this comes from a neighborhood library branch that was relocating. A number of librarians from that branch were daily customers at a nearby Starbucks. When the Starbucks manager found out about the relocation, she decided that she would buy the librarians coffee and take it to them at their new branch. She also found the closest Starbucks store to the new library and introduced the librarians to the baristas at that store. Leadership sets the tone for the importance of anticipating needs and surprised those whom the business serves."

THE STARBUCKS EXPERIENCE contained plenty of other such examples that could be applied to virtually any other business or life situation . . . in addition, I liked the boxes throughout the book entitled "Ideas to Sip on" . . . these got me thinking by making the point, for instance, that retail is detail . . . for that matter, all business is detail . . . and that:

- \* Missed details produce dissatisfied customers who go elsewhere.
- \* There is really no way to hide poor quality.
- \* Acknowledge, celebrate and play!

Lastly, I also liked the boxes called "Create Your Own Experience" . . . these got me thinking by asking such questions as:

- \* When was the last time you were pleasantly surprised by a business?
- \* What can you do to possibly surprise a coworker, a customer or some other unsuspecting recipient?
- \* What naturally occurring opportunities are ripe for creating surprise experiences?

Read THE STARBUCKS EXPERIENCE to become more familiar with the organization, regardless of whether you're already a fan of Starbucks . . . you will be by the time you end this book.

D. Heard IN THE CUT by Susanna Moore, an erotic thriller that is definitely not for everybody . . . as might be expected, there's a great deal of sex in it . . . that might or might not be to your liking . . . however, the violence is very explicit, so be forewarned.

The story involves Franny, a 35-year old divorced woman who teaches creative writing at NYU to a group of inner-city teens with high intelligence . . . at the same time, she is writing a book on street slang . . . when she accidentally witnesses a couple engaged in an intimate act, her life changes when shortly thereafter the woman is murdered.

Franny is interviewed by a detective, who subsequently becomes her lover . . . what happens to them both is the basis of the novel, so I won't give too many more details other than to say there's a knockout ending that left me wanting to read more of Moore's work.

IN THE CUT was told from Franny's perspective; she was both the protagonist and narrator . . . Kathryn Walker, the narrator of this book on tape, gave an excellent reading and made me believe that she was Franny.

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#### 5. TV alert

A. DANCING WITH THE STARS returns on Mondays at 8 p.m. on ABC with results being announced on Tuesdays at 9 p.m. . . . I'll be watching to see Heather Mills, the first dancer to compete on an artificial leg; Laila Ali, undefeated super middleweight boxing champ and youngest daughter of Muhammad Ali; and Ian Ziering of BEVERLY HILLS 90210 fame, among others.

B. Becca Sussman, the daughter of Marsha in New Jersey, appears in THE GREAT NEW WONDERFUL . . . somewhere toward the 2/3 mark, you will catch a brief full face view of her on the right hand of the screen . . . the movie deals with a psychologist who treats troubled New Yorkers in the aftermath of Sept. 11 . . . stars Maggie Gyllenhaal, Tony Shalhoub and Olympia Dukakis . . . Thursday at 3:30 p.m. on SHOWTIME; repeated on Friday at 12:30 a.m.

C. ACCEPTABLE TV is a new series that debuts on Friday at 10 p.m. on VH1 . . . viewers get the chance to submit homemade shorts in this interactive new series, which mixes fans' creations with professionally produced skits.

D. TOP OF THE POPS: THE TRUE STORY airs on BBC AMERICA on Saturday at 10 p.m. . . . this 2006 documentary looks at more than 40 years of classic moments from the long-running music show that has featured such acts as the Beatles, the Rolling Stones and the Spice Girls.

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#### 6. Three guys

An Englishman, a Scotsman and an Irishman were all sitting at the bar enjoying their pints when each has a fly plop into their beers. The Englishman looks down and says, "I say, please remove this pint, I cannot drink this."

The Scotsman looks down, reaches in and removes the offending fly and continues to drink his beer.

The Irishman looks down into his pint and says to the fly, "Spit it out!"

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#### 7. Websites

A. Directory services are now offering new free people-searches . . . see for yourself by looking up somebody you know and/or want to find out more about . . . make sure you put quotes before the first name and after the last name for best results; e.g., "Blaine Greenfield" . . . the following are some of the websites you may want to check out:

\* <http://www.Wink.com>

Searches for people among public profiles on several leading social-networking sites. Users can search by name, location, interests, gender, and age.

\* <http://www.WhitePages.com>

Offers email search neighbor search, Web search and professional profile search. Blind email process only displays address if the recipient responds; service costs \$10 to email three addresses.

\* <http://www.ZoomInfo.com>

Business-centric people search service that depends heavily on official Web sites and press releases. Users who verify their identity by current email or credit card can log in to correct and add their own information.

\* <http://www.spock.com>

Soon-to-be launched people-focused Web search that will draw heavily on blogs and other websites with biographic information. Site will eventually include video and photo results as well.

SOURCE:

Jessica E. Vascellaro, "They've got your number (and a lot more)," THE WALL STREET JOURNAL, March 14, 2007, p. D3.

B. Apple has introduced a new product that **MUST** be seen to be believed:

<http://www.geekarmy.com/political/The-Apple-iRack.html>

View this, and you'll really be on the cutting edge of what's happening in technology.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

On the left, you'll see "Radio Show" . . . go to that link if you want to see a history of my radio career . . . you can also hear one of my shows.

As you may have read in a past issue, a management change at WWFM has resulted in my show being taken off the air . . . but, hopefully, I'll resurface soon again . . . on another station and/or even with my own cable show.

Please do keep me in mind if you have any media contacts for me to pursue with respect to the above possibilities.

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8. Computer tip

The Firefox browser has become a popular Internet browser option . . . if you've never tried it, please clip:

<http://www.mozilla.org/>

One of the reasons that Firefox is so great is the ability for people to create add-ons to it . . . this website has a huge collection that are REALLY easy to install:

<https://addons.mozilla.org>

Here are several that you might want to consider:

ColorZilla is great for people who design websites . . . it lets you point to any color you can see, and it will tell you what it is . . . great for matching something on a page.

SearchStatus gives you "popularity" information about a site without having to have the search engine toolbar. When you surf, it gives you the page's Google PageRank and the site's Alexa Rank, which are useful to help you determine how good the site is. The higher the PageRank, and the lower the Alexa ranking, indicates how many quality sites link to the page or site you're looking at, and how popular it is with other users.

Mouse Gestures is really cool . . . it lets you send commands to the browser with mouse movements, rather than having to find a button and click it.

\*\*\*\*\* MR. CURIOUS HERE \*\*\*\*\*

I'd be interested in reader experiences with Firefox; i.e., is anybody using? If so, what do you think about it? Are you using any of these add-ons?

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## 9. Haircuts (women vs. men)

Women's version:

Woman 2: Oh! You got a haircut! That's so cute!

Woman 1: Do you think so? I wasn't sure when she gave me the mirror. I mean, you don't think it's too fluffy looking?

Woman 2: Oh Gosh no! No, it's perfect. I'd love to get my hair cut like that, but I think my face is too wide. I'm pretty much stuck with this stuff, I'm afraid.

Woman 1: Are you serious? I think your face is adorable. And you could easily get one of those layer cuts--that would look so cute I think. I was actually going to do that except that I was afraid it would accent my long neck.

Woman 2: Oh--that's funny! I would love to have your neck! Anything to take attention away from this two-by-four I have for a shoulder line.

Woman 1: Are you kidding? I know girls that would love to have your shoulders. Everything drapes so well on you. I mean, look at my arms--see how short they are? If I had your shoulders I could get clothes to fit me so much easier.

Men's version:

Man 2: Haircut?

Man 1: Yeah.

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10. A quote I like

Will and I could hardly wait for the morning to come to get at something that interested us. That's happiness.--Orville Wright (1871-1948), co-inventor of the airplane

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11. Thought for the day

To put it simply, the vast majority of shortcuts backfire. This is illustrated by the story of a wealthy man who asked a builder to spare no expense in creating his mansion. Since the man was out of the country while the home was being constructed, the builder decided that he could make the infrastructure out of inferior material and cover it up with superior finish work. The builder could then overcharge the man based on the home's appearance. When the owner returned to the country, he was so taken by the beauty of the home that he told the builder, "This is simply too nice a house for me. Here you take the keys."

SOURCE:  
THE STARBUCKS EXPERIENCE (see also Section 4C) by Joseph A. Michelli

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12. Advance planning department

A. Linda in Pennsylvania:  
Interfaith Family Weekend features an exciting conference this coming Sunday, March 25, from 11:45-5 p.m.

For more information, please click: <http://www.jfcsphil.org/faithways.htm>

For more information or to register, call Linda at 215.968.9950, ext. 262 . . . if you mention that you heard about the event through BLAINESWORLD, you'll even get a 50% discount.

B. Natalie in Pennsylvania:  
\* Dr. Beth DuPree: "One Woman's Dream: State-of-the-Art Healing in Bucks County."

Award-winning cancer surgeon and author of The Healing Consciousness: A Doctor's Journey to Healing speaks about the balance of work, life and home, as well as mind, body and spirit.

Tuesday, March 27, 7 p.m. Founders Hall room 140, Bucks County Community College, 275 Swamp Road, Newtown. Free.

Information: 215.968.8015.

\* Thursday, March 29, 12:30-1:30 p.m., Women's Center

Brown Bag Program: "Everything You Ever Wanted to Know About Credit."

Location: Women's Center (at the College).

C. Dave Brahinsky and Friends will next be performing on Saturday, March 31, at 8 p.m., at 6 Mile Run Church, Kingston, NJ

Phone 609.443.1898 for directions.

We'll be there to see Dave, a talented colleague of mine at Bucks County Community College, who has our good friend Gail in his group.

D. Cynthia (see also Section 1A) in New Jersey is offering the following "Move your Body" class:

\* April 7 for FREE, though contributions to the Center are welcome.

1:30-2:45 p.m. at Princeton Center for Yoga & Health, Skillman, NJ.

For more information, please click: <http://www.princetonyoga.com>

\* April 21:

A Woman's Circle of Discovery and Adventure with Janet StraightArrow and Cynthia Greenfield has been rescheduled from its original date of March 17 (when it had to be postponed because of the snow).

12:30-4 p.m., though if you can only make Cynthia's session, it will run from 1:30-4 p.m.

Also FREE, though contributions would again be welcome.

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PS. Please join me in officially welcoming spring on Wednesday . . . also, kindly continue to keep praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . and make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#545

3.12.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I had a hectic day on Saturday . . . actually, make that a hectic weekend.

On Saturday morning, we went to the Conerly Road Elementary School in Somerset, NJ, where Cynthia ran a "Move Your Body" class for many of the parents and children in attendance there for a Peace Day (see also the part after Section 1D on the BLAINESWORLD BEST AWARD).

I got a kick out of watching her do her thing . . . she has a blast, and so do those in attendance . . . to see for yourself, see the picture below . . . that's her, second from the right, and her friend Virginia, second from the left:



From there, we went to her the home of her cousins, Carol and Bob, for a semi-regular meeting of something called the cousins' club . . . this is a group that Cynthia actually helped form with her sister

Joyce and Carol a few years back . . . the idea was to get together with cousins and other relatives when everybody is healthy . . . it's always a nice gathering and one we look forward to attending.

Carol, as always, did a great job with the cooking . . . another cousin Joyce outdid herself with dessert, making coconut cupcakes there were fantastic . . . I'm trying to get the recipe.

On Sunday, we went to North Jersey for the funeral of the father of Cynthia's friend Lois . . . then it was to Long Island to visit my mother, who was taken to the hospital that morning . . . she's not feeling her usual chipper self, so they're having her undertake a series of tests . . . if all goes well, she'll be released sometime in the near future to a rehab facility for a few weeks . . . we then went back to North Jersey for a Shiva call to Lois and her family, followed by one of our favorite ice cream flavors: caramel cone ice cream at a local Haagen-Dazs.

B. During the week, I was fortunate enough to hear former New York Congresswoman Elizabeth Holtzman speak at Princeton University . . . she presented the case for impeachment against President George W. Bush, urging the members of the audience to take it upon themselves to protect the Constitution and to call on Congress to investigate the following:

- \* Wiretapping without warrants;
- \* Lying in order to initiate the Iraq war;
- \* Torture incidents in the Abu Ghraib prison in Baghdad; and
- \* An inadequate response to Hurricane Katrina.

As she concluded, "It's up to us. If we are silent, what will that say about us? Will we have done everything we can to keep this democracy a democracy?"

MY TWO CENTS:

Please don't write me about my being anti-Bush . . . I did not say the above; rather, it came from the mouth of Ms. Holtzman . . . if you'd like to find out more, consider reading this 2006 book that she co-authored: THE IMPEACHMENT OF GEORGE W. BUSH: A PRACTICAL GUIDE FOR CONCERNED CITIZENS.

C. I love sharing good news about friends . . . the fact that they're also readers of this newsletter is even better:

- \* Dr. Emil Matarese was recently named "2006 Physician of the Year" by the National Republican Congressional Committee; and
- \* Bill Kline was just promoted to assistant director of recruitment for LaSalle University . . . as such, he'll be responsible for promoting LaSalle's Bucks County campus . . . if you'd like more information about transfer opportunities, feel free to call Bill at 215.713.3912.

D. I was saddened to hear of the death of Jack Gevins, a longtime friend/teaching colleague . . . he passed away on Sunday, March 11th.

Jack taught at Bucks County Community College for 33 years

and retired in December 2004.

There will be a Memorial Service at the Fluehr Funeral Home, Newtown-Richboro Road, on Saturday, March 31st. at 3 p.m. In lieu of flowers, donations may be made the Buxmont Chapter of the American Cancer Society.

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

This week, it goes to Virginia Abu Baker (see also picture in Section 1A)--a guidance counselor at the Conerly Road Elementary School in Somerset, NJ.

Virginia was the person who put together the aforementioned Peace Day . . . she got all the speakers, planned the workshops and arranged for exhibits throughout the day . . . what's more, she funded the entire event with her own personal funds . . . as Cynthia describes her, she's an angel.

Virginia has run many similar programs over the years . . . she's even had her students in a program involving the United Nations.

I just met Virginia Abu Baker for the first time the other day and came away mighty impressed . . . the Franklin Township School System should be proud to have such an employee!

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## 2. FYI

When you go to rent a movie, you'll often see independent-type films that you probably missed the first time around in the theaters . . . to determine what ones I want to see, I'll typically make a list of several of them and go home with that list.

I'll then go home and check the following two sources:

**<http://www.rottentomatoes.com>**

This is perhaps my favorite website for movie reviews . . . I'll look to see if the critics gave the movie a rating of 50% or higher (plus, I can read a detailed description of what the film is all about in comparison to quickly skimming the back of the DVD box) . . . with that information in hand, I'll next go to:

**<http://www.imdb.com>**

There, I'll see how others like me rated the movie . . . so if I see anything in the 5 range or higher, I'll feel pretty comfortable that I might enjoy the rental--though ratings here tend to bunch toward the 6-7 range.

So to take two examples: THE DUKES OF HAZARD (see also Section 9) got 14% at rottentomatoes.com, and imdb.com users gave it a 4.6 . . . I passed on this in the theaters, and methinks I'll also pass on it as a rental.

In contrast, THE HOLIDAY (see also Section 4B) got 48% at rottentomatoes.com, and imdb.com users gave it a 6.6 . . . this one I liked; you will too.

FYI, part 2

\* Jean in Pennsylvania (with a REQUEST FOR HELP):

Thanks for your help. My nephew, Jesse Ponnock, is now in the TOP TEN of MTV-U's contest for the Best Music on Campus!

PLEASE VOTE FOR HIM AGAIN--AND OFTEN! Go to this link:

<http://www.bestmusiconcampus.com/band/default.aspx?bandID=885#>

In the bottom right, click on the "vote now" button. Then refresh your browser and vote again and again and again! Voting ends Saturday March 17, with the top 5 announced Monday March 19.

If he wins, he gets to record an EP and video!

\* Sue in Pennsylvania:

It's official! I am now a nonsmoker. The STOP SMOKING book works. I can hardly believe it's so easy. I really think the book has advice that can be applied to overcoming just about anything. I cannot thank you enough. Your father would be proud!

Perhaps you may think it's too soon for me to know for sure. I can't really explain it. But I know without a doubt that I am officially a nonsmoker for the rest of my life. And it is a HUGE RELIEF! My sinuses cannot thank you enough.

\* Karen in Pennsylvania:

As always, I enjoyed your latest newsletter. My husband recently lost his IT job (due to job elimination), and I am taking your advice learned from class and helping him network. If you hear of anyone who is looking for an excellent--OK, I am a little biased--employee with a good amount of computer IT-related experience, please think of my husband.

On another note, Brian Tracy is one of my favorite speakers. In the tapes I recently listened to, he mentions subscribing to a tape rental group so as to be able to use your car as a university on wheels. I will be contacting the one you recommended last week. You can never have enough education.

\* Laura in New Jersey:

I do like to share neat things.

You and Cynthia might like Plays in the Park in Menlo Park this summer. Tickets are \$5.00. The Monmouth County Park System also has good plays in the summer in an empty garage the size of a hangar in Thompson Park. Tickets were \$15.00, but the productions are excellent.

Also, SKITS in a year-round production system for students. Their plays are usually musicals and of very good quality. Students from all over the state are involved. I think that all of these organizations have websites.

I've gone to several concerts featuring Klezmer music at the Somerset County Library system. The fellow who plays the mandolin for also plays in (Red) Hot Tuna and in Silk City among other groups. His aunt is on the committee which picks the groups to book for the concert schedule every year.

In addition, they have movies every other week and as some foreign films on Sunday. They purchased a theater sound system, so you get to see the movies on a big screen with good sound. They also serve popcorn and

cold drinks, and it is all for free. We went to see THE DEPARTED last Friday. I had seen the second PIRATES OF THE CARRIBEAN movie there a few weeks ago.

You can log on to the Somerset Count library system and keep up with events by clicking:

<http://www.somerset.lib.nj.us>

It is always fun to read about places or events that I have enjoyed in your newsletter.

And what about holding a singles event?

MR. CURIOUS HERE:

No longer being single, I'm not soooo sure about having an event just for singles . . . but if other readers would be interested in such a possibility, let me know . . . at the same time, I'm still thinking about something on a larger scale; e.g., open to everybody . . . what say ye about that?

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### 3. Good question

A little boy returning home from his first day at school said to his mother, "Mom, what's sex?"

His mother, who believed in all the most modern educational theories, gave him a detailed explanation, covering all aspects of the tricky subject.

When she had finished, the lad produced an enrollment form which he had brought home from school and said, "Yeah, but how do I get all that into this one little square?"

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### 4. Reviews

A. Forget the great reviews you may have seen for VOLVER . . . this is a film you'll want to miss--at least in my opinion . . . it is a convoluted melodrama about the trials and tribulations of women that had me angry with myself that I stayed around to the very end of the film . . . I didn't care for any of the characters, and though Penelope Cruz got favorable press for her work, I was glad that she didn't get an Oscar for her starring role . . . it just didn't move me, though that said, I kept thinking of a young Sophia Loren every time I saw hr on screen . . . rated R.

B. THE HOLIDAY is now out in DVD format . . . my review from BLAINESWORLD #34 follows:

THE HOLIDAY, a romantic comedy about two women who switch homes, starts off slowly . . . very slowly . . . in fact, the first hour was a step above terrible . . . however, things pick up noticeably in the second half of the film to the point where I'd recommend it . . . Kate Winslet, as she usually does, gives a terrific performance as the English woman swapping residences

with her American counterpart Cameron Diaz (who appears to be trying too hard in her role) . . . Jude Law is surprisingly touching as one of the male leads; Jack Black, on the other hand, is underused as the other one . . . Eli Wallach, still acting up a storm at 92, adds poignancy to the story . . . rated PG-13.

C. A good friend recommend that I read GREEN GOLD IN JAMAICA, a first novel by Theana Kastens . . . having done so, I'm now hopeful that it won't be the last by this author.

GREEN GOLD, based on a true story, is a romantic thriller about an American businessman, his beautiful wife and the island's rising political leader . . . it starts off somewhat slowly, but after just a few chapters, I became hooked and couldn't wait to see what was going to happen next.

Only the ending left me a bit disappointed . . . or maybe that's a good thing, in that I'll probably want a sequel--assuming that one is in the works . . . even as I type this, I'm wondering what's next for the main characters.

I liked how Kastens used short chapters to move the story along . . . in addition, her writing style held my attention, such as in this passage:

\* "So tell me," Charles said, "What were you drawing?"

"The water, the birds overhead. I wasn't focusing too well, as my mind was on you. You're on my mind when I wake up. You're with me every time I shower. You're in the mirror when I brush my hair. You're my last conscious thought before sleep. You're in my dreams. And then, when I wake up the next morning, it starts all over again. You occupy my days and nights. I'm afraid I am becoming love-obsessed. I hurt when I'm away from you. When I'm with you like this, I feel so completely alive. It's wonderful!"

She also caught the "feel" of various locales where the book is set, including Manhattan:

\* The chauffeured limousine crawled south through gridlock traffic on FDR Drive along New York City's East River. The road was a sea of dented and battered yellow cabs, all jockeying for position, with horns blaring, and cabbie shouting out of their windows, as their vehicles belched smog. Below, the choppy river flowed like filthy dishwasher. Above, the buildings loomed in grungy grayness. The steely sky, the smog-stained city with its drably clad people, all melded together in monochromatic dullness. This was Manhattan-commercial chaos in perpetual motion.

I hadn't heard about GREEN GOLD IN JAMAICA prior to the aforementioned recommendation . . . do see if you can find a copy; if you do--like me--you'll be pleasantly surprised.

D. What makes writers "tick" has always amazed me and so when I came across FRESH AIR WRITERS SPEAK WITH TERRY GROSS--an audiobook--I was hooked from just the title.

What a thrill it was to hear interviews conducted by Gross with such notables as Stephen King, Maurice Sendak, James Baldwin, Allen Ginsberg, and nine others . . . I loved hearing Norman

Mailer describe himself as having "an ego like a battleship" . . . and I was moved by John Updike's account of how psoriasis affected his life.

Gross apparently based this compilation on brief parts of longer interviews she had conducted on her Peabody Award-winning program on public radio, FRESH AIR . . . she is a talented interviewer, and I liked the fact that the interviews all appeared as if they had been conducted live; i.e., there were some brief pauses, as well as breaks for unedited laughter.

Best of all, many of the authors read from their works . . . Philip Roth had me marveling at how well he writes; it even sounded better than when I've read it . . . and Billy Collins, an American poet who served two terms as 44th Poet Laureate of the United States, had me smiling when he recited "Victoria's Secret," a poem about reading a lingerie catalog.

HERE'S THAT LATTER POEM:

If you'd like to read it for yourself, it begins as follows:

"Victoria's Secret"  
by Billy Collins

The one in the upper-left-hand corner  
is giving me a look  
that says I know you are here  
and I have nothing better to do  
for the remainder of human time  
than return your persistent but engaging stare.  
She is wearing a deeply scalloped  
flame-stitch halter top  
with padded push-up styling  
and easy side-zip tap pants.

The one on the facing page, however,  
who looks at me over her bare shoulder,  
cannot hide the shadow of annoyance in her brow.  
You have interrupted me,  
she seems to be saying,  
with your coughing and your loud music.  
Now please leave me alone;  
let me finish whatever it was I was doing  
in my organza-trimmed  
whisperweight camisole with  
keyhole closure and point d'esprit mesh back.

For the entire poem, please click:

[http://www.class.uidaho.edu/cae\\_core/Links/CollinsVictoria.htm](http://www.class.uidaho.edu/cae_core/Links/CollinsVictoria.htm)

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## 5. TV alert

A. THE RICHES is a new drama that stars Eddie Izzard and Minnie Driver as fast-talking con artists who appropriate a posh house belonging to a dead couple . . . NEWSWEEK says it is "a wild new playground for a TV drama" . . . Mondays at 10 p.m. on FX.

If you missed the pilot episode, it will be repeated on Saturday at 10 p.m. and on Sunday at 11:05 p.m.

B. ANDY BARKER, P.I. brings Andy Richter back to series TV as a docile CPA who is mistaken for a retired private detective . . . Thursday at 9:31 p.m. on NBC.

C. ROCK AND ROLL HALL OF FAME CEREMONY will showcase the induction of Van Halen, R.E.M., Patti Smith, the Ronettes, and Grandmaster Flash and the Furious Five . . . Saturday at 9 p.m. on VH1.

D. CHRISTOPHER TITUS: THE 5TH ANNUAL END OF THE WORLD TOURS features a stand-up concert from the star of Fox's 2000-02 sitcom TITUS . . . Sunday at 10 p.m. on COMEDY CENTRAL.

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## 6. You look mahvelous

My cousin was in New York's Grand Central Terminal on her way to visit friends in Connecticut. She had never taken the trip before and was wondering if she needed to switch trains in Stamford. Walking to the train, she saw a conductor and asked, "Do I need to change?"

"No," he replied immediately. "You're fine the way you are. Your bag matches your shoes and your earrings are the same color as your outfit. Very coordinated."

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## 7. Websites

A. If you wish to enjoy the sunset from any location at any time, please click:

**<http://www.EternalSunset.net>**

As the sunset moves westward, Eternal Sunset continuously tunes into different webcams, chasing the sunset around the globe. This service is currently provided through the use of 225 west-facing webcams across 45 countries.

B. Another beautiful website can be viewed by clicking:

**<http://www.hall4bc04.org/Storm.htm>**

There's a great message there, too.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

**<http://www.blaineworld.net>**

New subscribers are ALWAYS welcome . . . feel free to encourage your friends, relatives and colleagues to subscribe . . . all they have to do is go to the above website, and they'll find all the information they need at the bottom of the page.

There are currently 781 subscribers to BLAINESWORLD and with your continued help, that number will continue to grow.

D. Harvey in Pennsylvania, a friend and reader, asked me to share information about his website . . . see below for more information:

Open new worlds by tuning into your creative energy!

Harvey Mathason is President of TBD Enterprises, a company providing presentations in creativity to companies, organizations, schools and privately. For more information, please click:

<http://www.trainingbydesign4u.com>

Harvey can be reached by phone, 215.752.5117, and also via email: HMathason@aol.com.

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## 8. Computer tip

Easier ways to shop for cars online

Here's a listing of some auto websites that are currently undergoing changes:

<http://www.Edmunds.com>

Improved search functionality will allow users to search vehicles based on several features, such as horsepower, fuel economy and towing capacity.

<http://www.kbb.com>

(Kelley Blue Book) Kelley's website plans a major design revamp with the hopes of better displaying editorial content and becoming more "shopper-friendly."

<http://www.Autobytel.com>

(Autobytel Network) MyRide.com, launching in the spring, aims to be the online destination for all things cars. The site will employ vertical search technology, which produces more relevant search results. Designers also hope to empower users to share videos, photos and car reviews.

<http://www.Cars.com>

Users can now search vehicles based on four major lifestyle categories: family, play, work, and Eco-friendly.

<http://www.Autotrader.com>

A "Credit Center" aims to quickly tell consumers their credit level and which dealers they can expect to work with based on the result.

SOURCE:

Adapted from a chart in THE WALL STREET JOURNAL, 3.13.2007, p. D4

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## 9. Reel stinkers

Some of these recent films may not sound familiar. And no wonder with reviews like these:

INTO THE BLUE: "Not a thriller so much as an extremely violent swimsuit calendar."--Justin Change, variety.com

A SOUND OF THUNDER: "(Edward) Burns is the kind actor you cast as the hero when a piece of wood is unavailable."--Jason Anderson, Globe and Mail

THE DUKES OF HAZARD: "The film's ambitions are so low that it's hard to imagine how it fell short of them."--Jan Chandrasekhar, tvguide.com

ELEKTRA: "The resulting action leads to levels of excitement typically attained by proofreading science textbooks."--Sean O'Connell, filmcritic.com

CATWOMAN: "Despite its feline pretensions, CATWOMAN belongs to another family--it's either a dog or a turkey." James Berardinelli, movie-reviews.colossus.net

DEUCE BIGELOW, EUROPEAN GIGOLO: "There is something to be said for the uncompromising idiocy of the film but that something is unprintable."--Lisa Rose, Newark Star-Ledger

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#### 10. [A quote I like](#)

Everyone needs recognition for his accomplishments, but few people make the need known quite as clearly as the little boy who said to his father: "Let's play darts. I'll throw and you say `Wonderful!' "

SOURCE:  
BITS & PIECES

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#### 11. [Thought for the day](#)

Be thankful

Be thankful that you don't already have everything you desire.  
If you did, what would there be to look forward to?  
Be thankful when you don't know something,  
for it gives you the opportunity to learn.

Be thankful for the difficult times.  
During those times you grow.  
Be thankful for your limitations,  
because they give you opportunities for improvement.  
Be thankful for each new challenge,  
because it will build your strength and character.

Be thankful for your mistakes.  
They will teach you valuable lessons.  
Be thankful when you're tired and weary,  
because it means you've made a difference.

It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those who  
are also thankful for the setbacks.  
Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles,  
and they can become your blessings.

Author unknown

(if you know who wrote this and/or the source, please let me know.)

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### **12. Advance planning department**

A. Cynthia (see also Section 1A):  
JOIN ME THIS COMING SATURDAY!

TREASURE YOURSELF

A Woman's Circle of Discovery and Adventure  
with Janet StraightArrow and Cynthia Greenfield

Saturday March 17, 2007

12:30 p.m. to 4:30 p.m. at Princeton Center for Yoga  
50 Vreeland Drive, Suite 506, Skillman, NJ 08558

609.924.7294

For directions go to:

<http://www.princetonyoga.com>

Cost: Free. Love donations accepted for the rental space.

Bring your little girl self and wise woman self. Be ready for mystery,  
magic and fun! Woman of all ages welcomed and appreciated!

Janet holds a circle of Love, Laughter and Joy:

\* Rediscover who you are as a soul, as a woman and as a  
magnificent being.

\* Increase your energy, awareness, memory and connection to self,  
spirit and others.

\* Janet teaches you tools she has gathered--to awaken, empower  
and live your gifts and your dreams.

Move Your Body with Cynthia:

\* A fun, rejuvenating movement experience where you follow simple  
dance moves to soul-filled music from around the world.

\* Let go and drop expectations of looking any particular way while  
dancing.

\* Moving in this class honors your self, enjoying pleasure in movement,  
letting go of your mind and allowing free expression from your soul.

\* Enjoy! Have Fun! Experience spiritual renewal and healing.

Community is an important aspect of the gathering. We learn from each

other as mirrors and teachers.

Future programs will be available for the group to deepen their connection to themselves, soul, spirit, your life and purpose.

Please call or email Cynthia or Janet and let us know if you will join us.

Bring friends, sisters, mothers or any fabulous women you know.

Enjoy the gift of this day.

Cynthia: 609:731: 0808cgreenfield1001@aol.com

Janet: 845.6797175 Janetoasis@aol.com

For more information about Janet and her work, please click:

<http://www.oasisforthesoul.com>

Bring your beautiful self, water, and a snack.

Janet StraightArrow is a gifted Spiritual teacher honoring the uniqueness of each person. StraightArrow's devotion and extensive training offers you an opportunity to open your heart to new life and deep love. Her upcoming book and work Be The Medicine brings you deeper into yourself and gifts in powerful new ways.

Cynthia Greenfield is a certified Dancekinetics Instructor from Kripalu Institute and has training in Expressive Movement Therapy. Cynthia is a certified Massage Therapist, and works as an elementary guidance counselor. Her intention for the Move Your Body classes and her life is to create, empower and share in a space of acceptance, freedom and fun.

B. Natalie in Pennsylvania:

\* Bucks County Community College celebrates  
Women's History Month continues

Tuesday, March 20, 12:30–1:30 p.m., Women's Center  
A Holistic Approach to Sexuality: Integrating Body, Mind and Spirit

Thursday, March 22, 12:30–1:30 p.m., Women's Center  
Brown Bag Program:  
Growing Younger: Live With Vitality Whatever Your Age!

For more information, contact Natalie Kaye, Coordinator of the Women's Center, at 215.968.8015 or [kayen@bucks.edu](mailto:kayen@bucks.edu).

Join us for informative and fun programs and events. Events are free, unless otherwise noted, and open to all.

\* Also--from my friend Gayle in Pennsylvania:  
Hi, everybody! I hope this almost-spring day finds you well!

I just wanted to drop a quick note inviting you to MY MARCH  
SINGLES EVENTS . . . details about all of these are on  
my website:

<http://www.healthylifeplanning.com>

SUN MAR 18, 6-8 PM - Speed Dating (ages 50-60), Pipersville  
PA - Five-course buffet dinner & wine sampling plus a chance

to go table to table meeting other singles - \$35

SUN MAR 25, 3-4 PM - 10 Secrets for Attracting Love seminar,  
Doylestown PA - Learn about the Law of Attraction and how I attracted  
new love into my life at age 50 - \$25

I look forward to seeing you at an event in the near future!

All the best,  
Gayle

Gayle P. Crist, M.S., Life Coach, Matchmaker, Motivational Speaker  
Bucks County's Dating Coach & Singles Social Director  
Producer, Relationship Channel:  
<http://www.newcenturytv.com>

HealthyLife Planning  
Helping you plan & live a healthier, happier life!  
215.489.0225

<http://www.healthylifeplanning.com>

C. HOLD THE DATE:  
Tuesday, March 27, at 7:30 p.m.

Dr. Beth DuPree, author of THE HEALING CONSCIOUSNESS: A  
DOCTOR'S JOURNEY TO HEALING, will be speaking at  
Bucks County Community College . . . Location: Founders  
Hall 140 . . . FREE and open to the public . . . if you've never  
heard her speak, you're in for quite an experience!

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PS. Please join me in celebrating St. Patrick's Day on Saturday, but  
don't forget to continue praying that we soon get our remaining  
soldiers back from Iraq . . . and that peace resumes in Israel.

Also, make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD,  
have them drop me an e-mail to that effect . . . new readers are  
always welcome . . . my address is: bginbc@aol.com

In the unlikely event you wish to unsubscribe, notify me at the  
same email address.

19 N. Kaufmann Stone Way  
Biltmore Lake, NC 28715  
Phone : 828.633.1049

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# BLAINESWORLD

BLAINESWORLD

#544

3.5.2007

\*\*\*\*\* FREE TICKET CONTEST CONTINUED; see Section 12B \*\*\*\*\*

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I went with friends to a performance of LES MISERABLES put on the Performing Arts students of Notre Dame High School in Lawrenceville, NJ . . . we were all blown away by how fine it was; in fact, it was as good as anything we've seen (community or professional) in quite some time.

You could feel the excitement just coming into the theater . . . there was a standing-room only crowd of I'd say well over 1,000 people . . . when the lights went out, you knew you were in for quite an evening when the 35+-piece orchestra began playing . . . it sounded just like the music from the original Broadway show.

Then when the play began, we were spellbound . . . every performer acted, danced and sang up a song . . . we kept listening for anybody who was the remote bit "pitchy," to quote Randy Jackson on AMERICAN IDOL, but couldn't find even one person who might fit that description.

Gigi Gibilisco, Dan Zubrzycki, Lauren Poole, Heather Wiese, Chelsea Cortes, and Michael Niederer were just a few of the many fine performers who caught our attention . . . we also very much liked the work of Nora Boronkay and Zachary Hines (who reminded us of a young Paul Lynde) for providing some comic relief . . . all totaled, there were over 75 students in the production.

SPECIAL KUDOS to Louis Gibilisco, the artistic/music director, and his wife Debby, choreographer/costume designer, for their role in making this show the hit it was.

I only regret that you won't be able to see it for yourself . . . unfortunately, there was only a very limited two week run, and we saw it on the last night . . . however, be rest assured that we will be at next year's Notre

Dame musical . . . it is already in my book to order tickets, regardless of what show is put on.

B. From there, we were disappointed that Cold Stone Creamery was closed, so we couldn't get ice cream . . . we had to instead "settle" on the Starbucks in the Mercer Mall (609.987.1020) in Lawrenceville, NJ . . . Cynthia and I are not big coffee drinkers, so we tried the baked goods there for a change . . . I had a chocolate-covered macaroon and let me just say that while it can't quite replace ice cream, I definitely wouldn't be opposed to ordering it again . . . Cynthia wanted to order an oatmeal/nut cookie, but it was thrown out just as she was about to order it (the person in charge said it wasn't fresh enough to be sold), so she instead had to settle for a piece of banana nut cake that she said was only fair . . . the place was closing as we got there, so we wound up eating in the car of our friends and had a lot of fun exchanging both stories and jokes.

C. My mother has been in Florida for the past month, so it was good to see her on Sunday upon her return . . . we went for lunch to Dairy King (516.437.7100), a kosher dairy restaurant that I like in New Hyde Park, NY . . . my favorite there is matzo brei, a dish I always like how they prepare . . . my mother enjoyed her bagel with lox, and Cynthia said her tuna fish platter was fine . . . on the way out, we saw other people had ordered blintzes--one of the place's specialties--and they truly looked delicious . . . methinks that is what we will order the next time we're there.

Nancy, our server, was pleasant . . . we also like the service provided by Joan, another waitress there, who frequently is the person who takes our order . . . she is excellent at what she does.

D. Recently, I was recognized at a Dean's Reception at Bucks County Community College as one of the winners in a Writing to Learn contest . . . faculty members were asked to submit their ideas on successful things they do in the classroom to get students to write . . . here was my entry:

#### JOURNALING:

Weekly Journals on Marketing: Each week students have to choose one article from The Wall Street Journal. They then must write one paragraph on that article indicating what they have learned about marketing from reading the article. At the end of the paragraph, they include a full citation of the article. They also have to write one additional paragraph in their journals each week noted something that they have observed about marketing. This can be based on school, work or leisure activities including watching television.

#### MY TWO CENTS:

I'm very appreciative of the cash prize (\$50) that I received from the College . . . it immediately went toward purchasing more of THE EASY WAY TO STOP SMOKING books; see Section 2, part 2 for more information on how to obtain a copy.

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

This week, it goes to Mark Frantz--a longtime friend and head of two firms: Frantz Contracting and, also, Heating Dynamics.

If you need help with contracting work, home improvements or customized heating systems, Mark could well be your guy. He knows his stuff, and he's a real nice guy too.

He primarily works in North and Central New Jersey, as well as in parts of Eastern Pennsylvania . . . your best bet to reach him is by phone: 973.663.6068.

Cynthia and I, though, have been especially pleased with other help Mark has given us in getting her wireless microphone going . . . the manuals were virtually useless, as were calls to the company where we bought it . . . in fact, the latter kept giving us wrong information on what equipment we needed to buy to hook up to an Apple HiFi we recently purchased.

So in desperation we called Mark, and within minutes, he got everything going . . . plus, he did a great job teaching Cynthia what she needed to know for the future.

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## **2. FYI**

In the years since I "made the deal" with that woman [allowing her to leave a job so she would begin to devote 20 hours a week to some kind of community service], I have treated many patients who seem terribly self-absorbed and isolated with their problems. For the sake of their mental health, I often give them advice that takes them far away from the office where we're sitting. Typically, I may ask them to devote two hours a week to help a person or animal. They might volunteer at an animal shelter, daycare center or old-age home. The choice is theirs. But usually when people accept this deal, and follow through, they tell me the experience has changed their lives.

SOURCE:  
LETTERS TO SAM (see also Sections 4C, 10 and 11) by Daniel Gottlieb

FYI, part 2

\* Jean in Pennsylvania (with a REQUEST FOR HELP):  
My nephew Jesse Ponnock has bested thousands of bands to make it to the top 25 of MTV's Best Music on Campus competition. We need your help in getting him through the next round. Please go to the link below and click on "vote." You can vote every time you go on line. Please forward this link to anyone and everyone. Thank you in advance for all the support and enthusiasm.

[When there] Jesse has 3 songs loaded there for your listening pleasure.

<http://www.bestmusiconcampus.com/band/default.aspx?bandID=885#>

\* Maria in Pennsylvania:  
Please subscribe me to your positive newsletter.

For your information:  
Altavista translations into Spanish are not reliable at all. My old church in NJ used Altavista to write to a church in Latin America. Altavista's

translation ended up saying that the NJ missionary team was going to "ruin their city" when they got there (instead of helping them out, as in the English text).

That was a very short letter, and I can attest the translation was a disaster. I do not know what it does with other languages, but its translations into Spanish are not only inaccurate and vague, they are plain dangerous.

\* Carol in Pennsylvania [regarding the telephone tax information in last week's issue]:

Thank you, thank you, thank you.

\* Kathy in Pennsylvania:

Just wanted to take a moment to thank you for sending Tim the [stop smoking] book. I am also going to read it this weekend to see where I can apply this to my clients who come to me for hypnosis.

\*\*\*\*\* UPDATE \*\*\*\*\*

Some 22 BLAINESWORLD readers have requested a FREE copy of THE EASY WAY TO STOP SMOKING, and another 22 staffers and/or students from Bucks County Community College have done so too.

If you're a smoker and would still like your own copy, send an email to: [hughesbr@bucks.edu](mailto:hughesbr@bucks.edu)

put in subject line:  
FREE SMOKING BOOK

and include in body of your email:

Your name  
Campus address, if employed at Bucks  
Full name and address  
Phone number  
Email address

You only need to agree to read the book within the next month.

For more information about what this giveaway is all about, please click: <http://www.phillyburbs.com/pb-dyn/news/111-02242007-1304107.html>

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### 3. Exam question

Included in a high school religion exam was the following question: "What is a sin of omission?"

One student's answer wasn't exactly on target, but it was close. He wrote: "A sin I should have committed but didn't."

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### 4. Reviews

A. I didn't quite get all the critical acclaim for VENUS, a May-December romance about an aging actor and the teenage girl he befriends . . . to me, it was plodding and I didn't particularly like the camera work . . . Peter O'Toole was fine in the leading role, but I didn't

see his work as being worthy of an Oscar . . . if anything, Jodie Whittaker as the teenager was the more interesting character, and I was impressed with her acting . . . rated R.

B. BORAT is now out in DVD format . . . my review from BLAINESWORLD #528 follows:

Loved BORAT: CULTURAL LEARNINGS OF AMERICA FOR MAKE BENEFIT GLORIOUS NATION OF KAZAKHSTAN, a comic documentary about a reporter who leaves his country to discover the culture of America . . . Sacha Baron Cohen, the star and creator of HBO's DA ALI G SHOW, brings his character to the big screen with hilarious results.

He is funny, offensive and simple-minded--all at the same time . . . I found myself laughing out loud at many parts of the film, and one scene--involving a wrestling match--was one of the funniest I have ever seen . . . rated R, but be forewarned . . . if you're easily offended, then BORAT is not for you.

C. I was enthralled by LETTERS TO SAM (see also Sections 2, 10 and 11) by Daniel Gottlieb, a short but moving book that contained a series of letters that the author wrote to his grandson.

Gottlieb, a practicing psychologist and family therapist, has been paralyzed from the neck down since a nearly fatal accident 25 years ago . . . his grandson Sam was diagnosed at the age of 14 months with Pervasive Developmental Disability, a severe form of autism.

Yet despite these setbacks, Gottlieb has managed to stay upbeat and positive about life . . . and in doing so, he has helped to teach me to see things differently, such as in this one passage:

\* A couple of weeks after my accident, I was lying in my hospital bed and I heard my doctor in the hallway saying, "That quad in 301--did he get his medications?" Just a couple of weeks earlier I had been Dr. Gottlieb in some circles. In other circles, Dan. In others, Daddy. And now I was "the quad?"

Well, Sam, over the years I have learned that I am not a quadriplegic. I have quadriplegia. You are not autistic. You have autism. Because of our labels, some people will be afraid to approach us. Others will be cautious about talking to us or trusting us. With my spinal cord injury and your autism, we look different and act different. But we can also teach people, as Norma taught me, that no matter what happens to our bodies or our minds, our souls remain whole.

Gottlieb also had me laughing out loud, particularly when he described a presentation he had been asked to make:

\* Recently, I was invited to address a group at a religious institution on the topic of meditation. As part of my discussion, I decided to do some instruction, so I brought some Tibetan Buddhist bells with me as a way to begin the practice.

I started talking to the group about mindfulness and meditation. And as I do with most discussions, I opened with a story:

"You know, I told a colleague of mine that I was going to lead you in a meditation exercise. And he said to me, 'Man, you need a set of brass bells to do that!'" I held up my Tibetan bells. "So I ordered a pair on eBay!"

That's my mind. It doesn't even take mindfulness seriously.

LETTERS TO SAM is a book that must be read by anybody wanting to know about autism and/or psychotherapy . . . but I'd add to that list that it is perfect for others, too, particularly if they want to know more about life.

For example, as Gottlieb notes:

\* When I was learning about family therapy, I had a great teacher, Carl Whitaker, who felt strongly about the importance of confusion. To him, knowing was a lot less important than searching. "Confusion is like fertilizer," he said. "It feels like crap when it happens, but nothing grows without it."

D. Heard **SUCCESS SECRETS OF SELF-MADE MILLIONAIRES**, written and read by Brian Tracy.

He's a renowned author, lecturer and trainer who cranks out a lot of programs . . . this CD program wasn't brilliantly original, but that said, I did find a lot of information in it that could be applied to most any individual.

And though Tracy does little more than speak in front of a camera, I liked his passion for the topic and how he came across . . . it was almost as if he was speaking directly to me.

There were many worthwhile tidbits of information I gained from listening . . . among them:

- \* Treat your company like you own it.
- \* Spend at least as much time on yourself as you do on your job.
- \* If you ask successful people for help, they'll help you. If you ask unsuccessful people, they'll try to hold you back.
- \* Take something that's been done and do it better; e.g., the way McDonald's did.
- \* More people have become wealthy by running dry cleaning establishments than any other field.
- \* Focus on continuous personal development.
- \* One hour of study per day for five years will make you one of the greatest experts in the world.
- \* Your rewards in life will be equal to the value of your service.
- \* Develop the ability to do what's most important and then do it quickly. Only 2% of the nation has any sense of urgency.

This fine program is available for purchase or rental . . . if you want to get it, please click: <http://www.achievementlibrary.com/>

Above is the tape rental club I belong to; i.e., the Achievement Tape Library . . . this a great way to hear CDs and/or audio cassette tapes, view videos, etc.--all for a fraction of what it would cost to buy them . . . call the head of the firm (Paul Arroyo) directly at 1.800.735.3660 and mention my name . . . that way, you'll be sure

to pay even higher prices . . . NOT.

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### 5. TV alert

A. THE AGENCY, a new docu-reality series, goes inside the brutal world of the high-profile Wilhelmina modeling agency . . . it is supposed to be excellent . . . Tuesdays at 10 p.m. on VH1.

In the event you're most likely reading this after the above date has passed, you can see additional show times this week by clicking: [http://www.vh1.com/shows/schedule/series\\_sched.jhtml?seriesID=21534](http://www.vh1.com/shows/schedule/series_sched.jhtml?seriesID=21534)

B. WEDDING BELLS is the latest comedy-drama from David E. Kelley, the producer behind ALLY MCBEAL, THE PRACTICE AND BOSTON LEGAL . . . this one is about two sisters who become wedding consultants . . . Wednesdays at 9 p.m. on FOX.

C. 30 ROCK has Nathan Lane guest starring as Jack's sad-sack brother . . . Thursday at 9:31 p.m. on NBC.

D. LIFE SUPPORT stars Queen Latifah . . . according to TV GUIDE, she "sparkles in a compassionate 2007 cable film about an HIV-positive recovering addict who channels her energy into working for an AIDS outreach group in Brooklyn" . . . Saturday at 8 p.m. on HBO.

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### 6. For the love of music

Since my aunt had always loved music, my uncle surprised her and bought a piano for her birthday. Several weeks later, I asked him how she was doing with it.

"Oh," he said, "I persuaded her to switch to the clarinet."

"How come?" I asked.

"Because with the clarinet she can't sing."

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### 7. Websites

A. Ever wonder how many calories in a potato or McDonald's Big Mac? If so, please click: <http://www.NutritionData.com>

You can also get estimates of glycemic loads, trans fats and much more . . . Nutrition Data provides a complete nutrient analysis for many foods and recipes, and helps you select foods that best match your dietary needs.

B. For a fun video/music performance, please click: <http://www.biertijd.com/mediaplayer/?itemid=721%20>

You'll hear Natalie Imbruglia singing "Torn," but what makes this such a great performance is the person with her.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

On the left, you'll see "Radio Show" . . . go to that link if you want to see a history of my radio career . . . you can also hear one of my shows.

As you may have read in a past issue, a recent management change at WWFM has resulted in my show being taken off the air . . . but, hopefully, I'll resurface soon again . . . on another station and/or even with my own cable show.

Please do keep me in mind if you have any media contacts for me to pursue with respect to the above possibilities.

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### 8. Computer tip

The change in the date for Daylight Saving Time could cause computer problems, so if you're a Microsoft user, please click: [http://support.microsoft.com/gp/cp\\_dst](http://support.microsoft.com/gp/cp_dst)

If you don't install the proper updates, all your computer devices will be an hour behind.

Installing the above is pretty simple . . . if you're using Macs, cellphones, blackberries, digital camcorders, security systems, etc., make sure that you have the right time on them; e.g., after March 11 . . . if you're an hour behind, then go to each respective manufacturer's website for information on what you need to do.

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### 9. Proverbs (slightly altered)

Proverbs are often words to live by, but they are sometimes mocked as exemplified by these:

"Beauty is only skin deep, but ugly goes clean to the bone."  
Dorothy Parker

"A journey of a thousand miles begins with a delay of about three hours."  
Milton Berle

"If God wanted us to fly, he would have given us tickets."  
Mel Brooks

"Show me a man with both feet on the ground, and I'll show you a man who can't put his pants on."  
Joe E. Lewis

"Lead me not into temptation; I can find the way myself."  
Rita Mae Brown

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### 10. [A quote I like](#)

A friend of mine recently told me she had so many difficulties in her life that she felt like she was living in a nightmare and didn't know what to do. I told her to find the bus station and wait for the bus! She looked at me like I was crazy. I explained that all emotions are temporary, and we can wait for them to pass as though we were waiting for a bus. We can wait with frustration, anger, or feelings of victimhood, but that won't make the bus come any faster. We could wait with patience and relaxation, but that wouldn't make the bus come faster either! Like all buses, it comes when it comes. We just have to have faith that it's coming.--Daniel Gottlieb in LETTERS TO SAM (see also Sections 2, 4C and 11)

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### 11. [Thought for the day](#)

I'll mention a book four times in BLAINESWORLD if I REALLY like it . . . that's certainly the case with LETTERS TO SAM (see also Sections 2, 4C and 10) by Daniel Gottlieb . . . the following passage came from it:

These were some of my thoughts as I addressed the parents who had come to see their children graduate from college. I told them they had done their job, they had paid their dues, and their reward-their children-sat in front of them.

"Your job now," I said to the parents, "is to enjoy the benefits, tolerate your children's failures, have faith in their resilience, and never, ever offer advice without being asked for it." (That brought a round of applause from their children.)

Then I turned to the students and said, "This is the time when the commencement speaker tells you what to do. So I'm going to tell you. Find someone you love, and feel that love in every pore of your body. Love that person even more tomorrow. And then the next day, love one additional person; and every day after that, increase the number of people you love."

I told them the longer the list of people they love fully, the happier they will be. That, I said, is true success. That is an essential adult responsibility.

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### 12. [Advance planning department](#)

A. Natalie in Pennsylvania:

\* Bucks County Community College celebrates  
Women's History Month

For more information, contact Natalie Kaye, Coordinator of the Women's Center, at 215.968.8015 or [kayne@bucks.edu](mailto:kayne@bucks.edu).

Join us for informative and fun programs and events. Events are free, unless otherwise noted, and open to all.

Saturday, March 10, 10 a.m.

Gallery talk by Susan Hagen: "Looking Closely: Contemporary Artists and the Natural World"

Saturday, March 10, 10–11:30 a.m., Hicks 100. Pre-registration required. Call 215-504-8531.

Family workshop--Drawing natural specimens in pen, colored pencil and watercolor using microscopes and magnifying glasses. Co-facilitated by Cayrn Babaian and Susan Hagen.

\* Also--from my friend Gayle in Pennsylvania:

Hi, everybody! I hope this almost-spring day finds you well!

I just wanted to drop a quick note inviting you to MY MARCH SINGLES EVENTS . . . details about all of these are on my website:

<http://www.healthylifeplanning.com>

SAT MAR 10, 7-10 PM - Singles Mingle, Furlong PA - Snacks, drinks & wine plus my help with introductions during & after the party - \$20 (CLOSED TO WOMEN; OPEN TO MEN).

I look forward to seeing you at an event in the near future!

All the best,  
Gayle

Gayle P. Crist, M.S., Life Coach, Matchmaker, Motivational Speaker  
Bucks County's Dating Coach & Singles Social Director  
Producer, Relationship Channel:

<http://www.newcenturytv.com>

HealthyLife Planning

Helping you plan & live a healthier, happier life!

215.489.0225

<http://www.healthylifeplanning.com>

B. Harry Paul, co-author of REVVED! and FISH!, will be speaking at Bucks County Community College on March 12, 2007 at the annual "Meet the Author" Business Seminar . . . you won't want to miss him; he is great.

Fulton Bank (Premier Division) has graciously stepped forward as the Presenting Sponsor . . . but there are still several opportunities for other corporate sponsors for this outstanding event, so if you'd like more information, call the Foundation Office at 215.968.8224.

At the same time, make sure you order your individual ticket . . . one can be purchased for just \$50, and it includes a continental breakfast.

For more information, please click: <http://www.bucks.edu/foundation/events.html#author>

\*\*\*\*\* FREE TICKET CONTEST CONTINUED \*\*\*\*\*

To date, 11 readers have won a FREE TICKET to this exciting event . . . (if you entered the contest, you should have already received notification that you were a winner; if not, please let me know immediately) . . . I still have a few more tickets to give out . . . if you'd like to join me as my guest, all you need to

do is send an email to:  
hughesbr@bucks.edu

put in subject line:  
FREE TICKET contest

in body of email, include this information:

Your name  
Home address  
Phone number  
Email address  
How you know me (Blaine Greenfield)

All winners will be notified on or before March 9 and tickets will be left for you at the registration desk in front of the Library Auditorium

C. Cynthia (see also Section 1A):  
SAVE THE DATE!

TREASURE YOURSELF

A Woman's Circle of Discovery and Adventure  
with Janet StraightArrow and Cynthia Greenfield

Saturday March 17, 2007

12:30 p.m. to 4:30 p.m. at Princeton Center for Yoga  
50 Vreeland Drive, Suite 506, Skillman, NJ 08558

609.924.7294

For directions go to:

<http://www.princetonyoga.com>

Cost: Free. Love donations accepted for the rental space.

Bring your little girl self and wise woman self. Be ready for mystery, magic and fun! Woman of all ages welcomed and appreciated!

Janet holds a circle of Love, Laughter and Joy:

\* Rediscover who you are as a soul, as a woman and as a magnificent being.

\* Increase your energy, awareness, memory and connection to self, spirit and others.

\* Janet teaches you tools she has gathered--to awaken, empower and live your gifts and your dreams.

Move Your Body with Cynthia:

\* A fun, rejuvenating movement experience where you follow simple dance moves to soul-filled music from around the world.

\* Let go and drop expectations of looking any particular way while dancing.

\* Moving in this class honors your self, enjoying pleasure in movement, letting go of your mind and allowing free expression from your soul.

\* Enjoy! Have Fun! Experience spiritual renewal and healing.

Community is an important aspect of the gathering. We learn from each other as mirrors and teachers.

Future programs will be available for the group to deepen their connection to themselves, soul, spirit, your life and purpose.

Please call or email Cynthia or Janet and let us know if you will join us.

Bring friends, sisters, mothers or any fabulous women you know.

Enjoy the gift of this day.

Cynthia: 609:731: 0808cgreenfield1001@aol.com

Janet: 845.6797175 Janetoasis@aol.com

For more information about Janet and her work, please click: <http://www.oasisforthesoul.com>

Bring your beautiful self, water, and snack.

Janet StraightArrow is a gifted Spiritual teacher honoring the uniqueness of each person. StraightArrow's devotion and extensive training offers you an opportunity to open your heart to new life and deep love. Her upcoming book and work Be The Medicine brings you deeper into yourself and gifts in powerful new ways.

Cynthia Greenfield is a certified Dancekinetics Instructor from Kripalu Institute and has training in Expressive Movement Therapy. Cynthia is a certified Massage Therapist, and works as an elementary guidance counselor. Her intention for the Move Your Body classes and her life is to create, empower and share in a space of acceptance, freedom and fun.

D. Wendy in Pennsylvania:

My daughter Shelley is involved in an organization called the Friendship Circle. It is a national organization sponsored by Chabad-Lubavitch, which matches teen volunteers with special needs children. The teens assist the families of these special needs children by coming for weekly social visits with the child and being their friend and mentor.

Our local Lubavith of Bucks County in Newtown, PA, also holds special get-togethers for the teens and their buddies around many Jewish holidays and gives all of the kids an opportunity to have warm and fulfilling social experiences in a very caring and non-judgmental environment.

On Sunday, March 18, a special reception and awards presentation for the teen volunteers will be taking place at the Glazier Jewish Center in Newtown. Then, Marc Salem, an incredible mind reader, who has appeared on Broadway and on 60 MINUTES, will be performing at the historic Newtown Theater on North State Street in Newtown at 7:30 p.m.

This awesome show, which will help to benefit of the Friendship Circle, should not be missed. Tickets to the show alone are \$35 and \$47.50. If you would like to attend the light dinner reception and awards ceremony prior to the show and have preferred seating, tickets are \$75.

For tickets, to make reservations or additional information, please call: 215.497.1003 or click: <http://www.fcpa.info>

(Be sure to mention that you read about it in BLAINESWORLD.)

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PS. Don't forget that the new date for Daylight Saving Time (see also Section 8) is now March 11, so make sure all your clocks spring forward an hour at 2 a.m. . . .when you do so, please also change your batteries in your smoke detectors (one-third are estimated to have dead or missing batteries) . . . and kindly join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . make it a great week, too!

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#### SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

Blaine Greenfield  
19 N. Kaufmann Stone Way  
Biltmore Lake, NC 28715  
Phone : 828.633.1049

Contact Us at [bginbc@aol.com](mailto:bginbc@aol.com)  
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# BLAINESWORLD

BLAINESWORLD

#543

2.26.2007

\*\*\*\*\* For FREE TICKET contest, see Section 1D. \*\*\*\*\*

In this issue:

1. **Reflections**
2. **FYI**
3. **Truth be told**
4. **Reviews . . . BECAUSE I SAID SO, etc.**
5. **TV alert**
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## 1. Reflections

A. Cynthia, my beautiful bride, and I had a hectic but marvelous Saturday . . . in the day, we went to New Hope, Pennsylvania, to visit the art studio of a friend and talented teaching colleague (Milt Sigel) . . . we were impressed with both his home, which he designed himself, and his artwork . . . from there, we went to dinner in Newtown, Pennsylvania, at one of my favorite local restaurants: Il Sol (215.968.5880) and then to my friend Pat's house to visit his dog Spike . . . see below:



We're not quite ready to become dog owners yet, but when we do, we might very well want to get a dog like this one . . . it's a Suki, a combination Shih Tzu and Yorkshire Terrier . . . the breed doesn't shed, and it is just adorable.

From there, we went to the Bucks County Jewish Community Kallah, where I spoke with my friend Linda Kanner on the "Singles Experience" . . . we then stayed for a fun session of Israeli folk dancing, led by another BLAINESWORLD reader--Darcy Silvers.

**IN CASE YOU'RE INTERESTED:**

Darcy will be conducting other classes once a month at Temple Sinai in Summit, NJ, on Sunday nights from 7-8 p.m. . . . they are designed for beginners or those who enjoy the "oldies" . . . she will be conducting them on the following nights: March 4, April 8 and May 20.

The charge is \$10/session, and for more information, please click:  
<http://templesinainj.org>

For more information about Darcy's dance instruction, please click:  
<http://home.comcast.net/~reallyrikud/>

For more information about Darcy's writing and PR work (what she does when not teaching), please click:  
<http://home.comcast.net/~thehiredhand/>

B. With other friends, we caught a movie--see also Section 4A--and then went to dinner at Maggiano's Little Italy in Bridgewater, NJ (908.547.6045).

We've been hearing a lot about this restaurant chain, so it was nice to finally be able to check it out for yourself . . . the tables were a bit closer than we like them to be, and the place was a bit noisy . . . however, the food was excellent . . . we split lasagna and tilapia dishes that even when split, still allowed us enough food for another night . . . our server, Ryan, was efficient and also friendly.

C. CONGRATULATIONS to Skip Goodnoe, a longtime friend and reader of this missive . . . he received the Newtown Business and Professional Association's 2006 (and first) Brian Gregg Humanitarian Award on January 23, 2007.

This award was named in honor of the Newtown Borough policeman who was killed in the line of duty on September 29, 2005.

Skip was also recently recognized by the Bucks County Community College Foundation for his contribution to the Lower County Campus campaign through the Goodnoe brick project.

D. You've been reading about the Harry Paul event, slated for March 12 at Bucks County Community College (see also Section 12D) . . . for readers of BLAINESWORLD, I'm going to be conducting a contest to award a FREE TICKET to this exciting event . . . if you'd like to join me as my guest, all you need to do is send an email to: [hughesbr@bucks.edu](mailto:hughesbr@bucks.edu)

put in subject line:  
FREE TICKET contest

in body of email, include this information:  
Your name  
Home address  
Phone number  
Email address  
How you know me (Blaine Greenfield)

I have several tickets to give out as prizes, but speed is of the essence; i.e., the sooner you submit your entry, the better your chances are of winning.

All winners will be notified on or before March 7.

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

This week, it goes to Jo Civagalila--Health Enterprise reporter for the BUCKS COUNTY COURIER TIMES.

I've known Jo for several years . . . we first met when she covered the College for her fine paper . . . I always found her to be both hard-working and objective, interested in getting all the facts she possibly can before beginning any article.

Recently, we've connected again as a result of her new assignment . . . she did a great job this past fall semester, covering the smoke cessation program we ran in the fall at Bucks.

Then, the other day, she wrote a very nice article on the giveaway (of the book, THE EASY WAY TO STOP SMOKING) we're currently conducting . . . to see it for yourself, please click: <http://www.phillyburbs.com/pb-dyn/news/111-02242007-1304107.html>

NOTE:

We've already given out over 40 copies of the above . . . if you'd still like a FREE copy, send an email to:  
hughesbr@bucks.edu

put in subject line:  
FREE SMOKING BOOK

and include in body of your email:  
Your name  
Campus address, if employed at Bucks  
Full name and address  
Phone number  
Email address

You only need to agree to read the book within the next month.

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## 2. FYI

### Save money on taxes (FOR EVERYBODY)

If someone approached you on the street and offered you \$60, no strings attached, you'd probably grab your wallet and look around for hidden cameras.

Promises of easy money are usually dubious, especially if they come from Nigerians seeking an "urgent business relationship." But the telephone tax refund isn't a scam. To claim it, all you have to do is file your 2006 federal tax return. . . .

After several recent federal court rulings that the tax had been illegally applied to long-distance service, the government decided to scrap it. In May, the Treasury Department told phone companies and cellular carriers to stop charging the tax as of Aug. 1, 2006. Treasury also announced that individuals and businesses could file for refunds when they file their 2006 tax returns. . . .

Taxpayers who claim the refund have a choice: They can use either the actual sum of long-distance excise taxes they paid during the period or the standard amounts provided by the IRS. The IRS based the standard refund amounts on the phone usage data for average families and households.

The standard telephone tax refund will be based on the number of exemptions claimed on your tax return. Standard amounts:

One exemption/\$30  
Two exemptions/\$40  
Three exemptions/\$50  
Four or more exemptions/\$60

To claim the actual amount, you need to fill out Form 8913 and attach it to your tax return. That form includes a formula for calculating the interest the government owes on the excise taxes you paid, says E.H. Rubinsky, tax analyst for RIA, which publishes tax information and software. (Unless you're a math wizard, you'll need a calculator.) The standard amount includes estimated interest. . . .

Other things you should know about the telephone tax refund:

\* You don't have to itemize to claim the refund. Just fill in the amount of your refund on Line 71 of Form 1040, Line 42 of Form 1040A

or Line 9 of 1040EZ.

\* You won't receive a separate check. The amount of your payment will be added to your refund or be used to reduce the amount of tax you owe.

You can find Form 1040EZ-T at:  
<http://www.irs.gov>

You can file it electronically through the IRS Free File program, which is available at the IRS Web site. The form is also available at some post offices and libraries, or you can call 800.829.3676 and ask the IRS to mail it to you.

SOURCE:

Adapted from "IRS wants to hook you up with a refund for phone-service excise taxes" by Sandra Block, USA TODAY (that appeared on 2.28.07 in AOL's Money & Finance section)

FYI, part 2

\* Jerry in Bucks County, Pennsylvania (looking to hire a marketing person):  
I can do one of the following, all depending on the person I meet.

A. I am looking to hire a part-time marketing person to help grow Gross Financial. They will help me get more speaking engagements and a lot of Client Contacts. After training and trust, the person can work from their home. Ideal for a semi-retired person with great communication skills and organization. Hourly wage plus incentives, all negotiable.

OR

B. Hire a full-time person. And if this person is within two years of graduation, my new company (Axa Equitable) will help pay for this person for the first 90 days. This person will also do Marketing and Sales.

For more information:  
Jerry Gross, MBA, CLU, CHFC  
1041 Bustleton Pike, Suite 4  
Feasterville, PA 19053  
Work: 215.355.4544;  
Cell: 215.518.5578  
Fax: 215.355.3676  
<http://www.jerrygrossfinancial.com>

\* Sue in Pennsylvania:  
This is a wildlife education program for all ages . . . they do parties, camps, schools, social events, etc . . . it's a traveling zoo

The person in charge of it has over a hundred different animals . . . I haven't experienced it yet, but I saw an ad that looked cool.

Check out the following website:  
<http://www.animaljunction.com>

\* Maryann in New Pennsylvania:  
Was just reading your new issue and came across the sleeping problem. I heard this a long time ago and it helps me:

When you are in bed, make sure your tongue is not pressed up against your teeth, which may mean you are tensed up. Try to let your tongue relax back into your mouth down where it belongs. This works for me.

\* Marty in Texas: Regarding bump keys . . . saw this on local San Antonio News also.  
Seems you can Google anything:  
[http://digg.com/videos/educational/How\\_To\\_make\\_a\\_Bump\\_Key](http://digg.com/videos/educational/How_To_make_a_Bump_Key)

Gotta love the Internet!

\* Debbie in New York:  
Hosting an Oscar party is tons of fun! I have been doing it for probably the past ten years. Of course, the Oscar pool makes it interesting and gives everyone a reason to watch. I often wish I could set up a camera and just videotape everyone and watch all the reactions and comments about the winners, fashions etc. It would be hysterical to see it all again when I am not trying to keep track of everyone's score.

\* Keith in Pennsylvania:  
Take Nate's advice. 24 is the best show on television in my opinion. I look forward to Mondays just for 24. The only problem is the withdrawal that takes place during the off season when it is not on.

\* Joe in New Jersey:  
I recently visited the Educate, Inc. Careers website at:  
[http://educate.hodesiq.com/job\\_detail.asp?JobID=719306](http://educate.hodesiq.com/job_detail.asp?JobID=719306)

and found a career opportunity that some of your readers may be interested in. It is for an online teaching position, wherein you can work from home in any U.S. City.

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### 3. Truth be told

Aaron, my friend's ten-year-old son, asked his mother if she ever regretted having three boys but no girls.

"It would have been nice to have a fourth child, a girl," she said.  
"But you boys do things with me like bake cookies and do crafts."

"Yeah," said Aaron. "But a girl would enjoy it."

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### 4. Reviews

A. BECAUSE I SAID SO, a romantic comedy starring Diane Keaton as a mother desperately trying to get her daughter Mandy Moore married, received as bad reviews as any film I've seen in quite some time . . that said, I was very pleasantly surprised by it . . . some parts had me laughing out loud, and the ending touched me . . . I also liked the accompanying music . . . methinks it is definitely a chick flick, but one that guys will enjoy nevertheless . . . rated PG-13.

B. STRANGER THAN FICTION is now out in DVD format . . . my review from BLAINESWORLD #529 follows:

STRANGER THAN FICTION is, at its title implies . . . strange, yet also both enjoyable and fun . . . there's a nice romantic plot line, too . . . it is the story about an everyday office worker who is trying to save his life from his narrator (an author writing a book) . . . only when he discovers love does his existence change, and he comes life . . . Will Ferrell, unusually subdued, is nevertheless quite watchable as

the main character . . . so is Maggie Gyllenhaal as his girlfriend . . . rated PG-13.

C. I've taken many supplements over the years, as well as vitamins often because . . . well, I'm not really sure as the reason why . . . however, after reading Dan Hurley's informative NATURAL CAUSES: DEATH, LIES AND POLITICS IN AMERICAN'S VITAMIN AND HERBAL SUPPLEMENT INDUSTRY, I've stated to revisit my use of such products that I had previously thought were "safe and natural."

It turns out that many--if not most--of them are often untested and unproven . . . what's worse, they are often tragically unsafe.

Hurley backs up with his claims with a meticulous job of research . . . in addition, his use of real-life stories of what has happened to people who used supplements (one woman burned, another became incapacitated by nerve damage, etc.) really startled me.

He also is not afraid to mention the names of politicians who helped push through the 1994 Dietary Supplement Health and Education Act, a law that he maintains is one of the worst on his books . . . furthermore, he has this to say about best-selling author Kevin Trudeau:

Before getting into the supplement business, Trudeau was indicated in 1988 on seven counts of larceny. . . . In 1990, he was indicated again, this time for charging \$122,000 on credit cards that weren't his own . . . he settled [a 1996 case] by paying a fine of \$10,000 . . . and the next year [2004] he agreed--in the harshest penalty every extracted by the FTC against any health product in any setting--not to make any informational to sell anything, with one exception: his own book . . . so Trudeau wrote a book, and by early 2006, it had sold five million copies.

He also opened my eyes about Dr. Andrew Weil, who has been featured on a TIME cover magazine story, as well as on countless TV shows . . . according to Hurley:

Behind his carefully cultivated appearance of impartiality and despite his 1998 profession that he is not in the business of "selling things," Dr. Weil has made a major business of offering his own brand of premium-priced supplements to consumers, which he only hinted at in a 2005 Time magazine cover story when he stated, "I take a good daily multivitamin-multimineral supplement, one that I formulated myself." In fact, he sells an entire line of supplements under the brand name "Dr. Weil Select." Shoppers can buy a sixty-day supply of his "Daily Antioxidant for Optimum Health," containing the high doses of beta carotene and vitamin C shown in studies to increase the risk of premature death, for \$43.99. Or one can buy thirty days' worth of his "Memory Support," including the ginkgo biloba that has been shown not to improve memory, for \$56.10. In fact, none of the dozens of products he sells has been conclusively proven to do anything more than to enrich Dr. Weil, or at least his Weil Foundation.

In case you think that there's no good that can come from taking a vitamin or supplement, Hurley is being objective when he concludes:

Still, for now anyway, fish oil and vitamin D appear to be a decent bet for the average adult. Let it be recorded, then, lest anyone suggest that not a single dietary supplement has been found to be both safe and effective for the masses despite Mr. Harkin's billion-dollar search for proof: of the 29,000 products now on the market, two look pretty darn good.

D. I had always been amazed by Orel Hershiser's record of pitching 58 consecutive scoreless innings in 1988 . . . even typing that number now, I find it hard to believe that a pitcher could manage to keep opposing batters from scoring for so long.

Thus when I had the chance to listen to his book, *BETWEEN THE LINES* (written with Robert Wogemuth), I was interested to see if he would talk about how he was able to accomplish this goal . . . he did, sprinkling in interesting tidbits about his personal philosophy toward both the game and life.

This is not a tell-all book . . . Hershiser rarely speaks bad about any player, coach, manager, or even umpire . . . in fact, he even points out that he rarely ever argued about any ball or strike call.

What he does well is emphasize the claim he makes in the book's subtitle: *NINE THINGS BASEBALL TAUGHT ME ABOUT LIFE*.

There's nothing breathtakingly new here, but it still is the perfect book for any athlete at virtually any stage of his or her career . . . non-players will like it too.

And anybody who reads it will come across convinced that it is the little things in life that can really make a difference . . . for example, Hershiser rarely varied from his everyday routine--no matter what was happening around him.

He also seems to be one of the rare professional athletes who always placed his family over even his baseball career.

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#### 5. TV alert

A. *SIT DOWN COMEDY WITH DAVID STEINBERG* features Robin Williams . . . enough said . . . Wednesday at 10 p.m. on TV LAND.

B. Mary-Louise Parker is a sociopathic femme fatale who takes great delight in ruining the others in *THE ROBBERS BRIDE*, an adaptation of the Margaret Atwood mystery novel . . . Saturday at 8 p.m. on OXYGEN.

C. *SACRIFICES OF THE HEART* chronicles the heartbreaking ordeal of a parent experiencing the early symptoms of Alzheimer's disease . . . starring Ken Howard and Melissa Gilbert, it was written by Patti Davis (who lost her father, Ronald Reagan, to the disease in 2004) . . . Saturday at 9 p.m. on HALLMARK.

D. THE WINNER stars former DAILY SHOW correspondent Rob Corddry in a comedy about a guy who, at the age of 32, awakens from life with Mom and Dad at home to become the richest man in Buffalo . . . TV GUIDE calls it endearingly sweet, a little creepy and undeniably weird" . . . Sundays at 8:30 and 9:30 p.m.

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#### 6. Nothing to hide

A rabbi was walking home from the temple and saw one of his good friends, a pious and learned man who could usually beat the rabbi in an argument.

The rabbi started walking faster so that he could catch up to his friend when he was horrified to see his friend go into a Chinese restaurant (not a kosher one).

Standing at the door he observed his friend talking to a waiter and gesturing at a menu. A short time later, the waiter reappeared carrying a platter full of spare ribs, shrimp in lobster sauce, crab rangoon, and other treif (non-kosher food) that the rabbi could not bear to think about them.

As his friend picked up the chopsticks and began to eat this food, the rabbi burst into the restaurant and reproached his friend for he could take it no longer.

"Morris, what is this you are doing? I saw you come into this restaurant, order this filth and now you are eating it in violation of everything we are taught about the dietary laws and with an apparent enjoyment that does not befit your pious reputation!"

Morris replied, "Rabbi, did you see me enter this restaurant? The rabbi nods yes.

"Did you see me order this meal?" Again, he nods yes.

"Did you see the waiter bring me this food?" Again, he nods yes.

"And did you see me eat it?" Again, the rabbi nods yes.

"Then, rabbi, I don't see the problem here. The entire thing was done under rabbinical supervision!"

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#### 7. Websites

A. This person will say anything you type:

<http://www.oddcast.com/home/demos/tts/frameset.php?frame1=talk>

What's more, she will do so in many other languages, including Chinese, French, Italian, and Spanish, . . . you can even change the person who is doing the speaking . . . truly amazing!

B. To hear what is arguably the greatest rock song of all time, please click:

<http://www.youtube.com/watch?v=zueB5p6LE7U>

Make sure you also look to the right for other performances

of this same song.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net>

To see just some of the many books that I have read (and generally enjoyed) over the past several years, go to "Blaine's Best" on the left and the letter O . . . if you then click the second part, you'll be taken to amazon.com where I am a "Top 500 Reviewer" as a result of having reviewed some 602 books.

To help me move up from my current #369 spot, all you need to do is the following:

1. Go to this website:  
<http://amazon.com>
2. Search "Books" and type-in some title I have recently reviewed; e.g., TOO SOON TO SAY GOODBYE by Art Buchwald . . . find my review (it is currently seven from the top) and read what I have written.
3. If you find it helpful, and I sincerely hope you do, when asked that question, please respond in the affirmative.
4. Thank you!

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#### 8. Computer tip

If you maintain a FREE email account, Yahoo and Hotmail have always been options . . . yet with both of these, there have often been problems; e.g., in blocking email you don't want blocked (even BLAINESWORLD on occasion, perish the thought).

A consistently better email service has been Google . . . in addition, you won't have ads consistently pushed in your face . . . however, until just recently, you could only use it if you were "invited" in by another user.

This has recently changed . . . you no longer need an invitation . . . just click:  
<http://www.gmail.com>

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#### 9. Familiarity

A guy goes to the supermarket and notices a beautiful blond woman wave at him and say hello. He's rather taken aback, because he can't place where he knows her from. So he asks, "Do you know me?"

To which she replies, "I think you're the father of one of my kids."

Now his mind travels back to the only time he has ever been unfaithful to his wife and says, "My God, are you the stripper from my bachelor party that I made love to on the pool table with all my buddies watching, while your partner whipped my butt with wet celery???"

She looks into his eyes and calmly says, "No, I'm your son's math teacher."

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### 10. A quote I like

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.--Johannes A. Gaertner (1912–1996), a well-known professor of art history, and a much-admired poet and theologian

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### 11. Thought for the day

Give thanks for what you have now (NOT just on Thanksgiving)  
by Judi Singleton

"If you learn to appreciate more of what you already have, you'll find yourself having more to appreciate."

An attitude of gratitude brings the angels near. When we are appreciated, we tend to give more to the person appreciating us. The angels are not different. So this day of Thanksgiving is an appropriate time to give thanks for all we have in our lives. The things we appreciate grow. What our mind dwells on is what grows into fruition in our lives. We reap what we sow.

In this time of rushing through life, it is easy to not stop and take time to appreciate what we already have. We are so goal-oriented, we are always living in the future. We cannot live the future now. The only power we have is in this moment. Once one realizes the truth of this statement, then and only then can they begin to live in the now and be grateful for what they already have. It's vitally important that we not lose sight of the things that are near and dear--things we all too easily take for granted.

What we hold in our minds, meditate on, increases. If we focus on our problems they grow. If we thank the angels and our Higher Power even for what we call problems then they, too, become blessings--a challenge maybe, but a chance to overcome and grow. After all, you created what you call problems; you and only you know exactly what you need to grow.

If you focus on where you want to be in life, while being grateful for where you are now, you will expand the opportunities to create your life just as you would like it to be. I see meditating on our problems as another form of prayer. When we worry and fret over things, we make them bigger than they really are, as well as attract more of the same. That's negative prayer--prayer in reverse.

Gratitude for what we HAVE and what we WANT "appreciates."

Focus today, no matter what is happening in your life, on the here and now. Be grateful for what you do have and be grateful you are growing toward where you want to be. Before going to sleep tonight spend time thinking of three things you are grateful for. This is a powerful time of day you are in--that half wakeful and half sleep stage. The mind is easy to program at this time of day.

Gratefulness is a state of mind that should be practiced daily instead of yearly. Make every day Thanksgiving.

12. Advance planning department

A. Natalie in Pennsylvania:  
Bucks County Community College celebrates  
Women's History Month

For more information, contact Natalie Kaye, Coordinator of the Women's Center, at 215.968.8015 or [kayen@bucks.edu](mailto:kayen@bucks.edu).

Join us for informative and fun programs and events. Events are free, unless otherwise noted, and open to all.

Thursday, March 1, 12:30–1:30 p.m., Women's Center  
Brown Bag Program: "Mirror, Mirror on the Wall"

Tuesday, March 6, 11 a.m. & 7 p.m., Library Auditorium  
"Ain't I A Woman?", chamber ensemble program

Wednesday, March 7, 10 a.m.-2 p.m., Solarium  
Reading/Writing Women

Wednesday, March 7, 7 p.m., Library Auditorium  
"I Am Woman: Celebrating Women Through Music, Art,  
Literature and Dance"

B. Cynthia (see also Section 1A) in New Jersey is offering the following "Move your Body" classes:

\* March 3 and 17, two FREE classes.

1:30-2:45 p.m. at Princeton Center for Yoga & Health,  
Skillman, NJ.

For more information, please click:  
<http://www.princetonyoga.com>

\* A series at the Elizabeth Avenue School, Somerset, NJ,  
on Tuesdays from March 13 to May 15 from 6:30 to 7:45 p.m.

Just \$24 for the 8 sessions; a bargain!

To register, call Ruth Strohl: 732.873.2400, ext. 403.

C. Jim in Pennsylvania:  
Author Carolyn See Makes Rare East Coast Appearance  
March 9

Novelist, critic, and UCLA professor talks about her latest,  
There Will Never Be Another You

Carolyn See tackles post-9-11 anxiety in her latest novel,  
There Will Never Be Another You, with the wisdom of someone  
who has lived through many global scares.

"I'm old enough to remember a time when there wasn't an  
atomic bomb," says See. "The invention of that thing.gave  
rise to leaders of nations on all sides who have been  
absolutely unable to resist the temptation to become boogie  
men, emotional bullies who constantly threaten us--the  
whole planet--with mass destruction."

The author of nine books, See will read from her works and talk about her creative process at 8 p.m. Friday, March 9, in the Library Auditorium of Bucks County Community College. The free event is part of Women's History Month celebrations at the Newtown campus.

Her website is:  
<http://www.carolynsee.com>

"She really is a writer's writer," says James Freeman, a BCCC professor and author who studied with See. "You can't pigeonhole her into one particular genre. Her work is fabulous and has inspired many other writers."

I

D. HOLD THIS DATE:

Harry Paul, co-author of REVVED! and FISH!, will be speaking at Bucks County Community College on March 12, 2007 at the annual "Meet the Author" Business Seminar . . . you won't want to miss him; he is great.

Fulton Bank (Premier Division) has graciously stepped forward as the Presenting Sponsor . . . but there are still several opportunities for other corporate sponsors for this outstanding event, so if you'd like more information, call the Foundation Office at 215.968.8224.

At the same time, make sure you order your individual ticket . . . one can be purchased for just \$50, and it includes a continental breakfast.

For more information, please click:  
<http://www.bucks.edu/foundation/events.html#author>

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PS. If you're like me and you enjoy all religions, please join me in celebrating Purim--a festive Jewish holiday--this coming Saturday and Sunday . . . also, kindly join me in praying that we soon get our remaining soldiers back from Iraq and that peace soon resumes in Israel . . . and make it a great week!

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SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#542

2.19.2007

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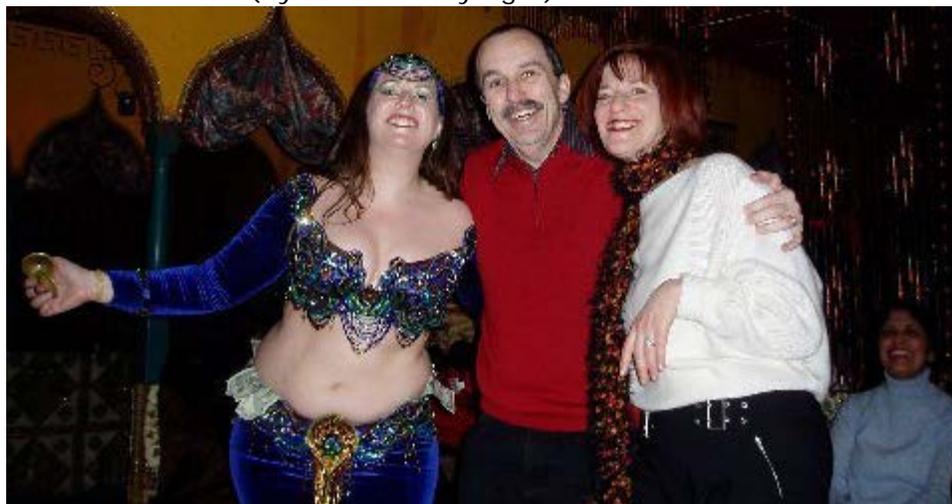
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## 1. Reflections

A. Cynthia, my beautiful bride, and I had fun Saturday night . . . we first went to a cocktail party to celebrate Lisa Angelo's recent appointment as the assistant academic dean of the newly merged Science & Technology and Math, Computer & Information Science Departments . . . from there, we went to Casablanca Restaurant in Warrington, PA, for a party of my faculty union's Steering Committee.

The Moroccan food is plentiful and quite tasty, too . . . you get a 7-course meal that has lots of vegetables and meat . . . I even tried rabbit for the first time and though I wouldn't necessarily order it again, I heard from others that they enjoyed the dish.

There's belly dancing, so naturally yours truly got into the act . . . see below (Cynthia is to my right):



Prices are quite reasonable . . . for more information, please click:  
<http://www.casablancaone.com>

B. On Sunday, we celebrated the birthday of Cynthia's sister at a new restaurant for us: Raymond's (973.744.9263) in Montclair, NJ . . . it is sort of an upscale diner . . . the food is quite good (I liked my homemade granola, though in retrospect, wonder whose home it was made at, and Cynthia said her omelette with avocado was something she'd definitely order again) . . . Tara, our server, was excellent . . . the only downside to our experience was that the place was crowded, as well as noisy.

From there, we caught a movie (see Section 4A) and on the way home, stopped at Dale and Thomas Popcorn in the Bridgewater Mall in Bridgewater, NJ . . . we immediately liked the place, in that they let you sample as many flavors as you like . . . we tried a bunch of them, settling for chocolate chunk 'n caramel . . . it was delicious . . . a word of warning, though . . . their bag sizes are regular and regular-and-a-half, which is supposedly for two people . . . methinks that the regular size is more than enough for just about any two people that I know . . . for more information, please click: <http://www.daleandthomas.com>

C. The rest of the week, as is the case with most weeks, seemed to pass oh-so-quickly . . . on Monday, I gave a presentation to the Bristol campus at Bucks County Community College on "Creativity and Engagement in the Classroom" . . . I mention it because of the fact that I think I was able to engage those present by getting them involved in a live cockroach race . . . it featured two live 4.5 inch Madagascar hissing cockroaches, graciously supplied to me by Cooper Pest Control (609.799.1300) in Lawrenceville, NJ . . . to give you a feel for the event, see the picture from the last time I ran it: [http://www.blainesworld.net/newsletter/10.23.2006\\_525.asp](http://www.blainesworld.net/newsletter/10.23.2006_525.asp)

And SPECIAL THANKS to Dave Burgess and Robin Geherty, both with Cooper, for helping me with the arrangements.

Tuesday, some snow and a good deal of ice came, so I wound up being inside with Cynthia through Wednesday--not such a bad thing if I do say so myself . . . it was enjoyable being able to celebrate Valentine's Day together and with no work . . . she gave me a super-sized balloon and book; I only had one gift for her: personalized m&m's . . . should you ever want to order them yourself, please click: <http://www.mymms.com>

D. WELCOME BACK to Bucks County to Michael G. Fitzpatrick, former member of the United States Congress, who has rejoined Begley, Carlin & Mandio, LLP, as Counsel . . . his specialties include business law, real estate, trusts and estates, and immigration.

Should you ever be in need of his excellent legal assistance, his phone number is 215.750.0110.

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

This week, it goes to Shimul Tolia--trade sales coordinator with Sterling Publishing.

Sterling is the company that publishes THE EASY WAY TO STOP SMOKING by Allen Carr . . . lately, I've been ordering a lot of copies of this fine book--only to find that it had become somewhat of a pain to find and then ship individual copies.

However, when I contacted Shimul, she made it very easy for me to establish a trade account so that I could make volume purchases . . . she was both knowledgeable and friendly, and she returned all my calls in a prompt fashion . . . she even said she'd send me some extra copies of the book . . . if only dealing with all firms was as simple as she makes it.

**GOOD NEWS:**

THANKS to Shimul, I'm therefore able to continue making the following offer that 17 readers have already taken me up on:

As originally seen in BLAINESWORLD #539, if you'd looking to kick a smoking addiction, I would be glad to get you a copy of Allen Carr's book, THE EASY WAY TO STOP SMOKING . . . it works--or so I've been told . . . a good friend, Jerry in New Jersey, stopped after reading it with no problems whatsoever!

I'm looking to reach as many people as I possibly can, particularly since the longer you stay healthy, the better chance I have of keeping you a reader . . . also, this is one thing I vowed to do after my dad's death; i.e., help others kick the habit that caused him such health problems in the last several years of his life.

In the fall, I ran a smoking cessation program at Bucks County Community College that was quite successful . . . now I'm seeing if this book can work as well, if not better . . . to join the several other readers who have already received their copies, all you need to do is send me an email with your full name and address in the body of your note, along with the following words in your subject line: SEND FREE BOOK.

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2. FYI

If you ever have trouble getting to sleep or if you get up in the middle of the night, try reading a book . . . I do this and within minutes, I'm often back to sleep . . . yet even if it doesn't get me back to dreamland, I at least have done something that I find pleasurable (i.e., reading) and/or even learned something--as opposed to spending the time tossing and turning.

If somebody is in bed with you, then make sure you have a night light so you don't disturb him or her.

FYI, part 2

\* Pat in New Jersey:

I just wanted to say first off, that I feel privileged to be one of your subscribers. I look forward to getting your email publication.

You had published a beautiful piece that was read at your father's funeral. I meant to print it out and never did. My brother passed away yesterday, and I would like to have that read at his wake, if that is at all possible. Thanks in advance for your help.

**MY TWO CENTS:**

I was sorry to hear of Pat's loss . . . I found the piece he was asking about . . . it ran in BLAINESWORLD #514 . . . to see it yourself, you can always find past issues at my website (see Section 7C) . . . when there, just go to "Newsletter" on left,

then "Past Issues" . . . or to make life easier for you, please click:  
[http://www.blainesworld.net/newsletter/08.07.2006\\_514.asp](http://www.blainesworld.net/newsletter/08.07.2006_514.asp)

\* Nate in New Jersey:

A week does not pass without my being in some way enlightened, amused or informed about some event or function in your weekly missives. Perhaps a review of an excellent TV program like "24" would allow those individuals from your column the opportunity to see the impact that a well-produced TV program could have upon them.

Continue your excellent work!

TRUE CONFESSIONS:

To date, I have not been a regular viewer of 24 . . . I just may now have to start watching, in large part because of Nate's recommendation . . . and the many other positive comments that I've heard about the show . . . perhaps my best bet to start is to catch-up on past episodes via a DVD compilation?

\* Beth in New Jersey:

Always, but always include a picture or two in your newsletter. I always enjoy them so much more when seeing you and your lovely bride and how happy you both are. Take care.

\* Bill in Pennsylvania:

I really enjoy reading BLAINESWORLD and reading about you and Cynthia. You two are really having a good time and without sounding corny, are truly in love. I am really glad that you are happy.

\* Beth in Pennsylvania:

Love the food tips [BLAINESWORLD #538, Section 1B]. Common sense prevails, but we live in an overeating society. Kudos!

\* Arlene in Pennsylvania:

Why not apply a post-it-note- and write, "Today I will play the mind game." If you been successful that day, take it down and post it on your bedroom mirror to honor your achievement of the day before. Just keep repeating it until you feel good and have reached "the top of the mountain, that is, no smoking at all.

You can see I'm on a bandwagon to help all those that want to be helped and want to quit and achieve their goal.

\* Bob in New Jersey:

The manufacturer should be required to stuff a 13-year old into the box with the IPOD. Once the kid teaches you all you need to know, stuff them into a postage paid box and send them back. These kids seem to be born with the ability to grasp this stuff and make their fingers like little robots that move at light speed.

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### 3. Class assignment

Her class assignment was to interview an "old person" about his life, so my niece asked me, "What was the biggest historical event that happened during your childhood?"

"I'd have to say the moonwalk," I replied.

She looked disappointed. "That dance was so important to you?"

#### 4. Reviews

A. Enjoyed *MUSIC & LYRICS*, a romantic comedy that works because you care about the co-stars (Hugh Grant and Drew Barrymore) . . . the former plays a washed-up 80s pop star who can only find work on the nostalgia circuit . . . he has a chance at a comeback, however, but only if the latter can help him write a new song . . . not only was the dialogue catchy throughout the film, but the songs were too . . . I also liked the work of Kristen Johnson as the sister of Barrymore's character . . . make sure you stay for the credits at the end; there's a cute spoof of the music played on VH1 . . . rated PG-13.

B. *BABEL* is now out in DVD format . . . my review from *BLAINESWORLD #530* follows:

Ordinarily, I'm not a big fan of films that attempt to weave several disparate tales into one . . . but I fortunately made an exception and saw *BABEL*, and I'm glad that I did . . . each of its four storylines kept me in suspense; I'm still both thinking about them and "seeing" them in my mind . . . Brad Pitt is excellent as an American tourist touring Mexico whose wife, Cate Blanchett, is shot by accident . . . the rest of the cast--with the possible exception of Gael Garcia Bernal, an actor who is rapidly becoming one of my favorites--is relatively unknown . . . however, each performer manages to get his or her role down perfectly . . . the cinematography is also excellent . . . *BABEL* is definitely one of the best films I've seen this past year . . . rated R.

C. I loved Mitch Albom's *TUESDAYS WITH MORRIE*; in fact, it may well have been one of my favorite books of all time . . . *THE FIVE PEOPLE YOU MEET IN HEAVEN*, his follow-up, didn't have quite the same impact on me--though I liked it.

*FOR ONE MORE DAY*, Albom's latest, fits between the two . . . it is a touching tale about a washed-up baseball player--Charley Benetto--whose life never goes quite the way he wants it to . . . when he hits bottom and attempts suicide, he can't even succeed in doing that . . . yet he does manage to meet up again with his mother, a woman who had died eight years earlier.

If you can suspend the implausibility of this happening, you'll be moved by the idea that it would be such a marvelous thing to be able to go back and make amends with somebody we had once loved . . . in this instance, Charley learned things about his mother he never knew . . . and in so doing, he gained insight on how he could begin to put his crumbled life back together again.

The ending manages to pull things together . . . I liked the fact that it wasn't overly happy, but that it made sense given what had transpired previously in this short but thought-provoking book.

There were several memorable passages in *FOR ONE MORE DAY*; among them:

\* But then she did [leave me alone]. She died. No more visits, no more phone calls. And without even realizing it, I began to drift,

as if my roots had been pulled, as if I were floating down some side branch of a river. Mothers support certain illusions about their children, and one of my illusions was that I liked who I was, because she did. When she passed away, so did that idea.

\* At some point in American history, things must have changed, and divorcing parents informed their children as a team. Sat them down. Explained the new rules. My family collapsed before that age of enlightenment; when my father was gone, he was gone.

After a few weepy days, my mother put on lipstick, did her eyes with mascara, cooked up some fried potatoes, and said, as she handed us our plates, "Dad isn't going to live here anymore." And that was that. It was like a set change in a play.

\* She wasn't easy on me, don't get me wrong. She smacked me. She scolded me. She punished me. But she loved me. She really did. She loved me falling off a swing set. She loved me stepping on her floors with muddy shoes. She loved me through vomit and snot and bloody knees. She loved me coming and going, at my worst and at my best. She had a bottomless well of love for me.

And then there was this one, perhaps my favorite:

\* "So," she said, moving away, "now you know how badly someone wanted you, Charley. Children forget that sometimes. They think of themselves as a burden instead of a wish granted."

If you're looking for the perfect gift for someone for a parent and/or someone else you love, then FOR ONE MORE DAY should be at the top of your list.

D. In WHY COURAGE MATTERS by John McCain with Mark Salter, the author points out that "we are taught to understand that courage is not the absence of fear, but the capacity for action despite our fears" . . . he then presents a series of real-life stories that vividly depict just why this is true.

They ranged from the tale of 1960s civil rights leader John Lewis, who said, "When I care about something, I'm prepared to take the long, hard road" (and he did) to Hannah Senesh, who in protecting her comrades in the Hungarian resistance against Hitler's SS, chose a martyr's death over a despot's mercy . . . I liked the wide diversity of other individuals who were profiled, including Nobel Peace Prize laureate Aung San Suu Kyi, Sgt. Roy Benavidez and Navajo leaders Manuelito and Barboncito.

McCain uses these tales to intertwine his theories as to their significance . . . as he so eloquently points out, "If you do the things you think you cannot do, you'll feel your resistance, your hope, your dignity, and your courage grow stronger every time you prove it. You will someday face harder choices that very well might require more courage. You're getting ready for them. You're getting ready to have courage. And when those moments come, unbidden but certain, and you choose well, your courage will be recognized by those who matter most to you. When your children see you choose, without hesitating, without remark, to value virtue more than security, to love more than you fear, they will learn what courage looks like and what love it serves, and they will dread its absence."

Adding to my enjoyment of WHY COURAGE MATTERS was that McCain also did the narration . . . I only wish that the book

had been longer; it was that interesting . . . perhaps McCain will write a follow-up volume; i.e., if he's not too busy running for and then becoming our next president. (A reviewer can hope, can't he?)

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## 5. TV alert

A. SIT DOWN COMEDY WITH DAVID STEINBERG has its second season premiere on Wednesday at 10 p.m. on TV LAND with Jerry Seinfeld as the guest.

B. OPRAH WINFREY OSCAR SPECIAL on Thursday at 10:01 p.m. on ABC has an interesting twist . . . past Oscar winners Julia Roberts, Nicole Kidman and Jamie Foxx interview fellow honorees George Clooney, Russell Crowe and Sidney Poitier, respectively.

C. GEORGE LOPOEZ: AMERICAN'S MEXICAN features the comic-turned ABC sitcom star in a live stand-up show on HBO on Saturday at 10 p.m.

D. Don't bother trying to reach me on Sunday night at 8:30 because I'll be watching THE 79TH ANNUAL ACADEMY AWARDS, hosted by Ellen DeGeneres on ABC . . . I'm hoping that Martin Scorsese finally wins the Best Director prize for THE DEPARTED, though I wouldn't be surprised if Clint Eastwood again beats him out for his film (the excellent LETTERS FROM IWO JIMA) . . . my only regret is that this show runs sooooo late; if it were on earlier, I'd love to watch it some year while hosting my own party.

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## 6. Wrong place

An engineer is standing outside the Pearly Gates.  
"Sorry," St. Peter tells him, "but you're in the wrong place."  
He snaps his fingers and the engineer finds himself in hell.

Dissatisfied with the level of comfort there, the engineer starts making improvements.

One day, God phones Satan to ask how things are going.

"Great," he answers. "We've got central air and escalators now. There's no telling what that engineer will come up with next."

"You've got an engineer?" God says, "There's been a mistake. Send him back up here or I'll sue."

"Yeah, right," Satan chuckles. "Where are you going to find a lawyer?"

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## 7. Websites

A. Have you ever heard of lock bumping? If not, join the crowd and then make sure you click:

<http://www.youtube.com/watch?v=hr23tpWX8IM>

This is scary stuff . . . to make sure it's legitimate, I then verified it being so at:

<http://www.snopes.com/crime/warnings/bumpkeys.asp>

B. If you have a minute, check this clip out:

<http://howtoprankatelemarketer.ytmnd.com/>

It will show you a very funny prank to play on a telemarketer.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

THANKS to Lori Hansen, my ace webmistress, for having updated the pictures of yours truly, Cynthia, etc. at the above . . . to see them for yourself, click the link, then "Blaine's Best" followed by "Pictures" . . . and whatever you do, makes sure you have your sound on so you can listen to what's arguably the greatest rock song of all times!

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#### 8. Computer tip

Windows has the habit of automatically downloading some improvements and/or security upgrades every so often . . . that can create a problem if you're working on something and leave it open; e.g., when you go to bed . . . what happens is that the computer then shuts itself off before restarting back up.

So what I attempt to remember is to SAVE anything I'm working on before I turn my computer off at night . . . when I do, I never lose anything because of what Windows may or may not do overnight.

A related suggestion that I've made before: Remember to SAVE anything whenever you complete a particular passage or sections because Windows still has the nasty habit of crashing when you need it most . . . so before I suffer a crash, I'm going to save this newsletter right now!

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#### 9. Hold that lantern

In the back woods of Oklahoma, a redneck's wife went into labor in the middle of the night, and the doctor was called out to assist in the delivery. Since there was no electricity, the doctor handed the father-to-be a lantern and said, "Here you hold this high so I can see what I am doing." Soon, a baby boy was brought into the world.

"Whoa there," said the doctor, "Don't be in such a rush to put that lantern down. I think there's another one coming." Sure enough, within minutes he had delivered a baby girl.

"Hold that lantern up, don't set it down there's another one!" said the doctor. Within a few minutes he had delivered another baby girl.

"No, no don't be in a hurry to put down that lantern, it seems there's yet another one coming!" cried the doctor.

The redneck scratched his head in bewilderment and asked the doctor, "You reckon it might be the light that's attractin' 'em?"

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#### 10. A quote I like

Make yourself an honest man, and then you may be sure that there is one less scoundrel in the world.--Thomas Carlyle (1795-1881), Scottish writer

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#### 11. Thought for the day

##### Real teachers

Real teachers grade papers in the car, during commercials, in faculty meetings, in the bathroom, and (at the end of the six weeks) have been seen grading in church.

Real teachers cheer when they hear April 1 does not fall on a school day.

Real teachers drive older cars owned by credit unions.

Real teachers clutch a pencil while thinking and make notes in the margins of books.

Real teachers can't walk past a crowd of kids without straightening up the line.

Real teachers never sit down without first checking the seat of the chair.

Real teachers have disjointed necks from writing on boards without turning their backs on the class.

Real teachers are written up in medical journals for size and elasticity of kidneys and bladders.

Real teachers have been timed gulping down a full lunch in 2 minutes, 18 seconds. Master teachers can eat faster than that.

Real teachers can predict exactly which parents will show up at Open House.

Real teachers volunteer for hall duty on days faculty meetings are scheduled.

Real teachers never teach the conjugations of lie and lay to eighth graders.

Real teachers know it is better to seek forgiveness than to ask permission.

Real teachers know the best end of semester lesson plans can come from Blockbuster.

Real teachers never assign research papers on the last six weeks or essays on final exams.

Real teachers know the shortest distance and the length of travel time from their classroom to the office.

Real teachers can "sense" gum.

Real teachers know the difference among what must be graded, what ought to be graded, and what probably should never again see the light of day.

Real teachers are solely responsible for the destruction of the rain forest.

Real teachers have their best conferences in the parking lot.

Real teachers have never heard an original excuse.

Real teachers buy Excedrin and Advil at Sam's.

Real teachers will eat anything that is put in the workroom/teacher's lounge.

Real teachers never plan discussions for first period or co-operative groups for 7th during an evaluation.

Real teachers have the assistant principals' and counselors' home phone numbers.

Real teachers know secretaries and custodians really run the school.

Real teachers know the rules don't really apply to them.

Real teachers hear the heartbeats of crisis; always have time to listen; know they teach students, not subjects; and they are absolutely non-expendable.

Author unknown

(if you know who wrote this and/or the source, please let me know.)

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## 12. Advance planning department

A. Here are two events at Bucks County Community College that I thought would be of interest:

\* "Beauty Undressed" program to honor National Eating Disorder Awareness Week

Shannon Cutts, a 15-year survivor of anorexia, bulimia, depression, and anxiety disorder will share her struggles to overcome this health challenge through music and words on Monday, Feb. 26, from 12-1:30 p.m. in the Gallagher Room. Program sponsored by Women's Center and Office of Student Life. For additional information, contact Natalie Kaye at 215.968.8015 or via email, [kayen@bucks.edu](mailto:kayen@bucks.edu)

\* Bucks County Community College students host a Concert benefiting the Multiple Sclerosis Association of America on February 26 at the Library Auditorium on the main campus.

WHO: Bucks County Community College student body; Erik Kjelland, singer and songwriter from Madison, Wisconsin; Jilladair Carlson, music producer from Seattle, Washington and The Multiple Sclerosis Association of America (MSAA).

WHAT: Join the students at Bucks County Community College as they welcome Erik Kjelland in a concert highlighting songs from the CD, EVERYBODY FALLS. Tickets for the concert are \$15 and include a FREE CD. Tickets will be available at the door; however if you would like to purchase tickets in advance, please call 877.783.7516. If you cannot attend the concert, but are still interested in buying the CD, please visit:  
<http://www.everybodyfalls.com>

or call 877.783.7516 to purchase the CD.

WHEN: Monday, February 26, 2007, 7:00 p.m.

WHERE: Bucks County Community College, Library Auditorium,  
275 Swamp Road, Newtown, Pennsylvania

About Everybody Falls: Erik Kjelland and Jilladair Carlson collaborated to write, sing, and produce Everybody Falls, a CD compiled to inspire not only individuals in the multiple sclerosis (MS) community, but all who listen. Proceeds from the sale of the CD benefit the Multiple Sclerosis Association of America. For more information on MSAA or Everybody Falls, please visit:  
<http://www.msassociation.org>

B. Meaghan in Pennsylvania:

Meet the 26th US President

Michael O. Smith brings Theodore Roosevelt to life in BULLY PUPIT.

February 27 through March 18, 2007, President Theodore Roosevelt takes the stage at Bristol Riverside Theatre, portrayed by actor and playwright Michael O. Smith in his one-man play. The production is the fourth in BRT's 20th Anniversary Season, and brings to life the dichotomies of one of our most memorable leaders.

Set in Roosevelt's Sagamore Hill, NY home, the play transpires in 1918, on the occasion of Roosevelt's 60th birthday (what we now know was less than three months before his death). He is ten years out of office as President, yet is as vibrant in spirit and exuberant in his story-telling as ever. But while reflecting upon the many adventures—and tragedies—in his life, "TR" is trying to come to grips with the legacy he will leave behind. War Hero or Conservationist? President or Father?

Tickets are available by calling the BRT Box Office at 215.785.0100, or online at:  
<http://www.BRTstage.org>

C. Cynthia (see also Section 1A) in New Jersey is offering the following "Move your Body" classes:

\* A series at the Elizabeth Avenue School, Somerset, NJ, on Tuesdays from March 13 to May 15 from 6:30 to 7:45 p.m.

Just \$24 for the 8 sessions; a bargain!

To register, call Ruth Strohl: 732.873.2400, ext. 403.

\* March 3 and 17, two FREE classes.

1:30-2:45 p.m. at Princeton Center for Yoga & Health, Skillman, NJ.

For more information, please click:

<http://www.princetonyoga.com>

**D. HOLD THIS DATE:**

Harry Paul, co-author of REVVED! and FISH!, will be speaking at Bucks County Community College on March 12, 2007 at the annual "Meet the Author" Business Seminar . . . you won't want to miss him; he is great.

Fulton Bank (Premier Division) has graciously stepped forward as the Presenting Sponsor . . . but there are still several opportunities for other corporate sponsors for this outstanding event, so if you'd like more information, call the Foundation Office at 215.968.8224.

At the same time, make sure you order your individual ticket . . . one can be purchased for just \$50, and it includes a continental breakfast.

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace soon resumes in Israel . . . also, make it a great week!

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In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#541

2.12.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I saw WHERE THE SUN NEVER SETS at the Playwrights Theatre in Madison, NJ . . . this is the first time we've seen a production there, and I'm pretty sure it won't be the last.

The play is what might be called a dramatic satire with touches of fantasy in it . . . things start off normally when a couple moves to New Jersey, but then the wife disappears and all hell breaks loose.

Though the plot gets somewhat convoluted, it's helped along by a very talented cast of seven . . . Andrea Bianchi and Jim Ligon are both excellent as the main characters; however, I also admired the work of all the others--particularly since many of them juggled several roles . . . director John Pietrowski (also the Playwrights artistic director) kept the action moving briskly.

THE SUN NEVER SETS runs through Feb. 18 . . . for more information, please click:

<http://www.ptnj.org>

Perhaps the best part of the day was that the Playwrights Theatre was within walking distance of McCool's Ice Cream Parlour (973.301.0303) . . . so after the show, we just naturally had to stop by . . . and in doing so, made it a point to try out two mouth-watering flavors: outrageous oatmeal cookie and caramel caribou toffee . . . they were even better than they sound in print . . . our server, Ryan, made the experience even more fun with his palpable enthusiasm.

B. I'm sooooo proud of Cynthia . . . she had been talking the past several months about putting on a "Women's Day" for her friends, and this past Saturday she carried it off.

She had some 17 people at our house in the morning . . . Janet StraightArrow led a powerful meditation on clearing and healing, followed by Lois Rosenthal who had those in attendance do a vision collage.

I managed to escape from all the activity, going to pick up lunch that was prepared by our local ShopRite . . . the sandwiches were excellent, as were the desserts . . . Cynthia even managed to get me to help serve, ringing for me as can be seen in the picture below:



From there, everybody went to the Princeton Center for Yoga & Health (see also Section 12A) . . . Cynthia led those in attendance in her Move Your Body class, followed by Mardi Lee who ran a massage class.

The day was so successful that plans are already underway for a second such session.

C. A recent article in THE WALL STREET JOURNAL got me thinking about retirement, old age, etc. . . . it said, "Lonely people could be more likely to develop dementia or the type of cognitive decline commonly associated with Alzheimer's disease, according to a study. . . .

"Overall, those who ranked the highest on a loneliness scale were twice as likely to develop the type of dementia associated with Alzheimer's disease."

SOURCE:

Jennifer Corbett Dooren, "Dementia tied to loneliness," THE WALL STREET JOURNAL, 2.6.2007, p. D4

MY TWO CENTS:

So I guess the key is to remain active and, also, never lose actual contact with people . . . in addition, we must make an attempt to help our friends and loved ones do the same . . . contrast this, if you will, to what's reported in Section 8 of the current BLAINESWORLD you are now reading.

D. CONGRATULATIONS to Marie in Indiana . . . her son Jimmy is a state Prudential Spirit of Community Award winner for his work with the Jimmy Foundation and will now be traveling to Washington, D.C. for the national competition.

Jimmy is an amazing young man that I've followed for the past several years . . . to quote from just part of his winning essay:

My speaking accomplished a better understanding of how a person with a disability feels and what they think. I put the focus on what you can do and your abilities not your limits. I explain what is like to wear braces and use a walker, the things I do to get ready for school. I also talk about how important it is to not pick on others and what it feels like when you are picked on.

To find out more about Jimmy and the book that his mother wrote about him, MY PERFECT SON HAS CEREBRAL PALSY, please click:  
<http://www.mariekennedy.com/>

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

This week, it goes to Jack Mazak--a sales representative for Herff Jones.

Herff Jones is the company that handles the cap and gowns for graduation at Bucks County Community College . . . many of our faculty members rent them, but we (our teacher's union) decided to do something else this time around; i.e., we purchased them instead as an added benefit for members.

Jack worked closely with us to make sure everything went well . . . and it did, in large part because of the fact that he came on campus on three separate occasions.

It was a real pleasure to work with him . . . he's both friendly and helpful, as well as extremely timely with respect to returning calls or emails.

We already have begun plans to work with him and his fine company next year.

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## 2. FYI

When teaching my creativity course, I typically have students write their own eulogies to get them thinking about where they want to go with their lives . . . Art Buchwald in TOO SOON TO DIE (see also Sections 4C, 10 and 11) actually did something similar:

I planned my death very carefully and was quite concerned about my memorial service. I asked eight people to be my pallbearers and they all accepted.

Then I remembered that if I died I couldn't hear myself being eulogized, so I got the idea to print their eulogies at the end of my book. Instead of being memorialized after my death, I get to read what they were going to say now. It's very rare that someone has the chance to hear his own eulogies.

March 11, 2006

To: Tom Brokaw, Mike Wallace, Ben Bradlee, George Stevens, Jr., Ken

Starr, Dr. Michael Newman

My dear comrades in arms,

You have been chosen by Publishers Clearinghouse to be one of the speakers at my memorial celebration. I can't give you a date, but whenever it is, we're going to have a celebration at the Washington Hebrew Congregation on Macomb Street.

The date will be about ten days to two weeks after I'm gone. We're planning on a 7:00 p.m. starting time. While I can't give you an exact date, I can tell you how long we'd love you to speak. I think three minutes would be a perfect amount of time to tell me how wonderful I am. This is not a joke. I would love you to be a speaker at my memorial celebration.

Please RSVP to this letter if I'm still here. If not, tell Joel. He and Jennifer will be speaking for the family. The rest of you are dear friends.

Love and kisses,  
Art

FYI, part 2

\* Rebecca in Pennsylvania (with an INVITE)  
PHILADELPHIA'S ENTREPRENEUR IDOL COMPETITION  
at Temple University

Friday, March 2, 2007  
8:30 a.m. to 1:30 p.m.  
Lunch, Keynote & Final Round of Competition  
12:00 - 1:30 p.m.

Part of national Entrepreneurship Week USA 2007  
Presented by Kauffman Foundation, Inc. Magazine & The New York Times

"Philadelphia's Entrepreneur Idol" is a citywide initiative that celebrates the spirit of student entrepreneurialism in our region. Organized by Temple University in conjunction with The City of Philadelphia, this one-day event brings together undergraduate students from colleges and universities to compete for the title of "Philadelphia's Entrepreneur Idol."

WHAT is the COMPETITION?

Five-round, task-based competition testing entrepreneurial skills  
Judges eliminate contestants after each round  
No preparation required (no business plans or power point presentations)  
Demonstrate your spontaneity, creativity, and eloquence!

WHO can ENTER the competition?

If you are an undergraduate student at a Philadelphia college or university, you are eligible to enter the competition. (Or if you know of somebody who might be eligible, please forward this email to them).

Even if you're not eligible to compete, please note:

The event is OPEN TO THE PUBLIC and will include an address by Temple University President Ann Weaver Hart and a free networking lunch with the contestants and judges. There is NO CHARGE for observers.

Request and return registration form by contacting [davis@temple.edu](mailto:davis@temple.edu) on or before February 23.

There is a \$5 registration fee per student  
You MUST be available for the entire competition on FRIDAY,  
MARCH 2, 2007

WHAT will the WINNER WIN?

The title "Philadelphia's Entrepreneur Idol"

\$1,000 cash prize

A private luncheon with the 2006 National Entrepreneur of The Year!

FEATURING Keynote Speaker DR. RICHARD CARUSO

2006 National Entrepreneur of The Year (Ernst & Young, Kauffman Foundation), as well as Founder, Integra LifeSciences Corporation & The Uncommon Individual Foundation

FOR MORE INFORMATION:

Email: davis@temple.edu

Telephone: 215.840.3890

\* Arlene in Iowa was one of several readers who wrote of the dangers faced by exploding soda cans:

I actually have had them explode in a hot car, but not cold. Therefore, I will be forewarned not to do it in a cold car as well.

\* Tricia in Kenya:

My friend Melody had her mother leave her Caddie with her while her mom went on a cruise. Her mom left a can of Big Red soda inside the car. It was a typical hot Texas summer, and one morning Melody came out to find the lovely cream interior of this Caddie a lovely pink color. Yes, it happens.

\* Elaine in Pennsylvania:

I, too, had a soda can explode in my car. So it does happen.

AS A RESULT:

I will no longer keep cans of soda in my car, regardless of the weather . . . and THANKS to all the other folks who shared similar stories.

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### 3. The seamstress

One day, when a seamstress was sewing while sitting close to a river, her thimble fell into the river. When she cried out, the Lord appeared and asked, "My dear child, why are you crying?"

The seamstress replied that her thimble had fallen into the water and that she needed it to help her husband in making a living for their family.

The Lord dipped His hand into the water and pulled up a golden thimble set with pearls.

"Is this your thimble?" the Lord asked

The seamstress replied, "No."

The Lord again dipped into the river. He held out a silver thimble ringed with sapphires.

"Is this your thimble?" the Lord asked.

Again, the seamstress replied, "No."

The Lord reached down again and came up with a leather thimble. "Is this your thimble?" the Lord asked.

The seamstress replied, "Yes."

The Lord was pleased with the woman's honesty and gave her all three thimbles to keep, and the seamstress went home happy.

Some years later, the seamstress was walking with her husband along the riverbank, and her husband fell into the river and disappeared under the water.

When she cried out, the Lord again appeared and asked her, "Why are you crying?"

"Oh Lord, my husband has fallen into the river!"

The Lord went down into the water and came up with George Clooney.

"Is this your husband?" the Lord asked.

"Yes," cried the seamstress .

The Lord was furious. "You lied! That is an untruth!"

The seamstress replied, "Oh, forgive me, my Lord It is a misunderstanding. You see, if I had said 'no' to George Clooney, you would have come up with Brad Pitt. Then if I said 'no' to him, you would have come up with my husband. Had I then said 'yes,' you would have given me all three. Lord, I'm not in the best of health and would not be able to take care of all three husbands, so THAT'S why I said 'yes' to George Clooney.

And so the Lord let her keep him.

The moral of this story is: Whenever a woman lies, it's for a good and honorable reason, and in the best interest of others.

That's our story, and we're sticking to it.

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#### 4. Reviews

A. Several months ago, I saw *FLAGS OF OUR FATHERS*--the Clint Eastwood war film about the battle of Iwo Jima told from the American perspective . . . it was well done, but overlong and for some reason, not overly compelling . . . he then shot *LETTERS FROM IWO JIMA*, which described the same battle but through the eyes of the Japanese . . . I thought this was far better; in fact, it was one of my favorite movies of the past year . . . if you're not put off by the subtitles, and I hope you won't be, you'll find yourself surprisingly drawn into the lives of the brave soldiers who fought against America . . . the acting is superb . . . I particularly liked the work of Kent Watanabe (so fine in *THE LAST SAMURAI*) and Kazunari Ninomiya . . . rated R for violence, but mature teenagers would benefit from seeing because of how it would get them to think about the futility of war.

B. If you're a fan of singer-songwriter Leonard Cohen, then you must get LEONARD COHEN: I'M YOUR MAN--a documentary now out on DVD . . . if you're not familiar with his work, you should also get it so you can familiarize yourself with his work (think "Suzanne" and a whole bunch of other songs you'll be surprised that you recognize) . . . Cohen, always one of my favorites, has a distinct voice that I only wish had been even more on display here . . . he only sings a few songs . . . most of the others are performed by Nick Cave, Pulp's Jarvis Cocker, Martha and Rufus Wainwright, and folk legend Linda Thompson from a 2005 tribute concert . . . rated PG-13.

C. When Art Buchwald, the Pulitzer-Prize winning columnist and humorist, died recently, I was saddened . . . but not for long, in that shortly thereafter I chuckled when I saw him smiling as he told me and countless others that if I was watching him read his own obituary, it meant--to quote him--that "I just died."

Accounts of his death also made reference to his last book, TOO SOON TO SAY GOODBYE (see also Sections 2, 10 and 11), in which he described his last days in a hospice in Washington, D.C. . . . the only problem, though: Buchwald didn't die right away . . . rather, he actually got better and used his time to visit with family and dozens of famous friends.

In doing so, he discovered and shared many truths I'll hopefully always remember . . . for example: If you want to be kept in somebody's will, be nice and give him a box of candy.

Buchwald also tells of his friendships with celebrities ranging from Ethel Kennedy to John Glenn, and he fondly talks about his life with his wife Ann, his 14 champagne-filled years in Paris and his lifetime as a columnist syndicated in hundreds of newspapers.

I felt that in reading this wonderful book, I was having a one-on-one chat with the author . . . among the memorable tidbits that he shared were the following:

\* A friend of mine, Larry Gelbart, said he thinks the end will come for most people when all the phone companies merge and there is only one company left.

\* Many of the letter writers said they were praying for me. If God was listening to the prayers about me, I thought, how busy could God be?

\* One of the ways I make people happy is to tell them how much I enjoyed the dish they brought me. I ask for the recipe and then I give it to another person so they can also make it for me. I don't know whether I'm violating people's cooking rights or not.

D. I was blown away by DERILECTION OF DUTY, written and read by H.R. McMaster . . . though written some 10 years ago, it is perhaps even more relevant now than it was then because of the Iraq conflict.

McMaster, a West Point graduate, thoroughly researched the decisions that led to the conflict in Vietnam . . . he points out that we were repeatedly lied to as a nation, not only by President Johnson, but by Robert McNamara, Maxwell Taylor, and a whole host of other individuals.

In retrospect, I'm glad that "only" 58,000 Americans died from that conflict . . . but what scared me the most in listening to

this book was that we seem to be heading in the same direction!

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#### 5. TV alert

A. Singer-songwriter Jewel performs on SOUNDSTAGE on Thursday at 10 p.m. on PBS . . . check local listings since PBS times and dates often vary.

B. LAW & ORDER is based on a tragic New York City celebrity case--the killing of actress-filmmaker Adrienne Shelly, who actually played a murder suspect on a 2000 episode of the crime series . . . Friday at 10 p.m. on NBC.

C. SPORTS ILLUSTRATED SWMSUIT 2007, a music-filled look at this year's magazine shot, airs on Saturday at 11 p.m. on TNT.

D. LONGFORD is a made-for-HBO drama about the Earl of Longford, who countered controversy in the 1960s when he advocated prison rehabilitation . . . the always excellent Jim Broadbent stars . . . Sunday at 8 p.m. on HBO.

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#### 6. Two old men

There were two old men sitting on a park bench. A blonde woman walks by.

One old man says to the other one, "Ever sleep with a blonde?"

The other old man says, "Many a time. Many a time."

A brunette then walks by. The old man says to the other, "Ever sleep with a brunette?"

The other old man says, "Many a time. Many a time."

A redhead walks by, and the old man says to the other, "Ever sleep with a redhead?"

The other old man says, "Not a damned wink."

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#### 7. Websites

A. If you'd like to see how smart you are, please click:

<http://www.FlashByNight.com/welcome/>

Take a look at the first game, "Are you smart or stoopid?" . . . you have very little time to answer trivia-type questions that the author contends you should know--compared to others who have taken the test . . . if you show me your yours, I'll then show you mine . . . score!

In case you're wondering, the website is a "Flash concept site," designed to show you what Flash can do for a website.

B. Remember when postcards used to cost a penny? If you do, you're even older than I am . . . and you'll definitely want to click:  
<http://www.rootsweb.com/~usgenweb/special/ppcs/ppcs.html>

Others will want to check this website, too, in order to get a great view of every state in the nation.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net>

Feel free to tell others about it, too . . . or even better, encourage them to go to the above and subscribe to this missive . . . all they have to do is go to the above, then at the bottom of the homepage, see "Special Offer" and follow the instructions.

As an alternative: Forward this whole issue directly to your friends, relatives and colleagues . . . suggest that if they want to get a subscription, all they need to do is put the words BLAINESWORLD MAILING LIST in the subject line of an email and mail it to:  
[bginbc@aol.com](mailto:bginbc@aol.com)

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## 8. Computer tip

I don't know about you, but I get tired of getting warnings about so-called computer viruses that could cause us serious ramifications if we get infected by them . . . and the fact is that they're often just a rumor that needs to be checked out before forwarding . . . with that in mind, though, I'm just not sure about this next one . . . so I just had to pass it along, if only to make sure that you are aware of all the terrible things that could happen to you if it were true:

Please read this thoroughly; it may save your life!

If you receive an email entitled "Bedtimes, " delete it IMMEDIATELY. Do not open it. Apparently this one is pretty nasty. It will not only erase everything on your hard drive, but it will also delete anything on disks within 20 feet of your computer .

It demagnetizes the stripes on ALL of your credit cards. It reprograms your ATM access code, screws up the tracking on your VCR and uses subspace field harmonics to scratch any CDs you attempt to play. It will program your phone auto dial to call only 0898 numbers. This virus will mix antifreeze into your fish tank.

IT WILL CAUSE YOUR TOILET TO FLUSH WHILE YOU ARE SHOWERING.

It will drink ALL your beer.

FOR GOD'S SAKE, ARE YOU LISTENING?

It will leave dirty underwear on the coffee table when you are expecting company. It will replace your shampoo with Nair and your Nair with Rogaine. If the "Bedtimes" message opened in a Windows 95/98 environment, it will leave the toilet seat up and leave your hair dryer plugged in dangerously close to a full bathtub. It will not only remove the forbidden tags from your mat tresses and pillows, it will also refill your skim milk with whole milk.

WARN AS MANY PEOPLE AS YOU CAN.

And if you don't send this to 5000 people in 20 seconds, you'll fart so hard that your right leg will spasm and shoot straight out in front of you, sending sparks that will ignite the person nearest you.

Send this warning to everyone!

THERE'S A LOT OF SADNESS IN THE WORLD!

Right now, as you read this, 17 million people are having SEX. And look at you--you're on the computer!

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#### 9. Comedy comes clean

Jeffrey Zaxlow recently wrote an article by that title in THE WALL STREET JOURNAL (12.1.2006, p. W1) . . . in it, he talked about a quiet countermovement toward clean comedy and gave the following examples:

Brian Regan: "You know who I feel bad for? Arab-Americans who truly want to get into crop-dusting."

Michael Jr: "Someone asked me if I'm pro-gay. I'm not pro-gay or amateur gay. I didn't even know they had a league."

Lord Carret [on having an ultra-religious sister]: "God actually spoke to her. He said, 'I need my space.' "

Brett Leake: "I don't understand senior citizen discounts. Why do they get half price when they've had twice as long to raise the cash?"

Jaren Logan: "Have you ever gone skinny dipping in the Talaveras County reservoir? Off old Route 90? On a warm June night in the summer of 1995? With Mindy Tuttweller? Because if you have . . . then you're the one who murdered her."

Jan McInnis: "You smokers are the only ones who know what's going on in a company. You take smoke breaks and talk to people in other departments. You just don't live long enough to tell anyone."

Emo Phillips: "I took my sister's baby to the park, I was pushing him. he was crying. I forgot the stroller."

Brad Stine: "If you get dental floss caught in your teeth, what do you use to get it out? Popcorn?"

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#### 10. A quote I like

The rabbi at my service will share a few words to warm up the crowd. I don't know him, so whatever he says has to be taken with a grain of salt. Cardinal Egan also speaks and reads a letter from the pope. Billy Graham will read one from the president. I figure that among the three of them, I'm covering all the bases; one of them is bound to have some idea where I am going.--Art Buchwald in TOO SOON TO SAY GOODBYE (see also Sections 2, 4C and 11).

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## 11. Thought for the day

When I REALLY like something, you'll see it mentioned in four separate places in any one BLAINESWORLD . . . such is the case with TOO SOON TO SAY GOODBYE (see also Sections 2, 4C and 10) by Art Buchwald, the book from which the following passage was obtained:

A friend of mine, Albert Prendergast, asked me why we couldn't list the people we do not want to meet in heaven. He pointed out it's a game people would love to play, and, of course, the list is much longer.

Now, get a yellow legal pad and a pencil. Start writing down the names of people you don't want to meet in heaven. (You can eliminate people you don't believe would make it to heaven in the first place, for example, Adolf Hitler, Joseph Stalin, Jack the Ripper, and Al Capone.)

If you're serious about playing, it is much more fun to select people that have been involved in your life.

I'm still working on my list of the "Five People I Don't Want to Meet in Heaven." There is the USC coed who dumped me in college for a fraternity jock; the person who devised the new SAT test, making it so my grandson couldn't get into college; the lady who hijacked my parking place at the shopping mall and laughed when she got out of her car; the insurance claims adjuster who wouldn't pay damages to my house; and the Japanese soldier whose life I spared in the South Pacific during World War II and later sold me a Honda.

Prendergast pushed the game a little farther. You not only have to list the people you do not want to meet in heaven, but also explain the things you won't do for them. For example, you would not share a golf game with them, not give them tickets to a rock concert, or, if you want to be cruel, not show up for a date you had made with the person.

If they serve drinks in heaven, the people on your list would have to pay for their own. Also, in case there are jobs in heaven, you would make sure someone on your list doesn't get a job and is not entitled to health insurance.

One of the things you have to find out when you get up there is whether the person you don't want to meet has also arrived. There is a database called "People I Don't Want to Meet in Heaven." In it you can look up names. It makes no sense to try to avoid running into people if they never got to heaven in the first place.

It's obvious that there are far more people you don't want to meet in heaven than those you do.

Another rule is that you are allowed to list only one ex-wife. For example, if your first wife is going to bug you, you have to avoid her at all costs.

The perfect game is when your name is on the lists of all the people you likewise don't want to meet. That is even more fun than winning at Scrabble.

Warning: If you don't want to meet someone in heaven, don't pick him up at the airport.

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### 12. Advance planning department

A. Deborah in New Jersey with information about the Princeton Center for Yoga & Health:

Rhythm, Dance & Drumming Circles and Drumming Workshop with Mark Wood:

This week, February 17 and third Saturday of the month

The Yoga of Drum and Chant with special guest, Rusted Root's Jim Donovan:

Saturday, February 24th, 1:00-5:00 p.m.

Move Your Body: Yoga Dance Improv with Cynthia Greenfield (see Section 1A):

First and third Saturdays of the month. FREE; love donations accepted

Belly Dance with Dezra:

Wednesdays, 7:45 p.m.

For more information, please click:

<http://www.princetonyoga.com/>

B. You're invited to hear yours truly, along with my friend and colleague Linda Kanner, speak on the "Singles Experience" on Saturday, Feb. 24, at the Bucks County Jewish Community Kallah . . . our workshop is slated for 8 p.m.

There are plenty of other interesting workshops, as well as one featuring Jewish folk dancing . . . in addition, there's a kosher gourmet dessert reception.

There is a nominal fee to register . . . for more information, please contact Janet Kraus at 215.579.9300 or via email: [jkraus@philafederation.org](mailto:jkraus@philafederation.org)

C. Natalie in Pennsylvania:

The Women's Center invites you to come to the Tuesday, March 6, performance of "Ain't I A Woman?" . . . this is a chamber music work, celebrating the life and times of four powerful African American women: Sojourner Truth, Fannie Lou Hamer, Clementine Hunter, and Zora Neale Hurston.

The 11 a.m. performance in the Library at Bucks County Community College is FREE to the College and outside community . . . there will be a second performance at 7 p.m., at which time there will be a \$10 fee for community members . . . a dessert reception will take place after the evening show.

For additional information, contact Natalie Kaye at 215.968.8015 or via email: [kayen@bucks.edu](mailto:kayen@bucks.edu)

D. HOLD THIS DATE:

Harry Paul, co-author of REVVED! and FISH!, will be speaking at Bucks County Community College on March 12, 2007 at the annual "Meet the Author" Business Seminar . . . you won't want to miss him; he is great.

Fulton Bank (Premier Division) has graciously stepped forward as the Presenting Sponsor . . . but there are still several opportunities for other corporate sponsors for this outstanding event, so if you'd like more information, call the Foundation Office at 215.968.8224.

At the same time, make sure you order your individual ticket . . . one can be purchased for just \$50, and it includes a continental breakfast.

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PS. Please join me in celebrating Valentine's Day on Wednesday and when you do, go ahead and make sure you enjoy some chocolate on that day (whether you're the giver or receiver).

And from me to you, here's a nice card that methinks you'll enjoy--particularly if you have your sound on:  
<http://www.jacquielawson.com/viewcard.asp?code=1151507954306>

Also, if you're like me and you celebrate all holidays, Gong Xi Fa Cai . . . or to those who don't understand Chinese . . . Happy New Year to you and yours.

HERE'S HOW TO MAKE SOME MONEY AT THE SAME TIME:  
Bet any Chinese friend you have that he or she doesn't know the actual year that is being celebrated . . . you'll soon realize that hardly anybody knows it will be 4705 on this coming Sunday.

Kindly continue to pray that we soon get our remaining soldiers back from Iraq and that peace soon resumes in Israel . . . and make it a great week!

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SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

Blaine Greenfield  
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# BLAINESWORLD

BLAINESWORLD

#540

2.5.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I, went with friends to see JOLSON & COMPANY at the Off-Broadstreet Theatre (609.466.2766) in Hopewell, NJ . . . we always enjoy shows we see there; however, this was possibly the best we've ever seen.

Robert Thick was on stage virtually the entire time . . . his Jolson had me believing that he well could have been the fabled entertainer . . . he was funny at times; moving at others . . . his singing was perfect, too.

Yet credit also should be given to the others in the cast: Bill Bunting and Heather Diaforli-Day played an amazing 18 different roles between the two of them . . . the latter performer, in particular, had everybody laughing when she became Mae West . . . Peter D. Wright, on keyboard, also distinguished himself.

You're lucky, in that JOLSON & COMPANY runs until February 17 . . . do yourself a favor and get a ticket--if one is even available.

B. On Sunday, we visited Cynthia's mother at her nursing home: Daughters of Israel in West Orange, NJ . . . I haven't mentioned it previously, but it just struck me that the place has an excellent coffee shop (Two Cents Plain) where we often take her mother for lunch . . . I enjoy the salami-and-egg bagel sandwich that I often get, and Cynthia says that the fresh soups that she gets there are as good as she's ever tasted . . . most recently, she had a chicken noodle soup that was overflowing with vegetables . . . the person who runs the place, Mera, works very hard to provide good-tasting food at most reasonable prices.

From there, we joined Cynthia's sister and brother-in-law for a movie and then dinner at The Office Beer Bar & Grill (973.783.2929) in Montclair, NJ . . . my ribs were delicious and Cynthia liked her salmon, but we both agreed that the

accompanying sweet potato fries were sooooo good . . . they were tasty, as well as crunchy.

C. During the week, I got to see ETHEL WATERS, HIS EYE IS ON THE SPARROW--a one-woman production at the Bristol Riverside Theatre (215.785.0100) . . . it starred Demetria Joyce Bailey, who gave a beautiful, touching performance even made more amazing by the fact that she stepped into the role with just nine days notice when the initial actress for the role got sick . . . somehow, she managed to learn a 59-page script and 17 songs while at the same time, appearing nightly in a play in Philadelphia.

While Bailey actually made me feel she WAS Waters, I also liked the work of David Alan Bunn who accompanied her on the piano . . . the show runs through February 18, and now make that two things you should try to do this weekend; i.e., see this and the Jolson show mentioned in Section 1A.

I also got my Marketing class project off the ground . . . my Tuesday night students will be working to help promote the Healing Consciousness Foundation, a non-profit organization set up to fund holistic therapies for those who cannot afford them.

The Foundation is the brainchild of Dr. Beth DuPree, a renowned breast care surgeon who was recently named the medical director of the Comprehensive Breast Care Institute of DSI Bucks County in Bensalem, PA . . . to get it off the ground, she will be working with Marie Duess, director of marketing and public relations for the Center, and Jamie Campagna, her assistant--both of who were kind enough to come to campus to give a most informative presentation to my class.

More information to follow . . . if you can't wait, though, you can get more information about both Dr. DuPree and the Foundation by clicking:

<http://www.thehealingconsciousness.com/index.html>

D. For one more week, I'll continue the FREE OFFER that I made in last week's issue . . . if you'd looking to kick a smoking addiction, I would be glad to get you a copy of Allen Carr's book, THE EASY WAY TO STOP SMOKING . . . it works--or so I've been told . . . a good friend, Jerry in New Jersey, stopped after reading it with no problems whatsoever!

I'm looking to reach as many people as I possibly can, particularly since the longer you stay healthy, the better chance I have of keeping you a reader . . . also, this is one thing I vowed to do after my dad's death; i.e., help others kick the habit that caused him such health problems in the last several years of his life.

In the fall, I ran a smoking cessation program at Bucks County Community College that was quite successful . . . now I'm seeing if this book can work as well, if not better . . . to join the several other readers who have already received their copies, all you need to do is send me an email with your full name and address in the body of your note, along with the following words in your subject line: SEND FREE BOOK.

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

This week, it goes to Ivette Gonzalez--a courtroom attendant for Trenton Municipal Court.

I now do most of my mediation work there and it is a real pleasure to come into work and to be greeted by Ivette . . . she has a great smile, coupled with her winning personality . . . my day is always brightened whenever I see her.

She is that way with everybody she encounters . . . amazingly, even when people come into the court in not such a great mood (which is often the case), she often manages to turn things around.

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## 2. FYI

Cynthia, when away last week, had an experience happen to her that's going to seem like it's something you get forwarded to you by email (one of those fake warnings) . . . the only difference, though, is that this actually happened.

She parked her car outside at Kripalu, the mediation/yoga retreat where she went for a dance course . . . it wasn't even particularly cold during the night.

When she went to get something from her car the next day, she found that a Diet Pepsi can had exploded into many small pieces . . . the pieces were strewn all over the place.

Fortunately, she was able to get a local service station to clean up the mess . . . however, we learned that this is not something we should do again; i.e., keep cans of carbonated beverages in our car overnight.

I had never heard of this happening before, but Cynthia told me that when she was discussing it with friends the next day, somebody else had told her it had happened once in her car as well.

If anybody else has ever experienced this happening, please let me know.

FYI, part 2

\* Yours truly (with a REQUEST FOR HELP):

My beautiful bride Cynthia, when not serving as an elementary school guidance counselor, also teaches the dance course mentioned in Section 12A.

As such, she currently uses a portable Bose system with an Ipod player.

She wants to get a wireless microphone--ideally, with not wires on her body.

Any way that microphone can be plugged into the Bose system; e.g., using an adaptor of sorts?

Or might you have any other suggestions?

The goal: To make it as simple as possible for my wife. She also doesn't

want to bring a lot of wires or a very heavy sound system.

Any help you can provide us would be much appreciated. Much obliged!

\* Steve in New Jersey:

If you want a great Ice cream experience, check our favorite place:  
Halo Pub in Princeton and Hamilton, NJ.

The Princeton location features delectable gourmet ice cream deserts unavailable in this area. You will agree the ice cream and pricing can't be beat.

\* Pam in New Jersey:

Just received your latest BLAINESWORLD and wanted to share how much I continue to enjoy finding it in my email box each week. I put a lot of stock into your movie reviews and most often agree with your assessment. Your computer tips are also quite useful.

\* Janet in Pennsylvania was one of many readers who wrote, commenting on what I had to say in last week's issue about Barbaro:

I think they abused that poor horse . . . just for the human thrills of gambling and winning, the poor animal had to pay with his life.

\* Marty in Texas:

Euthanasia comes under the same category as Abortion. MEDDLING. I believe in the ability to determine your own path. In life, and in death. I think people against Euthanasia should keep it to themselves. You don't like it, don't do it.

Their belief as an example, "I don't like to watch boxing. It's so brutal. So, don't let anybody else watch it." My take is, I like boxing. If it gets too bloody, I stop watching.

BTW: Euthanasia is in practice every day by sympathetic physicians. They don't advertise it though.

\* Yvonna in Pennsylvania:

I am an animal lover and former horse owner. I think the public was overboard. I can't believe all of the flowers and carrots sent to an ailing horse that could even appreciate them. Gifts could have been sent to a child in need or senior that doesn't have many visitors.

\* Jean in Pennsylvania:

Do know that you will find plenty to do while Cynthia is at Kripalu and how nice to know that you miss her. Regarding your comments on Barbaro and how easing the hardship of one's beloved pet and its pain should be applied to those we love. I agree; it seems the "humane" thing to do, especially if one's cherished loved one is in agreement.

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### 3. Beware

Watch what you say to Julie. A notice in our school's newsletter stated: "If you see any bugs, call Julie and ask to have your name placed on the extermination list."

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#### 4. Reviews

A. Methinks that Forest Whitaker deserves an Oscar for his work in *THE LAST KING OF SCOTLAND*, a fictionalized political thriller about the real-life megalomaniac dictator Idi Amin . . . he was excellent, but so was James McAvoy (an actor that first caught my attention in the *RORY O'SHEA WAS HERE*, a gem of a film that you should try to catch on DVD) . . . *LAST KING* has quite a bit of violence in it, including one scene toward the end that I could have done without . . . but overall, I'd recommend seeing it if just for the acting . . . rated R.

B. *HOLLYWOODLAND* is now out in DVD format . . . my review from *BLAINESWORLD #520* follows:

Ben Affleck is terrific in *HOLLYWOODLAND*, a movie about the rise and fall of George Reeves--the character who played the original *SUPERMAN* in the TV series . . . had the film just stuck with his character, it would have been great . . . but Adrian Brody is thrown into the mix as a low-rent private detective who investigates the death of Reeves, and his story line begins to wear thin about halfway through *HOLLYWOODLAND* . . . I also thought it was about half an hour too long, though the presence of Diane Lane (as Affleck's girlfriend) made things at least watchable . . . rated R.

C. Reading *DEAR JOHN* by Nicholas Sparks, it wasn't hard to figure out that somebody by the name of John (coincidentally the main character) was going to get a letter from a girl he loved . . . yet even with that prior knowledge, the book held my interest because Sparks is such a masterful storyteller.

As has been the case with virtually all his other books, Sparks here presents a story with characters that you really care about . . . I wanted to see what would eventually become of John Tyree, a guy who didn't have much going on in his life until he helps Sarah Lynn Curtis retrieve a pocketbook that she had lost . . . they quickly fall in love; however, shortly thereafter, John must return to complete his tour of duty with the army.

A long distance romance ensues, only to have the events of 9/11 come into play . . . then there's the disease of John's dad (Asperger's syndrome), as well as other assorted complications in both their lives, and nothing happens as smoothly as you would like it to.

*DEAR JOHN* held my interest until the very end . . . if you're in the mood for a good, old fashioned romance that's also a tear jerker, then this is the book for you . . . or you could always wait for the movie that I'm sure will be developed in the near future.

Sparks writes masterfully; among the many passages that caught my attention were the following:

\* It's no exaggeration to say that lives are on the line. One wrong decision, and your buddy might die. It's this fact that makes the army work. That's the big mistake a lot of people make when they wonder how soldiers can put their lives on the line day after day or how they can fight for

something they may not believe in. Not everyone does. I've worked with soldiers on all sides of the political spectrum; I've met some who hated the army and others who wanted to make it a career. I've met geniuses and idiots, but when all is said and done, we do what we do for one another. For friendship. Not for country, not for patriotism, not because we're programmed killing machines, but because of the guy next to you. You fight for your friend, to keep him alive, and he fights for you, and everything about the army is built on this simple premise.

\* She smiled, flashing the small gap between her two front teeth. "Exactly. It can be coins or sports or politics or horses or music or faith . . . the saddest people I've ever met in life are the ones who don't care deeply about anything at all. Passion and satisfaction go hand in hand, and without them, any happiness is only temporary, because there's nothing to make it last. I'd love to hear your dad talk about coins, because that's when you see a person at his best, and I've found that someone else's happiness is usually infectious."

I was struck by her words. Despite Tim's opinion that she was naïve, she seemed far more mature than most people our age. Then again, considering the way she looked in her bikini, she probably could have recited the phone book and I would have been impressed.

\* I thought again about the way she'd talked to my father. About the way she talked to everyone, for that matter, including me. She had the rare ability to be exactly what people needed when she was with them and yet still remain true to herself. I couldn't think of anyone who remotely resembled her in appearance or personality, and I wondered again why she'd taken a liking to me. We were as different as two people could be. She was a mountain girl, gifted and sweet, raised by attentive parents, with a desire to help those in need; I was a tattooed army grunt, hard around the edges, and largely a stranger in my own home. Remembering how she'd been with my dad, I could tell how gracefully her parents had raised her. And as she sat beside me, I found myself wishing that I could be more like her.

D. I recently heard a CD that was part of a SuccessPak for a program called the INSTANT NEGOTIATOR, developed and presented by Frank D'Alessandro--chairman of the American Negotiation Institute.

The CD specifically dealt with how to apply the author's five-step system, as well as to how to boost sales production . . . and, as an added bonus, there was a segment that promised to help you learn what the pros know about negotiating successfully with the opposite sex.

I'm not quite sure that I got all that from listening, but I did buy into D'Alessandro's main belief: "What you achieve in life is in direct proportion to how well you negotiate."

In addition, I also gained these other tidbits from the one CD:

- \* You're in negotiation to attain a goal, not win an argument.
- \* Express what you want in terms the other side sees value.
- \* Satisfaction is the key in sales--and negotiations.

The information-packed program also came with a book, INSTANT NEGOTIATOR, written by D'Alesaaandro, along with an excellent video that showed actual negotiations taking

place . . . I found these to be valuable to watch, and I liked seeing the 14 defenses that can be used to attain power against tough negotiators.

One, for example--the "Oh . . . it's done already"--is used, for example, by a mechanic who repairs your car before giving you the final price . . . you are then told, after the fact, that "I've already incurred the costs of the parts and labor."

To protect yourself from this strategy, you need to establish control of the deal up front. Ask for an estimate before having any work done. Say that no further work is to be done until you reach a mutual agreement.

This fine program is available for purchase or rental . . . if you want to get it, please click:

<http://www.achievementlibrary.com/>

Above is the tape rental club I belong to; i.e., the Achievement Tape Library . . . this a great way to hear CDs and/or audio cassette tapes, view videos, etc.--all for a fraction of what it would cost to buy them . . . call the head of the firm (Paul Arroyo) directly at 1.800.735.3660 and mention my name . . . that way, you'll be sure to pay even higher prices . . . NOT.

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#### 5. TV alert

A. Don't miss THE OPRAH WINFREY SHOW on Thursday . . . special guests are Rhonda Byrne, creator of The Secret, and Secret teachers Michael Beckwith, Jack Canfield, Lisa Nichols, and James Ray.

Airs at 4 p.m. on ABC in both New York and Philadelphia . . . check local listings for a time and station near you or to find one, please click:

[http://www2.oprah.com/tows/program/tows\\_prog\\_whenwhere.jhtml](http://www2.oprah.com/tows/program/tows_prog_whenwhere.jhtml)

Chris in Pennsylvania, a friend, also wrote me that:

I understand you can also hear it on the radio: 87.7 on the dial (for those of us who won't be able to watch it). One of my co-workers listens to Oprah on the way home every day.

B. BASTARDS OF THE PARTY, according to TV GUIDE, "is an unsparing documentary that charts the history of African-American gang violence in Los Angeles from the 1940s to the present day . . . Wednesday at 10 p.m. on HBO2 East, repeated on the same channel on Saturday at 1:50 a.m.

C. NORA ROBERTS' MONTANA SKY, based on the book by bestselling author Nora Roberts, is the story of a strong and sensitive cowboy--John Corbett--who sweeps costar Ashley Williams off her feet . . . Sunday at 7 p.m. on LIFETIME.

D. The GRAMMY AWARDS are on Sunday at 8 p.m. . . . Christina Aguilera, Carrie Underwood, Chris Brown (with Smokey Robinson and Lionel Richie), and Corinna Bailey Rae, John Legend and John Mayer (singing together) are all slated to perform . . . I'll also be interested to see Justin Timberlake sing along with a fan chosen as a result of an AMERICAN IDOL-like contest.

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### 6. Anger management

Husband: When I get mad at you, you never fight back.  
How do you control your anger?

Wife: I clean the toilet bowl.

Husband: How does that help?

Wife: I use your toothbrush.

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### 7. Websites

A. If you want to revisit any of the Super Bowl commercials, you can revisit them here:

[http://www.usatoday.com/money/advertising/admeter/2007-02-04-ad-meter-chart\\_x.htm](http://www.usatoday.com/money/advertising/admeter/2007-02-04-ad-meter-chart_x.htm)

My favorites were the Budweiser one with the rock, paper and scissors game, along with the Snickers commercial that the company regretfully has now taken off the air because of the fact that some folks thought it was anti-gay.

B. Anytime that you are feeling on stressed, please click:

<http://empoweringmessages.com/RelaxationMovie>

Make sure you have your sound on . . . you'll be treated to some beautiful sights and a powerful message, too.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

On the left, you'll see "Radio Show" . . . go to that link if you want to see a history of my radio career . . . you can also hear one of my shows.

As you may have read in a past issue, a recent management change at WWFM has resulted in my show being taken off the air . . . but, hopefully, I'll resurface soon again . . . on another station and/or even with my own cable show.

Please do keep me in mind if you have any media contacts for me to pursue with respect to the above possibilities.

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### 8. Computer tip

THANKS to Susan in New York, a frequent contributor to BLAINESWORLD, for submitting this AOL tip that is worth forwarding to any AOL users you might know (even if you don't use the service):

There's a little trick to cancel the hanging hourglass if you are logged on to AOL:

Move hourglass up over the AOL logo in the uppermost left corner of screen (hourglass will change to an arrow);

Left-click and continue to hold mouse button down while dragging arrow straight across the menu bar (starting with FILE) till you are over the HELP menu; and

Under the HELP menu, choose "About America Online," and you will have your cursor back . . . and your mouse will have performed its aerobic exercise for the day!

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#### 9. Jackie Mason on speaking Spanish

There may be those among you who support including Spanish in our national language. I for one am 110% against this! We must preserve the exclusivity and above all, the purity of the English language.

To all the shlemiels, shlemazels, nebbishes, nudniks, klutzes, putzes, shlubs, shmoes, shmucks, nogoodniks, and momzers that are out there pushing Spanish, I just want to say that I, for one, believe that English and only English deserves linguistic prominence in our American culture. To tell the truth, it makes me so farklempt, I'm fit to plotz.

This whole Spanish schmeer gets me broyges, specially when I hear these erstwhile mavens and luftmenschen kvetching about needing to learn Spanish. What chutzpah!

These shmegeges can tout their shlock about the cultural and linguistic diversity of our country, but I, for one, am not buying their shtick. It's all so much dreck, as far as I'm concerned. I exhort you all to be menshen about this and stand up to their fardrayte arguments and meshugganah, farshtunkene assertions. It wouldn't be kosher to do anything else. Remember, when all is said and done, we have English and they've got bubkes! The whole mynseh is a pain in my tuchas.

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#### 10. A quote I like

Live your life each day as you would climb a mountain. An occasional glance towards the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point.--Harold B. Melchart

MR. CURIOUS HERE:

Try as I might, I was not able to get any further information on Melchart; in fact, some entries even show him with this spelling of his last name: Melchert . . . if anybody can shed more light on who he was (or is), I'd be most appreciative.

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## 11. Thought for the day

Frog racing (a German fable)

One day there was a race of frogs. The goal was to reach the top of a high mountain. There were a lot of people who were standing on the side to cheer their friends.

The race started. In fact, no one in the audience thought some of those frogs could ever reach the top and all that was heard were sentences like:

"Poor friends! They will never make it!"

The frogs began one after the other to quit, except one of them who was still trying to hike to the top of the mountain. The audience kept saying:

"Poor friends! They will never make it!"

And most of the frogs quit, except for one stubborn one, who didn't want to give up.

Now every single frog gave up--only that one stubborn frog who reached his goal under a lot of pressure. He arrived exhausted at the finish line.

The others wanted to know from him how he was able to reach the top of the mountain.

One of the other frogs came close to him and asked, "How were you able to finish the race?"

He said, "I am deaf." They then realized that he couldn't hear the negative comments of all those standing by.

Don't listen to people who are having that bad habit to be a pessimist; they are stealing your deepest hopes from your heart!

Think of the strength of the word you heard or read.

Make the effort and try always to be POSITIVE!

Resolution: Be always deaf if somebody tells you that you could never make your dreams come true.

Make it happen and take care!

Author unknown

(If you know who wrote this and/or the source, please let me know.)

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## 12. Advance planning department

A. Cynthia (see also Section 1A) will next be running her fantastic

Move Your Body classes on the following dates

Saturday, February 10, at 1:30 p.m. . . . FREE.

All sessions are at the Princeton Center for Yoga & Health in Skillman, NJ.

For more information, please click:

<http://www.princetonyoga.com/>

or call 609.924.7294.

A guarantee: You will be delighted if you attend any and/or all of the above!

B. Come by my guest:

And take advantage of this generous offer from Jim in Pennsylvania to hear me: speak:

As our semester gets underway, I would like to take this opportunity to invite you to the Spring 2007 Faculty Gathering at the Bristol Center on Monday, February 12th at 5:30 p.m.

I am pleased to inform you that our guest will be BCCC Professor and Lindback Award Recipient, Blaine Greenfield, who will be speaking on the topic of "Creativity and Engagement in the Classroom."  
(See the link below.)

<http://www.bucks.edu/lbc/bg.swf>

While the program will not officially begin until 5:30, a light buffet will be available starting at 5:15 p.m. You are more than welcome to join us at anytime upon your arrival to campus that evening. Our program will conclude at 6:30 p.m. for the convenience of our Monday night instructors.

Please RSVP via email at [selj@bucks.edu](mailto:selj@bucks.edu) , by phone at 215.781.3939, or by using the enclosed form at the above link by February 7th.

Come relax and enjoy an intriguing presentation by our colleague, Blaine Greenfield.

C. Deborah in New Jersey:

Valentine's Special: Bring a friend new to the Princeton Center for Yoga & Health for FREE on Valentine's Day, February 14. Simply mention this email.

See Section 12A, above, for a link to the Center. You'll find complete information about the many fine programs that are offered.

D. HOLD THIS DATE:

Harry Paul, co-author of REVVED! and FISH!, will be speaking at Bucks County Community College on March 12, 2007 at the annual "Meet the Author" Business Seminar . . . you won't want to miss him; he is great.

Fulton Bank (Premier Division) has graciously stepped forward as the Presenting Sponsor . . . but there are still several opportunities for other corporate sponsors for this outstanding event, so if you'd like more information, call the Foundation Office at 215.968.8224.

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace soon resumes in Israel . . . also, make it a great week!

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Contact Us at **[bginbc@aol.com](mailto:bginbc@aol.com)**

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# BLAINESWORLD

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1.29.2007

\*\*\*\*\* see Section 4C for a FANTASTIC FREE OFFER \*\*\*\*\*

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## 1. Reflections

A. Cynthia, my beautiful bride, and I seek to establish our own traditions whenever we can . . . as many of you know, we've always liked having ice cream together--the key being that we most often get the very smallest portion possible.

Lately, on the Fridays when I do mediation work for the City of Trenton, I'll stop on the way home at another of what has become one of our favorite ice cream places: Cold Stone Creamery (609.275.5004) in Lawrenceville, NJ . . . the product is great, and the service is always friendly . . . if you visit and store manager Lauren Miller is around, make sure you extend our warmest personal regards.

On Saturday, we went with friends to another of our favorite locales: Pheasant's Landing (908.281.1288) in Hillsborough, NJ . . . for those new to BLAINESWORLD, this is the restaurant where Cynthia and I had our first date . . . I don't think we've ever had a bad meal there . . . afterwards, we joined other friends for dancing at the pub downstairs . . . you can also play darts, pool and pinball.

B. The rest of the weekend was not quite the same for me, in that Cynthia left on Sunday to take a dance course at Kripalu--a meditation/yoga retreat in Lennox, MA . . . so finding myself all alone, I caught a show without her (not one of my favorite activities).

What I saw, however, was excellent: BAT BOY: THE MUSICAL at the Villagers Theatre in Somerset, NJ . . . it is a story that has nothing to do with any comic book hero you may be familiar with; rather, it is a drama with humorous elements about a boy who is left alone in the woods as a baby . . . when he is discovered, many years later, he is different than the rest of the community--but somehow

he almost manages to fit in . . . I don't want to give too much of the plot away and even if I did, it wouldn't make that much sense in written form.

Yet it all manages to come together, thanks to a cast that seemed to be perfectly cast . . . Jared Picone was outstanding as Bat Boy/Edgar, and I also liked the work of Howard M. Whitmore who played four separate rolls . . . when he led everybody in a rendition of "A Joyful Noise" to open the second act, the whole place rocked . . . Larry Rothweiler led a talented five piece orchestra that was as good as any I've heard recently.

#### GOOD NEWS:

This particular show runs through February 18 . . . do catch it, if you can . . . for more information, please click:  
<http://www.villagerstheatre.com>

C. During the week, my good friend Kevin kindly invited me to hear a presentation by Michael Port . . . he's the author of a bestseller, *BOOK YOURSELF SOLD*, that is on my list of upcoming books to read.

After hearing Port, I'm even more anxious to read it . . . his engaging presentation touched on many of the points raised in the book's great subtitle: *THE FASTEST, EASIEST AND MOST RELIABLE SYSTEM FOR GETTING CLIENTS THAN YOU CAN HANDLE EVEN IF YOU HATE MARKETING* . . . what a great concept!

Essentially, Port says you can do this by first building a solid foundation and then establishing trust and credibility . . . only after you do these two steps can you then begin using basic marketing strategies.

Here were just a few of the other tidbits of information that I gained from listening to Port:

- \* Develop a Red Velvet Policy to help define your ideal client.
- \* Don't get clients who will drain your energy.
- \* Likability absolutely affects your success.
- \* His goal (that should be yours, too): To make better sales that last longer.
- \* A key that I like very much: Deliver so much value that you think you've gone too far and then go further.
- \* Create a tip sheet or a special report.
- \* Ask people: Do they want help in achieving something?

For a free chapter from his book and more information, please click:  
<http://www.bookyourselfsolid.com>

D. When Barbaro--this year's Kentucky Derby winner--was euthanized today, it got me thinking about the public's reaction . . . everybody was saddened . . . and most nodded in agreement when reading this quote by Roy Jackson, one of his co-owners: "We just reached a point where it was going to be difficult for him to go on without pain. It was the right decision. It was the right thing to do."

MY TWO CENTS:

Too bad that this type thinking can't apply to humans as well . . . I'd be curious to hear your thinking on the matter.

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

This week, it goes to Elaine--a representative in the Customer Service Department at Alacer Corp.

She assisted me with a recent purchase I made . . . in doing so, she was extremely helpful, as well as friendly . . . in addition, she extended herself to point out another way I could save money; e.g., by making a slightly larger purchase and getting a break in price as a result.

Elaine even said she'd send me some extra, free samples of other products from this fine company.

I've been a longtime Alacer Corp. customer . . . this is the company where I purchase a product called Emergen C, a juice drink high in Vitamin C . . . I've used it for many years and I'm not sure if there is a correlation, but all I know is that I rarely get colds.

For more information, please click:  
<http://www.alacer.com/>

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2. FYI

To help my students prepare for exams, I share with them the following technique that can be used at any grade level from elementary up to graduate:

- A. Read the chapter. As you read the chapter, write out (don't type on your computer) the key terms on one side of an index card. Put the definition and/or answer, if you will, on the back of the index card.
- B. Flip through the cards, just like you flipped through flash cards when you were a kid. The stuff you know goes into a separate pile; you don't have to keep reviewing it. What you have to study is the stuff you do NOT know.
- C. Read the cards into some recording device that you can listen to in your car, while exercising, etc. The material might drive you crazy, but this is another way to help you learn it.
- D. Lastly, a few days before the exam, have somebody test you on the flash cards. Just don't recite what you know about them. Write out your responses. (The writing them out will help make sure you know them.) Again, what you don't know or forget, go back and review.

FYI, part 2

\* THANKS TO ALL who responded to my recent request for helping my assistant, Bridget, find a part-time job with benefits . . . she is starting to get several possibilities, but has not locked into anything yet . . . so if you still know of anything in or around Yardley, PA--ideally in a school district or college with summers off--still continue to let me know.

\* MAKE MY DAY DEPARTMENT:

I received the following email from Lou in Florida:

Thank you so much for your kind comments concerning my book and I was most impressed with the article you put on your website. You obviously are a very special person who has the unique ability to captivate an audience with your ability to communicate with other people. Thank you once again and you're most kind in your evaluation.

Sincerely,  
Lou Holtz  
[the legendary football coach]

\* Bob in New Jersey:  
I can't thank you enough for the tip about Bristol Riverside Theatre and their incredible current offering: HIS EYE IS ON THE SPARROW.

It is the Ethel Waters story, brought to vivid life by Demetria Joyce Bailey. What a wonderful evening of brilliant writing (by Larry Parr) and some of the great songwriters of the 20th century. The songs are memorable on their own, but they are masterfully woven into the life story of this amazing woman who started out in the tough, tough streets of Philly at the turn of the century.

The audience was totally drawn in to this intimate production, directed by the talented and devoted Susan D. Atkinson.

The Riverside Theatre is perfect for this moving tribute to a woman whose career mirrored the struggle of all women and people of color. YOU MUST SEE IT.

I think many BLAINESWORLD readers were there. It runs through February 11th.

Here is the link:  
<http://www.brtstage.org/>

\* Roger in Canada:  
I remember, of course, meeting you last year and thought you might be interested in the fact that we now have our Communication Assessment available online. Visit:

<http://www.mdctraining.ca>

and go to the How do You Really Communicate?  
link and check it out . . . you might get your wife to do the same.

\* Norean in New York:  
Thank you so much for sharing so much insight on Rabbi Glazer's book [AND GOD CREATED HOPE, an excellent book on grief reviewed in last week's issue]. I have ordered a copy to give to my mother who is still having a difficult time with the passing of my father. And thanks for all your great advice and tips that I get from reading your many newsletters.

\* Jim in Pennsylvania (with an invite):  
I know it's short notice but I'm the guest on a live tele-seminar with my friends at Audio Motivation, Wednesday, January 31 at 9:00 EST.

I'll be sharing some new thoughts and ideas about success and, specifically, ensuring your financial well being, despite everything that's going on.

I hope you can join us. Check it out here:  
<http://www.audiomotivation.com/2007>

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#### 3. Back pain

My friend never met a dessert he didn't like, a weakness that was taking its toll not only on his waistline, but on the rest of him as well. During a recent visit to visit to a chiropractor for back pain, some x-rays were taken, a spinal adjustment was made and then the doctor gave his diagnosis:

Mr. Eichele, the trouble with your back is your front.

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#### 4. Reviews

A. Enjoyed *THE PAINTED VEIL*, an old-fashioned melodrama based on the novel by W. Somerset Maugham . . . it is the story of the relationship between two frosty Brits who discover themselves while in the cholera-ridden China of the 1920s . . . a bit slow moving at the start, it soon picks up thanks in large part to the acting of both Naomi Watts and Edward Norton . . . the accompanying musical score added to my appreciation of this film . . . rated PG-13.

B. *CATCH A FIRE* is a real-life political thriller set in South Africa's turbulent times in the early 1980s . . . it involves a man by the name of Patrick Chamusso, superbly played by Derek Luke, who wants to remain above politics so he can spend time with his family . . . yet when he is falsely arrested for a crime he did not commit, he chooses to become a member of the activist African National Congress--in large part to help his country escape from apartheid leadership . . . Tim Robbins also shines as the man responsible for capturing Chamusso . . . make sure you watch until the ending; that part is particularly touching . . . it updates the story and shows a scene of Chamusso playing soccer with Luke . . . rated PG-13.

C. I've long tried to find the best way to get people to quit smoking . . . not because I smoke; to the contrary, I've never acquired the habit . . . but my father smoked all his life, and he paid dearly for his addiction (two amputations, ten operations, numerous stays in hospitals and nursing homes, etc.) . . . so in memory of his life, I've vowed to see if there was something I could do to help others who smoke--and want to quit.

When I came across *THE EASY WAY TO STOP SMOKING* by Allen Carr, I started recommending it to others . . . a good friend then took my advice and read the book . . . he told me it helped him stop his addiction without any difficulty . . . that's all I had to hear . . . I immediately went out and bought the book, wanting to see if it could help others.

I truly believe it can!

Carr spends a large part of the book, debunking every reason that people start . . . one point really struck home . . . he told of his daughter's wedding and how he couldn't wait for it to end in order to grab a smoke . . . he also notes:

Watch smokers at an official function where they have to wait for the loyal toast. Many of them develop weak bladders and have to sneak

off for a quick smoke. That is when you see smoking for the true addiction that it is. Smokers do not smoke because they enjoy it. They do it because they are miserable without it.

Furthermore, he points out that most smokers will spend well over \$100,000 in their lifetimes on their addiction . . . and that:

We assume we enjoy cigarettes only because we cannot believe we would be stupid enough to smoke if we didn't enjoy them. This is why so much of our smoking is subconscious. If, while smoking every cigarette, you were aware of the foul fumes going into your lungs and you had to say to yourself, "This cigarette might just be the one to trigger cancer in my lungs, even the illusion of enjoyment would go.

As for the argument I too often hear that you might as well smoke because some folks do and live to ripe old ages, while others die when hit by a bus, Carr counters by saying that is why you don't walk across the street blindfolded.

Lastly (SPOILER ALERT because I'm going to give you information that you might want to read if you're going to get the book), here's a condensed version of his EASYWAY to quit smoking:

1. Make the solemn vow now and mean it.
2. Smoke that final cigarette consciously, inhale the filth deeply into your lungs, and ask yourself where the pleasure is.
3. When you extinguish it, do so not with a feeling of I must never smoke another, or I'm not allowed to smoke another, but with the feeling of Isn't it great! I'm free! I'm no longer the slave of nicotine! I don't ever have to put these filthy things in my mouth again.
4. Be aware that for a few days, there will be a little nicotine saboteur inside your stomach.
5. It is only the doubting and the waiting that make it difficult to quit. So never doubt your decision; you know it's the right one.

If you now smoke, please do yourself a favor and read THE EASY WAY TO STOP SMOKING by Allen Carr . . . it will also make a great gift for any smoker that you know.

\*\*\*\*\* FANTASTIC FREE OFFER \*\*\*\*\*

If you're a BLAINESWORLD reader who smokes and would like a copy of this book, I'd be glad to get it for you . . . all you have to do is promise you'd read it shortly thereafter . . . (you don't even have to promise to quit; methinks that would happen automatically).

Just send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put the following in subject line: SEND FREE BOOK . . . in the body of your email, make sure to include your full name and mailing address.

D. Heard FALLING LEAVES by Adeline Yen Mah, the true story of an unwanted daughter's childhood during the turbulent time of the revolution in China.

It was very sad, yet surprisingly fascinating . . . also, it made me have a greater appreciation for the term "dysfunctional family," in that the author truly grew up in one . . . she also had to contend with a wicked stepmother that made the one in Cinderella appear kindly in comparison.

I particularly liked FALLING LEAVES for its insight into the culture of China at the time, as well as for the fact that it presented an inspiring story of how one woman could make it in the world despite many problems that others would find insurmountable.

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#### 5. TV alert

A. AMERICA'S BALLROOM CHALLENGE has six couples competing for the title of "America's Best" . . . Wednesday at 8 p.m. on PBS and continuing for the next five weeks . . . make sure you check local listings since PBS times and dates often vary.

B. Paul Reubens (the former Pee Wee Herman) guests on 30 ROCK, along with Isabella Rosellini . . . Thursday at 9:31 p.m. on NBC.

C. THE SARAH SILVERMAN SHOW debuts on Thursday at 10:30 p.m. on COMEDY CENTRAL . . . TV GUIDE calls it "a hilariously free-form sitcom that plays like SEINFELD's saucier sister."

D. FRIENDS OF GOD: A ROAD TRIP WITH ALEXANDRA PELOSI, House speaker Nancy Pelosi's daughter, focuses on the emerging prominence of evangelical Christians throughout the United States . . . THE WALL STREET JOURNAL calls it "a very good film to watch, rich in atmosphere--she captures the electric quality of the megachurch--and altogether fascinating . . . Sunday at 2:30 p.m. on HBO.

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#### 6. Utterly charmed

Walking downtown, I passed an elderly couple holding hands. Utterly charmed, I commented on how delightful it was to see them being so tender at their age.

I've been holding her hand when we go out for over 30 years, the man told me. I have to. If I let go, she shops.

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#### 7. Websites

A. If you're interested in finding out how long you are slated to live, please click:  
<http://www.icmarc.org/xp/rc/planning/tools/retirement/longevity.html>

I'm good, it appears, to age 88 . . . but now the question is: do I want to live that long?

B. I'm not tooooo interested in the Super Bowl, in that for me there's no local team playing . . . yet I'll probably watch for the commercials, especially since I have given that as an assignment to my Marketing students.

To those Indianapolis fans with more of a rooting interest, please view "Peyton Paradise" by clicking:  
<http://youtube.com/watch?v=tPzGI3JAbs0>

For Chicago fans, you can view "Bears opera" at this website:  
<http://youtube.com/watch?v=sct9igr7wMA>

And maybe there will again be another incident such as Janet Jackson's clearly intentional "flash" in 2004 . . . you can still see it for yourself by clicking:  
<http://www.JanetJacksonFlash.com>

At the bottom of this webpage, you can even subscribe for FREE to THIS IS TRUE--one of my favorite online publications.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blainesworld.net>

THANKS to the efforts of Lori Hansen, my ace webmaster, you can find past issues of this newsletter by going to the above website, then clicking on "Newsletter" to the left, followed by "Past issues" . . . best of all, you can now easily skip from one section to the next.

MR. CURIOUS HERE:

Would you like that option for every issue--even the current one . . . if you're not sure what I'm referring to, please take a look at last week's issue:

[http://www.blainesworld.net/newsletter/01.22.2007\\_538.asp](http://www.blainesworld.net/newsletter/01.22.2007_538.asp)

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## 8. Computer tip

Sometimes, when online, I get too impatient; e.g., when the dreaded hourglass appears . . . if I can't get it to too quickly end, I just shut down the computer and start it up again . . . but that often takes a long time and, at times, even causes me to lose stuff that I may have been working on.

Another approach: Just leave everything alone for a few minutes . . . in fact, walk away from your computer, then come back to it . . . about half the time, the hour glass disappears, and I can resume working on whatever thing I was working on before it appeared.

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## 9. Student excuses

\* "I will be unable to be in class today because every year we have a Jell-O wrestling competition on campus, and it has just come to my attention that the 50 gallons of Jell-O that we previously made has spoiled. So now I have to remake the 50 gallons before 9 o'clock tonight. . . . I understand this is a really weird circumstance, but without the Jell-O we have no competition, and without the competition we lose all of our fund-raising. Thank you and have a good weekend."

\* I had a student who needed to be excused because she was donating her eggs to her aunt. I'm 99 percent sure it was legit, however. Who would make something like that up?

\* "I'm not interested in the subject of this seminar, and therefore unlikely to answer an essay or exam question on it. I didn't really see the point in bothering to prepare for it."

\* My favorite excuse from a student for "why I didn't do my homework" was "because I was bitten by a shark." He was a surfer, and his hand was bandaged up, too. It was nasty!

\* A student vanishes for three weeks with no word. At the midterm, he shows up, takes the test, and sticks around after to chat. He tells me he got "crabs, but not from . . . you know. You see, I bought this old mattress" and "I didn't want to accidentally infect anyone in the class."

\* "You haven't seen me before, but I'm in this class. I'm taking 24 credit hours this quarter because I'm trying to graduate. I just wanted to let you know. It's just that your class is my lowest priority right now. I have a direct time conflict, and the other class is more interesting. Is that going to be a problem?"

\* "Sorry I missed class, professor, but I had to stay with my girlfriend while she was getting her hair cut."

\* A student of mine recently floored me with this excuse. He was one of four students who had done a group project. He had drawn the short straw and was responsible for typing it and turning it in. He showed up a day late and told me that he had it done in time, but that he'd stuck it in the arm of his tiger costumeâ€"he's the college mascotâ€"and forgot it there, unable to retrieve it for two days because it was locked in the sports department offices.

\* Another professor reports a colleague's all-time favorite excuse: The student had missed the exam, he said in an apologetic e-mail message, because he was "incredulously sick."

SOURCE:

Adapted from "Short subjects" by Don Troop,  
THE CHRONICLE OF HIGHER EDUCATION, 1.19.07, p. A4

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#### 10. A quote I like

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.--Maya Angelou, American poet, educator, historian, best-selling author, actress, playwright, civil-rights activist, producer, and director . . . for more information about this remarkable woman, please click her picture at: <http://www.mayaangelou.com/>

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#### 11. Thought for the day

Wet pants

Come with me to a third grade classroom . . .

There is a nine-year-old kid sitting at his desk and all of a sudden, there is a puddle between his feet and the front of his pants are wet. He thinks his heart is going to stop because he cannot possibly imagine how this has happened. It's never happened before, and he knows that when the boys find out he will never hear the end of it. When the girls find out, they'll never speak to him again as long as he lives.

The boy believes his heart is going to stop; he puts his head down and prays this prayer, "Dear God, this is an emergency. I need help now! Five minutes from now I'm dead meat."

He looks up from his prayer and here comes the teacher with a look in her eyes that says he has been discovered.

As the teacher is walking toward him, a classmate named Susie is carrying a goldfish bowl that is filled with water. Susie trips in front of the teacher and inexplicably dumps the bowl of water in the boy's lap.

The boy pretends to be angry, but all the while is saying to himself, "Thank you, Lord! Thank you, Lord!"

Now all of a sudden, instead of being the object of ridicule, the boy is the object of sympathy. The teacher rushes him downstairs and gives him gym shorts to put on while his pants dry out. All the other children are on their hands and knees cleaning up around his desk. The sympathy is wonderful. But as life would have it, the ridicule that should have been his has been transferred to someone else--Susie.

She tries to help, but they tell her to get out: "You've done enough, you klutz!"

Finally, at the end of the day, as they are waiting for the bus, the boy walks over to Susie and whispers, "You did that on purpose, didn't you?"

Susie whispers back, "I wet my pants once too."

May God help us see the opportunities that are always around us to do good. Remember . . . just going to church doesn't make you a Christian any more than standing in your garage makes you a car.

I not only love the story, I love that last quote! I only hope that in the coming years there will be many people with fish bowls around me!!

Live simply.  
Love generously.  
Care deeply.  
Speak kindly.  
Leave the rest to God.

Author Unknown  
(if you know who wrote this and/or the source, please let me know)

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12. Advance planning department

A. Cynthia (see also Section 1A) will next be running her fantastic Move Your Body classes on the following dates

Saturday, February 3, at 1:30 p.m. . . . FREE; and  
Saturday, February 10, at 1:30 p.m. . . . FREE.

All sessions are at the Princeton Center for Yoga & Health in Skillman, NJ.

For more information, please click:  
<http://www.princetonyoga.com/>

or call 609.924.7294.

A guarantee: You will be delighted if you attend any and/or all of the above!

B. Come by my guest:

\* When I speak on "Positioning: How to Differentiate Yourself from the Competition" on Tuesday, Feb. 6, at Bucks County Community College . . . location: Penn 410 . . . if you attend, you'll learn the difference between a left-handed and right-handed pencil. (I kid you not!)

Please email me at [bginbc@aol.com](mailto:bginbc@aol.com) if you'll be attending, so that I can notify you if there were any last minute change in plans.

\* Or take advantage of this generous offer from Jim in Pennsylvania to hear me:

As our semester gets underway, I would like to take this opportunity to invite you to the Spring 2007 Faculty Gathering at the Bristol Center on Monday, February 12th at 5:30 p.m.

I am pleased to inform you that our guest will be BCCC Professor and Lindback Award Recipient, Blaine Greenfield, who will be speaking on the topic of "Creativity and Engagement in the Classroom." (See the link below.)

<http://www.bucks.edu/lbc/bg.swf>

While the program will not officially begin until 5:30, a light buffet will be available starting at 5:15 p.m. You are more than welcome to join us at anytime upon your arrival to campus that evening. Our program will conclude at 6:30 p.m. for the convenience of our Monday night instructors.

Please RSVP via email at [sellj@bucks.edu](mailto:sellj@bucks.edu) , by phone at 215.781.3939, or by using the enclosed form at the above link by February 7th.

Come relax and enjoy an intriguing presentation by our colleague, Blaine Greenfield.

C. Natalie in Pennsylvania:

If you happen to know any widowed men, please invite them to my Sunday, Feb.18 get-together for widows and widowers. It's at my house (420 Belmont Avenue, Doylestown PA 18901) from 3-5 p.m. Refreshments are provided and the admission is \$10. We'll have a short discussion on the topic: "What is the hardest part of being widowed for you?"

Women are obviously invited, too.

For more information, call Gayle Crist at 215.489.0225.

D. HOLD THIS DATE:

Harry Paul, co-author of REVVED! and FISH!, will be speaking at Bucks County Community College on March 12, 2007 at the annual "Meet the Author" Business Seminar . . . you won't want to miss him; he is great.

Fulton Bank (Premier Division) has graciously stepped forward as the Presenting Sponsor . . . but there are still several opportunities for other corporate sponsors for this outstanding event, so if you'd like more information, call the Foundation Office at 215.968.8224.

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace soon resumes in Israel . . . also, make it a great week!

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In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

# 538

1.22.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I joined our friends Ricardo and Helen for dinner at their home . . . for a long time, we had been promised the best turkey that we would ever had . . . and I must admit that the wait was worth it . . . despite it being the middle of the winter, Ricardo barbecued the turkey on his grill; the results were spectacular!

B. We're often asked how we maintain our svelte figures with all the dining-out we do . . . I'm not sure I would go quite that far in describing my appearance, but we do certain things to watch our weight as best we can:

- \* When we get ice cream, we almost always get the smallest (kiddie) size available.
- \* We always ask them to NOT leave bread on the table.
- \* We have our vegetables steamed with dressing on the side.
- \* We also ask for dressings on the side when we have salads.
- \* Often, we'll cut the main portion in half, so that we can bring half home with us for another meal.
- \* We've just started eating muffins at home, instead of bagels. (About 1/2 the calories.)
- \* We've taken to eating whole wheat bread instead of white.
- \* We'll eat small portions throughout the day, rather than any one big meal.
- \* We try to eat only when hungry. (An idea from a book, THIN WITHIN, by Judy and Arthur Halliday.)
- \* We try to remember to put our forks down after each bite we eat.

C. CONGRATULATIONS to Murray Raphael, recipient of this year's Alfred M.

Heston Award--given by the Board of Trustees of the Atlantic City Free Public Library.

Murray, a longtime friend and my marketing guru, is president of Raphel Marketing. He is one of the world's leading experts and speakers on retail marketing, advertising and promotion with an emphasis on taking care of the customer.

To find out more and to sign-up for his FREE and VERY INFORMATIVE marketing newsletter, please click:  
<http://www.raphelmarketing.com>

D. Meaghan in Pennsylvania, a reader and friend, recently contacted me with a fantastic offer for FREE tickets to a show at the Bristol Riverside Theatre this coming Friday night . . . if you're interested in attending, please IMMEDIATELY respond to this offer:

To help fill seats with friendly bodies for Press night, Bristol Riverside Theatre is offering FREE tickets to "Ethel Waters, His Eye Is On The Sparrow," this Friday, January 26, at 8:00 p.m. This one-woman show stars BRT Musicales favorite, Demetria Bailey. Please let me know if you would like to attend as my guest!

This is the Northeast Premiere (the second-ever production) about Philadelphia's own legendary African-American singer and actress, written by Larry Parr. Born the daughter of a 12-year old rape victim in Chester, Pennsylvania in 1896, Ethel Waters grew up living in poverty in Philadelphia--occasionally stealing food, milk or money, and at times sleeping on grates in the streets to keep warm in winter. But in her early teens she found music, and her singing career propelled her from seedy jazz clubs, to Broadway stages, to the silver screen and Hollywood, where she became only the second African-American actress to be nominated for an Academy Award.

This new musical tells the story of a remarkable woman, and is sure to showcase a performance worth remembering . I hope you can make it!

Contact Chuck Reece, BRT Marketing Manager to confirm your tickets. Bring friends. Call 215.785.6664 and mention that you heard about this from BLAINESWORLD, the newsletter.

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

This week, it goes to Dr. Barbara Tarbell (908.281.0800)--my optometrist in Hillsborough, NJ.

Cynthia had been suggesting that I use her services for several years, so I finally went with her for a joint appointment the other day . . . and am I glad that I did.

Dr. Tarbell's exam was probably the most thorough exam I have ever received . . . for any part of my body! It took quite some time to complete, but by the end, I feel that she knew my eyes inside and out . . . furthermore, this initial visit was just the start; I now have to go back for more tests.

Dr. Tarbell took the time to answer all my questions, and she explains everything in a thorough manner . . . she also has a nice sense of humor, something you find that too few doctors possess.

Her office staff is quite professional, too, and in a separate area of her office, you can find a nice supply of glasses.

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## 2. FYI

A robust tenor voice filled the place with song. Why was someone singing in the middle of the airport? Whoever he was, I thought he sounded a lot like Robert Goulet. Had I stumbled upon some Broadway musical performer? I followed the sound of this magnificent voice, and it led me to a man in his fifties, dressed in an airport uniform. He looked like Geoffrey Holder, the Tony Award-winning actor who also carved a place in our collective pop culture memory on the famous TV commercials for 7-up, where his deep, soothing voice exhaled in an island accent: "The Un-Cola."

But Robert was not a Tony Award-winning Broadway actor; he was an airport employee whose job it was to direct passengers to their gates, the ticket counter, the food court, or wherever else they needed to go. He sang out greetings to passengers-not just in English, but in many other languages as well. He sang out answers to passengers' questions. He sang out directions. Anytime someone asked him for directions-or for any other assistance-with great gusto he answered in song. This brought huge smiles to the faces of everyone who spoke to him, and everyone within earshot.

What a nice way to spend your day, I thought, to see your job as an opportunity for not only your own creative self-expression, but to make other people happy. What could be better than that? And it reminded me that is one of the reasons I like my job so much--I get to do the same thing.

SOURCE:

AND GOD CREATED HOPE (see also Sections 4C, 10 and 11)  
by Rabbi Mel Glazer

MY TWO CENTS:

The above took place at Newark International Airport . . . it reminded me of another similar story I heard about a toll taker . . . he was a dancer, when not working, and so loved his job because it gave him the chance to blast music while trying out his latest routines on unsuspecting customers . . . what a great thing to be able to do with any job; i.e., make it fun!

FYI, part 2

\* Arlene in Pittsburgh:

To successfully quit smoking in a painless fashion without pills, potions and powders the first step is to honest with yourself. Do I really, REALLY want to quit or am I just thinking about it? Won't work if your haven't a mind set to determine you really do. I can't emphasize this enough.

To date, I have been successful with eleven people who quit and haven't had a cigarette. There are five I worked with that were not successful and went back to smoking. All five of those people didn't work with me or gave my method a good try. They failed and just quit instead of starting over again.

Once you've made up your mind and MEAN IT, the next step is to play The Mind Game. Let's face it we are adults. Who can stop us from buying a pack of cigarettes? Have had some people who haven't bought them but bribed someone to give them a cigarette and it started all over again.

If you've made up your mind to quit and mean it, let me work with you and teach you the mind game. I can be contacted at [Sweetn5163@aol.com](mailto:Sweetn5163@aol.com), and I'm willing to give out my phone number to anyone that is serious.

Let's live and enjoy the beauty of life and all it offers.

\* Bill in Pennsylvania:

About spending time in the present . . . I have adopted as a motto for 2007 . . . "do what you love and love what you do."

When I think of this, it reminds me of the closing scene from the Billy Crystal movie CITY SLICKERS when after he returns to NYC and his wife says to him at the airport, "Mitch, if you hate your job that much, then just quit."

Billy Crystal responds with "I'm not going to quit, I'm just going to do it better." Fairly inspirational in what was a very good comedy.

\* Susan in Pennsylvania:

In response to your question regarding the author of the lovely story that ends, "Be kinder than necessary for everyone you meet is fighting some kind of battle" . . .

Krista Tippett, host of the American Public Media radio show, "Speaking of Faith", recently rebroadcast a 2005 show featuring Sherwin Nuland, author and Clinical Professor of Surgery at Yale University. Tippett writes, "One of (Nuland's) favorite quotes attributed to Philo of Alexandria has now become one of my favorite quotes, 'Be kind for everyone you meet is fighting a great battle.' "

I've been an appreciative subscriber to BLAINESWORLD for 3 years. Thanks!

\* Deborah in New Jersey (with a request for help):

PCYH has need of additional volunteers to cover specified shifts at the desk.

How it works:

Princeton Center for Yoga & Health (PCYH) has some openings in our "work exchange" or SEVA program.

PCYH is a yoga and holistic center just North of Princeton, near the intersection with Rtes 206 & 518.

For those who are interested, please check our website:

<http://www.primetonyoga.com>

to learn more about us!

We typically have "shifts"--mornings, evenings, weekend mornings, and Sunday evening. Tasks include: Registration, light data entry, reception, keeping Center neat and organized--and a generally welcoming and happy place to be!

Our current openings are Wednesday eves, 5:30 - 7:30 p.m., every other Tuesday evening 5:15 - 9 p.m. , Sunday mornings, 8:30 - 12; Wednesday and Thursday mornings 9 - 1. These sometimes change as people's schedules change.

One of the benefits of volunteering is that folks can take classes in exchange for working a shift: 1 class for 2 hours of work at the desk. Beyond that, if people have a special skill, such as web work, writing, such as press releases, marketing, stories on holistic services) event organizing, etc, we welcome all contributions and interests.

We ask our "support angels" to make a 3-6 month commitment. We will train folks on our database and Center procedures.

We are looking for folks who are reliable and responsible and personable. We count on our volunteers to assist in the smooth running of the Center; it's an important role!

I can be reached at home, 609.443.3759. Best times to reach me are Mon, Tues, Wed and Friday mornings and Mon or Wed eve. If you miss me, let me know the best time to reach you.

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#### 3. Anxiousness

Her first day at the convent, the anxious new nun started biting her nails. After trying to quit by force of will, self-help books and even hypnosis, she finally turned to the mother superior for advice.

Change your clothes, came the response.

But how will that help?

Simple, the mother superior said, You've just got a bad habit.

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#### 4. Reviews

A. NOTES ON A SCANDAL is a psychological thriller that sounds trashy, but actually is quite well done--and engaging, too . . . it is the tale of one teacher, Cate Blanchett, who enters into a relationship with one of her teenage students . . . when another teacher, Judi Dench, observes this, a complex relationship evolves that kept my attention throughout the film . . . Blanchett and Dench were both excellent, as was the always watchable Bill Nighy as the former's husband . . . the accompanying musical score by Philip Glass was an added plus . . . rated R.

B. THE GUARIAN is now out in DVD format . . . my review from BLAINESWORLD #523 follows:

Saw THE GUARDIAN and liked it, despite it being too much like other military branch movies (and especially AN OFFICER AND A GENTLEMAN) . . . in this one, Kevin Costner is sent to train Coast Guard Rescue Swimmers . . . he encounters a particularly brash Ashton Kutcher and, well, you can pretty much guess what's going to happen next . . . so nice guy that I am, I won't ruin any of what limited plot turns there are . . . yet I will tell you that you'll like the action scenes and, also, the interplay between Costner and Kutcher . . . and the ending, while no surprise, will leave you feeling good when you leave the theater . . . rated PG-13.

C. After my father died last summer, I think I handled my grief fairly well . . . yet that said, I just finished Rabbi Glazer's excellent book on the topic, AND GREATED HOPE (see also Sections 2, 10 and 11), and must admit that it gave me additional insight into the subject that I wished I had obtained previously.

Rabbi Glazer helped me understand the process better . . . in particular, he did so by bringing in lessons from the Bible that helped drive many of his key points home . . . I further liked how he used examples form his own life--many of which I could relate to myself.

Please don't be put off by the fact that the author of this book is a rabbi . . . his message is nondenominational and can be applied to many situations, aside from the loss of a loved one . . . for example, he also discusses loss with respect to relationships and friends.

There were many valuable tidbits of information I gained from reading AND GOD CREATED HOPE . . . among them:

\* In January 1986 the Challenger space shuttle blew apart shortly after liftoff, killing all of the astronauts on board. After an exhaustive investigation of the accident, it was determined that after the explosion the astronauts were alive for five more minutes. Kenny wondered what they had been thinking about during those last minutes when they all knew they were going to die. He wrote a sermon about this and delivered it from the pulpit to his congregation on Yom Kippur in the fall of 1988. Rabbi Berger said in his sermon that people who know their death is imminent probably have three thoughts in common during their final moments, and each of the three begins with the phrase "if only."

If only I had known when I said my last good-bye to the people I love that it was my last good-bye.

If only I realized what I had while I had it.

If only I had another chance, then I would do it better.

\* Your life may be short or long. Either way, when you die, by definition you will have accomplished your mission. When children die after long illnesses, we often hear their parents say that those children taught them love and compassion. Apparently, that was their mission. Once it was accomplished, they left. If you look at the entertainment business, the people who live the longest are comedians. Maybe their mission is to bring as much insight, joy, and laughter to people for as many years as possible, for as many years as their bodies can hold up.

\* In the same way a cast protects a broken leg, you can protect your broken heart while it heals. When you think about it, we're always grieving something or someone to one degree or another. We heal from one loss while we're still working on healing from another. We experience new losses before we've fully recovered from the old ones. If we're not in denial and are honest with ourselves, we probably spend more time mourning our disappointments and the loss of our illusions than anything, or anyone, else. It's best to take the time to properly note and mourn them. If we do not, we risk becoming angry, bitter, resentful, and pessimistic, and wallowing in self-pity far more often than it's ever healthy for anyone to wallow.

\* How can we forgive ourselves, and others, when we believe we're faced with the unforgivable? When asked how anyone could forgive something as horrendous as the Holocaust, Rabbi Shlomo Carlebach famously said, "If I had two hearts, I would dedicate one of them full-time to hating the Germans. But I only have one heart, and I am not going to waste it on such nonsense as hate.

This is a MUST READ book for anybody who has gone through the grieving process in the past--or is doing so now . . . in fact, he has personally told me that people will even find it helpful if they've "lost" somebody who is still technically alive--but not mentally.

To order your own copy, please click:

<http://www.andgodcreatedhope.com>

D. Heard **THE GREATEST MINDS AND IDEAS OF ALL TIME** by Will Durant, a best-selling historian and philosopher, who devoted his life to studying human history . . . his efforts earned him a Pulitzer Prize.

Although I never read anything by Durant, this work gave me a feel for his writing . . . in addition, it made me realize that though I have spent many years in both undergraduate and graduate education, I should now return to many books that I missed along the way if I want to attain a true liberal arts education.

This book is actually a summation of Durant's work . . . it presents a series of somewhat brief essays with titles ranging from "The One Hundred Best Books for an Education" to "The Ten Greatest Thinkers" and including "The Ten Greatest Poets," "The Ten Peaks of Human Progress" and "Twelve Vital Dates in Human History."

I particularly liked those dealing with people . . . the ones dealing with dates and events were less interesting.

Overall, I'd recommend **THE GREATEST MINDS AND IDEAS OF ALL TIME**, particularly if you slept in or never took a course in Western Civilization . . . Durant makes the material come alive, particularly when he makes such observations as the following:

Confucius was one of the top thinkers. (He then explains why.)

You might as well not lived until you have heard Bach's work.

Balzac is almost as illuminating as life itself.

Miss not a word of Flaubert's **MADAM BOVARY**.

You will marvel at the delicacies of Anatole France.

Meander through the 1,700 pages of **WAR AND PEACE**.

Poe is a little bit overrated.

Whitman is our only American giant.

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## 5. TV alert

A. **OPRAH'S ROOTS: AN AFRICAN AMERICAN LIVES SPECIAL** . . . Harvard scholar Henry Louis Gates reveals intriguing details about Oprah Winfrey that he gained from photographs, interviews, documents, and DNA samples . . . according to Gates, "It just hit me that we could redo **ROOTS** for the 21st century" . . . Wednesday at 8 p.m. on PBS . . . check local listings because times and stations vary for PBS shows.

B. **PROS VS. JOES** has its season premiere on **SPIKE** on Thursday at 10 p.m. . . . Season 2 begins on the gridiron where the Joes try to corral Cowboys great Michael Irvin.

C. **THE NAKED BBROTHERS BAND MOVIE** is a mockumentary, chronicling the rock-and-roll misadventures of the real-life sons of Polly Draper's directorial debut . . . among the celebrities who pop in are the cost of **THIRTYSOMETHING**, Uma Thurman, Julianne

Moore, and Cyndi Lauper . . . Saturday at 8 p.m. on NICKELODEON.

D. A three-hour 2057 jumps ahead to explore what life may be like in 50 years . . . Sunday at 8 p.m. on DISCOVERY . . . according to TV GUIDE, here's how some of the shows that may be on the air then:

\* 24: DAY 56: A 93-year-old Jack Bauer returns from hip-replacement surgery in Boca Raton to stop a global terrorist group that's targeting early-bird specials by spiking the salad bar with Polonium 210.

\* STILL LOST: After 53 years on the island, Jack has given up on Kate and opened a beachfront theme park where he charges the Others and arm and a leg to "Ride the Monster!"

\* THE SIMPSONS: As the longest-running series known to carbon-based life forms, the family won't have aged a bit. In fact, Marge--whose hair is already blue--will look younger in her 68th season than she did in 2007.

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## 6. Nighttime

A couple are getting ready for bed after a long day's work.

I look in the mirror and I see an old lady,â€ the woman says to her husband. My face is all wrinkled, and I'm sagging and bagging all over. And look at this flab on my arms.

Her husband is silent.

Hey she says, turning to him. Tell me something positive to make me feel better about myself.

Well, he says, your eyesight is still great.

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## 7. Websites

A. Art Buchwald, the Pulitzer-Prize winning columnist and humorist, died of kidney failure at home on Wednesday . . . as famous as he was in life, he is becoming perhaps even more well known because of the fact that he chose to let himself die rather than fight for every ounce of his life . . . to learn more, please click:  
[http://topics.nytimes.com/top/reference/timestopics/people/b/art\\_buchwald/index.html?8qa](http://topics.nytimes.com/top/reference/timestopics/people/b/art_buchwald/index.html?8qa)

When you get there, go to the second option:  
Video Feature: The Last Word: Art Buchwald

You'll get to hear from Buchwald, who smiles at you when he says, "I just died" . . . give it a few minutes, if you can, to also listen to him tell the tell story of his life . . . there are several parts to the video clip; they're all worth viewing.

B. If you're an AMERICAN IDOL fan, please click:  
<http://www.youtube.com/watch?v=Zt5-wn3fvlw>

Even if you don't watch the show, you might want to watch this video to see what all the fuss is about as it pertains to Paula Abdul.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blainesworld.net>

New subscribers are always welcome . . . right now, there are some 780 readers . . . my goal is to bump that up to 1,000 by the end of this year.

So feel free to forward this issue to any friends and/or relatives who might be interested in it . . . and if they'd want to subscribe for themselves, just have them go to bottom of the website and sign-up from there.

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#### 8. Computer tip

Lots of folks have taken to eating organic, but finding high-quality, well-priced food of this type isn't always easy--unless you go online.

For example, you can buy in bulk and get many USDA-certified staples at SunOrganic Farm:  
<http://www.sunorganic.com>

Or, try specialized grocers such as:  
Diamond Organics:  
<http://www.diamondorganics.com>

This company ships perishables by FedEx, which can be costly, but delivery fees are waived on sampler boxes.

Companies such as Urban Organic:  
<http://www.urbanorganic.com>

and Door to Door Organics:  
<http://www.doortodoororganics.com>

can make weekly deliveries in certain areas.

If you wish to head to an organic farm, Local Harvest offers a list of them at:  
<http://localharvest.org/organic-farms>

SOURCE:  
Adapted from WebSmart by Jen Weiss,  
USA WEEKEND, January 19-21, 2007, p. 4

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#### 9. Troublemakers

Two neighbors appeared in court, each accusing the other of causing trouble in their building.

"Let's get to the evidence," the judge said in an effort to end their bickering. "I'll hear the oldest woman first."

The case was dismissed for lack of testimony.

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#### 10. A quote I like

Throughout my years of studying, teaching, lecturing, writing, and counseling in the areas of dying, death, and the grieving process, not only as a rabbi, but in the interfaith community and as a certified grief recovery specialist, I have come to this one startlingly simple conclusion that I call Glazer's First and Only Law of Life: We only learn anything about ourselves by how we respond to the losses in our lives. We only realize what we had when we do not have it anymore. Grief, therefore, can be a dynamic opportunity to learn and to grow.--Rabbi Mel Glazer in AND GOD CREATED HOPE (see also Sections 2, 4C and 11)

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### 11. Thought for the day

When I REALLY like a book, I'll mention it four times in an issue . . . that's the case with AND GOD CREATED HOPE (see also Sections 2, 4C and 1) by Rabbi Mel Glazer from which the following passage was taken:

What's your leaving style?

Each of us has our own "leaving style," our own way of saying good-bye, and that style stays with us for our entire lives. No one knows why we each have different leaving styles.

If you want to know what your leaving style is, here's a sure-fire way of discovering it. Think of the last party you went to. When it was time for you to leave, how did you say good-bye? Some people leave quickly, without saying good-bye to everyone. In fact, some of us do not even say good-bye to our hosts, we just leave. Some of us leave in the exact opposite way; we walk around and say good-bye to everyone there, and then (sometimes hours later!) we finally leave. Some of us leave without saying good-bye but don't leave!

The way you leave a party will be the exact same way you will leave other parts of your life. It is your leaving style, and it's very hard to change it, even if you want to. For example, most of us grew up believing that once we made a friend, that friendship would last forever. Of course, some friendships do last forever, and they are a blessing to us and to our friends. But what happens when it's time for a friendship to end, when it's time to say good-bye? Sometimes we move away, or our friends move away, and we just lose touch with each other. We all know how hard it is to sustain friendships, even under the best of circumstances. But sometimes something bad or sad happens, and we realize that the friendship we had thought would last forever is over, because it just can't be saved. Perhaps we've grown differently and have less and less in common with them. Whatever the reason, the friendship no longer works, and it is time to end it. How will we do that?

Once again, our own leaving styles take over. Some of us will end our friendships with honor and dignity; we will say good-bye and thank our friends for the joy that they gave to us, even as we begin emotionally to disconnect. Some of us will just disappear, or be abrupt and say nothing, or we might even get angry with a former friend as a pretext for ending the friendship. For some of us, that is easier than being honest with them, and with ourselves, about what's really going on in our heads and in our hearts. We also end romantic relationships in a way that is consistent with our leaving style.

You've probably figured out where this is heading. When our time comes to leave this world, once again our leaving styles show themselves. You may know people whose lives are coming to an end, and who make time to say good-bye to those who meant something to them. They will begin to wrap things up, to apologize to whomever they have hurt, to forgive those who have hurt them, and to repair those relationships that have come undone. As someone recently said to me two days before she died, "Rabbi, I need to do this before I get to the other side." We all know what she means.

But you also know others who just leave this world without expressing any gratitude to those who have shared life with them, or any remorse for those words and deeds that had brought pain to others.

It's just like at a party; some say good-bye and take a long time to leave, and some just leave without saying good-bye. The way you leave a party is the way you will leave "the final party" of life.

What's your leaving style? What have been the leaving styles of those you lost, whether to death or relationship breakup? Their leaving styles will greatly affect your grief experience and recovery. Do you have loose ends or the potential for closure?

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## 12. Advance planning department

A. Cynthia (see also Section 1A) will next be running her fantastic Move Your Body classes on the following dates

Saturday, February 3, at 1:30 p.m. . . . FREE; and  
Saturday, February 10, at 1:30 p.m. . . . FREE.

All sessions are at the Princeton Center for Yoga & Health in Skillman, NJ.

For more information, please click:  
<http://www.princetonyoga.com/>

or call 609.924.7294.

A guarantee: You will be delighted if you attend any and/or all of the above!

B. Come by my guest:

\* When I speak on "Positioning: How to Differentiate Yourself from the Competition" on Tuesday, Feb. 6, at Bucks County Community College . . . location: Penn 410 . . . if you attend, you'll learn the difference between a left-handed and right-handed pencil. (I kid you not!)

Please email me at [bginbc@aol.com](mailto:bginbc@aol.com) if you'll be attending, so that I can notify you if there were any last minute change in plans.

\* Or take advantage of this generous offer from Jim in Pennsylvania to hear me:

As our semester gets underway, I would like to take this opportunity to invite you to the Spring 2007 Faculty Gathering at the Bristol Center on Monday, February 12th at 5:30 p.m.

I am pleased to inform you that our guest will be BCCC Professor and Lindback Award Recipient, Blaine Greenfield, who will be speaking on the topic of "Creativity

and Engagement in the Classroom.â€ (See the link below.)

<http://www.bucks.edu/lbc/bg.swf>

While the program will not officially begin until 5:30, a light buffet will be available starting at 5:15 p.m. You are more than welcome to join us at anytime upon your arrival to campus that evening. Our program will conclude at 6:30 PM for the convenience of our Monday night instructors.

Please RSVP via email at [sellj@bucks.edu](mailto:sellj@bucks.edu), by phone at 215.781.3939, or by using the enclosed form at the link above by February 7th.

Come relax and enjoy an intriguing presentation by our colleague, Blaine Greenfield.

C. Natalie in Pennsylvania:

VALENTINE'S SINGLES GATHERING - FEB. 10, 7-10 PM, PERKASIE PA

Life/Dating Coach Gayle Crist hosts a relaxed get-together for single, divorced and widowed people 35-65. This is a potluck dinner followed by a short discussion to break the ice. The topic is: "How to know if you're ready for a long-term relationship."

Gayle helps introduce you to others when you first arrive and during the party. Best of all, if you see someone you like but don't get their contact info that night, you can call Gayle after the party for help in connecting. There is usually an equal ratio of men and women. Admission: \$10 plus a dish or beverage to share. Plenty of good food available in a comfortable setting at Pennridge Airport, 1100 N. Ridge Rd, Perkasie PA 18944.

Reservations required, and it fills up fast. Please call Gayle by Feb. 3: 215-489-0225.

D. HOLD THIS DATE:

Harry Paul (co-author of REVVED! and FISH!) will be speaking at Bucks County Community College on March 12, 2007 at the annual "Meet the Author" Business Seminar . . . you won't want to miss him; he is great . . . details to follow.

Also, we are seeking corporate sponsors for this outstanding event . . . for more information, please email me at [bginbc@aol.com](mailto:bginbc@aol.com).

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace soon resumes in Israel . . . also, make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#537

1.15.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I went with friends to dinner and then to see THE BAKER'S WIFE at Mercer County Community College's Kelsey Theater . . . our only regret is that by the time you read this, it will no longer be playing there.

It was just about the finest production of any show we've seen at Kelsey, and we've seen a lot.

Based on a 1938 French film, it was turned into a musical by Stephen Schwartz (of GODSPELL fame) . . . though it never made it to Broadway, methinks you'll be seeing it revived quite often as the story about an old baker and his young wife is touching, and the songs both catchy and tuneful.

This production was perfectly cast . . . virtually everybody shined, a rarity in community theater . . . Tom Bessellieu and Deena Toni Frankel were both excellent as the baker and his wife . . . and we also liked the work of Marc Flicker as the village idiot, Michael Schiumo (always one of our favorites) as the local mayor) and especially Carrie Rupnow-Kidd as the wife of the local cafe owner/narrator for the evening.

Frank Ferrara directed with distinction, and Nicole Farina was the musical director of a small but talented orchestra. Nicole Farina was the choreographer, and she did a marvelous job of getting everybody in step for several lively dance numbers.

NOW FOR THE GOOD NEWS:

Though you won't be able to see THE BAKER'S WIFE, many of the same performers are slated to appear in Kelsey's next production: FOR THE GLORY!--THE WAR MUSICAL from Frank Wildhorn . . . it opens February 9 . . . for more information, please click:

<http://www.mccc.edu/kelseytheatre/>

B. The next day, we started out early in the morning with the unveiling of the headstone of Cynthia's uncle . . . there was a brief graveside service, then the whole family went around and visited other relatives buried at the cemetery . . . I always enjoy reading the inscription on the tombstone of Cynthia's father: "To live in the hearts we leave is not to die."

Afterwards, everybody adjourned to Eppes Essen (973.994.1120)--a delicatessen in Livingston, NJ . . . the corned beef there is always great (Cynthia enjoyed her sandwich), but for some reason, I decided to try raspberry whole grain pancakes . . . it was a mistake, but only because I've come to the realization that if you are going to have pancakes, enjoy the real thing . . . this might have been a somewhat healthy choice for me, though that said, it had little taste.

We then met my mother for a movie (see Section 4A), followed by dinner that marked the end of a long but good day.

C. My semester at Bucks Community College is rapidly approaching . . . to get ready for it, the officers of our teacher's union met with state and national leaders of the American Federation of Teachers . . . the meeting was a productive one, and we made progress with respect to finding out what services we can get from that organization . . . as I've mentioned previously, we had been looking at the possibility of considering other options for national affiliation (including our joining the American Association of University Professors), but after much deliberation, we've decided to stick where we are for at least the next several years.

I also met with Chuck Reilly, our Dow Jones representative, in preparation for my again using THE WALL STREET JOURNAL in several of my classes . . . as he often does, Chuck made my life so much easier by personally dropping off sample copies of the paper right to my home . . . now that's what I call service!

As always, if you are a student and/or staffer at Bucks or any other school, and would like to subscribe to this very worthwhile publication, you can take advantage of these great educational rates: 15 weeks, \$29.95; 26 weeks, \$49.95; or 52 weeks, \$99.95 . . . included is access to the online edition at no extra charge.

If you'd like to have me enter your subscription, just send an email to: [hughesbr@bucks.edu](mailto:hughesbr@bucks.edu) and put in the subject line: JOURNAL SUBSCRIPTION.

Include the following information in your email:

Name  
City, State, Zip  
# of weeks for subscription  
Email address  
Phone number

You'll then be billed directly by THE JOURNAL.

D. Two requests for help:

\* Bridget Hughes, my assistant, is the best. Make that . . . the ABSOLUTE BEST. She knows computers, the Internet, she can

type, file, handle calls, make arrangements, etc. . . .you name it, she can do it. (She even does Windows, but only the computer kind!)

She has recently informed me that she needs a full-time job with benefits. If nothing is available at the present on a full-time basis, she'd consider part-time employment--even if did not include benefits.

She ideally wants something in a school or college where she has summers off (so she can be with her children), and also so that she can be home for late afternoons/early evenings.

In addition, she needs to find something within 20 minutes of her Yardley, PA home.

She has done worked for me for some five years, and she has worked for our teacher's Union for the last three.

I mention the above for two reasons:

1. If you or anybody else at the needs somebody, jump at the opportunity to hire Bridget; and
2. If you have any thoughts or contacts with local colleges or school districts, please forward them.

Much obliged!

\* My father's scooter is AGAIN on the market . . . we thought we had sold it, but at the last minute, somebody backed out of making the purchase.

It is a 2005 Rascal Model 600T that can be used indoors or outdoors . . . my father hardly used it before he got sick . . . the 3-wheel design makes for easy turning . . . it can be broken down, so that you could get it into a van or wagon.

For more information, please click:  
<http://www.rascalscooters.com/scooters/scooters.shtml>

If you'd like to actually see the model or discuss price and pick-up options, please send me an email to: [bginbc@aol.com](mailto:bginbc@aol.com) . . . and put SCOOTER in the subject line.

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

This week, it goes to Elaine Shand--a member of the Customer Relations Team with Cingular Wireless.

My mother used to pay all her bills, but recently, I have taken to helping her . . . in doing so, I noticed some strange payments, such as the fact that she had been paying Cingular for two cellphones for some five years when, in fact, she was only using one line.

So I called Cingular and after not too long a wait (a rarity on such calls), I got Ms. Shand online . . . within seconds, she was able to take care of the situation, canceling out the phone that had been in my dad's name and even giving my mother credit for two months.

She also helped me check on my mother's other line, handling the entire call in a way that is so rare in the customer service industry. Ms. Shand even promised to check on my mother's account over the next few months. If only all service representatives were as helpful!

#### IN CONTRAST:

I've tried to cancel my father's account with AOL . . . you would think such a task would be an easy one, but AOL has repeatedly told me I can only do so via a fax . . . fair enough, but it has become impossible to get the form I need . . . I've asked for it at least four separate times and am promised it will be mailed to me, but to date, it never has been.

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#### 2. FYI

I believe that it's good to spend time engaged in the present. I recently heard and admired the phrase "wherever you are, be there." This may not work for everyone; dissociating from misery may be wise. But someone like me, who focuses on lists of the next day's tasks and often reads a newspaper while walking outdoors, should remember also to look up at the sky and at the people around me.

#### SOURCE:

Elizabeth Deutsch Earle in THIS I BELIEVE (see also Sections 2, 4C and 11), edited by Jay Allison and Dan Bediman

#### FYI, part 2

\* THANKS to Susan in New York and several other readers who responded to my question about not being able to stop and then start DVDs where you left off . . . apparently, you can--or at least if you have a newer model . . . to quote from her email:

I have several DVD players, and they either have the option to set "bookmarks" or a "Memory" button on the remote control , so that if you need to stop a DVD, it will pick up right where you left off the next time you want to play it (providing you do not remove the DVD from its drawer).

You didn't mention the model number of your Daewoo DVD player, but possibly it is listed at this site:

[http://www.e-daewoo.com/owners\\_manual.asp](http://www.e-daewoo.com/owners_manual.asp)

If so, just click this link to download the manual. All manuals are in .pdf filetype, so you will need Adobe Acrobat Reader to open and view it. You can then print out the manual if you wish.

\* Rebecca in Michigan (with an invitation):

Please try Bellabecka's, my party sauce. It comes in mild and spicy varieties.

This is a tomato-based sauce that initially was created for Chicken Wings for the Super Bowl lat year. It however, can be and is used on anything from chicken, fish, pork, beef, pasta, as a dipping sauce, poured over vegetables, you name it.

It is NOT a barbecue sauce as it does not have that consistency, but it is a sauce for all occasions. It sells for \$7.99 a pint, \$15.00 a quart plus shipping costs.

For more information:

Rebecca J. Cortson

9587 Red Arrow Hwy, Suite 305 Bridgman, MI 49106

269.326.0324  
minuspa@aol.com

\* Kathy in Pennsylvania (with something you MUST read):  
I just wanted to pass on this information to every woman you know over the age of 35 that is on birth control pills for hormonal reasons.

A few weeks ago I got a charley horse in my leg. I didn't think anything of it because I had them before I was on the pill. We went to see the Trans Siberian Orchestra that Saturday night. I walked up the driveway, came in the house, and all of a sudden I couldn't catch my breath!

I ended up in the hospital (Lower Bucks) with DVT/PE aka blood clot from my leg and through my heart and into my lungs. (Yes, both of them.)

I am extremely lucky to even be alive!

Every single Doctor that saw me said the same thing: "What are you doing on the pill at your age, and don't you know how dangerous they are? We see so many tragic ends to people from them. You have a 1 in 5 chance of running into a problem, not 1 in 100,000!"

I had read and understood all the so called "risk factors," but they are so understated from what the doctors have since told me.

I am now on Coumadin for six months and aspirin therapy for the rest of my life, and there's the possibility of this reoccurring.

I have lost so much time from work, my insurance company had to dish out thousands of dollars, and I'm still not sure as to what kind of activities I can still enjoy. I'm sure my love for roller coaster riding is a definite no. Flying in a plane and long car rides more than 2 hours at a time are also a risk now.

DVT information is found all over the Internet. I only wish I had known what DVT was before this happened!

Please pass this warning onto anyone you know at risk.

Thanks, and I'll keep you posted as to my progress!

\* Bob in New Jersey:  
This issue [#536] is a real keeper!

Have you tried Cold Stone Ice Creamery in Mercer Mall? We were so impressed with their product and their staff that we had them make the dessert for 300 at our daughter's October wedding! It was a fantastic ice cream wedding cake. It was surprising to the guests and 100% devoured. The Cold Stone approach is just delicious as can be.

Thanks for a great BLAINESWORLD!

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### 3. CDO

I have CDO. It's like obsessive-compulsive disorder, only it's in alphabetical order as it should be!

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#### 4. Reviews

A. Loved FREEDOM WRITERS, a real-life story of high school teacher Erin Gruwell (Hilary Swank in a great performance) who inspires her at-risk students to change their lives via a writing project. . . it moved me and made me, as well as the others in the audience, want to applaud at the end . . . this is a film that you won't want to miss; encourage others to see it, too . . . teenagers and their parents will do well to see it together . . . Cynthia and my mother also enjoyed it . . . and even if you're not a fan of rap music, much of what's contained you'll appreciate . . . rated PG-13.

B. Now out on DVD, TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY is something that's almost the perfect rental . . . it wasn't something that I would have told you to rush to see when in the theaters, but for something to see at home, methinks you'll get enough laughs to make your time worthwhile . . . Will Ferrell stars as a famous NASCAR driver whose fortunes changes after an accident . . . he is funny in this, just as he is in almost anything . . . however, the work of both John C. Reilly as his dim sidekick and Sasha Baron Cohen (shortly before BORAT) as his chief competitor made TALLADEGA NIGHTS come alive for me . . . rated PG-13.

C. I just finished THIS I BELIEVE (see also Sections 2, 10 and 11), edited by Jay Allison and Dan Gediman, and now find myself wanting to listen to the National Public Radio series of the same name.

The book is a compilation of 80 essays that have been written by the famous to the unknown, each one looking at how the author arrived at his or her own personal beliefs and then shared them with others.

I liked the fact that it featured such well-known contributors as Colin Powell, William F. Buckley Jr. and Gloria Steinem, in addition to such others as a Brooklyn lawyer, a man who serves on the state of Rhode Island's parole board and a part-time hospital clerk from Rheboboth, Massachusetts.

As the subtitle indicates, these are the PERSONAL PHILOSOPHIES OF REMARKABLE MEN AND WOMEN, and I found almost all of them quite thought-provoking . . . and though some of them were actually quite old (having been featured in the 1950 series hosted by Ed Murrow), they were still as relevant today as this statement from Oscar Hammerstein II indicates:

I have an unusual statement to make. I am a man who believes he is happy. What makes it unusual is that a man who is happy seldom tells anyone. The unhappy man is more communicative. He is eager to recite what is wrong with the world, and he seems to have a talent for gathering a large audience. It is a modern tragedy that despair has so many spokesmen, and hope so few.

Among the other tidbits of wisdom I gained from reading were the following:

\* [Brian Grazer] The answer is simple. Disrupting my comfort zone, bombarding myself with challenging people and situations, this is the best way I know to keep growing. And to paraphrase a biologist I once met, if you're not growing, you're dying.

\* [Pen Jillette] Believing there's no god means I can't really be forgiven except by kindness and faulty memories. That's good; it makes me want to be more thoughtful. I have to try to treat people right the first time around.

\* [Steve Porter] I believe in the 50-percent theory. Half the time things are better than normal; the other half, they are worse. I believe life is a pendulum swing. It takes time and experience to understand what normal is, and that gives me the perspective to deal with the surprises of the future.

A striking set of selected portraits by Nubar Alexanian added to my enjoyment of this fine book.

D. Enjoyed the CD version of FISH! FOR LIFE by Stephen C. Lundin, John Christensen and Harry Paul, an interesting take on how the FISH! workplace principles of Play, Make Their Day, Choose Your Attitude, and Be Present can also be applied to both your home life and personal relationships.

The authors tell the tale of a fish monger at Seattle's Pike Place Fish Market who upon his impending retirement, discovers that his life--while going well on the surface--could be made even better by just applying the lessons he had learned at work . . . furthermore, he was able to share these with his wife, children and even mother-in-law.

I could relate to the main character, in that he was going through some of the things I've faced in my life . . . others will feel the same way, too, and will be moved by the ending.

Perhaps most importantly, you'll remember that "you can choose your attitude" . . . that is what you have control over!

The accompanying Discussion Guide is excellent; it helped reinforce many of the lessons from FISH! FOR LIFE.

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#### 5. TV alert

A. AMERICAN IDOL is back on Tuesday at 8 p.m. on FOX, followed by another show on Wednesday at the same time . . . Simon, Randy, Paula and Ryan return with a four-hour premier from Minneapolis.

B. THE NAKED TRUCKER & T-BONE, according to TV GUIDE, is "a droll comedy show that features the duo trading quips in the studio a la the Smothers Brothers, as they relate "twisted tales" which are depicted in filmed segments . . . Wednesdays at 10:30 p.m. on COMEDY CENTRAL.

C. SCRUBS has the gang singing and dancing up a storm in an episode penned by the Tony-winning creators of AVENUE Q, Broadway's puppet hit . . . Thursday at 9 p.m. on NBC.

D. SOUNDSTAGE features Peter Frampton on Thursday at 10 p.m. on PBS . . . then the Dixie Chicks headline AUSTIN AUSTIN CITY LIMITS on Saturday at 10 p.m. on the same station . . . PBS times and dates vary, so check your local listings.

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## 6. Secrets to a long marriage

With a couple celebrating their 50th anniversary at the church, the minister asked Brother Ralph to take a few minutes and share some insight into how he managed to live with the same woman all these years.

The husband shyly stood and turned to the audience: "Well, I treated her with respect, spent money on her, but mostly I took her traveling on special occasions."

The minister inquired, "Trips to where?"

"Well," the man says, "for our 25th anniversary, I took her to Beijing, China."

An appreciative murmur went up in the congregation.

The minister then said, "What a terrific example you are to all husbands, Ralph. Please tell the brethren what you're going to do for your wife on your 50th anniversary?"

"Big plans!" he said with a smile. "I'm headin' back to Beijing to pick her up!"

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## 7. Websites

A. Confused about acronyms? Join the crowd. But you can now find out all that you need to know at this website:  
<http://www.acronymfinder.com>

So next time you want to know what ACHE refers to, just visit this website . . . you'll see that is the acronym for the American Council of Higher Education . . . the only problem is that ACHE also refers to the American Council of Hypnotist Examiners and a whole bunch of other organizations.

B. Here's a cute, musical twist of something that's been around on the Internet:  
<http://www3.telus.net/public/a7a55952/sweettaters.htm>

You'll like the message--even if you've heard it before.

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blainesworld.net>

When there, you can see my thoughts on some 590 books or tapes that I have read (and enjoyed, for the most part) . . . click "Blaine's Best" on the left, followed by the second part of letter "O."

If you'd then like to help me move up from my current ranking of 382 on amazon.com's "Top 500" list of reviewers, just:

1. Click on:  
<http://www.amazon.com>

2. Type in the title of any recent review; e.g., SUCCEED ON YOUR OWN TERMS.

3. Find my review. I believe you'll find this one at the top.
4. When asked if my review was helpful, if you feel that it was, indicate YES.

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#### 8. Computer tip

If you have a website or are contemplating one in the future, beware how it reads when all the letters are put together . . . the following are legitimate companies that didn't spend quite enough time, considering how their online names might appear--and be misread.

They are not made up.by the way; check them out yourself!

1. "Who Represents" is where you can find the name of the agent that represents any celebrity. Their Web site is:  
<http://www.whorepresents.com>

- 2 . "Experts Exchange" is a knowledge base where programmers can exchange advice and views at:  
<http://www.expertsexchange.com>

3. Looking for a pen? Look no further than "Pen Island" at:  
<http://www.penisland.net>

4. Need a therapist? Try "Therapist Finder" at:  
<http://www.therapistfinder.com>

5. There's the "Italian Power Generator" company:  
<http://www.powergenitalia.com>

6. And don't forget the "Mole Station Native Nursery" in New South Wales:  
<http://www.molestationnursery.com>

7. If you're looking for "IP" computer software, there's always:  
<http://www.ipanywhere.com>

8. And the designers at "Speed of Art" await you at their wacky Web site:  
<http://www.speedofart.com>

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#### 9. New rules, part 2 of 2 by Bill Maher

(concluded from last week)

New Rule: I'm not the cashier! By the time I look up from sliding my card, entering my PIN number, pressing "Enter," verifying the amount, deciding, no, I don't want cash back, and pressing "Enter" again, the kid who is supposed to be ringing me up is standing there eating my Almond Joy.

New Rule: Just because your tattoo has Chinese characters in it doesn't make you spiritual. It's right above the crack of your ass. And it translates to "beef with broccoli." The last time you did anything spiritual, you were praying to God you weren't pregnant.

You're not spiritual. You're just high.

New Rule: Competitive eating isn't a sport. It's one of the seven deadly sins. ESPN recently televised the U.S. Open of Competitive Eating, because watching those athletes at the poker table was just too damned exciting. What's next, competitive farting? Oh wait. They're already doing that. It's called "The Howard Stern Show."

New Rule: I don't need a bigger mega M&Ms. If I'm extra hungry for M&Ms, I'll go nuts and eat two.

New Rule: If you're going to insist on making movies based on crappy, old television shows, then you have to give everyone in the Cineplex a remote so we can see what's playing on the other screens. Let's remember the reason something was a television show in the first place is that the idea wasn't good enough to be a movie.

New Rule: No more gift registries. You know, it used to be just for weddings. Now it's for babies and new homes and graduations from rehab. Picking out the stuff you want and having other people buy it for you isn't gift giving, it's the white people version of looting.

New Rule: and this one is long overdue: No more bathroom attendants. After I zip up, some guy is offering me a towel and a mint like I just had sex with George Michael. I can't even tell if he's supposed to be there, or just some freak with a fetish. I don't want to be on your webcam, dude. I just want to wash my hands.

New Rule: When I ask how old your toddler is, I don't need to know in months. "27 Months." "He's two," will do just fine. He's not a cheese. And I didn't really care in the first place.

New Rule: If you ever hope to be a credible adult and want a job that pays better than minimum wage, then for God's sake don't pierce or tattoo every available piece of flesh. If so, then plan your future around saying "Do you want fries with that?"

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#### 10. A quote I like

Like my friend Warren Buffett, I feel particularly lucky to do something every day that I love to do. He calls it "tap-dancing to work." My job at Microsoft is as challenging as ever, but what makes me "tap-dance to work" is when we show people something new, like a computer that can recognize your handwriting or your speech, or one that can store a lifetime's worth of photos, and they say, "I didn't know you could do that with a PC!"

SOURCE:

Bill Gates in THIS I BELIEVE (see also Sections 2, 4C and 11), edited by Jay Allison and Dan Bediman

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#### 11. Thought for the day

When I REALLY like a book, I'll mention it on four separate instances in this newsletter . . . such was the case with THIS I BELIEVE (see also Sections 2, 4C and 10), edited by Jay Allison and Dan Bediman, from which the following passage by Elizabeth Deutsch Earle

was taken:

"Always go to the funeral" means that I have to do the right thing when I really, really don't feel like it. I have to remind myself of it when I could make some small gesture, but I don't really have to and I definitely don't want to. I'm talking about those things that represent only inconvenience to me, but the world to the other guy. You know, the painfully under-attended birthday party. The hospital visit during happy hour. The shiva call for one my ex's uncles. In my humdrum life, the daily battle hasn't been good versus evil. It's hardly so epic. Most days, my real battle is doing good versus doing nothing.

In going to funerals, I've come to believe that while I wait to make a grand heroic gesture, I should just stick to the small inconveniences that let me share in life's inevitable, occasional calamity.

On a cold April night three years ago, my father died a quiet death from cancer. His funeral was on a Wednesday, middle of the workweek. I had been numb for days when, for some reason, during the funeral, I turned and looked back at the folks in the church. The memory of it still takes my breath away. The most human, powerful, and humbling thing I've ever seen was a church at 3:00 on a Wednesday full of inconvenienced people who believe in going to the funeral.

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12. Advance planning department

A. Your chance to win \$500!

One lucky reader will get the opportunity to do so by attending my Marketing class on Tuesday, January 23, at 6:30 p.m. in Penn 410 . . . at that time I'll be presenting on "Marketing Yourself: the Four-mula 4 Success."

If possible, email me ahead of time to let me know you're attending, so I can look forward to meeting you!

B. Cynthia (see also Section 1A) will next be running her fantastic Move Your Body classes on the following dates

Saturday, February 3, at 1:30 p.m. . . . FREE; and  
Saturday, February 10, at 1:30 p.m. . . . FREE.

All sessions are at the Princeton Center for Yoga & Health in Skillman, NJ.

For more information, please click:  
<http://www.princetonyoga.com/>

or call 609.924.7294.

A guarantee: You will be delighted if you attend any and/or all of the above!

C. Natalie in Pennsylvania:  
Kick off Women's History Month with Carol Saline, author

Presenting:  
The Ties that Bind:  
Mothers, Daughters, Sisters and Best Friends

Thursday March 1, 2007

7:00 p.m.  
Bucks County Conference and Visitors Bureau  
3207 Street Road Bensalem, PA

A moving and entertaining presentation beloved by audiences nationwide. Based on her three best selling books, Saline uses humor and drama to show the many ways that men and women enrich their lives by forming and strengthening meaningful relationships. You will go home with your heart touched and your soul enriched.

Seating is limited and offered on a first come, first served basis. Reserve now!  
Cost: \$10.00

For more information, contact Natalie at this email address:  
natkaye@starlinx.com.

D. HOLD THIS DATE:

Harry Paul (co-author of REVVED! and FISH!) will be speaking at Bucks on March 12, 2007 at the annual "Meet the Author" Business Seminar . . . you won't want to miss him; he is great . . . details to follow.

Also, we are seeking a corporate sponsor for this outstanding event . . . for more information, please email me at bginbc@aol.com.

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PS. Please join me in celebrating Martin Luther King Day . . . Dr. King, a martyr of the civil rights movement, won the Nobel Peace Prize in 1964. . . he was later shot to death at the age of 39 . . . his words still ring true:

"Nonviolence," he said, "is the answer to the crucial political and moral questions of our time: the need for man to overcome oppression and violence without resorting to oppression and violence.

"Man must evolve for all human conflict a method which rejects, revenge, aggression and retaliation. The foundation of such a method is love."

Also, continue to pray that we soon get our remaining soldiers back from Iraq and that peace soon resumes in Israel . . . and make it a great week!

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If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: bginbc@aol.com

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#536

1.8.2007

In this issue:

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## 1. Reflections

A. Cynthia, my beautiful bride, and I try to make the most out of situations that don't look promising . . . by so doing, we can often turn things around.

Such was the case last week . . . I accompanied her one day to court in Trenton, where she had to testify in an arbitration case that was some four years old . . . can you believe it; i.e., that she had to testify about details of an accident that wasn't even her fault? (The other driver got a ticket.)

Being in the area, I just naturally had to stop by to get some work done at my favorite shoe repair place: Glaquinto Shoe Repair (609.599.9090) . . . Bob, the owner, and his father Joe always do quality work on anything we bring in . . . their prices are reasonable, too, and I always like the fact that when you're promised something on a certain day, you will get it then or before . . . they also handle repairs on such items as zippers, leather, suitcases, and a whole range of other items.

Afterwards, we got to enjoy the fact that it was a beautiful day and we were together . . . so from there, we went to lunch at Olive Gardens (609.987.9207) in Lawrenceville, NJ . . . we liked the minestrone soup and salad and because there was so much of both these items, wound up taking home a wheat pasta bolognese dish that we subsequently devoured at a later time . . . for what you pay, the value you get is excellent--and we didn't even touch the accompanying breadsticks . . . our server, Rachel, added to our enjoyment of the meal . . . she was both helpful and friendly.

That evening, I dropped Cynthia at her school for a PTO meeting she was helping with . . . I proceeded to a doctor's appointment, then en route home, managed to find a NEW ice cream place we had never visited: Marble Slab Creamery (732.246.2053) in Somerset, NJ . . . the ice cream was excellent, as was the service . . . so we've already added it to our list of such establishments that we'll be visiting

again.

B. We also went with friends to another new place for us: the Calaloo Cafe (973.993.1100) in Morristown, NJ . . . the decor is attractive, and when we were there, an all-you-can-eat breakfast buffet was being served . . . I enjoyed both the apple pancakes and a made-to-order cheese and bacon omelette . . . there were obviously many other foods to choose from; in fact, probably too many . . . if you're watching your diet, beware . . . otherwise, you'll enjoy the dining experience.

C. When visiting Cynthia's mother, I'm constantly amazed by the attitude of some of the people there . . . they manage to be upbeat, and it is a pleasure to speak with them . . . one woman, in particular, started chatting with us the other day . . . when we asked her a question she couldn't answer, she smiled and said it wasn't important because she always makes it a point to "forget what you don't remember" . . . what a great line!

D. CONGRATULATIONS to Lisa Angelo, my longtime friend and colleague at Bucks County Community College . . . to quote from a recent announcement:

The Office of Academic Affairs is pleased to announce the appointment of Lisa Angelo as the Assistant Academic Dean of the newly merged Science & Technology and Math, Computer & Information Science Departments. Lisa has been the AAD of the Mathematics, Computer & Information Science Department since 2005, and she brings that experience to this new position.

I have no doubt that she will continue to her usual fantastic job for the College.

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

This week, it goes to Dan Negron--director of Corporate-Higher Education Programs at Thomas Edison State College.

He was awarded the 2006 Al Swinerton Distinguished Service Award for outstanding contributions to the American Council on Education (ACE) College Credit Recommendation Service program. Dan also received recognition for his involvement as the New Jersey Affiliate Office Director, Advisory Board member, National Coordinator and Reviewer at a ceremony recently held at Edison.

I've had the pleasure of knowing Dan for many years and have worked with him as well . . . he is a true professional!

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## 2. FYI

Look around for something that needs to be done that nobody else is doing. Then request to do it and give it your all. Then ask your supervisor what he or she thought of your performance. If you hear back that you're doing well, ask about how you could do more of it. It can get you and the people you work for thinking on an entirely new level. It also could open up new possibilities for your career, maybe even create a new position that plays to your strengths and that you may never imagined before.

SOURCE:

WHAT MAKES TOP ACHIEVERS SUCCESSFUL (see also Sections 4Cand 411) by Herb Greenberg and Patrick Sweeney

FYI, part 2

\* MR. CURIOUS HERE:

When we play a DVD, whenever we stop it, we have to start it again from the beginning . . . do all DVD players work that way? And, if so, is this progress?

If that be the case, I still prefer VCR tapes . . . I could stop and start it wherever and whenever I wanted.

My problem is compounded by the fact that one of our DVD players was put out by a company called Daewoo, which is now bankrupt . . . we seem to have misplaced the manual and can't even find it online . . . might anybody be able to help us on this?

\* Mandy in Pennsylvania:

BLAINESWORLD is great, always full of interesting and practical tidbits and tools. I don't always have enough time to read thoroughly. but I do appreciate your observations, critiques, humor, and celebration of community.

Thanks for being!

\* Jerry in New Jersey:

A recent article from the Toronto Star, "the ICE idea," is catching on. And it is a very simple, yet important method of contact for you or a loved one in case of an emergency.

As cell phones are carried by the majority of the population, all you need to do is program the number of a contact person or persons and store the name as "ICE."

The idea was thought up by a paramedic who found that when they went to the scenes of accidents, there were always mobile phones with patients. But they didn't know which numbers to call.

He therefore thought that it would be a good idea if there was a nationally recognized name to file "next of kin" under. Following a disaster in London, the East Anglican Ambulance Service has launched a national "In case of Emergency (ICE)" campaign.

The idea is that you store the word "ICE " in your mobile phone address book, and with it enter the number of the person you would want to be contacted "In Case of Emergency."

In an emergency situation, Emergency Services personnel and hospital staff would then be able to quickly contact your next of kin, by simply dialing the number programmed under "ICE."

Please forward this. It won't take too many "forwards" before everybody will know about this. It really could save your life or put a loved one's mind at rest.

For more than one contact name simply enter ICE1, ICE2, ICE3, etc.

A great idea that will make a difference!

NOTE:

As I often do, I check out such emails before sharing them with others . . . it appears there is much validity in what Jerry sent; for more information, please click:

<http://www.snopes.com/crime/prevent/icephone.asp>

\* Peter in Pennsylvania (commenting on my daughter's engagement):  
You never wrote whether or not you were excited about the proposal,  
whether you accepted it or just flat out kicked his butt for having the  
audacity to ask in the first place.

However, I am sure that congratulations are in order, so:  
CONGRATULATIONS!

MY RESPONSE:

Yes, I was excited. Yes, I accepted it flat out--even without mention  
of any sort of dowry. (And who says there's anything wrong with the  
guy having a dowry?)

Also, MANY THANKS to the many other readers who wrote to  
congratulate me on the good news!

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### 3. Ask and ye shall find

This couple rushed their four-year old son, Ben, to the emergency  
room with a terrible cough, high fever and vomiting. The doctor did an  
exam, then asked Ben what bothered him the most.

After thinking it over, Ben said hoarsely, "I would have to say my little  
sister."

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### 4. Reviews

A. Catch LITTLE CHILDREN before it fades from the theaters . . . it  
follows several inhabitants of a small American town as they  
meander through adulthood . . . their lives are all dysfunctional,  
in various ways, yet somehow they all manage to come  
together in an ending that grabs you . . . I can still "see" this  
film in my mind, despite having seen it a few weeks ago . . . the  
stark photography added to my enjoyment, as did a cast that  
included Kate Winslet, Patrick Wilson and Jennifer Connelly . . . but  
it was the work of two other actors that really caught my  
attention . . . Jackie Earle Haley is outstanding as a convicted  
sex offender, harassed by a former cop (Noah Emmerich, a fine  
character actor who always catches my attention) . . . rated R.

B. Save your money department: Don't bother renting QUINCEANERA,  
now out on DVD . . . it received excellent reviews, and the premise  
looked interesting (slice-of-life story of a teenage Mexican-American girl  
in Los Angeles) . . . I saw about 30 minutes and walked out . . . there  
were too many plot lines, the characters weren't very appealing and  
the dialogue was hard to hear . . . NR for not rated; more appropriate  
would have been a NTBS--or not to be seen--rating.

You'd be much better off trying to find NOEL, a 2004 collection  
of intertwining tales of lonely New Yorkers reaching out to each  
other on Christmas Eve . . . the cast is superb: Susan Sarandon,  
Penelope Cruz, Robin Williams, Alan Arkin, and Paul Walker (yes,  
the same dopey character in the FAST AND FURIOUS films; he  
shines here) . . . so is the story with its feel-good ending that  
will leave you uplifted . . . rated PG.

C. SUCCEED ON YOUR OWN TERMS (see also Sections 2 and 11)

by Herb Greenberg and Patrick Sweeney is a book I'll want to revisit often, if just to again read the story of Mugsy Bogues--the shortest NBA player of all time.

He is just one of the many accomplished individuals interviewed by the authors . . . they also spoke to actor Ben Vereen, Senator Barbara Boxer, architect Michael Graves, and a wide range of others from a variety of fields.

In addition, they then conducted a comprehensive personality assessment on each person, attempting to uncover the defining qualities that made them unique . . . all totaled, they came up with a total of 19 qualities--including such ones as optimism, resilience, empathy, persuasiveness, courage, creativity, and self-awareness.

I enjoyed the in-depth interviews, as well as the many tidbits of information that were shared . . . among the many that caught my attention were the following:

\* If two people are climbing a mountain together, what is the most important thing they need to get to the summit? Teamwork? Cooperation? The right equipment? Training? All those things are required. But what's most important is the mountain itself. You must have a goal.

\* Once, late at night, he was crying because the result from one of the surgeries was worse than expected. Jose Luiz recalled, "An old man at the hospital called me over and said, 'Boy, why do you cry? Look around you. There are patients here who will only live a few days more. Don't just sit here and cry. Go and see them. And see what happens. Maybe you can help them by just being there.' It was a very simple message, but it changed my life and I carry it with me."

\* [Gov. John Corzine of New Jersey] "The simple answer is that if I made another dollar, another hundred million dollars, or whatever, it would not change any aspect of my life. I wouldn't feel better about myself," he said.

Perhaps the most valuable part to SUCCEED ON YOUR OWN TERMS was the offer that came with it . . . readers are offered the opportunity to take a free, in-depth personality assessment that will then be scored . . . the results can be used to discover unique potential and strengths with the idea being that they can then help locate situations that play to these natural abilities.

D. Les Brown has always been one of my favorite motivational speakers . . . he's one amazing guy . . . with no formal education beyond high school, he has managed to become a morning DJ, a 3-term legislator, host of his own TV show, and successful author.

He shares much of his story in a very powerful Better Life Media CD/DVD combination, LES BROWN LIVE: STEP INTO YOUR GREATNESS.

Not only did I get to hear him (always a treat), but I also got to see what it would be like to attend one of his spellbinding seminars . . . my reaction is: WOW!

Though this program is only 48 minutes long, I found myself taking notes on almost everything that he said . . . to share

just a few of these:

- \* Most people fail in life not because they aim too high and miss. They aim too low and hit. And many don't aim at all. Raise the bar.
- \* You will win if you don't quit.
- \* If somebody tells you that you can't do something, it will take 16 other messages to tell you that you can do it.
- \* My mother always told me, "Don't let anybody tell you what you can't do--especially if they haven't done it."
- \* Stay hungry and make "NO" your vitamin.
- \* Say, "I refuse to live an unlived life."

This fine program is available for purchase or rental . . . if you want to get it, please click:  
<http://www.achievementlibrary.com/>

Above is the tape rental club I belong to; i.e., the Achievement Tape Library . . . this a great way to hear CDs and/or audio cassette tapes, view videos, etc.--all for a fraction of what it would cost to buy them . . . call the head of the firm (Paul Arroyo) directly at 1.800.735.3660 and mention my name . . . that way, you'll be sure to pay even higher prices . . . NOT.

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#### 5. TV alert

A. ANTI-SEMITISM IN THE 21ST CENTURY: THE RESURGENCE will be broadcast on Monday, January 8, from 10-11 p.m. and repeated on Monday, January 15, at 12:30 a.m. on PBS . . . this documentary explores the roots of anti-Semitism and examines how and why it continues to flourish today . . . please check your local listings because PBS times and dates often vary.

B. THE SOPRANOS comes to A&E every Wednesday with back-to-back episodes beginning at 9 p.m. with the pilot episode . . . if you've never seen this compelling drama on HBO, catch it here--but be forewarned that the sex, language and violence have all been toned down.

C. NASHVILLE STAR might not be as recognizable as another singing competition (that begins next week), it does offer impressive talent and knowledgeable judges . . . Jewel and Cowboy Troy handle the hosting duties . . . Thursdays at 10 p.m. on USA.

D. LOUIS C.K.: SHAMLESS has the comic in concert on HBO at 10 p.m. . . . though that same station canceled what I thought was his funny show, LUCKY LOUIE, I'm glad that he will be given a second chance here in what promises to be a laugh-filled (if not particularly clean) event.

\*\*\*\*\* CORRECTION \*\*\*\*\*

Last week's issue mentioned GREASE: YOU'RE THE ONE I WANT, a new reality show featuring a competition for would-be actors hoping to play Danny and Sandy on Broadway . . . I had the station, NBC, right, as well as the time, 8 p.m. . . . however, I apparently gave the incorrect night; it airs on Sundays . . . the first episode wasn't great, but I'm thinking it will become more interesting when they

narrow things down to the finalists who will be competing in a live performance for the coveted two spots.

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### 6. Two guys

Two old guys, one 80 and one 87, were sitting on their usual park bench one morning.

The 87-year-old had just finished his morning jog and wasn't even short of breath. The 80-year-old was amazed at his friend's stamina and asked him what he did to have so much energy.

The 87-year-old said "Well, I eat rye bread every day. It keeps your energy level high, and you'll have great stamina with the ladies."

So on the way home, the 80-year-old stops at the bakery. As he was looking around, the lady asked if he needed any help. He said, "Do you have any rye bread?"

She said, "Yes, there's a whole shelf of it. Would you like some?"

He said, "I want five loaves."

She said, "My goodness, five loaves . . . by the time you get to the 5th loaf, it'll be hard."

He replied, "I can't believe it, everybody in the world knows about this but me."

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### 7. Websites

A. To make sure your new year is off to a great start, please click:  
<http://www.TheImagineMovie.com>

You'll find an inspiring message, as well as pictures and background music that will move you.

B. If you're a fan of music from 1956-60, you MUST click:  
<http://www.bobforrest.com/JukeBox.htm>

Somebody from the Briarcliff Manor High School Class of 1960 has done a lot of work to make this happen . . . you can hear actual songs from such artists as the Coasters, Richie Valens, the Drifters, Ray Charles, Connie Francis, and many more . . . methinks you'll be impressed!

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net>

THANKS to the efforts of Lori Hansen, my new webmaster, the newsletter archives are now up to date . . . so if you want to see past issues dating back to March, 2005, just go to Newsletter on the left, then Past Issues . . . sometimes, you might want to revisit a joke you may have missed (or never saw in the first place, if you've just subscribed) . . . I did that and found this one from BLAINESWORLD #455:

## Proper attire

Proper attire is required in the cafeteria at the University of Maine. To enforce that rule, the management posted this notice: "Shoes are required to eat in this cafeteria."

Next to it, a student added, "Socks can eat wherever they want."

D. Barbara, a friend and newsletter reader, recently emailed me about her website (and company) . . . to quote from her recent correspondence:

No one brags they can't read, but many people exclaim, "I HATE MATH!" This attitude perpetuates the cycle that math focuses on mind-numbing routines and mechanical and technical procedures.

Discover a CREATIVE way to make math fun for grades K-8 with Math in Motion, an award-winning educational program. Paper folding unfolds a positive attitude about mathematics and learning that captivates children of all ages. Origami is introduced in Japanese kindergartens and many children excel in mathematics.

For more information and a sample lesson, please click:  
<http://www.mathinmotion.com>

From the website, you can also see a sample lesson plan and find out about ordering books on this subject . . . or if you prefer, call 215.321.5556.

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### 8. Computer tip

Spamming is obviously a problem for all of us, including yours truly . . . I do NOT believe in the practice and do my best to make sure that everything I send out is something wanted or if not, I give folks the option to get off my various mailing lists (see the part at the end of this and every issue).

That said, email that I sent to a friend was recently "blocked" by his company's software . . . we have hopefully resolved the problem in a way that will prevent this from happening again; i.e., he has put me on a so-called "white list" . . . this is something you can do if any email from me is not going through . . . just indicate to your ISP server that my mail isn't spam and you wish to receive all email from my address: [bginbc@aol.com](mailto:bginbc@aol.com).

For more information, I thought you'd find the following email from my friend of interest:

I understand what you are saying but the whole topic of spam and what it is doing to corporate America and customer service is very big topic. The problems abound, and I can personally attest to the issues it raises.

Trying to tweak spam software to allow the valid emails through is an difficult challenge. We need to hear from our clients and other people. The spammers of the world make this much more problematic. Just think if you received regular postal mail with 20x the amount of junk mail each day. You would have to sort through all of this mail to find the 20 items that were meaningful.

Currently, with regular postal mail, it takes about 5 minutes for me to sort out my junk mail, but 20x would be an hour. Now you take this to the email where it is free to send junk mail and bingo, you have an incredible problem. I simply do not have the hours to sort through 200 emails per day that are meaningless. Enter spam software.

The downside is that some email simply never makes it. This creates an entirely different and upsetting problem.

The challenge for the people that are customer service driven is tweaking the software and constantly looking for ways to allow the non-spam software in while remaining efficient.

We use Barracuda. This is the latest in spam software and seems to be the best that I have come across, but it still is with its issues as we know.

Lastly, here's why your most recent email was blocked:  
It was not blocked because of the intent; it was blocked because of a spam score.

Action was taken because Intention Analysis identified this message as a bulk/spam message.

Seems like the pricerunner.com was the trigger for that block.

X-Barracuda-Spam-Score: 2.14  
X-Barracuda-Spam-Status: Yes  
Rule breakdown below:

0.55 NO\_REAL\_NAME From: does not include a real name  
0.13 URI\_OFFERS URI: Message has link to company offers  
0.94 HTML\_10\_20 BODY: Message is 10% to 20% HTML  
0.50 BSF\_SC5\_SA079h FULL: Custom Rule SA079h

Phillip Cooper  
President  
Cooper Pest Solutions, Inc.  
351 Lawrence Station Road Lawrenceville, NJ 08648  
609.799.1300

<http://www.cooperpest.com>

MY TWO CENTS:

I have also included information on Cooper Pest Solutions because it is the best firm in my opinion when it comes to any pest control problems you or your company may be having . . . I'm a longtime satisfied customer--even despite the fact that email from me was blocked. (Can you imagine the sheer audacity of the spam software for allowing that to happen?)

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9. New rules, part 1 of 2  
by Bill Maher

NOTE:

Postings on the Internet have incorrectly given George Carlin credit for these rules . . . in actuality, they were developed by Maher . . . for more information, please click:  
<http://www.snopes.com/politics/soapbox/newrules.asp>

New Rule: Stop giving me that pop-up ad for classmates.com! There's a reason you don't talk to people for 25 years. Because you don't particularly like them! Besides, I already know what the captain of the football team is doing these days--mowing my lawn.

New Rule: Don't eat anything that's served to you out a window unless you're a seagull. People are acting all shocked that a human finger was found in a bowl of Wendy's chili. Hey, it cost less than a dollar. What did you expect it to contain? Trout?

New Rule: Stop saying that teenage boys who have sex with their hot, blonde teachers are permanently damaged. I have a better description for these kids: lucky bas\*ards.

New Rule: If you need to shave and you still collect baseball cards, you're a dope. If you're a kid, the cards are keepsakes of your idols. If you're a grown man, they're pictures of men.

New Rule: Ladies, leave your eyebrows alone. Here's how much men care about your eyebrows: do you have two of them? Okay, we're done.

New Rule: There's no such thing as flavored water. There's a whole aisle of this crap at the supermarket, water, but without that watery taste. Sorry, but flavored water is called a soft drink. You want flavored water? Pour some Jack Daniels over ice and let it melt. That's your flavored water.

New Rule: Stop screwing with old people. Target is introducing a redesigned pill bottle that's square, with a bigger label. And the top is now the bottom. And by the time grandpa figures out how to open it, his ass will be in the morgue. Congratulations, Target, you just solved the Social Security crisis.

New Rule: The more complicated the Starbucks order, the bigger the a\*shole. If you walk into a Starbucks and order a "decaf grande half-soy, half-low fat, iced vanilla, double-shot, gingerbread cappuccino, extra dry, light ice, with one sweet-n'-Low, and one NutraSweet," oh, you're a huge as\*hole.

(to be concluded next week)

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## 10. A quote I like

Success is focusing on what you have rather than what you don't have. In my life, there were 10,000 things I could have done before my disability. Now there may be only 9,000. You've got to focus on your present opportunities and let the rest go.--Paul Schwartz, the youngest U.S. wheelchair basketball player at the 2000 Paralympic Games

SOURCE:

WHAT MAKES TOP ACHIEVERS SUCCESSFUL (see also Sections 2 and 4C) by Herb Greenberg and Patrick Sweeney

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## 11. Thought for the day

Two friends

Just up the road from my home is a field with two horses in it. From a distance, each looks like every other horse. But if you stop your car or are walking by, you will notice something quite amazing. Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down and has instead made a good home for him. This alone is amazing.

If nearby and listening, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to her halter is a small bell. It lets her blind friend know where she is, so he can follow her.

As you stand and watch these two friends, you'll see how she is always checking on him and that he will listen for her bell and then slowly walk to where she is, trusting that she will not lead him astray. When she returns to the shelter of the barn each evening, she stops occasionally and looks back, making sure her friend isn't too far behind to hear the bell.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges. He watches over us and even brings others into our lives to help us when we are in need. Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives. Other times we are the guide horse, helping others see.

Good friends are like this. You don't always see them, but you know they are always there. Please listen for my bell, and I'll listen for yours.

The key: Be kinder than necessary for everyone you meet is fighting some kind of battle.

Author Unknown  
(if you know who wrote this and/or the source, please let me know)

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## 12. Advance planning department

A. Cynthia (see also Section 1A) will next be running her fantastic Move Your Body classes on the following dates

Saturday, February 3, at 1:30 p.m. . . . FREE; and  
Saturday, February 10, at 1:30 p.m. . . . FREE.

Regular drop-in classes start on Mondays, beginning on January 8, from 7:30-8:45 p.m. . . . \$15 per session.

All sessions are at the Princeton Center for Yoga & Health in Skillman, NJ.

For more information, please click:  
<http://www.princetonyoga.com/>

or call 609.924.7294.

A guarantee: You will be delighted if you attend any and/or all of the above!

B. Susie in New Jersey:

I though the following course, being taught by a friend of mine, would be of interest to your readers:

Alternative Therapies Explained  
Donna M Panarello, Physical Therapist,  
Master in Public Admin in Health Care

Acupuncture, Homeopathy, Feldenkrais, Qigong, Meditation and more. Find out what these philosophies are all about from a traditionally trained health care professional who has studied complementary and alternative practices. Learn what is meant by chakras and the energies that underlie most Eastern healing practices. This overview will introduce new ways to think about what stimulates our immune systems.

Why wait to face health dilemmas? Explore the benefits of a holistic approach and discover new paths to feeling your best

Sat Jan 20, 10 a.m.-Noon  
\$21.00 code XHEAF 183B

To register, call Brookdale Community College Adult Ed:  
(732) 224-2315.

C. Meaghan in Pennsylvania:  
Up next at Bristol Riverside Theatre (BRT):  
Ethel Waters: His Eye Is On the Sparrow, a musical by Larry Parr,  
featuring 2-time Tony Award nominee, Ernestine Jackson in the  
phenomenal story of Philadelphia's legendary Singer/Actress.

January 23 to February 11, 2007.  
Box Office: 215.785.0100; Group Rates: 215.785.6664.

For more information, please click:  
<http://www.BRTstage.org>

And note: If you're a student, mention that fact when you get tickets,  
and you'll get a SPECIAL RATE of \$10 for plays and \$15 for musicals.

D. Amy in Pennsylvania (a friend and lead vocalist in one  
of my favorite bands):  
HAPPY NEW YEAR TO ALL OF YOU!

Not enough celebrating over the past two weeks? We'll be back  
at Washington Crossing Inn over the next few months with some new  
songs, and we're always ready for a party! Many new dates are  
scheduled throughout the year. PLEASE NOTE NEW SHOW TIME.

As many of you know, The Washington Crossing Inn is a GREAT place  
to eat. If you are planning to have dinner, please call in advance for  
reservations, request seating by the bar for the band and please  
mention SECOND NATURE.

We'll be there for 9:30 p.m.-1:30 a.m. shows on the following dates:  
Saturday, 1.27.07  
Saturday, 2.24.07  
Saturday, 3.24.07  
Saturday, 4.21.07  
Saturday, 6.23.07  
Saturday, 7.21.07

For information about the Inn, please click:  
<http://www.washingtoncrossinginn.com>

For more information about Second Nature, please call  
Amy Baker at or 609.731.2944 or send her an email at:

secondnatureband@msn.com

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PS. Please join me in praying that we soon get our remaining soldiers back from Iraq and that peace soon resumes in Israel . . . also, make it a great week!

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#### SUBSCRIBE/UNSUBSCRIBE INFORMATION

If you or somebody you know wants to subscribe to BLAINESWORLD, have them drop me an e-mail to that effect . . . new readers are always welcome . . . my address is: [bginbc@aol.com](mailto:bginbc@aol.com)

In the unlikely event you wish to unsubscribe, notify me at the same email address.

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# BLAINESWORLD

BLAINESWORLD

#535

1.1.2007

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## 1. Reflections

A. Cynthia, my beautiful bride, and I visited my daughter Risa in West Palm Beach, Florida, to celebrate her 27th birthday . . . we got to eat at a bunch of different restaurants, did some shopping (well, make that Cynthia and Risa did some shopping), saw a movie, and forget all the rest . . .

Found out some fantastic news . . . on the morning we were slated to leave, Risa's boyfriend JP called one morning from the lobby of our hotel--actually awakening me from my beauty sleep . . . he asked if he could come up to speak to me, so I said "sure" and was very pleasantly surprised when he asked me for Risa's hand in marriage!

Details to follow, but in the interim, see below for a picture of the happy couple:



B. Upon our return, we went out for dinner with some of our friends to Pane E Vino (215.340.1414)--an Italian restaurant in Doylestown, PA . . . it was the first time we've been there; it will most definitely not be the last.

The food is excellent . . . Cynthia and I shared a veal dish, along with an order of pasta bolognese . . . we enjoyed both immensely, and Cynthia also said her lobster bisque was delicious . . . desserts were equally mouth-watering: I had the creme brule, while Cynthia chose a cannoli.

What you have to eat, though, is just part of the story . . . there's

live music supplied by a guitar player and from time to time, various members of the staff got up to sing and/or dance . . . our server Alberto was excellent, and Antonio, the owner, made us feel welcome the minute we arrived.

C. For New Year's Eve, we got together with other friends and went locally to Jumbo Palace (908.874.3050) in Hillsborough, NJ . . . this is a combination Chinese-Japanese restaurant that we enjoy, in that the food is always good and the service is friendly . . . we all shared a variety of appetizers that were all good, though I'd especially recommend the boneless spareribs . . . for our main course, we continued to share our various main course choices . . . the names escape me, though I do recall sampling chicken, vegetable and pork dishes that I found quite tasty.

From there, we came back to our place for some more sharing--this time of stories and songs . . . we next went around the room, telling of our intentions for the coming year . . . dessert followed, featuring a cheesecake sampler from our local Sam's Club . . . this is our favorite bakery item from there; it never fails to delight . . . the ball then dropped, leading us into 2007 and what promises to be another phenomenal year for Cynthia and me.

D. CONGRATULATIONS to Earl Goldberg, now an associate professor of nursing at La Salle University . . . he was just promoted and at the same time, he was granted tenure . . . Buck's loss (he used to be a teaching colleague of mine) has been La Salle's gain!

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

This week, it goes to Pat Hannigan--a former student and longtime friend who is also a frequent contributor to this newsletter (via his insightful emails).

Pat gets special recognition this week for something he did recently for me; i.e., he took pictures at the Lindback Award for Distinguished Teaching presentation that I gave in the fall at Bucks County Community College . . . they came out great, but that's no surprise in that Pat is an excellent photographer who did a great job taking pictures at our wedding . . . should you want to utilize his services, you won't go wrong . . . he can be reached via phone, 215.968.1615, or by email at pat.hannigan@verizon.net.

When not taking pictures, Pat is a senior account executive for Carrier Air Conditioning (commercial services), and in his spare time, he and his wife Gloria hang with Spike--an adorable dog that is 1/2 yorkshire terrier and 1/2 shizu.

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## 2. FYI

And here's the tested and proven method . . . to achieve your goals:

1. Write down big ones. On 3 x 3 yellow post-it notes, write down your prime goals in short words (get funding for business; win salesman of the year award; new client: First Citizens Bank).
2. Write down small ones. Use three more notes and write down your secondary goals in short words (read about attitude 15 minutes a day; read book--Dale Carnegie; organize desk; build new closet).
3. Put them in front of your face. Post them on your bathroom mirror, where you are forced to look at them--and yourself--every morning and evening.
4. Say them aloud each time you look at them. Look AND say doubles the affirmation.
5. Keep looking and talking until you act. You will look at them until you are sick of looking at them and will begin to take action--achievement action--and accomplish them.

6. Seeing the note there every day makes you think about acting on it every day. Once you start acting, the note triggers a "What do I have to do today to keep the achievement on target?" The note forces you to act. To achieve your goal.

By posting the goal in the bathroom, you are consciously reminded of your goals at least two times a day. From there your subconscious gets into the act, gnawing away at your soul until you are driven to take positive action. Achievement actions.

And when you get to the top of the mountain--when you achieve what you've been working for--at last you can say the magic words. Scream them--I DID IT! (Screaming positive things always feels wonderful.)

6.5 Revisit your success every day. Here comes the best part--after your goal is achieved, take the post-it note off the bathroom mirror and triumphantly post it on your bedroom mirror. Now, every day when you check out "how you look for the day, you also get to see your success.

SOURCE:

THE SALES BIBLE (see also Section 4C) by Jeffrey Gitomer

FYI, part 2

\* Bev in Pennsylvania:

If you haven't seen them, rent:

KINKY BOOTS (don't ask; just trust me); and  
SOPHIE SCHOLL.

\* Joe in New Jersey:

NutriSystem is still looking for about 15 more employees, sales representatives and/or weight loss counselors to accommodate their rapid expansion at their Horsham, PA location. NutriSystem's Human Resources Recruiter, Ginny McGinnis, is excellent.

Just in case your newsletter readers were interested in these positions, they could either call her directly at 215.346.8092 or go online at:

<http://www.nutrisystem.com/careers>

\* Sue in Pennsylvania:

Blockbuster has a better deal than Netflix . . . Netflix is great, but at Blockbuster you get more . . . you can rent one free movie from the store, plus you can return mailed videos at the store and receive instant credit so that the next movie is mailed from your queue.

\* Jean in Pennsylvania:

I got this in the mail from a friend who lives in Israel. You could consider placing it in your weekly information to all of us.

This story was aired on Sunday, Dec. 17 (7PM ET/PT on CBS) on 60 MINUTES about a long-secret German archive that houses a treasure trove of information on 17.5 million victims of the Holocaust. The archive, located in the German town of Bad Arolsen, is massive (there are 16 miles of shelving containing 50 million pages of documents) and until recently, was off-limits to the public. But after the German government agreed earlier this year to open the archives, CBS News' Scott Pelley traveled there with three Jewish survivors who were able to see their own Holocaust records. It's an incredibly moving piece, all the more poignant in the wake of this week's meeting of Holocaust deniers in Iran. We're trying to get word out about the story to people who have a special interest in this subject.

For the full story, please click:

<http://www.cbsnews.com/stories/2006/12/14/60minutes/main2267927.shtml?CMP=ILC-SearchStories>

\* Jerry in Pennsylvania:

One of my goals for 2007 is to speak to more groups, so a good referral for me in 2007 is the name of other groups that you may be involved with. Maybe they would enjoy me as their guest speaker. My favorite topic is "Earn More Interest on Your Money and pay Less to the IRS!" If you work for a company, we can even do a LUNCH and Learn workshop.

I try to make these workshops fun and entertaining as well as educational.

For more information, please call Jerry Gross at 215.355.4544 or send an email to this address: grossfin@aol.com.

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### 3. Mom knows best

While in the Army, my friend's son Gabe attended POSH (Prevention of Sexual Harassment) classes. During one session, the sergeant said to his men, Before you tell a joke, ask yourselves, What would my mother think?

Gabe replied, Sergeant, theres a problem with that.

What is it?

If I listened to what my mother had to say, I wouldn't have joined the Army in the first place.

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### 4. Reviews

A. Even if you saw the show DREAMGIRLS, rush to see the movie version . . . it is fantastic; in fact, one of the best films I've seen in a long time . . . it is the story of a Supremes-type group that has such great music that afterwards, I had to rush to get the CD . . . one song, in particular, sung by Jennifer Hudson, had those in attendance clapping at its conclusion (something that I don't think that I have ever seen) . . . Hudson was magnificent in her first screen role; however, equally good were BeyoncÃ© Knowles, Jamie Foxx and Eddie Murphy . . . although I ordinarily don't pay that much attention to costumes, I certainly noticed them in DREAMGIRLS . . . I often complain about the fact that movies are too long . . . this is one that I would have wanted time added to it . . . make sure you stay for the credits, in that you'll get even more music and a chance to see pictures of the actors who played the various characters . . . rated PG-13.

B. MY SUPER EX-GIRLFRIEND is now out in DVD format . . . my review from BLAINESWORLD #513 follows:

Four words come to mind when I think about the movie MY SUPER EX-GIRLFRIEND: better than SUPERMAN RETURNS . . . that's certainly not a ringing endorsement, but I at least had fun with the former film; the latter did little for me.

MY SUPER is a sometimes amusing spoof on the superhero genre . . . it involves a guy who finds it difficult to break up with a gal who can fly, lift cars and do other spectacular things.

Uma Thurman was funny in the title role; Luke Wilson was a little too bland for me as her boyfriend . . . I did like the work of the supporting case, and I loved the cheesy special effects . . . rated PG-13.

C. I can say that I honestly loved THE SALES BIBLE (see also Section 2) by Jeffrey Gitomer, but won't because according to the author, honestly is a word that is almost always followed with a lie . . . so frankly . . . oops, I shouldn't use that either because frankly is a word that sounds insincere.

These are just some of the many words and phrases that you'll learn to avoid . . . others include:

- \* Quite frankly
  - \* And I mean that
  - \* Are you prepared to order today?
- How are you doing today?  
Can I help you with something?

That's the type advice that Gitomer, a former salesperson and now author/consultant, provides on virtually every page . . . although his constant use of lists got to me after a while, the technique

works in that it enables him to pack-in a lot of information that makes this book a MUST for any salesperson.

I especially liked his use of examples, as well as the constant humor that he injects throughout the book . . . and there was the following idea that I learned that will probably always stick with me:

An all-time class technique . . . was offered by Thomas J. Elijah III, of Elijah & Co. Real Estate, at a SalesMasters meeting. Thomas said, Leave a partial message that includes your name and phone number, then pretend to get cut off in mid-sentence as you're getting to the important part of the message, cut it off in mid-word. It works like a charm because the prospect can't stand not knowing the rest of the information or thinks his voice mail is broken.

Here are a few examples of the Elijah Method:

Leave your name and number, then deliver half a sentence to peak interest:

- \* Your name came up in an important conversation today with Hugh . . .
- \* They were talking about you and said . . .
- \* I have a deal that could deliver you a hundred thousand . . .
- \* I'm interested in your . . .

Gitomer cites many other sales gurus, including Zig Ziglar and one of my favorites, Tom Hopkins--and the latter's five-step formula for success:

1. Maintain your curiosity.
2. Sustain interest in all you do.
3. Have a never-ending thirst for knowledge.
4. Believe in what you do.
5. Your purpose in life must be more than money. (I would dare to add a sixth--Don't dwell on problems. Concentrate on solutions.)

If you maintain a business library, THE SALES LIBRARY is certainly something that belongs there!

D. Enjoyed listening to EMPERORS AND IDIOTS by Mike Vaccaro, the story of the 100 year Yankee-Red Sox rivalry . . . it emphasized the very exciting races in both 2003 and 2004, while also interspersing tales from 1904, 1919, 1941, 1946, 1949, 1977, and 1978 . . . and that leads to my only criticism of the book; i.e., it was a bit choppy . . . personally, I would have preferred a more linear approach.

Yet I quibble . . . what a thrill to relive many of the seasons that I personally followed . . . (NOT the ones prior to 1977!) . . . and even then, I enjoyed hearing about DiMaggio and Williams, and the fact that they almost got traded for each other . . . also, it was fun getting to again hear names from my not-so-distant past, including Mantle, Maris, Fisk, Yastremski, Pinella, Munson, Jackson and taking me through the present era of Martinez, Jeter, Damon, and Rivera.

The CD version had an added bonus: interviews with Bill "Spaceman" Lee and Yogi Berra, two players who had actually experienced the rivalry . . . to quote Berra, "You really have to go through it to know what it was like to go through it."

This book gave me a feel for just that . . . fans of either team--or sports, in general--will like EMPERORS AND IDIOTS.

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## 5. TV alert

A. DIRT, according to THE WALL STREET JOURNAL, is a "slick and entertaining new FX series" . . . it stars Courtney Cox who plays a ruthless editor of a gossip tabloid . . . debuts Tuesday at 10 p.m.

B. There's been a lot of hype about THE KNIGHTS OF PROSPERITY, a heist comedy about a group of misfits . . . notes TV GUIDE, "Mick Jagger steals the pilot with his outrageous cameo" . . . Wednesdays at 9 p.m. on ABC.

C. JOSH BLUE COMEDY SPECIAL has the winner of LAST COMIC SPECIAL with his own showcase from his hometown of Denver . . . he's one funny guy, and the fact that he lives with cerebral palsy makes his

work even more noteworthy . . . Friday at 6:30 p.m. on BRAVO.

D. Just when you think you've seen the end of reality shows on TV, another one pops up that looks like it might be fun . . . GREASE: YOU'RE THE ONE THAT I WANT is an audition competition for would-be actors hoping to play Danny and Sandy on Broadway . . . Fridays on NBC at 8 p.m.

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## 6. Epiphany

I watched an ant climb a blade of grass this morning. When he reached the top, his weight bent the blade down to the ground. Then, twisting his thorax with insectile precision, he grabbed hold of the next blade. In this manner, he traveled across the lawn, covering as much distance vertically as he did horizontally, which amused and delighted me. And then, all at once, I had what is sometimes called an "epiphany," a moment of heightened awareness in which everything becomes clear.

Yes, hunched over that ant on my hands and knees, I suddenly knew what I had to do . . .

Quit drinking before noon.

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## 7. Websites

A. Rex was born with a cyst in his brain. He was blind, didn't learn to walk or talk, and developed autistic-like symptoms. It seemed there was little hope for Rex, until his second birthday, when his father gave him a keyboard.

For the complete story that was reported on 60 MINUTES by Lesley Stahl, please click:

[http://www.cbsnews.com/stories/2005/10/20/60minutes/main957718\\_page2.shtml](http://www.cbsnews.com/stories/2005/10/20/60minutes/main957718_page2.shtml)

But if you REALLY want to see something, catch Rex actually performing by clicking:

[http://www.cbsnews.com/sections/i\\_video/main500251.shtml?channel=60Sunday](http://www.cbsnews.com/sections/i_video/main500251.shtml?channel=60Sunday)

B. Imagine getting paid to submit a video for others to watch online . . . you can now do so by clicking:

<http://www.iystv.com/>

There's a weekly \$1,000 prize and an overall grand prize of \$100,000 . . . so get filming and don't forget that WHEN you win, my coat size is 40R (hint-hint) . . . eventually, the plan is for Carson Daly to host an NBC show that will feature the best entries.

Also, you don't have to make a video . . . you can just critique. You'll have fun doing so because some of this stuff is definitely--searching for a term--"out there."

For example, there's this one:

[http://www.iystv.com/3489\\_Identity\\_Theft/media](http://www.iystv.com/3489_Identity_Theft/media)

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<http://www.blaineworld.net>

To see some of my favorite websites, go to "Blaine's Best" on the left, then "Websites" . . . I'm in the process of updating these, but in the meantime, check such ones as the following: C, F, H, I, R, and T.

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## 8. Computer tip

Computer manuals are becoming way too skimpy . . . the same thing applies to manuals for most any other product; e.g., printers,

DVDs, iPods, etc.

Recently, when purchasing an iPod for Cynthia, all that came with the product was a small sheet that said virtually nothing . . . however, by going to the website, we were able to get a manual that answered most of our questions . . . to see for yourself, please click:

<http://www.apple.com/support/manuals>

We then printed that out . . . in addition, we found some excellent video tutorials.

Methinks you would do well to do the same thing for any similar-type product that you might buy in the future; i.e., if you can't easily figure out what you need to do after you open the box.

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## 9. Similarities

Ever notice the similarities between man and his best friend, his dog?

Both take up too much space on the bed.

Both have irrational fears about vacuuming.

Neither tells you what's bothering him.

Neither of them notices when you get your hair cut.

Neither understands what you see in cats.

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## 10. A quote I like

When you arise in the morning, give thanks to the morning light for your life and strength. Give thanks for your food and the joy of living. If you see no reason for giving thanks, the fault lies in yourself.--Tecumseh (1768-1813), Native American chieftan of the Shawnee tribe

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## 11. Thought for the day

Worried about breaking your new year's resolutions?  
Try thinking like a yogi  
by Deborah Metzger (reprinted with permission)

Humans have been making--and breaking--New Year's Resolutions for thousands of years. Improvements in health are perennial favorites: losing weight, quitting smoking, exercising more, and taking time for relaxation, are likely to top many people's lists.

Unfortunately, research and surveys show that a small minority of resolutions last even one month. According to Deborah Metzger, Director of the Princeton Center for Yoga & Health, the problem is not in the resolutions themselves, but in our mindsets as we make them.

Metzger explained that according to Yogic principles, most people make three serious errors as they set their resolutions. First, they judge themselves harshly. This leads to the second error, choosing unattainable goals. They magnify the gap between where they are and where they want to be. That causes the third error, thinking that the only way they can climb such a tall mountain is by beating themselves up until they reach the top.

"This combination of errors sets up a spiral of failure," Metzger said. "The minute you start with negative judgments, you lose the ability to make positive changes." For example, a woman who attends yoga class to "fix" her stress-related problems may actually spend the class berating herself for not attending every day: "This feels so good, why do I only go once a week? She's just given herself a negative message

for doing something positive for herself. Why would she want to keep repeating that experience?"

When judgment leads to unattainable goals, the first misstep can spell the end of the resolution. "If someone who loves ice cream vows to stop eating ice cream all together, that's just not reasonable. So the minute they have a single spoonful, they just give up and say, 'Hey, why not eat the whole half gallon?' "

When resolutions can only be kept by discipline and fear of self-inflicted punishment, Metzger asserted, they are not sustainable. "In the end, we only do things that give us pleasure or help us avoid pain. If we think of the change we want to make as essentially negative, as requiring us to give up something we love, then we're fighting against ourselves. Our old habits will prevail."

The Yogic model of personal change, by contrast, consists of three simple decisions: awareness, acceptance, and adjustment. "Awareness, as opposed to judgment, means knowing where you are right now. If you want to follow a map to get to a destination, the first thing you need to figure out is where you are on the map. It's not to beat yourself up, but simply to allow you to make good decisions."

Acceptance means acknowledging your situation without wishing it were different. "Once you accept reality, and stop fighting against it, you can make a conscious decision to try something new," Metzger explained. Often, non-judgmental awareness all by itself causes a shift or adjustment--the change feels natural and effortless.

With this mindset, there can be no failure, only more information to help make better adjustments in the future. "Awareness is the key to the whole process. But in our culture, we prefer numbness to awareness. We run around and keep busy rather than quiet our minds and pay attention to our inner needs and wisdom."

To help people get into the right mindset for keeping New Year's resolutions, the Princeton Center for Yoga & Health is offering a week of free classes from January 2-8. "We want people who are curious about yoga, who would like to experience difference styles and intensities, to take as many classes as they like and see what feels right for them." And, since there's nothing like a buddy to help with one's resolve, returning students who bring a new friend to PCYH get one class free, too!

Metzger said that the Center's motto was, "Yoga for every body." "You don't need special clothing, you don't need to look like a model--you don't even need to be able to stand up! We welcome you as you are, and our morning through night and weekend schedule accommodates virtually everyone."

The free week of classes includes Power Yoga, Hot Yoga, Hatha or Vinyasa Flow Yoga, Kripalu Yoga, Gentle Yoga, and Relaxercise, as well as Yoga for Beginners, Yoga for Stress Reduction, Pilates mat classes, Belly Dance, and other healing forms and free chair massage. For a complete schedule or directions to the Center, visit their website: <http://www.princetonyoga.com>

or call (609) 924-7294. Website visitors can download a free 20-minute guided relaxation in mp3 format to help ease the holiday stresses.

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## 12. Advance planning department

A. Cynthia (see also Section 1A) will next be running her fantastic Move Your Body classes on the following dates

Saturday, January 6, at 1:30 p.m. . . . FREE;  
Saturday, February 3, at 1:30 p.m. . . . FREE; and  
Saturday, February 10, at 1:30 p.m. . . . FREE.

Regular drop-in classes start on Mondays, beginning on January 8, from 7:30-8:45 p.m. . . . \$15 per session.

All sessions are at the Princeton Center for Yoga & Health in Skillman, NJ.

For more information, please click:  
<http://www.princetonyoga.com/>

or call 609.924.7294.

A guarantee: You will be delighted if you attend any and/or all of the above!

B. The Mercer Regional Chamber of Commerce and Nassau Broadcasting are presenting the third annual "Career Connections" Job Fair at Rider University's Bart Luedeke Center on Tuesday, January 9 from 10 a.m. to 3 p.m. . . . there will be representatives from over 50 companies, along with several free workshops and a free resume clinic . . . for more information or to register, please click:  
<http://www.mercerchamber.org/events/eventView.asp?EventID=1115>

C. Natalie in Pennsylvania:  
\* The Bucks County Committee for Interracial Harmony will present the 22nd Annual Dr. Martin Luther King, Jr. celebration on Sunday, January 14 from 3-5 p.m. at Bucks County Community College in the Library Auditorium. Admission is free.

Three choirs will perform: the Macedonia Baptist Choir, the St. Mark A.M.E. Zion Choir and the United Christian Church Choir. In addition, The Platinum Steppers, the Drum Majors for Justice and the Bahai Dancers will perform. Rabbi Elliot Strom and Rev. Blake Blakesley will share their experiences of growing up in the "Footsteps of a Dreamer" (the name of the program). Refreshments will follow the celebration.

For more information, please call 215-.579.1836.

\* J&L Productions Presents:  
The Eric Mintel Quartet, a jazz group  
Sunday Afternoon, Jan 21 2007, 2:00 PM  
Chandler Hall  
99 Barclay Street, Newtown, PA

\$16 Advance Purchase; \$18.00 Day of Show

Tickets available online at:  
<http://www.ezwaymarketing.com/emq.htm>

To order by phone, call Joe Gagnon at 267.257.9632.

D. HOLD THIS DATE:  
Harry Paul (co-author of REVVED! and FISH!) will be speaking at Bucks on March 12, 2007 at the annual "Meet the Author" Business Seminar . . . you won't want to miss him; he is great . . . details to follow.

Also, we are seeking a corporate sponsor for this outstanding event . . . for more information, please email me at [bginbc@aol.com](mailto:bginbc@aol.com).

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PS. Please join me in wishing my Muslim friends a happy Eid-ul-Adha . . . this is a major Islamic holiday, honoring the prophet Abraham's willingness to sacrifice his son for God . . . for more information, please click:  
[http://www.classbrain.com/artholiday/publish/article\\_72.shtml](http://www.classbrain.com/artholiday/publish/article_72.shtml)

It began on December 31, 2006 and runs through January 2, 2007.

In addition, as I've already told many readers, 2007 is going to be your year . . . make that, our year . . . here's hope that it brings much love, joy and ease for you and your families.

For a nice way to start things off, please make sure your sound is on and then click:  
<http://www.jacquielawson.com/viewcard.asp?code=1114414977395>

Lastly, please join me in praying that we soon get our remaining soldiers back from Iraq and that peace resumes in Israel . . . also, make it a great week!

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