



BLAINES WORLD

Past Issues 2010:

12.27.2010#743	09.27.2010#730	06.28.2010#717	03.29.2010#704
12.20.2010#742	09.20.2010#729	06.21.2010#716	03.22.2010#703
12.13.2010#741	09.13.2010#728	06.14.2010#715	03.05.2010#702
12.06.2010#740	09.06.2010#727	06.07.2010#714	03.08.2010#701
11.29.2010#739	08.30.2010#726	05.31.2010#713	03.01.2010#700
11.22.2010#738	08.23.2010#725	05.24.2010#712	02.22.2010#699
11.15.2010#737	08.16.2010#724	05.17.2010#711	02.15.2010#698
11.08.2010#736	08.09.2010#723	05.10.2010#710	02.08.2010#697
11.01.2010#735	08.02.2010#722	05.03.2010#709	02.01.2010#696
10.25.2010#734	07.26.2010#721	04.26.2010#708	01.25.2010#695
10.18.2010#733	07.19.2010#720	04.19.2010#707	01.18.2010#694
10.11.2010#732	07.12.2010#719	04.12.2010#706	01.11.2010#693
10.04.2010#731	07.05.2010#718	04.05.2010#705	01.04.2010#692

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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. 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](#).



073537⁵ 735⁵ 53

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

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BLAINES WORLD

BLAINESWORLD
#743
12.27.2010

In this issue:

1. **Reflections**
 2. **FYI**
 3. **JOKE 1: Lovely portrait**
 4. **Reviews . . . THE FIGHTER, etc.**
 5. **TV alert**
 6. **JOKE 2: Husband day care center**
 7. **Websites**
 8. **Computer tip**
 9. **JOKE 3: Honesty pays**
 10. **A quote I like**
 11. **Thought for the day**
 12. **Advance planning department**
-

1. Reflections

A. Cynthia, my beautiful bride, and I moved to North Carolina for a variety of reasons-- including the weather . . . so we were surprised as everybody else when an Asheville record of 9 inches of snow fell over Christmas.

For us, it meant that we could not partake in our annual tradition of going to the movies and then dinner at a Chinese restaurant . . . we apparently are not the only ones who do this:

http://www.youtube.com/watch?v=w1uZ_W7atDE

THANKS to Marilynne in North Carolina for sharing the above!

B. The weather meant that we could not get around to some other places, either . . . so I'll take this opportunity to briefly mention two of the restaurants we've checked out over the past few weeks:

* Jason's Deli is not a classic "Jewish deli," but it wasn't bad . . . I liked my turkey wrap, as well as some of Cynthia's corned beef . . . we'll be back, in large part because there is nothing similar in the area . . . for more information, please click:

<http://www.jasonsdeli.com/restaurants/nc/asheville/asheville-deli>

* And one day in town, one of my favorite local eateries (Cafe Ello) was closed because of the cold, so I went next door to Twisted Crepe . . . I had a delicious hot chicken crepe that hit the spot . . . next time, though, I'll have to check out the dessert crepes; they looked decadent . . . for more information, please click:

<http://www.yelp.com/biz/twisted-crepe-asheville>

Visiting this place took me back to the 1970s when such places were very popular . . . does anybody else remember the Magic Pan?

C. THANKS to Barbara in Pennsylvania for encouraging me to get a Roku player . . . it's a device that enables you to stream movies from Netflix, Blockbuster, etc., thus not having to wait until you get a DVD in the mail . . . the reality is that more and more stuff is going to be made available this way, and that I'll actually save money after a few months (in that I am now only getting one DVD at a time, whereas I previously got two) . . . in addition, you can get virtually an unlimited amount of DVDs this way at one time; at present, I think I have some 40 films available and ready to view . . . THANKS, also, to Trish and Danny—both in North Carolina—who helped me set it up . . . the installation is not that difficult; however, the problem is that doing such a task is just not in my skill set . . . for more information, please click:

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

D. As can be seen by some of the emails I received in Section 2, it seems that most folks liked the improvement I made last week; i.e., providing anchors to each section to make it easier to get around this missive . . . I'm glad to hear that and am trying three other

changes this week . . . the jokes, as you may have figured out, have always been in Sections 3, 6 and 9 . . . however, to make them easier to spot, I'm going to identify them each week (in both the Contents and at the location of the actual joke) . . . in addition, I'm using a slightly larger font size to increase readability . . . and see Section 11 for another change I'm implementing . . . please continue to let me know what you think of these changes—and about anything else you come across in BLAINESWORLD each week.

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

This week, it goes to Joe Stephens—a very talented woodworker in the Asheville area.

Joe had done shelves and other work for many of our neighbors, and we had been impressed with his work . . . so we gave him perhaps his most challenging assignment; i.e., to design a winter home for Nona (the stray cat that Cynthia has adopted). You can see his handiwork in the picture below. Look closely, and you'll see a picture window, chimney and shingles . . . and most amazingly, It even looks like our home!



Joe will next be designing a wall unit for my office. I look forward to having him complete that task—and many others for us in the future.

He is a real pro, as well as a nice guy too . . . should you want to work with him, he can be reached at 828.777.6642.

[Back To Top](#)

2. FYI

If you're a dog or cat owner . . . or if you know somebody who is one . . . please plan now for care of your pet if there is an accident. Consider doing any and/or all of the following:

- * Choose a caregiver that your dog or cat knows. Make sure that the person knows how to get into your house, and that he or she knows how to take care of your animal.
- * Make sure the caregiver's contact information is in your wallet so that you can give it to emergency personnel if you are involved in an accident. Or that somebody else could find it if you're not capable of providing it.
- * Leave instructions for the caregiver. Provide information that includes your pet's feeding and walking schedule, your vet's phone number and the location of the animal's medical records, food, leash and other items.
- * Approve treatment in advance and sign a statement for the vet that allows him or her to treat your pet if needed.
- * Post a rescue sticker on your window, telling fire fighters and other personnel that a dog or cat is in the home.

SOURCE:

Based on a short item in BOTTOM LINE PERSONAL, Volume 31 Number 22, 11.15.2010, p. 15.

ONE MORE SUGGESTION:

When you do your will, make sure you have made arrangements for the care of your pets. You don't want to see them go to a shelter; e.g., if nobody else is willing to step up to care for them.

FYI, part 2

* Mary Beth in Pennsylvania:

You made it work with the links to the different sections! Its' great! So much easier to use! I love it!

* Jerry in Pennsylvania:

What a wise move, putting links to all of your sections. Guaranteed to increase the number of readers. Gives us an opportunity to link at our leisure.

* Monica in North Carolina:

It worked . . . love it, great feature.

* Debbi in New Jersey:

Love the addition of "back to top" links!!

* Tom Orr, one of my favorite Pennsylvania/New Jersey performers, can be seen in the following clips:

http://www.youtube.com/watch?v=HkDiBc_GBVU

<http://www.youtube.com/watch?v=8PwAS8qojqk>

<http://www.youtube.com/watch?v=IA1S6u3wEOI>

and for highlights from his one-man show:

<http://www.youtube.com/watch?v=wYTtLm6ulZw>

* Savannah in Pennsylvania:

Saw an amazing orchestra at a church, it was really special.

<http://www.divinehand.net/>

I understand orchestra music might not be for everyone, but this was something I would highly recommend.

* Jean in Pennsylvania:

Can't stop laughing [a commercial on Conan]!

<http://www.tbs.com/video/conan.jsp?oid=235806&eref=sharethisUrl>

* If you're a fan of the Philadelphia Eagles, you'll love this clip. (But be forewarned: Fans of the New York Giants should not watch it!)

<http://www.youtube.com/watch?v=8PwAS8qojqk>

* Pat in Pennsylvania:

You remember Darlene Love, right? If you get a chance check out this video below. Its Darlene Love from last December doing this song on Letterman. She is on Letterman each year about 2 days before Christmas. If you click on the link below, look to the right on that page and you can see just about all the videos of her singing this song from the last 10-15 years. Cool. She really has a very powerful voice! And hard to believe her original version was like 45+ yrs ago? Wow!

<http://www.youtube.com/watch?v=AJcYUj89JiU>

* Sandy in Pennsylvania:

One of your readers suggested the movie MY NAME IS KHAN. It was almost 3 hours long but what a movie! It's a MUST SEE!

* Barbara in Pennsylvania:

Just watched MICKEY. Great, Great Story. Keep the recommendations coming please!

* Natalie in Pennsylvania:

Saw THE KING'S SPEECH today and loved it. We went with Donna and Steven, and they loved it too. I highly recommend it.

* Bob in North Carolina:

If you haven't seen the Coan Brothers' remake of TRUE GRIT, don't waste any time. It's great.

* Robin in Pennsylvania:

I thought BLACK SWAN was terrific; a very compelling and true to life look at a young woman's intense psychological struggle to become free to fully express herself. And here's an unreserved two thumbs waaaaay up: THE KING'S SPEECH. Moviemaking at its best!

* Ken in New York:

I agree. I agree [with you] . . . BLACK SWAN is horrible . . . no redeeming value. TRUE GRIT . . . very enjoyable . . . but I didn't like the last minute.

[Back To Top](#)

3. JOKE 1: Lovely portrait

Louise was at her brunette friend's house the other day, and she said, "You know, I have to ask, why do you have a full portrait of yourself above your bathroom sink?"

To which the brunette replied, "So I don't have to buy a new mirror."

MY TWO CENTS:

I know, I know . . . you're thinking to yourself . . . "Self, why are brunettes always the blunt of such humor?" Got me, but then again, I'm not brunette (or blonde, either) . . . and I personally hate to have that type humor directed to any groups, including the follicly challenged!

[Back To Top](#)

4. Reviews

A. THE FIGHTER is one of the best films I've seen in quite some time . . . it's the true story of boxer "Irish" Micky Ward and his half brother and trainer who rise from a working-class background to a championship welterweight fight . . . the fight scenes are outstanding and actually had me cheering . . . I'm hopeful that Mark Wahlberg receives an Oscar nomination for his work in the leading role; performances by Christian Bale, Amy Adams and Melissa Leo also excellent . . . rated R.

B. CYRUS is now out in DVD format . . . my review from BLAINESWORLD #721 follows:

Not much happens in CYRUS, but that's not to say you won't like this comedy about a divorced guy who meets the woman of his dreams--only to find out that she lives with her adult son . . . John C. Reilly, as always, is excellent . . . I'm glad that he finally gets to be the main star of a film . . . Jonah Hill, Marisa Tomei and Catherine Keener are equally outstanding . . . I won't give the ending away, but will tell you that it couldn't have been better . . . rated R.

C. If you are looking for lots of tips on how to save and/or invest your money, then THE PROBLEM WITH MONEY? IT'S NOT ABOUT MONEY! by Jane Honeck is not something you should rush out to buy.

Rather, the author (a CPA and seminar leader for over 30 years) spends most of her book looking at the unexamined beliefs that drive our financial lives . . . she contends that when we discover these, we can best put manage our money.

I never gave this idea too much thought; i.e., until I read THE PROBLEM . . . and in doing so, I became clearer about some of my beliefs.

As Honeck notes:

* Money decisions all boil down to choice. And your choice is always correct if you are conscious of why you make your decisions. But unconscious choices get us into trouble. Unconscious choices wake us the next day, month or year and make us say, "What have I done? How did I get here?"

That's so true, in that I've done exactly that (but never realized it). She continues:

* But the problem with money is it's not about the money. That's right. It's not about the money! It's about the unexamined beliefs that drive our financial lives. These beliefs lead us to make money decisions with the wrong set of facts. And then we try to solve our problems with the wrong set of tools. It's like changing a tire on the wrong car with a curling iron! Your beliefs drive your financial bus, and you may be sitting behind the wheel with a blindfold on.

What makes this such a good book are the visualization exercises that are included at the end of each chapter . . . here was my favorite:

* You open the door [to a cottage you come across in a walk] and find a table with a note next to \$500. The note says, "This \$500 is my gift to you. Please do with it whatever you want. The only thing you must do is tell me how you will spend it."

Decide how you would spend this money--no judgments allowed. Just go with your first thoughts. Write how you plan to use the \$500 in your journal.

You then find yourself being given gifts of \$5,000, \$50,000, \$500,000, etc. The key: You're asked to think about how you felt making those spending decisions.

To make this easier, Honeck clearly explains how to employ each of five thought-provoking worksheets:

Unexamined Beliefs
Restated Beliefs and Truths
Growing Edge Affirmations
Financial Visions and Next Steps
Blue Print for Change

Though I finished *THE PROBLEM WITH MONEY?* several days ago, I'm still thinking about it (always a good sign) . . . also, I'm going to recommend it to all those who have a problem dealing with the subject.

D. Heard the CD version of *RESCUE*, Anita Shreve's latest novel . . . it's the engrossing tale of a rookie paramedic who meets his wife when he pulls her from her totaled car . . . they fall into an intense love affair, marriage and shortly thereafter, the birth of a baby girl.

But things don't go smoothly for the couple . . . they separate shortly, and the husband is left with the responsibility of raising his daughter alone.

Fast forward to 18 years later, and the daughter is veering into territory once occupied by her mother . . . I don't want to give away any more of the story, other than to say you'll find yourself drawn into the lives of the respective characters . . . you'll also be impressed by the author's apparent research on the topic; it felt like I was actually going on many of the rescue calls.

I've read and enjoyed several other books by Shreve--and I'll now add this one to that list.

***** CONTEST #5 (for the year) *****

I'm giving away a brand new audiobook, *DEWEY: THE SMALL-TOWN LIBRARY CAT WHO TOUCHED THE WORLD* by Vicki Myron . . . as I noted in a previous *BLAINESWORLD* review:

I smiled at the many misadventures of Dewey, but was also moved by Myron's story . . . she interweaves it throughout the book, along with a description of how the small town of Spencer, Iowa managed to survive the farm crisis of the 1980s.

To be eligible for this giveaway, just send an email to bginbc@aol.com, put CONTEST 5 in the subject line, and include your name and address in the body of the email . . . entries must be received on or before Sunday, January 2 . . . I'll announce the winner next week.

[Back To Top](#)

5. TV alert

A. Merle Haggard, Jerry Herman, Bill T. Jones, Paul McCartney and Oprah Winfrey are the honorees at the 33rd annual KENNEDY CENTER HONORS, hosted by Caroline Kennedy. Performers and presenters include Julie Roberts, Vince, Gill, Jennifer Hudson, Miranda Lambert and Matthew Morrison . . . Tuesday at 9 p.m. on CBS.

B. BETTE MIDLER: THE SHOWGIRL MUST GO ON has the Divine Miss M in her first special in 13 years . . . she's slated to perform some of her best-known hits . . . Friday at 9 p.m. on HBO.

C. NEW YEAR'S EVE LIVE WITH ANDERSON COOPER AND KATHY GRIFFIN has the duo teaming again for the fourth time to count down things from Times Square . . . I'll be curious if Griffin can avoid a repeat of last year's performance when she said the "F" word . . . Friday at 10 p.m. on CNN.

D. Start 2011 right by watching over 7 hours of movies featuring the Marx Brothers, starting at 8 p.m. on Saturday on TCM . . . in order, you can watch (or tape) ANIMAL CRACKERS, MONKEY BUSINESS, HORSE FEATHERS, DUCK SOUP and A NIGHT AT THE OPERA (my favorite).

[Back To Top](#)

6. JOKE 2: Husband day care center (outside a bar near a mall in West Virginia)



THANKS to Tim in West Virginia for sharing the above!

[Back To Top](#)

7. Websites

A. If you don't want to be bothered by telemarketers, you can register with the national Do Not Call Registry by clicking:

<https://www.donotcall.gov/default.aspx>

Also, some good news:

* Your registration will not expire; and

* By going to the above website, you can easily register complaints against those who continually make such calls.

I have used this latter option several times and have noticed that I no longer receive calls from the offending companies.

B. For one of the great wedding proposals of all time, please click:

<http://ceaserphotography.com/blog/archives/192>

At the very top, you'll find the actual proposal . . . then read on for information behind it, as well as for several pictures of the couple.

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

<http://www.blaineworld.net>

To see the books I've reviewed and generally enjoyed, go to "Blaine's Best" on the left and then the second paragraph of letter "O."

I'm currently #356 on amazon.com's list of Top Reviewers . . . if you'd like to help me move up:

1. Go to this website:

www.amazon.com

2. Type-in the name of a book I've recently reviewed; e.g., . . . AND THE CLIENTS WENT WILD! by Maribeth Kuzmeski.

3. Find and read my review. (Currently, it is at the top on the right.)

4. If you find the review helpful, and I hope that you do, just click on "Yes."

Thanks in advance!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

Back To Top

8. Computer tip

Use Google as a dictionary by typing the following into the search box at the top: define: (whatever term you want to look up) . . . so, for example, I wanted to see the dictionary definition of Google . . . I typed in: define Google and came up with 15 different definitions . . . see them for yourself by clicking:

<http://tinyurl.com/2d4gv8d>

Back To Top

9. JOKE 3: Honesty pays

Honesty pays

An investment counselor decided to go out on her own. She was shrewd and diligent, so business kept coming in, and pretty soon she realized that she needed an in-house counsel. She began to interview young lawyers.

"As I'm sure you can understand," she started off with one of the first applicants, "in a business like this, our personal integrity must be beyond question." She leaned forward. "Mr. Peterson, are you an honest lawyer?"

"Honest?" replied the job prospect. "Let me tell you something about honest. Why, I'm so honest that my father lent me \$15,000 for my education, and I paid back every penny the minute I tried my very first case."

"Impressive. And what sort of case was that?"

The lawyer squirmed in his seat and admitted, "He sued me for the money."

Back To Top

10. A quote I like

Happiness is not an accident, nor is it something you wish for. Happiness is something you design.--Jim Rohn (1930-2009), American entrepreneur, author and motivational speaker

Back To Top

11. Thought for the day

I'm trying something new here . . . to make BLAINESWORLD a bit shorter, at times, I'll begin a section and then provide you with a link where you can get the rest of it if you so

choose . . . what follows is a story I think you'll very much like . . . you can hear it read by the author (and see the illustrations) by clicking:

<http://www.youtube.com/watch?v=6z-oBkgJ4Ow>

But if you'd like to be able to read the story to your own child, niece or nephew, grandchild, neighbor, etc., it follows:

Love you forever
by Robert Munsch

A mother held her new baby and very slowly rocked him back and forth, back and forth, back and forth. And while she held him, she sang:

I'll love you forever I'll like you for always, As long as I'm living My baby you'll be.

For the rest of the story, please click:

<http://bginbc.wordpress.com/2010/12/26/blainesworld-743-section-11/>

[Back To Top](#)

12. Advance planning department

A. North Carolina events:

* I'm thinking about participating in a Firewalk on Saturday, January 1 at 4 p.m. Any interest in joining me?

Location: Center for Spiritual Living, Asheville

Join certified Firewalk Instructor John Waterhouse for our Annual New Year's Day Firewalk. The entire workshop must be attended and you must be 18 years of age or older to walk. Knowing in advance whether you will walk is neither required nor encouraged. No child care. Love offering.

For more information about the Center, please click:

<http://www.cslasheville.org/>

If you want to join me, send an email to bginbc@aol.com and put FIREWALK in the subject line. Afterward, we could perhaps get together for a bite to eat . . . or to cool down our feet. (Just kidding about that last part!)

* I'll be speaking to the 2010-11 Student Business Incubator at ABTech (Enka campus) in Asheville on Monday, January 24 at 4 p.m. (Rescheduled from December 13.)

Topic: Positioning--How to Differentiate Yourself from the Competition

You'll also have a chance to win \$500, and you'll learn the difference between a left- and right-handed pencil!

TO REGISTER:

Send an email to bginbc@aol.com and put JANUARY 24 in subject line.

B. Pennsylvania/New Jersey events:

* Justin Solonyinka will be performing with Two of a Kind at the Kimmel Center on New Year's Day at 11:00 a.m. Should be a great family show; information at:

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

* Also, I'll play with The Contradeceptives (ha ha!) at Valley Contra Dance in Bethlehem on January 22.

IF YOU CAN'T WAIT TO HEAR JUSTIN PERFORM:

In early December, my wife Courtney and I once again made music together in our home studio, continuing a tradition we started before we were married. For this year's recording, we were very excited to welcome a new voice. Our now four-month old daughter Lily made her vocal debut!

Our 2010 song is "What Child is This." You can download the song right from the

website. You can also listen to and download last year's recordings, "Song for a Winter's Night" and "Christmas Time is Here," as well as all the other recordings we've done since we started this tradition in 2007.

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

Back To Top

PS. Happy, healthy New Year to you and yours . . . personally, I'm hoping that 2011 is going to be YOUR YEAR . . . and what better way to bring it in than with Abba:

<http://www.youtube.com/watch?v=dclMH8pwusw>

Methinks that we also need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#742
12.20.2010

In this issue:

1. **Reflections**
 2. **FYI**
 3. **Those were the days**
 4. **Reviews . . . BLACK SWAN, etc.**
 5. **TV alert**
 6. **Salesman's delight**
 7. **Websites**
 8. **Computer tip**
 9. **Senior texting**
 10. **A quote I like**
 11. **Thought for the day**
 12. **Advance planning department**
-

1. Reflections

A. Cynthia, my beautiful bride, and I had another fun day with her "little sister" Amanda (Cynthia is a volunteer in the Big Brothers Big Sisters program) . . . we first went to see A CHRISTMAS CAROL at Flat Rock Playhouse . . . the setting was magnificent, and it was well-acted . . . but overall, the play left us somewhat flat . . . it could have been the dark nature of the story or maybe . . . the direction? We can't quite put our finger on what exactly was wrong with it, but it was one of our least favorite productions of the many we have seen there.

From there, we went for some shopping at a local Ingels . . . I thought we were buying just a few items, but instead, we saw a bunch of stuffed animals and to quote the late Paul Harvey, the rest of the story is that "Harmony" is now an official part of the Greenfield clan.



We then went to the Flat Rock Wine Shoppe for dinner . . . I enjoyed the flat bread pizza with BBQ chicken, pineapple and provolone cheese, Cynthia liked her trout entrée, and Amanda said her chicken fingers were good.

The restaurant recently moved from Flat Rock to downtown Hendersonville . . . I was saddened to hear the longtime owner had just recently died and am hopeful that the place flourishes, in that the personnel were all very friendly—including Heather, our server . . . for more information, please click:

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

A few nights later, Cynthia and I went to our association's annual Holiday Party . . . a local eatery, the Mosaic Cafe, provided the food . . . it was fantastic, as it always is; for more information, please click:

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

Richard Shulman, a talented composer/recording artist, did a fine job playing keyboard

throughout the event. To hear some of his music or for more information, please click:
<http://richheartmusic.com/>

He even had us singing Christmas carols (that's us on the left), along with a bunch of our neighbors and friends.



KUDOS to Marilynne Herbert, Debbie Widen and Karen Foley for all their hard work in running things . . . and SPECIAL THANKS to Judy Warren for her rendition of a "Rinderella," a story that had everybody in stitches . . . if you've never heard it before, please click:

http://www.youtube.com/watch?v=nJv_YXIXBsE

(As good as this version is, Judy's was better!)

B. Earlier in the week, I attended the Client Appreciation Party, hosted by my favorite realtor: Suzanne Smith and her business partner Susan Lodato . . . the food was good, as was the friendship . . . for more information about Suzanne's excellent firm, please click:

<http://www.asheville4seasons.com/>

That's yours truly on the right, along with Suzanne and her fiancé Mike. That was the first time I had heard about their engagement; BELATED CONTRATULATIONS to them both.



And also during the week, I participated in my second Board of Directors meeting for my Biltmore Lake community . . . Christina Lief (on behalf of the Safety Committee) needed a volunteer to demonstrate a defibrillator that was being recommended for purchase . . . three guesses as to the person she chose for the demonstration!



The good news: I survived . . . and the Board recommended purchase of the item, in large part because of Christina's great presentation.

C. CONGRATULATIONS to Frank Burke in New Jersey . . . he is retiring this month from the Small Business Administration after 35 years with that agency (and 40 years in government service) . . . he will be missed.

I had the pleasure to work with Frank when I was chair of the statewide Advisory Board for the Small Business Development Center . . . he reminded me in a recent email of one of the things we worked together on; i.e., an SBA-sponsored workshop in 1999 on Y2K . . . as he noted: Do you remember how we were told planes would fall from the sky, all computers would crash, satellites would drift aimlessly in the heavens, etc?

Fortunately, none of that stuff happened . . . yet I did lose some hair . . . OK, OK, a lot of hair . . . if the flyer he sent me from the event is to be believed!

D. THANKS to Mary Beth in Pennsylvania . . . if memory serves me correctly, she was the first reader who made the suggestion to use anchors, thus making it easier for you to get around in this missive . . . what this now means: when you finish reading any particular section, you can go back to the contents by clicking the link below . . . or you can just continue reading what follows . . . another advantage is that if you want to skip around while reading, you can do so directly via the contents; e.g., to get to a joke (Sections 3, 6 and 9) or any other section that might be of particular interest.

In addition, SPECIAL THANKS to Danny in North Carolina for designing the template that I'm now using to put together each week's issue . . . he has been my computer guru for the last two years, and I'm most appreciative of all his help . . . should you want him to help you with almost any computer issue, problem, etc., you can reach him at dnbrice@gmail.com. One other great thing about working with him: He can do most of this work remotely, meaning you might not have to even bring in your computer.

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

This week, it goes Tammy Silver--an employee with the Buncombe County Public Libraries.

I'm both a big fan and user of the above (and especially the Enka branch) . . . it is a good system, though I think the overdue fine policy could use some revision.

A few weeks ago, I had a problem with renewing some items online . . . Tammy provided the assistance that I needed to resolve my difficulty, and she did so in a prompt and helpful fashion. She then answered several follow-up questions, and she listened to and forwarded some suggestions I made on how things could be even better.

Buncombe County taxpayers should be proud to have Tammy Silver working for them.

Back To Top

2. FYI

"Can you really change your own beliefs?" asked Ken.

"You sure can. Humans are the only species with imagination. That can work against you—for instance, look at the tragedy Cindy made of our professor's outburst. Or you can make imagination work for you. The key is the power of yet."

Kris gave Ken a moment to write this down, before asking him, "Could you tell me one of your dreams or goals that you have not achieved?"

He thought of several, and chose to say: "I'm not a millionaire."

"How do you feel when you say that?"

"A little bit down on myself."

"Okay, now try adding yet to that sentence."

"I'm not a millionaire yet."

A smile broke out on Ken's face. That's amazing, Kris. Adding yet immediately changes my outlook. It makes me feel more positive and as though I should keep on trying. I can even feel it in my body—I feel a surge of energy and well-being.

SOURCE:

THE 1% SOLUTION FOR WORK AND LIFE (see also Sections 4C, 10 and 11) by Tom Connellan

MY TWO CENTS:

This newsletter does not have two thousand readers yet. (See, I'm learning!) However, I'm working on that goal and with your help, I'll get there.

So if you like what you read, please feel free to invite others to subscribe . . . the easiest way is to forward this whole issue to your friends and relatives, along with your recommendation . . . tell them all they need to do is send an email to bginbc@aol.com and put SUBSCRIPTION in the subject line.

FYI, part 2

* Lee in California (with a SPECIAL OFFER):

We would be delighted to offer the book to JUST your readers who are smart enough to follow your suggestion to use it [the outstanding book WAYMISH, reviewed last week] for ANY business.

How about this? The normal price is \$16 plus, \$2.50 in handling and shipping for a total of \$18.50 on Amazon (plus tax for CA and NY).

How about we offer the book to your readers for \$10 plus shipping and tax if necessary?

All they have to do is email me at lee@leetomlinson.com, say they want the book and we'll send it with an invoice we'll trust them to pay when they get it. And, just to be sure, add BLAINESWORLD somewhere in the email.

* FOOD FOR THOUGHT:

Last week's issue warned you about bad guys being able to scan your credit card through your purse or wallet. There is now a company selling protectors; however, at the end of the segment, the host said at the least, fold your credit cards in . . . foil!

<http://www.youtube.com/user/waltaugust>

* Asheville was cited by Yahoo! Finance as a great retirement designation:

<http://finance.yahoo.com/retirement/article/111017/great-places-to-retire?mod=retire-planning>

* Jo in Pennsylvania:

I am astonished at the ignorance of our Bucks County Commissioners grasp of health care reform. I have already written a blog in response to their irresponsible comments.

<http://tinyurl.com/245ptjj>

* Kevin in Pennsylvania:

William Ury, author of "Getting to Yes," offers an elegant, simple (but not easy) way to create agreement in even the most difficult situations--from family conflict to, perhaps, the Middle East.

http://www.ted.com/talks/william_ury.html

* Gary in North Carolina:

Eminem's tells a story about the struggles of being a musician, father, etc

<http://www.youtube.com/watch?v=1wYNFgrXTI>

* Natalie in Pennsylvania:

Just wanted to share this with all my friends. Please support this movement for peace through music in the world. It is what the world needs now more than ever.

http://playingforchange.org/news/detail/new_song_around_the_world

* Pat in Pennsylvania:

Great oldie I came across. Remember this song? Ok . . . maybe the hair, makeup and outfits are outdated in this video. But still an all time favorite to sing along with. Enjoy!!

<http://www.youtube.com/watch?v=9puwHRXo6Zo>

* George in Pennsylvania:

North Point Community Church's iPad Band! You're not going to fall asleep in this church!

<http://vimeo.com/17570180>

* Trish in North Carolina:

This is information about David Nieman, a human performance researcher out of Appalachian State:

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

<http://tinyurl.com/24nztxr>

<http://www.medpagetoday.com/PrimaryCare/ExerciseFitness/23094>

* Marty in Texas:

You recently had in a website in BW #741 showing an African Dancer. She is not only flexible, but did you know she suffers from a disease known as Ehlers-Danos Syndrome? http://en.wikipedia.org/wiki/Ehlers%E2%80%93Danlos_syndrome

Amazing what you find out on the Internet. It also helps to have a cousin with an MD at the end of his name.

Keep up the good work with BW. I always look forward to the "Cynthia, my beautiful bride, and I" updates.

* Susee in New Jersey:

I found coconut amino's at Delicious Orchards here in Colts Neck, NJ and have been using it ever since! It is terrific! Recently, I saw it at Wegman's as well. Perhaps if more of us use it, the price will come down!!!

Back To Top

3. Those were the days

When my daughter Risa was four, I should have known better to take her shopping with me. I spent the entire time in the mall chasing after her. Finally, I'd had it. "Do you want a stranger to take you?!" I scolded.

Thrilled, she yelled back, "Will he take me to the zoo?"

Back To Top

4. Reviews

A. BLACK SWAN is being advertised as a psychological thriller about an ambitious New York City ballet dancer who lands the lead role in SWAN LAKE . . . don't believe the great reviews the film has gotten . . . I thought it was terrible . . . Natalie Portman is OK in the leading role, and I liked the work of Mila Kunis as her rival ballerina . . . but unless you want to see to see something that's depressing and has a lot of blood in it, don't waste your time . . . rated R.

B. EASY A is now out in DVD format . . . my review from BLAINESWORLD #730 follows:

EASY A is an easy-going comedy about a high school student who relies on her school's rumor mill to advance her social and financial standing. Along the way, complications set in. See it to catch Emma Stone's breakout performance as the girl who everybody is talking about. I also liked the performance of Thomas Haden Church as her teacher, as well as the work of Stanley Tucci and Patricia Clarkson as her parents. The film is not great, but it's watchable--and a lot better than other stuff that's currently in the theaters. Rated PG-13.

C. Diets usually don't work. The same is true about New Year's resolutions. Tom Connellan does an excellent job in explaining why this so in THE 1% SOLUTION FOR WORK AND LIFE (see also Sections 2, 10 and 11), a short but powerful story about a guy who discovers

"secrets" to improved performance as a result of a series of conversations with successful people in varied fields.

The format of the book is not that original; however, that's not to say that you won't take a lot away from THE 1% SOLUTION-especially if you buy into the premise that you don't always have to make major changes in life . . . sometimes, it can be the little things that make all the difference . . . or as the author points out:

* You can't be 100 percent better than everyone else, but you can be 1 percent better on hundreds of things.

Also, I liked his point about making improvement in any field--be it work, golf or coaching a team. All you need to do is start doing something-anything, in fact and the more you do, the more you'll be motivated to do other things. However, to become a top performer, that's going to take a lot more time and effort as the following passage points out:

* "My granddaughter actually is a top classical musician, Ken. A violin soloist. I've seen the hours she puts in. Someone's even studied how much time people like her spend practicing: A psychologist named Anders Ericsson got together with some other experts and studied violinists at an elite music school. Divided them up into the ones who were bound to be stars, the ones who were really good and could play professionally, and the ones who were good but not great and who'd probably become violin teacher.

"The only difference they could find? The number of hours of practice the musicians put in. The ones who were good enough to teach--they'd put in 4,000 hours. The ones who were really good and could play professionally--8,000 hours. The cream of the crop, the brilliant soloists?" he said, looking to Ken for the answer.

"Let me guess...10,000 hours." The two men shared a smile.

"The scientist couldn't find one single natural-someone who got to the top without all that practicing because they were just brilliant," Bob. "And you know what's great? They didn't find any sad old grunts who were practicing their hearts out but not getting anywhere.

"The take-home message here is: If you put in the time and effort to practice, you will see improvement. And if you want to see improvement, you have to put in the practice."

In addition, the book had a lot of suggestions that you could immediately start to apply--such as this one:

* "First, look down at your belt buckle." Ken did so, and Kris looked at her watch. When 10 seconds had passed, she asked him how he felt, his head still hanging down.

"I feel tired. It's been a tough week. And I'm back to feeling a bit flat again, to be honest," he said.

"Okay, raise your chin and breastbone up high." He did so, and she asked, "How do you feel now?"

"Wow, I feel the say way I felt when I added yet--lighter, more positive. Less tired."

"Any time that you're feeling discouraged--about anything you're striving for--try using this exercise."

I'm not sure that the book's subtitle will hold true; i.e., I'll learn HOW TO MAKE THE NEXT 30 DAYS THE BEST EVER . . . but I will at least give a shot . . . and purchasing THE 1% SOLUTION should help you get off to a good start.

D. Heard the CD version of THE AMERICAN JOURNEY OF BARACK OBAMA by the editors of LIFE and read by Richard Allen.

The first half of the book presents a comprehensive biography of the man . . . it gave me a better understanding of his upbringing in both Indonesia and Hawaii, as well as for his meteoric rise to political fame . . . I especially liked the account of his one political defeat and his analysis of why it happened.

The second half contained original essays by Gay Talese, Charles Johnson, Mellissa Fay Greene, Andrei Codrescu, Fay Weldon, Richard Norton Smith, Bob Greene and several others . . . some of these were interesting; others were not . . . I did enjoy Senator Edward M. Kennedy's foreword . . . the latter helped me better understand why he chose to endorse Obama over Hillary Clinton.

What was missing from THE AMERICAN JOURNEY were the pictures that were in the hardcover version . . . I was disappointed that LIFE did not bother to include a separate CD

with .pdf files that would have made viewing possible.

[Back To Top](#)

5. TV alert

A. BIOGRAPHY explores the Jackson Five on Thursday at 10 p.m., covering everything from their Motown roots to Michael's death on BIO.

B. MAKE WAY FOR TOMORROW, of my favorite films, is a tearjerker about an elderly couple left homeless during the Depression . . . Friday at 10 p.m. on TCM or if you miss it, put down this film to rent.

SPOILER ALERT:

The last scene has this touching bit of dialogue:

Bark: In case I don't see you again . . .

Lucy: What?

Bark: Well, anything might happen. The train could jump off the track. If it should happen that I don't see you again, it's been very nice knowing you, Miss Breckinridge.

Lucy: Bark, that's probably the prettiest speech you ever made. And in case I don't see you a . . . well, for a little while, I just want to tell you it's been lovely--every bit of it, the whole 50 years. I'd sooner have been your wife, Bark, than anyone else on earth.

Bark: Oh, thank you, Lucy.

Conductor: All aboard.

Lucy: Get going, Pa.

C. WISHFUL DRINKING stars actress Carrie Fisher in an autobiographical stage play that features archival footage from her career . . . she also talks about being the daughter of stars Eddie Fisher and Debbie Reynolds, stepdaughter of Elizabeth Taylor, and former wife of Paul Simon . . . Saturday at 3:15 a.m. on HBO.

D. There are very few regular season NBA games that are watching, but on Saturday, you can catch Kobe's Lakers vs. LeBron's Heat at 5 p.m. on ABC . . . earlier in the day, Knicks fans can see that team play the visiting Chicago Bulls at noon on ESPN.

[Back To Top](#)

6. Salesman's delight

John was a salesman's delight when it came to any kind of unusual gimmicks. His wife Marsha had long ago given up trying to get him to change.

One day John came home with another of his unusual purchases. It was a robot that John claimed was actually a lie detector.

At 5:30 that afternoon, his 11 year old son, Tommy, returned home from school two hours late.

"Where have you been? Why are you over 2 hours late getting home?" asked John..

"Several of us went to the library to work on an extra credit project," said Tommy.

The robot walked around the table and slapped Tommy, knocking him completely out of his chair.

"Son," said John, "this robot is a lie detector, now tell us where you really were after school."

"We went to Bobby's house and watched a movie." said Tommy. "What did you watch?" asked his mother, Marsha.

"The Ten Commandments." answered Tommy.

The robot went around to Tommy and once again slapped him, knocking him off his chair.

With his lip quivering, Tommy got up, sat down and said, "I am sorry I lied. We really watched a tape called Sex Queen."

"I am ashamed of you son," said John. When I was your age, I never lied to my parents."

The robot walked around to John and delivered a whack that knocked him out of his chair.

Marsha doubled over in laughter, almost in tears, and said, "Boy, did you ever ask for that one! You can't be too mad with Tommy. After all, he is your son!"

The robot walked around to Marsha and knocked her out of her chair.

Back To Top

7. Websites

A. Even Santa agrees: Asheville rocks . . . this holiday season and/or any time thereafter. Check out yourself by clicking:

<http://www.youtube.com/watch?v=TbQkG8fiURM>

B. For a cute version of what's arguably the greatest rock song of all time, please click:

<http://www.youtube.com/watch?v=SX3C4uYSdSw&NR=1&feature=fvwp>

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

<http://www.blaineworld.net>

If you have no idea what the website is all about, check out the box at the top of the homepage.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

Back To Top

8. Computer tip

Here is an email that I recently received. Kindly skim it, then read the "Update" at the bottom.

URGENT . . . PLEASE READ THE FOLLOWING

Anyone using Internet mail such as Yahoo, Hotmail, AOL, etc.:

This information arrived this morning, Direct from both Microsoft and Norton Please send it to everybody you know who has Access to the Internet. You may receive an apparently harmless e-mail titled "Here you have it" If you open the file, a message will appear on your screen saying: 'It is too late now, your life is no longer beautiful . . . "

Subsequently you will LOSE EVERYTHING IN YOUR PC, And the person who sent it to you will gain access to your name, email and password. This is a new virus which started to circulate on Saturday afternoon. AOL has already confirmed the severity, and the anti-virus software are not capable of destroying it.

The virus has been created by a hacker who calls himself "life owner."

PLEASE SEND A COPY OF THIS EMAIL TO ALL YOUR FRIENDS, And ask them to PASS IT ON IMMEDIATELY!

THIS HAS BEEN CONFIRMED BY SNOPE:

<http://www.snopes.com/computer/virus/hereyouhave.asp>

AS WELL AS BY:

<http://www.truthorfiction.com/rumors/h/Here-You-Have.htm>

UPDATE:

I did read the snopes confirmation . . . while it says the virus is a real one, the good news is that it can be detected by anti-virus software and, also, that it isn't as harmful as you would think from reading the original warning.

Please, please check out such warnings before you forward them to others . . . just because something says something has been confirmed by snopes does not mean that this is automatically true.

[Back To Top](#)

9. Senior texting

Since more and more Seniors are texting and tweeting there appears to be a need for a STC (Senior Texting Code). If you qualify for Senior Discounts this is the code for you.

Some of you may be getting a new phone for Christmas--so start now to get in practice!

ATD: At The Doctor's
BTW: Bring The Wheelchair
BYOT: Bring Your Own Teeth
CBM: Covered By Medicare
CUATSC: See You At The Senior Center
DWI: Driving While Incontinent
FWIW: Forgot Where I Was
FYI: Found Your Insulin
GGPBL: Gotta Go, Pacemaker Battery Low!
GHA: Got Heartburn Again
HGBM: Had Good Bowel Movement
IMHO: Is My Hearing-Aid On?
LMDO: Laughing My Dentures Out
LOL: Living On Lipitor
OMMR: On My Massage Recliner
OMSG: Oh My! Sorry, Gas.
ROFL... CGU: Rolling On The Floor Laughing . . . And Can't Get Up
SGGP: Sorry, Gotta Go Poop
TTML: Talk To Me Louder
WAITT: Who Am I Talking To?
WTF: Wet The Furniture Again
WATP: Where Are The Prunes?
WWNO: Walker Wheels Need Oil

Feel free to add any codes you feel are missing; send the additions back to the person who sent you this so they can update their list.

GGLKI (Gotta Go, Laxative Kicking In)

[Back To Top](#)

10. A quote I like

The One Percent Solution isn't about suddenly achieving perfection, which is lucky, because perfection is unachievable. The One Percent Solution is about trying every day to be a little better than yesterday.—Tom Connellan, author of THE 1% SOLUTION FOR WORK AND LIFE (see also Sections 2, 4C and 11)

[Back To Top](#)

11. Thought for the day

When I REALLY like a book, I'll mention it four separate times in any one issue of BLAINESWORLD . . . therefore, when you read the following passage from THE 1% SOLUTION FOR WORK AND LIFE (see also Sections 2, 4C and 10) by Tom Connellan, you'll know that I thought the author had a lot to say that I found of value and/or interest:

"Hope is good, but if you don't follow through with action, it's not a particularly useful strategy," Bob replied. "Too many of us think the positive thoughts but don't put into play a plan that forces us to take the actions that will get us to what we're dreaming about. You can't just wish--you have to do.

"Let me give you an example," Bob continued, as they reached to top and took their seats in the shade, looking out across the water; it had been worth the climb." I heard Colin Powell speak once, and he told the story of a brand-new second lieutenant who was very ambitious and wanted to be a general. One night at the officers' club, the new lieutenant noticed a general at the bar and went up to him and said, 'Begging your pardon, sir, but how does one become a general?'

" 'Son, you've got to work like a dog,' the general answered. 'You've got to have moral and physical courage. There may be days you're tired, but you must never show fatigue. There are times when you'll be afraid, but you can never show fear. You must always be the leader.'

"The lieutenant was so excited by this advice. 'Thank you, sir', he said. 'So this is how I become a general?'

" 'No,' said the general. 'That's how you become a first lieutenant. Then you keep doing it over and over, and eventually you'll become a general.' "

Back To Top

12. Advance planning department
A. North Carolina events:

* Thursday Dec 23rd, two up and coming young musicians, 16-year-old vocalist Tasha Lief and 16-year-old guitar prodigy Adrian Brinkley will be featured at this week's Blues Jam . . . 9 p.m. to midnight.

Tressa's Downtown Jazz and Blues
28 Broadway
Asheville, NC 28801

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

* I'll be speaking to the 2010-11 Student Business Incubator at ABTech (Enka campus) on Monday, January 24 at 4 p.m. (Rescheduled from December 13.)

Topic: Positioning--How to Differentiate Yourself from the Competition

You'll also have a chance to win \$500, and you'll learn the difference between a left- and right-handed pencil!

TO REGISTER:

Send an email to bginbc@aol.com and put JANUARY 24 in subject line.

B. New Jersey/Pennsylvania events:

* If you're willing to trip into New York City, catch BILLY ELLIOT at a discount (starting in January) by clicking:

http://www.playbill.com/club/offers/offer_detail/2742.html

This show is one of my favorites from the past few years . . . to give you a feel for the show, please click:

<http://www.youtube.com/watch?v=ShNMtRcB8g>

* The Arts Council of Princeton presents the opening reception of its newest exhibition, Raw Beauty: An Exhibition of Sculpture, on Saturday, January 8th from 4:00 - 6:00 p.m.. Raw Beauty, organized by guest curator Rebecca Kelly, includes the work of Carol Cole, Hannah Fink, Lesley Haas, Elizabeth Mackie, Donna M. McCullough, Leslie Pontz, Miriam Schaer, and Leo Sewell. Raw Beauty will be on view from January 8 - February 26, 2011 at the Paul Robeson Center for the Arts, 102 Witherspoon Street, Princeton, NJ. Gallery Hours are: Monday - Friday: 9:00 am - 5:00 p.m., Saturday: 10:00 am - 4:00 p.m.. Parking is available in the Spring and Hulfish Street Garages as well as metered parking along Witherspoon Street and Paul Robeson Place.

Back To Top

PS. If you're like me and you celebrate ALL holidays (more food, as well as fun getting together with family and friends), don't forget that Christmas is on Saturday . . . and to get you in the spirit, make sure you check out the digital story of the Nativity:

http://www.youtube.com/watch?v=GkHNNPM7pJA&feature=player_embedded

And Kwanzaa begins on Sunday . . . to find out more, please click:

<http://www.youtube.com/watch?v=St0DbcnQJcs>

Methinks that we also need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD
#741
12.13.2010

In this issue:

1. Reflections
2. FYI
3. New survey
4. Reviews . . . LOVE AND OTHER DRUGS, etc.
5. TV alert
6. Error message that I can understand
7. Websites
8. Computer tip
9. Where are my gifts?
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had fun with our friends Ken and Linda at a new venue in town: The Magnetic Field . . . it's a combination restaurant/theater . . . we first had dinner--or actually, make that lunch . . . the place had only been open a few days and was not yet serving a dinner menu . . . my Kent's Crisco sandwich was disappointing . . . it was cold and no cheese came with it; in addition, there was some type of sauce on it that I did not find appealing . . . I would have complained, but the service was slow, and we did not want to be late for the show next door . . . Cynthia at least enjoyed her "Healthy Bowl," which contained brown rice, seasonal vegetables, sprouts, hot sauce and black bean hummus . . . my hope is that when and if we return a next time, the place will have it together by then.

From there, we went next door to see THE 27TH ANNUAL BERNSTEIN FAMILY CHRISTMAS SPECTACULAR . . . this was a revue of short skits that spoofed the holiday "spectaculars" that appeared on television in the 1950s and 1960s . . . most were quite funny, and we laughed at the versatility of the talented cast of six who played a range of Bernstein family members and their friends.

This is definitely a show for mature audiences. It runs through December 22. For more information, please click:

<http://www.themagneticfield.com>

B. We also enjoyed spending time with Amanda, Cynthia's "little sister" (Cynthia is a volunteer in the Big Brothers Big Sisters program) . . . Amanda had run in a race for her school that morning, so we met her at The Hop for ice cream . . . we surprised her by the fact that we were accompanied by Maize, a dog we had picked up earlier at Pet Harmony.



We also wanted to get Maize some ice cream and to show her off to customers who might be interested in adopting a very friendly dog.

FOR MORE INFORMATION:

The Hop:

http://thehopicecreamcafe.com/The_Hop/the_hop_home.html

FYI: They do actually have ice cream for dogs!

Pet Harmony:

<http://www.animalcompassionnetwork.org/pet-harmony>

And that night, we then had a nice time at the Holiday Party of our friend Christina's house . . . there was plenty of good food, as well as camaraderie.

C. During the week, I attended our community's annual Recognition Dinner . . . I've been blessed this past year to have served on the Community Recreation Committee, comprised of the following hard-working volunteers: (bottom row) Judy Warren, Marilynne Herbert, Shari Mastria and Janet Harnash; (top row) Jim Preish, some guy in the middle that I think you may recognize and Sheldon Harnash. Karen Foley, our tireless chairperson, is not pictured--probably because she was busy at work making sure the event went smoothly.



Food supplied by the Mosaic Cafe, one of my favorite local eateries . . . as always, it was excellent . . . for more information, please click:

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

In addition, I had the pleasure of completing my monthly SCORE consulting assignment with Bill Mance. This was the first time we've worked together; I hope it won't be the last.

He has a wealth of information about doing business in Asheville, but what I'll remember most is this useful tidbit that he shared with one of our clients: "Telling ain't selling. But asking is."

D. CONGRATULATIONS to Bill Lewis--my longtime Pennsylvania friend--on the recent occasion of his 50th birthday . . . I understand there was a surprise party for him and though I regret not being there in attendance, I was there in spirit . . . and am glad that it was a big success.

I also wanted to thank Bill for his ever-so-touching holiday greeting . . . he sent me the following picture:



This was the caption: "May you be surrounded by your loved ones this Christmas!"

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

This week, it goes to Nick Jordan--president of Asheville SCORE.

He does a fantastic job, leading that organization . . . and representing us to others in the business community.

In addition, Nick constantly amazes me with his involvement in four separate choral organizations: Starlight Carolers, Gracious Light Music Ensemble, Fletcher Community Chorus and Appalachian Folk Choir.

IF YOU'D LIKE TO SEE NICK PERFORM:

The Starlight Carolers will be at the Hendersonville Library on December 14 at 7 p.m. and at the Deerfield Retirement Center on December 16 at 5 p.m.

2. FYI

Friday, December 17 is "Free Shipping Day" . . . that means if you're a last-minute shopper, you can get this service at no extra charge--and your shipping will be guaranteed within one week . . . last year, about 750 merchants participated; this year, there are already 1,412 participants . . . for more information, please click:

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

Keep in mind that there may be some rules that you have to follow, such as a minimum purchase . . . also, in the unlikely event you've forgotten, the number you won't want to forget when you shop is 39R! (Hint-hint.)

FYI, part 2

* If you're on Facebook, you can see that author Susan Apollon posted my review of her excellent new book (TOUCHED BY AN ANGEL, BOOK TWO) as a Note:

<http://tinyurl.com/2enw5zt>

* Daniel in North Carolina:

Thought you may want to share this with your readers. As you know, my wife, Sharon, has an allergy to soy products. This means that there is a lot of foods that we avoid, including most oriental food. After a night out at a Japanese steakhouse with our friends, and there was not much she could eat except sushi (vegetable rolls) without the soy sauce, I did a little research and found this product.

Coconut Aminos by Coconut Secret (<http://www.coconutsecret.com>)

It is a soy sauce substitute that is made from coconut oil. It can be found in some organic

grocery stores or it can be purchased from Amazon.com. Their website also has a search function for local stores as well (Locally, Greenlife is the only store in Asheville that carries this. I convinced Earthfare to start carrying it as well and they will start stocking in January). I find I like the flavor of this better than soy sauce, and it is healthier than regular soy sauce. The only downside is that it is 3 to 4 times more expensive than soy. But the upside is, we are now enjoying oriental dishes such as fried rice, Lo Mein, and on our way to try some Sushi, the way it was meant to be enjoyed.

* Pat G. in Pennsylvania posted what I wrote about her on the following site:

<http://philadelphia.craigslist.org/com/2113614156.html>

* Nelson in North Carolina:

Enjoy an amazing Apple Christmas chorus of songs!

<http://www.youtube.com/watch?v=F9XNfWNooz4>

* Janeen in Pennsylvania:

African dancer . . . unbelievable, you have to see this!

Watch this . . . the lady appears to be boneless. Dancer Lunga from the musical AFRICA AFRICA . . . amazing talent. Incredible flexibility.

<http://www.flixxy.com/athletic-girl-lunga-musical-africa.htm>

* Lawrence in North Carolina:

Looking for inexpensive digs in NYC between Christmas and New Years

I am taking Henry, my 15 year old, to New York City for the Holidays. We need a place to lay our heads for a few days so I am putting the word out to everyone I know. Friends? Relatives? Anyone who lives in or near the City that might have room for four or five nights between Christmas and New Years. Maybe someone who will be out of town and would allow us to sit their place. Please call or e-mail me ASAP.

828-779-7135

lawrencehines@charter.net

* Nick in North Carolina:

A wish for the season . . . "White Christmas" by the Drifters from 1954, featuring Clyde McPhatter.

<http://heavensgates.us/50s/whitechristmas/>

* John in Pennsylvania:

Bill and I saw Due Date yesterday with Robert Downey Jr. and Zach Galifianakis. It had some very funny moments and some that dragged. But while it was a somewhat enjoyable hour and a half, most of the situations were so contrived and implausible as to take away from the enjoyment.

* Barbara in Pennsylvania:

[You're a] genius. MY NAME IS KHAN is now my favorite picture of 2010 or longer. We watched it last night and I was immovable. The phone rang, and I wouldn't get up to answer it. It was my niece and I told my husband to tell her I would get back to her today. OMG . . . What a story!! Was it based on a true story or fiction?

I can't stop thinking about it.

ANSWERING BARBARA'S QUESTION:

It was not a true story, but it certainly seemed like it could have been.

* Pat A. in Pennsylvania:

I always enjoy BW, read through it every week and click on many of the links. I was just puzzled this week at the "joke" about the Mexican police and the elephant. I don't get it at all, can't even figure out what it means in reference to the article. You don't owe me an explanation, I just wondered if anyone else would write and say it went over their head too? If I'm the only one, IGNORE ME, I must just be muddle-headed today.

MY TWO CENTS:

The above was not my joke, but one that came from the book I reviewed last week (THRIVE). The author was making the point that while Mexicans have a tough life, they can still be happy--and laugh at such things as elephants escaping torture by confessing to being a rabbit!

* Barbara in Pennsylvania:

This is not a joke.

The Department of Homeland Security constantly provides information for citizens on how to protect yourself and your personal information. Because you may purchase items over the

Internet during the Christmas season, I wanted to make sure you had this link that includes important measures to be sure your information is secure when you are shopping online.
<http://www.us-cert.gov/cas/tips/ST07-001.html>

3. New survey

A new survey found that 12 percent of parents punish their kids by banning social-networking sites. The other 88 percent punish their kids by joining social networking sites.-- Jimmy Fallon (born 1974), American comedian and television host

4. Reviews

A. LOVE AND OTHER DRUGS is romantic comedy/drama that starts off great, then drags about halfway through . . . I've also seen somewhat similar endings to the film, but nevertheless liked it--in large part because of the great chemistry between the stars (Jake Gyllenhaal and Anne Hathaway) . . . based on the real-life memoir of a guy who finds himself in the middle of the explosion in the sale of male performance enhancement drugs, it could have also used a better job of editing . . . some characters disappear after a very short time on screen and one scene still has me baffled; i.e., wherein the main characters are driving somewhere and you have no idea of what happened before or after . . . rated R.

B. THE OTHER GUYS is now out in DVD format . . . my review from BLAINESWORLD #723 follows:

I'm a big fan of both Mark Wahlberg and Will Ferrell . . . that said, I encourage you to skip their latest film, THE OTHER GUYS . . . though billed as a comedy involving two mismatched cops, I didn't find it very funny . . . in retrospect, I'm sorry that I did not walk out on it after the first 15 minutes . . . rated PG-13.

Here's a sleeper rental to try instead: MICKEY . . . this is a surprisingly winning film penned by best-selling author John Grisham about a widower who is forced to run from the IRS with his 12-year-old son . . . their lives take a turn when the son joins a baseball team that makes it to the Little League World Series . . . I liked Harry Connick Jr. as the father, as well as Shawn Salinas as his son . . . some ethical issues make for some interesting discussions that will likely take place after your viewing . . . rated PG.

C. WAYMISH: WHY ARE YOU MAKING IT SO HARD FOR ME TO GIVE YOU MY MONEY? by Ray Considine and Ted Cohen is a book that should be read by anybody who deals with customers.

It presents lessons that may seem obvious, but unfortunately, many businesses seem to forget the obvious. The result: Customers, facing difficulties, often go elsewhere.

What truly made WAYMISH outstanding was its use of examples, all taken from real companies on how things could and should be done . . . one of my favorites involved Murray Raphel, my marketing guru, during his clothing days:

* [He delivered] a looks-like-every-other London fog trench coat: but in his, your name appears in a HUGE monogram on the inside front flap. "So you can always find your coat on a rainy day in a restaurant cloakroom."

I'm still shaking my head over that one, as well as how other stores approach things:

* At Nordstrom the rule is, "Treat your customers as you would a friend." At Carl Sewell's car dealership the decision to charge for an extra service is, "Would you charge a friend for this?" In essence, it's common sense.

And then there was this approach to marketing research that could be used by any business--or any other organization for that matter:

* A managing partner of a CPA firm was thinking customer service. He called the 25 largest clients and asked for three minutes of the CEO's time to answer two questions:

The Survey:

What do you like about our firm's service?

What do you not like about our firm...or any other CPA

(Note: This is the best and simplest survey any business will ever need.)

Though the authors probably had customer service folks in mind when they wrote WAYMISH, it could and should be read by countless others who deal with the public on any sort of regular basis. Just imagine how much more pleasant life would be if everybody made each and every transaction a pleasant one.

D. Heard the CD version of SAFE HAVEN by Nicholas Sparks.

The author, one of my favorites, again sets his tale in North Carolina . . . a mysterious woman named Katie appears in a small town . . . she plans to remain to herself, yet a series of events draws her into relationships with a widowed store owner and her neighbor.

As might be expected, there's a "dark secret" and it is what makes this book a bit different than others by Sparks . . . there's a good deal of suspense and while it made for quick reading, it's one of the reasons why I can only give SAFE HAVEN a lukewarm recommendation . . . the plot (and I won't give it away in case you read the it) reminded me of the movie SLEEPING WITH THE ENEMY . . . it also reminded me of any one of several thrillers by Sandra Brown.

Rebecca Lowman did an excellent job with the narration . . . I was particularly impressed by how she handled the various male and female voices--and especially those of the children.

5. TV alert

A. LARRY KING LIVE has his final installment of the series he started 26 years ago . . . a bunch of surprises are planned . . . Thursday at 9 p.m. on CNN.

B. Ellen DeGeneres hosts CHRISTMAS IN WASHINGTON, featuring performances by Mariah Carey, Miranda Cosgrove and Matthew Morrison . . . Friday at 8 p.m. on TNT.

C. HBO's website warns that you should "prepare to be offended" by RICKY GERVAIS: OUT OF ENGLAND 2 . . . see for yourself by watching the stand-up comic on Saturday at 10 p.m. on HBO.

D. GENE SIMMONDS FAMILY JEWELS should be funny as Gene volunteers for a charity golf event despite not knowing anything about the game . . . Sunday at 9 p.m. on A&E.

6. Error message that I can understand



7. Websites

A. Thieves can now steal information from your wallet without even having to pick your pocket:

<http://www.wreg.com/videobeta/?watchId=8ba6f8fc-90a2-4711-90ea-1884ec348310>

Scary stuff, but be forewarned!

THANKS to Ken in New York (the first to send this link to me), as well as to the several other folks who followed. I do appreciate the fact y'all share!

B. If you think the weather is bad where you live or if it is going to be keep in mind that things could always get worse:

<http://www.youtube.com/watch?v=GoYN5-8BE2I>

THANKS to Diane in Pennsylvania for sending the above link.

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

<http://www.blaineworld.net>

If you're new to the website . . . or just want to get caught up . . . make sure you see the pictures of yours truly, as well as of my friends and relatives . . . click "Blaine's Best" on the left and then "Pictures" . . . when you do, make sure you have your sound on so that you can hear what's arguably the greatest rock song of all time.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Make sure you have a backup person who knows his or her way around your computer; e.g., if you ever get sick . . . that person should also have access to your passwords (or at least know where you keep them). That way, if email needed a response, somebody else could handle this for you. In addition, he or she could send out mailings for you--if so desired.

Typing this recommendation reminds me of the time when my Dad died. We tried to close-out his account with AOL and stop paying the bill (back in the days when you had to pay for AOL), but because we did not know his password, it took us several months to accomplish what should have been a relatively simple task.

9. Where are my gifts?

If you fear that letter to Santa won't get to the North Pole in time, try emailing him. Emailsanta.com sees more than a million missives every year, and each one gets a response, including these:

* I'm sorry, but I don't have a chimney. . . . I'll leave the cat flap unlocked for you, but please watch out for the litter box!--Jon, 4

* Do you have elves that help or elves that sit on the sofa all day long?--Jenny, 8

* Mommy and Daddy say I have not been very good these past few days. How bad can I be before I lose my presents?--Christian, 7

* Did you really run over my grandma?--Mackenzie, 11

* I'm sorry for putting all that Ex-lax in your milk last year, but I wasn't sure if you were real. My dad was really mad.--Bri, 7

* Do you know Tim Allen? --David, 8

* You really don't need to send me the motor home. I know that you won't be able to fit it in your sleigh. I know that the elves won't be able to reach the pedals, and anyway, my mom said I can't get my driver's license yet.--Kyle, 5

* Please! Don't bring me any new clothes.--Kayla, 9

* Thank you for the remote control car last year, even though it broke the day after. I know you tried, and that's what counts.--Alex, 8 counts.

* Do you know Jesus is the real reason of Christmas? Not to be mean, but he is.--Rosanne, 11.

10. A quote I like

I never learned anything while I was talking.--Larry King (born 1933), American television host

11. Thought for the day

Just Press Delete
by Alan Cohen*

When I listed a property for sale on Craigslist, I received a few bona fide inquiries along with lots of replies from scammers. At first I took the scammers seriously and engaged with them until it was obvious their inquiry was illicit. After a while it was easy to distinguish between honest people and conmen.

One day I received a scam inquiry that was unusually long and complicated. The supposed

buyer wove a lengthy tale about why I should turn the property over to him before he paid, and blah, blah, blah. As soon as I smelled the ruse, I realized it would be a waste of my time to read another word, and I just pressed "delete."

This interaction symbolizes how we can deal with the ranting of the ego, ours or others. The ego, as A Course in Miracles explains, is, by nature, a scam. It is a false limiting identity and world view based on illusions. It tells us that we are separate from God and each other, we are limited to our body, and that attack, defense, and conflict are the ways to gain happiness and success. None of this is true, but the ego goes on and on and on about why we should follow its bloody dictates.

When we encounter someone who is absorbed in their ego, we do them and ourselves no service by engaging with them at the level of illusion. If they are upset or attacking us, they are in fear ("Hurt people hurt people") and the answer to fear is not more fear or attack, but love. To not engage with fear is to heal it by removing the reinforcement of attention. Country wisdom tells, "Never wrestle with a pig. The pig likes it, and you both get dirty." Not to identify a person as a pig, but to recognize that the part of them that wants to duke it out is not the part you choose to meet.

Native American folk lore tells of a brave who came to the tribe's medicine man and told him, "Two wolves are continually fighting in my head. One of them is kind, beautiful, and sane. The other is ugly, vicious, and crazy. Which one will win?"

The elder replied, "The sane one will win."

"Why is that?" asked the brave.

"Because that is the one you will feed," answered the medicine man.

A college behavioral psychology class did an experiment that proved this principle. The class professor had a habit of pacing back and forth in front of the classroom while he lectured. When the professor stood on the left side of the classroom, the students paid attention to him, took notes, asked questions, and laughed at his jokes. When the professor stood on the right side of the classroom, the students looked away, did not engage with the lesson, and ignored the teacher. It was not long before the professor was teaching strictly from the left side of the classroom.

When someone attacks or tries to scam you, they are standing on the right side of the classroom, and that is the time to withdraw your attention and energy from them. When they engage you in a kind and meaningful way, that's the time to empower them. You are sending them the message, "If you care to speak to me intelligently and respectfully, I will be happy to interact with you. Otherwise I will not respond. I do not engage with people who abuse me." You might actually speak these words, or you might simply let the principle quietly be your guide. If you are true to it, you will get results.

"Denial" has become something of a dirty word in pop psychology and recovery circles because so many people have been in denial of their self-defeating patterns and addictions. In this sense denial is indeed a process to be illuminated and healed. Yet there is a form of positive denial that we need to employ if we are to advance in our personal and spiritual growth. It is to deny credibility, attention, and power to illusions, lies, thoughts, behaviors, events, and people that would hurt us. When you deny an illusion, you affirm the truth. You can't have both living in your house at the same time (although we have all tried).

One more note: Be equally willing to ignore, deny, and withdraw reinforcement from your own ego games, attacks, and scams. When you go crazy, don't get involved with your own drama. Be as vigilant to refuse to engage with your own crazy self as you are vigilant to refuse to engage with the insanity of others.

The next time you smell a scam or the hint of one--from your own mind or someone else's--press "delete" before you become enmeshed. There are lots of wonderful, powerful, uplifting, rewarding, and inspiring conversations you could be experiencing instead. For those, simply press "save."

* Reprinted with the gracious permission of Alan Cohen. He is the author of many popular inspirational books, including his new metaphysical thriller, *Linden's Last Life*. Listen to Alan's weekly radio show *Get Real* on Hay House Radio at www.hayhouseradio.com, and join him on Maui in March 2011 for the Life Mastery Training. For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1.800.568.3079.

A. North Carolina events:

* Yours truly will be speaking to the 2010-11 Student Business Incubator at ABTech (Enka campus) on Monday, January 24 at 4 p.m. (Rescheduled from December 13.)

Topic: Positioning--How to Differentiate Yourself from the Competition

You'll also have a chance to win \$500, and you'll learn the difference between a left- and right-handed pencil!

TO REGISTER:

Send an email to bginbc@aol.com and put JANUARY 24 in subject line.

* Doug Hanson is an incredible speaker, coach and motivator who's going to bring the mountains of western North Carolina ALIVE when he appears at the January 26th Lessons in Leadership event at UNC-A's Lipinsky Auditorium. Supported by a first-rate local presenter (to be announced), Doug will make you laugh, cry and become determined to take your life and career to the next level. Asheville's own Brian Biro, a world-class professional speaker and the presenter at the very first Lessons in Leadership event describes Doug Hanson as "The best presenter I've ever seen--and I don't say that lightly."

Just \$20/person to attend. For more information, please click:

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

B. Pennsylvania/New Jersey events:

* SARAR Happy Holiday Sale

One week only (12/16 to 12/24)

Buy 1, Get 2 FREE. Everything in the store.

Garden State Plaza and Secaucus--both in NJ.

Also: Madison Ave. at 46th St., NYC; Woodbury Commons, Tysons Galleria, Las Vegas, Chicago and Dallas.

* Crystal Singing Bowls And Guided Meditation Kids Event!

Saturday December 18, 2010

2:00-4:00 p.m.

\$11.00

Location: Center for Relaxation & Healing at Plainsboro
666 Plainsboro Rd, Bldg 600, Suite 635
Plainsboro, NJ

Contact Michele at 609-750-7432 to register.

By special request, this event is being held for the children. It is a "hands on" event where the children will be able to experience the Crystal Singing Bowls and play other instruments. The children must be accompanied by an adult.

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#740
12.6.2010

In this issue:

1. Reflections
2. FYI
3. Overheard
4. Reviews . . . 127 HOURS, etc.
5. TV alert
6. Wisdom
7. Websites
8. Computer tip
9. Proposed TSA slogans
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I got to see two plays this past week . . . the first was FRESH PRESERVES, an Appalachian family musical by Tom Godleski (winner of the 2009 ScriptFEST) at the Southern Appalachian Regional Theatre.

It was series of short stories from Godleski's life, and we were touched by the performances of the entire cast--and especially by those of Lucas Gregg, Josh Gibbs and Joe Guise . . . Bill Gregg, as usual, did an excellent job of directing . . . and Godleski's group, the Buncombe Turnpike Bluegrass Band, provided the lively music that accompanied the tales.

Unfortunately, FRESH PRESERVES ended its limited run on Sunday; however, do stay tuned for what's happening at SART this coming summer by clicking:

<http://sartplays.org/>

Or by finding the theatre on Facebook.

B. A few nights later, we saw I'LL BE HOME FOR CHRISTMAS--presented by the Westwood Players at the Westwood Baptist Church. It was a musical about family and hope in the golden days of radio. The ending, in which those in the audience held up candles along with the performers on stage, was very moving.

KUDOS to Ruth Butler, the director, and her talented cast. Again, I'm only sorry that you won't get to see this show either, in the it too ended its limited run on Sunday.

C. We also attended a lovely Holiday Part at the home of our friends Gary and Tena, who joined us in the picture with their dog Bailey.



There was plenty of great food (including Gary's signature specialty, roast beef). And it was nice that most of our neighbors were able to make it, too.

D. A high spot of the week for me was helping at our Association's annual Holiday Party for children . . . that's me with Santa (aka Jerry Coffey).



Jerry was as good a Santa as I've ever seen . . . I loved his comment to many of the children: "You've changed so much since I last saw you."

THANKS, also, to Karen Foley, Debbie Widen and Marilynne Herbert for their role in making the event the success that it was.

And to Professor Whizzpop (aka Tom Hughes) for putting on a great magic show and then entertaining all those in attendance with his balloon making.



You may also recognize Tom as the street performer in downtown Asheville who can often be found in front of the Flat Iron sculpture . . . to book him for your next children's or adult event, give him a call at 506.3198 or for more information, please click:

www.themagictomshow.com

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

This week, it goes to Dr. Doug Hauschild--an optometrist with his own firm in Weaverville on 40 N. Main Street; 828-658-0564.

I don't know Doug in that capacity, though I have heard many--make that many, many--folks tell me that he is outstanding . . . and that they have used him ever since he has been in the area.

How I do know Doug is through just some of his many activities.

He was one of the stars in the aforementioned I'LL BE HOME FOR CHRISTMAS. (See also Section 1B.) That's him with us after the performance we attended.



How I have gotten to know George is through his work on the SART (Southern Appalachian Regional Theater Board of Directors) . . . he is a tireless supporter of that organization. He is also active in the Asheville Choral Society and will be in his 30th concert with that group, and he will be singing a Christmas cantata with St. Paul's UMC. In his "spare time," he somehow manages to serve as a cantor with St. Eugene's Church (which involves 1-3 Masses per week).

In addition, he is on the Boards of the Southern Appalachian Mineral Society and the Celebration Singers.

When I commented that he doesn't seem to need much sleep, he replied: "What's sleep?"

2. FYI

When you see a store offer 10 for \$10, it doesn't mean you have to buy 10 items. You could buy just one and still pay just \$1 in this case; i.e., unless the store specifically says you must purchase the 10 or some other number that's specifically mentioned.

What stores often do: Price items this way because doing so tricks shoppers into buying more than they want.

FYI, part 2

* Skip in Pennsylvania:

Anyone [particularly in the PECO and PPL service areas] seeking information on energy deregulation can do so on my website below.

www.skipgoodnoe.igniteinc.biz

MY TWO CENTS:

There's some good information here on how you can save money on your energy bill, as well as how you can even make some money when somebody else turns on their power!

* Free fries at Wendy's:

<http://tinyurl.com/25wusvj>

* Susan in Pennsylvania:

The Chanukah song link [in last week's issue] is a precious gift. We have always loved Peter's song--and enormously enjoyed it the other evening when he sang it for PBS in his special on the first night of Chanukah. Thank you from my heart for this.

* Laura in New Jersey:

You can download Trip Ticks right from the AA web site and don't even have to be a member.

They print out on full-sized paper but the pages look just like the trip ticks we know.

I do not know if you do this already but I have a color printer and a small black and white laser printer from HP. I don't use the color printer very much (but you should use it about once a week to keep the ink flowing rather than drying out. The laser printer is about \$150.00 but they sometimes have them on sale. The toner cartridges are about \$70.00 but go a long way. Watch for a sale at Staple's.

* Jean in Pennsylvania:

Learn Dale Carnegie's Secrets to Effective Public Speaking. Free download!

<http://www.dalecarnegie.com/seolanding/speak/index.jsp?keycode=facebook>

* Rob in Pennsylvania:

Mercedes Raffle to benefit a good cause (BARC):

<http://www.barcprograms.org/PublicPages/MercedesRaffle.aspx>

There's now a special for Christmas (ends 12.25) to encourage people to buy tickets as a gift to loved ones.

* Linda in North Carolina:

Beauty beyond description. Let your mind float away to feel this peaceful beauty.

<http://triggerpit.com/2010/11/22/incredible-pics-nasa-astronaut-wheelock/>

* Alyson in Colorado:

How funny to hear from you today Blaine! We were just telling our movie-watching pal Nancy about you last night, because the film for the evening was your recommendation, "My Name is Khan." We loved it! Sort of a sub-continental version of Forest Gump! Thank you for letting us know about it because a rave from you is a guaranteed good experience.

* Bob in North Carolina:

Irma and I enjoyed 'My Name is Khan.' Excellent recommendation. Thanks!

* Nancy in North Carolina:

See this link for a beautiful Christmas duet [Johnny Mathis and Josh Groban]:

<http://www.oprah.com/oprahshow/Johnny-Mathis-and-Josh-Groban-Perform-Holiday-Music-Video>

* Natalie in Pennsylvania:

Saw this HBO special last night [TEMPLE GRODIN] via Netflix and really enjoyed it. What an amazing and inspiring person she is.

* Walter in Pennsylvania:

Must have seen LIFE IS BEAUTIFUL before, but thoroughly enjoyed it again. Hard to pull off a comedy during the Holocaust.

3. Overheard

Overheard at a NC roadside bar outside of Asheville . . .

Q: "Did you know that elks have sex 10 to 15 times a night?"

A: "No! Too bad I just joined the VFW."

4. Reviews

A. 127 HOURS, the film about a mountain climber who becomes trapped under a boulder while alone in Utah, has received great reviews from the critics . . . frankly, I was disappointed in it--but maybe that's because I had previously heard and enjoyed the CD version (BETWEEN A ROCK AND A HARD PLACE) of Aron Ralston's incredible experience . . . this screen version told me nothing that I hadn't already known and in spots, it was almost difficult to watch . . . James Franco is quite good in the leading role; in fact, he is just about the whole movie . . . there are very few other performers who have any speaking parts . . . I wouldn't rush out to see it, but I would definitely make it a point to bring along a fried the next time you're going mountain climbing or even hiking by yourself . . . rated R.

B. OUTSOURCED has been available on DVD for quite some time, but I just caught up with it and was most pleasantly surprised . . . it's a comedy about a customer call center manager who is sent to India to train his successor . . . there are amusing culture clashes as the manager attempts to explain American business practices to new employees who don't understand them, and they in turn attempt to teach him about their country . . . add this to your Netflix or Blockbuster list; you won't be disappointed . . . rated PG-13.

C. Dan Buettner's previous book, THE BLUE ZONES, was one of my favorites from the past few years . . . it looked at places where people lived long, healthy lives and presented a recipe on why that was so.

His latest effort, THRIVE, is another winner . . . this time, he attempts to find people who live happy lives and in doing so, he found them in Denmark, Singapore, northeastern Mexico and San Luis Obispo, California.

He met with individuals in those locales and also spoke with economists, psychologists, sociologists politicians and other experts to find out if there are any secrets . . . one professor of psychology at the University of California, Sonja Lyubomirsky, observed:

* On average, 50 percent of individual differences in happiness is influenced by our genetic makeup, 10 percent is influenced by our life circumstances, and 40 percent is influenced by how we think and act every day. Research has shown that each of us is born with a kind of happiness "set point," a natural predisposition for happiness that we carry throughout our lives. But that doesn't mean your happiness level cannot be changed. We can rise above our happiness set point, just as we can rise above our set points for weight or cholesterol. Genuinely happy people do not just sit around being content. They make things happen. They pursue new understandings, seek new achievements, and control their thoughts and feelings. We can also learn from others. If an unhappy person wants to experience interest, enthusiasm, contentment, peace, and joy, he or she can make it happen by learning the habits of a happy person.

Beuttner found that laughter therapy can help in almost every situation:

* How do Mexicans cope? A popular joke suggests a clue: A contest was held to find the most effective police force in the world. The test consisted of letting a rabbit run free in the woods and seeing which police force could find the rabbit fastest. It took the FBI three hours to find their rabbit, the German police found theirs in two, and Scotland Yard took only 90 minutes. After five hours, the Mexican police force hadn't found their rabbit. An hour later, the Mexicans showed up pulling a weeping and terrified elephant. The judges pointed out to the Mexican police that this animal was not a rabbit. The elephant, overhearing this, immediately fell to its knees and said, "I swear I am a rabbit, just don't hit me anymore!"

And his conclusion did a great job in summing up all the book's valuable lessons:

* There's a lesson here for you: you can shape your own environments to love better longer, too. The best way to do that, as we've seen, is to follow the practices of the world's most experienced thrivers: Set reasonable goals for your life. Seek out a place to live where people are already thriving. Choose a community where you can live out your interest. Find a modest house in a neighborhood of other modest houses, with neighbors you can call friends and sidewalks that let you walk where you need to go. Recognize your purpose in living each day. Take time to appreciate the arts. Find a job that you love without worrying too much about the salary. Find a hobby that fuels your passions. Take six weeks of vacation no matter what. Set your life up so that you're physically active every day. Spend six hours a day with your lover, kids, and a handful of TRUE friends. Meditate, pray, or nap daily.

And call your mother.

I do know that when I called my mother, when she was alive, it made me happier . . . so will just reading THRIVE, and if you want to make somebody else happier, give them this book for the upcoming holiday season--or any time thereafter.

D. Heard the CD version of AN OBJECT OF BEAUTY, a novel by Steve Martin about New York City's art world.

Art collecting is a subject I know nothing about, and so I liked the book from that perspective . . . though the characters weren't particularly likable, they were interesting . . .

yet overall, at the end of AN OBJECT OF BEAUTY, I kept thinking that I was missing something . . . and that this book did not measure up to SHOPGIRL and some of Martin's other efforts.

I was also disappointed to read that the book contained illustrations of art--and none were included in this CD version . . . this is a trend that other publishers are starting to do (i.e., include such illustrations in an accompanying file), and it would have been most appreciated here.

And a comment about the narration: Campbell Scott did an outstanding job; however, that said, I would have preferred hearing Steve Martin's voice.

5. TV alert

A. I'm glad that THE SING-OFF, one of my favorite shows last year, has returned for its second season on Mondays and Wednesdays at 8 p.m. on NBC . . . watch to see a cappella groups battle it out for a Sony Music recording contract and \$100,000.

To see a clip of last year's winners, please click:

<http://www.youtube.com/watch?v=TaLBriZFP68>

B. Another show I like is MEN OF A CERTAIN AGE, and that too is returning for a second season on Mondays at 10 p.m. on TNT . . . according to Matt Roush in TV GUIDE, "Some guys grow on you the better you get to know them. . . . It's as if someone told these guys [Andre Braugher, Ray Romano and Scott Bakula] to 'man up' and start enjoying life. The results certainly work for me."

C. PRIVATE SCREENINGS features Liza Minelli chatting with host Robert Osborne about the careers of her famous parents, Vincent Minnelli and Judy Garland . . . Saturday at 10 p.m. on TCM.

D. TAXICAB CONFESSIONS, one of my guilty pleasures, returns for another season on Sunday night at 11 p.m. on HBO . . . you'll be mesmerized by the conversations between fares and cabbies in New York City, but be forewarned that this is definitely an R-rated show.

6. Wisdom

Ah, there's nothing like the wisdom of a Jewish mother!

A 20-year-old Jewish girl tells her mom that she has missed her period for 2 months and is pregnant.

Shouting and crying, the mother says, "Who was the pig that did this?"

Without answering, the girl picks up the phone and makes a call. Half an hour later, a Mercedes stops in front of their house. A mature and distinguished man with gray hair and wearing a yarmulke steps out of the car and enters the house.

He sits in the living room with the father, mother and the girl and tells them, "Good morning. Your daughter has informed me of the problem. I can't marry her because of my personal family situation, but I'll take responsibility. I will pay all costs and provide for your daughter for the rest of her life.

"Additionally, if a girl is born, I will bequeath two retail furniture stores, a deli, a condo in Miami and a \$1,000,000 bank account.

"If a boy is born, my legacy will be a chain of jewelry stores and a \$25,000,000 bank account.

"However, if there is a miscarriage, I'm not sure what to do. What do you suggest?"

All silent at this point, the mother placed a hand firmly on the man's shoulder and tells him, "So, you'll try again."

7. Websites

A. I'm not a real big coupon guy, but if you are, please click:

<http://shortcuts.com/>

Shortcuts.com electronic coupons are a convenient way to save money at the grocery store. Free coupons load directly to your participating grocery store savings card, so there is no paper to lose or forget.

Just 3 Easy Steps to FREE Coupon Savings:

1. Sign up at Shortcuts.com and register your grocery store savings card.
2. Select the electronic grocery coupons you want.
3. Swipe your card at checkout.

Coupon discounts are deducted automatically. Lose the paper. Keep the convenience and the savings. It's the easiest way to coupon.

In addition, you can get printable coupons and information on getting cash back on all your online purchases (plus valuable coupon codes).

MR. CURIOUS HERE:

If you use the above service and/or any other similar-type websites, please share your reactions(s).

B. Funny but sadly true is this clip that has Uncle Sam pointing out the problems we have when we buy cheap products from China:

<http://www.youtube.com/watch?v=Vq8wbXAR4ZQ>

It was performed by Capitol Steps, an American political satire group, that I've enjoyed ever since its inception in 1981 . . . for more information and to hear some sample songs, please click:

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

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

<http://www.blaineworld.net>

You'll find easy-to-follow instructions for inviting others to subscribe . . . just look for the "Special Offer" at the bottom of the homepage.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

THANKS to Karen in North Carolina for giving me the idea for the following tidbit.

She does an excellent job in helping our Biltmore Lake Board of Directors run as smoothly as it does . . . in my new position as a member of this group, I have started receiving email from her . . . and, as such, realized that while it has been helpful, it has been difficult to find at times.

So I have encouraged her and others on the Board to begin each subject line this way: BOD/(then whatever the email is all about) . . . for example, BOD/Agenda for Thursday's meeting.

The same holds true for SART; e.g., SART/Marketing ideas to consider. . . or SCORE; e.g., SCORE/Seminar schedule . . . and for other organizations that send me a lot of email.

An added advantage: This approach makes retrieval of emails so much simpler, especially if you use Outlook . . . all communications about a particular topic can go directly into a folder that way.

9. Proposed TSA slogans

With the recent controversy over more intrusive airport screenings by the Transportation Security Administration (a wholly owned subsidiary of the U.S. Department of Homeland Security), the TSA wants to adopt a new slogan so that it's more "in touch with Americans," a TSA spokesman said. "A warm, touchy feely concept to make our subjects--uh, citizens --

more comfortable."

Suggestions have been coming in daily from all across the country. Some of the best:

TSA: We Rub You the Wrong Way
So You Can Be On Your Way

TSA: We Are Now Free
to Move About Your Pants

TSA: Don't Worry!
My hands are Still Warm
From the Last Guy

TSA: It's Not "Groping"
It's "Freedom Patdowns".

TSA: We Handle More Packages
Than the Postal Service!

TSA: If We Did Our Job Any Better,
We'd Have to Buy You Dinner First.

TSA: Want to Fly?
Then Drop Your Fly

TSA: Only We Know
if Lady Gaga is Really a Lady!

TSA: Grope Discounts Available

TSA: When We're in Doubt
You'll Whip it Out

and . . .

TSA: You Can't See London
You Can't See France
Unless We See
Your Underpants

10. A quote I like

Barbara Walters recently asked Betty White this question: Do you have a philosophy by which you live?

She replied: I hate to sound square, Barbara, but I always try to get the most out of what I'm living now. My beloved Mother and Dad would always say, "We never want to hear you say, 'Oh, that was so wonderful. I didn't appreciate it at the time. I didn't realize at the time.' They said, 'Realize right now when it's special. Realize it as it's happening.' "

11. Thought for the day

Trust in the flow
by Kimberly Ross*

Ballroom dancing with my husband Ted Ross has been a great metaphor for life. Initially, as an independent highly successful "career woman", it was very difficult for me to step into the role of "follower". After 24 years in Commercial Banking, I was used to being the one in control and calling all the shots. So quite predictably, I resisted being a "follower" on the dance floor and always wanted to take the "lead" even though my dance partner was a master at leading having danced since he was the age of 4. It was not until I finally let go and trusted in the divine flow of life that I was able to become a truly responsive partner. By simply being in the moment, I was able to feel Ted's lead as it was meant to be lead and to respond accordingly, instead of trying to constantly circumvent the lead by anticipating what was yet to come. This cooperative dynamic created an ease of movement that has enabled the two of us to move as one cohesive team both on and off the dance floor.

Recently a friend said to me after I had greeted her with a big hug and smile that she always liked being around me because I felt like a "big ray of sunshine as I lit up everyone around me". I graciously accepted this compliment and then my husband Ted, who was standing

next to me at the time, said "Yes, and I am like the moon - I just steadily revolve around the earth getting to shine when the sun is not visible and sometimes, on rare occasions, I even get to eclipse the sun!!" We all burst into laughter and my friend commented "that is what I love about your relationship with one another - you compliment and balance one another's energies so well". It was at this moment that I once again realized how grateful I am to be in partnership with someone who "gets me" and lets my light shine brightly without dimming his own light in the process. Together, we co-exist in balance - each having their own role to play with each serving their unique purpose. Although one may appear to be shining more brightly at a particular point in time, the reality is that each sun and moon is always shining brilliantly while thriving together in perfect alignment and harmony.

You have probably heard the expression "the cup is either half empty or half full". I prefer to look at the cup as overflowing with possibilities! Each situation presents a new opportunity for growth and each challenge you have faced throughout your lifetime has prepared you for this present moment. Seconds before this dance photo was taken, I literally stepped out on faith knowing that I would be fully supported as my body was plunging head first toward the ground. By replacing that initial fear with faith, I was truly able to soar.

Know that everything is unfolding just as it should be and no matter what the outcome, trust that you are in your perfect place for growth. As such, I invite you to relax, breathe and know that we are all connected, we are all loved and we all are love.

* Reprinted with the gracious permission of Kimberly Ross. If you would like to take your health to the next level and be included on the mailing list for future editions of Kimberly Ross' Gal Pal Guide™ To Vital Abundance Newsletter, you can visit Kimberly's website at

<http://naturalwellness.amazonherb.net>

and provide your contact information in the "Contact" box.

12. Advance planning department

A. North Carolina events:

* Nick in North Carolina with some FREE musical events:

Thursday, Dec 10- Appalachian Choir- Feed and Seed in Fletcher, NC-7:30 p.m.

Tuesday, Dec 14- Starlight Carolers- Hendersonville Library-7 p.m.

Thursday, Dec 16- Starlight Carolers-Deerfield Retirement Center-5 p.m.

* Carole in North Carolina:

It is in the air! The Season of fun, merriment and beauty! To enjoy all of these, please enjoy The Center For Spiritual Living Art & Craft Fair on December 11 & 12. Brian and I plan on being there both days to celebrate the season of treasures!

Saturday from 10-4 p.m.; Sunday from 12:30-4 p.m.

2 Science of Mind Way, Asheville. FREE!

* Yours truly will be speaking to the 2010-11 Student Business Incubator at ABTech (Enka campus) on Monday, December 13 at 4 p.m.

Topic: Positioning--How to Differentiate Yourself from the Competition

You'll also have a chance to win \$500, and you'll learn the difference between a left- and right-handed pencil!

TO REGISTER:

Send an email to bginbc@aol.com and put DECEMBER 13 in subject line.

B. Pennsylvania/New Jersey events:

* Crystal Singing Bowls And Guided Meditation

Friday December 10, 2010
7:00-9:00 p.m.

\$19.00

Location: Center for Relaxation & Healing at Plainsboro

666 Plainsboro Rd, Bldg 600, Suite 635
Plainsboro, NJ

Contact Michele at 609-750-7432 to register.

* Kids Event!

Saturday December 18, 2010
2:00-4:00 p.m.

\$11.00

Location: Center for Relaxation & Healing at Plainsboro
666 Plainsboro Rd, Bldg 600, Suite 635
Plainsboro, NJ

Contact Michele at 609-750-7432 to register.

By special request, this event is being held for the children. It is a "hands on" event where the children will be able to experience the Crystal Singing Bowls and play other instruments. The children must be accompanied by an adult.

SPECIAL NOTICE FROM SAVANNAH (the person presenting Crystal Singing Bowls):

Free Tarot Card Reading!

I wish everyone a Happy Holiday! I would like to give everyone who attends one of my Crystal Singing Bowls events a free holiday gift. Everyone who attends an event on either Friday or Saturday will receive a FREE Animal Medicine Card Reading (valued at \$30.00).

Animals are our teachers and they have sacred messages for us. Each person carries within them several special animal totems. An Animal Medicine Card Reading will unlock the unique messages those animals have for you. Animal messages can provide words of advice, wisdom and insights to help you correct imbalances and create more positive outcomes. The reading and interpretation should empower you!

To register for either event, see above. Or for more information, please email me at savannahh19@gmail.com.

* Jeff in New Jersey:

The Villagers Theatre [in Somerset, NJ] proudly presents this tour de force one-man show inspired by the tour Charles Dickens performed of his classic holiday work in the United States during the late 1860s. In finest tradition of the troubadour-actor, Michael Kroll takes the stage with only a few hand props, a table and chair and carries the audience into this classic Christmas tale. Mr. Kroll not only becomes narrator and story teller, but also portrays the entire ensemble of unforgettable Dickens' characters in an evening of "A Christmas Carol."

This is not a reading of the story, but rather Mr. Kroll actually performs as over 30 characters in this amazing one-man show.

December 17 and 18 at 8 p.m. both nights . . . for more information, please click:

<http://tinyurl.com/38w277g>

* Cyndy in Pennsylvania:

Looking for something sacred to do with your young people during the holidays? Join me on December 18th in Landenberg, Pennsylvania, from 10 a.m. to 4 p.m. (ish) for a day of creating drums and beaters with our children!

Check out the YouTube video of the last kids drum birthing:

<http://www.youtube.com/watch?v=nV3ChyBuf1c>

We had a good time and the kids made some beautiful drums! Only a couple of spots left. An adult helper is needed for every young drummer. Obviously, a winter birthing will be done inside (unless we have more of these crazy warm days). All the drums are made with unbleached elk hide and they are placed on a maple frame. Price varies (from \$60-\$200), depending on the drum size you choose.

TO REGISTER:

Cyndy Paige
Shamanic Healer, and Sacred Drum & Rattle Creator Facilitator of Sacred Drum, Sound,

Shamanic Journey and Meditation Circles
610-274-3109

www.RhythmOfTheEarth.com

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

SUBSCRIBE/UNSUBSCRIBE INFORMATION

To subscribe to this newsletter, please put **SUBSCRIBE** in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put **UNSUBSCRIBE** in subject line and send to the same address.

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Biltmore Lake, NC 28715
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BLAINES WORLD

BLAINESWORLD
#739
11.29.2010

In this issue:

1. Reflections
2. FYI
3. Job opening
4. Reviews . . . BURLESQUE, etc.
5. TV alert
6. Tattoo of the year
7. Websites
8. Computer tip
9. Log-in time
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I were grateful to have been invited to celebrate Thanksgiving at the home of our friends Dave and Judy (below). We were joined by their daughter Marcy and her husband Tom, along with some of their neighbors, and we all had a festive evening. The turkey was outstanding, too.



B. A few nights later, we joined several other friends who had helped me in my recent campaign to win a slot on the Biltmore Lake Board of Directors . . . that's us with two of them, Carol and Clay, in front of the fireplace at the Stone Ridge Tavern.



The food, as always, was excellent . . . Meghan, our server, also did a great job, and we appreciated the help we received from Virginia, the manager, in setting up the event . . . for more information about the restaurant, please call 828.665.3333.

C. Getting in the spirit of the season, Cynthia had fun helping our friend Tammy set up her Christmas tree.



D. CONGRATULATIONS to the following individuals at Bucks County Community College:

* Mike DiFiori, Graphic Design Coordinator, and Tom McKeown, Director, Desktop Services, for receiving 2010 Administrative Special Recognition Awards. They were great choices!

* And to Karen Dawkins, VP for Planning & Assessment and Dean of Student Affairs, and Natalie Kaye, Program Developer for Educational Enhancement Programs, both of whom will be retiring at the end of this Fall semester. They will be missed!

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

This week, it goes to George Hamilton in AAA's Asheville office . . . here's what Don in North Carolina had to say about him:

Recently I had to request a TripTik on very short notice (one day) and called the 800-number to order it. A few minutes later, I received a call from George Hamilton in the Asheville office, who proceeded to ask me a series of questions to be better enable him to fulfill my request. His attitude and service was exemplary, and when I picked-up the package the next day everything was in perfect order. His input and suggestions were most helpful.

I'm a volunteer business counselor for the Asheville Chapter of SCORE and as such spend a great deal of time evaluating businesses. Mr. Hamilton is a model of customer service that the majority of our clients could emulate to improve their success. Kudos to him for a job extremely well done.

MY TWO CENTS:

I give Don credit for taking the time to write about George, but also for sharing his thoughts with me . . . I encourage other readers to do the same; i.e., to take time to recognize those who go out of the way to be of service . . . too often, we complain about things when they don't go right . . . isn't it a marvelous thing, though, when everything clicks . . . and we have a positive experience?

When that happens, write the person who has made it possible . . . in addition, make sure you copy his/her supervisor . . . writing the note will make you feel good, too.

Don, by the way, is Don Sinclair . . . he was one of the first individuals I met when I became involved in SCORE, and I'll always remember how he went out of his way to smooth my transition into the organization.

He has also become one of my marketing gurus.

Should you want FREE business consulting with Don, me or any other SCORE volunteer, call the HQ's number at 828.271.4786 . . . or feel free to send an email to me, bjinbc@aol.com and put CONSULTING in subject line.

2. FYI

BOTTOM LINE offers FREE email newsletters that are often quite informative . . . presently, three are being offered:

*** Bottom Line SECRETS**

FREQUENCY: THREE TIMES A WEEK

Bottom Line Secrets brings you inside information from the country's leading experts on how to make the right moves in every area.

The above is my personal favorite . . . a recent issue contained informative articles on "5 Simple Ways to Make Your Car Last 300,000 Miles" and "Home Funerals are More Personal and Less Expensive."

*** Bottom Line's DAILY HEALTH NEWS**

FREQUENCY: FOUR TIMES A WEEK

News and insights from the world's leading mainstream, alternative, and complementary medical practitioners to improve your health and wellness.

*** HEALTHYWOMAN from Bottom Line**

FREQUENCY: TWO TIMES A WEEK

The greatest minds in women's medicine bring you research and news from the best sources in every field pertaining to women's health. You'll get perspectives from both traditional and alternative medicine so you have the BEST advice on how to stay healthy or get that way.

To sign up for any one and/or all three of the above, please click:

<http://www.bottomlinesecrets.com/el/eletters.html>

FYI, part 2

* Susan in Pennsylvania (see also Section 11):

I love your newsletter! May I borrow (for creating laughter with my own newsletter possibly -and for inclusion in presentations to break the ice) your Four Guys piece? And possibly the piece you wrote about God? They are wonderful. I would credit you and your newsletter whenever I would do use them . . . with your permission, of course.

RESPONSE:

Of course! My only request is that Susan and others give me credit the first time, then take credit for it thereafter.

Seriously, if you see something you like in BLAINESWORLD, please feel free to share it with others. If I wrote it, do mention that fact; however, if somebody else wrote a particular piece or it is by "Anonymous," indicate that instead.

And, as always, when you share any and/or all of this missive, invite others to subscribe for FREE by sending an email to bjinbc@aol.com and putting SUBSCRIPTION in the subject line.

* Ingrid in Pennsylvania:

I am going to try Cynthia's recipe [from BLAINESWORLD #738]. Looks delicious.

GOOD NEWS:

It is. Tera in North Carolina also told me she tried it and not only liked it, but also survived!

* Kimberly in North Carolina:

Listed below is the link to a 40 minute recording of last night's teletraining call. At the beginning of the call, Amazon Herb Associate Carolyn Grafton goes over ways to prepare food to easily incorporate eating your foods based on the Mediterranean diet. This is "The Plate" that Tonia Hugus has created. (See attached). About half way through the recording Amazon Herb Associate Richard Cicchetti gives an overview of the Core Program and Tonia's unique way of recommending how to use the Amazon Herb nutritional formulas along with "The Plate" Both my husband Ted and I have found, along with countless others, that by following the dietary recommendations of "The Plate" and augmenting them with the "Core Program" of Amazon Herbs, we have been able to optimize our health, have more energy and feel great! We invite you to do the same and share this program with others who may want to feel and look their best.

<http://www.audioacrobat.com/play/WNdJ0ft4>

* Linda in North Carolina:

Beauty beyond description. Let your mind float away to feel this peaceful beauty [incredible pictures from NASA astronaut Wheelock]:

<http://triggerpit.com/2010/11/22/incredible-pics-nasa-astronaut-wheelock/>

* Greg and Ashley in North Carolina:

Our Yule Logs are now available at either of our Hop locations in Asheville.

NOTE:

Just reading about them is making me hungry:

First we take chocolate Jelly-Roll Cake, handmade by **Creme Bakery**, and roll it up with Vanilla Bean, Butter Pecan or Peppermint Stick Ice Cream. Once it sets, we cover the whole thing with our decadent Dark Chocolate Ice Cream. Finally, we festively decorate the Yule Log to your specifications. Healthily serves 10-12 people for \$22.95+ tax. Yummo!

For more information about The Hop, as well as a \$3 coupon for one of these Yule Logs, please click:

<http://www.mynewsletterbuilder.com/email/newsletter/1410633106>

* Nelson in North Carolina:

This is pretty cool. And very creative.

Man hopes digital love letters reaches girlfriend virally

<http://tinyurl.com/36l77hm>

* Michael in Nevada:

Advice for us all!

Dan Buettner: How to Live to be 100+

http://www.youtube.com/watch?v=l-jk9ni4XWk&feature=player_embedded#!

* Walter in Pennsylvania:

For a funny video on aging, please click:

<http://www.caregiverstress.com/2010/07/a-reminder-that-laughter-is-the-best-medicine/>

* Barbara in Pennsylvania:

Go online and purchase a "Roku." That is my streaming device. I love, love, love it. \$8.99 to Netflix a month, totally complete with a DVD being mailed and all the streaming I can handle. Right now I have over 100 instant films in my Queue and about 95 on my mailing list and adding more every week.

With Winter around the corner, I'm stocking my fridge, freezer and paper goods, and I'll hibernate except for walking my dog. (Thank goodness for having a dog or we'd never exercise.)

* Mandy in Pennsylvania:

I highly recommend a movie called AWAY WE GO if you haven't seen it yet. It's about a young couple who are going to have a baby and they travel around to various cities trying to find the perfect place to raise their child. It's very well done and cute, funny, thought-provoking and sad.

GREAT MINDS THINKING ALIKE:

I agree. The soundtrack for this film is also outstanding.

3. Job opening

My 17 year old niece was looking for a job, so her mother scoured the want ads with her. "Here's one. A couple are looking for someone to watch their two kids and do light housekeeping."

"Hel-looo!" said my niece, rolling her eyes. "I can't take that job. I don't know anything about lighthouses."

4. Reviews

A. BURLESQUE's story is certainly not very original . . . girl arrives in Los Angeles with hopes of making it big, but she must start at the bottom . . . yet the film proved to be campy fun, and I liked many of the songs and dances . . . Christina Aguilera is fine in her first starring role, and it was good to see Cher back on screen . . . rated PG-13.

Ken Hanke, my favorite local movie critic, didn't care much for BURLESQUE . . . however, the last paragraph of his review in MOUNTAIN EXPRESS--reprinted with his permission--is one I just had to share:

As for Christina Aguilera? Well, she can sing, though I'm not sure that was in dispute. But can she act? She doesn't exactly embarrass herself, but it's not a performance that makes me excited by the prospect of her next acting endeavor. I merely don't live in fear of it.

B. Please make this your next DVD rental: MY NAME IS KHAN--the best film I've seen in quite some time . . . it's the story of a Muslim man with Asperger syndrome who lives happily with his wife until tragedy strikes . . . he then travels across America to win back his one true love . . . in doing so, he inspires joy in the hearts of the people he encounters as he spreads his unique outlook on life . . . there's great acting, and the soundtrack is a winner . . . rated PG-13.

C. Bill Simmons, aka "The Sports Guy," knows basketball as any fan can tell you who reads his column on ESPN.com . . . make that, he REALLY knows basketball, as I learned by both reading and enjoying his latest effort, THE BOOK OF BASKETBALL.

Now you might think 715 pages about any subject is a lot to read, and you well may be right . . . yet the author kept me interested by his constant diversions into his personal life, as well as his love of movies--including this one:

* If that's not enough, Bernard [King] starred in one of my favorite movies, Fast Break, the only sports flick that can't be remade because it's so unbelievable inappropriate: there's gay-bashing, a car ride where the players eat a pound of marijuana, a coach who encourages a white player to drop an n-bomb so it would trigger a bench-clearing brawl, a

transvestite shooting guard, the glorification of players who have no business going to college and everything else. It's one of those movies where you see the players toking up and know they used real grass for the scene. King plays hustler, a pot-smoking pool shark who carries Cadwallader College to an undefeated season, and I mention this only because it's the most entertaining performance by an NBA player in a movie—better than Doc in *The Fish That Saved Pittsburgh*, better than Malik Sealy and Rick Fox in *Eddie*, better than Kareem in *Airplane*, even better than Ray Allen as Jesus. I will never figure out two things about Bernard's career: why the NBA left him off 50 at 50, and why he didn't win a Best Supporting Actor Oscar in 1979 over the little schmuck from *Kramer vs. Kramer*.

Simmons is also one funny guy . . . his observations not only had me laughing, but they often got me thinking about such things as the Mom Test:

* When the struggling Warriors sent Wilt (and his gigantic contract) back to Philly for Connie Dierking, Lee Shaffer, \$150,000, Baltic Avenue, two railroads, and three immunities, the trade rejuvenated Philly and San Francisco as NBA cities—both would make the Finals within the next three years—and was covered like an actual news event. In fact, "Chamberlain Traded!" may have been the NBA's first unorchestrated mainstream moment. Put it this way: Walter Cronkite wasn't mentioning the NBA on the CBS Evening News unless it was something like "Celtics legend Bob Cousy retired today." I've always called this the Mom Test. My mother was never a sports fan, so if she ever said something like, "Hey, how 'bout that Mike Tyson, can you believe he bit that guy's ear off?" then you knew it was a huge sports moment because the people who weren't sports fans were paying attention. Anyway, Wilt getting traded definitely passed the Mom Test. Also, I think Wilt slept with the Mom Test.

Lastly, *THE BOOK OF BASKETBALL* helped me relive the play of such great players as David Thompson:

* We'll remember Thompson as the Intellivision to Jordan's PlayStation 2, an original prototype for every high-flying two-guard who followed. Blessed with a lightning first step, a reliable jump shot, and a 44-inch vertical leap that had him handling jump balls for North Carolina State (not strange until you remember that seven-foot-four behemoth Tom Burleson played for them), Thompson had everything you'd want in your shooting guard except height. Listed as six foot four, Thompson was closer to six foot two and looks noticeable shorter than his contemporaries on tape. Didn't matter. The dude soared through the air like a Bud Light daredevil bouncing off a trampoline. What really separated him was his zero-to-sixty explosiveness in traffic. Surrounded by four or five taller players, time and time again Thompson took your breath away by springing four feet to block a shot or dunk on someone's head. He didn't need a running start and didn't need to bend his knees. Honestly, it was like watching a squirrel. In thirty-five years of attending NBA games, I've never seen anything remotely approaching the sight of Thompson's leaping ability in person; he made you feel like you were watching a lousy sports movie with bad special effects where the lead character gets magic sneakers or something. You don't earn the nickname "Skywalker" unless there's a really good reason. I just wish someone has told this to Kenny Walker.

I grew up as a fan of the New York Knicks, so I was naturally glad to see many of their stars profiled: Reed, Frazier, Monroe, DeBusschere and Bradley . . . but don't worry, if you read *THE BOOK OF BASKETBALL*, you'll also get plenty of Jordan, Bird, Johnson, Russell, Hayes and it seems like almost any other NBA player who ever appeared on court!

D. Be forewarned: If you're looking for a serious book on crafting, then don't listen to *SIMPLE TIMES: CRAFTS FOR POOR PEOPLE*--written and read by Amy Sedaris.

Instead, you'll get a spoof on the subject that had me laughing out loud as I recalled my days in shop class when I would attempt to make gifts for my Mom . . . my only regret is that I didn't have the author helping me make such things as a:

* RUSTY NAIL CHIME

Instructions: Gather all the rusty nails in your backyard. String them up using a strong, colorful string.

Now that's something I could have handled,

Sedaris also gave me this great idea for a future Halloween costume:

SHEPHERD'S BEARD

Instructions: To achieve this handsome shepherd's beard, save the hair from your hairbrush for at least six months. Apply to face using toupee tape, and fill in the bald spots with eye pencil.

However, as is pointed out, crafting is not always that simple--particularly if you have fashionably long fingernails:

* On the list of most difficult hurdles one might try to overcome to become a successful crafter, fashionably long fingernails is near the top. There is no other activity you can engage in, including surgery and puppetry, in which hands are more essential than crafting. Fashionably long fingernails make it virtually impossible to get close to the materials you will need to complete the project. Luckily, there are ways to work around this horrible yet fashionable affliction.

1. Learn to operate your nails like chopsticks.
2. Imagine your nails to be tiny putty knives.
3. Watch nature films to discover how raptors use their talons.

You will find that fashionably long nails are actually an asset in some situations, such as playing guitar or digging stencils out of a compartment box.

One really good thing about this CD version was that it came with a disc that contained the illustrations and commentary from the book, so I don't feel that I was missing anything.

5. TV alert

A. Golf buffs will want to catch 12 NIGHTS AT THE ACADEMY, a series of golf lessons from the pros that will air over 12 consecutive nights starting on Monday at 7 p.m. and then 7:30 p.m. on GOLF.

B. In case you haven't had enough of the series, LAW & ORDER: LOS ANGELES launched this year and has already been picked up for next year . . . the cast is outstanding and includes some of my favorite character actors: Alfred Molina, Peter Coyote and Terrence Howard (who gives, according to THE WALL STREET JOURNAL, "a mesmerizing performance" . . . Wednesdays at 10 p.m. on NBC; in February 2011, the series will move to the Tuesday 10:00 p.m. timeslot.

C. One of my all-time favorite movies, RANDOM HARVEST airs on TCM on Sunday at 6 a.m. . . . it is the tale of a woman whose life is threatened when her husband is hit by a car . . . Greer Garson and Ronald Coleman star in this romantic drama that I guarantee you'll find touching.

D. VHS DIVAS SALUTE THE TOOPS is being hosted by Kathy Griffin and will feature Katy Perry, Sugarland and Nicki Minaj, among others . . . Sunday at 9 p.m. on VH1.

6. Tattoo of the year



7. Websites

A. THANKS to Tim in West Virginia (who shared the following website), you can relive your past by viewing a brochure of practically every domestic car made in the last 50-60 years:

<http://www.lov2xlr8.no/broch1.html>

B. Visit the Museum of Bad Book Covers to see some book covers that were chosen but probably should have been rejected . . . some of the commentary is really funny; e.g., on a book titled CASTLES IN THE AIR (a romance novel) . . . "Count the princess's hands." In the illustration, she has three.

<http://badbookcovers.blogspot.com/>

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

<http://www.blaineworld.net>

Your friends can use it, too, to easily subscribe this missive . . . all they have to do is click the link in the Special Offer at the bottom of the homepage.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

More and more people are using newer version of Word to send documents with a .docx extension . . . if you have an older version of Word, you can only view documents with a .doc extension; i.e., unless you've installed this free pack from Microsoft:

<http://tinyurl.com/29f5scy>

It is easy to both download and use, and if take the time to do, you'll never again have a problem reading Word attachments that you've been sent!

9. Log-in time

A woman was helping her husband set up his computer, and at the appropriate point in the process, the computer advised him that he would now need to enter a password for log-in purposes.

The husband was in a rather amorous mood and figured he would try for the shock effect to bring this to his wife's attention. So when the computer asked him to enter his password, he made it plainly obvious to his wife what he was thinking by stating each letter out loud as he typed: P . . . E . . . N . . . I . . . S.

His wife fell off her chair laughing when the computer replied: PASSWORD REJECTED. NOT LONG ENOUGH.

10. A quote I like

Doing nothing is very hard to do . . . you never know when you're finished.--Leslie Nielsen (1926 - 2010), American actor and comedian who recently died

For a funny compendium of some of this great lines, please click:

<http://www.youtube.com/watch?v=iiO3jn1IGQs>

11. Thought for the day

9 Tips for Managing Grief to Ease Heartaches During The Holiday

If you've lost a loved one, you may be dreading the holidays. Intuitive psychologist Susan Apollon offers some helpful hints on getting through the toughest time of the year.

If you've recently lost a loved one-and even if it happened not so recently, the holidays can be heart-wrenching. The stark contrast between glowing lights and the darkness of your sorrow is difficult to take. Frankly, you'd like to crawl under the covers and hide until January 2. But according to Susan Apollon, an intuitive psychologist who works with grieving people, it is possible to find some pleasure and even a touch of joy in the holiday season.

"The holidays are painful if someone you love has recently died, or if you're going through a divorce, or even if your child has moved away," says Apollon, author of "Touched by the Extraordinary, Book Two: Healing Stories of Love, Loss & Hope."

According to Apollon, special days remind the loss of our loved ones. Family is supposed to be together during the holidays, and when things aren't the way they're supposed to be, of course it's distressing.

"But you can get through the holidays," she promises. "In fact, even if your grief is very fresh, you can create a space to celebrate in your own way."

Here are nine hints for making space in your grief for some holiday joy:

* **First, give yourself permission to cry.** Apollon's mantra on dealing with grief is "face it, embrace it, breathe it out, and replace it."

In other words, the only way to "get over" sadness is to experience it. "If you need to cry, cry, even if you're at a party and have to leave the room," says Apollon.

Or you might sit down with Apollon's new book. Filled with true stories from people who have faced heartbreaking losses. It will spark a sense of recognition in the reader. You assign your own meaning to the stories, and they become deeply personal conduits for catharsis and healing.

"It's healthier to feel the sadness and loss than to detach yourself from it," she says. "It's right and normal to grieve; just don't make it the dominant part of who you are."

* **It's okay to break tradition. It's also okay to say no.** You know your own limitations, says Apollon. If you simply can't face hosting your annual holiday feast, complete with dozens of relatives, don't try to soldier through it for the sake of your guests. People will understand. In fact, it's okay to leave town altogether.

"Some people find it helpful to get away completely, to somewhere that doesn't remind them of holidays past," notes Apollon.

* **Consciously attach a new meaning to the holidays.** Holidays are difficult because they remind you that someone special to you—someone who should be there—is gone.

"Buy the gifts that you would be giving to your lost loved one and donate them to a charity or volunteer in a hospital or soup kitchen," says Apollon.

* **Honor your lost loved one in a way that feels comfortable to you.** It's usually better to acknowledge your loss than to pretend that nothing has changed. You might light a special candle for your loved one, hang a tree ornament in his or her memory, or bring out a favorite photo.

"Some clients actually set a place at the table for their missing family member," says Apollon.

* **Invite your loved one to be a part of your holiday experience.** Apollon means this literally, not figuratively. She suggests that you talk with your lost loved one and share your feelings with him throughout the holidays. Ask for guidance and help from the person.

"There are many ways to communicate with someone who isn't with us in the physical sense," says Apollon.

* **If you don't want to go all out, do the holidays in a small way.** You don't have to decorate lavishly or bake up your usual six dozen secret-family-recipe homemade cookies to celebrate the holidays. Instead, put up a tiny tree and pop a pack of pre-made cookies in the oven.

"Recognizing the holidays in some small way can be healing," says Apollon. "It's a way of accepting the fact that life goes on and of giving yourself permission to enjoy small pleasures."

* **On the other hand, if you absolutely can't find any holiday joy, go find some other kind.** Maybe you're too depressed or too angry with God to celebrate Christmas or Hanukkah even in a tiny way. That's okay, says Apollon. But don't deprive yourself of all joy. Go to a movie. Meet a friend for coffee. Take a long nature hike with your beloved dog.

"The law of attraction says that if you want positive experiences, you need to do something that feels good," Apollon points out. "Make it a priority to do something that brings pleasure, even if it's not holiday-related."

* **Learn to be conscious of the moment.** Practice being fully present in the now; it truly is where joy resides.

"Every day of your life, every moment of your life, you can choose joy or not," Apollon reflects.

* **Realize that miracles really do happen at the holidays.** Here's the thing about the holidays, says Apollon. They really are magic. You knew this as a child but may have forgotten it. But spiritual occasions like holidays allow us to step outside the box we live in most of the time and let miracles in.

"Paradoxical as it sounds, grief and holidays are a lot alike," she reflects. "They both help us detach from trivial things and focus on what's important, what's real. Open your mind and heart this year and see what happens. Maybe you'll feel a sense of connection with your loved one who passed on, or maybe you'll feel joy for the first time since your loss. Either one might qualify as a miracle."

Remember, says Apollon, the holidays won't always be such a struggle. If you work through your grief instead of repressing it, you'll find joy again.

According to Apollon that the holidays will never be the same again. This is true. But life is change, by its very nature. Little by little you will form a new identity and learn to connect with the lost loved one in a different way. You'll form new memories and new traditions. Grieving can lead to spiritual growth. This means that life itself can become richer and fuller after a profound loss. You'll never forget the person you lost, but you will find joy-even holiday joy-again.

SOURCE:

Press release from NEWS BLAZE, reprinted with the gracious permission of Susan Apollon (see also Section 2, part 2). She is a psychologist and an author. She empowers and heals the body, mind and soul. As an educator, she informs. She is also a speaker who inspires and the heart.

Susan can be reached via It is phone, 215.493.8434 or email, susan@mattersofthesoul.com or at either of the following two websites:

www.HealingStoriesOfLoveLossAndHope.com (where the book can be purchased via a special 25% holiday off promotion) and/or

www.TouchedbytheExtraordinary.com (where Susan's other books and CDs can be purchased).

12. Advance planning department

A. North Carolina events:

* SART Presents
Winner of 2009 ScriptFEST: FRESH PRESERVES

Based On True Stories of an Appalachian Family by Tom Godleski
Featuring the music of the Buncombe Turnpike Bluegrass Band

Adult Tickets: \$15 / Student Tickets: \$10

Wednesday, December 1: 7:30 p.m.
Thursday, December 2: 7:30 p.m.
NO FRIDAY PERFORMANCE
Saturday, December 4: 2:30 p.m. & 7:30 p.m.
Sunday, December 5: 2:30 p.m.

Reserve your tickets for General Admission by calling the SART Business Office at 828-689-1384.

THE REVIEWS ARE IN (and they are outstanding):

<http://www.citizen-times.com/article/20101203/ENT/312030033/1005>

MOUNTAIN XPRESS also had this nice article about both SART and the above production:

<http://www.mountainx.com/ae/2010/120110restart-for-sart>

And I've seen the show already and can tell you that you'll enjoy it!

* The Westwood Players present I'LL BE HOME FOR CHRISTMAS: A Musical about Family and Hope in the Golden Days of Radio.

Directed by: Ruth Butler; Music Direction by: Stuart Littleton

Set in late 1941, the play is the story of the faith of a family, and a nation on the brink of World War II, preparing to celebrate the birth of the Prince of Peace.

The music highlights the sounds of the '40s, including swing, lush ballads, and big band songs interspersed with reenactments of radio broadcasts during that time.

Catch it, if just to see the performance of one of my favorite local actors (and fellow SART Board member): Doug Hauschild. Let me add that I've already seen the show, and both Doug and the rest of the cast come through with a winning effort!

Performance Dates:

December 2 (Friends and Family night): 7:00 p.m.

December 3 - 4 (Friday and Saturday): 7:00 p.m.

December 5 (Sunday Matinee): 4:00 p.m.

ADMISSION IS FREE

In lieu of admission, we are collecting wrapped toys for children in our area. If you are able to bring a gift, please note whether it is for a boy or girl and the age range.

Location: Westwood Baptist Church, 150 Westwood Place, Asheville, NC 28806

* Yours truly will be speaking to the 2010-11 Student Business Incubator at ABTech (Enka campus) on Monday, December 13 at 4 p.m.

Topic: Positioning--How to Differentiate Yourself from the Competition

Let me know if you'd like to join me at this session. You'll also have a chance to win \$500, and you'll learn the difference between a left- and right-handed pencil!

B. Pennsylvania/New Jersey events:

* A Little "Light" Wisdom Presents: A Day for all Woman
Revitalize your Spirit through Color, Sound & Humor!

Sunday December 5th, 2010

9:30 a.m.-4 p.m.

The Health and Wellness Center 847 Easton Rd (611) Warrington, PA 18976

Only \$98, including lunch

Discover Your Spirit's True Colors with Michele Rix
Crystal Singing Bowls Meditation with Savannah
Healing Through Humor with Yvonne Kaye

Don't miss this unique journey on the "lighter" side of self-discovery!

To register, please call Dawn Friedland 215-264-4366

* Crystal Singing Bowls Guided Meditation
Friday, December 10, 2010
7-9 p.m.
\$19

Come join us for an evening of Healing. Call Michele at 609-750-7432 to register.

Mail checks (payable to S. Hinkle) to: Center for Relaxation & Healing, 666 Plainsboro Rd, Bldg 600, #635, Plainsboro NJ 08536.

Please bring along a yoga mat, pillow and/or blanket for your comfort.

We all have the ability to heal ourselves and receive the guidance needed to align our life in harmony with Spirit. The key is opening our consciousness to receive what is needed to heal. Powerful ways to access this deep healing include meditation, prayer, breathing, chanting, creative arts, silence and sacred sound.

"Sound will be the medicine of the future." This statement was made 50 years ago by the famous psychic healer Edgar Cayce. There seems to be more and more information and scientific research that supports that statement.

Sacred Sound is an ancient way to uplift and heal the consciousness. Crystal Singing Bowls generate particular resonant tones and vibrations that open the consciousness for a deep sense of relaxation and profound inner healing. Facilitating a session is an intuitive process, a constant state of prayer and meditation through sound.

Quartz Crystal Singing Bowls powerfully produce pure, solid tones that are unrivaled in the singing bowl world and known for their many healing qualities. The blessings of a Sacred Sound session ripple out for days, weeks and months.

* SPREAD THE WORD, SHARE WITH YOUR TEAM . . . BRODY PROFESSIONAL DEVELOPMENT'S HOTTEST WORKSHOP IS NOW AVAILABLE IN AN OPEN-ENROLLMENT FORMAT!

You've asked; we've delivered. Many of our clients have been requesting that our popular Present With Success training workshop be offered in a different format . . . A format where they can send 1 or 2 individuals . . . A format that fits within tighter budgets . . . And a format where participants can receive more one-on-one coaching, in a smaller group environment. So, BRODY is taking its interactive Present With Success training program, and offering it in an open-enrollment format, right here at our new location, in our new conference room.

Present With Success
Philadelphia Open Enrollment

As a result of this training, participants will be able to:
Organize presentations to best achieve desired goals
Develop and use factual, logical and interesting supporting material
Control nervousness and project confidence, power and credibility
Grab audience attention from the start . . . and keep it
Use voice, word choice and body language to one's best advantage
Handle visual aids like a pro to maximize retention and impact
Conduct Q and A sessions with tough audiences
Come across impressively in impromptu situations when answering questions or giving opinions

Package also includes: 60-minute pre-webinar (December 2, 2010) to meet virtually as a group, to discuss the objectives and get a head start with the material One-on-one, 60-minute phone coaching session (date TBD) following the program, with Marjorie Brody. She will help you to prepare for an upcoming presentation, speak up at meetings, or get you ready for impromptu speaking situations. This coaching session will be customized for you!

Individual participant materials include: Participant manual, presentation planning pad, digital video recording, Speaking is an Audience-Centered Sport (authored by Marjorie Brody), and e-training video "Effective Presentation Skills: Revitalize Your Speaking Style."

Dates & Time: Thursday, December 9, 2010 or 12/16, a 2nd date, has just been added 9-5 P.M. (8:30-9:00 AM continental breakfast)
\$895 per person
Limited to 5 participants
Location: BRODY Professional Development, 115 West Avenue, Suite 114 Jenkintown, PA 19046 (a Philadelphia suburb and walking distance from the Jenkintown Train Station)

PS. If you're like me and you celebrate ALL holidays (more food, as well as fun getting together with family and friends), don't forget that the Jewish festival of Chanukah begins on Thursday, Dec. 2 and continues until Thursday, Dec. 9 . . . according to Rabbi Mel Glazer, my friend in Colorado, here's the BEST Chanukah song ever recorded:

<http://www.youtube.com/watch?v=3yZ1zxtbOJE>

I tend to agree, though Jean in Pennsylvania also send along this soon-to-be other classic:

<http://www.youtube.com/watch?v=kBWgWzNH-ql>

Also, methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD
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In this issue:

1. Reflections
2. FYI
3. Sick birds
4. Reviews . . . MORNING GLORY, etc.
5. TV alert
6. 45 years is enough!
7. Websites
8. Computer tip
9. Problem solved
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had a blast celebrating the birthday of our good friend Carole . . . it was held at Jubilee, and in case you're wondering, we were asked to come in costume depicting some scene from her past . . . so that's us with Carole's husband Brian--dressed as her friends when she went to a one-room schoolhouse as a child.



A special highlight of the evening was the music by a band called Current Invention . . . they were fantastic, and I'm hopeful to get them to Biltmore Lake this summer . . . Daniel Barber, who heads the group, often performs at Jubilee services . . . he can be reached at: Daniel@DanelBMusic.com.

I'll also see if I can get Brian to accompany the band as one of the dancers . . . he surprised us all with his moves!

B. We also saw LIVE FROM WVU RADIO THEATRE: IT'S A WONDERFUL LIFE, a very clever adaptation of the classic movie . . . the twist is that the many actors ordinarily involved in the play are detained by a snowstorm and so the radio station has to put it on with just four performers . . . so they all played multiple roles; the result was both touching and funny.

Marian Buchanan, Michael MacCauley, Willie Repoley and Rachelle Roberts were all outstanding . . . you're in luck, in that the production runs through December 23 . . . do try to catch it . . . for more information, please click:

<http://www.flatrockplayhouse.org/shows-and-events/extra-seasonal-productions/a-wonderful-life.html>

NOTE:

It runs at the nearby (to the Playhouse) Henderson County Courthouse. That's the first time we saw a show there, and we were very impressed what a great venue it is.

C. Cynthia, to her credit, is really getting "into" her gluten-free way of eating . . . she has even taken to cooking more than she ever has before, and the results have surpassed our expectations . . . and though she has also given up dairy products and sweets, she has even found substitutes; e.g., the Crispy Rice Snacks that she can be seen making in the picture below.



The only problem was that it was hard to get them off her hands!

Also, for perhaps the first time in the history of BLAINESWORLD, Cynthia has given me a recipe that she actually used--and would now like to share with other readers:

Crispy Rice Snacks

1/3 cup chunky peanut butter
1/2 cup honey
1/2 cut chopped nuts
1/2 teaspoon vanilla extract
1/2 teaspoon cinnamon
2 cups Erewhon Crispy Brown Rice Cereal

Mix peanut butter, honey, nuts, vanilla and cinnamon together in a bowl. Add cereal and stir gently until cereal is well coated. Place a dish of water near the bowl. Use wet hands, form the mixture into walnut-sized balls and place them on a lightly oiled dish or on waxed paper.

For variety, try rolling Erewhon Crispy Rice Snacks in coconut, chopped nuts or sesame seeds. Also try adding your favorite dried fruit to the mixture. Makes approximately two dozen.

D. CONGRATULATIONS to Bob Ganz, one of Asheville SCORE's newest members . . . I had the honor of serving as his mentor and am pleased to see that he has already become an active Chapter member.

THE OFFER REMAINS:

If you and/or your company would be interested in receiving FREE business consulting from a SCORE volunteer, send an email to bginb@acol.com and put COUNSELING in the subject line . . . if I can't help you or don't have the background you are seeking, I will be glad to point you in the direction of somebody who might be able to be of assistance.

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

This week, it goes to Peter Martin and his staff at the Bank of America branch in Candler, NC.

Peter, the manager, was one of the first people I met when I moved to Asheville some two years ago. He was most helpful then--and has remained the same way ever since. He is always most responsive to my banking needs and whenever I have a question, he gets me an answer right away.

In addition, I'd be remiss if I don't mention the others at the branch who help me: Erik, Brittany, Cassida, Jessica, Allison, Jimmy and Vivian, the assistant manager. They are all equally friendly.

One other thing I like about the branch . . . from time to time, I'll be surprised by various

goodies that have been left out to eat . . . sometimes, there will be cookies . . . and one time, I was even greeted by Peter who was grilling hot dogs for anybody who happened to stop by that day!

2. FYI

Wear an ID BRACELET (or attach it to your running shoes) giving your name, phone number, emergency contact and allergy information (One can be ordered from www.roadid.com) .

SOURCE:

ASHEVILLE TRAIL RUNNING (see also Section 4C) by Trish Brown

LET ME ADD:

The above is excellent advice--not only for runners--but for hikers, bikers and walkers too . . . especially if you head out alone, you never know when you might get in an accident or just need help . . . that's what happened to a former teaching colleague of mine . . . he had a heart attack while on his bicycle . . . however, because he had no identification on him, nobody could reach his family for nearly a day!

FYI, part 2

* This article will give you a lot of information about Asheville. (I think it was the first one Cynthia found when she thought of moving here.)

<http://www.newfrontier.com/aha/ashv0492.htm>

* Best things to buy this week:

<http://tinyurl.com/24xxkva>

* More good deals:

Free Bagel or Drink at Einstein Bros: Play the **Einstein Bros Warm Up, Be Cool instant win game** and you could win a coupon for a free bagel or free drink. Use coupon code **7D9XGHNN43X7** to play without making a purchase. You can play and win every day through Dec. 1, 2010. Each coupon expires seven days from printing. No purchase is necessary to use the coupon.

Free \$10 Restaurant.com Gift Cards: Through Dec. 31, 2010, you can **give up to 40 \$10 Restaurant.com Gift Cards** every day, courtesy of Feed it Forward.

Get \$10 off \$10 at Hallmark Gold Crown Stores: Moms and expectant moms can sign up for a printable **\$10 off any purchase of \$10 or more at Hallmark Gold Crown stores**. You should be able to get something free or close to free with this high-value coupon.

Free Martha Stewart Thanksgiving Cookbook: Download a **free copy of Martha Stewart's Thanksgiving Cookbook**.

Get a \$50 Voucher to Nordstrom Rack for \$25: Groupon is offering a **\$50 voucher to Nordstrom Rack for just \$25** today. This voucher can be used at any Nordstrom Rack location in the U.S. and it expires Dec. 31, 2010.

Get \$3.99 Magazine Deals: You can get a subscription to **Taste of Home, Everyday With Rachael Ray or Family Fun magazine for only \$3.99 per year** when you use coupon code **SAVING** at Tanga.com.

Free \$3 Amazon MP3 Download Credit: Amazon is offering a **free \$3 MP3 download credit** when you input coupon code **GET3MP3S**. This offer is available through November 29, 2010.

Get 100 Holiday Postcards for \$6.50 Shipped: You can get **100 Holiday Postcards from Vistaprint for just \$6.50** shipped. These would be great to use as inexpensive Christmas cards, for gift labels or even for thank you cards.

Robeez Shoes for Less Than \$10 Shipped: Diapers.com has **Robeez Shoes discounted to as low as \$10.99** today with free shipping. You can **get an additional 15 percent off and 4 percent cash back** making them less than \$10 shipped.

Get 12 Days of Deals from Starbucks: Text **12DAYS** to **29943** to receive one Starbucks deal per day for 12 days beginning Dec. 1, 2010.

* Still another great deal . . . you can help feed by hungry by just clicking where indicated:

<http://www.thehungersite.com/clickToGive/home.faces?siteld=1>

* Emi in North Carolina:

For a limited time, i play, Inc. is inviting you to visit and give us your feedback on the newly redesigned:

www.iplaybabywear.com

As a thank you for your response, we are offering 50% off your entire purchase now through December 21st!

Simply visit the website to place your order and enter the promo code "IPFAMILY" at

checkout to receive your discount.

* Kimberly in North Carolina:

As a wonderful way to show your friends and family how much you care about them this holiday season, the Amazon Herb Company has put together a delectable selection of healthy gifts--most of which come with Olivia Newton John's incredible "Grace & Gratitude" CD which is an amazing collection of uplifting tunes that are perfect for this season of giving and appreciation. You can order online at the link below or by calling Amazon Herb Customer Care at 1-800-835-0850 to have your gift sent directly to your friends and family.

<http://naturalwellness.amazonherb.net/Holiday-Gifts-2010-Main.aspx>

* Pam in North Carolina:

Check out this video from Eddie [Davis] to describe and assist in what you can do to tighten up your own security.

<http://www.youtube.com/watch?v=00L6BL7Hq8U>

* Daniel in North Carolina:

I found this page last night looking for pressure sensors, and hit a goldmine of recipes, crafts, projects, and much more.

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

* Karen in North Carolina:

So, so very touching.

<http://www.slide.com/r/hD6DvyAOxD9CIUhvUpVcUMABW9QzpGnQ>

* Cindy in Pennsylvania:

Calling out to singles living in the Delaware Valley region who have an interest in health & wellness, personal & spiritual growth, sustainability, arts & culture . . .

There's a great new online gathering place:

www.ANaturalAffinity.com

for dating, events & activities with people who share your interests and live in your area. It's Free to everyone who signs up by December 1st.

* Elaine in Pennsylvania:

For your [scuffed] shoes, try Vaseline and an old knee hi stocking for buffing.

* Russ in North Carolina:

The River Arts District [in Asheville] is emerging as more than just a destination for great art and great barbeque.

My client, Mountain Housing Opportunities (MHO), has recently completed construction of a new mixed-use building at 372 Depot St., in the River Arts District, the Glen Rock Depot. This building features 60 workforce apartments and streetfront commercial space. MHO is hosting a grand opening event on Thursday, December 2, from 3:30-7 p.m. We'd love to have you stop by.

I'm involved with leasing of the commercial space. You may know of someone who is looking for a location for their business or your organization may have a present or future need.

Russ Towers, CCIM, Broker

828.274.2479 - office

828.230.7775 - cell

* Marsha in New Jersey:

My daughter Becca's Facebook Vitamin Water commercial is now airing:

http://www.youtube.com/watch?v=TT36f9oiMBQ&feature=player_embedded

3. Sick birds

Frank's wife devotes a lot of her time to nursing sick birds, and Frank is tired of it. One evening, he comes home to find an oil-soaked seagull in his favorite chair while a duck on the ottoman pecks listlessly at an aspirin. He strides into the kitchen where his wife is comforting a shivering little wren.

"I can't take it!" he yells. "You've got to get rid of these (expletive depleted)!!"

"Please, dear," she interrupts. "Not in front of the chilled wren."

4. Reviews

A. MORNING GLORY is a romantic comedy about a producer who is hired to breathe fresh air into the last-place morning news show . . . she does so by bringing-in a legendary TV anchor, and he wants nothing to do such staples as celebrity gossip, weather, fashion and crafts . . . the clashes between Harrison Ford and Diane Keaton are funny, and I like almost anything Rachel McAdams stars in . . . after a slow start, the film picked up . . . and I was touched by the ending . . . rated PG-13.

B. Out on DVD is TOY STORY 3 . . . I'm not a big fan of animated films and so did not see this in the theaters when it originally came out . . . turns out that was a mistake on my part . . . I thoroughly enjoyed this third episode, which has Woody, Buzz Lightyear and the rest of Andy's toys going out on the road after they are thrown into the trash by mistake . . . I really felt for each of them and kept thinking back to my toys as a kid . . . and wondering whatever happened to them . . . rated PG.

C. Though I'm not a runner, I very much liked ASHEVILLE TRAIL RUNNING (see also Section 2) by Trish Brown--in large part because of a note that appears on the cover: GREAT FOR HIKERS, TOO!

After reading it, though, I'd suggest that this book is also excellent for those not even into hiking; i.e., casual walkers . . . there's much information here that anybody just wanting to get into the fresh air would find helpful--such as this bit of advice that I never knew:

* If your dog gets into a fight with another dog, the best way to neutralize the fight is to grab your dog's back leg. This will unbalance your dog, and enable you to stop the fight. However, if you choose to break up a fight, be aware you could be bitten by either dog. And then there was this tidbit that I found informative:

* Did you know that you should stop running if lightning is close by? Ken Dewey, a research climatologist for Nebraska University High Plains Regional Climate Center reports that running creates static electricity, which then ATTRACTS lightning (and walking does not). So, if you are running on a trail, and you see lightning, count how many seconds go by before you hear thunder. The National Oceanic Atmospheric Association reports that for every 5 seconds between lightning and thunder, the lightning is approximately 1 mile away (thus for 10 seconds it is 2 miles, 15 seconds it is 3 miles).

Lastly, there was this bit of advice that I found applicable for many situations:

* For any smaller size trail run--be it a 15 minute sprint or a solid hour, there is not an excuse not to take a tiny "first-aid-kit". According to Dr. Bruce Davidson, top on your list should be some duct tape. It will come in handy for many ailments. He suggests you can "use it to stop a blister, cover a wound, tape an ankle or wrist, make a sling, or even couple it with twigs to make temporary sling." You could actually take a strip and put it on your water bottle.

For those seriously into hiking and/or running in Asheville, the book is a MUST . . . it describes 25 loops for Bent Creek, along with 7 runs on the Mountains-to-Sea Trail . . . there are hand-held "Carry Cards" to guide each run, as well as maps, elevation graphs and detailed directions . . . I also appreciated how the author gave some history for about the various locales.

In addition, ASHEVILLE TRAIL RUNNING makes a great gift for those not in the area . . . so if you'd like to get some friends to come visit you, get them a copy of this book . . . it can be ordered by clicking:

http://ashevilletrailrunning.com/?page_id=38

D. Imagine if an alien was going to travel to Earth . . . would a guide book look like?

That's the question that Jon Stewart answers in THE DAILY SHOW WITH JON STEWART PRESENTS EARTH (THE BOOK); A VISITORS GUIDE TO THE HUMAN RACE, a book he co-edited with David Javerbaum, Rory Albanese, Steve Bodow and Josh Lieb.

Though not quite as funny as his previous effort, AMERICA (THE BOOK), TEACHER'S EDITION, I nevertheless found much to laugh about in this latest effort . . . Stewart et al. use nine chapters to comment on such topics as the earth, life, man, the life cycle, commerce, religion, science and culture . . . among their observations that had me laughing were these:

* Life's bottom line was this: Every living creature fought like hell to stay that way. We found antibiotics to kill bacterial diseases, at which point those diseases just figured out a different way to start killing us. Earth's creatures were in a constant, ever-changing strategic battle for the upper hand. Except spiders, who never quite found a counter for the rolled-up magazine. But as they say, "That's life."

* Religion helped overcome man's catastrophic tendency toward neighborliness and smoothed the way for millennia of wars--allowing millions of people to discover, first-hand, whether or not their religion was right about the whole "post-earth non-oblivion" thing. To sum up: Religion provided great comfort to a world torn apart . . . by religion.

* In some ways, mankind was incredibly diverse. We liked to say that each person was like a snowflake: Unique, previous and sooner or later covered in exhaust and dog urine. Yet all our lives all traced roughly the same arc from beginning to end, and passed through roughly the same milestones. It was a process we called the life cycle because it reminded us of a popular stationary exercise bike that was exhilarating but grueling, and wound up leaving

you off exactly where you started.

My only regret, in hindsight, was that I heard this book on CD . . . as such, I missed the color illustrations and accompanying captions that I skimmed in a bookstore . . . they also caused me to chuckle, such as the photo of a mother and her baby elephant that had this line with it: Advances in contraception and industrialized food production allowed modern couples to have fewer offspring, while leaving the total weight of families constant.

5. TV alert

A. To quote ZAP 2 NEWS, "It's easy to get bogged down by a premise, especially when it comes to sitcoms, but CBS's MIKE & MOLLY rises above the token fat jokes in its new comedy by casting two relatable leads--who just happen to be overweight." . . . Mondays at 9:30 p.m.

B. OUTSCOURCED is a comedy set in Mumbai about employees of an American call center . . . according to THE WALL STREET JOURNAL, "It's reliable entertainment, and now and then there's something more. Hearing that the T-shirts the company sells carry the kinds of clever messages that can help a man attract a woman, one call center employee marveled recently, "You mean you don't have to meet a woman's family or have a good job--you can meet her just from what it says on the T-shirt?" . . . Thursdays at 9:30 p.m. on NBC.

C. "Sondheim! The Birthday Concert" airs on GREAT PERFORMANCES on Sunday at 9 p.m. on PBS . . . check local stations and times because PBS shows often vary.

D. NOVEMBER CHRISTMAS is an old-fashioned tearjerker about a town that movies up the holidays to cheer up a sick girl . . . John Corbett, Sam Eilliot and Karen Allen star . . . Sunday at 9 p.m. on CBS.

6. 45 years is enough!

An old man in Phoenix calls his son in New York and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing--45 years of misery is enough!"

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the old man says. "We're sick and tired of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her." And he hangs up.

Frantic, the son calls his sister, who explodes on the phone, "Like heck they're getting a divorce!" she shouts. "I'll take care of this."

She calls Phoenix immediately, and screams at the old man, "You are *not* getting divorced! Don't do a single thing until I get there. I'm calling my brother back and we'll both be there tomorrow. Until then don't do a thing, Do you hear me?" and she hangs up.

The old man hangs up the phone and turns to his wife. "OK," he says, "They're both coming for Thanksgiving--and they're paying their own way!"

7. Websites

A. THANKS to Ken in New York for providing this useful website, which can help you understand Quantitative Easing (see also Section 11) in a surprisingly humorous way:

<http://www.wallstreetwindow.com/content/node/18288>

B. THANKS to Ginger in Florida for the following website:

A must see for every parent! Where do the years go?

The Gift of an Ordinary Day

I watched this video, and I have to admit, it almost made me cry. This is a really heartening video. It's not sad. It's happy sad. It will brighten the rest of your day to watch it. I promise.

<http://www.youtube.com/watch?v=9Mtv9hrTRvM>

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

<http://www.blaineworld.net>

In case you ever miss an issue or revisit a past one, go to "Newsletters" on the left and then

"Past Issues." This is especially helpful if you use Facebook to view this missive, and if I can't post a particular issue; e.g., as was the case with BLAINESWORLD #736. It can now be found in these archives.

SUGGESTION TO FACEBOOK FRIENDS:

If you only view issues on Facebook, let me suggest that you send me your email address so that I can add you to my regular distribution list. That way, you'll never miss an issue; in addition, you'll usually get issues sooner. You'll also never miss a post--something that often happens if you don't log on every day. And you'll find it much easier to forward the newsletter (or parts of it) if I send it to you by email.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Tired with your mouse pointer?

To check out other pointers, choose Start|Settings|Control Panel and double click the Mouse icon. In the Mouse Properties dialog box, click the Pointers tab. Use the Scheme drop-down to select a new pointer scheme from the list.

One option to check: Dinosaur scheme. Click Apply to try out the pointers first and when you find a set you like, click OK to make the change.

9. Problem solved

My neighbor found out that her dog (a Schnauzer) could hardly hear, so she took it to the veterinarian. The vet found that the problem was hair in the dog's ears. He cleaned both ears, and the dog could then hear fine.



The vet then proceeded to tell the lady that, if she wanted to keep this from recurring, she should go to a pharmacy and get some "Nair" hair remover and rub it in the dog's ears once a month. So the lady went to her local pharmacy and bought some "Nair" hair remover. At the register, the pharmacist told her, "If you're going to use this under your arms, don't use deodorant for a few days."

The lady said, "I'm not using it under my arms."

The pharmacist said, "If you're using it on your legs, don't shave for a couple of days."

The lady replied, "I'm not using it on my legs either. If you must know, I'm using it on my Schnauzer."

The pharmacist says, "Well . . . stay off your bicycle for at least a week."

10. A quote I like

THANKS to Ingrid in Pennsylvania for reminding me of this classic:

What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving?--Erma Bombeck (1927-1996), American humorist who achieved great popularity for her newspaper column that described suburban home life

11. Thought for the day

THE QE2 IS NOT A CRUISE SHIP!

by Edward J. Kohlhepp, CFP®, ChFC, CLU, CPC, MSPA and Edward J. Kohlhepp, Jr., CFP®, MBA

The markets have recovered significantly since the crash of 2008, but the journey has been anything but smooth sailing. This exasperating ride is not likely to end anytime soon. Unemployment is not coming down . . . there is still much uncertainty about taxes...we may still be facing a double dip recession . . . housing problems abound . . . and the mid-term elections have thrown us into gridlock.

The latest adventure is QE2 by the Federal Reserve. Let's go through a very quick economics lesson: **Quantitative Easing** (QE) 101.

In a normal economy, the Fed affects monetary policy by increasing or decreasing the Fed Funds Rate, the interest rate banks charge each other for loans. To stimulate, the Fed lowers rates. However, with the rate essentially at zero today and banks not lending, the Fed has to try alternative measures, i.e., Quantitative Easing (QE).

The primary goal of QE is to stimulate the economy and eliminate the possibility of deflation. But how?

The Fed prints money.

The Fed uses the printed money to buy back Treasuries from the major banks: Citibank, Chase, JP Morgan, Goldman, etc.

The banks lend this money to the consumer.

This forces money into the hands of the consumer and they start spending.

The economy is stimulated and this encourages inflation.

Successful QE relies on the fact that banks will "lend" these additional dollars into the system. It is likely that QE2 will have the following impact:

Lower long term interest rates.

Lower mortgage rates to help the housing problem.

Increase equity/stock prices by making them a more attractive investment than bonds.

Weaken further the "dollar". This will stimulate exports.

Will QE2 work? No one really knows, but the Fed has very few bullets left in the gun. And the \$600 billion stimulus over 8 to 9 months is their attempt to stimulate an economy stuck in a deep hole. We hope that it will stimulate inflation, which is much preferable to deflation. It is also likely to push commodity prices higher and further undermine the dollar.

This is a bold, complex plan with plenty of risks. Predicting future interest rates is impossible. But it is likely that short term rates will stay low at least through 2011. We also risk alienating our foreign investors, such as China and Japan, who buy 40% of our Treasuries. How long will they continue to lend us money at a near zero rate, especially when the dollar is getting weaker every day?

The Mid Tem Elections = Grid Lock

GOP picks up 60 seats in the House, 6 in the Senate. The 2010 midterm elections are over and frustration has prompted change in Capitol Hill. Republicans will control the House with

at least 239 seats; Democrats will retain a narrow majority in the Senate with at least 51 seats.

Here comes gridlock. "We're determined to stop the agenda Americans have rejected and to turn the ship around," Senate Minority Leader Mitch McConnell (R-KY) told the press after the election. So will President Obama's health care reforms be rolled back? Will federal spending be severely reduced?

Through 2012, you may not see much change at all. With Republicans controlling the House, Democrats controlling the Senate and President Obama's veto pen at the ready, you can expect plenty of legislative stalemates.

Could gridlock benefit the markets? It could be bullish for stocks. With a conservative majority in the House, Wall Street could breathe a collective sigh of relief over the next two years, feeling less regulatory pressure and seeing fewer threats and a more business-friendly environment.

Much of the gains in September and October were likely in anticipation of this event. What we have found to be even more interesting are the reactions from both Republicans and Democrats. Republicans seem to be more optimistic in gaining the house and many new governors, while Democrats seem to be relieved that they were able to retain control of the Senate; and Harry Reid won reelection fairly easily. Let's hope relief on both sides of the aisle leads to more optimism.

Taxes – will the "Bush" tax cuts be extended?

Both parties want to preserve the Bush-era income tax cuts. Analysts now think Congress may act to extend the EGTRRA/JGTRRA tax cuts through at least 2011. Will they be extended for all Americans, as Republicans want? Or just to households with incomes of less than \$250,000, as Democrats want?

Two (lame duck) Democrats have proposed extending these tax cuts for all but the really rich. Senate Banking Chairman Chris Dodd (D-CT) would like them extended for households making less than \$500,000; Sen. Blanche Lincoln (D-NE) has proposed setting the break at \$1 million. In September, 31 House Democrats wrote a letter to their party's leaders urging the extension of the cuts for all Americans.

Capital Gains and Dividends

If the Bush cuts aren't extended, the top rate on long-term gains will rise to 20% from 15% and dividends will revert to being taxed as ordinary income, with a top rate of 39.6%.

The fate of these rates is likely tied to the income-tax outcome, except that the Obama budget has requested a top rate on dividends of 20%.

Outlook

Whether the market will continue to advance over the next several quarters is, of course, impossible to predict. Although we would like to believe otherwise, it seems like Congress operates with a level of careless insouciance, being more concerned with re-election than important legislation. The U.S. consumer continues to work through substantial debt problems. The economic reality is that high unemployment and massive government debt may condemn us to slow growth for years to come.

Fortunately we at Kohlhepp Investment Advisors, Ltd. have investment strategies which can be effective in all climates.

As always, please contact us if you have any questions.

Sources:

www.wsj.com
Aetna Capital Mgt, LLC
www.Navellier.com
www.economist.com
Peter Montoya Inc.

MY TWO CENTS:

Thanks to both Kohlhepps for their gracious permission to use the above article. Their firm, Kohlhepp Investment Advisors, is the one I use for investment advice--and have been very pleased with it for the last decade. You can reach either Ed or Ed, Jr. by calling 215.340.5777. You can also learn more about Quantitative Easing by visiting the link in Section 7A.

12. Advance planning department

A. North Carolina events:

* Yours truly will be speaking at the Leadership Asheville/VISTA Professional Development Program at the LA office, 900 Hendersonville Road at 9:30 a.m. on Thursday, December 2

And to the 2010-11 Student Business Incubator at ABTech (Enka campus) on Monday, December 13 at 4 p.m.

Topic at both sessions: Positioning--How to Differentiate Yourself from the Competition

Let me know if you'd like to join me at either of both of the above sessions. You'll also have a chance to win \$500, and you'll learn the difference between a left- and right-handed pencil!

* SART Presents
Winner of 2009 ScriptFEST
FRESH PRESERVES

Based On True Stories of an Appalachian Family
by Tom Godleski
Featuring the music of the Buncombe Turnpike Bluegrass Band

Adult Tickets: \$15 / Student Tickets: \$10

Wednesday, December 1: 7:30 p.m.
Thursday, December 2: 7:30 p.m.
NO FRIDAY PERFORMANCE
Saturday, December 4: 2:30 p.m. & 7:30 p.m.
Sunday, December 5: 2:30 p.m.

Reserve your tickets for General Admission
by calling the SART Business Office at 828-689-1384

IF YOU CAN JOIN US:

We're going to the Wednesday night production and will probably catch a bite to eat beforehand . . . if you'd like to join us (and we hope that you can!), please send an email to: bginbc@aol.com and put FRESH PRESERVES in the subject line

* The Westwood Players present I'LL BE HOME FOR CHRISTMAS

A Musical about Family and Hope in the Golden Days of Radio

Directed by: Ruth Butler; Music Direction by: Stuart Littleton

Set in late 1941, the play is the story of the faith of a family, and a nation on the brink of World War II, preparing to celebrate the birth of the Prince of Peace.

The music highlights the sounds of the '40s, including swing, lush ballads, and big band songs interspersed with reenactments of radio broadcasts during that time.

I'm going to try to attend, if just to see the performance of one of my favorite local actors (and fellow SART Board member): Doug Hauschild.

Performance Dates:

December 2 (Friends and Family night) 7:00 p.m.
December 3 - 4 (Friday and Saturday) 7:00 p.m.
December 5 (Sunday Matinee) 4:00 p.m.

ADMISSION IS FREE

In lieu of admission, we are collecting wrapped toys for children in our area. If you are able to bring a gift, please note whether it is for a boy or girl and the age range.

Location: Westwood Baptist Church, 150 Westwood Place, Asheville, NC 28806

B. Pennsylvania/New Jersey events:

* 25% off entire inventory at Gardner's Antiques from November 20-30

Gardner's Antiques is located 1 mile North of Peddler's Village, route 202. New Hope, PA

215.794.8616.

www.gardnersantiques.com

* Thanksgiving Weekend Sale, 3 days only (11/26 to 11/28) at Sarar

Everything in the store: Buy 1, get 2 FREE.
Including new arrivals . . . except shoes and accessories.

www.sararusa.com

* Join us for an ActorsNET performance of A.R.Gurney's LOVE LETTERS--a chronicle of the relationship between a man and woman solely through their written messages to each other. Starring Carol Thompson and George Hartpence, this award winning play by Gurney follows the tragi-comic trials and tribulations of a couple from their pre-adolescent years through middle age.

Date: Friday evening, November 26

Location: Yardley Inn, Yardley, PA

Dinner starts at 6:30 p.m.
Show begins at 8 p.m.

All Inclusive menu (including show): \$65

For reservations call: 215.493.3800

"Love Letters is one of playwright Gurney's most popular plays," explained Actors' NET Artistic Director Cheryl Doyle. "In less than two hours, we see two star-crossed American lovers--Andrew Makepeace Ladd 3rd and Melissa Gardner. Gurney carries them over a period of 50 years from second grade through the trauma of adulthood, marriage, divorce and middle age. It is a staged reading of unadorned theatre. As one actor reads, the other reacts, communicating the bittersweet reactions to the words. This work speaks equally to the heart of anyone in love or anyone who has loved and lost. It is, quite simply, brilliant.

It's appropriate George and Carol would launch our new partnership with the Yardley Inn and star for us in Love Letters," Ms. Doyle said. "For them, it's a labor of love. They love each other, this play, our theatre company and the Yardley Inn. They are enthusiastic regular patrons of the Yardley Inn, always extolling their great food and atmosphere. We've secured one of their favorite directors, Susan Berry Cadoff, to direct. She previously directed them in this stage play for a benefit performance elsewhere.

"By the way," Ms. Doyle added, "George Hartpence noted recently that the show will be staged in the same room where he and his wife held their wedding rehearsal dinner seven years ago!"

* Savannah, MBA (www.HealingWithSavannah.com), sound healer and master of meditation and self-healing techniques, will be presenting at:

A Day for All Women
Revitalize Your Spirit through Color, Sound & Humor

Sunday December 5th, 2010
9:30 a.m.-4:00 p.m.

The Health and Wellness Center
847 Easton Rd. (Rt. 611), Warrington, PA

Bring along a yoga mat, blanket and/or pillow for you added comfort!

For more information please call: Dawn Friedland at 215-264-4366 or Michele Rix at 215-969-1747.

PS. Happy turkey day to you and yours . . . in case you're wondering about the holiday, I thought the following would at least answer some of your questions:



THANKS to Pat Achilles for permission to use the above . . . she does great cartoons, greeting cards, artwork for children's books and so much more . . . for more information, call her at 215.348.4837 or email her at: patachilles@aol.com . . . you can also get a FREE weekly cartoon delivered to your email by clicking:

<http://www.achillesportfolio.com/freecartoonsignup.htm>

Also, methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

Blaine Greenfield
19 N. Kaufmann Stone Way
Biltmore Lake, NC 28715
Phone : 828.633.1049

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BLAINESWORLD

BLAINESWORLD
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In this issue:

1. Reflections
2. FYI
3. My kind of organization
4. Reviews . . . WAITING FOR SUPERMAN, etc.
5. TV alert
6. Brace yourself
7. Websites
8. Computer tip
9. Life in Minnesota
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I loved MENOPAUSE THE MUSICAL, which we saw with our friends Brian and Carole . . . that's Cynthia (second from left) and Carole (far right), both of whom got to go on stage at the end of the production with two of the performers.



We've been meaning to see it for quite some time and so were delighted to be able to catch it when it came to Asheville for a one-week run . . . If you're not familiar with the show, here's a clip from it:

<http://www.youtube.com/watch?v=wLlftS5g7y4>

Prior to the show, we went for dinner at Zambra . . . to quote from the website:

We are inspired by Spanish tapas bars...but we add our own original ideas! Our food features the tastes of the Western Carolinas - with appropriate gypsy influences. We believe the focus should be on quality ingredients and a cuisine which is at once pure, simple, and joyful.

The salads were excellent . . . I liked the brisket, and Cynthia said her trout was excellent . . . Brian and Carole also enjoyed their meatball, calamari and mushroom dishes . . . for more information, please click:

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

We also enjoyed seeing our friend Kaleo Wheeler in a concert of music storytelling at the newly-renovated Masonic Temple . . . she put on a great show, as did several of her friends who jointed her on stage.



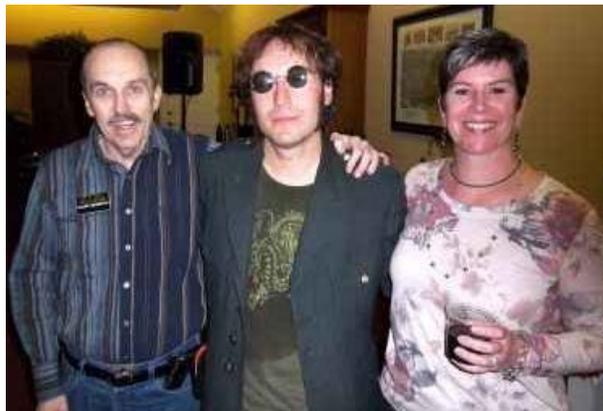
For more information about Kaleo, please click:

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

B. Back at Biltmore Lake, there was a great "Friday Night Social" that featured a John Lennon tribute band that was led by John Leo . . . he was sooooo good; in fact, we're looking to get him back for an outdoor concert this summer . . . for more information, please click:

<http://www.myspace.com/john.leo>

That's John in the middle, my friend Sally is on the right, and I think you know who is on the left.



C. As you may have heard, I am now officially a member of the Biltmore Lake Board of Directors. It turns out that I won the election, along with Dave Beyer. He's a real nice guy, and I'm looking forward to working with him. Kudos, also, to those who just missed being elected: Fred Teach (who deserves praise for his years of service on the Board) and Frank Mullen (who waged a great write-in campaign). And special recognition to Carol Keleher, another present Board member, who chose not to run after two terms of service.

In addition, I was recently named to the Board of Directors for my favorite local theatre-- SART (Southern Appalachian Regional Theatre) in Mars Hill . . . as such, I'd like to extend an invitation to join Cynthia and me at the following production that starts in December:

SART Presents
Winner of 2009 ScriptFEST
FRESH PRESERVES

Based On True Stories of an Appalachian Family
by Tom Godleski

Featuring the music of the Buncombe Turnpike Bluegrass Band

Adult Tickets: \$15 / Student Tickets: \$10

Wednesday, December 1: 7:30 p.m.

Thursday, December 2: 7:30 p.m.

NO FRIDAY PERFORMANCE

Saturday, December 4: 2:30 p.m. & 7:30 p.m.

Sunday, December 5: 2:30 p.m.

Reserve your tickets for General Admission
by calling the SART Business Office at 828-689-1384

IF YOU CAN JOIN US:

We're going to the Wednesday night production and will probably catch a bite to eat beforehand . . . if you'd like to join us (and we hope that you can!), please send an email to: bginbc@aol.com and put FRESH PRESERVES in the subject line.

D. CONGRATULATIONS to:

* Roberta Mayer, a teaching colleague from my days at Bucks County Community College . . . she was recently named as Pennsylvania Professor of the Year by the Carnegie Foundation for the Advancement of Teaching and the Council for the Advancement and Support of Education . . . this was a most deserving choice . . . for more information, please click:

<http://tinyurl.com/25hgafs>

* Kohlhepp Investments named for the second year in a row as a 2010 Five Star Wealth Manager . . . you can find the Five Star profile in the November, 2010 issue of PHILADELPHIA MAGAZINE.

* Kathryn Long, who at the Gala Awards Presentation for the Carolinas Chapter, AISD, brought home first-place and honorable mention awards. The top prize was for the new Tupelo Honey Café on Hendersonville Road, and the honorable mention was for adaptive reuse of 189 East Chestnut Street, Ambiance's new home.

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

This week, it goes to Annette Kroll--the realtor who helped my brother and I sell my mother's apartment. (We just had the closing.)

Annette had been my parents' realtor, I think, ever since they moved to North Shore Towers in Floral, Park, NY. She helped them with several purchases and sales, and they were very fond of her.

When my folks died, Annette then helped us find a renter for the apartment--and that renter just recently wound up buying the place.

Annette was always available to take our calls, make recommendations and give advice. Working with her has always been a real pleasure to . . . and she is somebody I'd recommend to anybody looking to move into North Shore Towers . . . or for that matter, anywhere on the North Shore of Long Island.

She can be reached at 718-631-8867 or via email, EGK22@aol.com.

2. FYI

Richard in North Carolina shared this great idea at a recent SCORE meeting:

At the holidays, we often remember the less fortunate . . . that's great to do, but also don't forget the many organizations in the Asheville area who do good work--including Asheville SCORE. Consider making a contribution to them.

MY TWO CENTS:

I like this idea and, as a result of it, will make contributions to some of the groups in the area who do good work the entire year. SCORE is certainly on my radar screen, as is SART. Some others might want to consider Mission Hospital and . . . well, the choice is up to you.

What Cynthia and I typically do: Make these contributions, in lieu of sending holiday greeting cards. So if you don't get a personal Chanukah, Christmas or Kwanzaa card from us, please don't be insulted. We will instead use the money that we save on not buying cards, stamps, etc. and instead use it to make a contribution in recognition of your friendship

FYI, part 2

* Vic in North Carolina [on flu shots]:

Mary Anne and I both got flu shots also. I usually get one because of all my contact with the public in the pharmacy. They are recommended for all health care workers (I think required for Mission Hospital employees) school teachers, older people (we do not fall in this group), and people who have a health condition where flu could seriously aggravate or cause death (asthma, etc.). I would normally recommend for someone who comes in contact a lot with the public, as both you and Cynthia do with all you are involved in. However, it must be a personal decision with her.

* Jean in Pennsylvania, sharing a great contest:

Could you design the worst logo of all time?

<http://adweek.blogs.com/adfreak/2010/11/could-you-design-the-worst-logo-of-all-time.html>

* Andy in Pennsylvania:

My daughter Laura works for E NEWS. She produced this piece about the New Harry Potter Movie

It was on E News last night.

If you want to see what she does, click on the link. She put together the entire piece, including what the hosts say about it.

There is 30 second commercial first, just close your eyes for that part.

http://www.eonline.com/videos/v91468_growing-up-with-harry-potter.html

* Marsha in New Jersey:

See if you can find Becca [my daughter] in the various pages of this ad campaign of:

www.maozusa.com

* Scott in Pennsylvania:

\$15 Refund in Frosted Mini-Wheats Class Action Suit

www.cerealsettlement.com

* Marilynne in North Carolina:

How To Wrap A Cat For Christmas

This is so cute.

http://www.youtube.com/watch?v=jm3dm5J5r0A&feature=youtube_gdata_player

* Lorraine in New Jersey:

INSPIRED: Started a GOOD CAUSE jar. Garage owner refunded my \$\$ so I decided to save it for a good cause. New PIF jar.

<http://ow.ly/i/5vOB>

I overpaid \$20 for a \$7 lost ticket, thought I'd rather give the \$13 to someone who really needed it. Since he replied to my intention, I remained true to my word. Went home, found a great jar, made my first deposit with his refund & another deposit since. Pay It Forward.

* Laz in Pennsylvania:

Possibly an interesting website (just ran into it), but definitely a pretty cool animation:

<http://www.good.is/post/intermission-mapping-10-centuries-of-european-history-in-five-minutes/>

* Maria in North Carolina:

I enjoyed that "Random Acts of Culture" so much! Passed it on. Also, the interview with Kevin Spacey is so worthwhile. Thanks a bunch!

* Pat in Pennsylvania:

Carrabas is one of my favorite restaurants! There are a bunch in the Philly area now and a bunch in Florida. Yummy!!

* Ed in West Virginia:

All I can say is WOW! Incredible people doing incredible things!!

http://www.youtube.com/watch?v=Vo0Cazxj_yc

* Lana in Ohio [on removing scuff marks]:

You can try a soft eraser on the scuff marks if the leather hasn't been too roughed up. And in desperation, I have used a cotton swab with Vaseline and rubbed until the offending mark is gone.

* And Savannah in New Jersey on the same topic:

I often use a sharpie or marker to help hide scuff marks. Just match the marker to the shoe color

3. My kind of organization

The American Hyphen Society is a community-based, not-for-profit, grass-roots consciousness-raising/education-research alliance that seeks to help effectuate the across-the-board self-empowerment of wide-ranging culture-, nationality-, ethnicity-, creed-, gender-, and sexual-orientation defined identity groups by excising all multiculturally-less-than-sensitive terminology from the English language, and replacing it with counter-hegemonic, cruelty-, gender-, bias-, and, if necessary, content-free speech.

The society's motto is "It became necessary to destroy the language in order to save it."

Its headquarters are in Wilkes-Barre, Pennsylvania.

4. Reviews

A. Even if you're not a fan of documentaries, I urge you to watch WAITING FOR SUPERMAN . . . it's a provocative look at the attempts to reform schools in this country, and it will get you thinking about why things are as bad as they are . . . I will tell you that if you're a member of a teacher's union, you might not like some of what comes up in the film--but that's even more of a reason to watch it . . . rated PG, though the subject matter is something that would probably only be of interest to those over the age of 12.

NOTE:

The director (Davis Guggenheim) was also responsible for AN INCONVENIENT TRUTH, an equally provocative documentary about global warming. Rent this one if you've never seen it.

B. THE KIDS ARE ALL RIGHT is now out in DVD format . . . my review from BLAINESWORLD #722 follows:

THE KIDS ARE ALL RIGHT is a smart, funny comedy that also has its serious moments . . . it also has some of the best dialogue that I've heard in a film for quite some time . . . Annette Benning and Julianne Moore are married, and they share a home with their two teenage children . . . all is well until their son decides he wants to both find and meet his biological father . . . his sister agrees to help, and rather than tell you any more about the plot, I'll just tell you to be prepared for an engrossing 104 minutes and an ending that's perfect . . . acting is topnotch too--not only from the two leading performers, but also from Mark Ruffalo, Mia Wasikowska and Josh Hutcherson . . . rated R.

C. A few years ago, one of my radio show guests was a representative from Habitat for Humanity . . . I was impressed by both what he had to say and the organization and now am even more so after reading IF I HAD A HAMMER (see also Section 11) by David Rubel.

This it seems the book was originally written for younger readers, I think it can be enjoyed by individuals of any age . . . what I found particularly interesting was the fact that Habitat for Humanity does much good for the entire world--and not just this country.

In addition, I was touched by the experiences of both the volunteers and those who had homes built--such as this one:

* Sherwood and Marsha's experience illustrates a point that Danielle Weir makes about interacting with people in need. "Something I learned when I was young and have relearned in my nonprofit work is the importance of inviting the poor to a sense of dignity," Danielle says. "Habitat does that by inviting people to participate in the building of their own home. It'd certainly be easier to have professional builders do all the work and not get involved with homeowners and volunteers, but Habitat is about more than just the physical outcome. It's about the process, and part of that process is creating dignity in the lives of the partner

families. Another part is having everyday people come out to help. All of it is connected."

I also liked how the author shared some of the background that led to the success of Habitat for Humanity:

* Fuller's first move after the conference was to open a headquarters for Habitat in the back room of his new law office in Americus. At the same time, he returned to one of the core principles that he had learned from Clarence Jordan: The "haves" and the "have-nots" of the world are bound together. According to Jordan, the rich and the poor need each other. The poor need resources, such as money, in order to improve their lives; and the rich need a connection to God and other people, which their money can't buy. For this reason, Jordan saw the Fund for Humanity as an effective and dignified way to bring rich and poor together for the benefit of both. As Jordan once wrote, "What the poor need is not charity but capital, not caseworkers but coworkers. And what the rich need is a wise, honorable, and just way of divesting themselves of their overabundance."

The book even got me thinking, particularly this tidbit from the foreword by Jimmy Carter:

* We affluent Americans frequently fail to realize that these things are missing from the lives of many people, not only around the world but also here in our own country. When the new millennium began in 2000, I was asked to make a few speeches in different places around the world about the greatest challenge facing humanity. It didn't take me long to identify what that challenge was: the growing separation between rich and poor. Did you know that in the year 1900, the people who lived in the world's ten richest countries were, on average, about nine times richer than the people who lived in the world's ten poorest countries? That doesn't seem like a lot, but as time passed, the gap widened. By 1960, the world's richest people were thirty times wealthier than the world's poorest people, and today the world's richest people are more than seventy-five times more wealthy!

Lastly, several photos from around the world added to my enjoyment of IF I HAD A HAMMER.

D. A book on CD called to me when I saw its captivating title: DIFFICULT CONVERSATIONS: HOW TO DISCUSS WHAT MATTERS MOST--written and read by Douglas Stone, Bruce Patton and Sheila Heen.

The fact that Patton was one of the authors also caught my attention, in that he was the coauthor of one of my favorite books on negotiations, GETTING TO YES!

This effort covers such topics as dealing with your ex-husband who can't seem to show up reliably for weekends with the kinds navigating a workplace fraught with office politics or racial tensions, and saying "I'm sorry" or "I love you." No matter who we are, we've all had to have similar conversations and too often, they don't go as well as we would like.

DIFFICULT CONVERSATIONS at least makes them easier by providing such useful advice as the following:

- * Use "and" to help you become clearer; e.g., "I understand what you're saying, and I feel this way."
- * Put things on the table without judgments.
- * Saying "I feel" will cause the other person to be less likely to argue with you.
- * Postponing a conversation can sometimes be helpful.
- * Sometimes, actions are better than conversations; e.g., going to a mother's home rather than always being asked, "When are you going to come home?"
- * People are more likely to change when they don't have to.
- * If you don't have a question, don't ask one; e.g., "Are you going to clean the refrigerator?" vs. "Please clean the refrigerator."

And this one final tidbit, which I have personally found very useful: Be careful when making judgments. It is easy to say, "Spanking is wrong," but a better way to say this might well be, "I believe spanking is wrong."

5. TV alert

A. Female "kitchen-table inventors" vie for chances to sell their ideas on air on *HOMEMADE MILLIONAIRE*, produced and judged by noted product enthusiast Kelly Ripa . . . Friday at 10 p.m. on TLC.

B. *DENNIS MILLER: THE BIG SEARCH* features the opinionated comedian in a prerecorded show from the Irvine Barclay Theater . . . Friday at 10 p.m. on HBO.

C. I'm a sucker for holiday movies such as THE NIGHT BEFORE THE NIGHT BEFORE CHRISTMAS . . . this one promises to be a sweet story about a family (headed by Jennifer Beals) trying to help an amnesia-stricken Santa Claus regain his memory . . . Saturday at 8 p.m. on HALLMARK CHANNEL.

D. SUNDAY NIGHT FOOTBALL has the New York Giants visiting Philadelphia . . . 8:15 p.m. on NBC. I still haven't gotten into rooting for the Carolina Panthers. so I'll be watching this game instead.

6. Brace yourself

Be forewarned, too, before you look at the following picture. It is definitely not for the light-hearted.

A pilot at low level has no control over his aircraft. It narrowly misses a crowd gathered for an airshow and slams into four buildings. One can only imagine the horror of the occupants inside those buildings.



7. Websites

A. Jim Donovan, one of my favorite authors and motivational speakers, is now starting to post brief clips of his ideas on a variety of topics . . . this one gives some very specific and useful advice on making the law of attraction work even better:

<http://www.youtube.com/watch?v=IUE6JW5w9Gk&feature=share>

FOR MORE INFORMATION (about Jim):

Check out his website:

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

B. This routine by Francis Dilorinzo (on "Homemade Implants") is as funny as anything I've seen in quite some time:

<http://www.youtube.com/watch?v=7wFhSbJWWZM>

THANKS to Carrie in Florida for sharing the above!

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

<http://www.blainesworld.net>

If you're new to the above, take a look at some pictures of yours truly, along with Cynthia, friends, relatives, etc. . . . just click "Blaine's Best" to the left and then "Pictures" . . . when you do, make sure you have your sound on so that you can listen to what's arguably the greatest rock song of all time!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Ginger in Florida (for Facebook users):

If you're not crazy about the smaller font that FB switched to recently, try this tip that was posted by a FB friend. It works as I already tried it!

Just hit "Ctrl" and the + or - sign to enlarge or reduce the font. Repost for your friends so they can read your status posts--without suffering eye strain.

9. Life in Minnesota

Sven is passing by Ole's hay shed one day when through a gap in the door he sees Ole doing a slow and sensual striptease in front of an old red Massey Ferguson.

Buttocks clenched, he performs a slow pirouette and gently slides off first the right suspender, followed by the left.

He then hunches his shoulders forward and in a classic striptease move lets his braces fall down from his shoulders to dangle by his hips over his corduroy trousers .

Grabbing both sides of his checked shirt he rips it apart to reveal his tea stained vest underneath and with a final flourish he hurls his flat cap on to a pile of hay.

"What on earth are you doing Ole?" says Sven

"Jeez Sven, ye frightened the livin bejusus out of me," says an obviously embarrassed Ole, "but me and the Missus been having some trouble lately in the bedroom department, and the Therapist suggested I do something sexy to a tractor."

10. A quote I like

I may not have gone where I intended to go, but I think I have ended up where I needed to be.--Douglas Adams ((1952-2001, English writer and dramatist best known as the author of THE HITCHIKER'S GUIDE TO THE GALAXY

11. Thought for the day

Of all of Tom's stories, the one he most enjoys telling concerns his "rooftop revelation." The story begins with a phone call from a Jewish friend whose synagogue wants to build a Habitat house. The problem is that the Lynchburg affiliate schedules most of its work on Saturdays, which is the Jewish Sabbath and thus a day on which observant Jews are not allowed to work. Tom's friend needed to find an experienced builder willing to lead the synagogue group on a Sunday build, and Tom agreed. "I don't do too well sitting in a pew, so I welcomed the chance to do my praying with a hammer in my hand," Tom says. The framing took place on Palm Sunday, and at the end of the day, Tom found himself up on the roof, supervising the decking. "We'd had a great day, and I was standing on the ridge of the roof with the sun going down when it hit me. Here I was, a lapsed Catholic who now attends a United Methodist church, working with a Christian organization on a home sponsored by a Jewish synagogue for a family of Baptists. At that moment, I realized that no matter what your vision of a supreme being may be, this is what he or she had in mind. We're all just supposed to join hands and do what's needed.

SOURCE:

IF I HAD A HAMMER (see also Section 4C) by David Rubel

12. Advance planning department

A. North Carolina events:

* Biltmore Lake welcomes Candy Shivers, a member of the Mission Hospital Board of Directors and Mission Healthcare Foundation Board of Trustees, and John Locke, Director of Philanthropic Initiatives at the Foundation to talk about Asheville's own nationally-recognized hospital and the new cancer center.

Date: November 19

Time: 7 p.m.

Location: Clubhouse , 80 Lake Drive, Candler

Cancer strikes 1 in 8 people in the US today. The very best care is what we all want for ourselves and families--and we want it close to home. We will soon have a top facility with research ties to Lineberger Center at UNC Chapel Hill.

A non-profit hospital, Mission is one of the nation's Top 100 Heart Hospitals, one of the Top 50 in Orthopedics, one of the Top 50 in Endocrinology - and now our own full-spectrum cancer facility too!

November 19th is the opportunity to learn first hand what this means to each of us.

Come as my guest. Contact me if you need more information and/or directions.

* Yours truly will be speaking to the 2010-11 Student Business Incubator at ABTech (Enka campus) on Monday, December 13 at 4 p.m.

Topic: Positioning--How to Differentiate Yourself from the Competition

Let me know if you'd like to join me!

B. Pennsylvania/New Jersey events:

* As a way of saying "Thanks" [from Comedy Cabaret] . . .

We have an E Special for You that is good for Friday Nov 19th only at either South Jersey or Northeast Philly Clubs.

You and your entire party will be admitted for 1/2 price as long as seats are available. So please make your reservations early.

IMPORTANT: To receive offer when you make your reservation you need to type "E-special" in the comments box.

When you arrive at the club you all get in for half price!

South Jersey:

<http://www.comedycabaret.com/newjersey.html>

Greater Northeast Philly:

<http://www.comedycabaret.com/northeast.html>

* Savannah, MBA (www.HealingWithSavannah.com), sound healer and master of meditation and self-healing techniques. (bring along a yoga mat, blanket and/or pillow for you added comfort!) will be presenting at:

Solutions

126 N. State Street, Newtown, PA

(215) 968-9750

Sunday, November 21, 2010 at 1:00 p.m.

and, also, at:

A Day for All Women

Revitalize Your Spirit through Color, Sound & Humor

Sunday December 5th, 2010

9:30 a.m.-4:00 p.m.

The Health and Wellness Center

847 Easton Rd. (Rt 611), Warrington, PA

For more information please call: Dawn Friedland at 215-264-4366 or Michele Rix at 215-969-1747

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#736
11.8.2010

In this issue:

1. Reflections
2. FYI
3. Sorry to bother you
4. Reviews . . . LIFE AS WE KNOW IT, etc.
5. TV alert
6. Irony
7. Websites
8. Computer tip
9. What a real woman does
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I saw THE PRISONER OF SECOND AVENUE at Flat Rock Playhouse. It is a comedy/drama, written by Neil Simon, that wasn't particularly funny in our opinion . . . though the acting was fine, the show left us flat . . . it runs through November 20; for more information, please click:

<http://www.flatrockplayhouse.org/>

Afterward, we went to Carrabba's Italian Grill in Arden . . . that is just one of the many restaurants in the area that now offers a gluten-free menu . . . Cynthia said her chicken was very plain, though she enjoyed her salad . . . my spaghetti bolognese dish was quite good . . . for more information, please click:

<http://www.carrabbas.com>

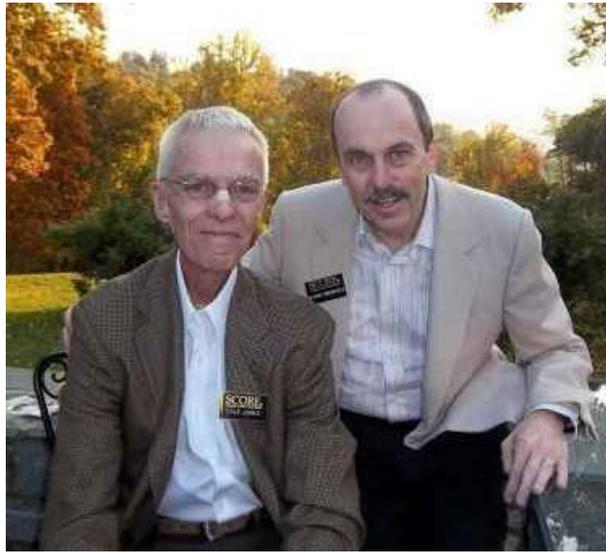
The key to going there is to arrive before 5:30 p.m. . . . the place gets packed shortly thereafter.

In addition, during the week we went to Posana Cafe in downtown Asheville . . . Cynthia has been there before and likes it very much; this was my first visit.

Everything is made-from-scratch . . . I was not crazy about my herb-roasted chicken, but Cynthia enjoyed her grilled yellowfin tuna and the accompanying quinoa with spinach . . . I thought that portions were on the smallish side and given that salads are extra, the prices are definitely not cheap . . . for more information, please click:

<http://posanacafe.com/>

B. My involvement with SCORE continues to keep me busy . . . we recently had a reception at the Governor's Mansion in Western North Carolina . . . that's yours truly with Dale Jones, my mentor who helped smooth my transition into the organization.



KUDOS to Greg Jones for taking care of all the arrangements, as well as to Nick Jordan who served as master of ceremonies for the event.

And consulting for a variety of clients remains both fun and interesting . . . that's one of them, Michael Bazley (left), along with my SCORE colleague Wes Morgan.



Wes and I met with Michael and, in doing so, answered some of Michael's questions about the patent process . . . Wes even had time to play the game and to the surprise of us all, actually beat Michael (who invented it).

THE OFFER REMAINS:

If you'd like me to provide FREE business consulting to you and/or your organization, just write me via bginbc@aol.com and put CONSULTING in the subject line . . . if I can't help you, I'll point you in the direction of some other counselor who might be able to do so.

C. The election for the Biltmore Board of Directors approaches its November 15th conclusion . . . again, please remind all those you know who live in Biltmore Lake to:

Vote
4
Blaine

Catchy slogan, isn't it?

I posted it on Facebook and got a big kick out of the many comments that followed, including:

* Kathy in Pennsylvania:

Just knew you couldn't stay "retired" for long. Good luck in the election. If I were there, I would vote for you--early and often!

* Joe in Pennsylvania:

Can't wait till the attack ads start! Is this the Biltmore Lake Tea Party or the Biltmore Lake Wine & Cheese Party?

* John in New Jersey:

Don't send Biltmore down the drain, vote for Blaine!

* Debbie in Illinois:

I live by Chicago. Might be able to get some of them dead people that vote all the time to show up.

* John in New Jersey, part 2:

Biltmore is a RETIREMENT community. You don't need to import the deceased. (Sorry, Blaine!)

Now that I think about it, since it is a community for Old Folk like Blaine, how about Aches and Pains for Blaine?

A can of ensure in every pot, and a Hover-round in every garage.

Don't Abstain . . . Vote for Blaine!

* Chris in Pennsylvania:

Take away the Pain, Vote for Blaine.

* Marlene in North Carolina:

How about forget-me-not seed packets imprinted Remember to Vote for Blaine--more eco-friendly than posters.

* Chris in North Carolina, part 2:

How about Sunflower seeds because Blaine is so sunny.

D. Mr. Curious here:

How do you remove scuff marks on shoes? Any recommendations would be much appreciated. I have one pair of black shoes that I live very much . . . and they're oh-so-comfortable . . . however, they are scuffed in the front, and I would like to be able to make them look like new--or at least somewhat.

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

This week, it goes to Bill Zaccaria and several staffers at this law firm, Zaccaria & Sasson, in Great Neck, NY; 516.487.1602.

Bill is the lawyer representing my brother and me on the sale of my mother's apartment. (Yes, at long last, it is being sold!)

He has returned every call and email, often within minutes. He has also answered every question and made the task for me as easily as it could be, given the fact that I am no longer in the area--nor will I be attending the closing.

I've also had the pleasure of working with several members of his staff: Sylvia Figuero, Susan Weissberg and Tim Sheahan. They have all been equally as helpful.

2. FYI

The leader is surrounded, yet lonely. Leaders need people they can trust. They need people who can and will deliver the unvarnished truth, the organization scuttlebutt, reactions to ideas, solution suggestions. These people may be inside the organization or on the board, but most often they will be outsiders. These people are the leader's "kitchen cabinet."

The phrase "kitchen cabinet" dates from 1832, when President Andrew Jackson had three trusted friends who met with him frequently to advise on important and private issues. This group had more influence than did Jackson's official cabinet. To avoid detection the three advisors would come and go through the back door, in the kitchen.

Great leaders have a kitchen cabinet all through their career. The kitchen cabinet is often one person. One trusted confident. One consigliere. One of wise counsel and advice. Get a good kitchen cabinet, and it won't matter how it gets in the kitchen.

SOURCE:

HOW TO BE A FIERCE COMPETITOR (see also Sections 4C, 10 and 11) by Jeffrey J. Fox

FYI, part 2

* Terry in New Jersey and Florida (with a great real estate offer in NJ):

Charming apartment in Rossmoor Adult Community. Very sunny and bright. 2 bedrooms, 1 bath. Waling distance to NY bus. Clubhouse. Fitness Center. Deli. New appliances. 2nd floor. Just \$39,500. For more information, call Terry at 561.596.3521.

* Free Coffee at Burger King on Fridays in November: Stop by any **participating Burger King location** every Friday in November to get a **free 12-oz. cup of Seattle's Best Coffee**. No purchase is necessary. You can also get a **free small coffee at 7-Eleven** stores through the end of December 2011.

* Great video of the song, "I Believe in You" . . . if you want a pick-me-up, listen to this!

<http://www.youtube.com/watch?v=0WGUt6xaK00>

* Pat A. in Pennsylvania:

You might want to include for a laugh . . . and this was sent to me BY AN ITALIAN AMERICAN, and SHE thinks it's funny too . . . so I would hope you wouldn't get complaints!

Comedian Mike Marino recommends we get an Italian American President from New Jersey:

<http://www.youtube.com/watch?v=Z5vZIDPonoY>

* Rob in Pennsylvania was featured on a new show YouTube:

Another benefit to watching is that you'll get to see Jean Ryersbach, my longtime friend.

<http://www.youtube.com/user/liloschuster>

* Pat H. in Pennsylvania:

I've noticed that a lot of foods are posting gluten-free information. For one, Chex cereal is putting it on their cereal boxes--saying that they are gluten-free.

* Tammy in North Carolina:

I finally figured out how to upload a video to youtube . . . sharing Brian's story as part of a safety awareness kickoff on June 8, 2010. Let me know what you think and please recommend to others if so moved.

Brian would have celebrated his 20th birthday this Saturday.

<http://www.youtube.com/watch?v=1kpbgViz1hw>

* Jim in Pennsylvania:

How to Make the Rest of Your Life, the Best of Your Life - 1

First in a series of videos about how you can learn to make the rest of your life, the best of your life. Step #1: Dispel the Myths about age and aging.

* Sharon in Pennsylvania:

RED was awesome! Fun action movie. I adore Helen Mirren, John Malkovich, Morgan Freemans' characters. And Karl Urban is now officially one of my favorite actors. Hope they have sequel. Need to check out the book/graphic novel.

3. Sorry to bother you

A man follows a woman out of a movie theatre. She has a dog on a leash. He stops her and says, "I'm sorry to bother you, but I couldn't help but notice that your dog was really into the movie. He cried at the right spots, he moved nervously in his seat at the boring parts, but most of all, he laughed like crazy at the funny parts. Did you find that unusual?"

"Yes," she replied, "I found it very unusual--especially since he hated the book!"

4. Reviews

A. LIFE AS WE KNOW IT is a formulaic comedy about two individuals, who though they can't

stand each other, are forced to work together to raise the baby of their friends . . . it was surprisingly funny, in large part because of the chemistry between Katherine Heigl and Josh Duhamel (in the leading roles) . . . if you didn't see it in the theaters, don't rush out to do so--but consider it as an enjoyable option for when the DVD comes out . . . rated PG-13.

B. I don't remember reading about AMERICAN VIOLET when it came out in 2008, but found it a very pleasant surprise when I saw it on DVD . . . it is a drama inspired by true events about a 24-year-old mother of four who is forced to take on a corrupt district attorney when she's unjustly prosecuted in a large-scale drug case . . . performances by Nicole Beharie, Michael O'Keefe, Alfre Woodard, Tim Blake Nelson and Will Patton were all outstanding . . . do find this film; you'll be glad that you did . . . rated PG-13.

C. Jeffrey J. Fox is one of my favorite business authors . . . his HOW TO BECOME A RAINMAKER is a book I have often recommended, and his latest effort--HOW TO BE A FIRECE COMPETITOR (see also Sections 2, 10 and 11)--will be another one.

Fox tells readers, to quote the subtitle, WHAT WINNING COMPANIES AND GREAT MANAGERS TO IN TOUGH TIMES . . . he does so in 60 short, insightful chapters, providing useful advice on just about every page.

What's best: His ideas are practical and can be adapted to a wide range of situations.

For example, the author observes:

* Great leaders do not waste management and marketing time seeking to get on the cover of Bossadacious magazine. Instead, great leaders and managers care far more about getting stories of their products, grateful customers, and compelling case histories into the magazines and on television.

He also points out what should be the obvious to companies--but far too often isn't:

* If visiting customers first see a row expensive cars, they may assume the company's prices are too high.

If suppliers first see a line of flashy cars, they will assume the company can afford to receive higher prices.

A company's VIP's are its customers. Customers get the VIP parking spaces.

And with monthly reports, I loved this observation he made:

* The ubiquitous monthly report is not sacrosanct; 97.4 percent of monthly reports are a waste of management time, a waste of paper, of paperclips, of ink cartridges. Monthly reports are ancient history. By the time they percolate up and through layers of management, it is already next month.

Depending on a company's political landscape, monthly reports may be less than candid. Any monthly report longer than one page is creative writing. They may be used to avoid or divert criticism or oversight. They may not expose mistakes that need correction. Few monthly reports lead with a headline, "I was so unprepared for the sales call on Big Customer that the guy told me to leave," or "Our competitor introduced a new product similar to the idea I nixed, and it is not beating us like a piñata bat."

Do the math. Let's say a company requires eighty monthly reports from managers, sales people, department heads. Each report takes at least six hours to research, craft, publish. That is 480 hours in report preparation. Each report goes to an average of ten people and takes two hours to read (if anyone bothers). That is 1,600 reading hours. Leaving out the time invested in writing response notes, the time to respond to the responses, and so on, and so on, this company's report addiction consumes 2,100 hours per month. That is 25,200 hours per year that this company invests in reading old news, instead of making news, making sales calls, innovating new products. That is twelve and one-half years of employee time!

The holiday season is approaching . . . if you are looking for the ideal gift for anybody you know who is in business or working in the non-profit sector, you won't go wrong by purchasing for him or her a copy of HOW TO BE A FIERCE COMPETITOR.

D. I'm not a soccer fan, so I was surprised to enjoy the CD version of WORLD CUP by Matt Christopher as much as I did.

It's a comprehensive look at every World Cup match every played, and it helped me gain a better understanding of both the sport and its popularity throughout the world . . . though aimed at young adults, I think the program is appropriate for anybody wanting to gain a greater understanding of the subject.

For example, I was interested to read that in one match, both teams worked at keeping the score low in order to block another team from advancing (this rule has since been changed) . . . and for me, the book came alive when players I've heard about were mentioned: Diego

Maradona, Pele and David Beckham.

I don't know if WORLD CUP will have me rushing to watch every match in the next competition in 2014; however, I will at least now be somewhat interested in the event.

5. TV alert

A. Kenny Chesney, Tim McGraw and Taylor Swift help count down the 40 GREATEST [country] SONGS OF THE DECADE . . . Saturday at 8 p.m. on CMT.

B. TRACY MORGAN: BLACK AND WHITE features Morgan in his first HBO stand-up special, taped at New York's Apollo Theatre . . . Saturday at 10 p.m. on HBO.

C. SARAH PALIN'S ALASKA has the former governor showcasing some of her state's natural wonders in this new travelogue . . . Sunday at 9 p.m. on TLC.

D. TINA FEY: THE MARK TWAIN PRIZE will have Fey receiving the Kennedy Center prize for American Humor, along with some barbs from Amy Poehler, Steve Carell and Betty White . . . Sunday at 9 p.m. on PBS . . . because PBS dates and times often vary, check local listings.

6. Irony



7. Websites

A. THANKS to Edie in Pennsylvania for sharing this inspirational interview with Kevin Spacey about what it takes to being successful:

http://www.youtube.com/watch?v=5mdW_ihN830

B. THANKS to Mary Lou in North Carolina for sharing the following website:

This is wonderful. Hope you will take the time to enjoy, especially since the holiday season is coming soon.

It is a video filmed in the beautiful old department store in Philadelphia . . . at one time the John Wannamaker Department Store, now Macy's. It is a beautiful old store with an atrium that goes all the way to the ceiling on the top floor . . . many floors. I know you will enjoy this video of the "Hallelujah Chorus."

<http://www.creativeminorityreport.com/2010/11/awesome-pop-up-hallelujah-chorus-at.html>

MY QUESTION:

So when do we get a similar thing going in Asheville?

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

<http://www.blaineworld.net>

To see the books I've reviewed and generally enjoyed, go to "Blaine's Best" on the left and then the second paragraph of letter "O."

I'm currently #355 on amazon.com's list of Top Reviewers . . . if you'd like to help me move up:

1. Go to this website:

www.amazon.com

2. Type-in the name of a book I've recently reviewed; e.g., MODERN MEDICINE IS KILLING YOU by Niraj Nijhawan.

3. Find and read my review. (Currently, it is at the top on the right.)

4. If you find the review helpful, and I hope that you do, just click on "Yes."

Thanks, in advance!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Be careful out there!

I recently received the following Facebook post from a friend that you could well receive via email, too:

This is a must see baby! Be prepared to laugh so hard it hurts!

XXX Imaovideos-a22.kor.stXXX

Watch all the funniest clips on the net in one place.

It took me to a link that seemed strange; i.e., it ended with this domain: kor.st.

Doing some research, I then found out the following:

1. My friend had never posted the original item. I had thought that was the case, in that the friend is not very often on Facebook. (Also, I checked the post out with her via email.)

2. I had vaguely recalled reading about this scam previously.

3. The domain is one of those that redirects you to somewhere else.

4. I checked Facebook for help and found out:

My friend's account has been compromised, phished, or is sending me spam or advertisements that he/she didn't send.

If your friend's account is sending spam or advertisement messages or links, it is possible that malicious software was downloaded to your friend's computer or that their login information was phished in an attempt to send spam from their profile. Please encourage your friend to view the [phishing](#) page of our Help Center. For detailed information about this matter, please click [here](#).

MY TWO CENTS:

I intentionally put the XXX's both before and after the above link to make sure that you did not click it on. And as I indicated, though I received this via Facebook, it is the type thing that has been spread just as easily via email.

9. What a real woman does

A real woman is a man's best friend. She will never stand him up and never let him down. She will reassure him when he feels insecure and comfort him after a bad day.

She will inspire him to do things he never thought he could do; to live without fear and forget regret. She will enable him to express his deepest emotions and give in to his most intimate desires.

She will make sure he always feels as though he's the most handsome man in the room and will enable him to be the most confident, sexy, seductive and invincible.

No wait . . . sorry . . . I'm thinking of beer. That's what beer does.

Never mind!

10. A quote I like

When it is raining, the Chinese have a roll-with-it expression: "Let it rain." You can't control the rain. So roll with it. Let it rain. But you can control whether or not the company has umbrellas, raincoats, storm water catchment basins, levees.--Jeffrey J. Fox in HOW TO BE A FIERCE COMPETITOR (see also Sections 2, 4C and 11)

11. Thought for the day

You can tell I really liked HOW TO BE A FIERCE COMPETITOR (see also Sections 2, 4C and 10) by Jeffrey J. Fox, in that the following passage marks the fourth separate time that I've cited the book in this missive:

In his classic business book In Search of Excellence, Tom Peters coined the directional acronym "MBWA"—management by walking around. Tom is still right.

Walking around the company makes the leader visible, approachable. Walking around keeps people from fooling around. Everyone is at their best when the top people are actively engaged in the work process, in observing, being available to help. Walking around enables the perceptive leader to judge the organizations psyche, morale, readiness, toughness, inventiveness. He or she may hear valuable scuttlebutt, rumors, misinformation. Always being around is a way for managers to sense the cultural pulse of the company. Being in the fray is another way to spot future stars, notice behavior issues, observe interpersonal chemistry challenges.

Walking around does not mean you have to help load the trucks or solve the big marketing problem, but it does mean you will know who are the good truck loaders and good marketing mavens, and who are not.

Leaders walk, visit, watch, ask, listen, hear, help, praise, give credit, say "Thanks."

Walk around the company. It is good exercise.

12. Advance planning department

A. North Carolina events:

* Tickets are still available for the November 13 concert, featuring Kaleo Wheeler and Friends . . . it will be held at the Masonic Temple in Asheville . . . for more information, please click:

<http://www.kaleowheeler.com/schedule.htm>

* If you're a business owner (or thinking of starting a firm), make sure you attend any and/or all of these upcoming SCORE seminars:

Sat., 11/13/10, 8:30 AM - 12:00 PM; Marketing
Wed., 11/17/10, 6:00 PM - 9:00 PM; Accounting for Non-Accountants
Sat., 11/20/10, 8:30 AM 12:00 PM; Salesmanship

For more information or to register, please click:

<http://www.asheillescore.org/seminars.htm>

* Nancy in North Carolina:

I'm happy to say that I'm doing another jewelry show at Pardee Hospital in Hendersonville. 20% of the proceeds go to the hospital Auxiliary. I hope that you'll be able to come and see me, and that you'll find just the right pieces for your holiday events and gifts! The particulars are in the attachment. The sale is on the main floor of the hospital, just past the information desk and opposite the gift shop. The hours are:

Thursday Nov. 18th from 10am-6pm, and

Friday Nov. 19th from 7am (!) to 1 pm.

* Taste of Asheville takes place at 7 p.m. on November 18 at the Tenue on 21 N. Market St. Admission is \$50 or \$75 per couple. More than 30 Asheville Independent Restaurants will be sampling their food and admission to the event also includes a Taste of Asheville passport. This is a booklet that represents more than \$600 in savings at participating restaurants.

B. Pennsylvania/New Jersey events:

* John Strauss is playing acoustic at the Zebra Striped Whale Cafe and Ice Cream Shoppe, 12 South State St., Newtown, PA on Sunday, Nov. 14, from 4-6 p.m.

* Soup to Nuts Caterers will participate in the following event:

NOVEMBER 22, 2010

BUCKS COUNTY TOURISM AND VISITORS CENTER
5TH ANNUAL BUCKS COUNTY HOLIDAY TREEFEST
4-6 p.m.

For more information, please email klacomchik@visitbuckscounty.com.

* **KIDS EVENT!!! With the CRYSTAL SINGING BOWLS!**

Saturday, December 18, 2010 at 2:00 p.m.

Center for Relaxation and Healing, Plains, NJ

Only \$11 per person, all ages welcome. Children must be accompanied by an adult. This will be a hands on event where the children will be able to play with instruments, while experiencing the primordial sounds of the Crystal Singing Bowls. Don't miss this wonderful opportunity to spend some time with your kids having fun, all the while promoting: creativity, harmony, calmed emotions, and healing (for example, sound healing has scientifically been proven to reduce ADD symptoms and other conditions). Please call Michele at 609-750-7432 to register.

PS. Thursday is Veterans Day, and I'm hoping that we all take time to think about the brave men and women who have helped make our country great . . . while doing so, take a look at fantastic military tribute from Gene Simmons:

<http://www.youtube.com/watch?v=5MtdIO23MKM>

Methinks that we all also need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
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11.1.2010

In this issue:

1. Reflections
2. FYI
3. Mixed emotions
4. Reviews . . . HEREAFTER, etc.
5. TV alert
6. Angel cake
7. Websites
8. Computer tip
9. Jury duty
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had a fantastic Halloween party at our community's clubhouse . . . we dressed as ventriloquists, and that's us below with Cynthia Jr. and Blaine Jr. . . . in case you could not recognize me, I'm the big guy on the left and not the dummy on the right.



B. Male top costume prize went to Nelson, aka "Yasser" (third from the right below) . . . to his left is his "burqa babe" and wife Mary Lou, and they are flanked by Ken to her left and Linda to his right.



He was tied with Jonathan (in the middle below), who was a keg of beer . . . it actually distributed beer, so as you can imagine, he was a very popular guy throughout the evening . . . to his far left is Michelle, Julia who was the mug to his keg and to his immediate right, Michael and then Tammy.



Top female costume went to Tena who was "a wreath of Franklin" (Aretha Franklin) . . . Gary, to her right, was a bedbug from New York City . . . and that's Steve on her left . . . he was dressed as the guy who flew in from Arizona just to join us at the party.



B. KUDOS to the following four individuals who helped make the event the success that it was:

* Angela Esmond with Pomodoros for providing us with great food:

www.pomodoroscafe.com/catering.php

* LaBet Pritchard for leading us in laughter yoga at the party:

828.713.1141 or email, labet@mytravelingtrainer.com

* Kaleo Wheeler (see also Section 12A) for her singing, harp-playing and hula dancing:

www.kaleowheeler.com

* Kimberly Hunter for her help in taking care of all the details at the clubhouse:

<http://forteaffair.com/>

C. The next day, there was a fun Halloween party and parade for the children in our neighborhood . . . this was run by our Community Recreation Committee, and because I was the only one who showed up in costume (the same one that I wore at the party), I was accorded the honor of leading the parade!

SPECIAL THANKS to Marilynne Herbert (her pictures were amazing!), Shari and Frank Mastria, Judy Warren, Sue Runnels, Debbie Widen, Karen Herrell, and Karen Foley for all their hard work in running this successful event.

D. CONGRATULATIONS to John in New Jersey, winner of this year's Contest #4 . . . he won an unabridged CD version of SAFE HAVEN, the latest bestseller by Nicholas Sparks . . . all totaled, 10 entries were received . . . stay tuned for the next contest, which will be announced shortly.

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

This week, it goes to Joe Murphy. The reason why is best told by Jack in Pennsylvania, a former student and longtime friend:

I received my kidney transplant on October 19th. My stay at U of Penn only lasted three days. My surgeon, Doctor Peter Abt, has to be the most honest, humble and patient empathetic doctor that I have ever met.

I only met my donor, Joe Murphy, twice before the actual day of surgery. I was in my Aspirancy year at the Permanent Diaconate and Joe has just entered his third year of a five year formation. Well, actually seven years, if you count the year of paperwork preparation and the year of Aspirancy, then five years of actual intense study. They sent a prayer request out to the community and Joe called the director to see if he could mow my lawn or drive me to dialysis. Then he called me to see what I needed and after about a half hour on the phone, he asked what was involved to get tested. I told him that I had nine others that were tested and failed because of blood pressure issues. He called my friend that was tested, spoke for about another half hour and then my friend, Tom, called me and said "this is the real deal."

I've had diabetes for forty years at this time. Penn told me that my longevity would be about five years on dialysis and it would take about six years for a cadaver kidney. I am a man of prayer and prayed the Rosary every day that the perfect scenario would take place for my kidney transplant.

The last five weeks that I was on peritoneal dialysis, every time that fluid would fill in my stomach, the catheter would uncurl and lay across nerves and touch internal organs. I was sleeping about an hour per night--tops. It would fill for twenty-two minutes, nine times per night. I eventually felt that I would go mad. The pressure and pain were unbearable. Finally, I called my PD nurse and told her that I wanted the pain killer to place in the solution that was promised two weeks earlier to me or I was ending PD. She told me that she never used the pain killer before and that I would die if I stopped PD. I told her that I had plenty of time throughout the many nights to think about that, and I was not depressed, I was not weak, and I was not a quitter, but death was an acceptable alternative at this point.

I asked to have a port placed back in my neck for hemo dialysis. It was done that day. The transplant was supposed to take place on October 7th, but was canceled because I didn't do well on the presantine stress test. The cardiologist felt at that point that my heart would not sustain a new kidney. I went for an echocardiogram and found out on the feast of the Holy Rosary that the surgery was good to go. Funny thing was, I was supposed to get an exercise stress test while wearing an oxygen mask on October 27th. Again, I had some signs in my life.

The next day after surgery, the doctors were calling me the miracle man!

I broke all hospital records for urine output and healing. All of the doctors had smiles from ear to ear. Then they came in the next day after that to tell me that I was now breaking my own new record.

I took no pain medication. I told the doctors that they couldn't put me in the pain I was in for the last five weeks of Pd so my pain tolerance was very high. The doctors told me that they can now tell future kidney patients that it is possible to have a transplant and not need pain medication.

Last week, my creatinine level was 1.6, the lowest in twenty years. My wife, Maureen, made oatmeal for breakfast with a banana . . . the first banana that I was able to eat in two and a half years. I think that puts some things into perspective.

I now no longer wake up at night gasping for breath. I felt like I was drowning as I would lay my head on the pillow. They told me that I would gain at least twenty pounds being on steroids, but I have consistently lost weight each day since the transplant since I am not

retaining any fluids.

I told my wife that I will be down to my weight at our wedding in 1978.

My donor suffered horribly for about three days. On the third day, he was somewhat depressed but then everything changed by the fourth day for him too. He had never had a surgery in his 63 years, nor any serious injuries. He went into the hospital feeling great and was brought down closer to my level. This is true of all transplants.

He told me that he doesn't regret one moment of giving me another chance. He is a true hero. Since he is all Irish, I can now truly say that I am PART Irish! I'll need to have a few more weeks of healing to see if I can do the Irish jig now.

Everyone is telling me that they are shocked to see how great I look. My color is back and all the puffiness is gone. Since the kidney was from a living donor, it began working immediately. I have met several people that had transplants from a cadaver that weeks later are still on dialysis.

I am the luckiest man alive. I feel blessed. I have a new brother.

My wife took a photo on her phone of Joe and me in our hospital gowns which she is going to use as our Christmas cards this year with the caption "Christmas came early this year."

This may seem like a long-winded email but there is still much more to the story and when you next come to town, we'll need to go to dinner and you'll get to hear the whole story.

Be well and ask your readers to pray for kidney transplants and for another issue, mental maladies like clinical depression and people who are bipolar.

When I was being released on Friday, my wife thanked Pete Abt, but he said that he was in awe of Joe Murphy and Joe is the only person we need to thank. Joe's response was, "You never need to thank me."

Joe's son went home to Heaven last year. He has told me that his son was the strongest man he knew, and that he would not have had the courage to be a donor if it wasn't for his son. He did it for me and for his son.

2. FYI

Renee in New Jersey (see also Section 7A):

Here is a little fun thing to do.

1. Go to Google maps:

<http://maps.google.com/>

2. Go to "Get Directions."

3. Put Japan as start and enter China as end location.

4. Go to directions and scroll down until you get to number 43 or so.

6. Laugh and share with others.

FYI, part 2

MANY THANKS to all the readers who responded to my request for information on gluten-free recipes, restaurants, etc. for Cynthia . . . she also expressed her appreciation for the many replies . . . here's just a small sampling of the many emails that have been received to date:

* Curt in Arizona:

I came across a website that searches Gluten menus for restaurants that you and Cynthia might find useful.

The site is Allergy Eats and Gluten intolerance is one item you can search for.

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

* Savannah in New Jersey:

Unsweetened carob chips over almond butter and silk soy milk (unsweetened) help me a lot. They also taste great.

* AJ in Pennsylvania:

Google for gluten-free recipes . . . you should find many that way . . . gluten-free products should be in your grocery store or I would think health food store in your area . . . check around.

* Maria in North Carolina:

We love Posano's, across from the Diana Wortham complex and my favorite is Laughing Seed on Wall Street.

* Janeen in Pennsylvania:

I have noticed that Wegman's supermarket has aisles of gluten free-breads, noodles etc., and if I remember correctly Maggiano's restaurants, by request, make gluten-free meals. And lastly, once you are aware, it is easier and easier to find gluten-free in regular supermarkets (if you don't have Wegman's where you live). Loads of good luck!

* Carole in New Jersey:

Try checking out this site:

<http://tinyurl.com/2bq2wzq>

* Maria in Pennsylvania:

I have a wheat allergy, so I'm really good at finding stuff. The best cold cereals are from Barbara's and Nature's Path. Barbara's pancake mix is to die for. Pamela's cookies are good. If you have any type of market like Trader Joe's or Wegman's, she'll have a field day with choices. My sister is down in Jacksonville and they have a local store called Native Sun - the choices are great. My suggestion - get on the web and look for natural food stores, that's how I found 3 here in Bucks County. Each one has something different.

I just got a cookbook (told it's the bible of allergy cooking) called The Allergy Self-Help Cookbook, author's name is Jones. Several people have recommended it and I can't wait to have bread again! Warning to Cynthia - the gluten free breads in most stores are disgusting! I've thrown out loaf after loaf. So one thing I am looking forward to is making bread in the bread machine from the recipes in the book, but the 1st thing I'm going to try is scones. I love those things and can't remember the last time I was able to have one!

* Ellie in Florida:

A sensitivity to gluten, found in most bread, pastas, etc. is not harmful, just uncomfortable, unless you have celiac disease, which is much more serious. Gluten free recipes are all over the web, and many restaurants participate in an organization which encourages them to serve some gluten free meals. Just be wary of hidden gluten in such things as salad dressing. I have a friend with celiac disease and he finds that sticking with fruits, veggies and plain meats is easy to do. He also found that some Irish cut oatmeal is gluten free. Good luck with the new diet.

* Tera in North Carolina:

Regarding gluten free options in Asheville: Mela's, Chai Pani, Posana, Sunny Point Cafe, Doc Chey's, Tupelo Honey, Rosetta's Kitchen, Salsas. You can always ask your waiter to hold the bread/wrap/dressing, order rice & steamed veggies, etc. If you haven't already, I highly recommend Veg-in-out meals in North Asheville. You order online and they deliver to your home. Website:

<http://www.veginout.net/home.html>

If you're looking for YUMMY gluten free/dairy-free sweet treats that taste like the real thing, try Dolci de Maria. Website:

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

Spirulina info: A blue/green algae superfood that contains high amounts of protein, vitamins and minerals. You can purchase in powder and tablet form at Greenlife, Earthfare or order online. You may want to Google it or try these websites:

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

(I have not tried the Earthrise brand.)

http://healthrecipes.com/health_spirulina.htm

Also, it may interest you to consult with my boyfriend, James Whittle of the Blue Ridge Acupuncture Clinic (checkout his website: www.blueridgeacupunctureclinic.com). He is an expert in nutritional health, detoxification and supplements, in addition to Acupuncture and Chinese Medicine. He gives free 10-15 minute consultations. Feel free to schedule an appointment with him by calling 828-254-4405. His amount of knowledge about nutrition blows my mind. I know he could answer any questions you may have and help you further your healthy path to detoxing and feeling great.

One more thing: I HIGHLY recommend these YUMMY, nutritious GoRaw crackers handmade by Freeland Foods. You can purchase at Greenlife, Earthfare or online:

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

* Kimberly in North Carolina:

The three recipes I posted in my Gal Pal Guide™ To Vital Abundance e-Newsletter are all gluten and dairy free. (Dairy is another big allergen and causes a lot of inflammation.)

An excellent book is "Ultra Metabolism" by Dr. Mark Hyman - it is great for your overall health and in the back of the book he has great recipes - many of which are gluten and dairy free - they also taste like "spa food" as Dr. Hyman was the Wellness Director at the famous Canyon Ranch Spa for 10 years. Dr. Hyman also has an UltraMetabolism Cookbook which I have not yet tried but would imagine that too has many great gluten free recipes.

MY TWO CENTS:

Kimberly, as usual, is right on target . . . Cynthia is too, in that she has not only gone gluten-free, but also sugar-free and dairy-free . . . she is doing great, and I give her sooooo much credit, in that to do so was a really big change for her . . . it seems to be helping her health, and so the changes are worth it!

3. Mixed emotions

What is the definition of mixed emotions?

Watching your mother-in-law drive off a cliff in your new Mercedes!

THANKS TO DIANE IN PENNSYLVANIA:

For sharing the above, which just so happens to be one of her husband Bill's favorite jokes. I felt bad for her when I heard that, in that she hasn't probably heard the joke enough . . . so that's why I ran it here, too!

4. Reviews

A. **HEREAFTER** is a supernatural thriller that revolves around the lives of three people--a blue-collar American, a French journalist and a London school boy--who are each affected by death in different

ways . . . it starts out with a thrilling scene and held my interest through its very touching conclusion . . . Matt Damon and Cécile De France were both outstanding in the leading role . . . , Clint Eastwood's latest film is up there with the best I've seen so far this year . . . rated PG-13.

B. **GOING THE DISANCE** is now out in DVD format . . . my review from **BLAINESWORLD #727** follows:

GOING THE DISTANCE is a romantic comedy that is missing one important ingredient; i.e., much chemistry between its stars (Drew Barrymore and Justin Long) . . . in addition, I was annoyed that many of its best moments had already been revealed to me in the coming attractions . . . yet there were still moments in it that made me laugh, and I especially liked the work of both Jason Sudeikis and Charlie Day as Long's sidekicks . . . Christina Applegate is somewhat wasted as Barrymore's sister; I would have perhaps preferred her as the star of this film with a different leading man . . . rated R.

You'll do much better by renting **WITHOUT A TRACE**, the story of a mother whose 6-year-old son disappears one morning on his way to school . . . it featured great performances from Kate Nelligan and Judd

Hirsch . . . my only word of caution is don't be misled by the G rating . . . that is a mistake and/or typo . . . I wouldn't recommend this film for anybody under the age of 13.

C. SIMEON'S STORY by Simeon Wright is the gripping tale about the murder of 14-year-old Emmett Till in Mississippi in 1955, told by his cousin who was an eyewitness to the event.

I had heard the Till name before, but knew little about what had actually happened . . . this book opened my eyes to the terrible injustice of the crime--especially since the killers got off free. It also gave me a greater appreciation of what it was like to grow as a black in the South:

* Whites could beat us, even murder us, and nothing was ever done about it. It wasn't unusual for white men to hire black women as cooks or domestics and then force them into sexual relationships, which is nothing more than rape. Very little was said or done about this. We had no rights in court, and only the boldest of blacks dared to bring a lawsuit against a white person.

Parts of Wright's account left me teary-eyed, including this passage:

* August 28, 1955, had been the longest day of my life. It was the first day there was no laughter in our house. And I believe that unless you can laugh and hear laughter there, a house isn't a home.

Lastly, I liked what the author had to say at the end of SIMON'S STORY:

* In conclusion, here's my advice to aspiring writers, journalists, and future lawyers—or anyone planning on working in the communications field: if you want an accurate account of any story, go the primary sources. They know what really happened.

I was so moved by this story that I just rented a documentary, THE UNTOLD STORY OF EMMETT LOUIS TILL, to learn more about it . . . this film ultimately moved the U.S. Department of Justice to reopen the case in 2005.

D. Heard the CD version of LONGITUDE by Dava Sobel . . . this historical novel is an account of "the longitude problem" and how it occupied scientists for more than two centuries.

With more and more ships crashing, England's Parliament in 1714 offered a big reward to anyone whose method or device could prevent this from happening . . . enter John Harrison . . . he dared to imagine a mechanical clock that would keep precise time at sea, something no clock had even been able to do on land.

Harrison pursued this task for 40 years . . . though he eventually built a perfect timekeeper, known as the chronometer, he never was awarded the top prize for having done so.

And that's what made LONGITUDE such an interesting book--the details of all the chicanery that took place at the time.

5. TV alert

A. KATHY GRIFFIN: WHORES ON CRUTCHES is a new special that takes on THE VIEW, the Palins and any Real Housewives . . . Saturday at 7 p.m. on BRAVO.

B. Olympic track-and fielder Marlon Jones, who was stripped of her medals for drug use, is featured on 30 FOR 30 in a documentary directed by John Singleton . . . Sunday at 4 p.m. on ESPN2.

C. METROPOLIS, the classic silent film from 1927, airs on Sunday at 8 p.m. on TCM.

D. GREAT MIGRATIONS is a 7-hour documentary about animals in transit. . . . filmmakers spent two and a half years in the field on 83 different continents, covering 420,000 miles in 20 countries, on all seven continents . . . Sunday at 8 p.m. on NATIONAL GEOGRAPHIC CHANNEL.

6. Angel cake

Sarah Kay was studying the origins of foods in kindergarten. One day, she and her mother were walking through the grocery store discussing what ingredients went into various products.

Sarah Kay said, "Pork comes from pigs and beef comes from cows." Then she asked, "How DO they get the pork from the pig, Mommy?"

Her mother felt that the truth was the only way to go, so she explained that they kill the animal to eat its meat.

Horried, Sarah Kay went past shelves staring at the meat and saying, "They KILLED a cow

to get THIS?" She could not believe it, and her little heart was broken.

Then, they went to the bakery where Sarah Kay began to check out the various donuts and goodies. She noticed a beautiful white cake and asked, "Mommy, what is this cake called?"

Her mother replied, "It's an angel food cake, honey."

Immediately Sarah Kay's eyes filled with big tears and she wailed, "You mean they KILLED an ANGEL to make this?"

7. Websites

A. Renee (see also Section 2) in New Jersey:

I want my daughters and granddaughters to see this. I want everyone to see this. This video ("Pretty" by Kate Makkai) can be seen by clicking:

<http://www.youtube.com/watch?v=M6wJl37N9C0>

B. Did you miss the Rally to Restore Sanity and/or Fear? No problemo, in that you can relive it here by clicking:

<http://tinyurl.com/24m3v9u>

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

<http://www.blainesworld.net>

Have you ever wondered how many kindred spirits are out there; i.e., those who visit this website . . . find out yourself by viewing the counter in the lower left side of the homepage.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

I wanted to send some photos from my computer (see Section 1A) to my Verizon cellphone, but wasn't sure it could be done . . . fortunately, the process is actually quite simple . . . to find out how, please click:

http://www.ehow.com/how_5244083_send-pictures-verizon-cell-phones.html

For other cellphones and techniques, please click:

<http://www.ehow.com/search.aspx?s=how+to+send+pictures>

9. Jury duty

Mrs. Hunter was called to serve for jury duty, but asked to be excused because she didn't believe in capital punishment and didn't want her personal thoughts to prevent the trial from running its proper course.

But the public defender liked her thoughtfulness and quiet calm, and tried to convince her that she was appropriate to serve on the jury.

"Madam," he explained, "this is not a murder trial! It's a simple civil lawsuit. A wife is bringing this case against her husband because he gambled away the \$22,000 he had promised to use to remodel the kitchen for her birthday."

"Well, okay," agreed Mrs. Hunter, "I'll serve. I guess I could be wrong about capital punishment after all."

10. A quote I like

THANKS to Steve in North Carolina (and Arizona) for the following from the pastor at his church:

Impress people from a distance. Impact people up close.--Pastor Chad Moore, Sun Valley Community Church, Gilbert, Arizona

11. Thought for the day

The time is now

If you're ever going to love me, love me now, while I can know
All the sweet and tender feelings which from real affection flow.

Love me now, while I am living; do not wait till I am gone
And then chisel it in marble—warm love words on ice-cold stone.

If you've dear, sweet thoughts about me, why not whisper them to me?
Don't you know 'twould make me happy and as glad as glad can be?

If you wait till I am sleeping, ne'er to waken here again,
There'll be walls of earth between us and I couldn't hear you then.

If you knew someone was thirsting for a drop of water sweet,
Would you be so slow to bring it? Would you step with laggard feet?

There are tender hearts all 'round us who are thirsting for our love;
Why withhold from them what nature makes them crave all else above?

I won't need your kind words when the grass grows o'er my face.
I won't crave your love or kisses in my last low resting place.

So then, if you love me any, if it's but a little bit,
Let me know it now while we are living so I can own and treasure it.

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

12. Advance planning department

A. North Carolina events:

* Kimberly Ross is discussing how to optimize your health and vital abundance on URTV Channel 20's "Eartheart Network News" on Friday at 6 p.m. You can watch live online at: <http://wncmc.org/live/>

* A Benefit Concert with Kaleo Wheeler & Friends

A Concert of Positive Music & Musical Storytelling to support the renovation of a landmark building - The Masonic Temple - in downtown Asheville.

Kaleo's friends are Robert Akers, Pilarr, Pope McElvy, Alisa Kuumba, and Jenna Jaffe (Melissas). Some of the music artists who will be playing back up are: Erik Kohl, Rich Inman, Jay Whitham and David Bates.

Positive Music is about using popular music to improve the quality of people's lives. It is about seeing music not only as entertainment but as a means of creating positive change in the world - using music more intentionally, to inspire, uplift, heal or enlighten.

Put it on your calendars to come join us for a delightful, fun and different kind of evening.

Saturday, November 13

Doors open at 7 p.m.; concert begins at 7:30 p.m.

The Masonic Temple, 80 Broadway St., Asheville NC

Tickets \$10 in advance or \$15 at the Door

Purchase tickets online at :

www.kaleowheeler.com/catalog

B. Pennsylvania/New Jersey event:

On Tuesday, November 9, 1:30 - 3 p.m., Bucks County Community College Foundation will be hosting its third Annual Women's Scholarship Tea. This event was started by retired professor Betty L. Tsai.

The keynote speaker will be Sheri Putnam, of Bucks County Physicians Hospital Alliance. New this year will be "How to Build a Better Wardrobe" by Macy's.

The event will be held at the Newtown campus in Tyler Hall. Donations from this event will benefit female students who support at least one child while seeking a higher education.

If you would like to join us for tea and desserts, e-mail foundation@bucks.edu or call 215-968-8224.

PS. Don't forget that Daylight Savings Time ends on Sunday, November 7, 2010 at 2 a.m., so that means you need to move your clocks back one hour before you go to bed . . . if this reminder doesn't work for you, I even found a song to help jog your memory:

<http://www.youtube.com/watch?v=ZY8Sf4rbutU>

Also, please use the day to check and replace all your smoke detector alarms!

Methinks that we also need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bjinbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINES WORLD

BLAINESWORLD
#734
10.25.2010

In this issue:

1. Reflections
2. FYI
3. Can you relate?
4. Reviews . . . IT'S KIND OF A FUNNY STORY, etc.
5. TV alert
6. That name's familiar
7. Websites
8. Computer tip
9. A marriage made in heaven
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had the pleasure of having author Julie Morley visit our Biltmore Lake Association for a presentation as part of the monthly Lecture Series . . . her book, which we bought that evening and had autographed, is COLE CREEK . . . we look forward to reading it in the near future.

In the meantime, to read more about the book and/or to read the first chapter on Julie's blog, please click:

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



SPECIAL THANKS to the many residents who helped make this event the success that it was, including

Shirley and Gene Grugan, Shari Mastria, Lynda McMillan, Sue Runnels and the one person who made it all possible, Carolyn Tenefoss--who also happens to be Julie's mother.

B. The next day, there was a Candidates Forum for the upcoming Board of Directors election in our community . . . as you may have read, I'm one of four candidates (including a write-in) for one of two seats on the Board . . . the elections take place on November 15, so in the meantime, remember my catchy slogan: Vote 4 Blaine . . . and do encourage all your friends and neighbors, especially if they live in Biltmore Lake, to vote for me--and help spread the word that I'm running.

Afterward, it was beautiful outside . . . so we then had our picture taken on a bench that overlooks the lake behind the clubhouse.



C. My longtime friend, Michael Lazanski in Pennsylvania, will often tell me "no big deal" whenever I ask him to help me with something or for a favor . . . he doesn't spend much time deliberating on my request; he just jumps right in with his very positive attitude.

The more I think about that expression, the more I like the way he uses it . . . and in his case, he not only uses it--but he means it as well.

Wouldn't it be great if we all could have that attitude?

D. CONDOLENCES to Janet Zofchak and family on the loss of Janet's brother George . . . memorial contributions in his memory can be made to Children's Hospital, 34th St. and Civic Center Blvd., Philadelphia, PA 19104, Attn: Memorial Division . . . for more information, please click:

<http://obits.nj.com/obituaries/trenton/obituary.aspx?n=george-m-zofchak&pid=146180683>

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

This week, it goes to Larry--an employee with Asheville Wine Market.

I know a lot about a lot of different stuff, but wine is not in that category . . . so I went in to the above store (thanks to the recommendation of my friend Bill Benjamin) with lots of questions--and needing advice.

Was I ever lucky to encounter Larry . . . he got me squared away in a very short time and even helped carry out my purchase to the car.

He also helped me save money, in that he recommended buying a case . . . I got an extra 15% discount that way.

Dave, another employee I had spoken to on the phone, had been equally helpful . . . as a result, when we next need wine, this will be the first place we visit . . . for more information, please click:

<http://ashevillewine.com/>

2. FYI

If you're planning to travel abroad

Most travelers know it's a good idea to call your credit card company before a trip to a foreign country, so your purchases in Bangkok or Barcelona don't trigger a freeze on your account. Banks rely on antifraud software that monitors customers' spending patterns, which means that any time you stray from your usual habits--like buying groceries in another state instead of at a store in your home ZIP code--your bank might become concerned.

SOURCE:

The above came from an informative article from THE NEW YORK TIMES . . . for more useful tips, please click the whole piece:

<http://www.nytimes.com/2010/08/29/travel/29prac.html?emc=eta1>

FYI, part 2

* CORRECTION DEPARTMENT:

I must be a glutton for punishment . . . last week, I put out a request for information about a gluten-free diet that Cynthia is now following . . . but instead of typing gluten, I had a glaring typo and used the word glutton; sorry 'bout that . . . many readers wrote back, for which I'm very grateful, and the responses are still coming in . . . I'm in the process of compiling them and will share the information in an upcoming issue.

In the meantime, space limitations prevent me from running other letters this week except for the following that I just had to share:

* Marilynne in North Carolina:

Molly [her cat] reading her email.



MY TWO CENTS:

I wonder if she is catching up on past issues of BLAINESWORLD?

3. That name's familiar

An American tourist in Tel Aviv was about to enter the impressive Mann Auditorium to take in a concert by the Israel Philharmonic.

He was admiring the unique architecture, the sweeping lines of the entrance and the modern decor throughout the building.

Finally, he turned to his escort and asked if the building was named for Thomas Mann, the world-famous author.

"No," his friend said, "it's named for Fredric Mann, from Philadelphia."

"Really? I never heard of him. What did he write?"

"A check."

4. Reviews

A. IT'S KIND OF A FUNNY STORY is a comedy-drama that's passable, but overall, reminded me of a flat version of ONE FLEW OVER THE CUCKOO'S NEST . . . it's about a 16-year-old

boy who, feeling depressed, checks himself into a mental health clinic . . . while there, he meets the normal range of eccentric characters that you would expect in such a place . . . Zach Galifianakis (who stole THE HANGOVER), ordinarily a very funny guy, isn't in this performance--probably because of the script . . . Keir Gilchrist is OK in the leading role . . . the girl he is attracted to, Emma Roberts, was the best thing about the film . . . rated PG-13.

B. SEX AND THE CITY 2 is now out in DVD format . . . my review from BLAINESWORLD #713 follows:

SEX AND THE CITY 2 is a watchable sequel, yet one that does little to make you want to see any more of these four female friends . . . they somehow wind up in Abu Dhabi and find themselves in a series of misadventures that will remind you of the old Bob Hope/Bing Crosby "road" movies . . . some action in the film is downright campy, including a musical number featuring Liza Minelli . . . rated R.

YOU'LL DO MUCH BETTER RENTING:

61*, Billy Crystal's Emmy-winning HBO drama about the 1961 race between Roger Maris and Mickey Mantle as they attempt to break Babe Ruth's single-season home run record . . . I enjoyed it, in large part because I was a big baseball fan then and saw many games that season . . . the whole movie had a real feeling to it and the acting, particularly by Barry Pepper as Maris and Thomas Jane as Mantle, was superb . . . even if you're not a lover of the sport, you'll enjoy this film and find it surprisingly touching . . . not rated and though there are some examples Mantle's womanizing, this is certainly appropriate for anybody over 12.

C. Just imagine if you could get customers to become raving fans of your business or service!

That's the basic premise behind a book I really enjoyed: . . . AND THE CLIENTS WENT WILD! by Maribeth Kuzmeski . . . why it was so great was because it gave numerous real examples of what real companies did to achieve that goal, including this one:

* Throughout Texas, Buc-ee's gas stations have focused their number-one offering on what people dread most about stopping at a gas station: the bathrooms! Each of the 30 Buc-ee's locations has incredibly clean, substantially sized bathrooms, along with full-time attendants to keep them in tip-top shape. Buc-ee's built its entire business around the bathrooms--a feature the company knew it could use to differentiate its business. The idea behind this strategy is that if motorists pull in to use the restroom, they are likely to buy. Buc-ee's employs more than 1,000 Texans, has been written about in local newspapers, and has even been featured on national TV. An ABC news segment about Buc-ee's told the story of drivers waiting hundreds of miles to stop at a gas station--essentially planning their entire trip around their stop at the next Buc-ee's!

I also liked this other approach that was used to grab attention:

* Another individual decided to use his head--literally--as an advertising medium, listing his forehead for rent on eBay. Sure enough, he found a taker. The CEO of one company, noting that the young man "clearly has a head for business," paid him \$37,375 to display its logo on his forehead--for one month!

The author, living up to the book's subtitle (HOW SAVVY PROFESSIONALS WIN ALL THE BUSINESS THEY WANT), also presents a useful playbook that can be used to develop your own marketing action plan . . . these 37 pages alone make it a worthwhile investment for anybody just starting his or her own business--or even if you've been in one for quite some time.

Lastly, there was a lot of pragmatic advice that anybody could apply immediately--such as this tidbit:

* Be careful when you send your press releases. The best days for submitting this material are Tuesdays through Thursdays. And always avoid submitting releases on the days immediately before and after holidays.

D. Heard the CD version of OOGY: THE DOG ONLY A FAMILY COULD LOVE by Larry Levin.

The author and his twin sons took their terminally ill cat to be put to sleep in 2002 at an animal hospital outside of Philadelphia. It was then that they came across Ooogy, the ugliest dog they had ever seen. He was missing an ear and half of his face was covered in scar tissue as a result of having been used as bait for fighting dogs.

He had been thrown in a cage and left to die until the police rescued him . . . the hospital staff then saved his life and when the Levins saw him, they couldn't resist his charm.

This is a touching, feel-good story about a pet and how he made a difference in a family's life . . . it also makes you feel good for those individuals and organizations who work to have stray pets adopted.

E. CONTEST TIME (again)

I have a free CD version of SAFE HAVEN, the latest best seller from Nicholas Sparks. If you'd like to be entered in a contest to receive the unabridged tale, please send an email to bginbc@aol.com and put CONTEST in the subject line. . . . entries must be received on or before Tuesday, November 2.

5. TV alert

A. FAMILY FEUD returns to the air, hosted by comedian Steve Harvey . . . on just about every day during the week at different times on GSN . . . your best bet to find a time and date that's good for you is to click the following link and then type-in the name of the show:

<http://www.tvguide.com/Listings/>

B. Director-actor Ron Howard spends time with NBA star on ICONOCLASTS on Saturday at 9 p.m. on SUNDANCE.

C. Catch a full day of horror movies on TCM on Sunday . . . one to see: THE TERROR at 10:30 a.m. . . . look for a young Jack Nicholson in this one; he was just beginning his road to stardom.

D. If vampires are your thing, there are two shows for you this week . . . DEAD SET, a British import, is called by TV GUIDE, "Vulgar and often disgustingly hilarious." . . . Sunday at 7:30 p.m. (it's a Halloween marathon that runs for the next several hours). And then there's THE WALKING DEAD, which premieres on Sunday at 10 p.m. on AMC . . . TV GUIDE says this show "racks a raw emotional punch while delivering the queasy thrills genre fans crave . . . Sunday at 10 p.m.

6. Can you relate?



THANKS to Pat Achilles for permission to use the above . . . she does great cartoons, greeting cards, artwork for children's books and so much more . . . for more information, call her at 215.348.4837 or email her at: patachilles@aol.com . . . you can also get a FREE weekly cartoon delivered to your email by clicking:

<http://www.achillesportfolio.com/freecartoonsignup.htm>

7. Websites

A. So you think you know where you stand politically? Think again. The result from this test may surprise you and give you some food for thought.

<http://www.theadvocates.org/quizp/index.html>

B. What you always wanted to know: How to take better Profile pictures (for Facebook,

Linkedin and even dating websites) . . . this is both funny, as well as informative:

<http://www.youtube.com/watch?v=0btHrqxupWs>

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

<http://www.blainesworld.net>

In case you missed, I "speak" then you run your mouse over the picture of me on the far right of the homepage . . . then put your mouse and drag it to anything on the left side . . . as you do so, make sure you look at my eyes!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

If you send out mailings to others always put your name down to get your own copy of the email . . . this will ensure that the email was sent out properly and on time; in addition, it will enable you to view what others "see" when they get your email.

9. A marriage made in heaven

On their way to a justice of the peace to get married, a couple has a fatal car accident. The couple is sitting outside heaven's gate waiting for St. Peter to admit them. While waiting, they wonder if they could possibly get married in Heaven. St. Peter finally shows up and they ask him. St. Peter says, "I don't know, this is the first time anyone has ever asked. Let me go find out," and he leaves.

The couple sits waiting for two months and begins to wonder if they really should get married in Heaven, what with the eternal aspect of it all. "What if it doesn't work out?" they wondered. "Are we stuck together forever?"

St. Peter finally returns after yet another month, looking somewhat bedraggled. "Yes," he informs the couple. "You can get married in Heaven."

"Great," says the couple. "But what if things don't work out? Could we also get a divorce in Heaven?"

St. Peter, red-faced, slams his clipboard onto the ground.

"What's wrong?" exclaims the frightened couple.

"Come *on!*" St. Peter exclaims. "It took me three months to find a priest up here! Do you have *any* idea how long it's going to take me to find a *lawyer?*"

10. A quote I like

When you delightfully fantasize about something you want, you set into motion a wave of energy that calls that situation into reality.--Alan Cohen, author of over a dozen popular inspirational books

11. Thought for the day

Handling irate customers
by Lee Tomlinson*

In our WAYMISH (Why Are You Making It So Hard) seminars, we teach what we call the C.A.L.M. method of handling irate customers. And we too believe that an irate customer is a golden opportunity to turn a "satisfied customer" into a "loyal" customer, IF their upset is handled in a way that works for them. We LOVE irate customers because we know if we handle them well and they leave happy, they'll trust us to take care of them FOREVER.

C Stands for COOL. Nothing good is going to happen if the person handling the upset client

gets upset as well. Take a deep breath, take a few. And remember, they are not mad at YOU, they cannot hurt you, and all they want is to have their problem solved. It's not about you, and it's NOT personal.

A Stands for APOLOGIZE. Once they have said all they want to say, and not a second before, we teach our clients to apologize. WHETHER you think your company was at fault -- or not. Apologize for causing their upset, for a product that didn't work, for them being annoyed. Who cares who is right. If you LOVE your customers and want their money, you SHOULD be sorry that they are upset and you might lose them. So, say so. It is very hard to stay mad at someone who is sincerely apologizing for something and offering no defense or "reasons", who something went wrong.

L stands for LISTEN. Listen, listen and then listen some more. Listen until they say all that they have to say. Angry people will run out of steam at some point. Then and only then can you apologize and move onto solving the problem. And, if you are trying to talk while they are talking, or trying to solve what you THINK is their problem before they fully state it, you will only make the problem worse and make them angrier. So, listen, let them vent, apologize and make sure you understand WHY they are angry. Do NOT argue. Ever.

M stands for, make it right. Once you know what the problem is, your goal is to solve their problem to THEIR satisfaction so that. . . you can keep them as a customer. Tell them that you want to make it right and then ask: "What can I do to make this right?" Most people will ask for less than you would be willing to do to make it right. So always ask. And then, DO IT FAST. There is a direct correlation between how quickly a problem is solved and whether or not a customer stays a customer.

It works. Try the CALM technique and you'll see for yourself. Guaranteed.

* Printed with gracious permission of Lee Tomlinson, WAYMISH expert, speaker, consultant, coach . . . for more information, please click:

www.WAYMISH.com

12. Advance planning department

A. North Carolina events:

* If you're a business owner (or thinking of starting a firm), make sure you attend any and/or all of these upcoming SCORE seminars:

Sat., 10/30/10, 8:30 AM - 2:30 PM; How to Start a Business in Tough Times

Sat., 11/6/10, 8:30 AM - 12:00 PM; Business Plan

For more information or to register, please click:

<http://www.asheillescore.org/seminars.htm>

* Join eco-entrepreneur John Easterling as he shares his experience of using eco-commerce as the solution for better health, Rainforest sustainability and wealth generation. His 30 years of Rainforest experience have been profiled on TV and Radio including Good Morning America and Fox and Friends. John, who is married to entertainment legend Olivia Newton-John, was recently featured in Jean Michel Cousteau's PBS documentary "Return to the Amazon."

Cost: FREE!

When: Tuesday, November 2nd 6:30-9:p.m. EST

Where: Crowne Plaza Resort, 1 Resort Dr., Asheville, NC

RSVP: <http://bit.ly/dzFXMx>

Questions? Call Emily at (828) 559-1789

* November 18 is the annual "Taste of Asheville" event, sponsored by Asheville Independent Restaurants.

<http://tinyurl.com/27mr5cq>

B. Pennsylvania/New Jersey events:

* Bucks Live! Is a free concert series being held on all three campuses during the first week in November. Five days of live music of different genres are scheduled to open the minds of students to new sounds.

All events are free and open to the public. The concerts are sponsored by Educational Enrichment Department of Student Life.

For more information contact 215-968-8015 or kayen@bucks.edu.

* Identity Theft Seminar

When: Tuesday, November 9, 2010

Where: Doylestown Country Club, 20 Country Club Lane, Doylestown, PA

Presented by: Special Agent Douglas Ritter of the Secret Service

Time: 7-9 p.m.

Identity theft has become an enormous problem in our society, and most of us don't know what we should be doing to protect ourselves. Come to this valuable and informational seminar covering the following topics and more:

Credit Reports

What steps should be taken to protect your identity?

PIN numbers

What information is safe to send via email?

Should you be concerned about social networking websites and their security?

Should you subscribe to a credit monitoring service?

Safe use of credit and debit cards

How secure is my computer?

Time permitting we will provide a brief overview of the markets and an update on what tax law changes we can expect in 2011.

You are invited to bring a friend or another couple with you. Seating is limited so we ask that you please respond no later than Monday, November 1st to Mary Beth at marybeth@kohlheppadvisors.com or call 215-340-5777.

Light refreshments and dessert will be served.

* Crystal Singing Bowls Guided Meditation

Friday, December 10 from 7-9 p.m.

Location: Center for Relaxation and Healing, 666 Plainsboro Rd, Bldg 600, #635, Plainsboro, NJ

Cost: \$19

Known healing benefits of the sound of Singing Bowls: Deep tissue healing, pain management & relief.

Intense meditative states, heightened consciousness. Sleep enhancement, increased energy
Natural sense of balance, harmony & relaxation. Emotions are calmed, chakras are balanced.

Call 609-750-7432 to register.

PS. Warning: Texting can be dangerous on Halloween.



Enjoy the holiday, but be safe.

In addition, methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bjinbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD
#733
10.18.2010

In this issue:

1. Reflections
2. FYI
3. How to make babies
4. Reviews . . . THE SOCIAL NETWORK, etc.
5. TV alert
6. How to respond to friends
7. Websites
8. Computer tip
9. Four guys
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had a fun dinner with our friends Tom and Marcy at P.F. Chang's . . . the food was good, as it usually is, but what had us laughing so much was the fact that Tom's shirt was drenched with lemon juice that Cynthia had meant to go into a cup . . . instead, it missed the mark . . . what was so cool about what happened was the fact that Tom initially continued his conversation as if nothing had happened.



A few nights later, we went with our friend Tammy to Eliada's annual corn maze . . . we all thought it was pretty scary, though somewhat confusing with respect to directions when you get there . . . there are apparently three mazes, but nobody really told you which one you were entering . . . the one we went into, I guess, could be considered "haunted" . . . I would have liked to have tried the one with more twists and turns.



The maze is open through October 31 . . . for more information, please click:

www.fieldsoffun.org

Lastly, we attended the annual HardLox Jewish Food and Heritage Festival in downtown Asheville . . . that's Cynthia with our friends Ken and Linda.



Our only regret disappointment was that we got there too late . . . by the time we arrived, all the corned beef was gone!

Special kudos to Marty Gillen, event chairman, for doing such a marvelous job in running the day's festivities . . . he was ably assisted by his wife Carol and countless other volunteers . . . for more information, please click:

<http://www.hardloxjewishfestival.org/>

B. I'm sorry that my Leadership Asheville Seniors experience ended this past week . . . it was a lot of fun, and I also learned a lot . . . that's me with my assistant "Las," who helped me present at the last session, along with Michele Rogers--director of the program.



UPDATE:

Shortly thereafter, Michelle had a 6-pound, 11 ounce baby girl!

C. MR. CURIOUS HERE:

Cynthia has switched to a gluten-free diet upon the recommendation of her doctor. Do you have any suggestions about such products; i.e., any that you like and/or recommend? What about simple recipes for meals that are very easy to make? And, lastly, are there any restaurants--particularly in Western North Carolina--that have gluten-free menus?

D. CONGRATULATIONS to:

* Jean Dolan in Pennsylvania, who recently was cited in a column in THE WORLD STREET JOURNAL:

<http://tinyurl.com/273b9ts>

* Also, to Michael Trayford in North Carolina . . . to quote him:

Just received the incredible news last week that I was selected as the team leader for Rotary District 7670's Group Study Exchange program to Rio Grande do Sul, Brazil just around the corner in April, 2011. If you or anyone you know in western NC is an employed professional/business person between the ages of 25 and 40 and would be interested in the cultural/vocational opportunity of a lifetime, contact me immediately at 828-318-7405 as team member interviews will be held next week on 10/30/10. This is a Rotary-funded program of 4-6 weeks duration.

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

This week, it goes to Nathan Lewis--an Easy Tech Associate at Staples in Asheville.

I went there to buy a new digital camera . . . he took time to show me the many models in the store and then helped me choose a Kodak EasyShare M575.

He wasn't pushy, and he patiently answered all my questions. In addition, he even helped me get it working!

By the way, I'm very happy with the camera.

2. FYI

Asheville rocks--or make that . . . it continues to rock.

According to Shalia Dewan in THE NEW YORK TIMES:

Whether it's culture, the great outdoors or homegrown food and beer, Asheville takes its pleasures seriously. Playgrounds are equipped with rock-climbing walls. Bumper stickers exhort the locals to buy local. There's even a fund-raising drive under way to erect a

museum named for Bob Moog, the synthesizer pioneer, who lived in Asheville, that will trace the intersection of science and music. All this connoisseurship unfolds, to the benefit of the casual visitor, against the backdrop of the seriously beautiful Blue Ridge Mountains.

For the rest of the article, entitled "36 hours in Asheville," please click: <http://travel.nytimes.com/2010/10/24/travel/24hours.html>

Also, Kelly Greene recently wrote well of the city in an article in THE WALL STREET JOURNAL:

<http://tinyurl.com/2e7drfb>

For the accompanying pictures to the above, please click:

<http://tinyurl.com/26grb9z>

FYI, part 2

* Kristi in North Carolina:

As you may know, jazz is a wonderful art form. Bo Farson asked that we consider spreading the word about the WNC Jazz Society. So I am. Bill and I have attended several excellent performances of nationally renowned jazz artist. It is about the only place to get our so-to-speak jazz fix. If you already know about the WNC Jazz Society and the concerts they provide, great! Just thought we would spread the word.

The Jazz Society has a Facebook site: <http://www.facebook.com/claritymediagroup#!/wncjazzsociety>

For more information, please click: <http://jazztimes.com/articles/16154-growing-grassroots-jazz>

* Become a Mission [Hospital] Ambassador in Asheville:

The excellent facility offers one class in the fall and one in the spring. You could for one two-hour class each month for four months, plus there's a full-day visit to the various facilities that make up Mission. You also get a great sense of the services and care the hospital offers. And you get to hear directly from the CEO and other top Mission executives.

Applications are now being taken for the spring class. For more information, please contact Shaana.Norton@msj.org; phone: 828.213.1052.

* Kids (and grandparents) eat for FREE at Earth Fare on Thursdays for dinner from 4-8 p.m. There's a big selections of meals to choose from, and this a real good deal. Ordinarily, the cost is \$3.99/child. Accompanying parent must order \$5 or more of food.

* Walt in Pennsylvania:

Not sure of your county, but our taxes are based on the sale price. Future taxes are changed by appraisal. If yours is down 25%, get your taxes lowered by 25% and invest in an appraisal (\$300). I saved \$1500 in taxes!

* Tera in North Carolina (my favorite massage therapist; Cynthia's too):

This colorful season brings changes. I have a new location in North Asheville. I am now offering massage at the Blue Ridge Acupuncture Clinic on Tuesdays (1p-5:30p) and Thursdays (9a-1p). <http://blueridgeclinic.com/contact-us/>

In-home massages are still available on Wednesdays (9a-1p) and Fridays (9a-4p).

Call me at 828-254-4405 to schedule your appointment today. You deserve it.

* Danny in North Carolina:

We had gotten a Pit-bull mix this past year, and despite their reputation, this is the best dog I have owned. He is the most loveable and loyal dog ever. He is great with the kids and the kittens. He gets in trouble occasionally by getting in the trash or picking fights with the neighbor's goat, but he has never been aggressive with us, but let's strangers know that they are not welcomed until me or Sharon accept them.

I hope Lucky finds a great home, and I am sure that he will be the best dog for someone. I am glad that he is at a no-kill shelter as well. Thank God for people that run these organizations.

* Deborah in Pennsylvania:

It's interesting that you are discussing health insurance. I've changed my occupation to insurance rep and what I sell is supplemental insurance which sits on top of health insurance and pays directly to the policyholder because to me health insurance is a discount program. It never pays everything. A lot of people buy supplemental insurance for this reason. And also they buy it so they can reduce their health insurance costs by having a higher deductible. Anyway as for breast cancer I sell a fabulous cancer policy that pays the policyholder to get mammograms . . . it works like this...whatever the facility charges your insurance company our company pays that amount directly to the policyholder which in effect pays for cancer policy itself. Plus after 20 years, you no longer pay premiums for the policy and it's yours for life. I get so excited about this stuff. I'm switched occupations 'cause I feel like I'm helping people while I'm helping myself. No more corporate America for me. Amen!

* Michael in Pennsylvania:

Please link me to your SCORE stuff; maybe it's time to relocate. I have a wealth of ideas I would like to bring to fruition. Do you think your team has what it takes to inspire the young (ha!) soon I be 50!

Many are web-based endeavors. I'm just at a point where life need to meaningFULL, not just a job. Strange but true.

ANSWER:

To reach Asheville SCORE, please click:

<http://www.ashevillescore.org/>

To reach national SCORE--e.g., to find a chapter near you--please click:

<http://www.score.org/index.html>

* Tammy in North Carolina:

I really enjoyed reading your newsletter, and look forward to future editions! I intend to pass this on to friends with children in college or with ones nearby there, like we are with Gracie. I found the information under point #2 to be alarming. [It dealt with parents not getting information about their children who attending college.) I cannot tell you how much I appreciate the heads up. I will be tracking down that book ASAP, since we are knee deep in SAT's and college applications.

3. How to make babies

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today."

The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?"

"It's simple," replied the girl. "You just change 'y' to 'i' and add 'es.' "

4. Reviews

A. THE SOCIAL NETWORK is a compelling drama about Facebook's founder . . . it kept me on the edge of my seats, and the performances--especially by Jesse Eisenberg as Mark Zuckerberg and Justin Timberlake as Sean Parker--were outstanding . . . I'm not sure how much of this film is true, but it sure seemed like it was . . . if you're a Facebook junkie or just somebody who is curious about Facebook's popularity, then make this a "must-see" on your list . . . PG-13.

WANTING TO KNOW MORE:

About what was true and what wasn't, I did some research . . . here were two articles that I found interesting:

<http://www.geekosystem.com/is-the-social-network-movie-true/>

<http://tinyurl.com/3y2ka5g>

I'll let you view THE SOCIAL NETWORK, then read these two articles and make your own

determination.

B. PLEASE GIVE is now out in DVD format . . . my review from BLAINESWORLD #718 follows:

Enjoyed PLEASE GIVE, a quirky comedy drama, that stars Catherine Keener and Oliver Platt . . . it's about a couple living in New York City who desire more space, but they can't get it until their elderly neighbor dies--and nobody can predict when that will be . . . so they try to make the best of things and, at the same time, deal with their own daughter and her self-image issues . . . this is a film that you might miss in the theaters, so if that happens, make sure you put it on your Netflix or Blockbuster list for a future rental . . . rated R.

C. A few years ago, I heard the CD version of TOUCHED BY THE EXTRAORDINARY by Susan Barbara Apollon . . . its stories of love, loss and hope touched me, and so I looked forward to reading the author's follow-up: TOUCHED BY THE EXTRAORDINARY, BOOK TWO.

Apollon is an intuitive psychologist who shares her wisdom via unforgettable true stories of inspiration and comfort . . . most she wrote herself; a few were authored by others (including two by Dr. Beth DuPree, a Bucks County physician I admire) . . . I got a special kick from reading other stories that featured interviews with Natalie Kaye, a close personal friend.

There were many passages in the book that moved me, but I especially liked this one:

* An older gentleman had a doctor's appointment. While in the office speaking to his doctor, he mentioned that he was worried about getting to his next appointment, a visit to the nursing home where his wife lived. His wife had Alzheimer's and had not recognized him in five years, but the man visited her every day.

The doctor was surprised by the man's insistence that he be on time, given that his wife did not remember him. The man explained, "She does not know me, but I still know who she is." The doctor, in an article she later wrote, noted how touched she was by the man's deep love for his wife. She wrote that she, too, hoped one day to find such love. She wrote, "True love is neither physical nor romantic. True love is acceptance of all that is, all that has been, will, and will not be."

And at the end of the book, there's an Appendix with suggestions to help in healing from loss and trauma . . . this idea I found particularly useful:

* Recognize the importance of love.

We learn, through pain and suffering, that the only thing that truly matters is the people you love. My husband taught me this before we were married. Walking along a boat dock, I was carrying his watch and rings when they suddenly slipped from my hands and fell between the cracks into the water. I was in tears and feeling great guilt, but I will always remember his words: "Don't worry, Susan. The only thing that matters is you. I can replace the jewelry; I can't replace you." His love touched me and soothed my pain of disappointing him!

In addition, I liked the thought-provoking quotes that were at the beginning of each chapter . . . these two were my favorites:

* Here is a test to find whether your mission on earth is finished: If you're alive, it isn't.--Richard Bach

* You don't need a formal prayer or invocation to call the Angels to your side. Simply think, "angels, please surround me," and they are there.--Doreen Virtue

You'll feel the same after reading TOUCHED BY THE EXTRAORDINARY BOOK TWO: i.e., that angels are by your side . . . you just have to be open to receiving them into your life.

D. I've worked for my share of good bosses and, unfortunately, I've worked for a bunch of bad bosses (whose names shall not be revealed to protect the guilty) . . . what I've never done before--read much on the subject; i.e., until I came across the CD version of a very informative book entitled GOOD BOSS, BAD BOSS.

Written by Robert J. Sutton, a management professor and author, its subtitle points out why it is such a valuable resource: HOW TO BE THE BEST . . . AND LEARN FROM THE WORST. My only regret is that this isn't required reading for every boss. It is that good.

Sutton gives lots of examples that I could relate to, in that they seem to have been written about bosses known by me . . . he also gives a lot of useful advice, including these tidbits:

* Top managers are never satisfied that what they do can't be improved.

- * Do not treat others as if they are idiots.
- * Don't hold grudges. Instead, help the victors implement their ideas with all your might.
- * Paying bonuses to a few top performers undercuts morale.
- * A boss needs to ask this question more: "What do you think?"
- * Those with asshole bosses are five times more likely to make errors or slow down on purpose.
- * Imagine your 14-year -old son is following you around all day. Ask: What would my son think about the way I was treating this person?

And, lastly, this was this one that made a lot of sense to me: Post a boss-hole [a way to describe bad bosses] bounty. Give \$20 to anybody who tells you that you're a jerk.

Just imagine if that idea could be put into practice. I bet we'd have a lot better bosses. If you think that would be a good thing, then read Sutton's book for other great things that suggestions for making this a reality.

5. TV alert

A. MILLIONAIRE MATCHMAKER returns for its fourth season on Tuesdays at 9 p.m. on BRAVO . . . the show is now taped in New York City . . . and there's good news for any single guys . . . the host, Patti Stranger, is newly single--is encouraging them to ask her out . . . for more information, please click:

<http://tinyurl.com/23p278a>

B. NIGHT OF TOO MANY STARS: AN OVERBOOKED CONCERT FOR AUTISM EDUCATION is hosted by Jon Stewart and will feature appearances by Stephen Colbert, Steve Carell, Tina Fey, Larry David and Lewis Black, among others . . . Friday at 2 a.m. on COMEDY CENTRAL; repeated on Monday, Oct. 25, at 1:30 a.m.

C. Shannen Doherty portrays a novice farmer out to win a pumpkin-growing contest in GROWING THE BIG ONE . . . if that name sounds familiar, it is because she is the same actress who used to be on 90210 . . . this promises to be quite a different role . . . Saturday at 9 p.m. on the HALLMARK CHANNEL.

D. LUTHER stars THE WIRE's Idris Elba as a volatile detective "whose unhinged antics," according to TV GUIDE, "fuel BBC AMERICA's twisted six-part crime thriller on Sundays at 10 p.m.

6. How to respond to friends

When friends call to ask about visiting you and/or your town, here's the first thing to ask them: "Would you like help in booking your hotel room?"

MY TWO CENTS:

I recently posted the above on my Facebook Wall (see also Section 7D) . . . almost immediately, I got these responses:

* Cheryl in Pennsylvania:

Ah yes, or would they like to paint or use the hammer.

* Jeff in Pennsylvania:

House guests and fish both stink after the second day!

* Anita in Pennsylvania:

I LOVE IT!!! That beats what I've been telling folks: Let me know when you get here so we can invite you to dinner. Lately, I've gotten calls from "friends" I never knew!

* Stephen in Pennsylvania:

It wasn't the first thing, but I did eventually persuade out-of-towners that they would be

more comfortable in a hotel. Mom didn't mind.

7. Websites

A. THANKS to Christina in North Carolina for sharing this website, which will enable you to find out the National Oceanic and Atmospheric Administration (NOAA) winter forecast:

http://www.noaanews.noaa.gov/stories2010/20101021_winteroutlook.html

If you are want to find out more about climate, please visit:

<http://climate.gov>

THE REST OF THE STORY:

Christina, a very bright and talented friend, is a physical scientist and program manager for NOAA's Global Observing Systems Information Center.

B. This clip reminds me of why so many folks love their dogs:

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

Now wouldn't it be something if a cat could be taught the same trick!

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

<http://www.blainesworld.net>

If you've ever wondered what happens to your email address once I have it, please click "Newsletter" to the left and then "Privacy Statement."

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

How to enlarge font size on the Internet

You can change the font size on almost all browsers using either of these easy methods, both of which are ideal for quickly changing it and then switching back to the default size:

1. Press the **Ctrl** key and at the same time press the = key (that is, the + key). Keep clicking the = key until it's the right size for you. To decrease the font size, press the **Ctrl** key and at the same time press the - key. Keep pressing the - key until it's the right size for you.

2. If your mouse has a **scroll wheel**, press down the Ctrl key and use the scroll wheel to increase or decrease font size.

And after you have made the type bigger and smaller and bigger again, you can go back to the default setting with one easy move: Press the **Ctrl** key and at the same time press the **0** (the number zero) key.

The above was extracted from the following link, which also contains other ways to increase font size--depending on your browser:

<http://tinyurl.com/25v4by3>

9. Four guys

Four guys go fishing together . . .

After an hour, the following conversation took place:

First guy: "You have no idea what I had to do to be able to come out fishing this weekend. I had to promise my wife that I would paint every room in the house next weekend."

Second guy: "That's nothing, I had to promise my wife that I would build her a new deck for the pool."

Third guy: "Man , you both have it easy! I had to promise my wife that I would remodel the kitchen for her."

They continue to fish. When they realized that the fourth guy has not said a word, they asked him, You haven't said anything about what you had to do to be able to come fishing this weekend. What's the deal?

Fourth guy: "I just set my alarm for 5:30 am. When it went off, I shut off my alarm, gave the wife a slap on her butt and asked, 'Fishing or Sex?' "

And she said, "Wear sun-block."

10. A quote I like

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.--Oprah Winfrey. television host, actress, producer and philanthropist, best known for her self-titled, multi-awarded winning talk show

11. Thought for the day

God is busy

A United States Marine was taking some college courses between assignments. He had completed 20 missions in Iraq and Afghanistan. One of the courses had a professor who was an avowed atheist and a member of the ACLU.

One day the professor shocked the class when he came in. He looked to the ceiling and flatly stated, "God, if you are real, then I want you to knock me off this platform. I'll give you exactly 15 minutes." The lecture room fell silent. You could hear a pin drop. Ten minutes went by and the professor proclaimed, "Here I am God, I'm still waiting."

It got down to the last couple of minutes when the Marine got out of his chair, went up to the professor, and cold-cocked him; knocking him off the platform. The professor was out cold.

The Marine went back to his seat and sat there, silently. The other students were shocked and stunned, and they sat there looking on in silence. The professor eventually came to, noticeably shaken, looked at the Marine and asked, "What in the world is the matter with you? Why did you do that?"

The Marine calmly replied, "God was too busy today protecting America's soldiers who are protecting your right to say stupid stuff and act like an idiot. So He sent me."

The classroom erupted in cheers!

Author unknown

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

12. Advance planning department

A. North Carolina events:

* FREE Woody Allen films the weekend October 22, 23 and 24
in the cinema lounge at Carolinas Asheville on 1640 Hendersonville Road,
Asheville: (828) 274-9500.

Friday, October 22nd:

1 pm- A Midsummer Night's Sex Comedy ('82)

4 pm – Love and Death ('75)

7 pm – Annie Hall ('77)

10 pm – Crimes and Misdemeanors ('89)

Saturday, October 23rd:

7 pm – Manhattan ('79)

10 pm – Whatever Works ('09)

Sunday, October 24th:
1 pm – Hannah and Her Sisters ('86)
4 pm – Bananas ('71)
7 pm (Stardust Memories ('80)

And catch the brand new Woody Allen picture, You Will Meet a Tall Dark Stranger, opening October 22nd . . . only at the Carolina Asheville.

* If you're a business owner (or thinking of starting a firm), make sure you attend any and/or all of these upcoming SCORE seminars:

Wed., 10/20/10, 6:00 PM- 9:00 PM; Advanced Internet
Sat., 10/30/10, 8:30 AM - 2:30 PM; How to Start a Business in Tough Times

For more information or to register, please click:

<http://www.ashevillesscore.org/seminars.htm>

* In a recent article, Richard Powers at Stanford University, CA shows that not only is ballroom dancing great exercise that helps reduce your stress levels, there is now evidence that regular ballroom dancing actually makes you smarter and helps ward off Alzheimer's disease! Check out the article at:

<http://socialdance.stanford.edu/syllabi/smarter.htm>

So with all that in mind, we encourage you to attend our upcoming dance events this weekend as listed below.

We look forward to seeing you on the dance floor soon!

Ted and Kimberly Ross
(828) 333-8333

ted.ross@charter.net <http://www.dancevision.com/instructors/ted-ross/www.ecodance.amazonherb.net>

This Friday, October 22nd - "Beginner's Only" Salsa Class & Ballroom Dance Party

Beginning Salsa Class at 7 p.m.
"Beginner's Only" Dance Party: 8PM – 10PM
Class Taught and Party Hosted by: Ted and Kimberly Ross

Location: The Asheville Ballroom & Dance Centre (991-B Sweeten Creek Rd., Asheville)

This Saturday, October 23rd - Bolero Workshop
Time: 4:00PM - 6:00PM
Cost: \$20 per person for the two-hour workshop

Location: The Asheville Ballroom & Dance Centre (991-B Sweeten Creek Rd., Asheville)

* A Benefit Concert with Kaleo Wheeler & Friends

A Concert of Positive Music & Musical Storytelling to support the renovation of a landmark building: The Masonic Temple in downtown Asheville.

At the moment, Kaleo's friends include: Robert Akers, Pilarr, Pope McElvy, Alisa Kuumba and Jenna Jaffe (Melissas).

Positive Music is about using popular music to improve the quality of people's lives. It is about seeing music not only as entertainment but as a means of creating positive change in the world--using music more intentionally, to inspire, uplift, heal or enlighten.

Put it on your calendars to come join us for a delightful, fun and different kind of evening.

Saturday, November 13

7:30 p.m.

The Masonic Temple, 80 Broadway St., Asheville NC

Phone 866-581-4843

This is also celebrating Kaleo's return to Asheville

Tickets \$10 in advance or \$15 at the Door

Purchase tickets online at

www.kaleowheeler.com/catalog/

B. Pennsylvania/New Jersey events:

* Upcoming acts presented by the Comedy Cabaret:

Comedy Club Entertainer of the Year: J.J. Ramirez Show

Tonight Show appearances, Letterman, and his own HBO Special the CLEAN COMEDY OF JOE BOLSTER

The Amazing WID Show

Please click:

<http://www.comedycabaret.com/news.html>

* THE HISTORY OF POPULAR MUSIC IN ONE EASY LESSON ACCORDING TO TOM ORR

One night only: Monday, October 25 at the Off-Broadstreet Theatre in Hopewell, NJ

For more information, please click:

<http://actorr.com/popmusic>

* The Morrisville-based Actors' NET of Bucks County continues its fifteenth season with the steamy Tennessee Williams classic, *Cat On a Hot Tin Roof*. Exploding passion amid a family crisis! Starring Cat Miller of Bristol as "Maggie the Cat;" John Helmke of Hamilton, NJ as "Brick;" Doug Kline of Newtown as "Big Daddy;" and Virginia Barrie of Ewing, NJ as "Big Mama." Costarring Susan Blair of Philadelphia as "Mae;" Jack Bathke of Robbinsville, NJ as "Gooper;" Mike Waintraub of Trenton, NJ as "Rev. Tooker;" Marco Newton of Yardley as "Dr. Baugh;" and Wilma Shakesnider of Cherry Hill, NJ as "Sookey." Directed by NET Artistic Director Cheryl Doyle of Morrisville. Marco Newton, assistant director. Stage managed by Matthew Cassidy of Morrisville. Lighting design by Andrena Wishnie of Morrisville. Sound design by Corey Stradling of Morrisville.

DATES: Oct. 29 – Nov. 14, 2010.

TIMES: Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m.

PLACE: The Heritage Center, 635 North Delmorr Avenue (Route 32), Morrisville, PA – near the Calhoun Street Bridge.

ADMISSION: \$20 for adults, \$17 for seniors and \$10 for children age 12 and under. Due to intense situations and mature themes, parental guidance is advised. To reserve, call the nonprofit Actors' NET at 215-296-3694 or email actorsnet@aol.com. On-line tickets can be purchased via:

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

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#732
10.11.2001

In this issue:

1. Reflections
2. FYI
3. Tools
4. Reviews . . . SECRETARIAT, etc.
5. TV alert
6. Grounds for divorce
7. Websites
8. Computer tip
9. Truths for mature adults--stuff I know but don't talk about much, Part 2 of 2
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I joined our friends Katy and Ron for dinner at our favorite Thai restaurant in Hendersonville: Champa . . . the food is always good, and we like the ambience . . . for more information, please click:

<http://champanc.com/>

We then saw THE DROWSY CHAPERONE at the Flat Rock Playhouse . . . it's a delightful musical that's a show-within-a-show that has great singing and dancing, along with another outstanding performance from Scott Treadway as the die-hard musical fan . . . and best of all, it runs through this coming Sunday . . . so if you can, catch it; you can get more information by clicking:

<http://tinyurl.com/255kay6>

B. On Saturday, there was a Crafts Fair outside our association's clubhouse . . . it was followed by a fun Swing lesson/Dance party at the lake, led by our friends Kimberly and Ted Ross.



Kudos to both of them for the great job they did in running the event, as well as to Bob Butcher who served as DJ.

On Sunday, we had a fun time at an Open House--hosted by Bob and his wife Sally . . .

that's us with Sally in her new studio, in front of some of the beautiful samples of faux bois ("false wood") she has created.



C. During the week, I attended a Paint the Town pink celebration at Pack Square Park . . . its aim was to increase breast cancer awareness . . . that's yours truly (third from the right), along with friends Kristi and Bill to my right . . . we are shown forming an "M" above our heads to show support for our mutual friend Marilynne (second from the left in the front row).



And I got to see another show over the weekend: CHICAGO . . . it was put on by the outstanding Theatre Arts Department at Mars Hill College . . . Mary Elise Jones and Brittany Hazeldine were both outstanding in the leading roles . . . the band was topnotch, too, as was the direction by Paul Schierhorn.

Unfortunately, the show ended its limited run on Sunday . . . so if you want to see another production, you'll have to wait until November 18-21 to see THREE SISTERS by Anton Chekhov . . . for more information, please click:

<http://www.mhc.edu/theatre/performance-schedule>

D. CONGRATULATIONS to Mandy Reilly on her recent marriage to Trevor Lewis . . . may the best of your past be the worst of your future!

To those on Facebook, you can see a picture of the happy couple by clicking:

<http://tinyurl.com/23xskaa>

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

This week it goes to Patricia Gallagher--a Pennsylvania woman who has organized something known as the "Cover a Senior with Love Campaign," which is a year-round way to acknowledge and honor older Americans.

The organization's mission is to provide new and gently used stuffed animals and lap blankets, (crocheted and knitted lap blankets, baby blankets, holiday throw blankets, fleece blankets and afghans) for the residents of nursing homes. Items are lovingly given to the elderly as a simple way to say, "You are not forgotten. You are appreciated. You are loved."

Since its inception in December of 2009, 1,200 plush animals and 300 blankets have been donated to 22 facilities including homeless shelters, nursing homes, retirement communities, recovery centers and Veterans Medical facilities.

To read about what inspired Patricia Gallagher and her friends to collect and donate stuffed animals and "blanket the community" with warm, colorful blankets of love, please visit:

www.storiesforseniors.wordpress.com

To donate lap blankets, stuffed animals or to contribute, please contact:

Patricia C. Gallagher

Telephone: (267) 939 - 0365

Email: storiesforseniors@gmail.com

SOMETHING ELSE ABOUT THIS AMAZING WOMAN:

Several years ago, she organized a program known as the Team of Angels. To read more, please click:

<http://www.patriciausa.com/team-of-angels>

If you go to the website, you'll have the opportunity to buy angel pins and bookmarks . . . these are great gift items that Cynthia and I have both given out to many others.

2. FYI

Beware driving in Asheville. An advocacy group has named it the top small city in North Carolina for speed traps. Raleigh was named the state's worst large city. For more information, please click:

<http://triangle.bizjournals.com/triangle/stories/2010/08/30/daily37.html>

EVEN BETTER:

Check out the National Speed Trap Exchange by clicking:

<http://www.speedtrap.org/>

You can find a complete listing of speed traps in your state, as well as a breakdown by city.

FYI, part 2

* Cynthia in North Carolina (see also Section 1A):

Amanda (my little sister from Big Brothers Big Sisters) and I are sponsoring a dog, Lucky, that now lives at Pet Harmony (a no-kill shelter in Asheville, NC). We are committed to finding a home for this delightful dog.



Lucky is the sweetest little boy dog you will ever meet. He is a 2 year old White Terrier, Pit

Bull mix. Lucky is either entertaining himself with toys, dancing in circles or giving up his belly for a rub. Cats would not be a good match for Lucky. He is strong and protective. His loving heart has won over everyone who has ever met him, and he will win over yours too. He really wants a loving home. If interested, please call Pet Harmony at 274.3647 or send an email to ann@animalcompassionnetwork.org.

* Bob in Pennsylvania (with a REQUEST FOR HELP):

Most of you know that I am both a avid runner and a supporter of the Children's Tumor Foundation(CTF). I run in many events for the NF Endurance Team, which is the fund raising arm of the CTF. I have entered into the Movement Challenge sponsored by New Balance as part of my fund raising efforts this year. A brief summary of what that is:

- 1) I run my butt off and get 100 points for every mile that I race in an official race during the 2010 calendar year.
- 2) I solicit other runners or walkers to join the Challenge as my "referral", and receive 100 points for each of them.
- 3) Whoever has the most points at 11:59 p.m. 12/31/2010 will win \$25,000 for the charity of their choice. (I have obviously chosen the Children's Tumor Foundation). There is NO second place. We either win or we lose.

I am currently ranked very high in the challenge, but can't win without help from the NF Endurance Team and my running pals. I have posted numerous messages on every Facebook site related to NF that I can find, have emailed NFET runners I know and have run with, and even handed 70 fliers out at the Philly 1/2 Pasta Dinner. So far the response has been very disappointing, to be honest.

Here is what I NEED YOU to do:

1. Go to www.movementchallenge.com
2. From the home page, click on "sign up as a runner"
3. Copy and paste this number into the "referral code" field:
b518237d-deb3-4730-98fc-633e3285eeaa
4. Choose Children's Tumor Foundation as the charity you support

Then I NEED YOU to pass this on to all your friends! They MUST use the referral code listed in #3 above. . . not the code you will be assigned! If you have friends who are not runners or walkers...have them sign on using the "sign up as a fan" option. I only get 10 points for them, but it helps. You need to pass this on to anyone and everyone who may want to help...running pals, clubs, friends . . . even if they are not involved with the NF team. Every person who registers using my code is equal to me running 1 mile. Every 26 people is a Marathon!

* Susie in New Jersey:

Awesome invention!

<http://fun.mivzakon.co.il/video/cmp/8343/%C3%A9%C3%B9%C3%B8%C3%A0%C3%AC.html>

I was so impressed with it that I had to read some more about it . . . if you want to do so, too, please click:

<http://www.theengineer.co.uk/in-depth/walk-of-life/306703.article>

* FREE waffle at any participating Waffle House:

<http://tinyurl.com/2dpd96d>

* George in Pennsylvania:

Zip It is the tool for cleaning clogged drains we talked about. I purchased one in Home Depot for \$ 2.24 in the plumbing section.

The tool is thin white, about 24 inches long. As tools go, I think you will like using this one.

had a female friend used the tool on her clogged sink along with her shower drain. I've used it on Mom's bathroom sink, and it worked great. My friend pulled up hair and related stuff. All the drains reported in this e-mail are in good working order now.

* Rich in Pennsylvania:

Check out:

<http://williamcastle.com/blog/scare-it-forward/>

It is a compilation of 31 writers..I have been chosen to write Chapter 14 (the other chapters are on there for you to catch up). Hope you enjoy.

THANKS to the several readers who wrote in response to the question raised last week about extended warranties . . . among the responses were these:

* Ange in Pennsylvania:

Really, Blaine! Like you said you don't usually buy them, so don't start now. If something happens to your camera you can buy a new one. I don't believe in EW on anything I can buy that is under \$1,000. Sure for me \$1,000 is a lot of money but I can always come up with it one way or another so why throw my money away on something I may never need.

* Dana in Pennsylvania:

When I bought my camera, in 2009, I bought it from a camera store in the mall. They talked me into an extended warranty, and 6 month later, the store was out of business, along with many other businesses. Be careful WHERE you buy. I think Staples is a pretty safe bet, but you never know. Check their financial situation before you agree to the warranty.

* Maria in Pennsylvania:

I'm also not a fan of extended warranties--except on larger purchases. As far as digital cameras, not unless you have a kid using it! I'd get warranties on things like my car, an oven . . . things you need that can be very expensive to fix! When I got a new kitchen I got warranties on the fridge and the oven, but not the dishwasher, figuring I could wash the dishes myself! One of those warranties paid off big time, when the power went out for several days and I lost everything in the fridge . . . within days I had a check for all the food! A car warranty paid off when, 6 months after the original warranty expired, the entire compressor system went . . . the cost of which was double what I had paid for the warranty.

Also, watch the period of the "extended' warranty." Sometimes it coincides with the original warranty, so much so that it's rather useless. So my suggestion to anyone, consider if you can do without it for awhile or how important it is to you, then decide if the warranty is right for you.

* Matt in North Carolina:

Like you, I have often thought about the value of extended warranties and therefore what is the best strategy.

I SELDOM buy them. I buy a lot of technology; usually that stuff can't be fixed so it would have to be replaced; paying 10% or 15% for the warranty might be a good deal. I never do it because the included warranty is enough for me to figure out whether or not I've got a lemon. I have almost never had a gadget make it thru it's first birthday and die soon after.

If it does fail after the base warranty period, a "new and improved model" is on the market and I would rather have it than a repaired old one any way even if it costs a bit more . . . Not the most frugal approach but the economy needs me!

The exception to these rules is complex things with lots of expensive parts . . . like today's autos. When the warranty expires, IF I intend to hold onto the auto, I will pop for the extended warranty. Again, part of this is because of my personal approach. I like all the gadgets on the car to work. I am not a guy who could put up with an electric window or cruise control that doesn't work and it usually doesn't take more than 1 or 2 incidents to pay for the extended warranty.

* Marty in New Jersey:

Other than for a big ticket item like a car, usually worthless, especially since digital prices keep dropping.

My laptop crashed last Dec. (right as I was writing freelance article--thank G-d I periodically e-mail versions to myself), and I ran out and replaced it that night with a netbook (mini laptop)-- about \$275, includes built in wi-fi, but Office is extra.

At these prices it doesn't pay to get 'em fixed.

* Pat in Pennsylvania:

Do you frequent the casinos? If the item you are purchasing is not a big ticket item then don't buy an extended warranty. If you do you are basically taking a bet that it will fail.

Much like people who dump money at a casino. And the likelihood of the product breaking is usually remote. And what are your odds at winning at the casino? I would consider a warranty on a big ticket item, or intricate tool or device that one used every day and had to have it in operation 24-7. But even then I would be careful. (A small digital camera? I don't think so). If it is a high tech item that you need all the time or its for life or death and no one else fixes the item locally then I would maybe consider it. I do think that at times a car warranty can be a so so purchase. Esp if you need the car every day. But be advised that 50% of the cost of a car warranty goes to the salesperson in commission fees. So if the warranty is \$1,500 he or she gets \$750. So you can negotiate this and they will often throw this into the price of the car for at least cost.

3. Tools

You need only two tools: WD-40 and duct tape. If it doesn't move and it should, use WD-40. If it moves and shouldn't, use duct tape.

MY TWO CENTS:

I originally posted that on my Facebook page. (See also Section 7D.) Several friends then shared equally sage advice, including:

* John in New Jersey:

I also like to have a hammer . . . just in case.

* Chris in Pennsylvania:

How to keep things looking nice: If it doesn't belong there pick it up, if it is too big to pick it up then paint it.

* Todd in New Jersey:

When a hammer is the only tool you have, every problem looks like a nail!

4. Reviews

A. I was looking forward to SECRETARIAT, in that I followed the horse's 1973 Triple Crown attempt . . . but was I ever disappointed . . . don't believe the good reviews you may have seen about the film . . . it is boring and overlong . . . I'm usually a big fan of Diane Lane, but her character here did nothing for me . . . the same could be said about the role played by John Malkovich . . . rated PG.

B. If horse racing is your thing, you'd do much better finding SEABISCUIT on DVD . . . here's my review from 2003:

I don't ordinarily see a movie after I have read the book or vice versa . . . yet I made an exception for SEABISCUIT--even though I had enjoyed reading Laura Hillenbrand's SEABISCUIT: AN AMERICAN LEGEND.

That said, I should tell you the movie was also enjoyable; however, I do think that it would have liked it more had I not known the story beforehand.

It is more than just a horse racing film, so if the thought of such a flick doesn't excite you, give it a shot anyway . . . you'll find yourself getting drawn into four separate tales (of the horse, jockey, trainer, and owner) . . . how they all "fit" together is certainly a tribute to Gary Ross, the director, who also co-wrote the screenplay with Hillenbrand.

The acting is excellent . . . Jeff Bridges and Chris Cooper deliver stellar performances, as they almost always do . . . William H. Macy is surprisingly funny as a race announcer . . . and Toby Maguire continues to amaze me for the versatility of his acting . . . you would have a difficult time believing he's the same guy who helped make SPIDER-MAN the smash success that it was.

The cinematography is breathtaking, at times . . . and you'll almost feel like you are a jockey in some of the racing sequences . . . some movies grow on you . . . this is one of them . . . just writing this review is making me appreciate it even more . . . rated PG-13.

C. I'm drawn into some books just by their title . . . such was the case with MODERN MEDICINE IS KILLING YOU by Dr. Niraj Nijhawan, a physician who also holds a master's degree in clinical research.

He contends that there are three root causes of our ineffective health system: 1. Modern medicine is unintelligent, 2. Modern medicine is overrated and 3. Modern medicine is harmful . . . but the author just doesn't make such statements off the top of his head; rather, he backs up his beliefs with many references (running some 56 pages).

Much of what he says is not only thought-provoking; it is downright scary:

* The VAST majority of medical interventions and test that you are subjected to are not based on ANY truly scientific studies (meaning double blind randomized controlled trials)! Treatments and tests are primarily ordered based on your healthcare provider's beliefs. These beliefs are derived from theories acquired during their training and reinforced by your healthcare providers' medical association.

I was also surprised by this tidbit:

* How tragic that the PSA test ultimately proved to have no impact on life expectancy! Worse than no benefit is the addition of side effects. In the case of prostate surgery, side effects include a 9% incidence of bladder control problems and 58% incidence of problems with sexual functioning.

However, as I was reading, I kept thinking about the book's subtitle: START YOUR HEALTHCARE REVOLUTION NOW . . . and Nijhawan shows readers how to do that in the last few chapters . . . in particular, I'm now even revisiting some of my previously-held opinions as a result of reading this passage:

* Healthcare insurance in its current form doesn't make sense. Do you purchase auto insurance that covers any possible expense? This would probably encourage the mechanic to do anything and everything to your car and then provide you a higher bill the next year. This is exactly what has occurred within American medicine, exacerbated by expensive and dangerous medical technology.

If you're like most folks and you are confused by our current healthcare system, then I strongly recommend that you read MODERN MEDICINE IS KILLING YOU.

D. Heard the CD version of SQUIRREL SEEKS CHIPMUNK, a collection of 16 short stories by David Sedaris about animals with human-like qualities.

A few were funny to a degree . . . they came across like modern-day versions of Aesop's Fables with a dark twist . . . too many others just weren't amusing at all, and a few were actually quite gruesome.

Though I've enjoyed other books by the author, I kept thinking to myself that maybe I was missing something; i.e., it did nothing for me. That said, there were two somewhat saving graces.

I enjoyed the illustrations by Ian Falconer that I was able to see via a PDF file, and the narration by Sedaris, Elaine Stritch, Dylan Baker and Sian Phillips was excellent.

5. TV alert

A. SCHOOL PRIDE, according to TV GUIDE, is "a sort of EXTREME MAKOEVER: EDUCATION EDITION" . . . here facilities "have ceiling tiles falling on the kids' heads during school. Water fountains don't work; bathrooms don't work" . . . Wednesdays at 8 p.m. on NBC.

B. What a time to be a sports fan . . . however, to me, the only games I'll be watching are both the American League and National League championships (I'm hoping that both the Phillies and the Yankees make the World Series) . . . the Yankees begin play on Friday night at 8 on TBS; for more information on the other dates and times, please click:

<http://www.tbs.com/stories/story/0,,154864,00.html?iref=2166%3A346145>

The Phillies begin play on Saturday afternoon at 4 p.m. on FOX; for more information on the other dates and times, please click:

<http://msn.foxsports.com/mlb>

C. Former pro-wrestler-turned Minnesota governor Jesse Ventura begins his second year of CONSPIRACY THEORY on Friday night at 10 p.m. on TRUTV. The first show examines one of his favorite conspiracies: JFK's assassination and according to Ventura, "We will have breakthrough audio. It will be the first time we audibly hear someone confess, and we all know that Lee Harvey Oswald is dead."

D. ROCK 'N' ROLL FANTASY is a new reality show about 15 average dudes learning how to play loud and party hard on Saturday at 10 p.m. on VH1 CLASSIC.

6. Grounds for divorce

A woman seeking a divorce went to visit her attorney. The first question he asked her was, "Do you have grounds?"

She replied, "Yes, about two acres."

He said, "Perhaps I'm not making myself clear. Do you have a grudge?"

She responded, "No, but we have a carport."

Impatiently, he went on, "Does your husband beat you up?"

She smiled and said, "No, I generally get up before him."

The attorney switched approaches in one last effort, "Ma'am, are you sure you really want a divorce?"

She said firmly, "I don't want one at all, but my husband does. He claims we have difficulty communicating."

7. Websites

A. Think you know what's going on?

Take this simple test see if you are current in thinking. The overall results are somewhat shocking, but not unexpected.

<http://pewresearch.org/politicalquiz/quiz/index.php>

After you answer the 11 questions, you'll also be able to see how others did.

B. As a follow-up a website that was mentioned in last week's issue, you can not only get great songs from the following website--but make sure you check out the top part of the listings for classic TV moments and whole shows:

<http://xoteria.com/OLDIESTV.html>

Here's just a small sampling of what you'll find:

4 COMMEMORATING ELVIS PRESLEY: THE KING OF ROCK & ROLL (1959-62)

11 BLOOPERS FROM *THE HONEYMOONERS* (1957-58)

28 ABBOTT & COSTELLO: *WHO'S ON FIRST?* 1951

35 DANCES OF THE 50's: AT THE HOP LINDY HOP-BOP STYLE 1959

37. THE DANNY THOMAS SHOW: MAKE ROOM FOR DADDY 1958

If you just want to hear music from the 50s, you might also want to check out this website:

<http://carolynspreciousmemories.com/50s/sitemap.html#ixzz0suoZYU8B>

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

<http://www.blainesworld.net>

To see pictures of yours truly, as well as my friends and relatives, click "Blaine's Best" on the left and then "Pictures" . . . you'll be able to see pictures from the past several years . . . and when you do, make sure you turn your sound on; that way, you'll be able to listen to arguably the greatest rock song off all time.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Is your computer too sick to save?

To make that determination, consider using this formula to figure out if it's time to ditch your old PC and invest in a new one: Take the original purchase price (say, \$600), divide it by the years you've owned it (say, 2) and subtract the cost of 1 hour of computer support (say, around \$85) = 215.

"When the computer repair amount starts to come close to the computer cost (original amount/years owned), or if you have to frequently repair the computer, it's time for a new one," he says.

SOURCE:

Above was extracted from the following piece that contains some other useful information on the topic:

<http://tinyurl.com/2f5zwpl>

9. Truths for mature adults--stuff I know but don't talk about much, Part 2 of 2

(Concluded from last week.)

14. I keep some people's phone numbers in my phone just so I know not to answer when they call.
15. I disagree with Kay Jewelers. I would bet on any given Friday or Saturday night more kisses begin with Miller Lite than Kay.
16. I wish Google Maps had an "Avoid Ghetto" routing option.
17. I have a hard time deciphering the fine line between boredom and hunger.
18. How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?
19. I love the sense of camaraderie when an entire line of cars team up to prevent a jerk from cutting in at the front. Stay strong, brothers and sisters!
20. Shirts get dirty. Underwear gets dirty. Pants? Pants never get dirty, and you can wear them forever.
21. Sometimes I'll look down at my watch three consecutive times and still not know what time it is.
23. Even under ideal conditions people have trouble locating their car keys in a pocket, finding their cell phone, and Pinning the Tail on the Donkey. But I'd bet everyone can find and push the snooze button from 3 feet away, in about 1.7 seconds, eyes closed, first time, every time!
24. The first testicular guard, the "Cup," was used in Hockey in 1874 and the first helmet was used in 1974. That means it only took 100 years for men to realize that their brain is also important.
25. Isn't it awful when you're talking to someone, and suddenly you forget what you were going to say; then you remember it and realize you already told them about it yesterday!
26. And last, but not least, you meet a friend on the street, start talking to him/her and suddenly realize you can't remember their name! And after you separate and go your separate ways, you remember who they were! (I wonder if it happens to them, too.)

10. A quote I like

The person who removes a mountain begins by carrying away small stones.--Chinese proverb

11. Thought for the day

Pencil lessons

A pencil maker told the pencil five important lessons just before putting it in the box:

1. Everything you do will always leave a mark.
2. You can always correct the mistakes you make.
3. What is important is what is inside of you.
4. In life, you will undergo painful sharpenings, which will only make you better.
5. To be the best pencil, you must allow yourself to be held and guided by the hand that holds you.

We all need to be constantly sharpened. This parable may encourage you to know that you are a special person, with unique God-given talents and abilities. Only you can fulfill the purpose which you were born to accomplish. Never allow yourself to get discouraged and think that your life is insignificant and cannot be changed and, like the pencil, always remember that the most important part of who you are, is what's inside of you.

Author unknown

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

12. Advance planning department

A. North Carolina events:

* Mark Guest, an outstanding solo jazz guitarist, performs this week on:

* Thurs, 10/14 from 7-9 p.m.

Curras Nuevo Cuisine, 72 Weaverville Hwy, Asheville

Fri, 10/15 from 7-9 p.m.

Curras Nuevo Cuisine, 72 Weaverville Hwy, Asheville

Sat, 10/16 from 6-9 p.m.

Chop House (inside the Sheraton Four Points)

22 Woodfin Rd., downtown Asheville

* The Hop West opens on Friday. Doors swing open at 1 p.m. and stays that way until 11 p.m. There will be live music from 6-8 p.m. by Gavin Connor and Ryan Cox, members of one of Asheville's great bands, The If You Wannas. FREE ICE CREAM FOR ALL at the grand opening. How cool is that?

Stop by either location on Saturday to help support the Health Adventure. 20% of sales will be donated to this wonderful Asheville non-profit.

The Hop West is located at 721 Haywood Rd. (the former Two Spoons location); the original Hop is at 640 Merrimon Avenue.

* Upcoming SCORE seminars include:

Sat., 10/16/10, 8:30 AM - 12:00 PM; What you don't know can hurt you--A business law primer

Wed., 10/20/10, 6:00 PM - 9:00 PM; Advanced Internet

Wed., 10/20/10, 6:00 PM- 9:00 PM; Advanced Internet

For more information or to register, please click: <http://www.ashevillescore.org/seminars.htm>

* HardLox, America's Jewish Food & Heritage Festival, takes place on Sunday 11 a.m.-4 p.m. at the new Pack Square. Join me in having a "real" conred beef sandwich!

B. Pennsylvania/New Jersey events:

* Bob Dylan and Leonard Cohen are arguably two of the finest and most well known poets/songwriters/performers in modern history. Their songs/poems have moved, inspired, enraged, baffled and created great wonder in audiences all over the world.

Their words and music will be featured at 7:30 p.m. Friday, Oct. 15, at Bucks County Community College in "The Poetry of Bob Dylan and Leonard Cohen as sung and played by David Brahinsky and Guy DeRosa." Admission is FREE.

* The Bucks County (PA) Gilbert & Sullivan Society will present an Autumn Cabaret on Saturday, October 16 at 8 PM at St. Paul's Episcopal Church, Pine St. & E. Oakland Avenue, Doylestown, PA, 18901. The evening will include songs from Gilbert & Sullivan, Broadway and a few surprises, and delicious desserts will be provided as well. Tickets are \$15 in advance and \$20 at the door - for advance tickets call 215-534-1932 or 267-221-7184, or you can buy them at Rutherford's Camera Shop, 23 W. State Street, Doylestown. My husband George will sing the comic song "Lullabye, Bacon" by G&S, and other excellent singers from the area include Jennifer Graf, Tim Throckmorton, Carol Mikulski, Ed Nealley and Ryan Goulden. The spectacular Charles DeMets will accompany the group on piano.

* Where can you find transformation, education, connection, networking and celebration all in one place? Be inspired by speakers from the stage and take part in a lab where you'll gain access to tools for building your personal vision and setting free your spiritual power. You will explore what may be blocking you, or holding you back from living your greatest prosperity. Choose among many powerful break out sessions that included a conversation how to be featured in an up coming Book Project; "Live Your Life So You Can Be Found!" with producer Ruth Anne Wood or participate in The Bliss Mistress Guide To Transforming The Ordinary Into The Extraordinary with Edie Weinstein. This all takes place at "Amazing Woman's Day" that is happening in Philadelphia on October 22nd & 23rd. There are many more labs and special events to enjoy. Learn more at: <http://www.amazingwomansday.com/>

* On Saturday, Dec. 4, from 2 to 4 p.m. Friends of the Library, Doylestown will host actress and historian Monica Hoffman at the library as she performs as Amelia Earhart. Please help us spread the word to others who would enjoy this free program. (A photo is attached.) The program is appropriate for teens and adults!

PS. Monday is Columbus Day, and it is a day off for you, enjoy . . . yet also take time to consider the purpose of the holiday--and whether it should even be one . . . for more information, read this interesting piece by a University of Georgia senior:

<http://www.redandblack.com/2010/10/11/on-columbus-day-remember-true-history/>

Or take a look at this clip:

<http://reconsidercolumbusday.org/>

I'd be curious as to your reaction to either and/or both of the above.

In the meantime, methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD
#731
10.4.2010

In this issue:

1. Reflections
2. FYI
3. Numbers
4. Reviews . . . YOU AGAIN, etc.
5. TV alert
6. Redneck fire alarm
7. Websites
8. Computer tip
9. Truths for mature adults--stuff I know but don't talk about much, Part 1 of 2
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I celebrated her birthday with a trip to Waynesville . . . we first had an excellent dinner at The Sweet Onion . . . my meat loaf was tasty, and the birthday girl enjoyed her fettuccine alfredo . . . we shall return!

For more information, please click:

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

We then found a new ice cream place, 'Yer Mama's (828.246.0136), where we enjoyed the single scoops we each settled on . . . I tried a new flavor, blueberry pie, that was quite good . . . we refrained from trying a dessert concoction that they feature that is build on top of a Krispy Kreme donut. (I kid you NOT!)

From there, it was on to see BUDDY: THE BODDY HOLLY STORY at the Haywood Arts Regional Theater. Mark Jones was outstanding as Buddy. That's us with him in the picture below.



Also outstanding was Trevor Petty, playing the role of Fats Domino . . . this show runs through October 17; catch it, if you can . . . and be prepared to dance in the aisles when invited to do so. (We did.) For more information, please click:

<http://harttheatre.com/wordpress/>

A few days later, we again celebrated Cynthia's birthday--along with the birthday of our friend Brian Biro . . . we first went to see the last performance of OLIVER! at Asheville Community Theater . . . it was excellent . . . kudos to everyone involved and, in particular, the director Jerry Crouch who

managed to bring together a very talented cast of over 50 . . . Chuck Taft, musical director, also should be commended for handling the orchestra . . . we laughed whenever Michael Cheek and Ruth Butler were on stage . . .and I got a special kick out of seeing Doug Hauschild, a member of the SART Board of Directors, who handled two different roles with aplomb.

After, we went to one of our favorite restaurants in the area: Modesto . . . I liked my meatball and pasta dish and Cynthia said her vegetable lasagna was equally as good . . . that's the two of us on the right with Brian and his wife Carole.



Our sever, Lisa, was excellent . . . for more information about Modesto, please click:

<http://www.modesto-asheville.com/>

B. Wish me luck . . . I was recently honored to have been chosen as one of the three candidates for the two Board of Director seats in the upcoming Biltmore Lake Association election . . . the voting takes place on November 15 at the annual meeting, and for now, just let me say:

Vote
4
Blaine

(Catchy, huh?)

C. MR. CURIOUS HERE:

I'm ordinarily not a big fan of purchasing extended warranties, but I'd be curious as to your thinking on this subject--particularly as it relates to a digital camera I just bought at Staples.

Do you ever buy them? If so, for what product(s)? Have you ever had to use them? And if so, what was your experience doing so?

D. CONDOLENCES to the family of Lou Salomone Jr. on his recent passing . . . I taught with Lou for over a decade at Bucks County Community College and always appreciated his friendship . . . for his obituary, please click:

http://www.philly.com/inquirer/obituaries/20100929_Louis_D_Salomone_Jr_College_professor_79.html

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

This week, it goes to Lou DeLauro--a fifth grade teacher and founder/co-director of an organization called Juggling Life.

It is a charity based in Dunellen, NJ that teaches ill and disadvantaged children circus arts, chess and various other arts. The following video features the charity with popular West Coast recording artist Bushwalla. The song is "Ghetto Blaster," one of his most popular songs. Most of the jugglers in the video are 18 and older, and those that were volunteered at Camp Quality for children with cancer in Blairstown, NJ after making it.

www.youtube.com/watch?v=f3Yr1tslOkc

For more information about the Juggling for Life organization, as well as about the clip, please click:

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

2. FYI

Hands-only CPR saves more lives in cardiac arrests

CHICAGO--Hands-only CPR doesn't just eliminate the "yuck factor." A new study shows it can save more lives.

It's the first large American study to show more adults survived cardiac arrest when a bystander gave

them continuous chest presses to simulate a heartbeat, compared to traditional CPR with **mouth-to-mouth breathing**.

"Anyone who can put one hand on top of the other, lock their elbows and push hard and fast can do this. No risk, no fear of causing harm," said lead author Dr. Ben Bobrow of the **Arizona Department of Health Services** in Phoenix.

SOURCE:

http://news.yahoo.com/s/ap/20101005/ap_on_he_me/us_med_hands_only_cpr

FYI, part 2

* Craig in New Jersey, one of my favorite comics:

My friend Blaine has really big feet. His wife is suing him for false advertising.

IN RESPONSE:

I'm speechless. However, I will tell you that Craig's other jokes have appeared in many books, magazines and newspapers. For a clip from his recent performance in Allentown, PA, please click:

<http://www.youtube.com/watch?v=MRIIS14yrb0>

* Jean in Pennsylvania:

FREE samples of Tide Laundry Detergent and Glad Trash Bags

<http://samples.target.com/>

* Ed in West Virginia:

These guys are absolutely amazing. I have never heard or seen anything like this in my life!

<http://www.wimp.com/indiangymnastics/>

* George in Pennsylvania:

My October column in the local newspaper hit the streets. If you dig BARBERS, then you'll love this piece. Look on page 4.

<http://www.upperbucksfreepress.com/ubfpsept2010.pdf>

* Lee in California:

WAYMISH lives!

Despite the passing of WAYMISH Founder and author, Ray Considine, Ray's mission to improve the world's customer service is alive and well. To that end, I thought you'd enjoy access to new WAYMISH tips, insights, and suggestions to improve your own customer service.

So we've created:

A Waymish blog (<http://thekeyislee.posterous.com>)

A Waymish website (www.waymish.com)

A Waymish LinkedIn site (<http://www.linkedin.com/in/leetomlinson>)

* Delores in Pennsylvania (with a REQUEST FOR HELP):

It is hard to believe that another year has passed since I was involved with the Leukemia and Lymphoma Society. I completed my goal on September 6, 2009 and I will embark on another journey for the Leukemia and Lymphoma Society on October 25th .

I am making this commitment to honor family members and anyone who is battling lymphoma or any other type of blood related cancers. My goal is to raise \$5500 dollars for this amazing cause by September 20, 2010. I will run in honor/memory of family members, friends, and anyone who is facing challenges with cancer. Their courage has given me strength to commit to running a fourth marathon and to raise funds to help make a difference in not only supporting and honoring their lives, but all of those young and old who are faced with the challenge of overcoming these diseases.

To help out, please click:

<http://pages.teamintraining.org/nj/dublin10/dchalmers>

* Ingrid in Pennsylvania:

Congratulations to my son, Tom, who had his journalism class article on green jobs published on the front page of the College's newspaper--THE CENTURION. Keep up the good work.

<http://tinyurl.com/35v43cn>

* John in New Jersey:

I got a kick out of the piece on capitalization of websites. When I set up sites for people, I always tell them to look at it that way. I learned this from a site I set up for a golf course, Sand Barrens Golf Club. The site was set up as PlaySandBarrens.com, but people continually read it at PlaysAndBarrens.com.

After that it became a rule with me that I always look at the various "hidden words."

Also, most people don't seem to know that website names and email addresses are NOT case sensitive. JOHNWORTHINGTON@comcast.net is the same as johnWorthIngton@COMCasT.net. Anything after the upper level domain name however IS case sensitive, so www.thissite.com/News is not going to be the same as www.thissite.com/NEWS.

* Bill in Pennsylvania:

I believe that Mr. Smith Goes to Washington is from the famous movie year of 1939. I just saw the other evening for the first time, another great movie from 1939: Wuthering Heights with Meryl Oberon, Lawrence Olivier, and David Niven. What an outstanding movie.

* Karen in New Jersey:

We did see this [TEACH: TONY DANZA]. it is the Jonathan Kozol of the 21st century. I am sure that in the end, he will be a super teacher, impacting lots of kids . . . even perhaps the nerdy doubter! It was interesting to see how nervous he was and allowed the cameras to capture that. I can identify with the fumbling for papers. I do that all of the time as the piles grow and things get lost.

3. Numbers

The teacher asked little Larry if he knew his numbers. "Yes," he said, "I do. My father taught me."

"Good. What comes after three?"

"Four," answers the boy.

"What comes after six?"

"Seven."

"Very good," says the teacher. "Your dad did a fine job. What comes after ten?"

"A jack."

4. Reviews

A. Started to watch THE EXTRA MAN, a comedy starring Paul Dana and Kevin Kline, about a lonely dreamer who rooms with a penniless eccentric . . . I couldn't get into it, nor could Cynthia, so we left after 20 minutes and went into another theater that was showing YOU AGAIN . . . this comedy wasn't much better . . . it's about a successful PR pro who heads home for her older brother's wedding and discovers that he's marrying her high school arch nemesis . . . complications ensue when she also finds out that the brides' mom and her aunt were also rivals when in high school . . . Kristen Bell, Sigourney Weaver and Jamie Lee Curtis star in a film that was further diminished by the fact that all the good scenes were in the coming attractions . . . rated PG.

B. GET ME TO THE GREEK is now out in DVD format . . . my review from BLAINESWORLD #714 follows:

I thought Russell Brand stole every scene in FORGETTING SARAH MARSHALL . . . he is funny, too, in his latest film (GET ME TO THE GREEK)--in parts . . . but the story about an uncooperative rock legend coming to Hollywood for a comeback concert dragged in other parts, and overall, I was disappointed . . . Jonah Hill co-stars, and he also had some moments that made me smile . . . yet it was Sean Combs as the record executive from hell who almost made GREEK worth my recommendation . . . oh, and lest I forget . . . part of the soundtrack contained a French version of "Happy Together," arguably the greatest rock song of all time . . . rated R.

You'll do far better by renting LA BAMBA . . . this biopic about rocker Ritchie Valens has great music performed by Los Lobos, as well as an electrifying performance from Lou Diamond Phillips--in his first major role--as Valens . . . Esai Morales as his half-brother was equally outstanding . . . rated PG-13.

C. I'm sorry that Dave Barry no longer writes a regular newspaper column . . . his observations were always something I'd look forward to reading.

He has now taken to writing books, and his latest--I'LL MATURE WHEN I'M DEAD--is a real winner . . . as described in the subtitle, DAVE BARRY'S AMAZING TALES OF ADULTHOOD, he takes a look at such diverse topics as fatherhood, self-image, the battle of the sexes, reality shows and certain unmentionable medical procedures.

I specially liked his take on technology:

* In the old days, the closest you could get to Twitter would be mail dozens of postcards a day to everybody you know, each with a brief message like, "Just had a caramel frappuccino. Yum!" The

people receiving these postcards would have naturally assumed that you were a moron with a narcissism disorder.

The author also answers such provocative questions as the following: Why don't men listen to women?

* They do listen. But they listen for specific information. Men are problem-solvers. They are doers. When you talk to them, they are listening to determine (a) what the problem is, and (b) what they need to do about it, so that they can (c) resume watching ESPN. When they have the information they need, they stop listening.

In the early phases of your relationship with a man, he listens to you a lot, because he is trying to solve a very important problem, namely, getting you to have sex with him. No matter what you talk about—your work, your friends, the fruit flies of the Ryukyu Islands—the man will pay close attention, because you might give him a clue indicating how he can get you to become naked.

Once he has solved this problem, he becomes more selective in his listening. He will be most alert when you talk about a specific, clearly defined problem, because he can then use his reasoning skills to come up with a solution. For example, if you tell him that the car motor is making a funny noise, he will listen intently, then determine what he needs to do, namely, wait for a few day, in case it goes away.

Lastly, I'LL MATURE had me reminiscing to such events as my daughter's dance recital:

* Once your wife is convinced that your daughter is ready (allow nine hours) it's time to go to the recital, which will be in an auditorium containing hundreds of people who are no more interested in watching your daughter dance than you are in watching their daughters dance. As you enter, you will be handed a program, and when you examine it, you will find that your daughter's first dance routine is near the beginning of the program, and her second routine is near the very end. In between will be roughly two thousand routines featuring other people's daughters.

I had only read one piece in the book before--a hilarious true account of Barry's colonoscopy . . . the other 17 essays were new and had never been published before.

D. Heard the CD version of THE TIME OF MY LIFE, written and read by both Patrick Swayze and Lia Niemi.

This was a moving, behind-the-scenes look at Swayze's career and, also, about his love for his wife Lia. It was also about what it's like to find out that you have pancreatic cancer.

I liked learning about his early upbringing, as well as his rise to fame with NORTH AND SOUTH that was followed by commercial success with DIRTY DANCING AND GHOST . . . though not as big a hit, his story about how he had to prepare for TO WONG FOO THANKS FOR EVERYTHING, JULIE NEWMAR had me laughing out loud.

The book runs through his last effort, THE BEAST, a TV show that he somehow managed to complete despite his illness . . . I'm glad that it received good reviews.

This is one title that you'll want to listen to, as opposed to read, just to listen to Swayze's voice one more time.

5. TV alert

A. This is the best time of the year if you're a baseball fan, particularly if one of "your" teams has made the MLB division series . . . I'm lucky because I have at least a rooting interest in the Phillies, Yankees and Braves, so I'm hoping that all three make it beyond the first round . . . all games are on TBS, beginning on Wednesday . . . for the entire schedule, please click:

<http://www.tbs.com/stories/story/0,,154864,00.html?iref=2166%3A346145>

B. ON THE ROAD WITH AUSTIN AND SANTONIO features the duo creating a dress for our good friend Marcy Gallagher (of Kilwin's fame) who's celebrating her fifth anniversary of cancer-free living . . . look for us in the background of the party scene . . . Thursday at 10:30 p.m. on LIFETIME . . . if you missed the episode, you can also watch it online by clicking:

<http://tinyurl.com/25ov793>

In addition, you can read more about both the show and Marcy by clicking:

<http://www.citizen-times.com/apps/pbcs.dll/article?AID=2010310010043>

C. THE PROMISE: THE MAKING OF DARKNESS ON THE EDGE OF TOWN is a documentary that captures a young Bruce Springsteen as he wrote and recorded his stark masterpiece of American isolation . . . according to TV GUIDE, there's "rare black-and-white footage that takes viewers into the studio and exposes Springsteen's creative hungry heart" . . . Sunday at 3:30 p.m. on HBO2E . . . for other times, please click:

<http://www.tvguide.com/Listings/>

And when you get there, copy and paste the title of the program into the Search box at the top.

D. TRICKING AND TREATING WITH MARTHA STEWART airs on Sunday at 9 p.m. on HALLMARK CHANNEL . . . she teams up with her neighbor (and MUMMY star) Brendan Fraser to celebrate the holiday in frighteningly fun fashion.

6. Redneck fire alarm

Now that I'm officially a Southerner . . . guess it's time for me to get a Redneck Fire Alarm? (See picture.) And if y'all want your own, send me \$29.95 plus postage!



7. Websites

A. Kimberly in North Carolina:

If this clip does not inspire you to dance, I don't know what will. Let the positive vibrations move you to extreme joy!

<http://www.youtube.com/watch?v=ZYL3j27sSH8>

B. Marilyn in Arizona:

This is incredible. For all you oldies lovers--videos of all the best. Just click on your favorite song and enjoy the video.

THIS IS MUCH BETTER THAN ANY TIME-LIFE COLLECTION AS YOU CAN NOT ONLY HEAR THE SONG BUT WATCH THE PERSON/GROUP PERFORM IT. JUST CLICK ON A SONG AND IT WILL OPEN A NEW WINDOW AND LINK TO THE SONGS VIDEO.

Make sure you also see the commentary at the bottom of each video for additional information about the performer(s).

MY TWO CENTS:

Thanks, Marilynn . . . these are great . . . make sure you check out some of my favorites, including J2, J9, J11, J31, J42, J54 and J68:

J2 COME SOFTLY TO ME The Fleetwoods <<http://xoteria.com/JUKE2.html>>

J9 LITTLE DARLIN' The Diamonds <<http://xoteria.com/JUKE9.html>>

J31 SAVE THE LAST DANCE Ben E. King <<http://xoteria.com/JUKE31.html>>

J42 CHANTILLY LACE The Big Bopper (J.P. Richardson) <<http://xoteria.com/JUKE42.html>>

J54 RUNAWAY Del Shannon <<http://xoteria.com/JUKE54.html>>

J68 TO KNOW HIM IS TO LOVE HIM The Teddy Bears <<http://xoteria.com/JUKE68.html>>

FOR ALL 80 SONGS:

<http://oldiestelevision.com/>

When you click the above, go about halfway down the screen to the "The Oldies TV Video Jukebox."

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

<http://www.blainesworld.net>

If you'd like to see the reviews of some books I've enjoyed, click "Blaine's Best" to the left and then the second paragraph in letter "O."

I'm currently a "Top 500" reviewer for amazon.com . . . to help me move up in the rankings, find a book I reviewed; e.g., THE GRAND TREE by Lyn Marsh. Then:

1. Go to:

<http://www.amazon.com>

2. At the search engine at the top, type-in the name of the book.

3. Find my review. (Currently it is the second one on the right.)

4. Read my review and if it has been helpful to you, click on "Yes" at the bottom.

Much obliged!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Google recently introduced a change to its widely used Web search engine intended to speed up the time it takes to find and deliver results.

The feature shows search results that change as each letter in a word is typed into the search box. Previously, a search began when a word was typed and the "enter" key was struck. The feature, which requires a user to be enrolled and logged into a Google account, appears in the U.S. and six European countries this week and will be introduced world-wide in coming months, the company said. . . .

Google said it has made more than 500 changes to the way it ranks websites and to the user experience this year, including introducing automatic spelling corrections for customers who enter misspelled words.

SOURCE:

<http://online.wsj.com/article/SB10001424052748703453804575479821579919484.html>

9. Truths for mature adults--stuff I know but don't talk about much), Part 1 of 2

1. I think part of a best friend's job should be to immediately clear your computer history if you die.

2. Nothing sucks more than that moment, during an argument, when you realize you're wrong.

3. I totally take back all those times I didn't want to nap when I was younger.

4. There is great need for a sarcasm font.

5. How the hell are you supposed to fold a fitted sheet?

6. Was learning cursive really necessary?

7. Map Quest really needs to start their directions on # 5. I'm pretty sure I know how to get out of my neighborhood. At least I was yesterday.

8. Obituaries would be a lot more interesting if they told you how the person died.

9. I can't remember the last time I wasn't at least kind of tired.

10. Bad decisions make good stories.

11. You never know when it will strike, but there comes a moment at work when you know that you just aren't going to do anything productive for the rest of the day.

12. Can we all just agree to ignore whatever comes after Blue Ray? I don't want to have to restart my collection . . . again.

13. I'm always slightly terrified when I exit out of Word and it asks me if I want to save any changes to my ten-page technical report that I swear I did not make any changes to.

(To be concluded next week.)

10. A quote I like

Mama exhorted her children at every opportunity to "jump at the Sun." We might not land on the sun, but at least we would get off the ground.--Zora Neale Hurston (1903-1960), American writer

11. Thought for the day

Asylum for the verbally insane

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.

You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hices.
If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?

If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?

Then one may be that, and three would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.

We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him,
But imagine the feminine: she, shis and shim!

Let's face it--English is a crazy language.
There is no egg in eggplant nor ham in hamburger;
Neither apple nor pine in pineapple.

English muffins weren't invented in England.
We take English for granted, but if we explore its paradoxes,
We find that quicksand can work slowly,

Boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.
And why is it that writers write but fingers don't fing,
Grocers don't groce and hammers don't ham?

Doesn't it seem crazy that you can make amends but not one amend.
If you have a bunch of odds and ends and get rid of all
But one of them, what do you call it?

If teachers taught, why didn't preachers praught?
Sometimes I think all the folks who grew up speaking English
Should be committed to an asylum for the verbally insane.

In what other language do people recite at a play and play at a recital?
We ship by truck but send cargo by ship.
We have noses that run and feet that smell.
We park in a driveway and drive in a parkway.

And how can a slim chance and a fat chance be the same,
While a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language
In which your house can burn up as it burns down,
In which you fill in a form by filling it out,
And in which an alarm goes off by going on.

And, in closing, if Father is Pop,
How come Mother's not Mop?

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

12. Advance planning department

A. North Carolina events:

* If you're a business owner (or thinking of starting a firm), make sure you attend any and/or all of these upcoming SCORE seminars:

Wed., 10/6/10, 1:00 PM - 4:00 PM; Accounting for Non-Accountants
Sat., 10/9/10, 8:30 AM - 12:00 PM; How to Develop a Website
Sat., 10/16/10, 8:30 AM - 12:00 PM; What you don't know can hurt you-:A business law primer

For more information or to register, please click:

<http://www.ashevillescore.org/seminars.htm>

* The 4th annual Biltmore Lake Art and Craft Festival will take place on Saturday, October 9th from 10:00 a.m.-4 p.m.

This year we have over 30 artists registered to participate and you will find handmade art and crafts in the areas of ceramics, wood, jewelry, paintings, photography, fabric, fiber and more.

As in past years, we will also have food for sale from Ellen of Mosaic and John Frank as well as our wonderful playground area for the kids. Check the General Info tab of our website for more information.

www.biltmorelakeartandcraftfestival.com

Thank you to Valerie Altman and George Hayes for bringing such a wonderful event to our community!

This event is open to anybody who wishes to attend; i.e., you don't have to be a Biltmore Lake resident . . . so please tell others about it.

* Right after, there's the 2nd Annual "Rock-Around-The Lake" 1950's Swing Dance Party.

When: Saturday, October 9th

Time: 4:00pm - 6:30 pm

Includes free "Jitterbug" dance lesson from 4:30-5:30 p.m.and free Dance Party from 5:30-6:30 p.m.

Location: Biltmore Lake Basketball Court

Professional Ballroom Dancers and Biltmore Lake Residents Ted and Kimberly Ross will be teaching fun and easy dance steps to use at this rockin' dance party on the basketball court Saturday, October 9th.

Music will be provided by our resident DJ and musician Bob Butcher. So put on your sneakers, slick back your hair and get ready for a hot time rockin' around the lake!

NOTE:

The above event is for Biltmore Lake residents. However, if you're not one and would like to attend, do so as my guest. Just send an email to bginbc@aol.com and put SWING DANCE PARTY. That way, I can expect your coming--and I'll look for you, too!

* THE DROWSY CHAPERONE runs at Flat Rock Playhouse through October 17 . . . if you've ever sat in a dark theatre and thought, "Dear Lord in heaven, please let it be good," this is the show for you . . . I've seen it, and it is great . . . Scott Treadway stars; as usual, he is outstanding . . . my review appears next week, but for more information in the interim, please click:

<http://tinyurl.com/255kay6>

* Linda in North Carolina:

Asheville folks, come out and sing along while supporting a great organization (Memory Care):

John Denver Tribute Concert by Tom Donnelly and Friends

Location: Dinana Wortham Theatre at Pack Place

Time: 4:00 p.m. on Sunday, October 17th

Tickets \$20.00 each or \$75.00 a patron

Buy tickets online at www.dwtheatre.com or at the box office at 828-257-4530 or at the door.

B. Pennsylvania/New Jersey events:

* David Brahinsky performs the poetry and music of Bob Dylan and Leonard Cohen Oct. 15 at Bucks County Community College, Newtown, Pa. He'll be joined by Guy DeRosa on harmonica and Phil McCauliffe on bass. Admission is free.

For information, contact Student Life at 215-968-8257.

* A Day for All Women Conference
A Conference by Women for Women
Bucks County Community College, 275 Swamp Road, Newtown
Saturday, November 6
8:30 a.m.-3:00 p.m.
\$30 includes lunch

Presented by Bucks County Commissioners' Advisory Council for Women and St. Mary's Medical Center in partnership with Bucks County Community College.

To register go to:

www.bucks.edu/DFAW

or call 215-968-8140/ Women may register at the door with cash or by check.

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#730
9.27.2010

In this issue:

1. Reflections
2. FYI
3. Something to try
4. Reviews . . . EASY A, etc.
5. TV alert
6. Have you ever wondered . . .
7. Websites
8. Computer tip
9. Websites that sound dirty (but aren't)
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had some weekend . . . we heard a moving presentation on Friday night (see the BLAINESWORLD BEST AWARD winner at the end of this section), then on Saturday we went to our community's clubhouse for a combination Safety Fair/Concert. That's us at the event.



KUDOS to all those involved in making the event the success that it was . . . Christina Lief and Carol Dangerfield co-chaired the Safety Fair subcommittee, and they were assisted by other members of the Safety Committee including Jason Fore, Jim Warren and chair Beth Gurnack . . . the concert part of the day was headed by Jim Preish, who received help from other Recreation Committee members including Karen Foley, Sheldon and Janet Harnash, Marilynne Herbert, Shari Mastria, Donna Mills, Judy Warren and yours truly . . . and I'd be remiss if I did not mention Unit 50, the excellent group that provided the music . . . it featured Biltmore Lake residents Bob Butcher on bass and Harry Lewis on drums.

On Sunday, we went to a fundraiser for Big Brothers Big Sisters of Western North Carolina . . . it featured acrobats from the Asheville Aerial Arts, members of the Asheville Runaway Circus, the Asheville Vaudeville Troupe, live music by Firefly Soda and our favorite juggling troupe (Forty Fingers & A Missing Tooth) . . . you can see this latter group in action, along with some of the other entertainment, by clicking:

<http://www.youtube.com/watch?v=Blj4f6ebyRc>

Look closely, and you'll see Cynthia in the front . . . I'm there, too, to the right--wearing a baseball cap.

In addition, a very funny and talented magician by the name of Professor Whizzpop performed . . . there he is with Amanda Justice, Cynthia's "little."



If he looks familiar, it might be because you've probably seen him in downtown Asheville . . . he is one of the best street performers, and we always make it a point to see him where he usually hangs (around the Flat Iron sculpture at the intersection of Battery Park Avenue and Wall Street) . . . for more information about Tom, please click:

<http://ashevilemagic.com/>

Lastly, what could a day of fun be without ice cream? The Hop Ice Cream Cafe, as usual, came through by scooping awesome ice cream to support the Big Brothers Big Sisters cause . . . that's owners Ashley and Greg Garrison (on the far left and right, respectively) with Amanda's friend Kelly and Amanda in the middle.



For more information about The Hop, please click:

<http://thehopicecreamcafe.com/>

And lest I forget, Steven L. Liebenhaut was the brainchild behind the entire event . . . he is to be commended for putting the whole thing together . . . he did so as part of a group he calls *steveNyou*, which bills itself as a grassroots approach to organizing benefit concerts for non-profits to raise awareness and funds for specific causes . . . for more information, please click:

<http://www.blogger.com/profile/10465741397813845461>

B. I was also involved in Active Aging Day at the Reuter Center for Creative Retirement, helping with the Marketing Committee's booth . . . that's me (center), flanked by fellow members Barry Mundt on the left and Shirley Jones on the right.



The day was a big success . . . for more information, please click:

<http://www.citizen-times.com/apps/pbcs.dll/article?AID=2010309260051>

I really enjoyed working with the entire Marketing Committee in its attempt to spread the word over the past few months . . . in particular, I'd like to recognize those other folks who helped me "work" the booth: Evalyne Gates, Carol Gillen and Dick Murray, in addition to the aforementioned Barry and Shirley . . . and Sally Mundt, overall chair for the Day, impressed me with both her tireless energy and enthusiasm . . . y'all rock!

C. CONGRATULATIONS to John Schnautz. He was offered and has accepted the District position of Vice President of Education for SCORE. To quote from an email I received from Nick Jordan, Asheville SCORE's current president:

John has 20 years of experience with the organization, 7 as chair and will be a big help to us as well as the other 14 North Carolina Chapters. Please join me in congratulating John and expressing appreciation for his willingness to commit to this responsibility.

CONGRATULATIONS, also, to Bob Ganz--my Leadership Asheville Seniors classmate--on becoming our local chapter's latest member. I am confident he will be a big asset to the small business community.

And, lastly, to Tom and Dianne Rebbin, whose picture recently ran in THE NEW YORK TIMES as part of an article on the aforementioned Reuter Center:

<http://tinyurl.com/27orm66>

D. CONDOLENCES to Chris Field and family on the loss of Chris' mother.

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

This week, it goes to Tammy Garlock (see also Section 11)--a community activist who recently spoke to our Biltmore Lake community about the dangers of driving and using a cellphone at the same time.

After her son was killed in an accident while looking down for just a second to call his girlfriend, Mrs. Garlock formed a non-profit group to distribute wristbands at no charge to various educational institutions, driver's education classrooms and other interested groups. Her hope is that no other family will have to lose a loved one over such an easy decision to make.

She inspired many of those in attendance to take a pledge not to drive and use their cellphones at the same time. Please be aware of the fact that her concern is not just with texting, but with calls in general.

For more information, please click:

<http://rememberbrian.blogspot.com/>

Also, I'm very appreciative to Clay Dangerfield--an agent with State Farm--for having his firm sponsor the presentation, as well as to his wife Carol for both suggesting the topic and helping make the talk a reality.

Have your [college] child sign a FERPA release form

This will allow you to examine disciplinary records, health records and education records that colleges normally keep secret. Although some colleges place these forms in the admission packets, other colleges deny that they even exist, so you may have to be persistent. This is the best way to make sure you are in the loop when something goes wrong, but don't expect colleges to contact you. You need to check in every once in a while and if the college tries to stonewall you, produce the release form and demand access. Parents of students who died in college from alcohol poisoning told me they wished someone had told them about this.

SOURCE:

THE FIVE YEAR PARTY (see also Section 4C) by Craig Brandon

FYI, part 2

* Pat in Pennsylvania (seeking some advice):

What do your readers do on long flights [to keep from going crazy]? And: Do any take Ambien? Does it help them sleep? Is it legal to take it on flights?

PLEASE RESPOND:

Directly to Pat at his email address, pat.hannigan@verizon.net. I'd appreciate a copy of your response, too.

* Howard in Pennsylvania (with a FREE offer):

I am a Life Coach who specializes in teaching people the practical skills of intimacy. I am offering free complimentary sessions and very low cost continuing coaching sessions. I am doing this to fulfill my training requirements to becoming a master coach. If you would like to improve your life and your relationships or your not satisfied with any area of your life, please call me for a free phone session. It would be a win-win for both of us. Please contact Howard at Meitner2@aol.com for a complimentary session.

* Will in North Carolina:

Here a couple of things I thought your followers may be interested in reading about:

Wells Fargo: Remember how Wells Fargo fought a pitched battle with Citigroup for the right to **merge with Wachovia**? Well, Wachovia customers are now being fully integrated --including being charged Wells' higher fees. Receive images of canceled checks with your paper statement? \$2. Use your savings as overdraft protection? \$10 fee every time you make a transfer.

Previously, these fees already existed for Wells Fargo customers but were only applied to a very small number of Wachovia customers.

Bank of America: Just last week, Bank of America said it plans to raise minimum balance requirements over the next 12 months and charge a monthly account fee for customers who can't maintain those balances.

"We currently estimate over time through these and other items we are working on that we will have the ability to offset a substantial majority of the revenue from the various regulatory changes," Bank of America CEO Brian Moynihan said in a presentation to investors last week.

Customers enrolled in the lender's new eBanking checking account will be charged \$8.95 per month if they opt to receive paper statements and visit tellers instead of banking online. Since the launch of eBanking in August, nearly half of all new checking accounts fall into this category.

Earlier this year, annual fees ranging from \$29 to \$99 were applied to a variety of Bank of America credit card accounts.

* Lynn in North Carolina:

Just had to take a moment to thank you for your great info and smiles. I absolutely love taking my coffee moments to read your newsletter and hope it is OK that I send it on to others in my life!

You and your beautiful bride keep up the fantastic work and keep us all wondering where you will go . . . what you will learn . . . what you will share . . . together.

YES, PLEASE:

Anybody should ALWAYS feel free to share BLAINESWORLD with others. Maybe the easiest way to do so is just forward the whole issue and tell your friends, relatives, etc. that they can get their own FREE subscription by sending an email to bginbc@aol.com and put SUBSCRIPTION in the subject line.

* Natalie in Pennsylvania:

Just saw Vicki Christina Barcelona last night. Ivan liked it; I didn't.

* Ken in New York:

Try to see WAITING FOR SUPERMAN.

SPECIAL THANKS to all those who submitted ideas for Halloween costumes, per my request last week . . . some of the responses including:

* Tammy in North Carolina:

I have a great costume idea. Lady Gaga and Elton John. They are 2 outrageous characters, and they performed together at the Grammy Awards. I would use the idea myself, but I don't have an Elton. They both wear lots of different, crazy outfits. Google them to see for yourself.

* Carol in Pennsylvania:

This year if going out, I was thinking of dressing in a green shirt, with paint: print: BP on front. On back, paint on: Where's the leak? Then carry a sponge or mop or turkey baster (to suck up the oil.) Political for sure. If wore same shirt, one of your could carry something different.

Several years ago, used similar theme: Printed on back of shirt: FEMA. On front of t-shirt, printed: Where's the leak? Carried a small plunger. Got a lot of laughs.

Then I have my stand-by costume. Have used my graduation gown from BCCC many times. I sewed on lace collar and went as Judge Judy. Cynthia could go as the judge, and you could be the prisoner. Wear a stripped shirt and maybe represent a political figure.

* Michael in Pennsylvania:

Last year, my 14 year old daughter Heather had a clever idea. She dressed herself half in pajamas & half in street clothes and was "Half-Asleep". Cute and cool.

* Kathy in Pennsylvania:

Take a large, clear trash bag and secure it at the neckline and legs . . . fill with multi-colored balloons and go as a bag of jelly beans.

* Elaine in Pennsylvania:

Blaine, let your beard grow a bit, put on a bathrobe, borrow a walking stick, and tie a very small bottle of Tylenol on your neck, with a string and leave 2 pills in the bottle. You are now Moses carrying his tablets.

Cynthia, can get some fabric with clouds and cut out a few. Sew them, not permanently, to one side of a shirt. You are now partly cloudy.

I took a white sweat suit and sewed silver and red tape up one leg. The sew on some numbers. You are now a thermometer.

Wear a pink sweatsuit and tie baby shoe to your head or a headband. You are now the gum under the shoes.

Hope these help!

3. Something to try

I don't know how to speed-read. Instead, I listen to Books on Tape on fast forward.

SOURCE:

Craig Sharf, a comic . . . for more information about his this funny guy, please click:

<http://www.dailycomedy.com/u/CraigSharf>

4. Reviews

A. EASY A is an easy-going comedy about a high school student who relies on her school's rumor mill to advance her social and financial standing. Along the way, complications set in. See it to catch Emma Stone's breakout performance as the girl who everybody is talking about. I also liked the performance of Thomas Haden Church as her teacher, as well as the work of Stanley Tucci and Patricia Clarkson as her parents. The film is not great, but it's watchable--and a lot better than other stuff that's currently in the theaters. Rated PG-13.

B. THE KARATE KID is now out in DVD format . . . my review from BLAINESWORLD #715 follows:

THE KARATE KID is one of those rare films that both parents and their children can enjoy . . . grandparents will like it, too, especially if they saw the original movie with the same title . . . this version had much the same story, but one key change worked--big time . . . 12-year-old Dre Parker (Jaden Smith) is transported from this country to China . . . that gave a whole new spin on things, in that it was fun to see how he would adjust to a completely foreign environment . . . Smith was fantastic, as was Jackie Chan in the role of the kung fu master . . . you'll find yourself cheering at the end, though be forewarned that you'll be in the theater for a somewhat overlong 140 minutes . . . rated PG.

C. I've taught for over 35 years at the community college, four-year college and graduate school levels and so was not surprised by much I read about in THE FIVE-YEAR PARTY (see also Section 2) by Craig Brandon--an education reporter who also has a teaching background.

However, you may well be--especially if you have a child in college or one who is about to enter . . . the author's subtitle, HOW COLLEGES HAVE GIVEN UP ON EDUCATING YOUR CHILD AND WHAT YOU CAN DO ABOUT IT--should serve to motivate you even more to pick up this enlightening book.

For one thing, you'll come to realize that what you see in view books very rarely focuses on what should be the most important thing; i.e., education:

* David R. Kirp, a professor of public policy at Berkley, examined a number of college of view books, the slick advertising brochures sent out by colleges to the parents of prospective students, and made an interesting observation. The books are full of photos of happy, diverse students, frolicking on the campus grounds, participating in sports, eating in the dining hall, or socializing in a residence hall suite. What is missing is any hint of what used to be the college's prime mission--education. Classroom shots are so rare as to be nearly nonexistent and there are few shots of students reading. Why? College officials know that most students don't want to be reminded that they are supposed to go to college to study, not to socialize. The books feature "pastoral retreats from the bustling world" but photos of students in classrooms are rare. "Only the bravest consultant is willing to emphasize the hard work of learning . . . for fear of scaring away prospective applicants," Kirp said.

Brandon then goes on to describe the "champion of all this craziness," High Point University in North Carolina:

* . . . which features lobster and steak on its lunch menu and an ice cream truck that roams the campus to provide students with 500 varieties of free frozen treats. The residence halls have valet parking and concierge services where students can ask the resident clerk to pick up their dry cleaning or make dinner reservations. The dining halls feature live music and wide-screen, high-definition television monitors. On their birthdays, students are greeted by name and provided with slices of birthday cake. All of this is coordinated by a computer, which also keeps track of students' favorite movies and brands of candy bars and sodas. Students can sign up for automated wake-up calls, with the college president's voice urging them to have a nice day. Planned for the near future is a building informally called the The Multiplex, which will feature a movie theater, a sports bar, and steak house.

I certainly don't recall Rider University (where I went as an undergraduate) being as plush, but then again, I also don't recall that students read as little as they apparently do now:

* In the years since the literacy survey results were announced in 2005, additional surveys of college seniors tried to narrow down the problem, but the results only got worse. A November 2007 report from the National Endowment for the Arts found that only 22 percent of seventeen-year olds read anything at all on a given day, down from 31 percent in 1984. It

also found that fifteen-to-twenty-four- year-olds spend just seven to ten minutes a day voluntarily reading anything at all.

There have been some other changes, too:

* Most college students remain dangerously immature and unable to make the most basic choices about whether to attend classes, do their homework, study for tests, use drugs, engage in unsafe sex, or drink themselves into unconsciousness. Parents are seriously uninformed about this. They mistakenly think that party school administrators will call them as soon as there is any sign of a problem, just as high school administrators did. Parents are deliberately kept in the dark about their children's misbehavior until the problem becomes a catastrophe. The hands-off policy on student behavior allows party school administrators to avoid any blame when things go wrong. Most colleges and universities have a policy of not even informing parents if students are arrested, attacked, attempt suicide, or receive treatment for alcohol or drug abuse.

However, perhaps the scariest tidbit in THE FIVE-YEAR PARTY was this one:

* In the four years it took to earn a business degree at Boston University, Tyson Hunter of Seattle ran up a debt of \$152,000 in student loans. After graduation, he was hired by a market research company at a salary of \$40,000 a year, well above what the average graduation makes right out of college. But his loan payments of \$1,000 a month make up a third of his take-home pay. When he finally pays off his student loans, he will be fifty -three years old and will have paid \$300,000 in principal and interest. To save money on rent, he has moved into his mother's condo.

The book's last chapter, "How Parents Can Cancel the Five-Year Party," was very enlightening . . . and I also enjoyed the Appendix, "The Red Flag List," that dealt with how to spot party schools.

D. Heard the CD version of FEVER DREAM by Douglas Preston and Lincoln Child, the engrossing tale of a special agent who mourns the death of his beloved wife. She had died in a tragic accident in Africa 12 years ago. Or so he thought.

When he learns that there is more to the story and that she had been murdered, agent attempts to find out her most guarded secrets: Who was the woman he married? Why was she murdered? And, above all, who murdered her?

There were many twists and turns along the way, and they all kept me guessing until the very end of the story.

In reading more about the authors, I found out that there have been other books featuring the main character (Pendergast). I was very much impressed by that fact, given that it did not interfere with my listening pleasure at all. I did not feel that I was missing anything by not having read those other books, though I now may well seek some of them out.

Rene Auberjonois, the Tony Award-winning and Emmy-nominated actor, did a fine job with the narration of FEVER DREAM.

5. TV alert

A. If you're looking for an alternative to Scott Beck and others, give Lawrence O'Donnell a try . . . his new nightly show, THE LAST WORD, premieres on Monday at 10 p.m. on MSNBC.

B. 30 FOR 30 profiles Terry Fox, who ran 143 straight days across his native Canada to raise awareness and money to fight cancer . . . what's even more amazing is that he did it with one artificial leg . . . Friday at 12 a.m. on ESPN CLASSIC.

C. TEACH: TONY DANZA has the actor teaching English in this new reality show that "is an oddly compelling and increasingly addictive little show," according to THE LOS ANGELES TIMES . . . Friday at 10 p.m. on A&E.

D. A senator clashes with crooked politics in MR. SMITH GOES TO WASHINGTON, one of my favorite James Stewart films . . . the great cast also includes Jean Arthur, Claude Rains and Edward Arnold . . . Sunday at 8 p.m. on TCM.

6. Have you ever wondered . . .

What's the difference between grandmothers and grandfathers?

Well here it is:

A friend, who worked away from home all week, always made a special effort with his family on the weekends. Every Sunday morning he would take his 7-year old granddaughter out for a drive in the car for some bonding time--just him and his granddaughter. One particular Sunday, however, he had a bad cold and really didn't feel like being up at all. Luckily, his wife came to the rescue and said that she would take their granddaughter out.

When they returned, the little girl anxiously ran upstairs to see her grandfather.

"Well, did you enjoy your ride with grandma?"

"Oh yes, Papa," the girl replied. "And do you know what?"

"We didn't see a single as*hole, dumb bas*ard, dipsh*t or horse's a*s anywhere we went today!"

Almost brings a tear to your eye, doesn't it?

7. Websites

A. Shaun Usher gathers fascinating letters, postcards, telegrams, faxes and memos from history. Includes scans of the actual letters when available. There's something for everyone here, such as the original casting memo for "Star Trek: The Next Generation". For the more serious, there's an Arthur C. Clarke letter from 1956 where he not only recaps his idea of communications satellites but also predicts satellite TV and GPS. Even Einstein's thoughts on God.

<http://www.LettersOfNote.com>

B. Oddee.com is an entertainment blog on oddities, attracting well over two million unique visitors each month. Focused on the odd, bizarre and strange things of our world, its daily articles and sections explore subjects from science to advertising and technology.

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

One of my favorites was this listing of 15 hilarious Redneck inventions:

http://www.oddee.com/item_97208.aspx

I guarantee you'll be impressed with the version of horseshoes, as well as the hot tub.

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

<http://www.blaineworld.net>

You can always check for something you might have missed in BLAINESWORLD, the newsletter, by going to "Newsletter" on left and then "past issues" . . . at the top, you can even search past the newsletter for a particular joke, quote, etc. . . as an example, I was trying to find a "dentist joke" and very quickly came up with following from #534:

Checkup

After a long-overdue checkup, my cousin's dentist sat down to go over all the work she would need on her mouth. The total estimate was \$9,200.

My cousin gasped. "For that kind of money, I could get a tummy tuck and silicone implants.

"But what about your smile?" the dentist asked.

"If I had all that done" my cousin replied, "I guarantee no one would be looking at my teeth."

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

The Windows power settings default to a mode that tries to conserve power and in this day

and age, that's a good thing. Unless it tries to conserve in the middle of a PowerPoint presentation for example. For some reason, the power settings can't detect when some applications are running. So if you forget to change the power setting and you don't move your mouse or press a key, your screen can suddenly go blank or switch over to a screen saver depending on how you've set things up.

But what if you had a little utility that could jiggle the mouse every so often for you? It now exists; i.e., the Mouse Jiggler. It is a free utility that from time to time, juggles your mouse. For more information, please click:

<http://mousejiggler.codeplex.com/>

FOR MORE INFORMATION:

The above tip was described in greater detail in a column by Craig Crossman, a nationally-syndicated computer columnist . . . should you want to read the whole thing, please click:

<http://computeramerica.com/content/columns/craig/2010/2010-09-13.htm>

9. Websites that sound dirty (but aren't)

You have to be careful when you register a domain name! It's sometimes hard to figure out what words are embedded in it if you don't capitalize things well in your advertising.

Site: GotAHoe.com
Is really: GoTahoe.com (Lake Tahoe Visitors Bureau)

Site: PenisLand.net
Is really: PenIsland.net (sells custom pens)

Site: TheRapistFinder.com
Is really: TherapistFinder.com (directory of therapists)

Site: ExpertSexChange.net
Is really: ExpertsExchange.net (data base experts site)

Site: WhorePresents.com
Is really: WhoRepresents.com (directory of agents and who they represent)

Site: PowerGenitalia.com
Is really: PowergenItalia.com (Italian power company)

Site: MolestationNursery.com
Is really: MoleStationNursery.com (a plant nursery in Mole Station, Australia)

Site: DollarSexChange.com
Is really: DollarsExchange.com (currency trading site)

and . . .

Site: CummingFirst.com
Is really: CummingFirst.com (yeah, well, it's the Cumming, Georgia, First Methodist Church!)

10. A quote I like

All big things in this world are done by people who are naive and have an idea that is obviously impossible.--Dr. Frank Richards (1875-1961), English writer

11. Thought for the day

Brian's story
by Tammy Garlock*

Thursday, June 12, 2008 began like any other ordinary day; unfortunately, it didn't continue that way... As I look down at my wrist to the pink and black bracelet resting there, I am reminded just how quickly things happen. Sometimes one small decision, a mindless choice, really, can alter your life forever. You see, dying changes everything...

My husband John and I met for lunch that day; as we waited, his phone rang. He stepped

outside to take the call...I assumed it was because of bad reception. It was actually because John couldn't understand the caller; it was Brian's friend, trying to tell us our 17-year old son had been in an accident...he was unconscious and bleeding, somewhere in Pineville... Exactly one week earlier, almost to the minute, we had finally given Brian his car...a light blue 2000 Honda Civic; exactly three weeks earlier, he got his full driver's license.

From the moment John received that telephone call at 11:51 a.m., our life became a waking nightmare. Brian gained his freedom and control with those car keys, and now he was in serious trouble... The greatest fear of every parent was now our reality; he was injured and alone. We were overly aggressive and reckless driving there, desperate to reach him and afraid of what we would find when we did. Brian was taken by ambulance to the closest hospital, and then flown by helicopter to CMC's main trauma center. In less than two hours, it was all over... The words of the surgeon and the look on his face are burned into my heart and soul... "I'm sorry; your son didn't make it. He died." Brian never regained consciousness from the moment of impact; there were no goodbyes. Life as we knew it was over... Our entire family died that day; we are no longer the people we were.

It took many months of grieving before we were able to acknowledge a very simple truth. Our beloved son and brother, Brian, lost his life due to a series of seemingly inconsequential decisions that many of us take for granted daily. This horrific chain of events began with a distraction, one that is quite common in our City and beyond. Brian looked down at his cell phone to make a call. He looked up and followed his friend's truck across oncoming traffic, never looking to the left. His car was struck in the driver's door by a truck; the force of the collision spun his car around and it was hit again by a second truck in almost the exact same location on the passenger side.

This journey through the valley of shadows and sorrow is difficult and never ending; we struggle every day to be strong and carry on without him. In an effort to bring some good from his loss, we decided to give away 2,500 pink and black silicone bracelets in exchange for a simple pledge: in memory of Brian, don't use cell phones while driving. Pink was Brian's favorite color, and he loved to wear calf-high black socks while playing golf or wearing sandals.

This trivial token in swirled pink and black is an instant message of a different sort... Our greatest hope is that through sharing Brian's story, someone will make the wiser choice and ignore their cell phone while driving. If it saves at least one life and another family is spared the pain that is our constant companion, then Brian's death will not have been in vain. The fact of the matter is this...there is no telephone call or text message that is so important that it cannot wait until you get where you are going or until you can at least pull safely off the road to decide.

Please, please, don't lose your life over the press of a button.

"Remember Brian 06-12-08"

With hope,
Tammy Garlock
rememberbrian@mindspring.com

* Reprinted with the gracious permission of Mrs. Garlock. (She is also this week's BLAINESWORLD BEST AWARD winner. Please see the last part of Section 1 for more information.)

12. Advance planning department

A. North Carolina events:

* Upcoming SCORE seminars:

Thurs. 9/30/10, 6:00 PM - 9:00 PM; Basic Internet Marketing
Sat., 10/2/10, 8:30 AM - 12:00 PM; Marketing
Wed., 10/6/10, 1:00 PM - 4:00 PM; Accounting for Non-Accountants

For more information, please click:

<http://www.ashevillescove.org/seminars.htm>

* Linda in North Carolina reports on OLIVER at the Asheville Community Theater:

This is definitely a show worth seeing. It starts with 18 small children in expertly done costumes. An orchestra provides music for lots of songs you will recognize. The scenery is very well done. The best part, of course, the actors, at one point there were over 30 people on the stage is a truly great production. My favorite "The Artful Dodger."

It runs through October 3. For more information, please click:

<http://www.ashevilletheatre.org/>

* SEE THE SART STARS OF TOMORROW, TODAY

Mars Hill College. Theatre Arts Department.

Location: Owen Theatre.

Next up is CHICAGO on October 7-9 at 7:30 p.m. and on Sunday, October 10, at 2:30 p.m.

Tickets are just \$10 for adults and \$8 for students.

I'm going to try to attend, if just for the fact that the show is directed by the very talented Paul Schierhorn. For more information, please click:

www.mhc.edu/theatre

* Hayley in North Carolina:

I invite you to the Junior League of Asheville Fall Gala on October 23. It's an outdoor masquerade at the Ramble and the tickets includes food, drink and entertainment. Hope you can make it.

<http://juniorleagueasheville.org/content.php?content=diamond>

B. Pennsylvania/New Jersey events:

* A Little "Light" Wisdom presents A Day for Woman. Come and revitalize your spirit through color, sound & humor. The day includes:

Insights on how color can help improve your spiritual well-being, moving you toward a deeper understanding of yourself. By Michele Rix

A guided sound meditation with Crystal Singing Bowls for physical, emotional and spiritual healing. By Savannah

And lots of humor, laughter and wisdom for reducing stress and opening your heart to lead to a more peaceful and joy-filled you. By Dr. Yvonne Kaye

Come and take this unique journey on the "lighter" side of self-discovery.

Sunday October 3, 2010. 9:30 a.m.-4 p.m.

Elkins Estates, 1750 Ashbourne Rd. Elkins Park, PA

To register, please call Dawn Friedland: 215-264-4366 or Michele:Rix: 215-969-1747/

Cost only \$98 for the entire day including lunch and snacks.

* Lower Bucks Coalition for Peace Action Monthly Meeting

Sunday, October 3, 2010 at 6:00 p.m.

Pennswood Village, Game Room, 1382 Newtown-Langhorne Road, Newtown, PA

Featured speaker this month:

Robin Stelly speaking about how the federal budget, state budget and stimulus work together. She will also talk about social security and income inequality. She works as a Community Organizer for Penn Action. She has been organizing in Bucks County around the issues of economic justice and healthcare reform for five years.

Desserts will be served. For more information, please click:

www.cfpabuxmont.org

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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Biltmore Lake, NC 28715
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BLAINES WORLD

BLAINESWORLD
#729
9.20.2010

In this issue:

1. Reflections
2. FYI
3. Take my credit card, please
4. Reviews . . . GET LOW, etc.
5. TV alert
6. News flash
7. Websites
8. Computer tip
9. Life in the Western North Carolina mountains
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I joined our friends Tammy, Jonathan and Julia to celebrate the birthday of Julia's son Conor . . . we first went to a neat toy store, OP Taylor's (828.883.2309) in Biltmore Town Square Park.



From there, we went for dinner at Brixx--one of our favorite locales for pizza or a variety of soups, salads and sandwiches. For more information, please click:

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

And then we concluded the night with ice cream at Cold Stone Creamery . . . I had a new flavor (or at least it was for me): caramel apple . . . mixed with graham crackers, it was a taste sensation as good as it gets. For more information, please click:

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

A few nights later, we got together with our friends Michael and Maria, along with their daughter Lillian (busy taking the picture below), for dinner . . . that was fun, too.



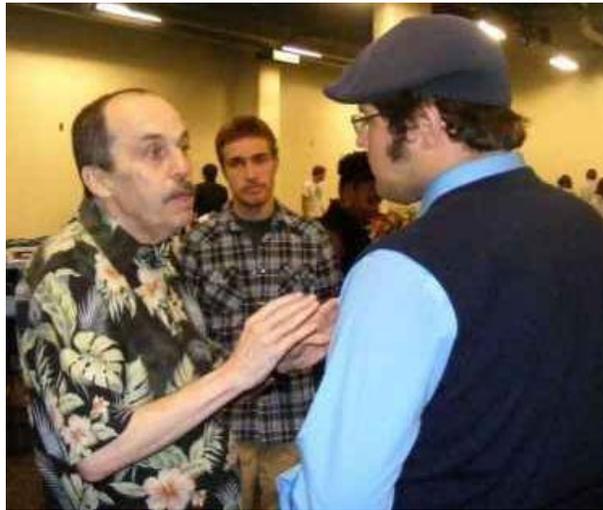
B. I also got to meet one of my SCORE clients, Lawrence Hines, for lunch at the Soda Fountain (828.254.9210) at Woolworth Walk in downtown Asheville . . . that's a place that serves food that you would have found at a Woolworth's counter back in the 60s . . . it's tasty, as well as reasonable . . . I ordered a bacon, lettuce and tomatoes sandwich-- something I hadn't had for years. . . it was a great choice . . . I'll definitely return to this place and likely order an old-fashioned milk shake the next time I'm there.



Lawrence, by the way, is a very fine massage therapist . . . should you want to use his services, give him a call at 828.779.7315

And I did two seminars during the week . . . one was for SCORE as part of Minority Business Week on the topic of "Positioning: How to Differentiate Yourself from the Competition" . . . SPECIAL THANKS to Stan Sarafin and Dee Williams for all their help in making the event the success that it was, as well as to Jill Sparks at ABTech for taking care of the reservations and providing me with the classroom space.

Cynthia then joined me for a session I did for the University of North Carolina on "Networking" . . . I was impressed by the fact that some 100 students participated, and that the day was so well organized by Karleen Dietrich (UNCA's assistant director of SAIL, Orientation and Leadership).



C. CONGRATULATIONS to Diane Allen who is getting married to her childhood sweetheart on Saturday!

CONGRATULATIONS, also, to Leslie Niven . . . she has recently taken a position with Schumacher Homes, the leading on your lot custom home builder in the U.S. The firm builds new homes from 1100 to 8,000 sq. feet; for more information, please click:

www.schumacherhomes.com

Should you want to reach Leslie, call 828.490.4798 or send her an email, lniven@schumacherhomes.com.

D. MR. CURIOUS HERE:

Halloween is rapidly approaching and that means we are looking for something both unusual and different to wear this year. I still like our one costume from a few years ago . . . we both carried a rubber chicken, holding each of its legs . . . what were we?

Answer: Two people walking a breast!

I thought it was brilliant, but Cynthia wasn't crazy about it. So we're back to drawing board. Any thoughts/suggestions you have would be much appreciated.

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

This week, it goes to Linda Orowitz--one of my Leadership Asheville Senior classmates.

Linda has only been in the Asheville area a short time, but she has amazed me with her commitment to volunteerism . . . she helps staff the Chamber of Commerce's information booth for visitors, and she serves with me on the Marketing Committee at the Center for Creative Retirement.

In addition, she sends out a very informative piece of email that she calls "Asheville Deals" . . . it is a FREE listing of Asheville area events that contains a lot of useful suggestions for things to do . . . to get on her mailing list, just send an email to ashevilled Deals@yahoo.com and request to be included.

And in her spare time when not involved with any of the above activities, Linda is presently a member of this fall's Asheville Citizens Police Academy.

2. FYI

You may have heard that rock stars make ridiculous demands on concert organizers . . . as with most things in life, there are usually two sides if not a lot more to every story--as can be seen by the following passage from THE CHECKLIST MANIFESTO (see also Sections 4C and 11) by Atul Gawande:

As Roth explained in his memoir, CRAZY FROM THE HEAT, "Van Halen was the first band to take huge productions into tertiary, third-level markets. We'd pull up with nine eighteen-wheeler trucks, full of gear, where the standard was three trucks, max. And there were many, many technical errors—whether it was the girders couldn't support the weight, or the flooring would sink in, or the doors weren't big enough to move the gear through. The contract rider read like a version of the Chinese Yellow Pages because there was so much

equipment, and so many human beings to make it function." So just as a little test, buried somewhere in the middle of the rider, would be article 126, the no-brown-M&M's clause. "When I would walk backstage, if I saw a brown M&M in that bowl," he wrote, "well, we'd line-check the entire production. Guaranteed you're going to arrive at a technical error... Guaranteed you'd run into a problem." These weren't trifles, the radio story pointed out. The mistakes could be life-threatening. In Colorado, the band found the local promoters had failed to read the weight requirements and the staging would have fallen through the arena floor.

FYI, part 2

* Janeen in Pennsylvania:

Look at these pictures. They are amazing!

<http://justpaste.it/3ky>

* Natalie in Pennsylvania:

Enjoy!

http://www.youtube.com/watch?v=KgZ4ZTTfKO8&feature=player_embedded

* Deb from Oregon:

Lucky day!

<http://www.flixy.com/lucky-day.htm>

* Alan in New Jersey:

Still enjoy your BLAINESWORLD, even after all these years. It's nice to hear how well you're doing out among those rednecks. (Remember, I went to dental school with them, and I love them). If I ever get back to Asheville, I'll be sure to try to see you.

* Linda in New Jersey:

I really enjoy your newsletter. It contains so many interesting stories and links. Thanks for sending.

* Jonathan in Pennsylvania:

My daughter has been conducting phone interviews with Los Angeles papers the past few days. The giant show is revving up and beginning to roar before its final breath . . . theatrical history in the making. "An amazing time to be an audience."

Here is the first out of USC:

<http://tinyurl.com/38v9esy>

* Walter in Pennsylvania:

THE BETRAYAL: Very different and touching movie with surprises and political truth about Laotian family. Pat & I enjoyed it. Nominated for best foreign film last year.

* Ed in Florida:

Did you already see "My Name is Khan"? I tried to see all of it's possible ramifications and not just view it from my own perspective. It's way off the topper, but this simple story could help pave the way towards world peace (for a little while, anyway).

3. Take my credit card, please

A man had his credit card stolen. He, however, decided not to report it because the thief was spending less than his wife did.

4. Reviews

A. I liked the premise behind GET LOW . . . it's the story about a real-life mysterious 1930s Tennessee hermit who decides to throw his own funeral party--while still alive . . . the acting was good, too . . . Lucas Black (who reminded me of a young Greg Kinnear) more than held his own when on screen with such notables as Robert Duvall and Bill Murray . . . yet overall, the film left me flat . . . and I couldn't wait for it to end . . . rated PG-13.

B. JUST WRIGHT is now out in DVD format . . . my review from BLAINESWORLD #712 follows:

Though JUST WRIGHT is a formulaic romantic comedy, you'll like it because it gives you a just right feeling . . . you'll also find yourself caring about the two leading performers, Queen Latifah and Common . . . she's a physical trainer who manages to help him recover from an injury that may end his NBA All-Star career . . . the basketball action seemed realistic and added to my enjoyment of this film . . . rated PG.

C. I've always been a fan of checklists and have long admired how my wife uses them whenever packing for trips . . . she rarely misses to bring along anything we might need, and she can complete packing in a relatively short time.

Apparently, she is not the only person who successfully uses such checklists--as I found in a book I very much enjoyed: THE CHECKLIST MANIFESTO (see also Sections 2 and 11) by writer and surgeon Atul Gawande. He studied failures in a wide variety of situations and determined that they were often caused by the volume and complexity of knowledge today.

So how can you do better? Just try using a checklist and when you do, keep it simple. For example, here's what happened at the Kaiser hospitals in Southern California:

* Researchers had tested their checklist for six months in thirty-five hundred operations. During that time, they found that their staff's average rating of the teamwork climate improved from "good" to "outstanding." Employee satisfaction rose 19 percent. The rate of OR nurse turnover--the proportion leaving their jobs each year--dropped from 23 percent to 7 percent. And the checklist appeared to have caught numerous near errors. In one instance, the preoperative briefing led the team to recognize that a vial of potassium chloride had been switched with an antibiotic vial--a potentially lethal mix-up. In another, the checklist led the staff to catch a paperwork error that had them planning for a thoracotomy, an open-chest procedure with a huge front-to-back wound, when what the patient had come in for was actually a thoracoscopy, a videoscope procedure done through a quarter-inch incision.

Looking at another industry, the author pointed out that pilots turn to their checklist for two reasons:

* First, they are trained to do so. They learn from the beginning of flight school that their memory and judgment are unreliable and that lives depend on their recognizing that fact. Second, the checklists have proved their worth--they work. However much pilots are taught to trust their procedures more than their instincts, that doesn't mean they will do so blindly. Aviation checklists are by no means perfect. Some have been found confusing or unclear or flawed. Nonetheless, they have earned pilots' faith. Face-to-face with catastrophe, they are astonishingly willing to turn to their checklists.

And checklists can and even are used to analyze financial statements:

* One check, for example, requires the members of the team to verify that they've read the footnotes on the cash flow statements. Another has them confirm they've reviewed the statement of key management risks. A third asks them to make sure they've looked to see whether cash flow and costs match the reported revenue growth.

I'd like to tell you more about the book, but looking at my checklist of things to do, I see it is now time to do a next thing on my list; i.e., proof what I just typed . . . and then it will be time to get some much-needed sleep.

D. Forget what you think you know about motivating people at work, at school and at home . . . in particular, get rid of the notion that the old-fashioned carrot-and-stick approach of offering a combination of rewards and punishments is the best way to get somebody to do something.

According to Daniel H. Pink, author of DRIVE: THE SURPRISING TRUTH ABOUT WHAT MOVIES US, there's now a better way to get both high performance and satisfaction in today's world; i.e., give people the opportunity to direct their own lives . . . also, give them the opportunity to learn and create new things.

What I liked about the CD version of the book I heard was the fact that Pink didn't just present glib theories; rather, he used real-life examples . . . for instance, perhaps the most amazing one was that of Wikipedia vs. Microsoft . . . the former developed an encyclopedia with the help of volunteers that managed in a relatively short time to top the efforts of Microsoft that used paid employees to produce and sell its multimedia encyclopedia called Encarta.

Among the many other tidbits I gained from the author were the following:

* Higher rewards don't lead to higher performances.

- * Financial incentives can result in a negative drop in performance.
- * Rewards by their very nature narrow our focus.
- * Pay your kid to take out the trash, and you'll never get him or her to do it again for free.
- * It's best to make rewards unexpected and to give them out after the job is done.
- * Autonomy can be a very important motivational factor.
- * Zappo's doesn't monitor call time or use scripts.
- * Some companies are routing calls to individual's homes. Jet Blue was one of the first to do this.
- * Listen to what workers say . . . do they use "I" vs. "we." We wins!

Lastly, DRIVE gave a very pragmatic series of exercises to that could be done on a company and/or individual basis . . . here's one that I really liked:

- * Give employees a FedEx Day . . . allow them to set aside an entire day. They can do whatever they want, as long as they deliver something back to the company the next day.

What a great concept!

5. TV alert

It's that time of the year again when returning TV shows come back for the new season . . . here are some of my favorites that I'll be checking out this coming year:

- A. Monday: DANCING WITH THE STARS . . . I'm especially curious about how Jennifer Grey, the original dirty dancer, will do . . . 9 p.m. on ABC.
- B. Tuesday: I'll be watching GLEE at 9 p.m. on FOX, followed by THE GOOD WIFE at 10 p.m. on CBS.
- C. Thursday: There's COMMUNITY at 8 p.m. on NBC, followed by 30 ROCK at 8:30 p.m. . . . on the latter, look for a live episode on October 14 about Liz's 40th birthday party.
- D. Sunday: UNDERCOVER BOSS returns on Sundays at 10 p.m. on 9.26 on CBS; thereafter, it will be on at 8:30 p.m. . . . early episodes feature Chiquita, DIRECTV and one NASCAR exec.

CARE TO ADD TO THE LIST?

Please do share any shows you particularly like--and why . . . and, as requested last week, if you want to comment on any new shows so far, I'd also be interested in your thoughts on that topic.

6. News flash

Senior citizens are the nation's leading carriers of AIDS

Hearing Aids
Band Aids
Walking Aids
Medical Aids
Roloids

And most of all, monetary aid to their kids!

7. Websites

A. If you'd like to listen to the 100 top love songs, please click:

<http://www.aolradioblog.com/2010/07/24/top-100-classic-love-songs/>

I'm glad that "Happy Together" made the list, but find it hard to believe that it was only No. 35 . . . I also can't argue too much with the No. 1 choice, "Unchained Melody," but I personally much prefer this original version by Al Hibbler:

<http://www.youtube.com/watch?v=GC7obNtXLYU>

B. Still on the subject of music, check out this funny review of 2010:

<http://www.youtube.com/watch?v=mgppoeY0N6o>

For the story of how comic Bruce Fine put this together for \$150, please click:

<http://tinyurl.com/29oewvs>

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

<http://www.blainesworld.net>

If you have friends who would like to subscribe to this missive, It's easy to so . . . just direct them to the home page and have them click "Newsletter" to the left and then "Subscribe" . . . or feel free to forward this entire issue to your friends and tell them to subscribe, all they have to do is send an email to bginbc@aol.com and put SUBSCRIBE in the subject line.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Using your computer, you can now see how you'll look with a different hairstyle. There are now websites that allow you to do this, often at no cost. Here are four to check out:

Stellure.com

Free or \$19.95 for one month. Men's styles are in the works.

Taaz.com

Free. No men's styles.

DailyMakeover.com

Free or \$14.95 for three months. Men's styles available.

TheHairStyler.com

\$14.95 for three months. Men's styles available.

Make sure you check out more than one of the above websites and to find out what works best for you, have a pre-cut conversation with your stylist.

This information was adapted from an excellent article in THE WALL STREET JOURNAL, "Blonde Ambition: You Pull Off That Style" by Elizabeth Garone in the 9.2.2010 issue, p. D2 . . . to read it yourself, please click:

<http://www.emailthis.clickability.com/et/emailThis?clickMap=viewThis&etMailToID=203344926>

9. Life in the Western North Carolina mountains

A social worker who had recently transferred from the big city to the mountains in Western North Carolina was touring her new territory. She came upon the tiniest cabin she had ever seen. Intrigued, she knocked on the door.

"Anybody home?"

A child's voice answered, "Yep."

"Is your father there?"

"Pa? Nope, he left before Ma came in."

"Well, is your mother there?"

"Nope, Ma left just before I got here."

"Are you never together as a family?"

"Sure, but not here. This is the outhouse!"

10. A quote I like

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.--William Arthur Ward (1921–1994), one of America's most quoted writers of inspirational maxims

MY TWO CENTS:

This quote describes Dr. Al Sternberg, one of my many fine undergraduate professors at Rider University and the person responsible for me getting into the field of education. To this day, I'm still appreciative of him for that fact, as well as for how he has continued to be both my mentor and friend to this date.

11. Thought for the day

On a sheet of plain paper, he plotted out the steps to take in order to avoid infections when putting in a central line. Doctors are supposed to (1) wash their hands with soap, (2) clean the patient's skin with chlorhexidine antiseptic, (3) put sterile drapes over the entire patient, (4) wear a mask, hat, sterile gown, and gloves, and (5) put a sterile dressing over the insertion site once the line is in. Check, check, check, check, check. These steps are no-brainers; they have been known and taught for years. So it seemed silly to make a checklist for something so obvious. Still, Pronovost asked the nurses in his ICU to observe the doctors for a month as they put lines into patients and record how often they carried out each step. In more than a third of patients, they skipped at least one.

For a year afterward, Pronovost and his colleagues monitored what happened. The results were so dramatic that they weren't sure whether to believe them: the ten-day line-infection rate went from 11 percent to zero. So they followed patients for fifteen more months. They calculated that, in this one hospital, the checklist had prevented forty-three infections and eight deaths and saved two million dollars in costs.

SOURCE:

THE CHECKLIST MANIFESTO (see also Sections 2 and 4C) by Atul Gawande

12. Advance planning department

A. North Carolina events:

* Upcoming SCORE seminars:

Saturday, 09/25/10: Business Plan -
8:30 a.m.-12 p.m.

Thursday, 09/30/10: Basic Internet Marketing
6-9 p.m.

Saturday, 10/2/10: Marketing
8:30 a.m.-12 p.m.

For more information, please click:

www.ashevillescove.org/seminars.html

or call 828.271.4786.

* From line dancing and gardening to aerobics for the brain, Saturday, September 25 will bring a full day of stimulating wellness activities as the North Carolina Center for Creative Retirement presents Active Aging Day at the Reuter Center from 9 am-3:45 p.m.. Active Aging Day is free and open to the public.

For more information, call the North Carolina Center for Creative Retirement at UNC Asheville at 828.251.6140, or go to:

http://www2.unca.edu/ncccr/events/2010/Active_Aging_Week.html

* The Heart of Aloha Halau presents "Storytelling Through Traditional Hawaiian Hula" Weekly starting at 7 p.m. on Tuesdays. Taught by Kaleo Wheller. \$12/class; \$40 for four classes.

For more information and/or to reserve a space, please call 914.466.0015. Or email, kaleowheeler@gmail.com/

* Marleen in North Carolina:

HOLD THE DATE:

"Caring for Creation, 2011 Edition: An experience for laity and clergy addressing how the faith community can promote justice for the earth and its people; discover your residential and faith community's role in environmental care". It is March 31-April 3, 2011 at Lake Junaluska just 30 min west of Asheville. Keynoter will be Sally Bingham, founder of Interfaith Power & Light.

B. Pennsylvania/New Jersey events:

* Saturday, September 25, 2-4 p.m.
Singing Crystal Bowls and Meditation

Singing bowls have an ancient history that dates to at least the 7th century A.D. Most scholars trace their origin to rituals and meditation in Tibetan Buddhism.

Pure Quartz Crystal Singing Bowls powerfully produce pure, solid tones, emitting a higher volume level than many metal bowls. You are gently compelled to relax when you are in the room with these singing beauties.

The known healing benefits of the frequencies of the Crystal Singing Bowls include: deep tissue healing, pain management, stress relief, a natural sense of balance and harmony, as well as calm and peaceful emotions from the meditative state that is induced.

Through sacred sound and meditation, we will create positive healing energy for ourselves and our beloved Mother Earth. The guided healing meditation and relaxation exercise will create a full sensory experience, including breathing techniques, color imagery, aromatherapy with essential oils, and sound healing.

Presented by: Savannah. An MBA, she became interested in the esoteric world after her doctor suggested meditation to ease chronic pain. Sound healing became her passion when she discovered the science and healing benefits behind the Crystal Singing Bowls. She has studied various forms of meditation and sound healing. And along the way she discovered very powerful self-healing techniques which she enjoys sharing.

Bring along a yoga mat, blanket and/or pillow for your added comfort!

\$19. Contact Michele Engoran to register at 609.750.7432.

Location: Center for Relaxation & Healing, 666 Plainsboro Rd, Bldg 600, #635, Plainsboro NJ

* Glenn in Pennsylvania:

Upcoming Plumstead Historical Society event:

1st Annual Picnic, Sunday, September 26, 2-6 p.m.

Please sign up now by going to our website to sign up:

www.plumsteadhistoricalsociety.org

* Big news! The daughter of comedy royalty and Emmy, Grammy, and Golden Globe winning actress, Marlo Thomas, will launch her first-ever memoir *GROWING UP LAUGHING: MY STORY AND THE STORY OF FUNNY* with a reading, discussion, and book signing this Tuesday, September 28 at 7 p.m. at the Princeton Barnes & Noble, 3535 US Route 1 South, Princeton, NJ. Seating begins at 6pm!

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#728
9.13.2010

In this issue:

1. Reflections
2. FYI
3. Crime doesn't pay
4. Reviews . . . MAO'S LAST DANCER, etc.
5. TV alert
6. Revenge for those who easily get offended at jokes
7. Websites
8. Computer tip
9. Exam answers
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I:

* Had such a delightful dining experience last week at Never Blue in Hendersonville that we returned with our friends Carole and Brian to have another great dinner . . . the place has already been added to our list of favorite area eateries . . . that's us with Pam Cosner, the owner.



For more information about the restaurant, please click:

<http://theneverblue.com/>

* From there, we went a few blocks away to the Hendersonville Little Theatre to see SOUP DU JOUR--an entertaining musical about a tribute to the screwball comedies of the 1930s . . . the entire cast was outstanding, but in particular, Bob Reece and Paula Orr put a smile on our face each time they appeared in stage . . . I only wish that there had been some actual musicians providing the music, rather than the tinny recorded soundtrack that was used.

However, overall, I give the production a very strong recommendation . . . for the local paper's review, please click:

<http://www.blueridgenow.com/article/20100903/ARTICLES/9031003/1151?p=all&tc=pgall&tc=ar>

GOOD NEWS:

To quote from an email I received from the theater:

Winter is right around the corner and we want to offer you the chance to warm your heart with a gift of comfort for someone in need when you attend the Saturday the 18th presentation of *Soup du Jour* at Hendersonville Little Theatre. When you call for your reservations, let us know you will be bringing a friend to enjoy the play with and a can of soup that will be donated to the **Interfaith Assistance Ministry (IAM)** and your friend will get in at no charge. All soup donations will go to someone in need right here in our own community.

For reservations, call 828.692.1082.

The show runs through this coming Sunday. For more information, please click:

<http://www.hendersonvillelittletheatre.org/>

* Cynthia often says, "The best news you can hear when visiting a doctor is that all is good, and that we'll see you in six months or a year."

We were glad to hear that when visiting our new dentist, Dr. Kennerly (previously, we had seen and very much liked another dentist in the practice--Dr. Younger--who left for another position). What especially impressed us with Dr. Kennerly was how when he asked Cynthia to open her mouth, he heard a cracking sound in her jaw. He recommended a simple exercise for Cynthia to do, and she has already noticed an improvement. For more information about this excellent practice, please click:

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

When we visited our dermatologist, Dr. Wilkinson, we heard somewhat similar good news . . . Cynthia was told to come back in a year . . . a spot was found on my leg that Dr. Wilkinson removed to have analyzed; fortunately, the results came back, and all is fine. For more information about this equally excellent practice, please click:

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

MY REQUEST:

Please don't put off making a dermatologist appointment, especially if you used to be in the sun a lot--or even if you still are . . . I'm hardly ever in the sun, yet as you may have read, I had melanoma a few years back (between my toes of all places!) and was lucky that it was picked up early by my dermatologist in New Jersey, Dr. Stenn.

B. Leadership Asheville Seniors continues to go well . . . actually, make that very well . . . each session is seemingly more informative than the previous one . . . in particular, I liked recent presentations from Judy Daniel (Asheville's city planner) and Jill Sparks (director of the Small Business Center at AB Tech).

That same day, a group of classmates joined together to present our take on what transpired. Thanks to David Garver, who wrote a very clever take on the "12 Days of Christmas," we sang our way through the summary. That's (l-r): Juanita Grier, yours truly, Carol Shultheis, David and Judy Mattox.



And lest I forget, kudos to Tom Bushar--not pictured--for leading us in the above musical rendition.

C. When explaining why something happened the way it did (such as in instances when there's no real clear-cut explanation), I love this expression that Karen in North Carolina shared with me: "It came to pass." That's also a useful thing to say when you don't want to

get into a discussion about some past event.

D. CONGRATULATIONS to Greg Jones in North Carolina on being named as SCORE's Regional Director of Finance. We are lucky to have him in Asheville, and that he's willing to stay on board as our Chapter's Finance guy too. He is the BEST!

CONGRATULATIONS, also, to Jo Ciagaglia in Pennsylvania . . . she was recently named "Employee of the Month" by the COURIER TIMES. I've been a fan of her reporting for many years . . . you will be, too, if you click on the following link:

http://www.phillyburbs.com/opinions/blogs/courier_blogs/jo_ciavaglia.html

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

This week, it goes to Beth Gurnack--a resident and activist in my Biltmore Lake community.

Ever since we first moved in, we'd meet Beth at some function or another. She always had a smile for us, and she also kept us informed about what was happening in the neighborhood.

In addition, she heads (or has been in charge of) the progressive dinner, safety and hiking committees, and she was one of the founding members of the Biltmore Lake Community Annexation Committee.

My only regret is that I wasn't able to get her to agree to run for a slot on our development's Board of Directors. She would have been a natural in that position!

2. FYI

If you or somebody you know needs help and you don't know where to turn, call 2-1-1.

This service--staffed by United Way volunteers in most any community--can answer questions about such topics as where to get medical services, employment, food pantries, assistance for an aging parent, addiction programs, affordable housing options, support groups, ways to become involved in the community and a whole lot more.

For more information, please click:

<http://www.211us.org/>

FYI, part 2

* Curt in Arizona:

I've written you once or twice to let you know that I appreciate your newsletter. You always have several items I find interesting.

I looked at your archives and didn't see that you mentioned a service you and your readers might find useful. (Sorry if I missed it somewhere.)

Google 411 is a free nationwide phone directory service that works on cell and land lines. Google will also send a text with info about the business and a map. Another cool feature about the service is that it has phone numbers for people that don't register with print phone directory services which helps with an issue I had last week when I called Qwest DEX and later found out that the business didn't register with DEX because of the cost. They used Skype for their business phone and had no directory listing, but Google 411 has them listed.

The phone number to call is 800-466-4411 (800-GOOG-411).

<http://www.google.com/goog411/>

Since you include some fun sites in your newsletter, I thought I would mention one that you might enjoy. I put together a website for my brother who is an artist and a chainsaw carver. I just uploaded my brother's latest chainsaw carving that is quite interesting to watch. I invite you to watch the video if you have a few minutes.

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

Ian "Gizmo" Richards has been around the Internet since the early days helping folks with their computers. Gizmo published a Tech Support Alert newsletter for years, but now focuses mostly on freeware. Gizmo's site is IMHO the best you will find. The site is well indexed, searchable and has some of the best reviews you will find. The main site where you could spend a long time browsing for useful software is here:

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

The site also has many other resources like the next link in particular that I think you and your readers might find handy. It's a webpage for the Best Free Online Applications and Services. If you click on any of the quick select links you will find a lot of options for each category:

<http://www.techsupportalert.com/content/best-free-online-applications-and-services.htm>

I subscribe to Gizmo's updates and receive timely updates for the latest cool software, games and freebies available. Also not unusual for Gizmo's updates to include limited time offers for free commercial software directly from the developer.

Here is a short video about tech support you might enjoy (the video is in Norwegian, but has English subtitles). Very funny!

<http://www.techsupportalert.com/content/some-light-hearted-therapy-it-professionals.htm>

* Barbara in Pennsylvania:

My husband and I have been getting the flu shot since it's inception and are ok with it.

* John in New Jersey:

I have to comment (and take exception) on the flu shot advice (not to get it). Every year, I would get knocked down for several days with the flu—until 9 years ago when I got my first flu shot. I have not had the flu in nine years—and believe me. . . . I do not miss that annual misery.

As for the thought ... " why put toxins in your body if you do not have to." Simple—because doing so protects us from all sorts of horrible diseases—like small pox, TB, polio, measles just to name a few.

* Jerry in New Jersey (responding to a review of online appraisal sites):

Thank you for the info. Should include in BLAINESWORLD.

AS USUAL:

Jerry's wish is my command. See below for the link:

<http://tinyurl.com/28ugkzx>

* Phil [Cooper] in New Jersey:

Friday, September 17, is going to be an exciting day for us at Cooper as we make our debut appearance on the widely acclaimed daytime show, "The View," to be aired at 11 am. Jeff White, our noted bed bug expert, will be spending time with the five girls discussing our most favorite topic, bed bugs.

However, rather than representing Cooper Pest, Jeff is on the show representing our sister company, BedBug Central. While Cooper Pest Solutions delivers bed bug services in New Jersey, New York and Pennsylvania, Cooper has translated its success into developing BedBug Central into a dominate force nationwide. Over the past three years BedBug Central has become recognized across the United States for leading the way in bed bug solutions. Companies from both the pest control industry, as well as the industries they serve, turn to BedBug Central for content, education and products in the daily battle against bed bugs. The team of experts, led by Cooper Pest's Richard Cooper and Jeff White, have appeared on the Today Show, The CBS Evening News, NBC Nightly News, CNBC, MSNBC along with many other media outlets. The BedBug Central website had over 27,000 visitors in August and continues to be the #1 website in the US for bedbug content.

For more information about BedBug Central, please click:

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

MY RECOMMENDATION:

I haven't had to use this latter company--fortunately--but I will tell you that when I lived in the New Jersey/Pennsylvania area, I used Cooper Pest Solutions and was a very satisfied customer . . . for more information, please click:

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

3. Crime doesn't pay

"You wouldn't believe my bad luck," a burglar tells his friend. "I broke into a lawyer's house last night, and he caught me. He let me go but told me never to steal again."

"He let you go? Why's that bad luck?" asks the friend.

"He charged me \$500 for the advice."

4. Reviews

A. Saw and truly enjoyed MAO'S LAST DANCER, the inspiring true story of Li Cunxin and his journey from a poor childhood in rural China to international stardom as a world-class ballet dancer . . . in addition, I was touched how he had to deal with being exiled from his family . . . though not a big fan of ballet--make that, I'm not a fan at all--I actually did enjoy many of the dance sequences in the film except for the very last one (that was sooooo strange) . . . Chi Cao, a gifted dancer and principal at the Birmingham Royal Ballet, makes an impressive screen debut as Cunxin . . . I also liked the work of Bruce Greenwood as his mentor . . . the ending, in particular, was very touching . . . rated PG, though probably not of great interest to any child under the age of 10.

B. LETTERS TO JULIET is now out in DVD format . . . my review from BLAINESWORLD #711 follows:

LETTERS TO JULIET is predictable, but I liked it regardless . . . it is the story of a young American who when on vacation in Verona, finds a letter that was written in 1957 . . . she locates the author and, also, helps find the author's lost love . . . Amanda Seyfried continues to impress as the actress in the leading role . . . I also enjoyed the performances of Vanessa Redgrave and Gael Garcia Bernal . . . what I did not like: the trailer gave away far too much of the film . . . rated PG.

C. Imagine if you can make small changes in the way you eat that will shrink your carbon footprint--and also your waistline . . . that's the premise behind FOOD MATTERS by Mark Bittman, an author of several cookbooks and a weekly columnist for THE NEW YORK TIMES.

This book really got me thinking, for example, about what I eat and the impact on the environment . . . I never realized, for example, that in terms of energy consumption:

* Eating a typical family-of-four steak dinner is the rough equivalent, energy-wise, of driving around in an SUV for three hours while leaving all the lights on at home. In all, the average American meat eater is responsible for one and a half tons more CO2 equivalent greenhouse gas—enough to fill a large house—than someone who eats no meat. If we each ate the equivalent of three fewer cheeseburgers a week, we'd cancel out the effects of all the SUVs in the country. Not bad.

I also found the discussion of the food pyramid very interesting, particularly with respect to its history:

* Ms. Light's original pyramid stressed high consumption of vegetables and a low intake of starchy foods. It recommended, for example, two to four servings of whole grain breads, and cereals per day, placing them at the top of the pyramid. The USDA panel changed that, increasing the maximum number of servings from four to 11, eliminating any reference to whole grain, and making these the foundation of the diet. Ms. Light has since exposed the corruption and hypocrisy of the people behind the pyramid (unfortunately, though, with not much effect).

And FOOD MATTERS also contained many useful tidbits on how to eat healthier, such as this one:

* Always carry snacks. This is important, since fast food is everywhere and taking a couple of minutes before you head out will make impulsive stops for junk food less tempting. Dried or fresh fruit and nuts are the easiest options, but with a little planning and a small cooler or thermos, you can travel with hummus and crackers, cut-up vegetables, a container of excellent juice, some olives, a peanut butter sandwich, a bag of granola, a cup of soup, or some fresh popcorn.

I also liked the fact that there were 187 pages at the end of the book, including several for healthy desserts such as no baking fruit tarts, coconut and nut squares, fruit crisp and brown rice pudding . . . I don't know about you, but I'm getting hungry just typing this last part out!

D. What do golfers Mike Weir, Jim Furyk, Ben Curtis and Shaun Micheel have in common?

They all won major tournaments in 2003, the year that Tiger Woods struggled with his game. Their story also was the basis of the book on CD that I very much enjoyed, MOMENT

OF GLORY, by John Feinstein.

The bestselling golf author followed the four players who were then relatively unknowns as their lives were changed forever as the result of their victories. I felt that I got to know each of them and, also, what it must have been like to have achieved such fame.

MOMENT's most engrossing part was its last chapter when Feinstein traced what has become of each of their careers since 2003. Though they have had some success since 2003, only Furyk is currently doing real well on the PGA tour. (He was seventh on the top 2009 money winners. Weir, Curtis and Micheel finished 26th, 105th and 180th, respectively.)

If you're a golf fan, this is a MUST read. Those not previously fans might like it, too, given that it will give you a better feel for what the sport is all about.

5. TV alert

The new TV season is upon us and, as always, I'd be interested in what new shows you have seen--and your opinion of them . . . so please do feel to share . . . in the meantime, I'll be checking out:

A. RAISING HOPE features the Chance family, four financially strapped generations huddling together under one roof . . . according to TV GUIDE, "Oh, baby, this one's a hoot. The fall's boldest and wackiest comedy makes up in raucous energy what it lacks in sophistication. Martha Plimpton is ferociously funny while bringing a warm, wise grit to this rollicking white-trash family circus. . . . Tuesdays at 9 p.m. on FOX.

B. BLUE BLOODS is a drama about a multigenerational clan of New York City cops. . . . the impressive cast includes Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Bobby Cannavale and Len Cariou . . . Fridays at 10 p.m. on CBS.

C. OUTLAW airs on Friday nights at 10 p.m. on NBC . . . Jimmy Smits plays a conservative Supreme Court Justice who prematurely retires from the bench to become a crusading lawyer advocating justice on hot-bottom issues such as gay marriage and the death penalty . . . the early reviews I have seen have not been good, but I'm a big Smits fan, so I'll at least watch the first episode.

D. BOARDWALK EMPIRE, if just to see Steve Buscemi in a starring role . . . it's being advertised as an epic drama about Prohibition-era gangsters and politicians . . . Sunday at 9 p.m. on HBO.

6. Revenge for those who easily get offended at jokes

The following doesn't put down blondes, redheads or brunettes; in fact, it doesn't even put down women--but dumb guys . . . that's a whole 'nother story.

Take a look at this picture. These contractors were installing steel pillars to stop vehicles from parking on the pavement of a downtown sports bar. They're now in the process of cleaning up at the end of the day in order to go home.

How long do you think it will be before they realize where they parked their truck?



7. Websites

A. True confessions: I'm a bit behind the times when it comes to phone technology . . . I'm still using my rather old-fashioned cellphone, and it continues to work well for me . . . yet as I keep hearing of all the new applications that are out there, I might even be tempted to change . . . for example, do you know that you can now exchange phone numbers by just bumping two phones together? See for yourself by clicking:

<http://www.youtube.com/watch?v=jBJP5AzWQHA>

B. If you're selling your home, be careful about what takes place at an Open House . . . whatever you do, make sure you lock up your good stuff!

For more information, click the following link from one of my favorite shows (WHAT WOULD YOU DO?):

<http://abcnews.go.com/WhatWouldYouDo/story?id=6732901&page=1>

In the left-hand corner, make sure you press "Play" to see the actual clip from the show.

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

<http://www.blaineworld.net>

Want to see something neat? Look at my picture on the right-hand side . . . then put your mouse on my eyes . . . "move" my eyes to any of the categories on the left and see what happens to my eyes.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

In late August, Facebook investigated spam that was plaguing users via Facebook chat. According to CNET News, a victim **received a friend's Facebook chat message, which read, "LOL is this you?"** and contained a link. Upon clicking the link, the user was sent to a 404-error page, which compromised his or her account, and then used it to spam other Facebook friends.

For more information, please click:

<http://www.switched.com/2010/08/30/dangerous-lol-is-this-you-spam-hits-facebook-chat/>

MY TWO CENTS:

If somebody invites you to chat on Facebook, AOL or any other service, and if you see a link that's part of the invitation, **DECLINE ANY FUTURE PARTICIPATION** with that person (especially if you don't know him or her in the first place).

9. Exam answers

These are supposedly real answers received on exams given by the California Department of Transportation's driving school (read Saturday Traffic School for moving violation offenders).

Q: Do you yield when a blind pedestrian is crossing the road?

A: What for? He can't see my license plate.

Q: Who has the right of way when four cars approach a four-way stop at the same time?

A: The pick up truck with the gun rack and the bumper sticker saying, "Guns don't kill people. I do."

Q: When driving through fog, what should you use?

A: Your car.

Q: What problems would you face if you were arrested for drunk driving?

A: I'd probably lose my buzz a lot faster.

Q: What changes would occur in your lifestyle if you could no longer drive lawfully?

A: I would be forced to drive unlawfully.

Q: What are some points to remember when passing or being passed?

A: Make eye contact and wave "hello" if he/she is cute.

Q: What is the difference between a flashing red traffic light and a flashing yellow traffic light?

A: The color.

10. A quote I like

When you look back on a lifetime and think of what has been given to the world by your presence, your fugitive presence, inevitably you think of your art, whatever it may be, as the gift you have made to the world in acknowledgment of the gift you have been given, which is the life itself. . . . That work is not an expression of the desire for praise or recognition, or prizes, but the deepest manifestation of your gratitude for the gift of life.--Stanley Kunitz (1905-2006), American poet

11. Thought for the day

For those who, like me, stay awake wondering about such thing (being that I'm now a Southerner) . . .

Pronouncing "Appalachian" Has Ups and Downs
by Rob Kyff*

"A rain storm," said TV weatherman Al Roker, "will move up the Ap-uh-LATCH-ins today." (At the time, he was wearing a Hoss Cartwright cowboy hat and had just finished interviewing an entire family dressed as clowns.)

Not to make molehills out of mountains, but should the bumpy real estate stretching from Canada to Alabama be called the "ap-uh-LATCH-ins" or the "ap-uh-LAY-chins"?

Appropriately enough, I consulted my highest authority on pronunciation: Charles Harrington Elster's clownishly-named Big Book of Beastly Mispronunciations (Houghton-Mifflin, \$15).

According to Elster, the pronunciation of "Appalachians," like the mountains themselves, ranges far and wide. Roker's "latch" rendering, Elster notes, appears more frequently in the South, while northerners favor a "lay" version ("Ap-uh-LAY-chins").

Elster says this geographic split was confirmed by an anonymous employee of the National Park Service's Appalachian Trail project in Harpers Ferry, West Virginia ("Deep Trail?"). "Somewhere in mid-Virginia," Deep Trail told him, "people start to pronounce it 'latch.' North of there, it's 'lay.'"

Elster notes that southerners, such as Charles Frazier (author of the Appalachian-set novel "Cold Mountain") and PBS broadcaster Jim Lehrer, say "latch," while the Yankified NBC Handbook of Pronunciation prefers "lay." So Roker was technically ignoring his own network's pronunciation edict, not to mention its dress code.

A second rocky issue when it comes to pronouncing "Appalachians" is the number of syllables. Some people use four syllables ("ap-uh-LATCH-in" or "ap-uh-LAY-chin"), while others use five ("ap-uh-LATCH-ee-in" or "ap-uh-LAY-chee-in").

Yet another mountain chain--the Himalayas--takes the pronunciation issue to an even higher level. Is it "him-uh-LAY-uhz" or "hih-MAHL-yuhz"?

Though the second rendering is closer to that used by natives of the Himalayan region, the Anglicized version "him-uh-LAY-uhz" has prevailed.

Elster reports that he was shocked, shocked! when he first encountered the "hih-MAHL-yuhz" pronunciation in the late 1980s, thinking it an affectation.

But upon investigating further, he discovered that the Oxford English Dictionary had endorsed "hih-MAHL-yuhz" in 1928. Nevertheless, Elster, agreeing with the NBC Handbook of Pronunciation, plumps for "him-uh-LAY-uhz."

Has this "Himalaya" issue reached its peak? Some doubt it will ever rest.

* Reprinted with the gracious permission of Rob Kyff, a teacher and writer in West Hartford,

CT. He invites your language sightings. Send your reports of misuse and abuse, as well as examples of good writing, via email to Wordguy@aol.com or by regular mail to Rob Kyff, Creators Syndicate, 5777 W. Century Blvd., Suite 700, Los Angeles, CA 90045.

12. Advance planning department

A. North Carolina events:

* Lecture Series: Brian's Story--Dying Changes Everything

Friday, September 24 from 6:30-8 p.m.

Where: Biltmore Lake Clubhouse

No family should ever lose a loved one over such an easy choice to make. Tammy Garlock will discuss the danger of cellular telephone distraction while driving. Tammy formed the non-profit group, Brian's Bracelets, and distributes silicone wristbands at no charge whenever possible to various educational institutions, driver's education classrooms, and other parties.

REMEMBER BRIAN 06-12-08

If you're a Biltmore Lake resident, please RSVP on the Intranet or call 670.6103. If you don't live in the community and would like to be my guest, send an email to: bginbc@aol.com and put SEPTEMBER 24 in subject line.

* Need help in starting or running a business?

If so, make sure you come to either or both of the following SCORE seminars in Asheville:

Sat., 9.25 at 8:30 a.m.: Business Plan

Wed., 9.30 at 6 p.m.: Basic Internet Marketing

For more information, call 828.271.4786 or please click:

<http://www.ashevillescore.org/seminars.htm>

* GUANTANAMO: THE LAW! THE DILEMMA! THE OPTIONS!

Come away understanding why it's been hard to close Guantanamo.

Here two experts, George Walker and Frank Goldsmith, define the law and discuss America's right to seize and retain suspected enemy combatants indefinitely . . . and without charges.

Thursday, October 14 from 7-8:30 p.m.

North Carolina Center for Creative Retirement at UNC-Asheville

B. Pennsylvania/New Jersey events:

* TWELVE ANGRY MEN: The Morrisville-based Actors' NET of Bucks County launches its fifteenth season with the pulse-pounding court drama by Reginald Rose about a deadlocked jury, as adapted by Sherman L. Sergel from the original television script. Starring Ken Ammerman of Browns Mills, NJ and Ken Ambs of Newtown. Co-starring Jim Cordingley of Lawrence Twp, NJ and Scott Fishman of New Hope. Actors' NET General Manager Joe Doyle directs. Set design and costume coordination by Cheryl Doyle of Morrisville.

DATES: Sept. 24 – Oct. 10.

TIMES: Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m.

PLACE: The air conditioned Heritage Center, 635 North Delmorr Avenue (Route 32), Morrisville, PA--near the Calhoun Street Bridge.

ADMISSION: \$20 for adults, \$17 for seniors and \$10 for children age 12 and under. Due to intense situations and mild profanity, parental guidance is advised. To reserve, call the nonprofit Actors' NET at 215-296-3694 or email actorsnet@aol.com. On-line tickets can be purchased via www.brownpapertickets.com.

* Savannah in Pennsylvania:

You are invited to a day filled with beautiful color, healing sound and lots of laughter and wisdom. This day will offer a variety of unique tools and experiences designed to reconnect you to your Spirit. Presented in the elegant and serene surrounding of the Elkins Estates, in

Elkins Park, PA. Come join us and take a journey on the "lighter" side of self-discovery.

Date: Sunday, October 3 at 9:30 a.m.

For more information, please click:

<http://www.facebook.com/home.php?#!/event.php?eid=126144720770865&ref=mf>

PS. If you're Jewish, as you celebrate Yom Kippur on Friday night and Saturday, here's my wish for you: Gamar Chatimah Tovah, which means, "May you be sealed in the Book of Life for a good year." If you'd like more information about the holiday, please click:

<http://www.jewfaq.org/holiday4.htm>

Methinks that we all also need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

SUBSCRIBE/UNSUBSCRIBE INFORMATION

To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bjinbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD
#727
9.6.2010

In this issue:

1. Reflections
2. FYI
3. Red fingertips
4. Reviews . . . GOING THE DISTANCE, etc.
5. TV alert
6. Father knows best
7. Websites
8. Computer tip
9. What's happening on Earth?
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I recently had a fun evening with our friends Gary and Tena . . . we first went to one of their favorite restaurants, NEVER BLUE, in Hendersonville . . . the food there is great, as is the ambience . . . you can get either small or large portions, so sharing is certainly an option to be considered . . . Gary and I both ordered and liked the grilled chicken breast slathered with house-made apricot BBQ . . . although I'm not a big fan of coconut shrimp, everybody else said it was excellent . . . yet perhaps best of all was the dessert . . . we all indulged, sampling a double fudge brownie topped with a luscious layer of dark chocolate ganache, then wrapped in buttered phyllo dough and baked to crispy bliss, served with house-made hazelnut praline ice cream, frangelico creme anglaise and dark chocolate sauce that's as decadent as it sounds.

We plan on returning to this eatery often; in fact, we will probably be back next weekend . . . for more information, please click:

<http://theneverblue.com/>

We almost didn't make it to our next destination, in that several parking locales were closed-off because of the following day's Apple Festival . . . yet Cynthia and Tena saved the day by joining forces to let our car out of the lot where we had parked.



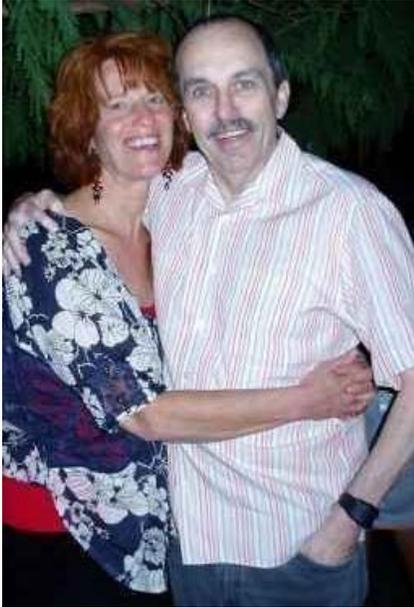
From there, we went to Flat Rock Play House to see THE 39 STEPS . . . this is a comedy thriller that has a cast of four characters playing over 150 characters . . . many parts of it were hysterical, and if you're an

Alfred Hitchcock fan, you'll get a kick out of the many references to his films . . . Charles McIver, Erin Mosher, Jim Sorensen and Scott Treadway (perhaps our favorite local actor) all gave superb performances.

Performances run through September 12, so if you're lucky, you might still be able to catch a show . . . for more information, please click:

<http://www.flatrockplayhouse.org/shows-and-events/2010-season.html>

On another night, we joined a bunch of our neighbors for dinner at Modesto in Asheville . . . that's us in front of the restaurant.



As always, the food there was excellent--but service this particular night was terrible . . . perhaps it was because the place was jammed or there were not enough servers; regardless, we'll plan on returning if only to see if the place can redeem itself after an "off" night. For more information, please click:

<http://www.modesto-asheville.com/>

We had wanted to get out early, so we could stop at Kilwin's for ice cream (we did get there, naturally!) . . . and then we all wanted to go to the season's last Shindig on the Green event at Pack Square . . . we were fortunate to be able to make it to this free mountain music and dance show just before it ended, and we look forward to returning to more shows next summer . . . for more information, please click:

<http://www.romanticasheville.com/shindig.htm>

B. Marilynne, our friend and neighbor, put together a fantastic event the next night for our community: an evening of light jazz, featuring guitarist Mark Guest . . . that's her, introducing Mark.



Mark typically plays in various restaurants around Asheville . . . for more information about him, please click:

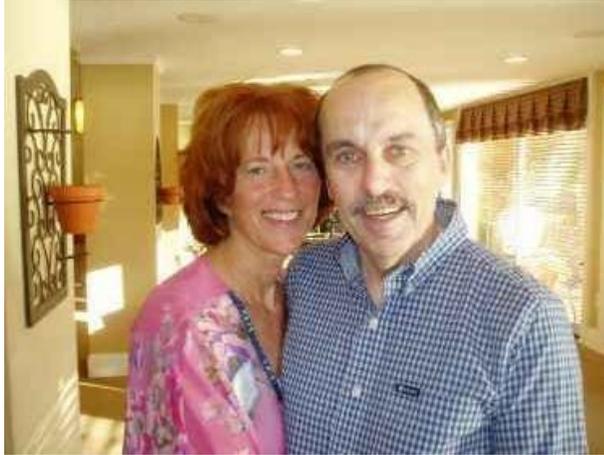
www.markguest.net

Or to get his CD, featuring his smooth rendition of "Happy Together" (arguably the great rock song of all

time), please click:

www.cdbaby.com/cd/markguest

The weather was beautiful and all in attendance contributed to the evening's success by bringing appetizers and/or desserts . . . that's us in the clubhouse, near where the food was served . . . hey, somebody had to make sure that there was enough for everybody!



C. Cynthia, who is a volunteer in the Big Brothers Big Sisters program, shared a cute story about her little sister Amanda Justice. . . they were discussing the ABC show, WHAT WOULD YOU DO? . . . Cynthia was telling her about how it looked at various ethical-type dilemmas that people face when Amanda (who is 9 years old) told her, "A strong man stands up for himself. A stronger man stands up for others."

We both thought, "Wow, where did that come from?" I then checked and saw it was from the movie BARYNARD . . . it was an animated feature that didn't get great reviews, but did contain at least that one powerful message.

D. CONDOLENCES to:

- * Pat Achilles and family on the recent loss of Pat's father.
- * Pam Gross and family on the recent loss of Pam's mother.

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

This week, it goes to Raymond "Skip" Goodnoe--vice president of Bucks County Commercial Realty's Residential Division.

Skip recently assumed this position. In addition, he continues to do a great job as the chair of the Foundation Board at Bucks County Community College.

And if the name is familiar, it's because Skip headed Goodnoe Farm Dairy Bar in downtown Newtown for many years. In the new location (4 South Sycamore Street), Skip is not involved in the day-to-day operations, but still helps out with the books and by giving advice.

If you'd like to contact Skip, he can be reached via phone: 215.321.5050, office; 215.696.3114, cell; or via email, rvgoodnoe@verizon.net.

2. FYI

Because what we focus on is what we create, I encourage you to use a simple but effective strategy to help those around you end each day on a positive note. . . . [This will also] ignite positive anticipation about tomorrow by focusing on the blessings of today. As you close a meeting, complete a day at the office, or tuck your children in for the night, ask these three powerful integrating questions:

What did you do today that you felt great about?

What did you give today that made a difference for someone else?

What are you looking forward to tomorrow?

SOURCE:

THROUGH THE EYES OF A COACH (see also Sections 4C, 10 and 11) by Brian Biro

FYI, part 2

* Joe in Pennsylvania (WITH AN INVITATION):

Remember that new project I mentioned a few weeks ago? It's a new blog I started to promote unique tourism sites in and around Eastern Pennsylvania. I will be posting on a new destination at least once a week, sometimes more frequently depending on my availability, and the idea is to encourage an appreciation of the really interesting attractions within a two-hour drive--maximum--of home.

The nice thing is that this lets me range everywhere from Gettysburg to the Jersey Shore and Philadelphia to New York City . . . and beyond. My first posts are about the Liberty Bell Shrine in Allentown, where the bell was hidden from the British in the winter of 1777-78; and Dutch Springs in Nazareth, Northampton County, a nationally-recognized destination for scuba divers and enthusiasts.

Next week I will be writing about the unusual Ringing Rocks Park in Upper Black Eddy, Bucks County. In coming weeks I will write about America On Wheels car and truck museum in Allentown, the new Sigal Museum of Lehigh Valley history in Easton and the Lenni Lenape museum in Allentown.

The following is from the 'About' page on the website:

Welcome to **"It's Not That Far,"** an online magazine highlighting the best cultural, historic and recreational destinations and activities within a two-hour drive for residents of Eastern Pennsylvania. From Philadelphia to New York City and from the Jersey Shore to the Poconos, our region offers an astounding variety of unique museums, parks, historic sites, sports, recreation and entertainment found nowhere else.

"It's Not That Far" is produced by Joe McDermott, a native of Eastern Pennsylvania and former newspaper journalist with a fondness for out-of-the-way places, a curiosity about unusual destinations and a lifelong appreciation for what this region of America has to offer. So fasten your seatbelts and let's hit the road. Because, after all, "It's Not That Far."

MY TWO CENTS:

Joe is one fine writer as you'll see by visiting his website:

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

My only regret is that I'm no longer in the area, in that I'd be sure to check out the many places that he'll be writing about.

Feel free to share any feedback and/or suggestions directly with him.

* George in Pennsylvania (with a REQUEST FOR HELP):

Until I become the next big host, I actually have to earn a living. I am looking for a Director of marketing position somewhere. I am at the Director/VP level in my career, but have been so humbled by this economy that I will take almost anything. Maybe somebody you know . . . knows of an opportunity. I am willing to travel or possibly relocate if the price is right. I created a "whet your appetite" one page quick website for myself just to get prospects to call me. I will be standing on the road (seriously) at different busy intersection everyday for the next ten days during morning rush hour with a pocket full of biz cards for any people who may stop. Tough times require out of the box thinking and tactics. I am not leaving any stone unturned. My sandwich board will read "Marketing Director For Hire" Black letters on a High Viz yellow board. One the bottom will be my contact info saying:

www.HireGeo.com

* Angela in New Jersey:

That show [WHAT WOULD YOU DO?] is awesome! Last week they aired the show about the baby in the car, and I couldn't believe that not many stopped to help. That was taped in Montclair, NJ. I don't live far from there. Also, the children that were lost was filmed there too!

* Pat H. in Pennsylvania:

Not sure how current this is or if the prices are current. But maybe this gives you an idea of prices and features of each (book reader):

<http://tinyurl.com/2badmg4>

* Bill in Pennsylvania (commenting on the dance scenes cited in Section 7B of last week's newsletter):

What no scene from Fame, Grease, Footloose? The barroom scene from Fiddler on the Roof. I could probably name a hundred more. How about Seven Brides for Seven Brothers? How about the tango that our esteemed Governor from California does in two scenes from the movie True Lies? Like I said, please don't get me started.

* Savannah in Pennsylvania:

As for a flu shot . . . STAY AWAY . . . big money maker on so many levels . . . think about it . . . why put toxins in your body if you do not have to.

I had the flu shot many years ago . . . ended up being sick with the flu for months . . . it is not for every body . . . and I do not think you are at high risk for the flu . . . so my two cents . . . no way!

* Nicholas in Vermont:

Saw you were looking for info on Lyme disease. Saw this DVD, and it is eye-opening.

Lyme disease film "Under Our Skin"

A gripping tale of microbes, medicine & money, this eye-opening film investigates the untold story of Lyme disease, an emerging epidemic larger than AIDS. Each year thousands go undiagnosed or misdiagnosed, told that their symptoms are "all in their head." Following the stories of patients and physicians as they battle for their lives and livelihoods, the film brings into focus a haunting picture of our health care system and its inability to cope with a silent terror under our skin.

* Lyn in North Carolina:

Lyme disease is usually treated with antibiotics, but some people keep having recurrences. I know of a treatment using ultraviolet light, where a small amount of the blood is moving through ultraviolet and then put back into the body. This results in the body, using it's own defense system, attacking and releasing the virus and bacteria. So Lyme disease can be treated without hurting the immune system, like antibiotics do. Also I have seen someone with pneumonia, and with hepatitis C, heal from this treatment.

There is a doctor, Dale Guyer, M.D., in Indianapolis, who would know about this and probably have really great treatment protocols that work more naturally with the body. The main thing is to build up the immune system, so the person can rid their own body. One good thing for that is freeze dried aloe vera. You can get it at Aloe Lab., and Mike is the owner. It is organic. The best includes the leaf part. If you buy bulk, you get the best buy...and it is \$145 a kg. If you take half a t. of this a day, it will help you knock off every day flu's etc...but with something serious, the person would probably need to do that 3 times a day...[on an empty stomach with juice].

* Steven in New Jersey:

Can I get your vote and maybe repost and ask your friends to vote. It's easy, and we got into this about a month and a half too late. Every vote helps and the polls close Friday.

<http://phillyhotlist.cityvoter.com/sign-up-to-vote/246365>

Vote for Bagel Junction Cafe & Caterers! We're thrilled to be nominated for the Best Sandwich Shop! Make us #1 in Philadelphia.

* John in Pennsylvania:

I saw Stallone's picture, the Expendables. I wouldn't necessarily recommend it unless you're a Stallone fan. Typical Stallone action film. I have always been a Stallone fan, however. Now, before you laugh, I know, he's no great actor, but I always admired what he's done in the business coming up from nothing. If you're familiar with his story, when he presented his original Rocky script, he was offered what amounts to in today's dollars about 1M to sell the script and not be the actor. At the time he literally had less than \$300 in the bank and a wife who was pregnant. He stood his ground and said he had to act, or no script, and, of course, the rest is history. Today, according to the latest reports from Forbes, he's worth in the neighborhood of \$275M . . . very nice neighborhood. I always thought holding his ground showed character. Anyway, lots of action, and as usual, Stallone is always cutting edge, i.e. all the fighting features the most cutting edge martial arts like Brazilian Jujitsu and, my favorite, Krav Maga.

* Elizabeth in Tennessee:

Yesterday saw THE AMERICAN and at the end of it someone in the audience yelled out "This movie sucked . . . and that was the best part! Thank goodness the popcorn was good and the seat was comfy or it would've been a total waste!

* Lori in Pennsylvania:

I saw The Switch. Chick flick. but I liked it. It was cute.

3. Red fingertips

While my friend was visiting his grandfather in the hospital, a nurse came in to do a blood sugar check. Before she started, the nurse examined the elderly gentleman's red fingertips, which had been poked numerous times already, and said, "Hmm . . . which finger should we use this time that won't hurt too much?"

"Yours," my friend's grandfather replied.

4. Reviews

A. GOING THE DISTANCE is a romantic comedy that is missing one important ingredient; i.e., much chemistry between its stars (Drew Barrymore and Justin Long) . . . in addition, I was annoyed that many of its best moments had already been revealed to me in the coming attractions . . . yet there were still moments in it that made me laugh, and I especially liked the work of both Jason Sudeikis and Charlie Day as Long's sidekicks . . . Christina Applegate is somewhat wasted as Barrymore's sister; I would have perhaps preferred her as the star of this film with a different leading man . . . rated R.

B. TYLER PERRY'S WHY DID I GET MARRIED TOO is now out in DVD format . . . my review from BLAINESWORLD #705 follows:

Tyler Perry continues to amaze me . . . he not only writes, directs and produces his movies, but he often stars in them too . . . he did all this in his latest film, TYLER PERRY'S WHY DID I GET MARRIED TOO, a follow-up to his earlier WHY DID I GET MARRIED . . . this comedy/drama revisits eight friends who get together for their annual one week reunion in the Bahamas . . . it kept my attention, particularly whenever Marcus Johnson and Tasha Smith were seen battling each other (those scenes were really funny) . . . I also liked seeing the pairing of Lou Gossett, Jr. and Cicely Tyson as an older couple who share their wisdom with the others . . . rated PG-13.

C. Be forewarned . . . I am somewhat biased toward Brian Biro, the author of THROUGH THE EYES OF A COACH (see also Sections 2, 10 and 11) . . . he is a close personal friend and the author of BEYOND SUCCESS, one of my favorite books on the subject of leadership.

Yet somehow I had missed reading THROUGH THE EYES until recently . . . what a mistake!

This earlier effort by Biro--a swimming coach before he became a successful motivational speaker--takes a look at many useful techniques that can be applied to just about any endeavor in life . . . for example, with respect to being a successful coach, he once asked:

* John Wooden, arguably the greatest coach in history, a question that cut right to the core of what's most important in building championship teams: What's the difference between a good team and a great one? I expected Coach Wooden to respond first by emphasizing the importance of recruiting. In other words, you have to recruit the most talented people if you are going to rise to the top. But Coach Wooden surprised me when he said, "Recruiting is important, but definitely not most important. After forty years as a teacher, coach, and parent I believe the pivotal difference centers around two words--willing and eager. On good or average teams, everyone associated with the team is willing to support each other. Willing means, yes, I'll do it, but I don't really want to. It's the same kind of feeling you get when you ask your children to clean their rooms. Yes, I'll do it because I want to eat—but I don't really want to! On championship teams, those that get the most from who they are, everyone associated with the team is eager to do whatever it takes to support one another and the goals of the team as a whole. No job is too big or too small."

With respect to parenting, the author presents this great strategy for changing the ratio of criticism to praise:

* Become a "world-class buddy thanker." When you live with an attitude of gratitude, it becomes natural to catch others doing things right. But let me ask you an eye-opening question. Who are the people in our lives we tend to forget to thank the most?

I've asked this question in every seminar I've ever taught, and have always heard similar responses. The people we most often forget to thank are those to whom we are the closest--our spouse, children, parents, or the people we work beside every day. When triggered by the question we see how easily we can fall into the habit of taking the people we love most for granted. We can rationalize that we don't need to tell the prized people in our lives how we feel about them because they should already know, but the end result of neglect is decay and diminution. The more we fall into the habit of taking others for granted and withholding our appreciation, the more disconnected we become from the countless blessings in our lives.

Lastly, I enjoyed getting to know Biro better by his use of many examples that cited actual friends, as well as his wife and daughter, father and grandmother:

* Ruby celebrated every delicious morsel of life--from bagels covered with cream cheese and strawberry jam to postcards from old friends and supermarket coupons she could use to buy products she enjoyed. She helped me recognize the immeasurable passion we bring to our lives through the power of celebration. And it was so much fun celebrating with her! From my visits with Ruby, I began to understand that one of the most powerful ways to build teams is to create moments of celebration.

These examples were further enhanced by a series of black-and-white photographs that made me appreciate THROUGH THE EYES OF A COACH even more.

D. Heard THE PRINCE OF MIST, a ghost story aimed at young adults that adults will enjoy too . . . in fact, this is the perfect book for families to listen to on long car trips.

It is about a family who, during wartime, decide to move to a small coastal village . . . it is there that the children encounter the spirit of Jacob, the previous owners' son, who died by drowning . . . as they begin to

explore the strange circumstances of that death, along with their new friend Roland, they encounter the existence of a mysterious character called the Prince of Mist.

They also come across sunken ships and an enchanted stone garden, and their lives will never be the same as a result of these adventures.

The book has a leisurely beginning that I liked because it enabled me to get to know all the main characters . . . I then got swept up in the action, and it maintained my interest until the very end.

I also liked the original music composed and performed by the author, and in the CD version contained an interesting interview with the author at the end.

5. TV alert

A. MAD is a new animated series based on the iconic humor mag . . . look to see such classics as Spy vs. Spy, cartoons by Don Martin and Sergio Aragones and, of course, Alfred E. Newman . . . Mondays at 8:30 p.m. on CARTOON NETWORK.

B. TERRIERS is a new series about a couple of ne'er-do-wells-turned unlicensed PIs . . . according to TV GUIDE, the show "is a caper lark with unexpected bite," and [it] "has license to entertain" . . . Wednesdays at 9 p.m. on FX.

C. STAND UP TO CANCER is a fund-raiser hosted by Katie Couric, Diane Sawyer and Brian Williams, which features celebrity appearances and musical performances . . . Friday at 8 p.m. on ABC, CBS, NBC, FOX and 7 other stations.

D. MARTIN LAWRENCE PRESENTS 1ST AMENDMENT STAND-UP returns for a new season that features up-and-coming comics . . . Fridays at 11 p.m. on STARZ.

6. Father knows best

"Why doesn't your mother like me?" a woman asks her boyfriend.

"Don't take it personally," he assures her. She's never liked anyone I've dated. I once dated someone exactly like her, and that didn't work out at all."

"What happened?"

"My father couldn't stand her."

7. Websites

A. THANKS to Pat A. in Pennsylvania for the following clip:

A friend sent me this. Very entertaining. An Italian impersonator whose creative paper costumes make a really unusual and funny show.

<http://www.youtube.com/watch?v=sAF1i5FIBc>

B. THANKS to Bob in North Carolina for reminding me how great the Diamonds were . . . make sure you see them 50 years ago:

http://www.youtube.com/watch?v=sl_LVtatBsU

And then more recently. (I'm amazed that they seem as good as ever!)

<http://www.youtube.com/watch?v=hmT1-jEmK74>

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

<http://www.blaineworld.net>

In case you are wondering how many others have viewed the above, view the counter in the lower left-hand corner of the homepage . . . amazing, isn't it?

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Here's a FREE computer program for removing useless files:

<http://www.piriform.com/ccleaner>

According to one review:

"CCleaner searches through a number of programs and removes useless files. It's highly configurable, allowing you to select which problems to look for and which items to ignore." For the whole review, please click:

<http://www.pcworld.com/downloads/file/24149-order,1-page,1/description.html>

9. What's happening on Earth?

GOD:

Frank, you know all about gardens and nature. What in the world is going on down there on the planet? What happened to the dandelions, violets, milkweeds and stuff I started eons ago? I had a perfect no-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long-lasting blossoms attracts butterflies, honey bees and flocks of songbirds. I expected to see a vast garden of colors by now. But, all I see are these green rectangles.

St. FRANCIS:

It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers 'weeds' and went to great lengths to kill them and replace them with grass.

GOD:

Grass? But, it's so boring. It's not colorful. It doesn't attract butterflies, birds and bees; only grubs and sod worms. It's sensitive to temperatures. Do these Suburbanites really want all that grass growing there?

ST. FRANCIS:

Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant that crops up in the lawn.

GOD:

The spring rains and warm weather probably make grass grow really fast. That must make the Suburbanites happy.

ST. FRANCIS:

Apparently not, Lord. As soon as it grows a little, they cut it-sometimes twice a week.

GOD:

They cut it? Do they then bale it like hay?

ST. FRANCIS:

Not exactly, Lord. Most of them rake it up and put it in bags.

GOD:

They bag it? Why? Is it a cash crop? Do they sell it?

ST. FRANCIS:

No, Sir, just the opposite. They pay to throw it away.

GOD:

Now, let me get this straight. They fertilize grass so it will grow And, when it does grow, they cut it off and pay to throw it away?

ST. FRANCIS:

Yes, Sir.

GOD:

These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat. That surely slows the growth and saves them a lot of work.

ST. FRANCIS:

You aren't going to believe this, Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it, so they can continue to mow it and pay to get rid of it.

GOD:

What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn,

they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. It's a natural cycle of life.

ST. FRANCIS:

You better sit down, Lord. The Suburbanites have drawn a new circle As soon as the leaves fall, they rake them into great piles and pay to have them hauled away.

GOD:

No!? What do they do to protect the shrub and tree roots in the winter to keep the soil moist and loose?

ST. FRANCIS:

After throwing away the leaves, they go out and buy something which they call mulch. They haul it home and spread it around in place of the leaves.

GOD:

And where do they get this mulch?

ST. FRANCIS:

They cut down trees and grind them up to make the mulch.

GOD:

Enough! I don't want to think about this anymore.. St. Catherine, you're in charge of the arts. What movie have you scheduled for us tonight?

ST. CATHERINE:

'Dumb and Dumber', Lord. It's a story about . . .

GOD:

Never mind, I think I just heard the whole story from St. Francis.

10. A quote I like

No matter the circumstance of our lives, we have the constant opportunity to choose joy.--Brian Biro, author of THROUGH THE EYES OF A COACH (see also Section 2, 4C and 10)

11. Thought for the day

You can tell when I REALLY like a book by the fact that I mention it on four separate occasions in any one issue of this missive . . . that's the case with THROUGH THE EYES OF A COACH (see also Sections 2, 4C and 10) by Brian Biro and the following poem that he cites:

Today, I carry a beautiful poem in my wallet to remind me of the impact we create when we use our awareness and our senses with our full potential:

The most beautiful flower
by Cheryl L. Costello-Forshey

The park bench was deserted as I sat down to read
Beneath the long, straggly branches of an old willow tree.
Disillusioned by life with good reason to frown,
For the world was intent on dragging me down.

And if that weren't enough to ruin my day,
A young boy out of breath approached me, all tired from play.
He stood right before me with his head tilted down
And said with great excitement, "Look what I found!"

In his hand was a flower, and what a pitiful sight,
With its petals all worn-not enough rain, or too little light.
Wanting him to take his dead flower and go off to play,
I faked a small smile and then shifted away.

But instead of retreating he sat next to my side
And placed the flower to his nose and declared with overacted surprise,
"It sure smells pretty and it's beautiful, too.
That's why I picked it; here it's for you."

The week before me was dying or dead.
Not vibrant of colors, orange, yellow or red.
But I knew I must take it, or he might never leave.
So I reached for the flower, and replied, "Just what I need."

But instead of him placing the flower in my hand,
He held it mid-air without reason or plan.
It was then that I noticed for the very first time
That weed-toting boy could not see; he was blind.

I heard my voice quiver, tears shone like the sun
As I thanked him for picking the very best one.
"You're welcome," he smiled, and then ran off to play,
Unaware of the impact he'd had on my day.

I sat there and wondered how he managed to see
A self-pitying woman beneath an old willow tree.
How did he know of my self-indulged plight?
Perhaps from his heart, he'd been blessed with true sight.

Through the eyes of a blind child, at last I could see
The problem was not with the world; the problem was me.
And for all of those times I myself had been blind,
I vowed to see the beauty in life, and appreciate every second that's mine.

And then I held that wilted flower up to my nose
And breathed in the fragrance of a beautiful rose
And smiled as I watched that young boy, another weed in his hand
About to change the life of an unsuspecting old man.

12. Advance planning department

A. Ted and Kimberly in North Carolina:

Friday, September 10th (This Friday night!) - "Beginner's Only" Night Club Two-Step Class & Ballroom Dance Party

Beginning Night Club Two-Step Class at 7 p.m.
"Beginner's Only" Dance Party: 8-10 p.m.
Class Taught and Party Hosted by: Ted and Kimberly Ross

Location: The Asheville Ballroom & Dance Centre (991-B Sweeten Creek Rd., Asheville)

Learn to dance the romantic Night Club Two-Step and practice your ballroom dancing in a fun, safe and supportive atmosphere at this "Beginner's Only" Class and Dance Party! Refreshments and sodas will be provided and Professional Dance Instructors will be at the party to assist students with their dancing questions. Line dances will also be taught and included in the party. No partner is necessary for the class or party. \$10 for Class and Party (Special \$7 Rate for ages 17 & under.)

B. Y'all are invited to a FREE session I'll be presenting:

Positioning: How to Differentiate Yourself from the Competition.
Gain specific techniques to make your business stand out from the crowd in this informative seminar presented by SCORE.

Blaine Greenfield, a SCORE counselor, will be the presenter. Tuesday, September 14 from 2-4 p.m.
AB Tech Enka Campus, Small Business Center Room 2046
No fee to attend.

RSVP to Jill Sparks by 9.9; 828.254.1921, ext. 5849.

The above session is part of Minority Business Week of Western North Carolina. For the entire week's schedule, please click:

<http://wncmedweek.org/events>

PS. Here's hope that you get to celebrate Labor Day on Monday, September 6, and when you do, you'll remember that the vital force of labor has added materially to the highest standard of living and the greatest production the world has ever known . . . for more information on this holiday's history, please click:

<http://www.dol.gov/opa/aboutdol/laborday.htm>

Also, if you're like me and you celebrate ALL holidays (more food, more fun, and more getting together with

family and friends), don't forget that the Jewish New Year--aka Rosh Hashanah--begins on Wednesday night, September 8 . . . L'Shana Tova!

TO MAKE SOME BIG BUCKS:

Bet any Jewish friend a nickel or more that he or she can't name the actual Jewish year . . . most can't, but you now can--it's 5771 . . . I don't know you, but it seems like just yesterday that it was 5770.

In addition, methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD
#726
8.30.2010

In this issue:

1. Reflections
2. FYI
3. Help me--now
4. Reviews . . . SALT, etc.
5. TV alert
6. Vacation time
7. Websites
8. Computer tip
9. Senior bumper sticker
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I spent a rare week apart . . . I had to go "up North" to attend an InService meeting at Bucks County Community College for the one online Creativity course that I still team teach there . . . why this couldn't be done virtually is a whole 'nother subject that you don't want to get me started on.

* Instead, I'll tell you that I had a blast getting together with some of my family . . . I had delicious chocolate chip pancakes with my daughter Risa and her husband JP at the Caldwell Diner in Caldwell, NJ:

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

* I also met my brother for lunch, and I stopped by to see my sister-in-law Joyce and her husband Marty for a visit . . . in addition, I got to check out some of my favorite eateries: Bagel Junction for a tuna wrap and Moish and Itzy's for a corned beef sandwich . . . and I had ice cream at two other favorite places (both in new locales):

Goodnoe's
4 South Sycamore Street, Newtown, PA
215.968.3544

www.goodnoe.com

Thomas Sweet Cafe
1330 Route 206, Skillman, NJ
609.430.2828

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

* Naturally, I found time to meet some of my friends--including Kevin . . . here we're overlooking New York City, not too far from his place in Weehawken.



* On another night, I got to go for dinner with Natalie and Ivan, along with Joni and Chic, at Yao's Thai and Chinese Restaurant in Skillman, NJ . . . it was formerly the home of Miss Chow and then Meemah, two places that I used to like . . . fortunately, Yao's proved to be every bit as good . . . for more information, please click:

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

From there, we went to the Off-Broadstreet Theatre in Hopewell, NJ for an excellent production of SOUTHERN COMFORTS . . . this is a touching and funny romance about a couple who meet later in life . . . Lois Carr and Dennis McGeady are both superb in the leading roles, and the direction by Bob Thick was top-notch as it always is.

GOOD NEWS:

You can still see this show; it runs through October 2 . . . an added incentive: dessert is served at every performance . . . for more information, please click:

<http://www.off-broadstreet.com/>

* I also got to spend some times with a bunch of other friends, including Jim and Mike . . . also, I was fortunate to see another one--Savannah--conduct a Crystal Singing Bowls/Guided Meditation session . . . it was most enlightening . . . for more information about her upcoming programs, please click:

<http://www.facebook.com/home.php?#!/profile.php?id=100001023423870&ref=ts>

Or if you're not on Facebook, she can be reached via email: savannahh19@gmail.com.

* One other thing I did was meet with two hypnotism clients . . . we managed to schedule two sessions each; I'll conduct a final one over the phone.

THE OFFER REMAINS:

If you'd like me to hypnotize you to "help you lose your luggage before you get to the airport," send an email to bginbc@aol.com and put HYPNOTISM in subject line . . . I can help you stop smoking, lose weight, develop self-confidence, stop nail biting, etc., either in person if you live in Western North Carolina or via phone.

C. MR. CURIOUS HERE:

Are you getting a flu shot this year? What about others in your family, your friends, etc.? I'd be interested in your take on this subject, as well as any feedback you may have received from medical folks.

D. CONDOLENCES to Caren Friedman and family on the recent loss of Caren's mother.

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

This week, it goes to Michelle Rogers--director of Leadership Asheville Seniors.

I am presently a member of this year's class . . . as such, I am learning still more about all that the community has to offer; e.g., through weekly visits to places such as the MANNA Food Bank, Mountain

BizWorks, etc. . . . in addition, all of the speakers we've already heard have been most informative . . . and I'm looking forward to the remaining sessions.

Michelle does a great job running the above . . . her smiling face is infectious, as is her enthusiasm.

She also is responsible for informing members of the Center for Creative Retirement community about volunteer opportunities . . . largely as a result of her efforts, I became involved in the Center's marketing committee and on September 18, I'll be speaking on "Networking" to a leadership workshop for University of North Carolina Asheville students.

JOIN ME:

The aforementioned marketing committee is involved in promoting what promises to be a fantastic event at the Center on Saturday, September 25 from 9 a.m.-4:30 p.m.--a celebration of Active Aging Week . . . there will be lots of information and workshops throughout the day, and the event is free . . . for more information, please click:

http://www2.unca.edu/ncccr/events/2010/Active_Aging_Week.html

2. FYI

While away, I used my VISA card to rent a car from Avis . . . I mention this for two reasons:

1. I used priceline.com for my rental . . . prior to going to that website, I went to travelocity.com to determine the average rate for an intermediate-sized vehicle (\$50/day) . . . I then bid \$26/day and got it at that

rate . . . in addition, I used priceline.com for my hotel room--paying \$59/night for a room that ordinarily went for some \$110/night.

2. When my car was parked in the hotel's lot, somebody clipped the front of it and didn't bother to leave contact information . . . since I declined coverage from Avis, I was faced with the prospect of paying several hundred dollars for the repair . . . yet instead, as a result of suggestions from both Jim in Pennsylvania and George in North Carolina (thanks guys!), I put in a claim to VISA--and so will have the deductible part of my claim covered . . . VISA doesn't publicize this benefit; however, it sure came in handy to me.

FYI, part 2

THANKS to the several readers who responded to my question last week about Lyme disease . . . I'm still seeking additional insights you may have on this subject, but in the interim, I thought you'd like to see just some of the responses I've received:

* Jim in Pennsylvania:

My wife had it (lots of people in upper Bucks have had it).

Our family doc gave her some antibiotics that got rid of (most of) it.

She then went to Advanced Nutrition in Langhorne (Patty (Smith) Power and Nancy).

<http://www.advance-nutrition.com>

We've both been going there for over a decade.

They do holistic treatments and have a very amazing computer analysis system that reads your body and can detect minute traces of things.

There was still residue of the Lyme (it's assumed it "never" goes away) so she gave Georgia a homeopathic treatment that got rid of the last traces of it.

That was 5 years ago and she's not had a problem since.

* Donna in New Jersey:

My Mom had it about 7/8 yrs ago and Harley, my dog, had it about 5 yrs. ago. Both were put on medication for a 30-day period. Can't remember the name. It was debilitating until we had it diagnosed. As soon as both started taking the medicine, they showed immediate relief. I'm not sure if either one has any permanent damage from it.

* Jason in Pennsylvania:

Had Lyme disease twice. Both times plenty of water, rest, and Trimox Amoxicillin did the trick. I guess I was lucky to catch it early both times.

And, as always, THANKS to the many other readers who share their thoughts via email . . . I always do appreciate hearing from you, even if I don't always get to say so . . . here are just a few of the notes I've received recently:

* Gary in North Carolina (commenting on my venture to the Asheville Police Department):

Great fun, Blaine. Thanks for sharing. My experience:

I was on my way to the Flat Iron Building, to bring some stuff to my downtown office, struggling with my computer bag, a printer, some cables and a letter tray, having been juggling all this from the parking garage, got as close as Kilwin's, maybe 20 feet of the door and was "redirected" by a production assistant that I had to now cross the street, walk down about 15 yards, come back across the street, make my way back to the front doors of the FIB because "we are shooting here." Of course, at the moment, nothing was going on but I was told, in no uncertain terms, that "they had a permit to take over the public walkway for their shoot" and there was no way she was going to allow me to walk an extra 20 feet to the door while they were on break. Maybe I'll end up being seen in the background carrying all my junk across the street!

It was funny because they look so much like typical Ashevilleans, I assumed it was just some local filmmakers doing something. It wasn't until the next day that I had a clue who they were.

FOR MORE INFORMATION ABOUT GARY [CHARLES]:

He is the man behind AskAsheville, a website that freely distributes business profiles and information through social media about the city of Asheville . . . in addition, he is an expert on online marketing, Internet communications, social networking and new media . . . to find out more, please click:

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

* Jimmy in New Jersey:

I just received some very excellent news, and I couldn't wait to share it with you and Cynthia. Since that most sincere letter that you wrote to me, regarding my work at SVP, I had and will always have a deep and great respect for you and your lovely wife. Well , anyway, I found out that I have been nominated for a Perry Award for Out Standing Featured Actor in a Play (ONE FLEW OVER THE CUCKOO'S NEST). I was blown away--and still am.

MY TWO CENTS:

Jimmy [Houston] has my vote for this recognition . . . my only regret is that I'm not one of the judges doing the voting because if I was involved in the selection process, he'd win hands down . . . he is such a fine actor, as well as a great guy . . . the winner will be announced on September 19, 2010 at the DoubleTree Hotel in Somerset, NJ.

* Art in Pennsylvania:

Rosh Hashanah on September 8th eve. This year, I have made a video of how to sound a shofar. To watch it, please go to:

<http://tinyurl.com/29qhh3g>

For an article on the same subject, please click:

<http://tinyurl.com/27ykf94>

* Jerry in New Jersey:

Check out this great presentation about working together:

<http://www.pullingtogethermovie.com/miami>

* Emily in North Carolina:

I am an Abundant Life coach and work with people who want to create their dream life by improving their health, wealth, relationships and self-expression. My background and knowledge in raw vegan food is definitely an aspect of my coaching, though I really take a holistic approach because a happy life is so much more than just what we eat! For more information on me and my coaching packages, please visit:

www.RawBreakthrough.com

* Pat in Pennsylvania:

Darlene, a long time employee at the Acme in Newtown, PA has cancer. Apparently she has been out of work for a while fighting this. They are taking up a collection for her at the courtesy desk. They are selling raffle tickets, and things like this too. So if you are in the neighborhood, maybe try to stop and make a donation? If you did not know her, maybe think of it as a way of doing something for someone out of sheer kindness. I'm sure you will be glad you did, plus you'll feel good about it too! Thanks!

* Bob in Florida:

Another great BLAINESWORLD, filled with news you can use, plus great gems and precious nuggets of life. One piece that was particularly meaningful to me was this:

I've always thought age was a relative number . . . to see for yourself, please click:

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

This is the grand piano in the main lobby of the Mayo Clinic. Mayo is one of our 500 medical software clients, and I have seen many wonderful lunchtime concerts on that grand piano. The entire Mayo world there in Rochester, Minnesota speaks to health. This is just one of the many miracles and wonders you see every time you go there. There is no place like Mayo on earth, at least not in my experience.

Thanks for a great newsletter and for taking me back to Mayo for some musical health!

* Annemarie in New Jersey:

Another idea for marking your valuable, portable items: I put a small label on all my portable gadgets (camera, Blackberry, I-Pod, Laptop, etc.) It simply states Reward if Found and my phone number. I've been doing this for years as have many people I've suggested it to, and I know of at least three instances where it paid off.

* Robin in Pennsylvania:

Please help Casting for Recovery win \$250,000 from Pepsi's "Refresh Project."

This is an incredible organization that gifts women who have/have had breast cancer with a three-day supportive retreat during which attendees are taught to fly fish.

Click here to learn more about Casting for Recovery and cast your vote:

<http://www.refresheverything.com/castingforrecovery>

3. Help me--now

A man rushed into a busy doctor's office and shouted, "Doctor! I think I'm shrinking!"

The doctor calmly responded, "Now, settle down. You'll just have to be a little patient."

4. Reviews

A. Saw SALT, a spy thriller starring Angelina Jolie . . . it was suspenseful to a certain degree, but then fall apart because its implausibility . . . I just couldn't believe that Jolie could keep escaping from so many different situations . . . even worse was the very last one, which promised at least a Part 2 in the series . . . I rarely like such cliffhangers and did not like this one at all . . . PG-13.

B. THE BACK-UP PLAN is now out in DVD format . . . my review from BLAINESWORLD #710 follows:

I was pleasantly surprised by THE BACK-UP PLAN, a romantic comedy about a single women who opts for artificial insemination after dating for years and failing to find Mr. Right . . . on the day she goes through the procedure, she meets a charming stranger . . . complications ensue and some of them are quite funny . . . this is a sweet film, greatly enhanced by the performance of Jennifer Lopez in the leading role . . . Alex O'Loughlin is also fine at her boyfriend . . . rated PG-13.

C. Enjoyed BE BODACIOUS: PUT LIFE IN YOUR LEADERSHIP by Stephen D. Wood.

It is the story of a young man who discovers how to become a better performer not only at work, but also at home and in the community . . . he does so as a result of a series of lessons from a mentor named "Cowboy."

Unlike many other books of this type, both the characters and situations in BE BODACIOUS felt real . . . I actually felt that I got to know the main character, and what he learned along the way made sense to me.

For example, there was this tidbit:

* The eight-second rule also applies to life and pursuit of our dreams. In bull riding, there is no score for the bull you do not ride, or the bull ridden only for seven seconds. It is impossible to achieve a dream or live bodaciously if you never pursue bodacious opportunities or give up too soon. You do not realize profits in business for a sale that was almost made. Life-long goals and lasting relationships are missed by not living courageously. Too often, we quit on our opportunities and relationships with only one second remaining. All too often, just as we are close to going the full eight! To go the full eight you must have extraordinary commitment, unrestrained action, and bold execution.

And then there was this point that I need to be constantly reminded about:

* You live with the decisions and consequences of your past; this does not change. But your ability to deal

with your past failures and to put them in the past directly impacts how you live today. The only way you can make meaning of your past is to focus on what you do today, because what you do today will be tomorrow's past. You write your own history and legacy by what you do today. If you want to change your history and future, change what you do in the present. Instead of reaching back, reach forward and write your own future.

Lastly, there was this idea--my favorite one from the book:

* Get serious about pursuing your bodacious dream and get off your "but," and do something. Be cautious of getting comfortable and resting on your big but, because your but will prevent you from pursuing your bodacious dreams. Buts come in many forms; here are a few that may look familiar to you:

I would pursue my bodacious adventure but . . .

I could have pursued my bodacious adventure but . . .

But I did not know how to pursue my bodacious adventure . . .

But I have never pursued an adventure like this before . . .

But the bodacious adventure is too expensive . . .

But pursuing the bodacious adventure will take too long . . .

But what would people think if I pursue my bodacious adventure . . .

But what if I fail at my bodacious adventure . . .

Your big but is the number one thing that is preventing you from pursuing your bodacious adventures. People with big buts rest on them and do not pursue bodacious adventures, you can be different; you can be bodacious. Get off your big but, take action, and make your bodacious adventure become reality.

My only criticism had to do with the author's ending . . . it urged me to "pass the secrets to the next cowboy" . . . while there's nothing wrong with doing that, I just have seem that request in too many other books of a similar nature.

D. Heard THE ART OF CHOOSING by Sheena Iyengar, a business professor at Columbia and research director at the Jerome A. Chazen Institute of International Business.

This is a fascinating look at how people make their choices about buying stuff . . . what was surprising was the author's finding that more isn't necessarily always better . . . she discovered this in looking at 3-year-old children . . . they were often happiest when given just one toy, as opposed to having lots of different toys to choose from.

She then replicated this finding in what has become known as the "jam study" . . . potential customers went to two booths, one having 24 different options and the other only 6 . . . it turns out they tried more samples and bought a lot more jam at the booth with less varieties.

Ivengar also looked at choice with respect to marriage . . . she cited a study suggesting that Indians who married for love were happier in the beginning of their lives together, but over time, their feelings toward each other eventually lessened . . . by contrast, Indians who married by arrangement grew to love each other more to the extent that after 10 years, they were more in love with each other than the "love couples."

And THE ART OF CHOOSING even considered the issue of why people choose to vote the way they did . . . I never realized that the top slot on a ballot was often worth several percentage points to whomever was fortunate enough to gain it.

5. TV alert

A. BAIT CAR has police leaving a key so that somebody can steal a car . . . when the car gets stolen, the thief is arrested . . . according to THE WALL STREET JOURNAL, "The payoff for viewers is seeing the panic that ensues as the thieves realize they are trapped." . . . Tuesdays at 9 p.m. on TRUTV.

B. ON THE ROAD WITH AUSTIN & SANTINO stars PROJECT RUNWAY breakout stars Austin Scarlett and Santino Rice team up for the first time ever to travel to and immerse themselves in the culture of, small towns across America . . . Thursdays at 10:30 p.m. on LIFETIME.

DON'T MISS THIS EPISODE:

On October 7 (tentatively), be watching for the show that will showcase a party that Cynthia and I attended . . . we were in the audience, and I'll be curious if you'll be able to see us on screen.

C. BULLY BEATDOWN is for those looking for the ultimate payback to someone who is making your life a

living hell . . . each week, one or more young men (and sometimes a woman) who have been picked on seek help from Jason "Mayhem" Miller--a former mixed martial arts fighter . . . Miller then challenges the bully to a fight with a professional and the chance for a \$10,000 payoff . . . as a commentator on one website put it, "If you're the kind of individual who enjoys watching a meat-head getting taken down a notch by a professionally trained bad a*s, this is the show for you" . . . right now in reruns on MTV2 . . . Saturday at 10 and 10:30 a.m. and again on September 15 from 9:30-12 p.m.

D. Finally, my type of reality show: ALL AMERICAN HANDYMAN . . . a group of 20 men and women shows off its do-it-yourself skills in this new contest, which seeks to find the country's most fantastic fixer . . . Saturdays at 9 p.m. on HGTV.

6. Vacation time

Father O'Malley has been preaching at his church in Ireland for so long that he decides to take a vacation. He has never been married and he is curious as to what an American endures in everyday life. So he decides to go to the United States before it is too late.

He hops on the plane bound for Nevada. He arrives in the airport in Las Vegas. As he is exiting the plane, someone in the airport runs up to him and exclaims, "Elvis! Oh my God! It's Elvis! I knew you weren't dead Elvis! How have you been?"

Father looks at her and says, "Get outta me face. Can't you see I'm not Elvis? I don't look a thing like Elvis."

The father moves on to his cab waiting outside. He hops in his cab and he's a little upset so he tells the cabby, "Take me to my hotel and step on it."

The cabby turns and says, "Sure thing sir. . . . Oh my God! It's Elvis! I knew you weren't dead! I'm your number one fan! It's so great to see you!"

"Shut up, you imbecile." says the father "I'm not Elvis! Now turn around and drive!" So the cabby speeds up to the hotel.

Father O'Malley gets his things and walks up to the hotel check-in counter. "Oh my God! Oh my God! It's you!" screams the hotel clerk. "You're back Elvis! I knew this day would happen. We saved everything just the way you like it! Free cheeseburgers, peanut butter and banana fried sandwiches, masseurs, complementary hookers and a full liquor bar! I'm so glad you're back!"

Father O'Malley looks at the hotel clerk and says, "Thank you. . . . Thank you very much!"

7. Websites

A. I'm very happy when our troops return from overseas service . . . so do others, as can be seen in the following two clips:

<http://www.youtube.com/watch?v=hkGzqpGx1KU>

<http://www.youtube.com/watch?v=GSTKoKjJ5XA>

And despite what you may have heard to the contrary, we still have troops 50,000 troops who will stay in Iraq until next summer, guiding, assisting or whatever the Pentagon wants to call their duties . . . for more information, please click:

http://www.cbsnews.com/8301-500803_162-20015242-500803.html

B. To see one person's view of the top 10 dance scenes in movies, please click:

<http://insidemovies.moviefone.com/2009/09/25/best-dance-scenes-top-movie-dancing/>

My favorite is the one from TOP HAT . . . I'll be curious as to your opinion and, also, whether you think there were any notable exceptions to the list.

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

<http://www.blaineworld.net>

In case you wonder what I do with your individual email addresses when you subscribe, please check "Newsletter" on the left and then "Privacy Statement."

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

8. Computer tip

To determine if it's time to ditch your old PA and invest in a new one, use this formula:

Take the original purchase price (say, \$600), divide it by the years you've owned it (say, 2) and subtract the cost of 1 hour of computer support (say, around \$85) = 215.

When the computer repair amount starts to come close to the computer cost (original amount/years owned), or if you have to frequently repair the computer, it's time for a new one.

SOURCE:

Above was taken from an interesting article, "Increase your pc's speed by 300" . . . for the whole piece, please click:

<http://tinyurl.com/2f5zwpl>

9. Senior bumper sticker



10. A quote I like

Laughter gives us distance. It allows us to step back from an event, deal with it and then move on.--Bob Newhart, American (born 1929), American stand-up comedian and actor

11. Thought for the day

The whale said "thank you!"

If you read a recent front page story of the SF Chronicle, you would have heard about a female humpback whale that had become entangled in a spider web of crab traps and lines.

She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat.

She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, and a line tugging in her mouth.



A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed an environmental group for help.

Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her.

They worked for hours with curved knives and eventually freed her,

When she was free, the divers say she swam in what seemed like joyous circles.



She then came back to each and every diver, one at a time, and nudged them, pushed them gently around. She was thanking them.

Some said it was the most incredibly beautiful experience of their lives.

The guy who cut the rope out of her mouth said her eyes were following him the whole time, and he will never be the same.

May you, and all those you love, be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you.

And, may you always know the joy of giving and receiving gratitude.

I pass this on to you, my friends, in the same spirit.

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

12. Advance planning department

A. North Carolina events:

* Linda in North Carolina:

Friday through Monday September 3-4-5-6

APPLEFEST HENDERSONVILLE

For details go to:

www.applefestival.org

On Monday, September 6, there's a Labor Day symphony concert at Pack Square at 7 p.m.

SPECIAL INVITE:

Linda puts out a great FREE listing of Asheville area events . . . to get on her mailing list, just send an email to ashevilled Deals@yahoo.com and request to be included.

* Y'all are invited to a FREE session I'll be presenting:

Positioning: How to Differentiate Yourself from the Competition.

Gain specific techniques to make your business stand out from the crowd in this informative seminar presented by SCORE.

Blaine Greenfield, a SCORE counselor, will be the presenter. Tuesday, September 14 from 2-4 p.m.

AB Tech Enka Campus, Small Business Center Room 2046

No fee to attend.

RSVP to Jill Sparks by 9.9; 828.254.1921, ext. 5849.

The above session is part of Minority Business Week of Western North Carolina. For the entire week's schedule, please click:

<http://wncmedweek.org/events>

B. Pennsylvania/New Jersey events:

* Kelsey Theatre at Mercer County Community College is up and running with its 2010-11 schedule . . . you won't go wrong if you catch any and/or all of the following productions:

<http://www.kelseyatmccc.org/schedule.shtml>

* Actors' Net of Bucks County is another place to see interesting, affordable shows . . . see its current schedule by clicking:

<http://www.actorsnetbucks.org/>

* Don't miss this event:

THE HISTORY OF POPULAR MUSIC IN ONE EASY LESSON ACCORDING TO TOM ORR

Monday, October 25 at the Off-Broadstreet Theatre in Hopewell, NJ

For more information, please click:

<http://actorr.com/next.htm>

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

SUBSCRIBE/UNSUBSCRIBE INFORMATION

To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD
#725
8.23.2010

In this issue:

1. Reflections
2. FYI
3. Buyer beware
4. Reviews . . . EAT PRAY LOVE, etc.
5. TV alert
6. Confusion
7. Websites
8. Computer tip
9. Lunchtime
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had a blast at a friend's party that was taped for an upcoming episode of ON THE ROAD WITH AUSTIN & SANTINO on Lifetime. It is tentatively slated to air on October 7 at 10:30 p.m.; we'll let you know when this is confirmed. But if you can't wait, that's us with Austin Scarlett (top photo) and Santino Rice (bottom one).





The taping experience was interesting . . . and longish, too . . . we had to go through about 12 tapings of one scene . . . it reminded us of the movie GROUNDHOG DAY . . . I'd like to tell you more, but the folks from the show asked us not to review anything until the show airs . . . so mum's the word for now.

B. By the time you read this, I'll be "up North" for the week for some meetings, a few hypnosis appointments, and the chance to catch up with some relatives and friends . . . unfortunately, Cynthia will not be with me.

My flight on Sunday was not pleasant . . . because of bad weather, we were flown into Baltimore where we were kept on the plane for nearly four hours while it was supposedly refueling and waiting to take back off . . . when that did not happen, they left us off the plane (I'm sure so they would not have to pay a fine) . . . more delays followed, and we had to wait on the plane even longer . . . so what ordinarily is a 90 minute trip took 8 hours.

THE OFFER REMAINS:

SOUTHERN DISCOMFORTS runs at the Off-Broadstreet Theatre in Hopewell, NJ from August 27-October 2 . . . it is the is billed as a beautiful exploration of the intimate workings of a relationship between a widow and a widower who meet later in life and find a way into each other's hearts . . . for more information, please click:

<http://www.off-broadstreet.com/id16.html>

I'm planning to see the evening performance on Saturday, August 28 (going for dinner beforehand at one of my favorite Chinese restaurants): Yao's, which was formerly Mrs. Chow's, in Skillman, NJ . . . it would be great to catch up; if interested, just send an email to bginbc@aol.com and put AUGUST 28 in the subject line.

C. MR. CURIOUS HERE:

Has any reader (or member of your family) had Lyme disease? If so, do you still have it . . . or what did you do to get rid of it? Any personal insight you can share with me would be much appreciated, in that I'm seeking to help a very dear friend.

D. CONGRATULATIONS to Brian Cohen on being accepted into the graduate education program at Cabrini College.

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

This week, it goes to Officer Christopher Hickman with the Asheville Police Department.



I was fortunate to be teamed up with him for a recent "ride along" . . . this came about as a result of my having previously completed the Asheville Citizens Police Academy. (A great experience, by the way.)

We began the evening, driving around his area; i.e., the Charlie District . . . this includes most of the downtown area, as well as the subsidized housing units . . . over the next several hours, I got to see him at work checking out a business alarm, directing traffic as other officers successfully prevented a suicide, stopping two cars for various infractions, giving a citation to a panhandler and arresting a guy who had been in an argument with his girlfriend . . . in this latter instance, the guy had a prior warrant out for his arrest, so he was taken off to jail in handcuffs I then saw him frisked and taken before a judge for a bail hearing.

I also learned an important lesson . . . as I casually entered the jail area, I had my hands clasped behind my back . . . BIG MISTAKE! . . . another officer there thought that I too had handcuffs on, so I was all set to be frisked until cooler heads prevailed--and I had the sense to show that my hands had nothing on them.

Overall, the whole experience was a fascinating one . . . it gave me a much greater appreciation for the fine work done by the Asheville Police Department . . . and in particular, I was impressed with the professionalism exhibited by Officer Hickman.

2. FYI

Each August since 1998, Beloit College has released the Beloit College Mindset List. It provides a look at the cultural touchstones that shape the lives of students entering college this fall.

Most students entering college for the first time this fall—the Class of 2014—were born in 1992. For these students, Benny Hill, Sam Kinison, Sam Walton, Bert Parks and Tony Perkins have always been dead.

1. Few in the class know how to write in cursive.
2. Email is just too slow, and they seldom if ever use snail mail.
3. "Go West, Young College Grad" has always implied "and don't stop until you get to Asia . . . and learn Chinese along the way."
4. Al Gore has always been animated.
5. Los Angelenos have always been trying to get along.
6. Buffy has always been meeting her obligations to hunt down Lothos and the other blood-suckers at Hemery High.
7. "Caramel macchiato" and "venti half-caf vanilla latte" have always been street corner lingo.
8. With increasing numbers of ramps, Braille signs and handicapped parking spaces, the world has always been trying harder to accommodate people with disabilities.
9. Had it remained operational, the villainous computer HAL could be their college classmate this fall, but they have a better chance of running into Miley Cyrus's folks on Parents' Weekend.
10. Entering college this fall in a country where a quarter of young people under 18 have at least one

immigrant parent, they aren't afraid of immigration . . . unless it involves "real" aliens from another planet.

For the rest of this year's list or previous ones, please click:

<http://www.beloit.edu/mindset/2014.php>

FYI, part 2

* Barbara in Pennsylvania (with a REQUEST FOR HELP):

Does anyone has baseball cards they would like to get rid of for a minimal amount of change? (Phillies would be super.) My grandson is just coming into the game of little league baseball and is loving it. He's very good, if I must say so myself!! He plays out in Las Vegas and roots for the Phillies, his dad's home team. He can play any base, but is a pitcher--or maybe a closer. If you can help out, please respond to:
mamataj3@verizon.net

* Natalie in Pennsylvania:

Looking for someone to portray King Henry VIII for a bridal shower on September 17 from noon to 3:00 p.m. at the Winery at the Grange, 4970 Antioch Road, Haymarket, VA. For more information, contact Natalie via email: natkaye@starlinx.com

* Stephen in Pennsylvania:

To be clear, I got "photofunia" from Diane in Pennsylvania. Oh, and "What would you do?" sounds a lot like my Social Psychology class in college, where we studied experiments of people's ethical decisions in social settings. As a result of that class, I have an over-developed sense of responsibility that if nobody speaks up, I'm speaking up.

* Mandy in Pennsylvania:

I really like this definition of success; thought I'd share:

Success is doing what you want to do, when you want, with whomever you want, as much as you want.--Tony Robbins

* Gregg in Pennsylvania:

Shari and I are selling our house at:

203 Fulgens Court
Warrington, PA 18976

We are starting out at mid to low 220's.
We would like to find a buyer ourselves since it will save us a lot of money. If you or anyone you know would be interested in purchasing the home, we are looking to sell in October.

Please call me or have the interested person(s) call me to discuss details.

Home Details:

Age: 5

Type: Condominium

Bed Rooms: 2 and a loft (from master bedroom)

Baths: 1.5

Basement: unfinished (great for storage or big enough to finish)

School District: Blueribbon Awarded (5 out of 505 School Districts) with Central Bucks

Oven: Gas Heat

Heat: Force Hot Air

Air Conditioning: Central

Square Footage: 1400

Kitchen: Upgraded cabinets, dishwasher, microwave, oven, refrigerator

Location: couple minutes from Wawa, Walgreens, banks, gas stations, Genuardi's, Wegman's, Valley Square Shopping Center, 10 minutes from PA Turnpike and 25 minutes from Interstate 95.

Options: Ceiling fans in: Living room, Master bedroom, Second bedroom. Also, recessed lighting in Living Room.

Thank you.

Greg Williams
215-287-8339
goodstuff@aol.com

3. Buyer beware

I enrolled in an online school to become a private investigator. I gave them my money, and then I never heard back from them. I thought, either I just got ripped off, or this is my first case.--comic Mike Vecchione

4. Reviews

A. EAT PRAY LOVE by Elizabeth Gilbert (see also Section 4C) was one of my favorite books of the past few years . . . the film with the same title doesn't compare . . . I'm not quite sure what was missing, but it left me flat . . . the first portion, set in Italy, was especially slow . . . things pick up a bit in the second and third parts, largely because of the appearances of Richard Jenkins and Javier Bardem . . . in the leading role, Julia Roberts is just OK . . . I was also disappointed that my favorite scene from the book--involving Gilbert asking others to help her get her divorce--was completely left out . . . rated PG-13.

B. CITY ISLAND is now out in DVD format . . . my review from BLAINESWORLD #709 follows:

Saw CITY ISLAND, a quirky comedy that I enjoyed very much . . . it's the story of a correctional officer who, secretly, wants to become an actor . . . but for that to happen, he must deal with a family that has its own secrets . . . Andy Garcia is excellent in the leading roles, and he's aided by a fine ensemble cast . . . this is a small independent film that unfortunately won't be around for too long in the theaters, even though it got very good reviews from the critics . . . rated PG-13.

C. COMMITTED by Elizabeth Gilbert is a follow-up to her runaway bestseller, EAT PRAY LOVE (see also Section 4A).

It takes her from the end of the first book--when she falls in love with Felipe--to their life afterward . . . all was going smoothly until he was detained by the U.S. government, which then gave the couple a choice . . . either they needed to get married or Felipe would never again be allowed to enter into the country.

That became problematic, in that both individuals had said they'd never get married again because of their previous marriages . . . however, as much thought and realizing they didn't have many other options, they did choose the marriage route.

It took them some ten months to cut through all the details that were required and during that time, Gilbert devoted herself to the study of matrimony . . . she read everything she could about the subject and, also, spoke to countless individuals throughout the world.

That was the part about COMMITTEED that I liked least . . . what I liked most were the parts that the author devoted to her life with Felipe . . . I became interested in their lives and enjoyed reading about how Gilbert sought help from one border guard:

* "What would you do now, if you were in our situation," I asked. This is a technique I've learned to use over the years whenever I find myself at an impasse with a dispassionate customer service operator or an apathetic bureaucrat. Phrasing the sentence in such a manner invites the person who has all the power to pause for a moment and put himself in the shoes of the person who is powerless. It's a subtle appeal to empathy. Sometimes it helps. Most of the time, to be honest, it doesn't help at all. But I was willing to try anything here.

I also enjoyed reading about their love story, including this following passage:

* Then Felipe's eyes filled with tears and he said, "Thank you for coming into my life. No matter what happens now, no matter what you decide to do next, just know that you've given me the two most joyful years I've ever known, and I will never forget you."

Lastly, as was the case the first book, there were parts that had me smiling--such as when Gilbert described the issue of wedding gifts:

* As Miss Manners once coolly explained to a reader, the proper technique for congratulating a serial bride-to-be is to eschew all gifts and galas and simply write the lady a note expressing how very delighted you are for her happiness, wishing her all the luck in the world, and being very careful to avoid using the words "this time."

I hope that there's at least a third book about this couple, covering how their life in New Jersey has turned out for them.

D. James Patterson is certainly a prolific author . . . while I sometimes wonder how much writing he does in all the books that list him as an author and/or co-author, I nevertheless enjoy many of them---including THE 9TH JUDGMENT that he wrote with Maxine Paetro.

This is part of an ongoing series dubbed THE WOMEN'S MURDER CLUB . . . I recall reading the first volume several years ago . . . and though I enjoyed it, I never returned to any follow-ups in that I'm typically not a big fan of such tales . . . they rarely top the first book and more often, they don't even come close to matching it.

I might make an exception as a result of listening to THE 9TH JUDGMENT . . . it featured two main cases . . . the first involved a psychopath, known as the "The Lipstick Killer," who is terrorizing the residents of San Francisco . . . the second was about a cat burglar called "Hello Kitty," who is being framed for a murder when a well known movie star shoots his wife following a robbery at their home.

The book flew from scene to scene and kept my interest until the very end . . . in addition, the ending nearly took my breath away.

Carolyn McCormick's narration was excellent.

5. TV alert

A. THE WISH LIST stars Jennifer Esposito as a woman with very specific ideas about Mr. Right, only to find herself falling for someone who doesn't meet any of her qualifications . . . Saturday at 9 p.m. on HALLMARK CHANNEL.

B. Kim Raver (GRAY'S ANATOMY) stars in BOND OF SILENCE, based on the true story of a widow's journey to find and ultimately forgive her husband's killer . . . Saturday at 9 and repeated on Sunday at 7 on LIFETIME.

C. THE 62ND ANNUAL PRIMETIME EMMY AWARDS, hosted by Jimmy Fallon, airs on Sunday at 8 p.m. on NBC . . . MAD MEN and GLEE look to get a bunch of awards, and I'm glad; they're both excellent shows . . . I'm hoping that Julia Louis-Dreyfus wins for Outstanding Lead Actress in a Comedy for her work in THE NEW ADVENTURES OF OLD CHRISTINE--especially since it was (unfortunately taken off the air) . . . I'd also like to see Andre Braugher win Outstanding Supporting Actor in a Drama for MEN OF A CERTAIN AGE, a show that didn't gain a lot of nominations but is worth watching.

D. CHILDREN'S HOSPITAL skewers the medical show genre . . . I saw one episode and found it funny . . . but then again, with a cast including Rob Corddry, Megan Mullaly and Henry Winkler, you would certainly expect that to be the case . . . Sundays at 10:30 p.m. on CARTOON NETWORK.

6. Confusion

My husband, Tom, was in our back yard trying to fly a kite. He threw the kite up in the air, the wind would catch it for a few seconds, then it would come crashing back down to earth. He tried this a few more times with no success.

All the while, I was watching from the kitchen window, muttering to myself how men need to be told how to do everything. I opened the window and yelled "You need a piece of tail."

Tom turned with a confused look on his face and says, "Make up your mind. Last night, you told me to go fly a kite."

7. Website

A. I've always thought age was a relative number . . . to see for yourself, please click:

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

B. For some useful advice on what every woman should tell her daughter, please click:

<http://www.youtube.com/watch?v=RzrMKdYO7jM>

NOTE:

This applies not just to mothers and daughters, but to those having nieces and granddaughters as well; in fact, just about anybody would benefit from viewing this clip!

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

<http://www.blaineworld.net>

If you've ever wondered about what the above website is all about, your best bet is to read the box at the very top of the homepage . . . you'll then know all you want to know--and then some.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

SPECIAL THANKS to Bill in North Carolina for the following email about last week's computer tip [about

having multiple websites open at the same time]:

A correction to #8. There's more to it than what you've stated. I will use Firefox as my browser example. You can have "multiple" home pages, but you can't go from one tab to another and each time designate a new homepage. That won't work. What happens is the last homepage you enter overrides the previous homepage. Instead, here's what to do.

First, you must go to Tools/Options and use "Startup" under the "General" tab. Select "When Firefox starts: Show my windows and tabs from last time." Secondly, under the same "General" tab, string out your desired websites one after another. (NOTE: Each URL needs to be separated by the "|" character, also know as a pipe or vertical bar). Finally, be sure that you click on "Use Current Pages" under "Home Page:" Give it a try.

9. Lunchtime

A couple of attorneys walk into a bar, order drinks and pull lunches from their briefcases.

"Sorry," the bartender says, "but you can't eat your own food here."

The guys look at each other, shrug their shoulders and swap sandwiches.

10. A quote I like

Hard work spotlights the character of people: Some turn up their sleeves, some turn up their noses, and some don't turn up at all.--Sam Ewing (1920-2001), American author and humorist

11. Thought for the day

Suzanne Somers is not a doctor so why is she saying all these things?
by Jim Donovan*

Is Suzanne Somers a doctor? No, she's not. She's an actress, an entertainer, an entrepreneur and an author. All you need to do is pick up a newspaper, watch a television show, or visit a website to see her being criticized for her books. After all, they say, "She's not a doctor!"

What these bozos are leaving out however, is the simple fact that Suzanne is not making any medical claims. What she is doing, thankfully, is interviewing some of the top medical professionals in the world as well as sharing information she's gleaned from the forefront of longevity and complementary medicine. When she interviews someone like Dr. Russell Blaylock, a leading neurosurgeon with more than thirty years of experience and he is talking about the dangers of food additives, especially excitotoxins like MSG in soft drinks that we're giving children, it is a medical doctor delivering the message.

When she talks with someone like Eric Braverman, another world-class doctor, it is he, not Suzanne, who is the source of the information.

Throughout her books, particularly "Breakthrough" my personal favorite, Ms. Somers delivers life saving ideas and preventative health information from the top independent medical experts of our time. The one and only reason that she is attacked is because this information in the hands of masses, will greatly improve the health of our rapidly deteriorating population.

While this seems to you and me to be a good thing, it's a huge threat to a pharmaceutical industry whose business model is to keep as many people as possible, taking as many drugs as possible. No, Suzanne Somers is not a doctor, but thankfully she's a writer and she's not afraid to step out and take the heat to ensure people hear the truth about maintaining their health and not succumbing debilitating disease.

However, don't take Suzanne's word for it, nor mine for that matter, find out for yourself. If you want to know more about ways to remain healthy, take responsibility for the state of your health and learn what you need to know to stay as healthy and vibrant as you possibly can. In my book, **Don't Let an Old Person Move Into Your Body**, I devoted an entire chapter to this subject and in the back of the book as well as **here on my Web site**, I list contact information for some of the leading independent sources of health information. By taking responsibility you're putting your health back in your own hands where it belongs. By all means visit your doctor regularly, however expecting she or he to "fix" your problems without assistance from you is simply ludicrous.

* Reprinted with the gracious permission of Jim Donovan, a longtime friend and one of my favorite authors/motivational speakers. For more information about him, please click:

<http://www.jimdonovan.com/blog/about-2/>

MY TWO CENTS:

As is usually the case, I find myself in agreement with what Jim writes . . . Somers is not a medical doctor, but her books have much useful information--and I've found many of them worthwhile reading . . . for more information about what she has written, please click:

<http://www.suzannesomers.com/Categories/Library>

12. Advance planning department

A. North Carolina events:

* Y'all are invited to a FREE session I'll be presenting:

Positioning: How to Differentiate Yourself from the Competition.

Gain specific techniques to make your business stand out from the crowd in this informative seminar presented by SCORE.

Blaine Greenfield, a SCORE counselor, will be the presenter. Tuesday, September 14 from 2-4 p.m.

AB Tech Enka Campus, Small Business Center Room 2046

No fee to attend.

RSVP to Jill Sparks by 9.9; 828.254.1921, ext. 5849.

The above session is part of Minority Business Week of Western North Carolina. For the entire week's schedule, please click:

<http://wncmedweek.org/events>

* Cynthia in North Carolina (see also Section 1A):

Sept.23, 30, Oct. 7, and Oct. 14th from 11:30-1:00

Center for Creative Retirement

828-251-6140

JourneyDance class

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 fun, joy, creativity, connection, community, and self-acceptance. For dancers and non-dancers, it is an experience not to be missed!

B. Pennsylvania/New Jersey event:

Join Savannah for a special Crystal Bowls and Mediation session on August 30 from 7-9:30 p.m. in New Britain, PA . . . to quote from the description of the program:

Tonight, through sacred sound and meditation, we will create positive healing energy for ourselves and our beloved Mother Earth. The guided healing meditation and relaxation exercise will create a full sensory experience, including breathing techniques, color imagery, aromatherapy with essential oils, and sound healing.

For more information, please click:

<https://susandvalseminars.com/Events.html>

:

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD
#724
8.16.2010

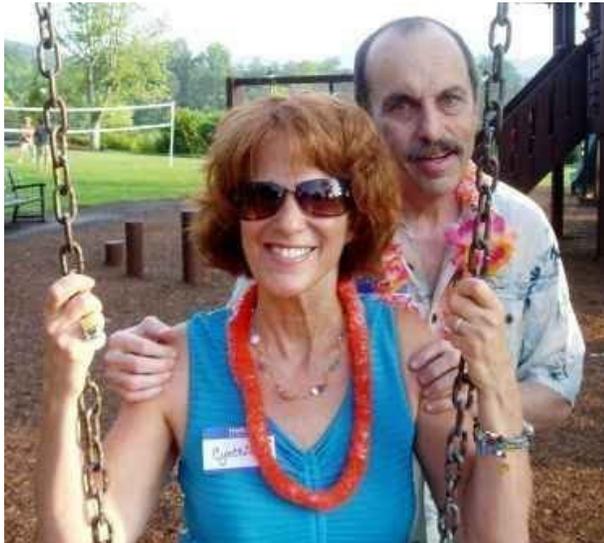
In this issue:

1. Reflections
2. FYI
3. Spotted in Michigan
4. Reviews . . . ONDINE, etc.
5. TV alert
6. No difference
7. Websites
8. Computer tip
9. Asking for a raise
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

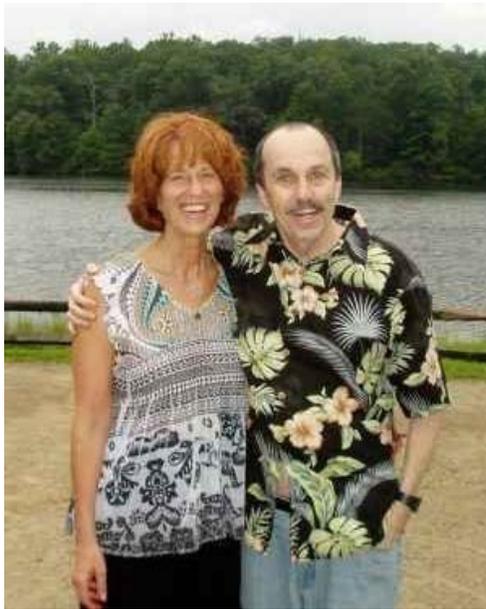
A. Cynthia, my beautiful bride, and I attended two fantastic events this past weekend--both organized by our community's Recreation Committee.

The first was a Caribbean Night that even featured a steel band.



SPECIAL KUDOS to Sheldon Harnash, who with his wife Janet, helped organize the whole event . . . he was ably assisted by all the other members of the committees, including Karen Foley, Marilynne Herbert, Shari Mastria, Jim Preish, Judy Warren and yours truly.

The next night, there was a concert featuring a local band called Mo Twang in its first performance . . . the band was great (and especially Bob Butcher on tuba); look for them in the future.



B. We were also fortunate to have our friends Mark and Gail come visit from New Jersey.



We all went to Rosetta's Kitchen for the first time, which was quite something for me in that it featured mostly vegan food items . . . everybody liked it, and I did too . . . but then again, I think I found the only non-vegan item on the menu: a delicious grilled cheese sandwich on whole wheat bread . . . for more information, please click:

<http://rosettakitchen.com/>

C. During the week, I went to Charlotte for a regional SCORE meeting . . . I was joined by Nick Jordan, our chapter's dynamic chapter chair, and Greg Jones, our outstanding treasurer . . . it was interesting to find out that a nationwide survey conducted by the Gallup organization reported these findings:

- * Of 2009 clients, 90% were still in business in 2010. 68,400 businesses started, 30,000 jobs created, 16,500 jobs were retained
- * 69% said they were in business before SCORE became involved.
- * 62% said they changed practices based on SCORE involvement.
- * 6% of clients are defined as long term (five meetings in a 12 month period) vs. transactional.
- * 83% of clients Caucasian; 16% African American; 6.6% Hispanic, 7.8% Asian. Based on demographic profiles Hispanic businesses have greatest potential for growth.
- * North Carolina was # 3 in positive feedback; Connecticut #1, Ohio and NC very close.

***** INVITE *****

If you'd like me to provide FREE business counseling through SCORE for you and/or your organization, send an email to: bjinbc@aol.com and put SCORE COUNSELING in the subject line.

D. I'm bummed . . . after two episodes, NBC canceled BREAKTHROUGH WITH TONY ROBBINS . . . I saw both and thought they were excellent . . . this was a show about real people being helped to solve their

problems . . . fortunately, you can see all six episodes that were produced by clicking:

<http://www.nbc.com/breakthrough-with-tony-robbins/video/>

and/or

<http://www.hulu.com/breakthrough-with-tony-robbins>

I've given you both in case one website stays up longer than the other . . . whatever you do, catch the one featuring Frank and Kristen--a married couple who come back together after a tragic accident on their wedding night.

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

This week, it goes to SART (Southern Appalachian Regional Theatre)--and the marvelous folks who both work and volunteer there.

As you've been reading, I have become active with this group . . . my primary involvement has been to serve as chair of the marketing committee and, as such, I've gotten to work closely with Maria Mason . . . she is the SART person for marketing and publicity, as well as seemingly everything else . . . her enthusiasm never ceases to amaze me, as does her tireless energy.

I've also been impressed with the dedication from such other SART folks as Walt Currie, Board chair; Kathie Warner, Board member and person behind the great Opening Night receptions; LoriLynn Mullet, administrative assistant; Bill Gregg, artistic director; Lucas Gregg; Jake Lehrer; Jessica Lewis; and a whole host of others.

And SPECIAL THANKS to Trip Huxley for his help with SART's website:

<http://sartplays.org/>

In addition, Trip services dozens of clients with all aspects of their branding, print and web marketing. He has a wide range of experience in all of the following:

1. Branding and logo development, 2. Print design/production, 3. Photography and retouching, 4. Copy writing, and 5. Website design and development.

To see samples of his work, please click:

<http://websitesofasheville.com/>

***** GOOD NEWS *****

Sart's last production of the season, TRADIN' PAINT, runs through this coming Sunday afternoon . . . if you call the box office at 828.689.1239, there are still a limited number of \$18 tickets for all remaining performances . . . ask for them.

For a review of the above, please click:

<http://www.citizen-times.com/article/20100808/ENT05/308080031/1005/ENT>

We loved this show; you will, too!

And here's what two others had to say:

* Linda in North Carolina:

My husband and I laughed through the entire play (TRADIN' PAINT), as did most of the audience. A really fun night.

You don't have to know or care about stock car racing or NASCAR to enjoy this play about people. The characters are the main event here. You'll find yourself caring about some of them. You'll be wishing some might change, sometimes you get your wish. The actors did a great job.

If you saw Tuesday with Morrie, you'll recognize "Cody" as the reporter in that play. He did a great job in both.

* Dianne in North Carolina:

We enjoyed the play as well!

Put your phone number down on a slip of paper. Then cut out that slip of paper. Tape it to the top, side or bottom of your digital camera. That way, if you lose it, you have at least a 50-50 shot at getting it returned.

FYI, part 2

* Jean in Pennsylvania:

25 Great Examples of Guerilla Marketing

<http://blog.larrybodine.com/2010/08/articles/marketing/25-great-examples-of-guerrilla-marketing/>

* Kristi in North Carolina (clarifying something I reported in last week's issue about the amazing 10-year-old opera singer):

The clip of the child singer I sent to you was the same little girl Jackie, but when she was 8!

Also, here's a really funny short video I've known about for years but haven't seen in a long, long time. It's comedian Jerry Lewis doing a pantomime to a tune by the Count Basie Orchestra called, "Blues in Hoss's Flat,." I knew I would find it on good old YouTube.

http://www.youtube.com/watch?v=kS21T_p0pNA

* Carole in New Jersey:

On something you ran last week: Volunteers are not paid—not because they are worthless, but because they are priceless.----Unknown . . . you gotta KNOW that I will be using this as part of my "signature" when sending out my requests for Million Mom March volunteers!!

* Bill in Pennsylvania:

Here's one for you (John Cleese on Creativity). Enjoy!

<http://neuronarrative.wordpress.com/2010/08/18/john-cleese-on-creativity/>

* Natalie in Pennsylvania:

Just found out this amazing group of musicians is coming to your area. Do you know who they are?

<http://www.playingforchange.com/band>

Check them out; you will be blown away.

3. Spotted in Michigan

Spotted outside a church in Michigan: "Honk if you love Jesus. Keep on texting while you drive if you want to meet him."

4. Reviews

A. ONDINE is the story of an Irish fisherman who discovers a woman in his fishing net who he believes to be a mermaid . . . I wanted to like this, but instead found it somewhat dark and dreary . . . the accents and/or the sound also made things difficult to follow . . . I ordinarily like Colin Farrel, the lead, but not in this film . . . rated PG-13.

B. THE JONESES is now out in DVD format . . . my review from BLAINESWORLD #707 follows:

You may not see too much advertising for THE JONESES and, also, it may not be too long in the theaters . . . that's too bad, in that it's a thought-provoking satire about how our buying decisions are influenced by what others are doing . . . David Duchovny and Demi Moore are excellent in the leading roles . . . this film caught me off-guard; I wasn't expecting much from it--but left pleasantly surprised . . . rated R.

C. I'm not ordinarily a big fan of children's literature, but one of my SCORE clients recently wrote a book--and so I was interested in reading it so that I could better help her market it.

THE GRAND TREE by Lyn Marsh is a sweet tale about two children who are about to discover that their life is very different than it appears to be in their normal world . . . they are joined by a whiny friend and with the help of a quirky nanny, all of them travel through a rainbow crystal doorway into a world more magical and wondrous than anything they have ever known.

When they return from their journey, they have changed in ways that leave them speechless . . . I found the ending particularly well done, and it left me wondering what will happen next to all the characters . . . the good news is that THE GRAND TREE is the first of a projected series, and so I'll be able to find out more hopefully in the near future.

I'd imagine that children 8-13 would find this appropriate, though as an adult, I liked it too . . . illustrations were by Laura Harkrider . . . they were beautiful and added to my enjoyment of the book.

D. Heard a live lecture of HEALING YOUR APPETITE, HEALING YOUR LIFE, delivered by author and lecturer Doreen Virtue.

I was especially intrigued by the subtitle: A SPIRITUAL APPROACH TO LIFE AND WEIGHT MANAGEMENT . . . however, after listening to it, I was a bit disappointed in that it seemed to meander through a lot of different topics (many of them having nothing to do with weight) and left me wanting some more specifics.

However, I was able to take away these following ideas:

- * Follow your intuition, and your appetite will take care of itself!
- * Let's talk about healing your appetite, not killing it.
- * Little changes in what you eat will give you more time because you will have more energy.

And this last one that I really liked:

- * You want to hear [people expressing] gratitude at meals. Postpone unsettling discussions. Don't watch the news.

5. TV alert

A. Former teen stars Joey Lawrence (BLOSSOM) and Melissa Joan Hart (SABRINA, THE TEENAGE WITCH) return for a sitcom on Mondays at 8 p.m. on ABC FAMILY . . . "It's about two people raising kids together when they don't necessarily like each other," says Hart of the new series. Cracks Lawrence, "The American Dream!"

B. THE BIC C features acclaimed actress Laura Linney in the role of Cathy Jamison, a reserved, stifled, Minneapolis schoolteacher who receives life changing news and decides, from that moment on, to make drastic, long-overdue adjustments to the way she is living her life . . . also stars Oliver Platt and Gabourey Sidibe (so fantastic in PREVIOUS) . . . Mondays at 10:30 p.m. on SHOWTIME; repeated this week on Tuesday, Thursday and Sunday at the same time.

C. WHAT WOULD YOU DO? seems to be back on the air . . . I'm just sorry that I did not see this earlier, in that I apparently have missed some episodes . . . when it was on last year, it was one of my favorite shows--and the one show I saw this year confirms my belief that seeing real folks confronting ethical situations makes for interesting

TV . . . for example: When a man won't stop making advances toward a stranger, would you do anything? If you saw a nanny being mistreated, would you speak up? What would you do if you saw a deli clerk making racial comments to customers in his store? . . . Tuesdays at 10 and Fridays at 9 on ABC . . . for more information and to take an enlightening quiz on how you would handle things, please click:

<http://abcnews.go.com/WhatWouldYouDo/>

D. Two great Paul Newman movies are on TCM on Saturday night . . . THE STING, a 1973 Best Picture Oscar winner, is at 8 p.m., followed by COOL HAND LUKE at 10:30 p.m.

6. No difference

A newly married man asked his wife, "Would you have married me if my father hadn't left me a fortune?"

"Honey," the woman replied sweetly, "I'd have married you, NO MATTER WHO LEFT YOU A FORTUNE!"

7. Websites

A. THANKS to Angela in New Jersey for sharing this powerful video . . . and its thought; i.e., never ever give up in life.

<http://www.youtube.com/watch?v=EDgVske63cY>

Make sure you have your sound on when you view!

B. THANKS to Stephen in Pennsylvania for sharing this website that enables you to do some neat things with your photos:

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

For example:



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

<http://www.blainesworld.net>

If you ever miss a past issue or are new to this missive, just go to "Newsletter" on the left side of the home page and then "Past Issues" . . . sometimes, it's just fun to browse around for such tidbits as this reminder about spam filters from BLAINESWORLD #519:

Computer tip

Sometimes, junk mail filters (e.g., applied through Microsoft Office updates) block important mail that you might want to receive . . . so check what is not going through, every so often, before you delete anything . . . in the Microsoft program, all you need to do is right click on the message and select the correct option.

AOL also has a spam filter that needs to be checked on a fairly regular basis . . . if you find stuff that is "not spam," just indicate that and the email will be sent back to you again.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Open up all your favorite websites at once when you sign on . . . that way, after you finish looking through the news headlines, your Facebook page will already be loaded, along with any others you regularly view . . . in Firefox, manually open up the sites in different tabs, then designate each of the sites as your homepage in your Preferences . . . in Safari, choose to "add bookmark for these tabs" and then set the new bookmark to open with your homepage.

9. Asking for a raise

A: Excuse me sir, may I talk to you?

B: Bill! Sure, come on in. What can I do for you?

A: Well sir, as you know, I have been an employee of this prestigious firm for over ten years.

B: Yes.

A: I won't beat around the bush. Sir, I would like a raise. I currently have four companies after me and so I decided to talk to you first.

B: A raise? Son, I would love to give you a raise, but this is just not the right time.

A: I understand your position, and I know that the current economic downturn has had a negative impact on sales, but you must also take into consideration my hard work, pro-activeness and loyalty to this company for over a decade.

B: Taking into account these factors, and considering I don't want to start a brain drain, I'm willing to offer you a ten percent raise and an extra five days of vacation time. How does that sound?

A: Great! It's a deal! Thank you, sir!

B: Before you go, just out of curiosity, what companies were after you?

A: Oh, the Electric Company, Gas Company, Water Company and the Mortgage Company!

10. A quote I like

Effective communication is 20% what you know and 80% how you feel about what you know.--Jim Rohn (1930-2009), American entrepreneur, author and motivational speaker

11. Thought for the day

Do Over

Children do this all the time. If something does not turn out the way they want, they yell, Do Over!

Do you remember playing Kick Ball? You get a bad kick and You yell, Do Over! The other team complains a little, but you get another chance. This was a frequent event not only in Kick Ball, but in just about everything children do!

So why then, do adults have such a hard time saying, Do Over! Your business didn't work out the way you wanted? Do Over! Did you buy a car that you realized that you did not like? Do Over! How about accepting a job that turned out to be something that you were not expecting? Do Over!

There is no need to hem and haw as an adult! Think about it. As a child, who made the rules? The ADULTS! Now we are adults, we can make the rules. Why don't we? Why don't we say Do Over more often?

Sure there are reasons we can rationalize anything. You cannot call Do Over at your new job! You have to be a martyr and stick it out earn a paycheck. (Even if you do not like your job???). This is crazy! Did your business fail? Who says you cannot start another one?

I can hear the average person, You were not successful at your own business. You cannot try it again! Why not? Did you stop trying to tie your shoelaces the first time it did not work out? What if your parents stopped you from walking after you fell down the first 100 times! Come on, If something does not work out today, call Do Over! and try it again.

Author unknown

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

12. Advance planning department

A. North Carolina events:

* George in North Carolina (with an invite to a great fundraising event in Asheville this coming Sunday:

Woody Wood, local musician and legend, is our special musical guest for this intimate, private backyard house concert. If you've ever heard him play, you know what an amazingly talented and soulful musician he is, and the opportunity to see him up close is a special treat. While that in itself is a noteworthy gathering, everyone who attends will play a major role in Woody's make-or-break effort to reach his fundraising goal by August 28th. On that day, all of the money he's raised via Kickstarter.com will either be given back to the donors or he'll reach his goal and have enough money to produce his album . . . and continue his music. Otherwise, he'll have to hang it all up because he's got two kids to care for. It's all or nothing. While he's playing almost every day right now to reach the goal and is over 60% there, he is running out of time. This is a great opportunity to have a fun afternoon, listen to Woody up close, have a cold beer, let the kids run around, mingle with friends, and help Woody reach his goal. For more information, please click:

<http://tinyurl.com/2bfqxsks>

* Linda in North Carolina:

SECOND ANNUAL WEST ASHEVILLE GARDEN STROLL

SPONSORED BY: West Asheville Business Association

Will take place on Saturday, September 11, 2010, from 11:00 AM to 4 p.m., RAIN OR SHINE

KICKOFF CEREMONY at West Asheville Branch Library, 942 Haywood Rd. at 10:30 a.m.

The Stroll is FREE

Additional information on the web at:

www.WestAshevilleGardens.com

* Asheville Women's
Roundtable Event
Presented by Asheville SCORE

Who: Any Woman Business Owner/Operator who's interested in having a roundtable discussion on a regular basis with other women to define ideas, discuss opportunities and brainstorm solutions to everyday business issues.

What: This month's topic
"Social Networking - Facebook, Twitter and Linked In"

Where: "Readers Corner"
31 Montford Ave
(Across from the Chamber)
Asheville, NC 28801
Phone: 828.285.8805
Kay Manley - Owner
(graciously offered her bookstore for our next meeting)

When: Thursday, August 26th 8:00-9:30 a.m.
(Please make note of the new time)
Coffee Available

Why: To develop business relationships that offer sound advice and ideas!

Please RSVP to Ashevillroundtables@yahoo.com to reserve your spot. Space is limited to the first 20 to register. Hope to see you there!

* Y'all are invited to a FREE session I'll be presenting:

Positioning: How to Differentiate Yourself from the Competition.
Gain specific techniques to make your business stand out from the crowd in this informative seminar presented by SCORE.

Blaine Greenfield, a SCORE counselor, will be the presenter. Tuesday, September 14 from 2-4 p.m.
AB Tech Enka Campus, Small Business Center Room 2046
No fee to attend.

RSVP to Jill Sparks by 9.9; 828.254.1921, ext. 5849.

The above session is part of Minority Business Week of Western North Carolina. For the entire week's schedule, please click:

<http://wncmedweek.org/events>

* Cynthia in North Carolina (see also Section 1A):

Sept.23, 30, Oct. 7, and Oct. 14th from 11:30-1:00
Center for Creative Retirement
828-251-6140
JourneyDance class

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 fun, joy, creativity, connection, community, and self-acceptance. For dancers and non-dancers, it is an experience not to be missed!

B. Pennsylvania/New Jersey event:

Join Savannah Hinkle for a special Crystal Bowls and Mediation session on August 30 from 7-9:30 p.m. in New Britain, PA . . . to quote from the description of the program:

Tonight, through sacred sound and meditation, we will create positive healing energy for ourselves and our beloved Mother Earth. The guided healing meditation and relaxation exercise will create a full sensory experience, including breathing techniques, color imagery, aromatherapy with essential oils, and sound healing.

For more information, please click:

<https://susandualseminars.com/Events.html>

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

SUBSCRIBE/UNSUBSCRIBE INFORMATION

To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

Blaine Greenfield
19 N. Kaufmann Stone Way
Biltmore Lake, NC 28715
Phone : 828.633.1049

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BLAINESWORLD

BLAINESWORLD
#723
8.9.2010

In this issue:

1. Reflections
2. FYI
3. Wartime romance (an oh-so-touching tale)
4. Reviews . . . THE OTHER GUYS, etc.
5. TV alert
6. Did you know?
7. Websites
8. Computer tip
9. Switching channels
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I attended the opening presentation of TRADIN' PAINT at the Southern Appalachian Regional Theatre in Mars Hill . . . it's a comedy about NASCAR that can be enjoyed by anybody, even though with no knowledge of the sport . . . we went with our friends Bob and Leslie, and we all had a blast . . . for a review of the show, please click:

<http://www.citizen-times.com/article/20100808/ENT05/308080031/1005/ENT>

TRADIN' PAINT runs through August 22 . . . to purchase tickets, please click:

<http://www.sartplays.org/policy.htm>

***** EVEN BETTER *****

Call the box office at 828.689.1239. (See also Section 2 on why this is a good idea.) When you do, make sure you ask about the "special" \$18 tickets that are available just through this weekend and selected performances thereafter.

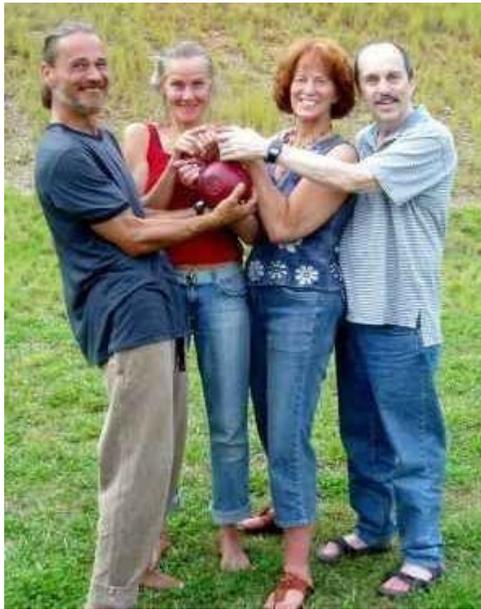
Afterward, there was a reception held by the SART Board . . . KUDOS to Kathie Warner and the other volunteers for making it the success that it was . . . that's us with Z. Joseph Guice, one of the performers in the show . . . he's also an actor we've seen (and enjoyed) in several other local productions.



B. On another night, Cynthia gathered our neighbors together for a demonstration of something known as kettlebells . . . this is an exercise program that uses cast iron weights that look something like a cannonball with a hand . . . for more information about kettlebells, please click:

<http://en.wikipedia.org/wiki/Kettlebell>

We were impressed, particularly by the person who made the presentation: Pavel Stejskal . . . he did an excellent job; in fact, we are even thinking about taking additional instruction from Pavel . . . that's him along with us and Beatrice Niemann (a person who helped him with the presentation).



Should you want to contact Pavel directly, he can be reached via his website:

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

From there, we went to a bonfire outside our community's clubhouse to celebrate our friend Tammy's birthday.



C. SPECIAL THANKS to Glenn Gleghorn, my fine accountant, and his entire staff for helping me with a tax problem I had with my mother's estate . . . the IRS recently wrote regarding a tax return that she had not filed in 2007 . . . that was bad enough; what's worse, it also involved a rather substantial fine.

Glenn helped me locate the necessary information and within a week, he helped me locate the return and hopefully get the IRS off our back . . . for more information about Glenn's firm, please click:

<http://ashevillescpa.com/>

***** MY TWO CENTS *****

If you have an aging parent (or you are an aging parent yourself), please make sure that at least somebody can step in to help with such matters as the above . . . and that all financial matters are in order . . . my folks had done a pretty good job of keeping me in the loop on things; however, when they died, there were unfortunately some other loose ends that my brother and I are still trying to resolve.

D. In case you missed it, I'll be "up North" from August 22-31 . . . for more information, see also Section 12A. It might possibly be a great time to catch up, if you're around and/or interested.

DON'T FORGET, EITHER, IF YOU'RE INTERESTED IN BEING HYPNOTIZED:

The above could be a great time for me to hypnotize you; e.g., if you're interested in having me help you lose your baggage before you get to the airport . . . I've had success working with folks who wanted to quit smoking, lose weight, stop nail biting, gain more confidence in speaking before groups, etc. . . should you be interested in having me work with you, send an email to bginbc@aol.com and put HYPNOTISM in the

subject line.

Naturally, if you live in Western North Carolina and would like for me to work with you, feel free to send me a similar email. And FYI: I've even been successful working with people outside the area--via the phone--so keep that option in mind, too.

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

This week, it goes to Gary Bien--our neighbor.

We were talking the other day about a panel that Gary and his lovely wife Tena have on the side of their garage . . . it enables them to get into the garage without using their remote control devices . . . this is very helpful when taking a walk and not having to worry about your keys.

A few days later, Gary called to notify me that he had purchased the device for us . . . he then came over to actually install it for us . . . and despite my offer to pay him, he wouldn't take a cent.

We're blessed to have neighbors/friends such as the Biens . . . the fantastic thing is that virtually all the other folks in our Biltmore Lake community are similar; i.e., they'll go out of their way to help you.

2. FYI

When you make recommendations for a show, consider checking seat availability online and then call to purchase your tickets (vs. getting them online) . . . when you do this, you'll typically save up to \$4/ticket . . . almost all the time, you'll pay less--if not a lot less--by making the call.

To cite just two examples: This is the case at both SART and the Flat Rock Playhouse . . . many times, you won't even have to pay anything extra when making a phone reservation.

And if you qualify, make sure you ask about the availability of discounts; e.g., for seniors (often for those anybody over 59), previews, shows on "off" nights, etc.

FYI, part 2

* Marco in New Jersey:

As always, thanks for your BLAINESWORLD update. I noticed that you are planning to visit Yao's restaurant on your upcoming visit to the "North." Time pending, I'd love to get your opinion on our new store the Thomas Sweet Cafe. It's located in the same shopping center, further down from Yao's.

In addition to our ice cream, we also serve organic coffee that we roast ourselves. Hope to see you there and get your feedback!

* Garney in Pennsylvania:

First annual Golf Annual
Proceeds to benefit the Delaware Valley Philharmonic Orchestra Concert Series and the Youth in the Arts Program

Monday, September 20

Bensalem Township Country Club

\$600 foursome, \$150 individual, \$125 hole sponsorship,
\$50, dinner only; 50/50 Raffle tickets, \$5 for 1 or \$20 for 5

For more information, call Jim Bogan at 215.968.5556.

* Sue in Pennsylvania:

I watched Gaslight around a month or so. My first time. I was blown away. Also the young maid was Angela Landsbury. I did not recognize her.

* Edie in Pennsylvania:

My favorite Bill Cosby routine. All of the essential food groups in one convenient yummy package.

Dad is Great - Brings me Chocolate Cake

<http://www.youtube.com/watch?v=sRmN4KnfPxQ>

* Ellie in Florida:

This is amazing!

Hong Kong at Dusk (I haven't a clue how this can happen!)

Place your cursor at the top of the photo. You will notice it is 6:10 p.m. Bring the mouse down slowly over the photo without pressing the button on the mouse. **Do not right or left click.**

Night time appears, the lights come on, and at 7:40 p.m., it's dark. I think this is photo technology at its best! Click below:

<http://61226.com/share/hk.swf>

* Ange in Pennsylvania (with a response to another reader's email request for help):

I really don't know much about Ann's Choice, though, I did go to see the facilities with my sister in 2008. She wanted me to see it because it is similar to the place she wants to move to: Seabrook in Tinton Falls. They are an Erickson Retirement Community www.Erickson.com. I've attached some of the information as well as an article that was in the [Bucks County Courier Times](#) that gives you some contact info for choosing the right retirement community. I think Ann's Choice was in Chapter 11. You can call them and set up an appointment to see what they are about. Tel: 215-672-2900. They have a lot of activities. Makes me wish I were retired and living there (but I have another 15 yrs to go). And the menus made my mouth water. The cost of the monthly fee includes one meal a day. The monthly fee covers everything. Your mom wouldn't even have to change a light bulb in her apartment. For a specific dollar amount, friends or relatives, can have dinner with her.

You may want to check this website: www.retirement-living.com. I believe they offer a SourceBook that is free on retirement living: where to live, costs, experts, solutions, home care, and help for families.

On a personal note, I think you are very fortunate to have a mom who is being practical about looking into a continuing care facility. Good luck. I'm sure my sister wouldn't mind telling you about Seabrook @ Tinton Falls and what she knows about continuing care facilities and why she has chosen it as the way to go later on down the road.

3. Wartime romance (an oh-so-touching tale)

My grandmother told me how she ended up marrying grandpa. She was in her 20s and the man she was dating left for war. "We were in love," she recalled, "and wrote to each other every week. It was during that time that I discovered how wonderful your grandfather was."

"Did you marry grandpa when he came home from the war?" I asked.

"Oh, I didn't marry the man who wrote the letters. Your grandfather was the mailman."

4. Reviews

A. I'm a big fan of both Mark Wahlberg and Will Ferrell . . . that said, I encourage you to skip their latest film, THE OTHER GUYS . . . though billed as a comedy involving two mismatched cops, I didn't find it very funny . . . in retrospect, I'm sorry that I did not walk out on it after the first 15 minutes . . . rated PG-13.

B. DATE NIGHT is now out in DVD format . . . my review from BLAINESWORLD #706 follows:

If you want a film to see on a date night, see DATE NIGHT . . . it's the story of a couple, well-played by Tina Fey and Steve Carell, who when out for an evening away from the kids, use somebody else's name to get a reservation at an exclusive restaurant . . . they then get mistaken for some low-lifers and all hell breaks loose . . . there were some very funny scenes and make sure you stay for ALL of the outtakes as the credits roll . . . rated PG-13.

C. Can each of us make a difference? The answer is "yes," according to authors Edie Fraser and Robyn Spizman in DO YOUR GIVING WHILE YOU ARE LIVING (see also Sections 10 and 11).

Money, of course, helps . . . yet one of the book's many quotes pointed out, there's more you can do because:

* Volunteers are not paid—not because they are worthless, but because they are priceless.----Unknown

The authors, to quote the subhead, [present many] INSPIRATIONAL LESSONS ON WHAT YOU CAN DO TO MAKE A DIFFERENCE TOMORROW . . . these were attained from a wide range of companies and non-profit organizations, and they all motivated me to want to do more to help others.

This can even be done by just speaking up:

* Someone somewhere once said that when you contribute to a conversation, that simple act of sharing a view or speaking up permanently changes the conversation. This is a very powerful notion: that what we say—or, in the case of taking action, what we do—can change the world around us. We can inspire, motivate, encourage, and we can make someone's day, just by choosing to give or to act.

It can also be done by just applying your brainpower:

* Think about ways you could give to a nonprofit organization by filing or even answering the telephone. Whether you are a pro on the computer and can volunteer your skills organizing an online database or by designing or improving an organization's website, your skills will be a welcome contribution. People power, putting our talents to work for others, is one of the best ways to give.

I got a special kick out of DO YOUR GIVING because it featured both Big Brothers, Big Sisters of America and SCORE, groups that mean a lot to, respectively, Cynthia (my wife) and me.

D. I listened to THE CONCISE KING, a collection of some of the speeches delivered by Dr. Martin Luther King, Jr. that helped to inspire our nation to change.

Previously, I had heard bits and pieces of some of these . . . and so this CD gave me the opportunity to listen to many more of them--in longer excerpts . . . he certainly did deliver a powerful message.

In addition, I liked how each speech was introduced by such notable figures as Mrs. Coretta Scott King, Ambassador George McGovern and Andrew Young . . . they also gave useful background information about King's life.

An accompanying PDF file, contained photos, made a nice addition to the program. I wish more publishers included such material.

5. TV alert

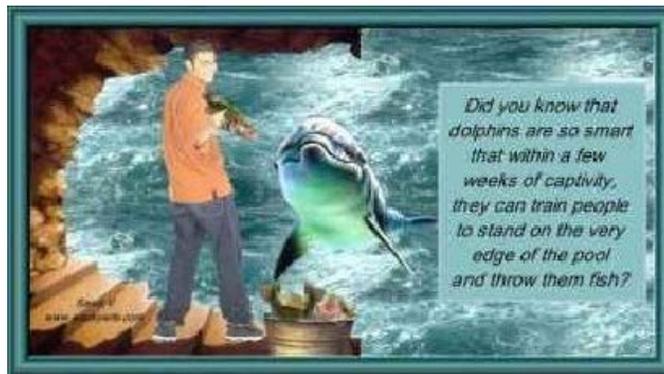
A. Guilty Pleasure Department: **DATING IN THE DARK** returns to ABC on Mondays at 10 p.m. . . . the lights go out for a second season when six more guys and girls get to know one another in a pitch-black room.

B. I haven't seen **COVERT AFFAIRS** yet, but make check out this tale about a late-twentysomething beauty who decides, after a shattered romance, to join the CIA . . . according to **THE WALL STREET JOURNAL**, it "falls into the category of unexpected pleasures" . . . Tuesdays at 10 p.m. on USA.

C. **HARD KNOCKS: TRAINING CAMP WITH THE NY JETS** premieres on Wednesday at 10 p.m. on HBO . . . it will be repeated on Saturday at 11 p.m. and on Sunday at 11 a.m.

D. **COMEDY CENTRAL ROST OF DAVID HASSELHOFF**, featuring confirmed roasters Pam Anderson, Jerry Spring and roastmaster Seth MacFarlane (**FAMILY GUY**) . . . Sunday at 10 p.m.. on Comedy Central.

6. Did you know?



7. Websites

A. **AMERICA'S GOT TALENT** certainly has some amazing performances . . . this one by a 10-year-old opera singer (I kid you NOT) is up there in my opinion . . . I'd be curious as to your reaction.

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

Kristi in North Carolina, after viewing the above, then sent me following clip of another child singing opera . . . she liked it even more.

<http://www.youtube.com/watch?v=VnQ-e1wU0wQ&NR=1>

B. There are plenty of sites featuring wacky yearbook photos, but **Bad Yearbook Photos** is special because some of the images are user-submitted, which allows for hilarious personal anecdotes along with most of the images. For example, there was this one:

14 years old. Sullen. Obsessed with Nirvana. Dared to brush hair over eye during annual school photo. Very angry photographer who insisted there would be no retakes afterwards, regardless of how hard I begged.

Read on to see the wonderful image associated with the above caption, along with a few more of our favorites. <http://badyearbookphotos.com/>

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

<http://www.blaineworld.net>

If you're curious about how many others have viewed the website, check the counter at the bottom left of the homepage . . . pretty impressive, isn't it?

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

I originally mentioned a product called Dropbox in BLAINESWORLD #715 . . . here is more on it from Devender in California (in response to a question I raised about whether it does backup):

Yes, I love it and the free 2GB so far. Once you install it on your home/work machine, it'll automatically sync the files in your folders. It's like having access to your hard drive on the go. Awesome tool.

THINKING OUT LOUD:

I'm going to have to try this out, probably sooner than later . . . it sounds almost too good to be true!

To quote from an email I received from Devender: Dropbox is the easiest way to store, sync, and, share files online. There's no complicated interface to learn. Dropbox works seamlessly with your operating system and automatically makes sure your files are up-to-date. Available for Windows, Mac, and Linux. For more information, please click:

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

9. Switching channels

A man is watching a golf on TV. But he keeps switching channels to a dirty movie, featuring a lusty couple having raucous sex.

"I don't know whether to watch the movie or the golf", he says to his wife.

"For Heaven's sake, watch the movie," his wife says. "You already know how to play golf!"

10. A quote I like

When people wonder what can they do to make a difference, I believe it's the smallest things that bring the greatest joy. A smile is one of the kindest things a person can give another—starting with the simple question, "How are you?" That registers with people and I know it makes me feel good when people ask how I am doing or people smile at me. It doesn't have to be giving away a million dollars, though that might help, but it's the tiny things that matter, too.--Dionne Warwick American singer and philanthropist, as quoted in

DO YOUR GIVING WHILE YOU ARE LIVING (see also Sections 4C and 11) by Edie Fraser and Robyn Spizman

11. Thought for the day

When I turned eighty there was big dinner in a prominent ballroom in Lost Angeles where we raised a lot of money for People For the American Way. At the end of the evening I had the last word of course, and I found myself thanking eight hundred people or so who had attended and heard myself saying that I had something to confess to them. Even while I was speaking and expressing my gratitude, I found myself thinking of the taste of coffee the following morning—and that this evening was over. Then I said that perhaps the two least appreciated words in the English language were "over" and "next." This evening is over, I added, and I am already on to the next. As an afterthought, I commented that the hammock in the middle connecting over and next must be what they mean by "living in the moment." I've realized since that whatever I'm doing at the moment is what I'm deeply committed to, and that is simply the center of my life.

The first time I ever thought about really being in the moment was when I came to know Jean Stapleton while producing All in the Family. I was asked what she was like, and I replied, "She's always where she is." I realized later that answer was really something important to strive for. It is so extraordinary to always be where you are. Wouldn't every child be so fortunate if they were raised by parents who were always there when they were with their children?

SOURCE:

Norman Lear, American television writer/producer and political activist, as quoted in DO YOUR GIVING WHILE YOU ARE LIVING (see also Sections 4C and 10) by Edie Fraser and Robyn Spizman

12. Advance planning department

A. North Carolina events:

* Jonas Gerard gives a live performance painting demonstration on Saturday, August 14, at 2 p.m. at his studio in the River Arts District. There will also be live music from The River Guerguerian Project. For more information, please click: www.jonasgerard.com.

* Sally in North Carolina:

On Saturday at 6:30 p.m., Bob's band Mo Twang will make their debut here on the lawn at Biltmore Lake. He will be playing the tuba in public for the first time! That should be interesting.

Please join us. You know the drill . . . bring the family and lawn chairs or a blanket and whatever picnic supplies and/or beverages you like.

TO THOSE NOT LIVING IN BILTMORE LAKE:

If you'd like to attend, just let us know--and we'll have you come as our guests. If Bob Butcher is involved in a band, you know it's going to be a good one!

* Gary in North Carolina:

Just about everyone loves pizza. Adding craft beer to the picture and some fall deeper in love. The Asheville Pizza Wars on Saturday, August 14 features 10+ AVL area Pizza Makers and 3 Breweries making this a mini beer fest. Tickets are only \$15 and that includes all you can eat and as many samples as you can drink. Music will be by Peace Jones, The Dubber, and Picking for Dimes. Hear from the folks that we are benefiting as well... "Families Pursuing Justice" **of Western North Carolina**. Great times, cause, pizza, beer and people. Come Join Us! Doors open at 7 p.m. You can purchase tickets by going to the Garage at Biltmore website.

<http://thegarageatbiltmore.com/shows.htm>

* Cynthia in North Carolina (see also Section 1A):

Come join me for two upcoming Journey Dance sessions that I'll be conducting. Men and women of all ages are welcome. No prior dance experience is necessary.

The first is on Saturday, August 21 at the YMCA in downtown Asheville on 30 Woofin St. It will run from 3-4:30 p.m.

The second is on Monday, August 30 at the YMCA on 40 North Merrimon Ave. It will run from 7:30-9 p.m.

Both of the above have a nominal cost. For more information, call Lynn Trezise at 768.1338 or send her an email: ltrezise@ymcaunc.org.

B. Pennsylvania/New Jersey events:

* SOUTHERN DISCOMFORTS runs at the Off-Broadstreet Theatre in Hopewell, NJ from August 27-October 2 . . . it is billed as a beautiful exploration of the intimate workings of a relationship between a widow and a widower who meet later in life and find a way into each other's hearts . . . for more information, please click:

<http://www.off-broadstreet.com/id16.html>

I'm planning to see the evening performance on Saturday, August 28 (going for dinner beforehand at one of my favorite Chinese restaurants): Yao's, which was formerly Mrs. Chow's, in Skillman, NJ . . . it would be great to catch up; if interested, just send an email to bginbc@aol.com and put AUGUST 28 in subject line.

* PLUMSTEAD HISTORICAL SOCIETY

Founded 2006

P.O. Box 1725

Plumsteadville, PA 18949

Dear Neighbors, Friends & Members:

Please SAVE THE DATE of our upcoming "1st Annual Country Picnic". This picnic will be a fundraising event (see attached flyer). The event will be Sunday, September 26, 2010 from 2 – p.m. at the Plumsteadville Fire Company (details of food & beverage TBD). We have the opportunity to use the Danboro Community Center for meetings and displays but we need to secure the funds in order to support the use of this building. The primary focus of this fundraiser is to accumulate funds for rent and upkeep of the building in advance of making any business arrangement to insure that we can succeed in such a venture. *A successful fundraiser will insure a future home for the Plumstead Historical Society.*

The Plumstead Historical Society will hold a SPECIAL MEETING this Monday Evening, August 16, 2010 at Plumstead Township Municipal Building to plan the event. The board of directors has met to begin the process of organizing details and outlining committees. We are asking everyone who is interested in supporting the cause to participate in several ways:

1. Attend the special meeting and volunteer to help
2. Attend the event in September and bring family and friends
3. Buy an ad in our official program for the event
4. Contribute a silent auction item for the event

The Special meeting will be held:

(Date) Monday Evening, August 16, 2010

(Time) 7 p.m.

(Place) Plumstead Township Municipal Building, 5186 Stump Road, Plumsteadville, PA 18949

If you should have any questions or comments to share, please contact me at 215.543.5550 or grburd@gmail.com.

* A Town Hall Meeting

Presenting Information and a Discussion on Hydraulic Fracturing for Natural Gas

Focus on Nockamixon Township, Bucks County

Saturday, August 28, 2010 at 1.00 p.m.

The James Michener Free Library

401 West Mill Street, Quakertown, PA 18951-1248

Learn the Impact of Gas Drilling on Gas Drillers & Landowner Lessors, Local Townships and Residents
Water and the Environment

Hear Presentations by Michel Boufadel, Ph.D., P.E., Professor and Chairman of Civil & Environmental Engineering at Temple University, Philadelphia; Nancy Janyszski, Chair of Board of Supervisors, Nockamixon Township; and Tracy Carluccio, Deputy Director, The Delaware Riverkeeper Network

Please offer Constructive Criticism as You Express Your Views

This Public Discussion is Free and Open to All

Contact: Henry D'Silva 267-679-0617 or Email: henrydsilva@comcast.net

C. Other event:

Alison in NJ:

DON'T MISS IT! Interior Designer Donna Hoffman is once again inviting my newsletter readers to an information-packed teleseminar, "What Everyone Should Know BEFORE Doing An Addition . . . Get It Right & Avoid the Overwhelm" on Wednesday, September 15, 2010, 7:30 p.m. ET.

Move or renovate? That difficult and popular question has caused sleepless nights for thousands of people. Renovation can be overwhelming and a huge project if you don't know where to begin, how to evaluate or how to run and plan smoothly. Bad decisions and incomplete or poor planning are the things I commonly see as a designer and the results can be enormously costly and unendingly frustrating. I've even invited one of my favorite, talented and successful master builders to join us to share his field insights as well. Enjoy live Q&A.

Register before August 31st and you will receive 20% off your registration fee. (Enter the code "TWENTY" when you register.) Refer a friend who registers and get this teleseminar for free! For more information, please email alioxman@optonline.net.

Donna Hoffman is a client-loved and industry-respected interior designer who has been featured in **Real**

Simple, Bucks Living, Better TV, Country Living & Tempo magazines, and whose work has been published in a textbook for new designers. To register or for more information, go to:

<http://www.interiorsbydonnahoffman.com/seminars.htm>.

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#722
8.2.2010

In this issue:

1. Reflections
2. FYI
3. Family gathering
4. Reviews . . . THE KIDS ARE ALL RIGHT, etc.
5. TV alert
6. Furtiveness
7. Websites
8. Computer tip
9. Why in the world?
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had fun at two separate SART (Southern Regional Appalachian Regional Theatre) functions . . . first was a cocktail party at the home of Dr. Paul and Cherry Saenger . . . members of the community were invited to attend this function to learn about what is happening with SART, as well as to make financial contributions to help secure this fine organization's season and future . . . that's us with Maria Mason (left), SART's marketing and publicity dynamo.



B. Then on Sunday, we journeyed to Wolf Laurel Country Club in Mars Hill for a dinner and musical performances by many of our SART favorites, including Liz Aiello and Bradshaw Call . . . that's a view from the dining room; beautiful, no? (Referring to Cynthia, of course!)



Should you want to help SART--and any contributions would be much appreciated--please click this link for more information:

<http://www.sartplays.org/wish.htm>

INVITE:

Whatever you do, if you're anywhere near Western North Carolina, plan to see SART's last play of the season: TRADIN' PAINT . . . it's a touching comedy about NASCAR that you'll love even if you know nothing about stock car racing . . . my more formal review will appear next week, so in the meantime, you'll just have to take my word for it that SART has come up with another winner . . . the show runs through August 22 . . . for more information, please click:

<http://www.sartplays.org/policy.htm>

C. Who says you can't go home again? I'm slated to return "Up North," unfortunately without Cynthia, from August 22-31 . . . I'll be attending some meetings at Bucks County Community College, joining my daughter Risa and her husband JP for dinner I then do have some flexibility to meet other friends and relatives; e.g., in case you're available.

One thing I'm looking to do is catch dinner on Saturday, August 28, at one of my favorite Chinese restaurants: Yao's (formerly Mrs. Chow's) on Route 206 in Skillman, NJ--probably around 5:30 p.m. . . . from there, it will be on to the Off-Bradstreet Theatre in Hopewell, NJ for dessert and a show called SOUTHERN DISCOMFORTS . . . the latter is billed as a beautiful exploration of the intimate workings of a relationship between a widow and a widower who meet later in life and find a way into each other's hearts . . . if you care to join me, it would be great to catch up; just send an email to bgjinbc@aol.com and put AUGUST 28 in subject line.

D. CONGRATULATIONS to:

* Edina and Tunc Hepfugler on the recent birth of their baby, Eren.

* Britt Lippard, Leadership Asheville's dynamic program coordinator, for completing her master's degree in geography and planning from Appalachian State University.

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

This week, it goes to Alisha Hawkins--a customer service representative with MMS Direct in Asheville.

I recently had the pleasure of working with her in the development and printing of an informational brochure for our SCORE Chapter. She was always most professional and, in particular, I appreciated the promptness of her return calls and emails. In addition, I was quite pleased with our end product. (If you'd like to see a copy, send an email to bgjinbc@aol.com and put SCORE BROCHURE in subject line.)

Her company is a full service Marketing Service Provider, offering print, mail, data, fulfillment and media services. You won't go wrong using its services. For more information, please click:

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

2. FYI

When I was fourteen years old, I found myself utterly terrified looking down a 100-foot sheer overhanging rock face while learning to rappel as part of a rock-climbing course. The anchor gear unexpectedly shifted, and I instinctively lurched to grab the lip of the overhang and let go of my rappel brake hand (the hand you

keep on the rope to control your descent). By reacting in fear and trying to "save myself," I'd actually increased the danger. Fortunately, my instructor caught me on a backup safety rope, but an important life lesson has stuck with me ever since.

When we find ourselves in trouble, when we find ourselves on the cusp of falling, our survival instinct-and our fear-can evoke lurching, reactive behavior absolutely contrary to survival. The very moment when we need to take calm, deliberate action, we run the risk of doing the exact opposite and bringing about the very outcomes we most fear.

SOURCE:

HOW THE MIGHTY FALL (see also Section 4C) by Jim Collins

FYI, part 2

* George in Pennsylvania (with a REQUEST FOR HELP):

Do you know anything about Ann's Choice in Warminster. My Mom may consider moving there. If so or if any of your readers know anything about it, please let me know via this email: gwgw1234@hotmail.com. Thanks!

MY REQUEST:

If you share anything with George, kindly copy me as well. I've heard of Ann's Choice, but know little about the place.

* Kristi in North Carolina (with a recipe that I can personally attest to the fact that it is the best of this item that I've ever tasted):

CARROT CAKE

2 CUPS FLOUR
1 TEAS SODA
2 TEAS CINNAMON
1 TEAS SALT
2 CUPS FINELY GRATED CARROTS
1 CUP WELL DRAINED CRUSHED PINEAPPLE
1 CUP COCONUT
1 CUP CHOPPED WALNUTS
1 TEAS VANILLA
2 CUPS SUGAR
1 ½ CUP OIL
3 EGGS

Sift flour, soda, cinnamon, and salt together. Set aside. Beat sugar, oil and eggs with electric mixer until well oiled. Gradually add flour mixture and then fold in the carrots, pineapple, coconut, walnuts, and vanilla.

Bake in a greased and floured 13" x 9" pan at 350 for 1 hour or until done. Cool and frost.

CREAM CHEESE FROSTING

1 8 OZ PACKAGE CREAM CHEESE
½ STICK BUTTER OR MARGARINE
3 CUPS CONFECTIONERS SUGAR
1 EGG
2 TABLESPOONS LIQUID (CAN BE PINEAPPLE JUICE)
½ TEAS VANILLA

Beat all ingredients until creamy.

* Alyson in Colorado (with another recipe . . . it sounds sooooo good):

Chocolate-Covered Caramelized Matzoh Crunch

Makes approximately 30 pieces of candy. This recipe is adapted from Marcy Goldman of Betterbaking.com, whose latest book is A Passion For Baking. For Passover or vegans, Marcy advises that it works well with margarine. And for our gluten-free friends, this would be superb made with any gluten-free cracker.

4 to 6 sheets unsalted matzohs
1 cup (230g) unsalted butter, cut into chunks (or salted butter minus sea salt below)
1 cup (215g) firmly-packed light brown sugar
big pinch of sea salt
1/2 teaspoon vanilla extract

1.5 cup (160g) semisweet chocolate chips
1 cup (80g) toasted nuts, chopped (optional)

1. Line a rimmed baking sheet (approximately 11 x 17", 28 x 42cm) completely with foil, making sure the foil goes up and over the edges. Cover the foil with a sheet of parchment paper. Preheat the oven to 375F.
2. Line the bottom of the sheet with matzoh, breaking extra pieces as necessary to fill in any spaces.
3. In a 3-4 quart heavy duty saucepan, melt the butter and brown sugar together, and cook over medium heat, stirring, until the butter is melted and the mixture is beginning to boil. Boil for 3 minutes, stirring constantly. Remove from heat, add the salt and vanilla, and pour over matzoh, spreading with a heatproof spatula.
4. Put the pan in the oven and reduce the heat to 350F (175C) degrees. Bake for 15 minutes. As it bakes, it will bubble up but make sure it's not burning every once in a while. If it is in spots, remove from oven and reduce the heat to 325F (160C), then replace the pan.
5. Remove from oven and immediately cover with chocolate chips. Let stand 5 minutes, then spread with a spatula to create a creamy layer.
6. If you wish, sprinkle with toasted nuts, coarsely-chopped, a sprinkle of flaky sea salt or roasted cocoa nibs. Let cool completely, the break into pieces and store in an airtight container until ready to serve. It should keep well for about one week.

* Rita in North Carolina (on her recent trip to the Bele Chere celebration in Asheville):

For lunch we did food venders. Steve had some kind of chicken on a stick, while Debbie and I opted for a very nutritious funnel cake to share and ice cream cones! For dinner, we took your suggestion for the Sushi Thai place. We split a bunch of appetizers--shrimp dumplings (excellent, though mild in flavor), the beef with scallions (delicious), and one of the cellophane wraps with salmon. Also excellent. Steve and I liked the Rainbow roll chef's special, but Debbie doesn't like seaweed and although the menu doesn't list it, it looked like there was a little seaweed in the inner part.

This noon, we had brunch at Posatano . . . and all liked what we had. Debbie enjoyed her Southern Eggs Benedict, and I really enjoyed my vegetable omelet, though it did look a little anemic in terms of size and fluffiness. The flavor was good though, especially with some pico degailo (sp?). Steve had the quiche and salad, which he also liked a lot. We also had stopped there on Saturday afternoon for some iced mocha, which was just what the doctor ordered after wandering in the heat with just water all afternoon.

* Nelson in North Carolina:

This is the most amazing website I have ever come across!! If you are unfamiliar with it, please check out this intro video. Trust me, it's worth the 13 minutes--and your mouth will be agape while you do.

<http://www.wolframalpha.com/screencast/introducingwolframalpha.html>

Then go to the actual website and play/learn/explore/etc.

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

* Mercedes in Georgia:

This is supposed to be a link to a web site that sells inspirational books (very small but well done) that you can send to a friend or as a thank you gift to clients. There are several to choose from but these are two that I especially like. Let's see if these link work:

http://www.simpletruths.com/flash_files/ibSOWC/ibSOWC.html

http://www.simpletruths.com/flash_files/ibATIE/ibATIE.html

* Natalie in Pennsylvania:

A thing of beauty is a joy forever. I hope this brings you great joy. It did me. Be patient for the fountain to do its thing, and listen to the gorgeous duet.

Turn your lights down. When it starts, click the box at the bottom right to make it full screen. Then sit back and enjoy.

<http://www.wimp.com/dubaifountain/>

* Barbara in Pennsylvania:

This is really awesome! To all that served in the military, "Thank you for your service!"

http://www.youtube.com/watch?v=KTb6qdPu8JE&feature=player_embedded

* Craig in Pennsylvania:

Hope all is well. If you enjoyed Anything Goes and the great standards, give a listen to this Internet radio station:

They play all of the standards by the original as well as contemporary artists. I find myself listening to it all the time.

* Ruth Anne in Pennsylvania:

[Use] "Circle Maps" to set your intentions for an important phone or in person conversations. Create these before blind dates, sales meetings, family meetings, and you'll know if are making the mental and emotional connection you want to have.

<http://bit.ly/CircleMaps>

* Robin in Pennsylvania:

THE movie to see is The Kids are Alright. It truly does not get better than this.

3. Family gathering

At a family gathering, we borrowed a karaoke machine, and my daughter asked her 90-year-old-grandmother what song she'd like to hear. Her choice was "Unforgettable" by Nat King Cole.

Three of us decided to give it a try. Afterward, my daughter wrapped her arms around her grandmother and said sweetly, "We sang that because we love you."

Her grandmother replied, "And I listened because I love you."

4. Reviews

A. THE KIDS ARE ALL RIGHT is a smart, funny comedy that also has its serious moments . . . it also has some of the best dialogue that I've heard in a film for quite some time . . . Annette Benning and Julianne Moore are married, and they share a home with their two teenage children . . . all is well until their son decides he wants to both find and meet his biological father . . . his sister agrees to help, and rather than tell you any more about the plot, I'll just tell you to be prepared for an engrossing 104 minutes and an ending that's perfect . . . acting is topnotch too--not only from the two leading performers, but also from Mark Ruffalo, Mia Wasikowska and Josh Hutcherson . . . rated R.

B. Out on DVD is THE GHOST WRITER, a political thriller about a writer who discovers a long-hidden secret about the subject of his latest book . . . the acting from Ewan McGregor and Pierce Brosnan, among others, was OK . . . but I just wasn't very thrilled by this tale that got more convoluted as the film went by . . . rated PG-13.

You'll do much better off renting THE PRIDE OF THE YANKEES, starring Gary Cooper as New York Yankee great Lou Gehrig . . . he was nominated for an Oscar for his role, as was Terese Wright as his wife (I'm sorry she didn't win) . . . you'll even get to see Babe Ruth . . . I dare you not to shed a tear at the final scene . . . though there weren't ratings when this was made, I'd certainly say it was appropriate for any child over 6.

C. I had previously heard BUILT TO LAST, co-authored by Jim Collins . . . that book talked about what companies had to do to succeed.

But what about when that doesn't happen? What about when companies actually fail?

Being interested in the answer to these questions, I read HOW THE MIGHTY FALL (see also Section 2)--Jim Collins' latest effort . . . it presented an informative, research-based analysis of why such companies as A&P, Circuit City, HP and Rubbermaid, to name just a few, had trouble sustaining their once great heights.

What's scary is the following:

* it turns out that a company can indeed look like the picture of health on the outside yet already be in decline, dangerously on the cusp of a huge fall, just like Bank of America in 1980. And that's what makes the process of decline so terrifying; it can sneak up on you, and then--seemingly all of a sudden--you're in big trouble.

Furthermore, the examples used by the author really got me thinking about what needs to be considered in making certain decisions:

* The Challenger story highlights a key lesson. When facing irreversible decisions that have significant, negative consequences if they go awry--what we might call "launch decisions"--the case for launch should require a preponderance of empirical evidence that it's safe to do so. Had the burden of proof rested on the side of safety (If we cannot prove beyond a reasonable doubt that it's safe to launch, we delay") rather than

the other way around, The Challenger might have been spared it tragedy.

I also liked how Collins pointed out the obvious that is all too often forgotten:

*You can be profitable and bankrupt. The idea had never occurred to most students who'd worked in big companies. In the entrepreneurial phase, leaders struggle just to get enough cash to become self-sustaining, but as an organization becomes big and successful, cash consciousness atrophies. Leaders in successful companies worry more about earnings. But organizations do not die from lack of earning. They die from lack of cash.

As much as I liked the chapters in HOW THE MIGHTY FALL, I perhaps even liked the several Appendices better . . . and, in particular, the "decline and recovery" cases of both IBM and Nordstrom . . . it was encouraging to find out that the downward trend can be halted.

D. I haven't read anything by James Patterson lately, in large part because I didn't like the fact he has taken to cranking out many different books of varying quality--often with the assistance of a co-author.

So I had never bothered to check out any of his book involving Detective Michael Bennett's character; i.e., until I got the chance to hear WORST CASE, written with Michael Ledwidge . . . what a pleasant surprise!

The story involving a serial killer caught my attention from the very beginning . . . I also enjoyed the subplot, involving Bennet's personal life, and the ending left me wanting to find more about the main character--always a good sign.

I also liked the fact that the book kept me guessing until the very end.

Perhaps best of all was the narration . . . unlike most books on CD, this one featured three different performers: Bobby Cannavale, Orlagh Cassidy and John Glover . . . they were all excellent.

5. TV alert

A. SHAQ VS. returns to ABC on Tuesdays at 9 p.m. . . . this season, look for the newest member of the Boston Celtics to box Sugar Shane Moseley, compete in golf against Charles Barkley, try to out-cook Rachel Ray and have an eating competition with Joey Chestnut.

B. CRISS ANGEL: MINDFREAK returns for its sixth season on A&E . . . Wednesdays at 10 p.m. on A&E . . . I'll be curious to see the episode where he has a scorpion vanish and then reappear in a spectator's mouth . . . as Angel notes, "You won't believe the reaction that gets!"

C. GASLIGHT, one of my favorite movies, airs on Saturday at 3:30 a.m. on TCM . . . Charles Boyer, Ingrid Bergman and Joseph Cotten will knock your socks off in tale about an English singer who marries a handsome man hiding a dubious past.

D. Christiane Amanpour, after more than two decades as a globe-trotting correspondent for CNN, begins her next tour of duty as she takes the anchor chair on THIS WEEK on Sunday at 9 a.m. on ABC.

6. Furtiveness

When we lived on the coast, my wife and I used to walk the beach a lot. One summer we noticed a girl who was at the beach pretty much every day. She wasn't unusual, nor was the travel bag she carried, except for one thing: She would approach people who were sitting on the beach, glance around furtively, then speak to them.

Generally the people would respond negatively and she would wander off, but occasionally someone would nod and there would be a quick exchange of money for something she carried in her bag. My wife and I assumed she was selling drugs and debated calling the cops, but we didn't know for sure so we just continued to watch her.

She didn't approach everyone, though, so we looked for a pattern. Finally, my wife figured it out: "Honey, have you ever noticed that she only goes up to people with boom boxes and radios?"

"Ah! I think you have something there!" I said.

"Tomorrow I want you to get a towel and our big radio," she said, "and go lay out on the beach. Then we can find out what she's really doing."

Well, the plan went off without a hitch: The girl did approach me, and my wife was almost hopping up and down with anticipation when she saw the girl talk to me and then leave.

I walked up the beach and met her at the road.

"Well? Is she selling drugs?" she asked, excitement pouring out with her voice.

"No, she's not." I said, enjoying this probably more than I should have.

"Well? What is it, then? What does she do?" my wife nearly shrieked.

"Her name is Sally," I said, "and she sells 'C' cells by the sea shore."

7. Websites

A. If you're like me and you love to read, check out this email I recently received. In addition, make sure you read the PS.

One year ago, ArcaMax announced our newest website, BookDaily.com. BookDaily offers the first chapter of 80,000 books, all available for free on the site and by email.

We have worked hard on the site over the past year. We're pleased to have earned book industry recognition, and that so many of you use the site regularly . . . thank you for your support! We invite you to browse BookDaily. It's fun and easy to sample books before you buy them.

Here are today's top 5 books on BookDaily:

1. [The Girl Who Kicked the Hornet's Nest](#) by Stieg Larsson
2. [The Girl with the Dragon Tattoo](#) by Stieg Larsson
3. [Spoken from the Heart](#) by Laura Bush
4. [The Way We're Working Isn't Working: The Four Forgotten Needs That Energize Great Performance](#) by Tony Schwartz
5. [Operation Mincemeat: How a Dead Man and a Bizarre Plan Fooled the Nazis and Assured an Allied Victory](#) by Ben Macintyre

See any you like? The first chapter of each (and many, many more) is available right now on BookDaily! Please click here to visit the site. Thanks for reading!

PS. We have just released a new ebook for authors, "Online Marketing for Authors". You can get it for free. Download it here. Please feel free to pass it along.

http://www.bookdaily.com/assets/authors/online_marketing_for_authors.pdf

B. I love the premise of this clip; i.e., laughter in an instant . . . if you're in the mood to smile, please click: <http://tinyurl.com/27wgwyg>

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

<http://www.blaineworld.net>

If you ever miss an issue or just want to browse an old one, go "Newsletter" on the left and then "Past Issues" . . . there's also a handy "Search Newsletters" option at the top of the page, which I sometimes use to find a quote or something else that I recall having used--such as this one:

If you treat an individual as he is, he will stay as he is; but if you treat him as if he were as he ought to be and could be, he will become what he ought to be and could be.--Johann Wolfgang von Goethe (1749-1832), German dramatist

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

How to get rid of computer software you don't use

These steps will give you more space on your hard drive and, also, help make your computer run faster:

1. In Windows, start by opening the Control Panel and selecting "Add or Remove Programs." A list will populate of all the programs on the computer.
2. Many off-the-shelf PCs come with pre-installed programs you might not even know were there, sometimes referred to as "bloatware." These may include Internet providers, media players, DVD-burning assistants, photo downloaders, how-to guides, support services, security software, games and more. If

you've never used them, these should be the first to go.

3. Next, think about games or programs you haven't used in a while. For example, your old digital camera probably came with software to download and archive your photos, but if you've since moved on to a new camera, the old software probably isn't needed any more.

4. Finally, consider the small programs that we often collect from the Internet, including browser toolbars, security scanners and small utilities or games. Do you still use them? Do you need them?

5. Most programs come with the ability to "uninstall" themselves. But sometimes these uninstallers fail in the middle of the process, and often they leave little traces of the software on your hard drive or registry. So it's important to do a thorough job of truly sweeping it clean.

SOURCE:

Above information was abstracted from this article, which also contains additional tips:

<http://tinyurl.com/2e6dg9e>

9. Why in the world?

The sheriff in a small town walks out in the street and sees a blond cowboy coming down the walk with nothing on but his cowboy hat, gun and his boots, so he arrests him for indecent exposure. As he is locking him up, he asks "Why in the world are you dressed like this?"

The cowboy says, "Well it's like this sheriff . . . I was in the bar down the road and this pretty little redhead asks me to go out to her motorhome with her. So I did. We go inside and she pulls off her top and asks me to pull off my shirt . . . so I did. Then she pulls off her skirt and asks me to pull off my pants . . . so I did. Then she pulls off her panties and asks me to pull off my shorts . . . so I did.

"Then she gets on the bed and looks at me kind of sexy and says, 'Now go to town cowboy' . . .

"And here I am."

10. A quote I like

It is good to dream, but it is better to dream and work. Faith is mighty, but faith with action is mightier. Desiring is helpful, but desire and work is invincible.--Thomas R. Gaines, author of FRIENDLY THOUGHTS: A BOOK OF INSPIRATION, PURPOSE AND HAPPINESS (1924)

TO LEARN MORE ABOUT THIS BOOK--and to actually read several of the pages, please click:

<http://tinyurl.com/26g54y8>

11. Thought for the day

***** FIRST, AN APOLOGY *****

I tried using Google Docs last week to send this piece out, giving you just the first paragraph and then a link to click for the rest of the column. It seems that the link worked fine, but when many folks clicked it, they were asked for a password to read the whole thing. That's a shame, too, in that you really missed a piece that I thought you'd find thought-provoking. So what follows is the original column, reprinted in its entirety.

Of Junk Food and Junk News

On July 21, 2010

by Tina Dupuy*

Once on a flight I ate a cheeseburger-in-a-bag. It was a wonderfully microwaved beefy dough ball of cheesy-type goo. It tasted amazing! Of course, it's designed to taste amazing. Mission so accomplished. The sandwich had the right amount of fat and salt to appeal to my ancient binge-to-survive-winter DNA. It was laced with artificial scents, laboratory flavors and synthetic colors. It had the proper "mouth feel." The right size. The perfect temperature. My cheeseburger-in-a-bag was like a friend who had been paid to be nice to me: comforting, as long as you don't think about it too much.

In short: The meal was manipulated by years of food science and marketing research to manipulate me. The "taste to actual health benefits ratio" was way off. It was more appealing than life sustaining.

It was the definition of junk.

Which is an apt metaphor for the state of cable news in America. Stick with me here:

Watch your average for-profit 24-hour station for one hour. Your pulse will start racing. Something horrible is going down! Something that will kill you and your family and everyone you care about is close and imminent! You MUST stay tuned! There's something outrageous! That's why people are yelling at each other!

Cable news starts with a story, removes the grain and nuance then mainlines the fury. It's all high-fructose hyperbole all the time.

Originally there was one 24-hour cable news channel, CNN. Then there were three. Now the three have spin-offs and there are by my count nine (CNN, HLN, CNN International, CNN en Espanol, MSNBC, CNBC, Fox News Channel, Fox Business Network and Bloomberg) all vying for attention. That's 216 hours of programming to fill with the news of just one day. It used to be the formula of Fox News to be a parody of Howard Beale in The Network, "I'm mad as hell, and I'm not going to take it anymore!" Now all the channels are guilty of the same shtick – doing whatever they can to fling themselves to the top of the heap to make their respective Faye Dunaways happy.

In short: The shows are manipulated by years of psychology and marketing research to manipulate us. The "entertainment to information ration" is way off. It's more appealing than illuminating . . . which also makes it junk.

The literal translation of what locals in Somalia call the man on the BBC who reads the news is "He Who Scares Old People." For the higher-on-the-dial news shows this moniker is a selling point, if not a requirement.

Because if you're not afraid, you're not watching.

Just as an experiment – instead of cable news watch PBS or listen to NPR. Try it. It's like going from Oreos to oat bran. There's a sudden withdrawal. You keep expecting someone to yell, shake their fists and proclaim "We're doomed!" but it doesn't happen. It seems as if the world might go on – that we have some problems, here they are and here is the context for said problems. No one calls anyone a Nazi...unless they actually served in the SS. It's very novel and foreign when you're accustomed to "loud equals accurate."

A **study** released at the beginning of the year by Shawn Powers at USC and Mohammed el-Nawawy at Queens University found that the more their subjects in the study watched Al-Jazeera English, the less dogmatic they were in their thinking. Participants retained their opinions but were more open to the views of others. It's like all the studies that find a diet of real food consisting of vegetables and fiber makes you feel better in every way. It's interesting...and ignored.

We have too much over-processed junk food available round the clock, and we are fat. We have too much over-sensationalized news available around the clock, and we are miserable. More importantly a giant chunk of us are incredibly ignorant. Just as obese people are often malnourished, there are people who watch the "news" constantly and are horribly uninformed. It's overconsumption of junk.

What's the result of an uninformed, frightened and hysterical populace? As the saying goes, we get the government we deserve: shortsighted, petty and trend-obsessed. Which in fairness...is great for ratings.

* Reprinted with gracious permission of the author, a syndicated columnist. For more information, please visit:

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

12. Advance planning department

A. North Carolina events:

* HOLD THIS DATE (if you're a Biltmore Lake resident)--Sunday, 9/19

Sunday Afternoon Competition on the Courts. Come and join us for some fun and friendly competition for all ages. Your Community Recreation Committee will be hosting a series of competitions including three point contests, free throw competitions, tennis and other fun activities on the courts. More information will be sent out soon, but save the date . . . Sunday, September 19th from 2 to 5 p.m. In the meantime, go on down to the courts and start practicing as we will be giving away prizes to the winners. Volunteers will be needed to help keep scores, register participants, set up before the event as well as clean up afterward. If you have a special idea for a tennis or basketball game that we can include in this event, please let us know. If you are interested in helping volunteer or have any ideas for this event, please contact Blaine Greenfield at bjinbc@aol.com or Lyle Johnson at ljohnson@biltmorefarms.com.

* Marie in New Jersey:

Marshall Crenshaw is fantastic and will be in your area. Catch him if you can!

Thursday, September 23rd at 8:30 p.m. **Marshall Crenshaw at Grey Eagle**Location:Grey Eagle

B. Pennsylvania/New Jersey events:

* Commemoration of the Anniversary of the Hiroshima/Nagasaki bombings

Friday, August 6

7:30 p.m.

BuxMont Unitarian Universalist Fellowship
2040 Street Road, Warrington, PA

<http://www.buxmontuu.org/>

Featured speakers:

Ms. Yasuko Ohta. We will have as our guest this evening a woman who survived the Nagasaki bombing.

Ward Wilson. Senior Fellow at the Monterey Institute and winner of the prestigious McElvany Nonproliferation Challenge Essay Contest with his work The Myth of Nuclear Deterrence.

We are privileged to also have Professor Chris Bursk reading poetry for us. Chris read for us at the Peace is Patriotic Picnic in July and was absolutely phenomenal.

There will be music by CJ Fitts and poetry by the children from the Peace Center. As a special presentation we will be displaying our collection of Origami cranes that were handmade, in cooperation with the Lower Bucks Center for Church and Community, by many children at the Peace Camp at the Peace Center in Langhorne, local church bible schools and by Coalition for Peace Action supporters and members.

This event is free and open to everyone.

www.peacecoalition.org

* Monday, August 30, 7-8:30 p.m.

Singing Crystal Bowls and Meditation, featuring Savannah Hinkle

Singing bowls have an ancient history that dates to at least the 7th century A.D. Most scholars trace their origin to rituals and meditation in Tibetan Buddhism.

Pure Quartz Crystal Singing Bowls powerfully produce pure, solid tones, emitting a higher volume level than many metal bowls. You are gently compelled to relax when you are in the room with these singing beauties.

The known healing benefits of the frequencies of the Crystal Singing Bowls include: deep tissue healing, pain management, stress relief, a natural sense of balance and harmony, as well as calm and peaceful emotions from the meditative state that is induced.

Tonight, through sacred sound and meditation, we will create positive healing energy for ourselves and our beloved Mother Earth. The guided healing meditation and relaxation exercise will create a full sensory experience, including breathing techniques, color imagery, aromatherapy with essential oils, and sound healing.

Be sure to bring along a yoga mat, blanket and/or pillow for your added comfort!

Savannah Hinkle graduated summa cum laude with an MBA. She became interested in the esoteric world after a doctor suggested meditation to ease chronic pain. Sound healing became her passion when she discovered the science and secrets behind the Singing Crystal Bowls. She has studied various forms of meditation and sound healing techniques including: Master Practice Mind Body Healing; The Jose Silva Mind Methods; The Science of Being; Buddhist Meditation with enlightened Master Anam Thubten Rinpoche; and the Secrets of Sound Healing.

\$25 registration. Location: Circle of Miracles, 10 Beulah Road, New Britain PA

For more information and/or to register:

<https://susanduvalseminars.com/Events.html>

* Mark your calendar for September 24, 6 to 9 p.m. for 'Show Some HeART' at Bucks County Community College's Lower Bucks Campus.

For the first time, the Artists of Yardley and the Artists of Bristol will be joining together to raise funds for scholarships for deserving students, allowing them to reach their full potential.

These local, talented artists will be exhibiting their work for the benefit of the students with a portion of the

sales being donated to the BCCC Foundation's scholarship fund.

Plan on attending this FREE event, and supporting our local youth. And don't forget to bring a friend.

1304 Veterans Highway
Bristol, PA
215.968.8224

<http://www.bucks.edu/about/foundation/events.php>

C. Other event:

Scott in Pennsylvania:

Kids Eat Free at IHOP in August

During the month of August, kids 12 & under eat free at IHOP from 4-10 p.m. They have to order from the "Just for Kids" menu. The kids eat free promo is available at participating locations only, and there's no beverage included unless it's specified on the menu.

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#721
7.26.2010

In this issue:

1. Reflections
2. FYI
3. First aid help
4. Reviews . . . CYRUS, etc.
5. TV alert
6. Visiting day
7. Websites
8. Computer tip
9. Man's best friend, Part 2 of 2
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I attended a going away party for David Berry at our association's clubhouse.



It was a nice event, but one filled with a bit of sadness in that David stepped down from his position as Biltmore Lake's recreation director after serving in that capacity for the past five years . . . he'll be missed!

B. During the week, I kept busy--seeing two shows.

* The first was AS YOU LIKE IT at the Southern Appalachian Regional Theatre in Mars Hill . . . that's yours truly with Bradshaw Call, one of my favorite local actors . . . as always, he was great.



I thought the play was well-acted and a lot of fun, particularly the second act . . . KUDOS to Bill Gregg, the director, for pulling it all together.

For a review of the show, please click:

<http://www.citizen-times.com/article/20100722/ENT/100722017/1005/ENT>

For an interview about the show, please click:

<http://www.shakespearelive.org/shakespearelive!/Welcome.html>

Or read what some of our North Carolina neighbors had to say:

Declan: It is a great theatre, and the acting was superb.

Rebecca: We enjoyed the play very much and also enjoyed a little walk around the college campus. I have let my neighbors know about the production.

Stan: Last night the show was great. We really enjoyed it.

Gladys: We really appreciated the tickets to As You Like It and have told my friends to see it.

***** SPECIAL OFFER *****

There are a limited number of special \$18 tickets for any of the remaining performances of the play (Thursday at 2:30, Friday and Saturday at 7:30 p.m., and Sunday at 2:30 p.m. . . . just call SART's box office now, 828.689.1239, and mention this \$18 special!

* I also enjoyed Cole Porter's ANYTHING GOES at the Brevard Little Theatre . . . how could I not with such songs as "You're the Top," "It's De-Lovely," "I Get a Kick Out of You," "Let's Misbehave" and "Blow, Gabriel, Blow"? . . . the entire cast was lively and energetic, but Sarah Moser was clearly the star . . . her voice and presence stopped just about every number she was in . . . and Gordon Pendarvis provided comic relief in all his scenes.

***** GOOD NEWS *****

This show, too, runs through August 1 . . . so you can still catch it . . . for more information, please click:

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

* And I also had the opportunity to attend an excellent presentation on email marketing, delivered by Constant Contact's Anissa Starnes . . . I learned much, including when is NOT a good time to send out newsletters (Monday mornings) . . . she further gave some excellent tips that I will use in my work for both SCORE and SART, as well as in publishing this newsletter . . . one I've even tried below; see Section 11.

Anissa is available to speak to a group of 40 or more small business owners or non-profits . . . you can email her at astarnes@constantcontact.com to check dates that may be available.

C. I recently had my annual physical and am pleased to report that my "numbers" are continuing to get better . . . after having seen my total cholesterol go up

to 271 two years ago, it is now down to 205 . . . my LDL or bad cholesterol has dropped from 191 to 123 during that same time period . . . my HDL at 66 and triglycerides at 79 remain in the normal range.

Dr. Weizman, my physician, picked up that my Vitamin D level was low last year . . . as a result of taking a daily supplement for the past year, that too is in the normal range.

To learn more about this latter subject, please click:

Personal Health: What Do You Lack? Probably Vitamin D

By JANE E. BRODY

If recent findings hold up in future research, the consequences of vitamin D deficiency are likely to go far beyond excessive bone loss.

D. While I was running around, I was glad that Cynthia got to spend some time in New Jersey . . . here's a picture of her with her friends Gail and Edina at the latter's baby shower.



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

This week, it goes to Ron, the owner (along with Patty) of the Sandcastle Inn in Bradley Beach. That's the place where Cynthia stayed on her recent trip to the Jersey shore. . . here's what she had to say about him:

Ron was the man who rented a room to us at his bed and breakfast. We arrived, and from the very moment we met him, he was extremely friendly and hospitable. We felt very safe, and knew we could ask anything and get a warm response. He made himself available for questions about restaurants, shopping and places to go. He also was available for questions and clarity on directions, etc. He served a very nice breakfast and suited our breakfast to our very specific dietary requests. The room was clean and sweetly decorated, perfect for two friends staying at the beach. There were other rooms and suites that were just as lovely. I highly recommend this bed and breakfast for anyone wanting a place to stay at the beach. (It's only 1 and 1/2 blocks away from the water.)

For more information, please click:

<http://www.sandcastleinnbb.com>

2. FYI

My mother used to tell the story of a speaker she once heard on the subject of "Improving Memory" . . . she said he did an OK job; however, he lost all credibility when he returned to the meeting (after having left) because he forgot his umbrella.

I mention that because I was at a meeting the other day and the person who called it put down her umbrella . . . as she did so, she said, "I hope I don't forget my umbrella."

I told her what I do to prevent that from happening; i.e., I leave my keys on top of and/or nearby anything I don't want to forget . . . it works because I can't leave until I first locate my keys.

FYI, part 2

* Mandy in Pennsylvania:

I've got some happy news. Remember Trevor Lewis, the racecar driver? We're getting married! In October! We're really excited. Hope this is not too much information for you, but . . .

This is my first at the age of 43. Being an ultra idealist, I've waited, and waited, and . . . waited. At times it's been very difficult for reasons that may or may not be obvious. Anyway, I'm so very grateful now that I waited. It would be long and winded to list all of the reasons why, but If anyone should ask your advice on this, especially women, please do not hesitate to share this with them. I would be happy to explain it. I feel like I won the lottery! Maybe there is an article or a book here.

Anyway, since you've been an inspiration to me, I thought you would enjoy hearing this news.

MY TWO CENTS:

CONGRATULATIONS; I'm very happy to hear the news . . . and here's some advice that Cynthia was once told by her chiropractor before she met me . . . she was concerned about ever moving into another relationship, in that she didn't want to give up anything she had in her life . . . she was told that when you meet the right person, nothing is taken away from you--rather, that person will add to your life . . . I hope that's been true for Cynthia, and I also hope it will be the same for Mandy!

* Donna in New Jersey:

My very good friend just lost her daughter, 15 years old (due to lymphoma). Can I purchase the book--Standing at the Edge: A Year of Days--After Sudden Death online? Is it available at Borders in NJ?

THE ANSWER [from Meg Tipper, the book's author]:

Sarah Gewanter sent me your question about how to get my book for your friend. How kind of you to want to buy the book to support her in her grieving the death of her daughter. It makes me feel good too! You can buy the book through the website and your purchase will have the maximum benefit for the Maggie Feiss Fund to which net profits are donated. See:

www.standingattheedge.org

Please tell me how to inscribe the book in the "Leave a message for the seller" box.

* Brian in North Carolina:

I thought you would really enjoy the little YouTube video below. Philip Zimbardo was one of my professors at Stanford 35 years ago! And he's still going strong! This little video is a fascinating look at time.

Professor Philip Zimbardo reveals how our individual perspective on time affects our work, health and well-being.

<http://www.youtube.com/watch?v=A30liH7BLmg>

* Steven in new Jersey [about a video he directed]:

Confessions is now at a theater near you , , , just go to:

www.vimeo.com/13654770

At the end of the tool bar under the picture, click on the four little arrows to get a full screen. Hope you enjoy.

* Jean in Pennsylvania:

Pennsylvania Guys by Sloppy Secondz

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

* Ingrid in Pennsylvania [on behalf of one of her clients]:

Piano Console: Fisher of New York. Beautiful maple finish, excellent condition. Must Sell. Asking \$525. Reasonable offers will be considered. Buyer responsible for transport. Located in Feasterville. Please let me know if anyone is interested: iggyfield@yahoo.com.

* Cooper Family in New Jersey:

If you missed Cooper Pest Solutions and BedBug Central appearance on the NBC Nightly News or the Today Show this morning, you have a second chance to watch! The link below will let you view Jeffrey White, our research entomologist with Cooper Pest Solution's BedBug Central Division as he interviews across the nation on the Nightly News with Brian Williams.

<http://tinyurl.com/29ab927>

* Figen in Pennsylvania [with her latest blog posting at Godlike Productions]:

<http://www.godlikeproductions.com/forum1/message1146157/pg1>

3. First aid help

A father walks into a market followed by his 10-year-old son. The kid is flipping a quarter into the air and catching it between his teeth.

As they walk through the market someone bumps into the boy at just the wrong moment: The coin goes straight into his mouth and lodges in his throat. He immediately starts choking and going blue in the face. Naturally, the Dad starts panicking, shouting and screaming for help.

A middle-aged, fairly unnoticeable man in a gray suit is sitting at a coffee bar in the market reading his newspaper and sipping a cup of coffee. At the sound of the commotion, he looks up, puts his coffee cup down on the saucer, neatly folds his newspaper and places it on the counter. He gets up from his seat and makes his unhurried way across the market. Reaching the boy, the man carefully takes hold of the kid's testicles and squeezes gently but firmly. After a few seconds the boy convulses violently and coughs up the 25-cent piece, which the man catches out of the air with his free hand. Releasing the boy, the man hands the coin to the father and walks back to his seat in the coffee bar without saying a word.

As soon as he is sure that his son has suffered no lasting ill-effects, the father rushes over to the man and starts effusively thanking him.

"I've never seen anybody do anything like that before!" the father says. "It was fantastic! Are you a doctor?"

"Oh, good heavens, no," the man replies, taking another sip of his coffee. "I work for the Internal Revenue Service."

4. Reviews

A. Not much happens in CYRUS, but that's not to say you won't like this comedy about a divorced guy who meets the woman of his dreams--only to find out that she lives with her adult son . . . John C. Reilly, as always, is excellent . . . I'm glad that he finally gets to be the main star of a film . . . Jonah Hill, Marisa Tomei and Catherine Keener are equally outstanding . . . I won't give the ending away, but will tell you that it couldn't have been better . . . rated R.

B. Now available on DVD is ME AND ORSON WELLES, a low-budget film about a young aspiring actor who gets to appear in Welles' staging of Shakespeare's JULIUS CAESAR . . . there's an amazing performance from an actor by the name of Christian McKay as Welles . . . I also liked the work of Ben Chapin as George Coulouris, James Tupper as Joseph Cotton and Claire Danes . . . even Zac Efron proves he can act . . . rated PG-13.

C. MANDELA'S WAY by Richard Stengel, though not an autobiography (the author had written one with Nelson Mandela back in 1993), gives you a lot of information about the man who has been called the "grandfather of South Africa."

In fact, it feels like you are learning from this leader as you read every page, which is appropriate given the book's subtitle: FIFTEEN LESSONS ON LIFE, LOVE AND COURAGE.

I liked how Stengel related these lessons to every stage of Mandela's life, ranging from when he was a youth to his long stint in prison and running through his present life as an elder statesman . . . in addition, I appreciated how these lessons related to things that any leader could relate to--regardless of environment . . . for example, there was this tidbit:

* Throughout his life, Mandela took risks to lead. If he were a soldier, he would be the one jumping out of the foxhole and leading the charge across the field of battle. His view is that leaders must not only lead, they must seem to be leading--that is part of the job description. It is almost as though he is afraid that anyone would ever say or think that he was unwilling to take those risks. Even in personal relationships, he believed that you should take the lead. If there is something bothering you, if you feel you have been treated unfairly, you must say so. That is leading too.

With respect to what it takes to become a leader:

* He always put in the hours because he wanted to truly understand things and examine issues from all sides. He was never facile enough that he could feign knowledge that he did not actually possess. As a result, he often aligned himself with those he thought were brighter and quicker than he. He wanted to learn from those he thought had true expertise, and he was never shy about asking them to explain things for him. And by asking for their help or counsel, he would not only learn from them but also empower them and make them allies. Mandela understood that there is nothing that ingratiates you with someone else as much as asking for his help--that when you defer to others, you increase their allegiance to you.

Finally, there was this passage that caught my attention:

* He was very keen to appear as a man of the people. At events or dinners, he would always walk through the kitchen to shake hands with the staff. At any airport, he would look for the ground crew to shake their hands.

What a great thing for all of us to do!

D. Heard EAT THE COOKIE . . . BUY THE SHOES, written by Joyce Meyer and read by her daughter Sandra McCollom.

The title caught my attention and so did the story behind it . . . Meyer's husband chided her for eating a chocolate chip cookie when both of them were on a fitness regime . . . a colleague overhead them talking and told her, "Joyce, you deserve that cookie. In fact, I think you should buy a pair of shoes, too."

This got Meyer thinking about the fact that we don't always have to have a regimented lifestyle, and that God reminds us to enjoy our lives . . . and to celebrate.

The author then presents many useful ways to do just that, such as:

* Make every birthday special. Also, don't just celebrate it on the one day. Celebrate it for a week.

* When you have a problem, state it out loud . . . then use the word "nevertheless" and say something positive . . . for example, "I have a lot of work to do. Nevertheless, when I complete it, I'll be able to take my vacation."

* Say I hope, rather than if. . . . I hope the weather is nice, but if it's not, I can still have a good time.

* If I write everything down, I tend not to overeat.

* Reward yourself for progress and stop punishing yourself for everything.

Though Meyer is one of the world's leading practical Bible teachers, this book is not overly religious--thus it can be enjoyed by readers of any faith.

A. BREAKTHROUGH WITH TONY ROBBINS has the popular life coach helping folks each Tuesday night at 8 p.m. on NBC . . . I've enjoyed books and CDs from the guy in the past and so give him a lot of credit for landing this gig, which is essentially a one-hour infomercial to help him sell even more products . . . I'll be watching.

IF YOU MISSED THE PREMIERE EPISODE:

Here's the synopsis: A wedding day tragedy turns a young couple's life upside down. After their breakthrough, they emerge stronger than ever. I found it inspirational; you can watch it now by clicking:

<http://tinyurl.com/24duxbm>

B. LIE BETWEEN FRIENDS is a TV movie that has Gabrielle Anwar slipping into a role that's less sexy than her BURN NOTICE character . . . here she tangles with bad guys while working with a local sheriff . . . Friday at 9 p.m. on HALLMARK CHANNEL.

C. In case you missed the news, the X Games begin on Thursday . . . you can catch the 16th installment of the extreme biking and boarding competition on ESPN, beginning at 2 p.m.

Frankly, I'll be more interested in an ESPN documentary on 30 FOR 30 at 7 p.m. . . . it profiles BMX bad boy Mat Hoffman, who helped develop the concept of "Big Air" tricks . . . other show times are as follows:

<http://www.tvguide.com/tvshows/30-30/298891>

D. TOP 10 COMMERCIALS are the ones you probably have missed, thanks to your DVD's fast forward option . . . Sunday at 8 p.m. on TV GUIDE NETWORK.

6. Visiting day

A grandmother was giving directions to her grown grandson who was coming to visit with his wife:

"You come to the front door of the apartment complex. I am in apartment 14T. There is a big panel at the door. With your elbow push button 14T. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow hit 14. When you get out I am on the left. With your elbow, hit my doorbell."

"Grandma, that sounds easy, but why am I hitting all these buttons with my elbow?" the grandson asked.

"You're coming empty handed?"

7. Websites

A. How to stay positive

<http://www.youtube.com/watch?v=qR3rK0kZFkg>

The above is one you'll want to share with your friends, kids and grandkids, etc. . . . THANKS to Scott in Pennsylvania for telling me about it!

B. This is why you're fat is the name of a popular website and, also, a book of the same title . . . you'll see why so many folks look at it just by clicking this link:

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

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

<http://www.blaineworld.net>

To see a website I like to visit every so often, click "Blaine's Best" to the left, then "Website" and letter I . . . you'll enjoy reading such news as the following:

- * Styrofoam packing peanuts are being replaced with mushrooms.
- * Retirees--some as old as 90--accused of playing loud music and having parties lasting into early hours of morning
- * 56-year-old woman becomes the slowest person to ever swim the English Channel.
- * One in five Californians say they need mental health care.

***** HELP REQUESTED DEPARTMENT *****

I'm in the process of revising this entire page of websites, especially since some are no longer current . . . do let me know if you have any "favorites" that you think I should add to this list.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Google has a very useful translate option that is at the top of your Google search page under "more" . . . or you can get to it here by clicking:

<http://translate.google.com/?hl=en&tab=wT#>

It works very quickly . . . best of all, you can use it to translate an entire document that you may have stored anywhere on your computer.

I was impressed; however, to check it out, I'm going to try this phrase: Thank you for reading this newsletter.

What follows are the translations in several languages . . . let me know if they are accurate:

- * French: Merci d'avoir lu ce bulletin.
- * German: Danke für das Lesen dieses Newsletters.
- * Italian: Grazie per aver letto questa newsletter.
- * Polish: Dziękuję za przeczytanie tego biuletynu.
- * Turkish: Bu bülten okuma için teşekkür ederiz.

There's even an option to listen to the translation!

9. Man's best friend, Part 2 of 2

(Concluded from last week.)

How dogs are better than women

1. Dogs understand that instincts are better than asking for directions.
2. Dogs don't hate their bodies.
3. Dogs don't criticize.
4. Dogs never expect gifts.
5. Dogs don't want to know about every other dog you've ever had.
6. Dogs don't let a magazine article guide their lives.
7. Dogs love it when your friends come over.
8. The later you are coming home, the more excited they are to see you.
9. Dogs don't notice if you call them by another dog's name.

10. A dog's parents never visit.

10. A quote I like

Enjoy the little things, for one day you may look back and realize they were the big things.--Robert Brault (American free-lance writer); for more information, please click:

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

11. Thought for the day

Of junk food and junk news
by Tina Dupy

Once on a flight I ate a cheeseburger-in-a-bag. It was a wonderfully microwaved beefy dough ball of cheesy-type goo. It tasted amazing! Of course, it's designed to taste amazing. Mission so accomplished. The sandwich had the right amount of fat and salt to appeal to my ancient binge-to-survive-winter DNA. It was laced with artificial scents, laboratory flavors and synthetic colors. It had the proper "mouth feel." The right size. The perfect temperature. My cheeseburger-in-a-bag was like a friend who had been paid to be nice to me: comforting, as long as you don't think about it too much.

TO READ THE REST OF THIS THOUGHT-PROVOKING COLUMN:

And I strongly recommend that you do, please click:

<http://tinyurl.com/29qfajy>

***** MR. CURIOUS HERE *****

I'm thinking of trying more of this type thing in future newsletters; i.e., to not run all of a particular piece or section that may run very long. It would make each newsletter shorter and, also, give you the option to read more if interested. What do you think of this idea? In addition, I'm wondering: Did you bother to click on the above link so you could get this entire thought for the day? (It's a winner!)

12. Advance planning department

A. North Carolina events:

* Mary Lou in North Carolina:

Nelson and I saw the production at Flat Rock yesterday afternoon . . . fantastic . . . don't miss it...buy one get one ticket on Wednesdays and Thursdays with the WNC Insiders Savings Card. It was the first time we had seen that musical; we had never even seen the movie. Cast was superb and so followed the characters in the original movie with Zero Mostel and a very young Gene Wilder back in 1968. We were surprised at the gay scenes, realizing that it probably wasn't as "open" or "out of the closet" in 1968. I must get the movie just to check it all out and compare. It was certainly a "feel good" performance in spite of the references to Hitler, gays, aging women, which could have been offensive to many, especially back in the 1960s. I wonder what the reviews were like back then.

JUST CHECKED:

This show runs through August 15 . . . for more information, please click:

<http://www.flatrockplayhouse.org/>

* Linda in North Carolina:

Sales Tax Holiday Set For August 6-8 Friday through Sunday

North Carolinians can save money by purchasing items like clothing, school supplies and computers during the state's sales tax holiday that begins on Friday, August 6 and runs through Sunday, August 8. Clothing, footwear and school supplies of \$100 or less per item; school instructional materials of \$300 or less per item; sports and recreational equipment of \$50 or less per item; computers of \$3,500 or less per item; and computer supplies of \$250 or less per item will be exempt from sales tax.

SPECIAL INVITE:

Linda puts out a great FREE listing of Asheville area events . . . to get on her mailing list, just send an email to ashevilledeals@yahoo.com and request to be included.

B. Pennsylvania/New Jersey event:

Natalie in Pennsylvania:

Thanks for turning me onto this terrific little theater and the genius of Joe Doyle. Just enjoyed a great performance of "Into the Woods," which was even better than the one I saw on Broadway years ago. The acting moved me to tears and the voices thrilled me and made my entire being sing. I can't wait to see 1776 in August.

FOR MORE INFORMATION:

1776 runs from August 20-22 . . . if Actors' Net is involved, you won't go wrong.

<http://www.actorsnetbucks.org/>

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#720
7.19.2010

In this issue:

1. Reflections
2. FYI
3. What's fair is fair (WARNING: brunette joke alert)
4. Reviews . . . JOAN RIVERS: A PIECE OF WORK, etc.
5. TV alert
6. Doing community service
7. Websites
8. Computer tip
9. Man's best friend, Part 1 of 2
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had a delightful Thursday night in downtown Asheville with our friend Tammy . . . we had dinner at Modesto, an Italian restaurant that features a menu that changes daily . . . everything is fresh and prepared from scratch . . . I ordered an old standby: meatballs and spaghetti; the dish was great . . . Cynthia said her vegetable lasagna was equally as good . . . perhaps the best part of the evening was the fact that Modesto's genial host, Eric Gonzalez, comes around to sing Neapolitan songs.



For more information, please click:

<http://modestonc.com/>

B. Cynthia left the next day to visit New Jersey for her friend Edinah's baby shower and to spend a few days at the shore. . . I stayed behind; after all, somebody had to take care of the cats.

I also helped promote SART's upcoming play, AS YOU LIKE IT, by walking around Asheville in costumes from the show.



For more information about the show (THAT PROMISES TO BE ONE YOU WON'T WANT TO MISS), please click:

<http://sartplays.org/>

C. During the week, I also made a presentation to the Mayor's Committee for Citizens with Disabilities.



I was joined by Hayley Roper Wells, my Leadership Asheville classmate . . . we spoke on our team's project for the year--an analysis of the availability of handicapped parking in downtown Asheville . . . to the right of Hayley is Bart Floyd, another Leadership Asheville graduate and the dynamic Advocacy Coordinator for the Western Alliance for Independent Living.

D. In addition, I kept busy by:

* Attending a session on "What's New for Small Business in 2010," hosted by U.S. Rep. Heath Shuler (who also happens to be my Congressman) . . . Lowell Pearlman and Ron Ashe were on the panel, and they both did a fine job of representing Asheville SCORE.

* Visiting Biltmore Baptist Church in my continuous desire to learn more . . . I attended the Sunday service and came away impressed with the magnificent facility, as well as with how friendly everybody was . . . the regular pastor was away; in his place was Dr. Sal Sberna, lead pastor at The Metropolitan Baptist Church in Houston . . . his sermon got everybody's attention because he delivered it while carrying suitcases and a backpack . . . he spoke about the baggage we carry in our lives and how this baggage

"prevents you from enjoying all that God has given you." The key:
"You can't run the race if you're carrying the baggage!"

* Seeing comedian Jake Johnnassen, the headline performer at the fourth annual Laugh Your Asheville Off Comedy Festival . . . he talked about the economy here, and how it seems that it's "based on everybody bringing each other to lunch" . . . he also noticed there was a place that makes sandals and sells an entry-level pair for \$300--"like for when Jesus turns pro."

He's a real funny guy who has performed on the Letterman show 35 times . . . to check him out, please click:

<http://www.youtube.com/watch?v=FztVU6swtkM>

I'll also remember the night for something that was sold in the lobby: an oatmeal cranberry white chocolate cookie that was perhaps the best cookie I have ever had . . . I found out that if you're in the area, you can get these cookies delivered to you . . . they can also be shipped anywhere in the country . . . for more information (and about all the other cookies, too), please click:

<http://sugarmommascookies.com/>

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

This week, it goes to Liz Miller--an intern with Leadership Asheville.

I got to know Liz this past year as a result of being involved with this program . . . she was always around, taking pictures and brightening every day with her smile.

But what has really impressed me with her has been her involvement with a group called Helpmate, a domestic violence agency serving both Asheville and Buncombe County . . . she came up with an idea to write notes of encouragement to the women at Helpmate, and the idea just grew and grew.

It culminated with a fundraiser this past week at Laury's that raised over \$4,700 for the organization . . . I was able to attend, along with Cynthia, and we had a blast . . . that's us with Liz on the right.



For more information, please click:

<http://www.citizen-times.com/apps/pbcs.dll/article?AID=2010307070061>

I was pleased that the CITIZEN-TIMES then gave her a well-deserved "A" grade in its "Report Card" grade feature:

<http://www.citizen-times.com/article/20100709/OPINION01/307090029/The-Report-Card-for-July-9>

Unfortunately, Asheville's loss is Denver's gain . . . Liz will soon be moving from the area to further her education.

And CONGRATULATIONS to her for having just been named the recipient of an Outright Grant of \$1,500 from the Stephan Bufton Memorial Educational Fund offered by the American Business Women's Association . . . great choice for a great person!

2. FYI

Affirmations can make a big difference in your life . . . try saying them out loud, and you'll see for yourself . . . here's one that Keith Harrell, author of ATTITUDE IS EVERYTHING (see also Sections 4C, 10 and 11), cites as one of his favorites:

Attitudes
by Pastor Chuck Swindoll

Words can never adequately convey the incredible impact of our attitude toward life. The longer I live the more convinced I become that life is 10 percent what happens to us and 90 percent how we respond to it.

I believe the single most significant decision I can make on a day to day basis is my choice of attitude. It is more important than my past, my education, my bankroll, my successes or failures, fame or pain, what other people think of me or say about me, my circumstances, or my position. Attitude keeps me going or cripples my progress. It alone fuels my fire or assaults my hope. When my attitudes are right, there's no barrier too high, no valley too deep, no dream too extreme, no challenge too great for me.

FYI, part 2

* **Rabbi Mel Glazer** in Colorado (with a REQUEST FOR FEEDBACK):

What do you think of my next book: "I'm Going to Hell. And You?"
It will have chapters on science and religion, homosexuality, abortion, Jesus and other topics. I want to show devotees of all religions that there is a non-fundamentalist way to get Gd's blessings.

What do you think? Would you read it? Would Oprah read it?
Know of an out-of-the-box agent who might like it?

Call me at 719.444.0430 or e-mail me at pikespeakrabbi@aol.com.
Thanks to all!

* Jim in Pennsylvania (with a FREE BOOK for you):

Being herself a voracious happiness seeker, my colleague and friend, Chantal Beaupre, realized that being happy from the inside out can be accomplished by learning from the masters--those who have blazed the trail for others to follow.

After intense research, she has personally and carefully hand-picked 25 leading experts--including yours truly!--to give you insights, secrets, and proven tips designed to help you FEEL happier, BE happier . . . and STAY happier!

As Chantal often says, "We can all experience happiness from the inside out--no matter what's going on in our lives. It's just that sometimes we need help getting off the ground."

In this eBook called "It's The Thought That Counts!," these 25 leading experts disclose the foundational blueprint you need to experience more unconditional happiness in your life. They do that by sharing--in their unique voice and style--various tips, tools, techniques, and inspiring stories.

Here's the link to follow to claim your FREE eBook:

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

* Sarah in North Carolina:

This is from a dear old friend of mine. I met Meg when we were both doing our Junior Year abroad program at the Univ. of Bath in England in 1972-3. It is so amazing and wonderful to know dear ones for so long. Meg has had a special ability to have come through the sudden death of her daughter (from epilepsy at age 22). Part of how she did so was by writing what has now become a book. She is offering part of the profit to a fund that helps others in the Baltimore area.

If you have any interest or know someone else who would be, please buy her book and/or pass it on.

THE BOOK:

Sunday, July 11, was Maggie Feiss's birthday. She would have been 24. In honor of Maggie and her birthday, I am happy and proud to announce the arrival and availability of my book: *Standing at the Edge: A Year of Days After Sudden Death*.

It may seem crazy to bring out a book about grief for a birthday, but while the book begins with my daughter Maggie's death and chronicles the 365 days that follow, it is also a celebration of her boundless spirit, both in life and afterward. It is an affirmation of the tenacity of hope and goodness. I hope you will read, remember grieving your own losses, but then feel inspired, once again, to live richly and fully.

* Richardo in New Jersey (for Ange in Pennsylvania)

You can sign in on line and prepay with a credit card and you can call from any country to any country with a pin number.

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

* Julien in Maryland:

Congrats!!! Five years is hard to believe. So happy that the two of you each found someone special.

* Vickie in Pennsylvania:

Great News!! Buddy [the dog up for adoption in last week's issue] gets to stay with his current family!! The offer on the house in Florida fell through. My sister was able to find another house in a community that will allow Buddy to live with them! Thank you so much, Blaine, for posting this post haste.

* Barbara in Pennsylvania:

Three great movies to be watched at home:

A TOWN LIKE ALICE, MURDER IN THE FIRST and AS FAR AS MY FEET WILL TAKE ME.

On the last one . . . in German, so you must read it unless you understand German . . . a fantastic movie . . . go the bathroom it starts because you won't want to pause it.

* Mary Lou in North Carolina:

Thanks for the review of *Make Way for Tomorrow* . . . while the premise is sad, I'd still like to see it. Nelson and I saw *Winter's Bone* on Wednesday, speaking of sad movies! I would not have given it quite as great a review as the Citizen-Times gave it, but it was definitely worth seeing. I don't know where they found the actors--in the Ozark hills I would guess.

* Natalie in Pennsylvania:

We saw "The Sorcerer's Apprentice" this weekend and enjoyed it. Yesterday, I watched an oldie but goodie, "The Enchanted Cottage" with Dorothy McGuire and Robert Young. Loved it. Highly recommend it if you want an enchanting love story and great acting. Let me know if you've seen either of these.

3. What's fair is fair (WARNING: brunette joke alert)

A brunette was visiting Washington, D.C., for the first time. She wanted to see the Capitol building. Luckily for her, she spotted a cop.

"Excuse me, officer," she said. "How do I get to the Capitol building?"

"Wait here at this bus stop for the number 54 bus," the officer replied. "It'll take you right there." She thanked the officer and he drove off.

Three hours later the police officer's patrol returned him to the same area and, sure enough, the brunette is still waiting at the same bus stop. The officer got out of his car and walked over to her.

"Excuse me," the cop said, "but to get to the Capitol building, I said to wait here for the number 54 bus. That was three hours ago. Why are you still waiting?"

"Don't worry, officer," the brunette replied. "It can't be much longer now. The 51st bus just went by!"

4. Reviews

A. JOAN RIVERS: A PIECE OF WORK is an engaging documentary that gives you a behind-the-scenes look at the comedian as she runs from appearances on CELEBRITY APPRENTICE to gigs throughout the country . . . along the way, you learn about her friendship with Johnny Carson that fell apart when she started her own late-night show . . . and you even get bits and pieces of some of her routines that might be considered vulgar by some--but they are funny at least in my opinion . . . to cite just one:

* Do guys like a woman who is smart or has looks? All I know is that a guy never looked up a woman's dress for a library card.

Rated R for language and sexual humor.

B. THE GIRL WITH THE DRAGON TATTOO is now out in DVD format . . . my review from BLAINESWORLD #716 follows:

Catch THE GIRL WITH THE DRAGON TATTOO, a captivating Swedish thriller about a disgraced journalist who is hired to find out what happened to girl who disappeared 40 years ago . . . the acting is superb, and though it's violent in spots, you'll find yourself caught up in the tale for all of its 154 minutes . . . an American version comes out sometime in 2011; what a waste . . . I can't see a single thing that can be done to make this film better . . . rated R.

C. My cousin had told me that ATTITUDE IS EVERYTHING (see also Sections 2, 10 and 11) by Keith Harrell was one of his favorite books . . . but I was never able to locate a copy; i.e., until just recently . . . and I'm glad that I did.

The author, one of the country's top motivational speakers, shares his personal experiences as he presents--quoting the subtitle--10 LIFE-CHANGING STEPS TO TURNING ATTITUDE INTO ACTION.

What I liked about the book is that it felt like Harrell was talking directly to me . . . also, his advice is very practical and can be applied right away:

* I developed a habit of waking up and clapping my hands a few times to welcome the new day and get myself psyched up for the challenges it presents. Sometimes I feel a little weird, but I do it anyway because, if nothing else, it makes me laugh at myself, and laughter is always a good way to start the day.

I also enjoyed his many examples of people with great attitudes, including this one:

* You can have a positive and lasting impact on another person's life with small gestures of thoughtfulness or a few encouraging words. I was alone in an airport terminal somewhere in the wee hours of the morning waiting for a connecting flight when I heard someone whistling a cheerful tune that lightened my mood. I looked up to see that the happy whistler was a cleaning lady emptying trash cans. She looked to be near retirement age, if not older. I smiled and asked her how she was feeling.

"Brand new!" she said enthusiastically. "Every day I wake up is a brand new day for me, and for you too."

I was struck by her level of enthusiasm so early in the morning, and also by her obvious sense of pride in the job she was doing. I have no doubts she was feeling brand new because of her positive approach to life. She brightened my day simply with a positive feeling.

Lastly, I appreciated this tidbit on what to do when you wake up in the morning:

* Many people program themselves every morning or every evening by reading a newspaper, which contain both positive and negative articles. Make a habit of finishing your paper by finding a positive story to program your attitude and your inner dialogue. I'd suggest that you not read the newspaper first thing in the morning. Save that for later. Instead, feed your attitude some positive thoughts at that hour. It's better for your attitude and your self-motivation to take a moment to be thankful for being blessed with another day before you read about the latest tragedies that often occupy the front pages of our local and national papers.

In fact, I like that last idea so much that I'll revisit the website I just wrote up in Section 7B of this week's newsletter (see below) . . . if you do, too, you'll feel a lot better about your upcoming day!

D. Heard the CD version of LIMITATIONS, a legal thriller by Scott Turow that I had somehow missed when it first came out.

I had read and enjoyed many of his other books, including PRESUMED INNOCENT and PERSONAL INJURIES . . . in this one, he effectively reintroduces some of his earlier characters and weaves them into a case that involves a complex rape case that has troubling implications for the presiding judge . . . that same judge is also having to deal with his wife's illness, along with threatening emails.

There's a lot of plot in this story that initially began as a serial story in the Sunday NEW YORK TIMES MAGAZINE . . . it's shorter than some of the author's other books, and that's my one criticism; i.e., it might have been even more enjoyable had it been a full-length novel (with additional details included).

I very much enjoyed the narration by Stephen Lang, long one of my favorite character actors.

5. TV alert

A. THE PILLARS OF EARTH, a lavish costume drama based on Ken Follett's page-turner, premieres on Friday at 10 p.m. on STARZ and runs eight hours over five more Friday nights . . . TV GUIDE calls it "a case for restoring the mega miniseries to its former glory."

B. Jennifer Love Hewitt is not speaking to ghosts in THE CLIENT LIST; rather, she plays a woman who secretly turns to prostitution to support her family . . . soon thereafter, she finds herself in trouble with the law . . . Saturday at 9 p.m. on LMN.

C. KID IN A CANDY STORE features Adam Gertier screaming for ice cream after taking a lick of a frozen treats so spicy you have to sign a waiver to eat it . . . now that's something I want to see . . . Sunday at 4:30 p.m. on FOOD NETWORK.

D. MAD MEN has its season premiere on Sunday at 10 p.m. on AMC . . . if you're a fan of this show like I am, look at this week's TV GUIDE . . . there's a special 8-page photo album on the show . . . in addition, the show's website has all sorts of good stuff--quizzes, interactive videos, etc.

<http://www.amctv.com/originals/madmen/>

6. Doing community service

One day a florist went to a barber for a haircut. After the cut he asked about his bill and the barber replied, "I cannot accept money from you. I'm doing community service this week." The florist was pleased and left the shop.

When the barber came to open his shop the next morning, there was a "thank you" card and a dozen roses waiting for him at his door.

Later, a cop came in for a haircut, and when he tried to pay his bill, the barber again replied, "I cannot accept money from you. I'm doing community service this week." The cop was happy and left the shop.

The next morning when the barber arrived at the shop, there was a "thank you" card and a dozen donuts waiting for him at his door.

Later that day, a college professor came in for a haircut, and when he tried to pay his bill, the barber again replied, "I cannot accept money from you. I'm doing community service this week." The professor was very happy and left the shop.

The next morning when the barber opened his shop, there was a "thank you" card and a dozen different books, such as "How to Improve Your Business" and "Becoming More Successful."

Then, a Congressman came in for a haircut, and when he tried to pay his bill, the barber again replied, "I cannot accept money from you. I'm doing community service this week." The Congressman was very happy and left the shop.

The next morning when the barber came to the shop to open up, there were a dozen Congressmen lined up waiting for a free haircut.

7. Websites

A. If you've ever be in need of a code to get free shipping from an online company, make sure you check out:

<http://www.deallocker.com>

Deal Locker also has additional features like the Secret Amazon Discount Tool that lets you search items being offered on Amazon by the discount being offered.

Another savings feature is the ability to find products on sites like eBay via misspelled words.

B. On the joy of dancing . . . please watch this until the very end, even if you're not a fan of dancing . . . if you view this, you will become one.

Dancing queen

http://www.youtube.com/watch?v=PRduro_9Zhs&feature=channel_page

An intimate tribute to the joy of dancing, this short film by Sumit Roy was shot entirely on a Nokia cell phone--and selected from over 2000 submissions for showcasing on Pangea Day, a day-long global event aimed at bringing the world together through film. Prepare to be delighted. (THANKS to Kimberly in North Carolina for sharing this one.)

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

<http://www.blaineworld.net>

In case you've always been wondering what this website is all about, please find out for yourself by viewing the box at the very top of the homepage.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

When you book a trip to Europe, you no longer have to stay at a hotel . . . you can stay at somebody's home to get a better "feel" for what it's like living in the country--and most probably save money, too . . . THE NEW YORK TIMES recently had an interesting article on the subject; here are some of the websites that were mentioned:

AIRBNB.COM

AirBnB.com, founded in 2007 in **San Francisco**, is the largest of this new generation of social B&Bs and has the most user reviews.

Where: About 5,378 cities in 146 countries.

Accommodations: Air mattresses to entire villas.

Price: In New York, from \$10 for a room to \$3,000 for a loft.

ISTOPOVER.COM

IStopOver, founded in 2009 in **Toronto**, specializes in big events, like this summer's World Cup in **South Africa**.

Where: Mostly **North America**, **Europe** and South Africa.

Accommodations: Apartments and houses.

Price: \$10 to \$8,000 a night.

CRASHPADDER.COM

Founded in 2008 in **London**, **Crashpadder.com** operates mostly in **Britain**, with a surge expected during the 2010 Olympics in London.

Where: 898 cities, including more than 1,000 listings in London.

Accommodations: Bedrooms to houses.

Price: From £15 (about \$21 at \$1.43 to the pound) a night, plus £3 booking fee.

ROOMORAMA.COM

Founded in 2008, **Roomorama.com** focuses on higher-end properties, especially in **New York City**.

Where: 36 cities, including more than 1,000 listings in New York.

Accommodations: Bedrooms to houses.

Price: From \$30 to \$5,000, plus an 8 to 12 percent booking fee.

FOR THE ACTUAL ARTICLE:

TRAVEL | July 18, 2010

Europe Without Hotels

By BENJI LANYADO

A new breed of Web site lets anyone with an apartment or spare room turn it into an impromptu B&B, and a bargain for travelers.

http://www.nytimes.com/2010/07/18/travel/18couch.html?_r=1&emc=eta1

9. Man's best friend, Part 1 of 2

How dogs are better than men

1. Dogs don't have problems expressing affection in public.
2. Dogs miss you when you are gone.
3. You can train a dog.
4. Dogs are very direct about wanting to go out.
5. Dogs understand what "NO!" means.
6. Dogs mean it when they kiss you.
7. When dogs play "fetch," they don't laugh at how you throw.
8. Dogs are color blind.
9. Dogs understand if some of their friends aren't allowed to come inside.
10. Dogs are less likely to hump your leg.

(To be concluded next week.)

10. A quote I like

Those with positive attitudes throw off the bed covers each morning, jump out of bed, throw open a window, take a deep breath, and say, "Good morning, God." Those with negative attitudes drag themselves out of bed,

stare out the window, and say, "Good God, morning."--Keith Harrell
in ATTITUDE IS EVERYTHING (see also Sections 2, 4C and 11)

11. Thought for the day

When I REALLY like a book, I'll mention it four separate times in a newsletter . . . so I guess you can see how I feel about ATTITUDE IS EVERYTHING (see also Sections 2, 4C and 10), the source of this story:

Change your attitude with a change in perspective

A friend told me that it used to drive him crazy when he would drive home after a hard day through rush hour traffic and find the driveway to his garage impassable, blocked by his children's bicycles and toys. Nearly every day he'd have to get out and clear a path. He would lecture his kids about putting their toys away and keeping them out of the driveway, but it did no good. He even threatened to run over their toys. The kids would keep his path clear for a day or two but then fall back into their old habits. And he would get upset when he couldn't get his car into the garage after a long day of work and commuting.

Then one evening, my friend came home and once again found the driveway cluttered with Hot Wheels, sidewalk chalk, Star War figures, Barbie dolls, bicycles, and tricycles. He left his car at the end of the driveway, got out, and angrily began clearing a path, getting madder and madder with each toy he picked up.

At first, he didn't see his retired neighbor walk over and begin cleaning up toys alongside him. The neighbor's youngest daughter had married a few weeks earlier and moved to another state. They hadn't talked since the wedding. When my friend realized that his neighbor had joined him in the cleanup, he looked at him and muttered, "I'm sick of cleaning up behind these kids."

"Hope you don't mind if I help," the neighbor responded. "I really miss doing this now that Jamie's grown up and gone. You should enjoy it while it lasts. Your kids will be gone before you know it too. It goes so fast."

Without being aware of it--or maybe he was aware of it--the neighbor had delivered a powerful lesson. After that, my friend, never again got angry when there were toys in the driveway. In fact, he said that from that point on, whenever he came home he felt gratitude when he saw bicycles and Barbie dolls spread out all over his driveway. "The kids are still kids. I've got more time with them," he now thinks.

The driveway still looks like Toys "R" Us after an earthquake. His children are not putting their toys away. Nothing has changed but his perspective. Yet his attitude has changed dramatically. My friend simply learned to reframe the situation. He substituted gratitude for anger and changed his attitude for good.

12. Advance planning department

A. North Carolina events:

* Linda in North Carolina:

Park Rhythms at Lake Tomahawk in Black Mt.
Thursdays, 7-9. Bring a chair.

7/29: Kellin Watson- Singer/Songwriter

8/5: Swayback Sisters- Singer/Songwriter

* This marks the 32nd Annual Bele Chere Festival. To quote from the website:

It is a free street festival on the streets of downtown Asheville, North Carolina. The festival is produced by the City of Asheville in conjunction with the Bele Chere Board of Directors. Aside from the great FREE

entertainment found on any of the stages, we have a fantastic Food Lion Children's Area with performances, ticketed rides, and free crafts. Additionally, we will feature a Lexington Avenue Performance Area located at Walnut Street and Lexington Avenue. This is a place where you can learn some new dance moves and see the Community Drum Circle. We have two food courts, located at Pack Square and at Pritchard Park as well as a variety of beer and beverage stations found throughout the festival. For more information, please click:

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

B. Pennsylvania/New Jersey events:

* Janice in Pennsylvania:

GARDNER'S ANTIQUES
Sizzling Hot Summer Sale!

40% discount
on selected items
July 18th through July 31st.

Since 1934 we carry the finest, personally selected estate quality furniture and accessories arriving monthly from France. Sold to retail, trade and designers at wholesale prices.

Contact us: info@gardnersantiques.com
www.gardnersantiques.com
215.794.8616

* Cathy in Pennsylvania:

At the Lower Bucks CFPA meeting on August 1, we will be showing the movie Dr. Strangelove. I will bring the popcorn so please make your plans to join us and enjoy the showing of this classic film. The meeting is held at Pennswood Village in Langhorne at 6:00 p.m.

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINES WORLD

BLAINESWORLD

#719

7.12.2010

In this issue:

1. Reflections
2. FYI
3. Some sermon
4. Reviews . . . MOTHER AND CHILD, etc.
5. TV alert
6. Dealing with negative people
7. Websites
8. Computer tip
9. My kind of golf book
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I celebrated our fifth wedding anniversary this past Saturday . . . actually, make that we celebrated it the entire weekend.

On Friday night, we went with several friends to the Southern Appalachian Regional Theater's excellent production of TUESDAYS WITH MORRIE . . . this is the true story about how a dying professor teaches a former student about life through a series of weekly meetings.

KUDOS to Chris Allison and Earl Leninger, the stars, for making those in attendance both laugh and cry . . . Jim Thomas' direction was outstanding, too.

But just don't believe me; here's what some others had to say about it:

* Linda in North Carolina:

We attended Tuesdays With Morrie at the Southern Appalachian Repertory Theater in Mars Hill last night. The play was amazing. The two actors were very professional. . . . After the play, they had a whole spread of tables full of food and desserts made by the board and the cast. They announced that they do this the first night of each performance. It was delicious and something to think about when plays come up in the future. You can't beat dinner and a show.

* Christina in North Carolina:

My friend Ayla and I went to the play yesterday evening. It was wonderful and the actors were very talented. We also enjoyed the reception afterward. It was a lovely evening.

* Don in North Carolina:

I really enjoyed the show last night. The theatre was/is great for such an intimate show. The actors made me feel like I was right there with them. I got to briefly chat with both of them after the show--nice guys.

* Mark in North Carolina:

The play was outstanding!

* For the review from the CITIZEN-TIMES, please click:

<http://www.citizen-times.com/apps/pbcs.dll/article?AID=2010307110039>

GOOD NEWS:

TUESDAYS WITH MORRIE runs through this coming weekend.

EVEN BETTER NEWS:

You can get tickets for just \$18 on either Friday night or Saturday night by calling the box office at 828.689.1239 . . . mention that you heard about this \$18 rate via an email you received from SART . . . the regular \$28 price is in effect for the final show on Sunday.

B. The next day we had fun at an ice cream taste-testing event at one of our favorite places: The Hop . . . that's us with co-owner Tom Garrison (see also the BLAINESWORLD BEST AWARD winner after Section 1D).



For information about the winning flavor, please click:

<http://hopicecreamcafe.blogspot.com/2010/07/ice-cream-competition-recap.html>

At night, we journeyed to Hendersonville to Champa for dinner . . . this was the first time we've been to that Sushi and Thai eatery; it won't be the last . . . my coconut chicken fried rice was as good as I've had, and Cynthia enjoyed her sweet heart roll (with avocado, tuna and crab) . . . for more information, please click:

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

We then saw THE NERD at the Hendersonville Little Theatre . . . this is a goofy farce that had me laughing in many spots . . . Kyle Keith WAS the nerd . . . he's definitely somebody you would not want to visit your home, nor would you want him to teach you a very funny game called "Shoes and Socks."

The show continues its limited run through this coming weekend . . . for more information, please click:

<http://www.hendersonvillelittletheatre.org/>

C. Sunday, all the neighbors on our street got together for a potluck dinner on the patio of our community's clubhouse. Cynthia is on the right in the back row. I'm standing next to her.



THANKS to Kristi, Julia and Marilynne for arranging the evening, and to Kristi for baking what everybody said was the best carrot cake they've ever tasted.

D. CONGRATULATIONS to David Berry, recreation director for our Biltmore Lake community . . . he just has accepted a new position with Buncombe County's police department, working in the dispatch area . . . his last day with us will be July 28 . . . our loss, but the county's gain . . . he will be missed!

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

This week, it goes to Ashley and Greg Garrsison--owners of THE HOP (see also Section 1B) in Asheville.

They not only serve great ice cream, they're also very friendly . . . but what I admire most of them is how involved they are in the community . . . just ask them, and they'll support just about any group or organization.

Cynthia has personally seen this, for example, with support of both Big Brothers Big Sisters and Pet Harmony . . . in addition, they run free entertainment for kids throughout the summer . . . next up on the agenda is the Curtain Call Acting Troupe on Tuesday, July 20, at 6:30 p.m.

For more information, please click:

http://www.thehopicecreamcafe.com/The_Hop/the_hop_home.html

When you do, make sure you sign-up for The Hop's very informative newsletter.

2. FYI

My kind of contest; everybody's winner!

Can you come up with a better pickup line than any of the following:

"Do you have a Band Aid? I just scraped my knee falling for you."

"I seem to have lost my phone number. Can I have yours?"

"Is there an airport nearby or is that just my heart taking off?"

"Hey baby, do you have any raisins? No? Well then can I have a date?"

If you can do better (or cheesier?) than that, singer Blake Shelton wants to hear it.

He is running a contest for such lines. It is designed for the woman or man

who just can't say "hello" in a hallway or a nightclub; they have to use some catchy little pick-up line as an attention-getter. In the online contest, fans call in to a special hotline to record their best pick-up lines: 615.942.0746. (To enter, you must first register your cellphone number.) Each week, Blake will pick his favorite submissions, announcing them on his Tuesday Take Six webisodes. Winners will receive a Reprise Records prize pack containing autographed Blake Shelton swag. And everybody's a winner, as callers who record a message will receive a link to download Blake's new single, 'All About Tonight,' for free.

This unique contest, which has been held in more than 200 country dance venues across the country, exploded in popularity after Blake began posting about it on Twitter and Facebook. Now that the contest has expanded, online fans can participate through the singer's official [website](#). Listen to this week's winning online submission [here](#).

FYI, part 2

* Vickie in Pennsylvania (seeking dog lovers in Western NC or anywhere else):

Buddy, a Golden Mix NEEDS A HOME!!!! His current owners--who live in Swannanoa--cannot take him to Florida and are moving in 10 days. A direct quote from his owner, "He is my best friend in the world. I rescued him 2 years ago at the Black Mountain Rec. Park." He is house-broken, intelligent, has a very happy temperament, loves to play, sits, stays and even says "I love you" in the morning for breakfast. If you can find it in your heart to adopt this sweet animal, please contact Patty Lee Book at pattyleebook@bellsouth.net.

* Bridget in Pennsylvania (with a REQUEST FOR HELP):

Over the last few years with the help of you, my friends and family I have managed to raise over \$7,000. So once again I am asking for your support in raising much needed funds for breast cancer research and community programs.

For more information, please click:

<http://tinyurl.com/243hcqs>

* Delores in Pennsylvania (also with a REQUEST FOR HELP):

It is hard to believe that another year has passed since I was involved with the Leukemia and Lymphoma Society. I completed my goal on September 6, 2009, and I will embark on another journey for the Leukemia and Lymphoma Society on October 25th 2010.

For more information, please click:

<http://pages.teamintraining.org/nj/dublin10/dchalmers>

* Donna in New Jersey:

I was unable to open the shingles article, but thought I should mention that there seems to be a shingles outbreak. Not sure why we're not hearing more about it. I know at least 6 people that had it or currently have it and 2 of them have permanent nerve damage from it. It's scary.

NOTE:

If you could not open the article, please let me know, and I'll send you the whole thing. As Donna points out, this is scary . . . especially since it can be avoided . . . all you need to do (when you reach the age of 60) is get a vaccination.

* Ed in Pennsylvania:

Good information [on shingles]. In fact, a friend of mine who did have the shot developed a very mild case of shingles that lasted for about a week. The doctor told her that had she not had the shot she would have been in very bad shape.

* Barbara in Pennsylvania:

Bobby and I have a "great" internist for our family doctor. He did not "push"

for us to get the vaccine. I did have shingles about 8-10 years ago!!

* Bettina in New York [on a question about last week about using cellphones when overseas]:

Unlocked mobile phones often come very cheap. I got one from Samsung for less than \$60 to take to foreign countries with me. You can buy a pre-paid SIM card and use an unlocked phone to make all your calls.

For me, I am on AT&T and requested a special international travel plan, so that when I'm overseas I use my cell phone (albeit sparingly).

As per the dreaded PREPAID card, I never bother with them. They are frustrating and have way too many numbers. As far as the question about dial codes, when you're in the USA you don't put the 1 in front, but when you go to Canada you do, same in Europe. If I'm in Greece I don't need to put the prefix but if I want to call Sweden, I put the appropriate prefix and then dial.

Also, one of the great things about going overseas for me is that I don't make calls, I actually switch off and go on holiday for real.

* Ken in New York [on same question]:

Nice to be considered an expert on something. Most mobile companies have international service now but individual accounts can be locked out. A call to the service provider should be made. I'm with AT&T and unless you subscribe to their International plan (I do at about \$5.99 per month), calls can be very expensive. So before (and after) a trip for most people, the plan can be initiated and turned off, billed on a pro rata basis. Before the iphone, I actually did buy prepaid cards in Australia, France, Jamaica, etc. at substantial savings (in the country called from!!!). Hope the info helps.

* Edie in Pennsylvania:

I love getting your newsletters and being a source of news too. I especially enjoy the story of the woman who is living to the fullest. I have heard the quote: Life is unpredictable, eat dessert first.

* THANKS to Edie (above) for sharing this link for a great interview she conducted with Annabella Wood--singing truck driver who sings on love, loss, joy and matters of the heart.

www.annabellawood.com/trucktripnews.cfm

* Cheryl in New Jersey:

I just wanted to thank everyone who was involved in Kicks for Clots in any way- -players, sponsors, donators, supporters, fans & spectators--for helping to make last Saturday a huge success! All players had a great time, and Spads brought home the trophy for the 1st annual Kicks for Clots Tournament! Additionally, the National Blood Clot Alliance raised over \$10,000!!!

For my story, please click:

www.firstgiving.com/cherylfishman

* Great article on Bob in Pennsylvania and his passion for running:

<http://lvrunningscene.com/2010/07/07/runner-spotlight-bob-bodkin/>

* Matt in North Carolina:

R U sure that tick thing is a scam?!? These scammers must be working as a team--a woman came to my door, we both got naked and danced like hell. . . . I know I felt better afterward.

* Rich in Pennsylvania:

In this crappy economic time, check out this page . . . savings and money also goes to Charity!!

www.mymoneymouse.com

MyMoneyMouse.com was created to give you the best possible deals

when shopping online. It is a shopping portal that gives you access to hundreds of popular online stores, provides the best coupons to apply towards your purchases and gives you Cash Back on every dollar you spend! I think the question should be, Why NOT use MyMoneyMouse.com!?!

* Ingrid in Pennsylvania (commenting on a picture of Cynthia at Pet Harmony):

Any organization working to help animals is a good one. I also volunteer with a local animal organization here and our pets are also rescues. Good luck in finding those cuties a home. They all deserve a second chance. Chris is grateful that they are in NC, otherwise he might have found two new companions living in the house.

* Marie in New Jersey:

Here's the song I referenced with "a little bit of Blaine!" Enjoy!

Lou Bega - Mambo No. 5 (A Little Bit Of . . .)

<http://www.youtube.com/watch?v=uz4eHPD40w4>

* George in Pennsylvania:

My new column finally hit the web. I write on Media and Culture.

<http://www.upperbucksfreepress.com/ubfpjuly2010.pdf>

* Nancy in North Carolina:

This interview is with Patrick McDonnell, the author of the comic "Mutts". I have the book that he collaborated on with Eckart Tolle, and highly recommend it. Enjoy this and pat your dog or cat.

<http://tinyurl.com/24wug95>

* Natalie in Pennsylvania:

Saw Invictus (may have told you) and last night we watched "The Young Victoria." I enjoyed both. Have you seen them?

ANSWER:

Yes, and as is usually the case with anything Natalie recommends, I also enjoyed them.

3. Some sermon

During the local priest's sermon, a large plant fell over right behind the pulpit, crashing to the ground. Acknowledging his reputation for long-windedness, he smiled sheepishly and said, "Well, that's the first time I actually put a plant to sleep."

4. Reviews

A. You probably won't find MOTHER AND CHILD getting much "press," which is a shame because it's a very interesting film about the impact of adoption on the lives of three women . . . the acting is superb . . . you won't believe how unfeeling Annette Bening comes across in the beginning, then you'll enjoy watching her transformation through the love of Jimmy Smits . . . Naomi Watts is equally outstanding as a ruthless woman . . . though it is rated R, I think it would be appropriate (and thought-provoking) for mature teenagers.

B. GREENBERG is now out in DVD format . . . my review from BLAINESWORLD #708 follows:

Saw GREENBERG, a film that's mildly interesting--but certainly not something you should run out to see . . . the title character is a 41-year-old guy who has just been released from a mental hospital . . . he has "issues" and as a result, is very difficult to be around . . . I think Ben Stiller did well as the title character . . . he is not playing one of his typical roles; thus, he should be given credit for making a stretch . . . Greta Gerwig is the woman who falls in love with him . . . she has gotten excellent roles

for her performance . . . frankly, I was not all that impressed . . . rated R.

Here's a better choice: MY LIFE IN RUINS . . . it's a romantic comedy starring Nia Vardalos (of MY BIG FAT WEDDING fame) and Richard Dreyfuss . . . she's a Greek-American travel guide who takes an eclectic group of tourists through some of Greece's most historic sites . . . quite predictable, but nevertheless a "nice" film that you'll enjoy--and not have to think too much about . . . rated PG-13.

C. ACHIEVE ANYTHING IN JUST ONE YEAR by Jason Harvey, a certified life coach, certainly has an interesting premise: i.e., whether it would be possible to accomplish such a task.

I'm not sure that's the case; however, the book's subtitle was much more realistic: BE INSPIRED DAILY TO LIVE YOUR DREAMS AND ACHIEVE YOUR GOALS . . . and the author did just that with his collection of 365 ideas, each supported by a relevant quote and a mini-assignment.

Some had me shaking my head in agreement and thinking that I wished I followed the advice more often . . . for example:

* "Always write angry letters to your enemies. Never mail them."--James Fallows

Your assignment today is to add this tactic to your list of remedies for anger. Give it a try if the opportunity presents itself sometime during the day. Just remember never to send that letter, because if you do, you'll have a lot of cleaning up to do later. Hurt feelings take a very long time to mend.

Others had me focusing on what I could accomplish in any one day . . . for instance:

* "Whatever you can do, or dream you can begin it. Boldness has genius, power and magic in it."--Goethe

Your assignment today is to look at some of your dreams. Pick one. What can you do to boldly go in the direction of that dream? Is there a clear and distinct move you can make today that will start to hurl you toward that goal? Would it really be so scary? What first step can you take in faith? The result may be magical.

And, lastly, there were quotes that had me laughing--such as this one that was followed by an excellent recommendation:

* "When your mother is mad and asks you, 'Do I look stupid?' it's best not to answer her."--Meghan, Age 13

When is it a good idea to keep your mouth shut? Start a list of several appropriate scenarios in your journal. Can you think of a time when you spoke up recently and shouldn't have? What did you learn from that experience?

It is a very wise person who knows when not to speak. Talk is often overrated, and it can get you into a lot of trouble, too. What would your day be like if you concentrated on listening and tried avoid talking? Give it a shot, and then write about your experience in your journal at the end of the day. What did you learn when you cultivated the art of keeping your mouth shut?

ACHIEVE ANYTHING is the type book that should be savored and not read in just one sitting, but rather, throughout the year . . . that's certainly my plan!

D. Malcolm Gladwell has written three of my favorite non-fiction books: THE TIPPING POINT, BLINK and OUTLIERS . . . I'll now add his latest, WHAT THE DOG SAW, to that list.

This is actually a collection of 19 of his essays from THE NEW YORKER magazine, dating back to 1996 . . . they cover an eclectic range of subjects and personalities, and each accomplishes exactly what the author says in his preface:

* Good writing does not succeed or fail on the strength of its ability to persuade. It succeeds or fails on the strength of its ability to engage you, to make you think, to give you a glimpse into someone's head.

It was almost as if I was personally meeting such notables as Ron Popeil, the legendary pitchman for numerous kitchen products . . . I got to better understand his success when I heard him say:

* I know how to ask for the money. And that's the whole business. . . . [Gladwell then goes on to comment] When Michael Jordan pitches a product, he is the star. When Ron Popeil pitches a product, the product is the star.

WHAT THE DOG SAW also got me thinking about such other topics as why the screenings for cancer are often misleading:

* We simply don't trust our tactile sense as much as we trust our visual sense,

In addition, the book looked at education and made this observation:

* Your child is actually better off in a bad school with an excellent teacher than in an excellent school with a bad teacher.

I had the pleasure of listening to a CD version of the above . . . Gladwell was the narrator, and he did an excellent job.

5. TV alert

A. To see what others are watching across the globe, check out WORLD'S WACKIEST GAME SHOWS on Tuesdays at 10 p.m. on TRAVEL CHANNEL.

B. THE DUDESONS IN AMERICA has four Finnish pranksters touring the United States to perform death-defying stunts for bewildered locals . . . I love TV GUIDE's description: "Think of it as JACKASS with accents." . . . Fridays at 11 p.m. on MTV.

C. THE BRIDGE airs on CBS on Saturday nights at 8 p.m. . . . I like the premise of this Canadian drama: a dedicated beat officer is fed up with the corrupt police drama, so he takes action by getting elected union leader.

D. Chad Ochocinco, the Cincinnati Bengals star, can be seen navigating through 85 bachelorettes to find his No. 1 choice on OCHOCINCO: THE ULTIMATE CATCH . . . as he notes, "It's not your normal way of dating, but my way has never worked in the past." . . . Sundays at 9 p.m. on VH1.

6. Dealing with negative people

This is something to think about when negative people are doing their best to rain on your parade. So remember this story the next time someone who knows nothing and cares less tries to make your life miserable.

A woman was at her salon, getting her hair styled for a trip to Rome with her husband. She mentioned the trip to stylist, who responded:

"Rome? Why would anyone want to go there? It's crowded and dirty. You're crazy to go to Rome. So how are you getting there?"

"We're taking Continental," was the reply. "We got a great rate!"

"Continental?" exclaimed the stylist. "That's a terrible airline. Their planes are old, their flight attendants are ugly, and they're always late. So where are you staying in Rome?"

"We'll be at this exclusive little place over on Rome's Tiber River called Teste."

"Don't go any further. I know that place. Everybody thinks it's gonna be something special and exclusive, but it's really a dump."

"We're going to go to see the Vatican and maybe get to see the Pope."

"That's rich," laughed the stylist. You and a million other people trying to see him. He'll look the size of an ant.

"Boy, good luck on this lousy trip of yours. You're going to need it."

A month later, the woman again came in for her hair to be cut. The stylist asked her about her trip to Rome .

"It was wonderful," explained the woman, "not only were we on time in one of Continental's brand new planes, but it was overbooked, and they bumped us up to first class. The food and wine were wonderful, and I had a handsome 28-year-old

steward who waited on me hand and foot.

"And the hotel was great! They'd just finished a \$5 million remodeling job, and now it's a jewel, the finest hotel in the city. They, too, were overbooked, so they apologized and gave us their owner's suite at no extra charge!"

"Well," muttered the stylist, "that's all well and good, but I know you didn't get to see the Pope."

"Actually, we were quite lucky, because as we toured the Vatican, a Swiss Guard tapped me on the shoulder, and explained that the Pope likes to meet some of the visitors, and if I'd be so kind as to step into his private room and wait, the Pope would personally greet me.

"Sure enough, five minutes later, the Pope walked through the door and shook my hand! I knelt down and he spoke a few words to me."

"Oh, really! What'd he say?"

He said: "Who screwed up your hair?"

7. Websites

A. History lesson

Do you believe there was a time before YouTube?

To see the clip that likely started it all (and for an interesting blog piece about its background), please click:

http://www.thisistrue.com/blog-online_video_simply_cool.html

Film fans will love this one, too . . . and what I found particularly interesting: this clip created so much buzz that the film makers, Bruce Branit and Jeremy Hunt, were then signed up by a major Hollywood agent.

B. If you've ever tried karaoke or been to a karaoke bar, you MUST check out this clip:

<http://tinyurl.com/2dobdjg>

Jewel fans will also like it. And to note: It was the first time there was ever encore at that particular bar!

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

<http://www.blaineworld.net>

To those wondering how many others check this website, I think you'll be amazed when you view the counter in the bottom left of the page.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

THANKS to Cara in Pennsylvania for this tip if you're on Facebook (or if you have friends who are):

Scroll to the bottom of your Facebook page and on the bottom left corner in little blue letters, click "English". When the language menu appears, click "English Pirate". When you've stopped laughing, let me know what you think.

9. My kind of golf book

Dear Friends,

Many of you may not know it, but I have been very busy over the last two years putting my thoughts and ideas together in a book. I am very proud of the results and to assist with the marketing, I am asking friends and family to help me out. I believe my new book on GOLF gives the reader valuable playing tips and insider information that I have gained through my years of struggle and experience. I'm hopeful you find this a useful tool to help you enjoy your game that much more as you enjoy the great outdoors.

The cost is only \$9.95 and can be ordered by simply replying to this email. Don't wait until they're all gone!

Chapter 1 - How to Properly Line Up Your Fourth Putt

Chapter 2 - How to Hit a Nike from the Rough, When You Hit a Titleist from the Tee

Chapter 3 - How to Avoid the Water When You Lie 8 in a Bunker

Chapter 4 - How to Get More Distance off the Shank

Chapter 5 - When to Give the Marshal the Finger

Chapter 6 - Using Your Shadow on the Greens to Maximize Earnings

Chapter 7 - When to Implement Handicap Management

Chapter 8 - Proper Excuses for Drinking Cold beer before 9:00 a.m.

Chapter 9 - How to Rationalize a 6-Hour Round

Chapter 10 - When Does A Divot Become Classified As Sod

Chapter 11 - How to Find That Ball That Everyone Else Saw Go into the Water

Chapter 12 - Why Your Spouse Doesn't Care That You Birdied the 5th

Chapter 13 - Using Curse Words Creatively to Control Ball Flight

Chapter 14 - When to Let a Foursome Play through Your Twosome

Chapter 15 - How to Relax When You Are Hitting Five off the Tee

Chapter 16 - When to Suggest Major Swing Corrections to Your Opponent

Chapter 17 - God and the Meaning of the Birdie-to-Bogey Three Putt

Chapter 18 - When to Re-grip Your Ball Retriever

Chapter 19- Throwing Your Clubs: An Effective Stress-Reduction Technique

Chapter 20 - Can You Purchase a Better Golf Game?

Chapter 21 - Why Male Golfers Will Pay \$5.00 for a Cold beer from the Cart Girl and Give Her a \$3 Tip , But Will Balk at \$2.00 at the 19 TH Hole and Stiff the Bartender

Thank you in advance for your order.

10. A quote I like

The nobler sort of man emphasizes the good qualities in others, and does not accentuate the bad. The inferior does the reverse.---- Confucius (551-479 BC), Chinese philosopher

11. Thought for the day

My kind of dialogues (and movie)

The last scene from MAKE WAY FOR TOMORROW runs as follows:

Bark: In case I don't see you again . . .

Lucy: What?

Bark: Well, anything might happen. The train could jump off the track. If it should happen that I don't see you again, it's been very nice knowing you, Miss Breckinridge.

Lucy: Bark, that's probably the prettiest speech you ever made. And in case I don't see you a . . . well, for a little while, I just want to tell you it's been lovely--every bit of it, the whole 50 years. I'd sooner have been your wife, Bark, than anyone else on earth.

Bark: Oh, thank you, Lucy.

Conductor: All aboard.

Lucy: Get going, Pa.

MY TWO CENTS:

Isn't that a beautiful thought; i.e., to have wanted nothing more than to have been a particular spouse's partner? This 1937 tearjerker has always been one of my favorites . . . it tells the story of a couple who have lost their home to foreclosure . . . the husband and wife must part ways because not one of their grown children has room for them both . . . do rent it!

And SEICIAL THANKS to Ken Hanke, my favorite movie critic, for sharing the above dialogue with me . . . his reviews can be found every week in MOUNTAIN XPRESS . . . or online by clicking:

<http://www.mountainx.com/movies/>

12. Advance planning department

A. North Carolina events:

* SART, the Southern Appalachian Regional Theatre (see also Section 1C):

AS YOU LIKE IT runs from July 21-August 1 . . . Shakespeare's most memorable characters fuse in discord-turned-harmony in this playful story of mixed-up identities & disguises, romance & love-notes, wit & satire, slapstick & passion." All the world's a stage, and all the men and women merely players." Rated PG.

You won't want to miss this one, if just to see Bradshaw Call (one of my favorite local actors) perform . . . and because Bill Gregg is directing, you know you're in for something outstanding.

For more information please click:

<http://sartplays.org/policy.htm>

***** SPECIAL CONTEST *****

If you'd like the chance to win two FREE tickets to the above show for either Wednesday, July 21 or Thursday, July 22, send an email to bjinbc@aol.com and put LIKE IT in the subject line . . . include what night you're available and include your street address, email address and phone number.

* Sarah in North Carolina:

Hypnosis Training Courses Coming Up!

Become a Certified Hypnotist/Hypnotherapist through the National Guild of Hypnotists' Training Course. Call 828,683.6900 or email info@HypnoWisdom.com today to reserve your space.

The course is held in Leicester, NC, just outside of Asheville, NC on the following dates: Part A: July 30-August 1, 2010; and Part B: Tentative Dates: August 20 -August 23, 2010>

Note: This course offers a Certification in Hypnosis through the NGH

(National Guild of Hypnosis). Early registration is encouraged due to space limitations. To reserve your space, please send your deposit of \$500.

Early Registration Special - Register by July 15th, 2010 - \$1850.00
Normal Registration Fee: \$1995.00
Late Registration Fee: After July 22, 2010- \$2150.00
Materials Fee: \$175.00
Ask about registering for the Advanced Hypnosis Training & Save.

For more information, please click:

www.HypnoWisdom.com

MORE ON SARAH--AND ABOUT ME, TOO:

Sarah is Sarah Gewanter, the person who provided my hypnosis training; she's the best . . . also, if you'd like me to hypnotize you to quit smoking, lose weight, etc., send an email to: bginbc@aol.com and put HYPNOSIS in the subject line . . . I can do this from my home and, also, over the phone.

* Kimberly in North Carolina:

Many people have been asking me how I lost so much weight over these past few months (20 pounds!) and as a result, I am pleased to be co-sponsoring a dynamic free seminar on Friday evening, August 20th at 7 p.m. with special guest speaker Tonia Hugus, a Board Certified Darkfield Microscopist and a Certified Associate Instructor at the Kushi Institute in Massachusetts.

At this seminar, you will learn the secrets of how I transformed my body without deprivation or starvation to achieve peak performance and natural wellness! Email me today to reserve your seat for the seminar and/or your personal Darkfield Microscopy Session with Tonia (Personal consultation sessions will be held at our Biltmore Lake home on Saturday, August 21st through Monday, August 23rd.)

My email address: kimberly.ross@charter.net

B. Pennsylvania/New Jersey events:

* Susie in New Jersey:

Saturday, July 17
Choose Your Cover Returns to Monmouth County

Free skin cancer screenings will be available again to beachgoers of Monmouth County in effort to raise awareness and reduce skin cancer mortality. The Monmouth Cancer Coalition will offer free skin cancer screening to adults at six beaches from 10:00 a.m. to 2:00 p.m. "Choose Your Cover" will combine the collected expertise of all five Monmouth County medical centers, two health departments and six municipalities to fight skin cancer where risks are perhaps the greatest--at the beach.

For more information, please click:

<http://www.monmouthcancercoalition.org/events/2010/07/17/CYC0717>

* George in Pennsylvania:

If you are a speaker, trainer, consultant, workshop presenter , , , you would benefit from joining the Metropolitan Philadelphia Entertainment Group. We are having our first get-together on Thursday July 22, 7-10 p.m. at Warm Daddys in Philadelphia. As your host, I'll introduce you to a bunch of great people who may be good connections for you. It's FREE and parking is free and plentiful.

For more information, call Jerry Cerruti at 267.614.2404 or John Mitchell at 856.404.5158.

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors

who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD
#718
7.5.2010

In this issue:

1. Reflections
2. FYI
3. Playing golf
4. Reviews . . . PLEASE GIVE, etc.
5. TV alert
6. Pray for Leroy
7. Websites
8. Computer tip
9. Tick warning
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had a fantastic Fourth of July gathering (actually held the day before) at our community's clubhouse . . . everything was spectacular, including the weather and music by the Firecracker Jazz Band . . . nobody went away hungry, thanks to some great barbecue and ribs from Cruizers:

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

Yet our favorite part of the day was being entertained by two of the jugglers from Forty Fingers & a Missing Tooth . . . we've seen them perform before, and each time we do, they amaze us . . . so this time, we even got in the middle of their knife-juggling routine:



But hey, what's fair is fair . . . so we then switched spots:



For more information about Forty Fingers & a Missing Tooth, please click:

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

I was glad to have been part of the Recreation Committee, the group that ran the event . . . SPECIAL KUDOS to those others who helped make it the success that it was: David Berry, Sheldon and Janet Harnash, Marilynne Herbert, Donna Mills, Shari Mastria, Jim Preish, and Judy Warren,

B. Personally, I was disappointed that I did not get called for jury duty . . . I had kept the week "open," but when I found out that my services were not needed, I did manage to:

* Complete my Center for Creative Retirement course; i.e., a behind-the-scenes look at the making of TUESDAYS WITH MORRIE--the current play at SART, the Southern Regional Repertory Theatre . . . Rob Miller, SART's managing director, is to be commended for his excellent job in organizing and then running the whole show . . . he was ably assisted by several individuals who shared their wisdom with us: Deborah Austin, costume shop manager; Rob Berris, technical director; Bill Gregg, artistic director; and Maria Mason, publicity/marketing.

MY STRONG RECOMMENDATION:

That you do whatever you can to catch the above show before its limited run ends on July 18 . . . if you're not familiar with the story, it's an autobiography about a career-absorbed journalist who visits his retired college professor, where they find the basic truths of living, dying and what it means to love. Based on the bestseller book/memoir by Mitch Albom.

I've seen rehearsals and can tell you that you're in for a treat . . . for more information, please click:

<http://sartplays.org/2010.htm>

* Meet with Dave Campbell, president of MMS Direct, in regard to a promotional piece that his firm is helping our Asheville SCORE Chapter develop . . . he then very graciously took the time to give me a tour of his plant and, also, to teach me more about QR codes . . . these are popular type two-dimensional barcodes that are increasingly being used to reach anybody with a smartphone, given that some statistics indicate that up to 42% of Americans use a smartphone.

For more information about MMS Direct, a marketing service provider, please click:

<http://mailmanllc.com/>

C. CONGRATULATIONS to:

* Liz Miller for having an article written about her in the ASHEVILLE CITIZEN-TIMES . . . please click to read more:

<http://www.citizen-times.com/apps/pbcs.dll/article?AID=2010307070061>

MORE IMPORTANTLY:

Do join Cynthia and me for the fundraiser that's mentioned in the article . . . it will be held on Thursday, July 15 . . . for more information, please click:

<http://hopeinthehandwriting.com/>

* Rita Serotkin on the birth of her grandchild, Zoe Isabella Serotkin, on July 2.

D. CONDOLENCES to Terry Coleman, son Ron and family on the passing of Terry's husband Jerry.

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

This week, it goes to Jason Littrell--our representative with Terminix in Asheville.

We've used that company for pest control services ever since we've moved into our home . . . from the beginning, Jason was the the person who took care of what we needed to be done . . . he has always been friendly and professional . . . even more significantly, he has gotten the job done; i.e., taken care of any pests that have appeared both inside and outside.

We have also been appreciative of the fact that he is aware of our cats, and the need to keep them safe and secure . . . in addition, he is extremely punctual . . . and whenever we have a so-called emergency (as we did the other day when we noticed many bees buzzing around), he seemingly drops everything to make a service call.

You won't go wrong working with Terminix . . . the phone number is 828.232.1338 . . . make sure you ask to see if you can get Jason to be assigned to your account.

2. FYI

If you're 60 or over . . . or know somebody who is . . . please read the following:

"Doctor and Patient: Why Patients Aren't Getting the Shingle Vaccine" by Pauline W. Chen, M.D. . . . according to the article, "Most doctors recommend immunizations against flu and pneumonia for older patients, but they do not do the same with the shingles vaccine."

For the rest of this very informative article, please click:

<http://www.nytimes.com/2010/06/10/health/10chen.html?emc=eta1>

MY REQUEST:

Please get a shingles vaccine if you qualify from an age standpoint . . . also, please share this information with friends and relatives who may qualify . . . I know several people who came down with shingles and had to suffer through what was a very debilitating illness that could have been avoided.

FYI, part 2

* Ange in Pennsylvania (with a REQUEST FOR HELP):

For your readers who travel to Europe what do they do about calling home. If they use a pre-paid card do they buy it in the States or wait to buy it in the foreign country? If they wait until they are in the foreign country, where do they find them to buy? Do they have a recommended pre-paid card?

If they don't have international dialing on their cellphones do they have it added?

* Jim in Pennsylvania:

Could I reprint that dessert story on the www.AgelessAndAmazing.com blog? Of course with a link back to you.

MY ANSWER:

I, of course, told Jim [Donovan] "yes." He's the man. Check out his blog and other stuff if you've never done so. Also, to ALL others: Always please feel free to use my stuff . . . and if you do so, kindly tell folks that they can get their own copy of BLAINESWORLD that you enjoy reading (I'm hoping that is the case) by just dropping me an email with their request.

* Linda in New Jersey:

Something interesting for your newsletter [how the International Space Station comes together]:

http://i.usatoday.net/tech/graphics/iss_timeline/flash.htm

* Marie in New Jersey:

We are all so lucky to have a little Blaine in our lives! Love BLAINESWORLD.

MY RESPONSE:

Hey, I'm not thaaaaat little Marie . . . 5' 7," though a tall 5' 7" . . . in fact, most folks think I'm at least 5' 7 and 1/4 inches!

* George in Pennsylvania:

Make sure everyone goes out to see the latest movie that I am in, THE LAST AIRBENDER. I am the little brown dot, fourth from the right, no wait . . . fifth from the right in the lower left corner of the screen for .12 seconds at 1:25. I'm the little dot with the flashing bluetooth saying "Hi Mom" and doing the horns with my left hand.

* Natalie in Pennsylvania:

Thanks for sending [website on opera street festival in Philadelphia]. I loved this. Wish I'd been there too.

IF YOU MISSED THE ABOVE:

Check last week's issue, Section 7A. If and when you can, do click on the links in this part of the newsletter each week . . . I do think you'll find them interesting.

* Laura in New Jersey:

I went to the New Jersey Shakespeare Theatre again to see a farce, "A Servant with Two Masters" and recommend it to your readers. It was even funnier than "Taming of the Shrew." The young man who played the servant was so funny and so energetic that he really made the play special. This one is playing thru August 1. It is the summer production so it is performed outdoors in an amphitheater at St. Elizabeth's College, which is just between Madison and Morristown, NJ on Madison Avenue. The tiers are wide enough to accommodate lawn chairs but bring at least stadium cushions or lawn chairs. You can bring a picnic, even wine or beer. The players play out into the audience. I guarantee that it will be a great night out. The New Jersey Shakespeare Theater is a treasure for New Jersey, and I am glad it is on the campus of my alma mater. They remodeled the lecture hall that I sat in, knitted in and tried not to sleep in for four years.

* Mel in Colorado (commenting on a piece about cellphones from last week):

So last night I attended a film opening, the lady sitting beside me had her cell phone on until the lights dimmed. Then, just as the lights came on again after the film, EXCATLY 70 MINUTES LATER, first thing she did was to start her cell phone again! Now what did she think could possibly have happened in her life over the past 70 minutes???

Every time I'm on a plane, I look around to see who powers up their cell phone first after the wheels hit the ground. Inevitably, they say: "We just landed, I'll meet you at baggage." Well 'scuse me, but where the hell else would they meet???

Oops, gotta go, my mail just arrived, need to put it out there on Facebook and Twitter. You do want to know, don't you???

* Chris in Pennsylvania:

We are raising funds for a legacy scholarship in memory of our colleague, Allen Hoey.

Please make a donation.

Make your check out to the BCCC Foundation, with Allen Hoey legacy in

memo, and send the check to Dr. Christopher Bursk, Lang & Lit Dept., BCCC, 275 Swamp Road, Newtown, PA. 18940/

Allen's poetry, his teaching, his stewardship of the Bucks County Poet Laureate program, and his work as editor and publisher had a great impact on the poetry community in Bucks County and beyond.

At BCCC Allen also made invaluable contributions to the Department of Language and Literature particularly in his tireless work on curricular revision.

It is fitting that Allen be remembered with an annual scholarship established in his name.

More information, contact Chris Bursk at 215.968.8156.

* Devender in California:

Just finished watching the American Movie. Very low key yet quite profound. Two thumbs up to Borchardt.

<http://www.americanmovie.com>

* Monica in Pennsylvania:

Animals playing soccer

http://www.youtube.com/watch?v=w8xa_tJ62sw&feature=autofb

MY TWO CENTS:

My kind of soccer. Now this is one match that had me watching the whole thing!

* Monica in North Carolina:

I have a Best Buy card that I frequently use the 3/6 or 12 month same as cash option when I purchase items. I am always careful to make sure that I pay the balance due on the same as cash option before it comes due. I recently had a balance of \$550 that had to be paid by 6/14 to avoid any interest charges. I paid on 6/10. However, when I received my next bill it stated that \$472 in interest had been charged. After checking into it, Best Buy explained that I had a minimum payment of \$12 that was due for that billing cycle and the \$550 balance on the same as cash option. In order to not have the interest charged, you are required to pay your minimum payment as well as the balance of the same as cash. Thankfully, they did credit me for the \$472 in interest, but I may not be so lucky in the future. Be sure to read statements carefully when using a 3/6 or 12 months same as cash option. In summary, pay any minimum payment as well as your pay off amount on the same as cash purchase. It's so complicated!!

* Cynthia in North Carolina (see also Section 1A):

Can you put this video in the newsletter? It is powerful:

http://www.youtube.com/watch?v=B_6iTCo5Ci8&feature=player_embedded

* Berta in New Jersey:

How to change the world in seven days:

<http://www.tenmillionclicksforpeace.org/messenger/howtochangetheworld.pdf>

* Alyson in Colorado:

In the spirit of posting positive messages, this will make your day Blaine and bring new fire to all good works . . . a must-watch, inspiring video-animation on our interconnectedness and the potential for empathy to heal the world.

Bestselling author, political adviser and social and ethical prophet Jeremy Rifkin investigates the evolution of empathy and the profound ways that it has shaped our development and our society

<http://www.youtube.com/watch?v=I7AWnfFRc7g>

* Lynn in Pennsylvania:

Please go to this link and vote for my daughter [in the Beautiful Babies competition]. You can vote once a day for each valid email address you have. Also, feel free to forward it to your friends.

http://wphl.tribunepromotions.com/babies/tip_bb_wphl,0,4123676.ugcphotogallery?index=99342

* Lori in Pennsylvania:

Saw Grown Ups save your money. I don't think any of those comics ever change the characters they play. Did laugh a little. DVD rental.

3. Playing golf

Moses and Jesus were in a threesome playing golf one day. Moses pulled up to the tee and drove a long one. The ball landed in the fairway, but rolled directly toward a water hazard. Quickly Moses raised his club, the water parted and it rolled to the other side, safe and sound.

Next, Jesus strolled up to the tee and hit a nice long one directly toward the same water hazard. It landed right in the center of the pond and kind of hovered over the water. Jesus casually walked out on the pond and chipped the ball onto the green.

The third guy got up and randomly whacked the ball. It headed out over the fence and into oncoming traffic on a nearby street. It bounced off a truck and hit a nearby tree. From there, it bounced onto the roof of a shack close by and rolled down into the gutter, down the drain spout, out onto the fairway and straight toward the aforementioned pond. On the way to the pond, the ball hit a stone and bounced out over the water onto a lily pad, where it rested quietly. Suddenly a very large bullfrog jumped up on a lily pad and snatched the ball into his mouth. Just then, an eagle swooped down and grabbed the frog and flew away. As they passed over the green, the frog squealed with fright and dropped the ball, which bounced right into the cup for a hole in one.

Moses turned to Jesus and said, "I hate playing with your Dad."

4. Reviews

A. Enjoyed PLEASE GIVE, a quirky comedy drama, that stars Catherine Keener and Oliver Platt . . . it's about a couple living in New York City who desire more space, but they can't get it until their elderly neighbor dies--and nobody can predict when that will be . . . so they try to make the best of things and, at the same time, deal with their own daughter and her self-image issues . . . this is a film that you might miss in the theaters, so if that happens, make sure you put it on your Netflix or Blockbuster list for a future rental . . . rated R.

B. A SINGLE MAN is now out in DVD format . . . my review from BLAINESWORLD #697 follows:

For some reason, I was not rushing out to see A SINGLE MAN . . . big mistake on my part . . . when I eventually caught up with it, I was floored by this tender drama of a British college professor who struggles to find meaning in his life after the death of his long term partner . . . it's one of the best films I have seen this past year . . . Colin Firth stars and received a well-deserved Oscar nomination for his work . . . the accompanying soundtrack added to my enjoyment of this fine film . . . rated R.

UPDATE:

As you may know, Firth did not win the Best Award; it went instead to Jeff Bridges . . . and though I'm usually a big fan of Bridges, I did not think he was that great in CRAZY HEART (nor did I particularly like the film) . . . in my opinion, Firth should have won the Oscar for his work.

C. To find your hidden wealth, read UNEXPECTED TREASURES by Dr. Mikel Brown . . . it's a useful handbook with 72 different ways that include such diverse fields as what to do while facing hardships, how to discover money in unlikely places and what you need to do to increase the probability of a successful marriage.

Brown, an author, businessperson and religious leader, is a licensed clinical professional counselor with more than 27 years of experience . . . he seems to really know his stuff and best of all, uses many real-life situations that most any reader should be able to relate to--such as this one involving children:

* Procrastinators are made, not born. Procrastination is learned indirectly in the family milieu and can be traced back to childhood. When children are not trained to be responsible for completing certain tasks in a determined timeframe, they are being groomed to procrastinate. When parents assign household chores to their children and hold them accountable for the timely completion of those responsibilities, parents are teaching their children the importance of completing tasks within allotted time constraints. As children mature, they take into adulthood what they learned, whether good or bad.

I also liked how he recommended dealing with problems as they arise:

* As we sat on one of only two pieces of furniture in the entire place [after my divorce], we discussed my situation. Elder Crawford said something to me that I will never forget as long as I live--something I bring to the forefront of my thoughts whenever I experience the kind of trials that bring out the skeptics and naysayers. He simply said, "Get up and stop giving these people something to talk about!" I am certain he said more than that, but these profound words are the only ones I can recall from his visit. His unexpected visitation and heart-lifting words were enough to bring me back from the brink of despair to walk once again among the living. For the first time in along time, I saw a reason to go on living.

Lastly, this suggestion on how to deal with information really struck home to me personally:

* What you spend the largest percentage of your time doing can often point to what you love. Have you ever heard the phrase, "You are what you eat?" Well, it is true. It is also true that you are a product of the information you take in daily, from whatever source. You are a product of your information! Change your information source and you will change your life.

UNEXPECTED TREASURES might not change your life instantaneously . . . however, it will give you food for thought that will get you moving in the right direction.

D. Heard the CD version of GET RID OF THE PERFORMANCE REVIEW!--written by Samuel Culbert with Lawrence Rout and read by Culbert.

Initially, when I heard the title of this book, I thought it would be both dry and of little interest to me . . . however, its subtitle quickly got me to revisit my thinking: HOW COMPANIES CAN STOP INTIMIDATING, START MANAGING--AND FOCUS ON WHAT REALLY MATTERS.

Wouldn't that be a marvelous alternative if that could take place? And it can, according to Culbert, through the use of something he calls the performance preview . . . the author developed this handy concept through his many years of helping large and small companies.

I gained many useful ideas from this book, but perhaps most useful were these three questions that managers should ask of their subordinates:

1. What are you getting from me or the system that you like and find helpful?
2. What are you not getting from me or the system that impedes your effectiveness?
3. What are you not getting from me or the system that would enhance your effectiveness?

In addition, I found these other tidbits thought-provoking:

- * HR is the keeper of dirty little secrets.
- * Teachers should ask: What was the best part of this course?
- * Employers should not assume that their opinion is automatically right.
- * Paying somebody more doesn't mean they'll do a better job if they're already doing their best.
- * Interesting approach to try for yourself: Ask for anonymous feedback from your coworkers.
- * After you say congratulations, what do you say to a person who gets a new job. Ask: What does it mean to you?
- * Use the performance preview, rather than review. The goal is to make sure that every employee excels.

I especially liked the many examples in GET RID OF THE PERFORMANCE REVIEW! . . . in addition, there were many funny parts in it, such as an imaginary conversation that took place with Marlon Brando after his role in A STREETCAR NAMED DESIRE . . . if the wrong manager evaluated Brando and did not like the way he played the wrong (because of his accent), then we may well have been deprived of his future greatness.

5. TV alert

A. TEEN MOVIES--AT THE BEACH features classic 1960s movies, including Frankie and Annette in GIDGET and Elvis Presley in GIRL HAPPY . . . Thursday, starting at 8 p.m. on TCM.

B. IFC is airing reruns of FREAKS AND GREEKS, the Judd Apatow-produced Emmy-winning series about 80s suburban life . . . the show stars James Franco, Seth Rogen and Jason Segel, and though lasted only one season, it had a cult following that still exists to this date . . . Fridays at 11 p.m.

C. I DREAMED A DREAM: THE SUSAN BOYLE STORY is a special one-hour event that celebrates Boyle's extraordinary journey . . . there will also be selections from her best-selling CD, including her signature song from BRITAIN'S GOT TALENT . . . Sunday at 8 p.m. on TVGUIDE.

D. THE T.O. SHOW finds Terrell Owens, the flamboyant wide receiver, without a team as Season 2 opens . . . I'm curious as to what that will mean and what will happen to him . . . Sundays at 10:30 p.m. on VH1.

6. Pray for Leroy

It was Sunday morning, and the preacher was very satisfied with the good turnout. He was especially pleased to see Leroy sitting in the front row. Leroy hadn't been to services in several years.

After his usual lengthy sermon, the preacher made his usual offer: "Anyone with 'special needs' who wants to be prayed over, please come forward to the front by the altar."

And Leroy leapt up to be first in line!

"Leroy, what do you want me to pray about for you?" the preacher asked.

Leroy replied, "Preacher, I need you to pray for help with my hearing."

The preacher certainly had experience with that! He put one finger of one hand in Leroy's ear, placed his other hand on top of Leroy's head, and then prayed and prayed and prayed. He prayed a "blue streak" for Leroy, and the whole congregation joined in with great enthusiasm.

After a few minutes, the preacher removed his hands, stood back and asked, "Leroy, how is your hearing now?"

"I don't know, preacher," Leroy answered. "My public defender sez it ain't 'til next week."

7. Websites

A. Regardless of how you feel about whether this country should be involved in fighting wars in other countries, I urge you to find out how many soldiers have died as a result:

<http://projects.washingtonpost.com/fallen/>

Just take a look at some of these numbers . . . to me, they're mind-boggling--and unacceptable.

In addition, for an equally powerful look at the effect of war, see the following article:

Spirit Intact, a Soldier Reclaims His Life
by Lizette Alvarex

Brendan Marrocco lost his arms and legs to a bomb in Iraq. A year later, he is walking again and is an inspiration to hundreds of fellow veterans. For the rest, please click:

<http://www.nytimes.com/2010/07/04/nyregion/04soldier.html?emc=eta1>

B. For another inspiring story about how somebody else who has refused to give up despite a disability, view this clip about Ezra Frech--a little boy in California:

<http://www.youtube.com/watch?v=ZrpO0rkzvHM>

THANKS to Arlene in Pennsylvania for sharing the above!

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

<http://www.blainesworld.net>

To see a list of books I've read and, for the most part enjoyed, click "Blaine's Best" on the left and then the second link in Section "O" . . . I'm currently in the Top reviewers for amazon.com . . . if you'd like to help me move up in the rankings, all you need to do is:

1. Go to:

www.amazon.com

2. Search at top a book I recently reviewed; e.g., PUT ON YOUR CROWN by Queen Latifah.

3. Find my review. At the time I wrote this, it was the top one on the right. By the time you read this, it may have moved down a few slots.

4. Read my review and if you feel it has been helpful, indicate so by clicking on the "Yes" option at the bottom.

MUCH OBLIGED!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

For those using Facebook, here's something to consider about your phone number--courtesy of both Gregory in Pennsylvania and Jean in Pennsylvania:

Facebook has changed their security once again and is now publishing phone numbers and addresses. Click Account, click Edit Friends, go to left side of your screen and click Phonebook to see.

MY TAKE:

If you don't want others to know your phone number, don't give it to Facebook. It's as simple as that. Personally, I don't mind Facebook friends and others seeing my number. I figure if somebody wants to get in touch with me, then I'll do what I can to make it as easy as possible.

9. Tick warning



I hate it when people forward bogus warnings, and I have even done it myself a few times unintentionally. But this one is real, and it's important. Please send this warning to everyone on your email list.

If someone comes to your front door saying they are checking for ticks due to the warm weather and asks you to take your clothes off and dance around with your arms up, **DO NOT DO IT!! THIS IS A SCAM!!**

They only want to see you naked. I wish I'd gotten this yesterday. I feel so stupid.

10. A quote I like

Whatever you do will be insignificant, but it is very important that you do it.--Mahatma Gandhi (1869-1948), political and spiritual leader of India, internationally esteemed for his doctrine of nonviolent protest

11. Thought for the day

Declaring Independence by Edie Weinstein*

I've been sitting with this concept for nearly the past week as July 4th approached. I'm a big fan of ritual and enjoy engaging in them as a way of tapping into the Source of All There Is. Since I am a writer, what more natural means than to put fingers to keyboard for this one? Listening to popping fireworks outside my window, I am moving through some incendiary displays of my own.

Although on the surface, I may appear to be a happy go lucky, Energizer Bunny who has been described by one friend as a "human chakra," and when wearing glitter, by another with his belief that I don't put it on, but instead it comes from my pores. As much as I hate to blow my cover, I have become amply aware of the disturbing presence of a screechingly obnoxious inner critic. I was telling a friend recently of a memory from grad school in the 80s. I was in the kitchen with a friend named Alan Moos, who was cooking dinner while Garrison Keilor waxed profound doing his monologue on A Prairie Home Companion. I don't even recall the subject matter Alan and I were discussing, but I made a disapproving statement about something I had done. His comment was "I have this image of you standing over yourself with a whip. When are you going to put it down?" Nearly 30 years later, I am still asking myself that question.

I have noticed a disturbing, almost reflexive reaction when someone praises me in some way. I express gratitude for their comment, but the voice of that "pseudo leather-clad whip cracking dom" sneers, "yeah, right. If you're so (fill in the blank that they say you are) then how come you aren't more successful, wealthy, better known, in the relationship of your desires, living in the home of your dreams, doing ONLY work you adore?" It takes conscious effort to counter her persistent attempts at dimming my joy.

I have been singing Karen Drucker's song: "Taming My Inner Critic" over and over until I know it in my sleep. She could have written it specifically for me.

So, in this moment, I declare independence

from fear to love

from living in scare-city to doing a-bun-dance

from doubt to knowingness

from not-enough-too-much to just right (a Goldilocks lesson)

from harshly self critical to lovingly self compassionate

from negation to affirmation

from blubbering to bliss

from hesitation to heartening

from loneliness to one-liness

from putting on the brakes to breaking free

from procrastination to determination

from second guessing to certainty

So what's your declaration of independence?

* Reprinted with the gracious permission of Edie Weinstein (a.k.a. Bliss Mistress). She is a colorfully creative journalist and sought after writer and speaker who invites people to live rich, full, juicy lives. For more information, please click:

<http://wwwwww.liveinjoy.org>

12. Advance planning department

A. North Carolina events:

* The Hop in Asheville:

Saturday, July 10th from 3-4 p.m., we are hosting a Homemade Ice Cream Competition, featuring local chefs. Show up for the blind tasting of all the homemade ice creams and vote on your top choice. At the end of the event we will announce the champion flavor, which will appear in heavy rotation in our regular selection. The contestants are chefs from **Table**, Posana, **Sazerac**, **Zambra** and **Creme Bakery**, as well as the unaffiliated **Christopher Smith**.

For more information, please click:

http://thehopicecreamcafe.com/The_Hop/the_hop_presents.html

* Mark in North Carolina:

I am sending this because I think that you might benefit greatly from attending this year's one-day Philanthropy Institute, which takes place at Blue Ridge Community College in Hendersonville on Wednesday, July 14. This event is easily the largest and least-expensive day of fundraising training offered in Western NC each year. I will be presenting this year, along with many colleagues who are terrific fundraisers and instructors. Representatives of several grantmaking foundations will also be sharing their experience. Please join the 80+ fundraisers who have already signed up, if you haven't already!

To register or learn more, please visit:

<http://www.afpwn.org/philanthropyinstitute.cfm>

B. Pennsylvania/New Jersey event:

Glenn in Pennsylvania:

Just a reminder Josh Fox will be screening GASLAND

Saturday, July 10, 2010 at 1.00 p.m.
Yardley-Makefield Free Library
1080 Edgewood Road, Yardley, PA

Meet Josh who made the movie and shares his personal experience as well as experience of others in PA and elsewhere in the US with gas drilling companies. Gas drilling permits have been issued in Nockamixon

Township, Bucks County. Josh, Tracy Carluccio (Delaware Riverkeeper Network) and hopefully PA District 31 House Rep. Steve Santarsiero (PA House Energy Committee member) will host a panel discussion post screening.

The program is free and open to all. Voluntary contributions are welcome to defray costs and to assist families who have suffered as a result of drilling/fracking catastrophes.

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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In this issue:

1. Reflections
2. FYI
3. Comparing notes
4. Reviews . . . THE SECRET IN THEIR EYES , etc.
5. TV alert
6. On the house
7. Websites
8. Computer tip
9. How hot is it in Florida?
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I joined our friend Tammy for a performance of SOUTHERN (DIS)COMFORT at 35below . . . this is a one-woman show, written and performed by Elisabeth Gray . . . she somehow manages to play male and female characters ranging from 27 to 91, and we were touched by all of them . . . I only regret that you won't be able to see it because by the time you read this, the play will have ended its limited run . . . the good news, though, is that you can catch Gray in another one-woman show that opens July 1: WISH I HAD A SYLVIA PLATH . . . for more information, please click:

<http://www.ashevilletheatre.org/35below/35belowevents.html>

Before the above, we all had great burgers and sweet potato fries at Pack's Tavern . . . after the above, we concluded the evening with tasty desserts at the World Coffee Cafe . . . for more information about this latter establishment, please click:

<http://asheville-nc.com/index.php?&brand=Tourism&eid=10&type=location&item=100>

A few nights later, we joined our friends Tom and Dianne for a delicious dinner at the home of other friends, Nelson and Mary Lou . . . the evening was especially memorable because the latter couple were celebrating their 46th wedding anniversary with us.

May Lou is quite the cook . . . here's the recipe for the dessert that she served:

Raspberry Tart

Crust: 1 ¼ C. crushed vanilla wafer cookies
½ C. crushed or ground almonds
¼ C. butter

Bake crust at 375 degrees for 7-9 minutes in 9" springform pan.

Filling: 14 oz. can Eagle Brand sweetened condensed milk (I used fat free!)
3 T. lemon juice (I used fresh!)
2 T. orange juice
1 t. orange zest
10 oz. carton of frozen raspberries that have been thawed (I used two small containers of fresh raspberries--crushed!)
1 C whipping cream (whipped!)

Combine first 5 ingredients. Blend with whipped cream. Freeze. Remove from freezer 10-20 minutes before serving. Top with additional whipping cream and a few fresh raspberries!

B. Personally, I had a most interesting week . . . I began a course through the Center for Creative Retirement that provided a behind-the-scenes look at what goes into the making of an upcoming play--TUESDAYS WITH MORRIE--at SART, the Southern Regional Repertory Theatre.

More details next week, but let me just mention three things in the meantime:

* This is shaping up to be an excellent production . . . if you've read the book by the same title or saw the movie, you know what the story is about; i.e., it's about a sports reporter who goes back to visit his dying college professor . . . I'm looking forward to catching a show performance sometime this coming week; I urge you to do the same . . . for more information, please click:

<http://www.sartplays.org/2010.htm>

* One class day, we got to see the then-current production: A LITTLE NIGHT MUSIC . . . I've now seen four productions at SART; this was, by far, the best . . . the entire cast was outstanding . . . KUDOS to Bill Gregg, director, and Chuck Taft, music directors, for their roles in making the production the success that it was . . . and at the end of the show, those in attendance participated in a fascinating talkback session wherein all the performers, as well as Bill and Chuck, stayed around to answer questions.

* See Section 2, part 2 for an email from Rob in North Carolina . . . you'll read about opportunities to volunteer with SART . . . I'm already hooked, having just taken on the responsibility of being Chair of its Marketing Committee . . . if you'd care to join me in that endeavor, just give a holler.

C. And, also, I participated in a most interesting program called AMERICA SPEAKS: OUR BUDGET, OUR ECONOMY . . . thousands of Americans joined to weigh-in on the strategies our nation can take to ensure a sustainable fiscal future. Using the latest technology, a diverse group of participants identified recommendations that were then shared by people from every walk of life.

What most impressed me about the day was that this was not a Democratic or Republican event, nor was it something for just liberals or conservatives . . . rather, it brought together folks from both major parties, AARP, National Congress of American Indians, US Chamber of Commerce, Concerned Youth of America, Committee for a Responsible Federal Budget, Heritage Foundation, National Tax Payers Association and the Urban League, to name just a few of the many key players who were in attendance . . . for more information about what this was all about, please click:

<http://usabudgetdiscussion.org/our-budget-our-economy-june-26/?r=8&b=1>

SPECIAL THANKS to Leadership Asheville's Gerry Goertz for inviting me, as well as to Joe Hodgson for handling all the arrangements . . . Joe also did an excellent job in moderating the discussions that took place.

D. CONDOLENCES to Joanne Elliott and family on the death of Joanne's father, John F. Plath. Contributions in his memory can be made to the Alzheimer Association, Delaware Valley Chapter, 39 Market St., Suite 102, Philadelphia, PA 19106.

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

THANKS to Cynthia in North Carolina (see also Section 1A) for submitting the following name for recognition that I too support; i.e., that she deserves the recognition:

Kristi Mizen deserves this award. She is our neighbor in our Biltmore Lake community at "Kaufmann Stone Way." Whatever may be going on in her life, she constantly presents herself in a positive way. She not only maintains an up-beat personality, she is also extremely affirming of all that people do in her life. One time when I was trying to explain a dance form that I teach (and having some difficulty in fully expressing it), she chimed in and explained the essence of it with ease--affirming what I do.

She is also always available for support in many ways. One such way was that I was needing some help decorating my outdoor decks. I loved what she had done with her decks. So she not only offered to help me . . . she has spent, so far, about three full days with me shopping from one store to the next with expert advice on anything from plant choices to outdoor carpet color and fabric choices to where to place the furniture, etc. I think we have gone to every store in Asheville!

When I asked her if she had done this for anyone else, she said that she personally was the only person that she had shopped for in this way.

It just seems to be in her nature to affirm, be positive and support others . . . qualities that are admirable, to say the least. If more people were like her, the world would definitely be a better place.

See below for a picture of Kristi on our deck, along with her great smile and some of the

flowers she helped me get:



2. FYI

Are cells the new cigarettes?

For a great op-ed piece by Maureen Dowd, please click the following link:

<http://www.nytimes.com/2010/06/27/opinion/27dowd.html?emc=eta1>

I've been somewhat following this issue (the possible dangers of cellphones), but not as closely perhaps as I should have been . . . Dowd's one statement toward the end: So now we have Exhibit No. 1,085 illustrating the brazenness of Big Business . . . leads me to the following:

***** MR. CURIOUS HERE *****

It raises the whole issue of--dare I say it?--government intervention . . . and not letting businesses do whatever they please . . . I've been back and forth over the past few months with several Facebook friends on this one . . . and now would be curious as to your reaction.

FYI, part 2

* Rob in North Carolina:

Volunteers needed at SART, the Southern Appalachian Repertory Theater
As we move toward the end of the 2010 Summer Season and prepare for future seasons, there are many things to do, and new efforts to help build some visibility for SART. Below are some more IMMEDIATE needs at SART. If there is something that you would like to do among these, please reply to this email and let us know . . . we're ready to start working with you!

Helping out in the SART Office

working on a computer doing database-spreadsheet work
preparing scripts for reviewing for ScriptFEST
cleaning out & organizing archives
preparing photos, news articles, etc. for scrapbooking

Marketing Support:

making phone calls and researching on the Internet to identify groups for "group sales"
supporting the SART Marketing Committee in their efforts to raise visibility for SART in WNC
ScriptFEST Coordinator to coordinate readers via email and phone calls

Summer productions

helping out at the box office
serving as ushers

So, there you have it . . . a few volunteer opportunities that are happening right away . . . but we may find other opportunities as they arise along the way.

If you have the time and would like to support SART being a volunteer . . . give us a call or reply to this email. We'll talk about your interests and SART's needs and find a good match!

Thank you.

SART (Southern Appalachian Repertory Theatre)

828.689.1284; sart@mhc.edu

www.SARTplays

* Jo in Pennsylvania (with a REQUEST FOR HELP):

We (Bingo's Foundation) will have a 5K and 2 mile dog walks (dogs walking for cats) on July 18. Falls Community Park, 9125 Mill Creek Road, Pavilion B.

Registration begins at 8 a.m. Run/Walks start at 9 a.m. Event goes until 1 p.m. But we will also have a flea market, food, karaoke, live music. Also, big prize giveaways for individuals/groups that raise the most pledge money (minimum \$500). Among the prizes: framed Flyers jersey signed by Simone Gagne, Phillies tickets. Fastest adult and teen runner will get free lessons from MMA of Street Road.

The first dog across the finish line gets a container of treats.

If you register by July 1 via mail or PayPal , you are automatically be entered into our Air Tran Raffle Drawing (winner picked Oct. 2nd at Bensalem Day). Complete one entry form, and you're also automatically entered in the Gift Card gift basket drawing at noon the day of the event. (You must be present to collect the basket.)

Please visit our website to download the walk flier and brochure including detailed pledge form information by clicking:

www.bingosfoundation.petfinder.org

* Jim in Pennsylvania:

Here's a preview of my new site for people over 45. This will be evolving quickly, and I welcome your participation.

<http://www.AgelessAndAmazing.com>

There's also a new Facebook page developing here:

<http://bit.ly/9wURx7>

If you're part of this age group, come on by and get involved.

* Edie in Pennsylvania

Wonder how to set goals and follow through? Read this interview that Josh Hinds did with me on the subject. Lovely to be on the other side of the equation since I have been an interviewer for more than 20 years.

<http://www.goalssuccess.com/page/2>

NOTE:

Edie is the second one to be interviewed. Just scroll down from the top.

* Lana in Ohio:

When things get unbearable (even with the air on), we pack a picnic and go off to the a nice shady park by good ole Lake Erie, which will probably

happen today . . . yesterday I made our favorite summer salad "tabouli." I am sure you and your beautiful bride would love it. I took the liberty of enclosing the recipe.

Tabouli

2 cups cracked wheat (bulghur)
2 cups very hot water
1 cucumber, chopped
2 small tomatoes, chopped
1 bunch green onions, (8) sliced
1/2 cup fresh chopped mint (optional,just a good without)
2 cups fresh chopped parsley
1 clove garlic, minced (optional)

Dressing:

1/2 cup fresh lemon juice(I like to add some pulp also)
3/4 cup extra virgin olive oil (I never use oil)

1 tsp pepper, 1 tsp teaspoons salt, or to taste) I never add either). Soak the cracked wheat in the hot water until the water is absorbed, about 30 minutes. When it's ready, drain any excess water, squeeze dry. (I line my colander with a piece of cheese cloth.) Meantime, dice tomatoes, finely chop parsley, mint, chop green onions for the salad and mix the dressing ingredients together. Set aside.

Stir the prepared wheat, other salad ingredients, and dressing together in a medium bowl.

Serve chilled or at room temperature. Makes about 8 cups, 12 to 16 servings. Tastes great and very refreshing . . . tastes the best the 2nd and 3rd day.

* Amy in Minnesota:

Thanks for your support and enthusiasm for Blue Zones. We appreciate hearing about the building energy in Asheville. I always appreciate people spreading the word of Blue Zones, especially when they get all their facts correct--which you did. Thank you! Keep up the good work.

* Carol in Pennsylvania:

Take action

We know that Wal-Mart has outsourced much of its garment production to Bangladesh where the current minimum wage is just 11 ½ cents an hour. No one can possibly survive on such a wage, leaving the more than two million young women garment workers trapped in abject misery.

http://salsa.democracyinaction.org/o/677/p/dia/action/public?action_KEY=4035

* Gary in North Carolina:

Just click on the link. Each time ten cents goes to the National Audubon Society by way of sponsors to AshevilleTourismCares.com:

www.ashevilletourismcares.com

Click and Asheville Gives: Our tourism partners have pledged to donate 10 cents per visit (up to \$10,000) through July 2 to help restore the Gulf Coast. Donations go to the National Audubon Society. Visit this site and spread the word.

* Diane in Pennsylvania:

Bill and I thought it [TOY STORY 3] was so much better than 2. What an excellent movie!

* Lori in Pennsylvania:

Just saw the film FRESH. It was about sustainable farming and eating local grown food. Really interesting. I would recommend it. And also, I just saw TOY STORY 3 . . . it was so cute. Totally recommend it. Find a kid and go. LOL!

* Geri in Pennsylvania:

If you didn't see it already, go see GROWNUPS. You will laugh from the start of the movie right through the end. I loved it!

* Sharon in North Carolina:

Danny and I saw KNIGHT AND DAY (starring Tom Cruise & Cameron Diaz). It was a fun movie. It also had a wonderful filming perspective from the action parts. Instead of just focusing on the action star, you get to see it from the perspective of the victim/helper (Diaz). I really enjoyed the film, I'm not a typical Cruise or Diaz fan. Good, fun, light-hearted action/spy film.

* My review of GEORGE: THE POOR LITTLE RICH BOY WHO BUILT THE YANKEE EMPIRE was recently published by AtHomePlate . . . to see it, please click:

<http://tinyurl.com/33aqt7u>

Visit AtHomePlate for the latest baseball news, perspectives and reviews . . . if you're a baseball fan, this is a MUST:

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

3. Comparing notes

Three mothers were sitting around comparing notes on their exemplary offspring.

"There never was a daughter more devoted than my Alice," said Mrs. Davis with a sniff. "Every summer she takes me to the Catskills for a week, and every winter we spend a week at Delray Beach ."

"That's nothing compared to what my Anna does for me," declared Mrs. Jones proudly. "Every winter she treats me to two weeks in Miami , and in the summer two weeks in the Hamptons, in my own private guest house."

Mrs. Smith sat back with a proud smile. "Nobody loves her mother like my Jackie does. Nobody."

"So what does she do?" asked the two women, turning to her.

"Three times a week she gets into a cab, goes to the best psychiatrist in the city, and pays him a hundred and fifty dollars an hour--just to talk about me!"

4. Reviews

A. Look for THE SECRET IN THEIR EYES (EL SECRETO DE SUS OJOS), the 2010 Academy Award winner for Best Foreign Film . . . it may only be playing in a theater that shows foreign films, but if you find it, you won't be disappointed . . . it's an engrossing story about an unresolved crime that also features a tale of unrequited love . . the ending will knock your socks off . . . rated R.

B. HOT TUB TIME MACHINE is now out in DVD format . . . my review from BLAINESWORLD #704 follows:

If you're in the mood to laugh, catch HOT TUB TIME MACHINE . . . just don't expect anything very profound from this comedy about three guys who have become bored with their adult lives . . . so they go away for a crazy night of drinking in a ski resort hot tub and what do you know, they wake up in the year 1986 . . . there, they get the chance to change their futures . . . John Cusack, Rob Corddy and Craig Robinson were all fine in the leading roles, and they had you rooting that life could be better for each of themrated R.

C. Remember the game 21 Questions you used to play as a kid? You can now play an adult version, and you don't even need somebody else to play with . . . instead, get hold of MY LIFE: A WORKBOOK--a thought-provoking little book written by therapist Lyzz Yamazaki.

She guides you through a total of 254 questions that will help give you insight into your true self, your goals and your life . . . you'll focus on areas of your life including love, friendship, future plans, money management and even the design of your room.

You can complete the book in a few hours, but I'd recommend that you spend more time than that . . . perhaps a few hours a week over several weeks would do it, and then this is something you'd like to reflect back on every so often.

In particular, I liked this one tidbit from MY LIFE:

* Suppose that your father has one more day to live. Write a letter that expresses your heartfelt appreciation for his role in your life.

(On the next page, the author encourages you to do the same thing for your mother.)

This passage also caught my attention:

* If you develop the ability to learn something from any kind of relationship, you'll worry less about relationships with people. That's because you'll realize that, instead of trying to change the other person, it's easier to change yourself--and the transition is smoother. Building good relationships while growing at the same time: that's like killing two birds with one stone, don't you think?

Lastly, in the vision section, there were these two great questions:

* You are summoned to heaven. What kind of life would you like to live there?

* Suppose you're sentenced to live for only one more year. What kind of life would you lead?

I'm not sure how I'd answer the latter one; however, I do know that Yamazaki got me contemplating it--plus a lot more . . . and that's always a good sign.

D. Heard the CD version of WHEN I STOP TALKING, YOU'LL KNOW I'M DEAD--written and read by Jerry Weintraub.

He's the legendary Hollywood producer, deal maker, and friend of politicians and stars . . . as he notes:

* All life was a theater, and I wanted to put it up on stage. I wanted to set the world under a marquee that read: "Jerry Weintraub Presents."

And present he did, beginning at age 26 with Elvis Presley, whom he took on the road with Colonel Tom Parker's help . . . through his days with Frank Sinatra when he was at the height of his career . . . and including his role in such hits as OH, GOD!, THE KARATE KID, DINER, and OCEAN'S ELEVEN, TWELVE AND THIRTEEN.

Along the way, the author shares his experience with such other personalities as George Clooney, Bruce Willis, George W. Bush, Brad Pitt, Bob Dylan, John Denver, Bobby Fischer and a whole host of others too numerous to name . . . but you don't get the feeling that he's merely name-dropping; rather, it almost feels like you are having a one-on-one conversation with Weintraub.

I also liked the advice that he shared throughout the book, including:

* People will pay you to make their lives easier.

* Never get paid one when you can get paid twice.

* Every 10 years, something new is coming . . . a big hand comes down and pushes the dishes off the table.

* An idea is only crazy until somebody pulls it off.

* To be successful, you need to have a certain "screw 'em" attitude . . . in politics, entertainment, sports, etc.

There were some great stories, too . . . one I especially remembered involved Weintraub having difficulty selling Presley scarves; i.e., until he got Elvis to ask all those in the concert to wave their scarves so he could see them better . . . the scarves sold like crazy during an intermission.

5. TV alert

A. THE HARD TIMES OF RJ BERGER is about a 15-year-old loser struggling to navigate life as a teenager . . . be forewarned: it's mildly raunchy, but the few episodes I saw were both funny and touching . . . Mondays at 10 p.m. on MTV and repeated throughout the week . . . for a complete listing of past and future episodes, please click:

<http://www.tvguide.com/listings/default.aspx?keyword=hard+times+of+rj+berger>

B. Louis C.K. stars in LOUIE . . . it's about a divorced stand-up comedian with two daughters . . . according to THE NEW YORK TIMES, it takes a while for LOUIE to find its own voice, and while it is at times, a crude and offensive one, it is not without a strange wit and under-the-radar appeal. Louis C.K. is a comedian's comedian, but that shouldn't prevent audiences--mature and immature--from appreciating his work." . . . Tuesdays at 11 p.m. on FX; the pilot will be repeated on both Sunday at 11:30 p.m. and Tuesday, July 6 . . . for a clip from the show, please click:

<http://tinyurl.com/2czlrws>

C. DOLLY CELEBRATES 25 YEARS OF DOLLYWOOD on Saturday night at 8 p.m. on HALLMARK . . . Miley and Bill Ray Cyrus perform with Parton, as does Kenny Rogers.

D. All seven parts of JOHN ADAMS, the acclaimed biopic starring Emmy winner Paul Giamatti, will air in succession on Saturday night on HBO--beginning at 8 p.m.

6. On the house

While shopping in a food store, two nuns happened to pass by the beer cooler. One nun said to the other, "Wouldn't a nice cool beer or two taste wonderful on a hot summer evening?"

The second nun answered "Indeed it would Sister, but I wouldn't feel comfortable buying beer as I am certain that it would cause a scene at the check-out counter."

"I can handle that without a problem" she replied as she picked up a six-pack and headed for the check-out.

The cashier had a surprised look on his face when the two nuns arrived with a six-pack of beer. "We use beer for washing our hair" the nun said, "A shampoo, of sorts, if you will."

Without blinking an eye, the cashier reached under the counter, pulled out a package of pretzel sticks and placed them in the bag with the beer. He then looked the nun straight in the eye, smiled and said, "The curlers are on the house."

7. Websites

A. Even if you're not an opera buff, this will make you wish you were in Philadelphia at the Reading Terminal Market on April 24 of this year:

http://www.youtube.com/watch?v=_zmwRitYO3w

What fun!

THANKS to Barbara in Pennsylvania for providing the above.

B. Here's the wedding proposal you wish you had made (or

received):

<http://www.youtube.com/watch?v=bQVoAWSP7k4&feature=popt00us0c>

And on this one, THANKS to Pat in Pennsylvania for pointing it out to me.

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

<http://www.blaineworld.net>

In case you ever miss an issue or want to revisit an old one, you can always look to the left of the homepage for "Newsletters" and then "Past Issues" . . . sometimes, it is fun to just browse around for a joke (you may have missed or forgotten), quote, website, etc. . . . for example, as I just did and came up with this from BLAINESWORLD #553:

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.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

To quote from an informative computer article I recently read:

Updating one's operating system seems like the PC equivalent of checking your engine's oil. But just like a little periodic car maintenance is a minor interruption that could improve the lifespan of your car, these computer updates do exist for a reason.

For the whole piece . . . and to find out how easy this is to do (especially if you do it automatically), please click:

<http://tinyurl.com/2emfjr9>

9. How hot is it in Florida?



10. A quote I like

It's better to light a candle than to curse the darkness.--Chinese proverb

11. Thought for the day

Lunch with Mae

One day I had a date for lunch with friends. Mae, a little old "blue hair" about 80 years old, came along with them---all in all, a pleasant bunch. When the menus were presented, we ordered salads, sandwiches and soups, except for Mae who said, "Ice cream, please. Two scoops. Chocolate."

I wasn't sure my ears heard right, and the others were aghast. "Along with heated apple pie," Mae added, completely unabashed. We tried to act quite nonchalant, as if people did this all the time.

But when our orders were brought out, I didn't enjoy mine. I couldn't take my eyes off Mae as her pie a-la-mode went down. The other ladies showed dismay. They ate their lunches silently and frowned.

The next time I went out to eat, I called and invited Mae. I lunched on white meat tuna. She ordered a parfait. I smiled. She asked if she amused me. I answered, "Yes, You do, but also you confuse me. How come you order rich desserts, while I feel I must be sensible?"

She laughed and said, with wanton mirth, "I'm tasting all that is possible. I try to eat the food I need, and do the things I should. But life's so short, my friend, I hate missing out on something good. This year I realized how old I was. (She grinned) I haven't been this old before. So, before I die, I've got to try those things that for years I had ignored.

"I haven't smelled all the flowers yet. There are too many books I haven't read. There's more fudge sundaes to wolf down and kites to be flown overhead.

"There are many malls I haven't shopped. I've not laughed at all the jokes. I've missed a lot of Broadway hits and potato chips and cokes. I want to wade again in water and feel ocean spray on my face. I want to sit in a country church once more and thank God for His grace. I want peanut butter every day spread on my morning toast. I want untimed long distance calls to the folks I love the most.

"I haven't cried at all the movies yet or walked in the morning rain. I need to feel wind in my hair. I want to fall in love again. So, if I choose to have dessert, instead of having dinner, then should I die before nightfall, I'd say I died a winner because I missed out on nothing. I filled my heart's desire. I had that final chocolate mousse before my life expired."

With that, I called the waitress over. "I've changed my mind," I said. "I want what she is having--only add some more whipped cream!"

Author unknown

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

12. Advance planning department (only some NC events this week)

A. Bob Butcher rocks the house with Unit 50 this Friday night at Tallgary's College Street Pub downtown. Check out the band at:

<http://www.facebook.com/unit50>

B. Saturday July 3rd from 7-10 p.m. Many of you may have been to an event at the remodeled park or already experienced Splasheville, the new water feature of Pack's Square. The renovations have proven to provide families with an excellent venue for get-togethers. Thus, it is with great pleasure that The Hop announces its participation in Asheville's Shindig on the Green. We will be scooping at the event. Bring the crew out to Pack's Square and experience one of Asheville's long-standing cultural traditions. For more information, please click:

http://www.thehopicecreamcafe.com/The_Hop/the_hop_home.html

C. The Concerts on the Quad summer music series continues at UNC Asheville on Monday, July 5 with April Verch and One Leg Up on July

12 . . . for more information, please click:

<http://www.unca.edu/summerquad>

PS. Happy July 4th to you and yours . . . to get you in the mood for the holidays, check out Jose Feliciano's version of the Star Spangled Video (with great pictures) by clicking:

<http://www.youtube.com/watch?v=Wpdld0RBAk4>

Also, methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINES WORLD

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#716
6.21.2010

In this issue:

1. Reflections
2. FYI
3. What's fair is fair
4. Reviews . . . THE GIRL WITH THE DRAGON TATTOO, etc.
5. TV alert
6. Paperwork
7. Websites
8. Computer tip
9. No help here
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I celebrated my 61st birthday with a movie (see also Section 4A) and dinner at Sushi Thai . . . however, I'll most remember the occasion for her oh-so-memorable gift: my very own Over the Hill Potty Night Light . . . it has a glow in the dark on/off switch and best of all, the endorsement of Wives Against Stray Wet Spots.

Knowing of my love for massages, Cynthia even provided me with a "Happy Ending" . . . you can see it for yourself by clicking:

<http://www.youtube.com/watch?v=xqniV0FqOgA>

I received another great gift--this one from our neighbor Julia . . . she brought over some coconut chocolate chip cookies that did little for my svelte figure, but were quite delicious.

And a few nights later, we continued the celebration by joining our friends Carole and Brian for dinner at the Phi Bar and Bistro at the Hotel Indigo . . . the place features "small plates," which means you get to try and share several dishes that you might ordinarily not order . . . we all enjoyed everything that was brought out: the cheese fondue, beef torunado, fried green tomatoes and chicken flatbread pizza . . . for more information, please click:

<http://www.ichotelsgroup.com/h/d/in/1/en/hotel/AVLIN/dining?start=1>

B. Biltmore Lake, our community, continues to amaze us with all that it has to offer . . . on one day, there was a School's Out party for kids that featured rides, games and pizza . . . that's me, helping set up the event with David Berry--our tireless Recreation Director--on the left.



On another day, the development had its 2nd annual "Suntacular" . . . featured was barbecue from Luella's, which to give the place credit, was much better than when we went there a few weeks ago . . . there was also authentic bluegrass music and a whole host of other activities, including the chance to support the Council on Aging of Buncombe County by buying Biltmore Lake clothing items . . . pictured are our friends Nelson and Mary Lou, hard at work working the booth . . . or make that, one of our friends was . . . I'll let you draw your own conclusion.



C. CONGRATULATIONS to:

* Hayley Roper on her recent marriage to Damian. May the best of this couple's past be the worst of their future.

* J. Peter Dominick on his recent election as chairman of the Bucks County Community College Board of Teachers.

* Kitty Getlick for winning this year's Contest #3, a copy of Queen Latifah's PUT ON YOUR CROWN . . . it's in the mail . . . all totaled, there were eight entries . . . stay tuned for future giveaways!

D. CONDOLENCES to Deborah Hoey and family on the passing of Deborah's husband Allen, a colleague and friend of mine from Bucks County Community College . . . he was a well-known poet and author, as well as a literature and language professor at the College . . . for more information, please click:

<http://tinyurl.com/372fona>

To view the Guestbook referred to in the article, please click:

<http://www.allenhoey.com>

On Thursday, June 24, Dr. Allen Hoey was scheduled to do a book signing and reading at the Newtown Library. This event will still be held, with a number of Bucks County Poet Laureates and others from the poetry community reading from Allen's latest book, *Stricter Means*. Please RSVP to Chris Bursk at burskc@bucks.edu if you are attending.

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

This week, it goes to Donna Bollinger--a volunteer with the Basilica of Saint Lawrence, a Roman Catholic church in Asheville.

Cynthia and I met Donna while walking with our friends (see also Section 1A) in town. We stopped to admire the beautiful flowers she was working on, and she chatted with us for several minutes. A few hours later, we came back her way and noticed she was still hard at work . . . but nevertheless, she took the time to speak to us some more.

Donna also gave us a brief overview of the church's architecture and invited us inside to take a self-guided tour. After doing so, we found out from her that she has been taking care of "Ivy's Garden" (named in memory of her daughter-in-law) for 25 years!

FOR MORE INFORMATION:

A Basilica is a special designation given by the Holy Father to certain churches because of their antiquity, dignity, historical importance or significance as a place of worship. Presently, there are 56 Basilicas in the United States. You can find about more about the one in Asheville by clicking:

<http://www.saintlawrencebasilica.org>

In addition, the website contains a visual tour of this magnificent facility . . . the only thing you can't see is Donna's handiwork; for that, you'll have to make a personal visit.

2. FYI

I admit that I'm prejudiced . . . my financial guru, Ed Kohlhepp, is the BEST . . . he recently sent me the following piece that I'm sharing with his gracious permission . . . should you want to get in touch with Ed or his son Ed, Jr., please click:

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

Bernie L. Madoff revisited

About 17 months ago, Bernie Madoff was arrested for perpetrating the grandest Ponzi scheme ever, believed to be in excess of 50 billion dollars. From time to time since then, several of our clients and prospective clients asked us how they can be sure their money is safe. Before we answer that question, here is some history on Mr. Madoff.

Bernard Lawrence Madoff, a law school drop-out, founded his firm back in 1960 with \$5,000. Quickly establishing himself as a prominent market-maker and seeking to compete with the bigger firms, Madoff looked toward using technology as his edge over the competition. He joined the National Association of Securities Dealers, serving as its vice chairman, and helped to create the NASDAQ in 1971.

Everyone was shocked that, with such an auspicious background, Madoff perpetuated such an outrageous scheme for so many years on so many people that counted him among their friends.

Everyone who talked with Madoff and his wife had nothing but good things to say about them. Clients told their friends about his consistent returns and pleasant demeanor, piquing their interest. Madoff used this popularity to his advantage, creating exclusivity around himself and his fund. It was a well-known fact that Madoff turned down many investors, and you had to have an "in" to be accepted. He was so nice that his relationship with many people was built on his handshake and smile rather than the proper due diligence which should be associated with a high-level fund manager.

Madoff reported consistent year-over-year returns in his Fairfield Sentry Limited Fund, which, when plotted on a graph, resembles almost a perfectly straight ascending line since its inception in 1990. His "modest" returns, usually in the low double-digit range, kept him under the SEC radar just enough to continue his operation.

When a fund manager "guarantees" positive returns--year in and year out, with no discussion of how he does it --clients should abandon ship immediately. Virtually no one can avoid the inevitable downturns in the market for so long.

An independent custodian, such as Charles Schwab or Fidelity, helps safeguard an advisory firm's assets and reports major activities performed by the advisory firm, providing an extra layer of security for the clients. Custody of the assets is usually done by a third party custodian, but Madoff did all of this in-house. Without an independent overseer, he was allowed to steal money and easily create false account statements about the "returns" investors were receiving.

Kohlhepp Investment Advisors, Ltd. is an SEC (Securities and Exchange Commission) Registered Investment Advisor having only limited authority. Kohlhepp Investment Advisors, Ltd does not and never has had direct access to your assets. We are authorized to trade but cannot move your money around without permission.

Madoff was very secretive about the process through which he created his returns. He used his "split-strike conversion" strategy (a sophisticated options trade) as his cover for everything. When people asked too many questions, they were asked to leave. Madoff made it obvious to his investors that he did not like too many questions and that it is not other people's business what he does with their money.

How ironic it is for the person who fathered the NASDAQ system of computer-based trading to refuse online access to his clients and to send antiquated statements with 10-year old technology to his clients. User-friendly statements and online access is a standard feature among managers and firms across the board. It is obvious in hindsight why Madoff's technology was so outdated: updating his technology would have meant additional staff was exposed to his charade.

SUMMARY:

In order to protect your investments, always remember the following:

1. NEVER make investment checks payable to the advisory firm, i.e., "Kohlhepp Investment Advisors, Ltd." Your checks should be made payable to the custodian who "safeguards" the funds, e.g., Charles Schwab, Fidelity Investments, XYZ Trust Co., etc. The only exception to this would be for hourly and/or financial planning fees.
2. Always make sure you receive separate confirmations/statements for your investments (no less often than quarterly) from the independent custodian, Charles Schwab, Fidelity, etc. If you have multiple strategies you will probably receive multiple statements. These statements, either electronic or paper, will confirm your investments and trades and keep you up to date on your accounts.
3. Above all, your investment advisor should be a fiduciary. He or she should be schooled in the area of fiduciary duties and operate pursuant to a published code of ethics. It is evident that Madoff was unethical and illegal. He stole from his investors and broke the law.

We at Kohlhepp Investment Advisors, Ltd. are fiduciaries, always acting in your best interest. The fiduciary standard is a legal concept, but its core idea is not complicated. To act as a fiduciary means we professionals have to put aside our own financial interests, and also put aside the business/financial interests of any company we work with, and give recommendations that are solely and completely in the best interests of people like you, our clients.

In other words, our recommendations have to be made with only one concern: Is this the best thing I (the professional) can do for you (the client), given what I know about who you are and what you want and need?

We encourage questions about your investment strategy. We follow

guidelines placed upon us by you and the regulatory agencies. Though almost all registered investment advisors act in the best interests of their clients, the few bad apples taint the credibility of the whole investment industry. Should you have questions or concerns, we encourage you to contact us.

We truly hope this eletter is helpful. Feel free to pass it on to friends and family. Let's try to prevent any further Bernie Madoff scams from occurring.

Best regards,
Edward J. Kohlhepp, CFP®, ChFC, CLU, CPC, MSPA
Edward J. Kohlhepp, Jr., CFP®, MBA

FYI, part 2

* Berta in New Jersey:

It is never too late to fulfill your dreams. You must see this!

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

FOR THE ORIGINAL VERSION OF THE SONG (one of my favorites):

<http://www.youtube.com/watch?v=kFRuLFR91e4>

* Jean in Pennsylvania:

Just finished GEOGRAPHY OF BLISS [by Eric Weiner]. Had you read it before you chose Asheville? Amazed that so much of the U.S. chapter was about your new hometown. Gotta admit I felt cheated that he didn't delve more deeply into Americans and happiness. Ch.10 felt like an afterthought, after the lengthy chapters on Dubai, India, Bhutan, etc. Still loved the book, though.

So, is Asheville the same as you found it, the same as described in the book or is it quickly changing?

ANSWER:

YES, it is changing--for the better. After all, the Greenfields now live here!

Seriously, we do love it here. And I agree with you about the book. I liked it very much. As I was reading it, I kept wondering: What about Asheville? Then, I was very pleasantly surprised to read the last chapter that highlighted Asheville.

We had already decided to live here when I read the book . . . but it did much to make us happy with our decision. Since then, the town hasn't changed too much; in fact, in many respects, we like it even more than when we originally moved here.

For those readers still not yet familiar with Asheville and would like more information, send an email to bginbc@aol.com and put ASHEVILLE INFORMATION in subject line.

In addition, feel free to check this article that appeared in STYLE magazine in 2008:

http://www.baltimorestyle.com/index.php/style/travel_article/tr_asheville_so08/

* Natalie in Pennsylvania:

So glad you got to see this play [THE FOREIGNER]. This was one of the funniest plays I've ever seen. We saw it at the Bristol this past spring, and I laughed until I couldn't hold my sides anymore. Ivan and I still laugh when we say "thank you" to each other. The man who played Charles was incredible. Thank you for putting this in your newsletter. I hope many more people get to enjoy it.

* Sue in Pennsylvania (with an interesting idea on what can be done to help with the BP crisis):

How about an Angel Project that doesn't need you to open your wallet? This project just needs a little of your time attention and heartfelt

energy. This came from a friend, and I hope you will be moved to follow its suggestion. It is certainly better than feeling helpless and angry.

Today we read a letter from Dr. Masaru Emoto who many of you will recognize as the scientist from Japan who has done all the research and publications about the characteristics of water. Among other things, his research revealed that water physically responds to emotions.

Right now, most of us have the predominantly angry emotion when we consider what is happening in the Gulf. And while certainly we are justified in that emotion, we may be of greater assistance to our planet and its life forms, if we sincerely, powerfully and humbly pray the prayer that Dr Emoto, himself, has proposed.

I am passing this request to people who I believe might be willing to participate, to set an intention of love and healing that is so large, so overwhelming that we can create a miracle in the Gulf of Mexico.

We are not powerless. We are powerful. Our united energy, aligned daily . . . multiple times daily . . . can literally shift the balance of destruction that is happening.

We don't have to know how . . . we just have to recognize that the power of love is greater than any power active in the Universe today.

Please join me in often repeating this healing prayer of Dr. Emoto's. And feel free to copy and paste this to send it around the planet. Let's take charge and do our own clean up!

"I send the energy of love and gratitude to the water and all the living creatures in the Gulf of Mexico and its surroundings. To the whales, dolphins, pelicans, fish, shellfish, planktons, corals, algae and all living creatures. I am sorry. Please forgive me. Thank you. I love you."

* Walter in Pennsylvania:

Can't think of a 1/2 comedy that I have enjoyed in 10 years as much as the first 'Hot in Cleveland' on TVLand. Betty White is still terrific, and the other girls are funny.

* Sharon in North Carolina:

Went to see The A-Team with Danny as a "pre-father's day" gift. Of course, being a fan of the original series it was not a hardship at all. HIGHLY recommend it for fans of the original show. It was hilarious and fun. It had everything the series had with a bigger budget and not such a strict time limit as the TV show did. I will OWN this on DVD when it comes out. Or go see it again.

I should recommend it also for those who have not seen the original show as it is just as good if you have not seen it. And there IS stuff AFTER the credits.

* Edie in Pennsylvania:

Just saw the new Karate Kid movie tonight and enjoyed the interplay between Jackie Chan's spiritual mentor character and Jaden Smith's (son of Will and Jada) pre-teen living in China. Themes around friendship, inner guidance and that of trusted friends, redemption and overcoming fears.

[Also] Watched one of my all-time favorite movies tonight: LA Story (Steve Martin, Victoria Tennant, Sara Jessica Parker) Funny, spiritual, heart-opening, soul-stirring all at once. "Let your mind go and your body will follow."

3. What's fair is fair

When my friend's daughter, Kelli, said her bedtime prayers, she would bless every family member, every friend, as well as every animal (current and past). For several weeks, after finishing the nightly prayer, Kelli would say, "And all girls." This soon became part of her nightly routine--to include this closing.

Finally, my friend had to ask: "Kelli, why do you always add! The part

about all girls?"

She responded, "Because everybody always finish their prayers by saying 'All Men!' "

4. Reviews

A. Catch THE GIRL WITH THE DRAGON TATTOO, a captivating Swedish thriller about a disgraced journalist who is hired to find out what happened to girl who disappeared 40 years ago . . . the acting is superb, and though it's violent in spots, you'll find yourself caught up in the tale for all of its 154 minutes . . . an American version comes out sometime in 2011; what a waste . . . I can't see a single thing that can be done to make this film better . . . rated R.

B. THE LAST STATION is now out in DVD format . . . my review from BLAINESWORLD #701 follows:

Enjoyed THE LAST STATION, which is a biopic that focuses on the marriage between Tolstoy (Christopher Plummer) and his wife Sofya (Helen Mirren) in its final years . . . they love each other, but they also have financial issues made worse by Tolstoy's financial adviser (Paul Giamatti) . . . all three actors were outstanding, as was James McAvoy--one of my favorites--who plays a young man that is employed by the couple . . . unlike many current films, this had the "feeling" that it was actually shot during the time when the writer lived . . . rated R.

C. FOOD RULES by Michael Pollan had me hooked in the very beginning with this statement:

* I realized that the answer to the supposedly incredibly complicated question of what we should eat wasn't so complicated after all, and in fact could be boiled down to just seven words: Eat food. Not too much. Mostly plants.

Pollan then presents a series of 64 "rules" he shares in an all too brief 140 pages that can probably be read in an hour . . . however, I believe that this book is one that I'll be revisiting often--if just to be reminded of the wisdom of this advice:

* Avoid food products containing ingredients that no ordinary human would keep in the pantry. Ethoxylated diglycerides? Cellulose? Wanthan gum? Calcium propionate? Ammonium sulfate? If you wouldn't cook with them yourself, why let others use these ingredients to cook for you? The food scientists' chemistry set is designed to extend shelf life, make old food look fresher and more appetizing than it really is, and get you to eat more. Whether or not any of these additives pose a proven hazard to your health, many of them haven't been eaten by humans for very long, so they are best avoided.

And then there was this passage that I don't always follow, but should:

* Don't get your fuel from the same place your car does. American gas stations now make more money inside selling food (and cigarettes) than they do outside selling gasoline. But consider what kind of food this is: Except perhaps for the milk and water, it's all highly processed imperishable snack foods and extravagantly sweetened soft drinks in hefty twenty-ounce bottles. Gas stations have become "processed corn stations": ethanol outside for your car and high fructose corn syrup inside for you. Don't eat here.

The book may appear to be simple . . . however, it packs a real punch and will at least get you thinking some more about what foods will make for a healthier you.

D. Heard THE LANGUAGE GOD TALKS by Herman Wouk.

Curious about the title because the author wrote two of my favorite novels (THE WINDS OF WAR and WAR AND REMEMBRANCE), I found out that I got a clearer idea by reading the book's subtitle: ON SCIENCE AND RELIGION.

Wouk proceeds--at the age of 94--to take a somewhat autobiographical journey though his many writings, people he has met in life and world events . . . in addition, he cites the Talmud and other books he has read that have helped develop his religious beliefs.

I was most interested in the tidbits that dealt with his fascinating life, including his friendship with physicist Richard Feynman, as well as conversations he's had with such other scientists as Murray Gell-Mann, Freeman Dyson and Steven Weinberg . . . also, I liked reading about

the other influences that influenced his writing.

Less interesting to me were Wouk's philosophical musings on the meaning of life.

5. TV alert

A. MEMPHIS BEAT takes a look at a soulful detective, played by Jason Lee, who has a passion for singing--especially the songs of fellow Memphis native Elvis Presley . . . the fact that Alfre Woodard co-stars makes this new series worth a visit . . . I'll also be curious to see DJ Qualls, who is as unlikely a police officer as you'll ever see . . . Tuesdays at 10 p.m. on TNT; pilot episode repeated on Saturday at 1 a.m. and Sunday at 8 a.m.

B. BOSTON MED has its series premiere on Friday at 10 p.m. on ABC . . . three Boston area hospitals will be featured, along with the second face transplant to ever be attempted in the United States.

C. ELLEN'S SOMEWHAT SPECIAL SPECIAL has Ellen DeGeneres returning to host her fourth comedy, music and chat special that was taped in Chicago . . . Sunday at 9 p.m. on TBS.

D. HUNG, the gigolo drama, returns for its second season on Sunday at 10 p.m. on HBO . . . this guilty pleasure is something that is definitely NOT for the kids to watch.

6. Paperwork

This guy's wife thinks he has a serious medical condition, so she nags him until he agrees to see a doctor. Once there, he was handed a mountain of forms to fill out. Next to "Reason for visit," he wrote, "My wife made me."

7. Websites

A. Jo in North Carolina:

I don't know if anyone has struggled with helping kids/grandkids with homework or if they are taking classes themselves, but I would recommend:

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

I have been taking an online college physics course and this site has been a Godsend. You buy the minutes you need, and have access whenever you need help. They cover all subjects.

B. Pat in Pennsylvania found this REALLY important information about a bill in Congress, requiring IHOP to be open 24 hours a day . . . now this is something that I hope we all can support, regardless of political affiliation.

http://www.youtube.com/watch?v=dF184_T_eWw

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

<http://www.blaineworld.net>

That dapper guy on the right is yours truly . . . make sure you follow my eyes as you move your cursor to the left to see anything else that's available at my website.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

How secure is your password?

The following website lets you know approximately how long it would take a desktop PC to crack into your computer.

<http://howsecureismypassword.net/>

So, for example, if your password were "password," it would be cracked almost instantly because it is one of the 500 most common passwords. Change it to "password7," and see what happens; then make it "password 7a" . . . well, you get the idea.

BUT BE FOREWARNED:

While using this website can be somewhat informative, it can also be very addictive . . . and it is not foolproof by any means, given that computer hackers can figure out things that the ordinary user can't.

9. No help here

A helicopter loses power over a remote Scottish island and makes an emergency landing. Luckily, there's a cottage nearby, so the pilot knocks on the door. "Is there a mechanic in the area?" he asks the woman who answers.

She thinks for a minute. "No, but we do have a McArdle and a McKay."

10. A quote I like

Everyone is entitled to his own opinion, but not his own facts.--Daniel Patrick Moynihan (1927-2003), American politician and sociologist

11. Thought for the day

When you thought I wasn't looking

When you thought I wasn't looking,
I saw you hang my first painting on the refrigerator,
and I wanted to paint another one.

When you thought I wasn't looking,
I saw you feed a stray cat,
and I thought it was good to be kind to animals.

When you thought I wasn't looking,
I saw you make my favorite cake for me,
and I knew that little things are special things.

When you thought I wasn't looking,
I heard you say a prayer,
and I believed that there was a God to talk to.

When you thought I wasn't looking,
I felt you kiss me goodnight,
and I felt loved.

When you thought I wasn't looking,
I saw tears come from your eyes,
and I learned that sometimes things hurt,
but it's alright to cry.

When you thought I wasn't looking,
I saw that you cared,
and I wanted to be everything that I could be.

When you thought I wasn't looking,
I looked . . .
and I wanted to say thanks for all the things
I saw when you thought I wasn't looking.

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

12. Advance planning department

A. North Carolina events:

* It's the last week of performances for A LITTLE NIGHT MUSIC at the Southern Appalachian Repertory Theatre in Mars Hill.

Performances are Wednesday, Thursday and Sunday afternoon at 2:30 p.m.;
Friday and Saturday night at 7:30 p.m.

DISCOUNT SEATS (limited number):

For Friday and Saturday night . . . just \$18. To obtain them, call box office and mention this "special offer." The number is 828.689.1239 . . . or for more information, please click:

<http://www.sartplays.org/>

MY TWO CENTS:

I just saw the play and loved it; you will, too. It seems that the productions at this theatre keep getting better and better.

* We hope you can join us for "AmericaSpeaks: Our Budget, Our Economy," a Community Conversation

When: June 26, 2010 from 11:30 a.m. to 5:30 p.m.

Where: Southern Community Bank & Trust's Boardroom, located at 1751 Hendersonville Road, Asheville, NC

AmericaSpeaks: Our Budget, Our Economy is a national discussion to find common ground on tough choices about our federal budget. Americans from across the country will come together to weigh-in on strategies to ensure a sustainable fiscal future and a strong economic recovery. As a part of this national discussion, thousands of Americans across the country will participate simultaneously in an unprecedented National Town Meeting.

For more information about AmericaSpeaks: Our Budget, Our Economy, please visit the website by clicking:

<http://usabudgetdiscussion.org/>

For more information, you can also email programs@leadershipasheville.org or call 828.348.0673.

* Saturday, June 26th from 3-4 p.m. The Jolly Balloon Smiths will be taking balloon twisting to the next level by incorporating original music and stories into their craft. Word on the street is they have even perfected The Jolly Balloon Smiths Theme Song! These guys are so artistically inventive. We are very fortunate, in addition to their regular Friday night gigs from 7-9 p.m. to have them perform their music/balloon show at The Hop. For more information, please click:

http://www.thehopicecreamcafe.com/The_Hop/the_hop_home.html

And when you check out this establishment (located on 640 Merrimon Ave. in Asheville), make sure you check out its newest flavor: chocolate-covered bacon ice cream . . . YUM!

B. Pennsylvania/New Jersey event:

Coalition for Peace Action will be having the annual Peace is Patriotic Picnic on Saturday, July 3 this year. The picnic will be held at Pennsbury Manor

in Falls Township, PA. Further details will be forthcoming, but I wanted to let you know the date so that you can put it on your calendar. We plan to have a picnic first, which will include games and crafts for kids, and then a presentation of Peace is Patriotic Awards inside Pennsbury Manor. For more information, contact Cathy at cfpabuxmont1@aol.com.

C. Other event:

* GETTING UNSTUCK taught by Janet StraightArrow
Saturday, June 26, from 2-4 p.m.
MIRABAI, 23 Mill Hill Road. Woodstock, NY

There are hidden hooks and reasons we do not move ahead in our lives. Janet demystifies our blocks and helps us see and choose truth and freedom in simple easy ways. Learn how to discover and release hidden causes interfering with your health, purpose, relationships, career and life with immediate results.

Cost: \$15 if registered and prepaid by June 24th; \$20 if registering after the 24th. 845.679.2100 or www.mirabai.com for class.

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINES WORLD

BLAINESWORLD
#715
6.14.2010

In this issue:

1. Reflections
2. FYI
3. Take your choice
4. Reviews . . . THE KARATE KID, etc.
5. TV alert
6. Great bumper sticker
7. Websites
8. Computer tip
9. Things I learned from the South, Part 2 of 2
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had the pleasure of hosting my cousin Blaine (yes, there's another Blaine in the world) and his wife Joan for an all too brief few days . . . we drove to the Pisgah Inn, driving along the scenic Blue Ridge Parkway and got to stop for this picture opportunity.



The food there is excellent and for lunch, it is very reasonably priced . . . I enjoyed my chicken salad wrap, and Cynthia felt the same about her beet salad . . . for more information, please click:

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

We also got to walk around the lake surrounding our community where we had another picture opportunity--this one featuring Blaine and Joan.



In addition, we spent some time walking around Asheville . . . of course we got to go to Kilwin's for ice cream and to Sushi Thai for Thai food, but we also got to check out:

* Pack's Tavern, a very attractive new restaurant in town . . . our chance to sit outdoors made for a particularly nice evening . . . my baby spinach salad wasn't bad; I'm just not sure I would get it again . . . Cynthia felt the same way about her Reuben sandwich (they just don't have corned beef here as good as it was in New Jersey) . . . we were all impressed by the fact that Blaine got me to revisit broccoli, ordinarily not one of my favorite food items . . . my opinion hasn't changed one iota . . . for more information, please click:

<http://www.packstavern.com>

* French Broad Chocolates where we sampled maple bacon ice cream . . . I kid you NOT . . . it has to be tried to be believed . . . for more information, please click:

<http://frenchbroadchocolates.com/>

* Chocolate Fetish where we all shared a delicious cookies & creme chocolate round . . . the store has recently expanded, so there's even more fantastic tasting to sample . . . for more information, please click:

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

* Ten Thousand Villages . . . this is a store featuring over 130 artisan groups in more than 38 countries in Asia, Africa, Latin America and the Middle East where you can get fair trade jewelry, home decor, gifts and more . . . for more information, please click:

<http://asheville.tenthousandvillages.com/php/stores.festivals/store.homepage.php>

* Woolworth Walk, which is located in a converted Woolworth's building . . . crafters from around the area set up shop here, and there's also an old-fashioned lunch counter . . . for more information, please click:

<http://www.woolworthwalk.com/art/crafts.html>

B. Professionally, I attended SCORE's annual appreciation luncheon at the Crowne Plaza . . . Nick Jordan, our dynamic chairman, served as master of ceremonies . . . he did a super job and got things off to a great start with this story:

* One guy says to his good friend, "I just bought a new hearing aid. It is top of the line. It cost me over \$4,000, but I can hear everything clear as a bell."

The friend says, "That's terrific". I know it must have improved your life immensely. What kind is it?"

"12:30."

* Stan Stafian, our equally dynamic membership chair, was next up . . . he presented an Honorary Member award to Dave Campbell, president of MMS Direct, for

having been a recipient of SCORE counseling who has now become a success in the community . . . he's also become a big supporter of our local chapter's work . . . Dave's company is one that provides marketing services; for more information about it, please click:

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

* Our keynote speaker was David Gantt, a local attorney who also is the hardworking chairman of the Buncombe County Commissioners . . .he discussed the economic environment for local small businesses and then graciously stayed to answer several questions . . . that's yours truly with Commissioner Gantt on the left, and yes, I'm really wearing a tie for the first time since I've been in Asheville.



C. CONGRATULATIONS to:

* Gayle Crist, dating coach extraordinaire, who was recently featured as a subject expert on NBC-TV Philadelphia in a segment about online dating. You can view it here by clicking:

http://www.datingsuccesscoaching.com/datingsuccess_002.htm

* Tina Tuttle . . . her daughter Meg just passed her nursing boards and, perhaps best of all, has been offered a new job.

* Al Rieger and family on the recent birth of their latest granddaughter.

* Chic and Joni Dowburd on the birth of their new grandson, Ryan Gregory Williams, born on June 8th . . . 6 lbs.3oz & 19 1/4 inches.

* Bob Butcher who not only did a great job in running the recent Radio-Controlled Racing Sailboat Regatta at Biltmore Lake, but who also had his boat win several of the races.

* Will Hester for being accepted into this fall's class of the Asheville Citizens Police Academy. As he noted to me in an email, "Heads up . . . there's a new Sheriff coming to town!"

DON'T FORGET:

If you would like me to nominate you for this program, send an email to bjinbc@aol.com and put POLICE ACADEMY in the subject line. Also, if you have any interest in me nominating you for next year's Leadership Asheville class, send an email to bjinbc@aol.com and put LEADERSHIP ASHEVILLE in the subject line.

D. CONDOLENCES to:

* Bill Kline and family on the death of Bill's mother.

* Nancy Clark and family on the death of Nancy's mother.

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

This week, it goes to the fine folks at Cinebarre in Asheville--my favorite

local theater.

I like it because it is close to us, but also because you can get a meal and eat it at the same time you're watching a film . . . the food is usually quite good, too . . . I often get a hamburger and fries, and I've rarely been disappointed in either item . . . Cynthia leans toward the salads and says they are equally good.

An added plus is that the employees are always customer-oriented . . . Lynette Hansen has taken over as the head person in charge . . . we've been impressed how quickly and effectively she has stepped in for Griffin Ruggenberg (BLAINESWORLD BEST AWARD winner in February, 2010, who has since moved back to the chain's Denver locale) . . . we've found her to be friendly, as well as helpful.

A new assistant manager there, Julia McGee, has also impressed us . . . and though we like all of the servers, our personal favorite remains Maddi Desmarais . . . her enthusiasm continually bowls us over, and we are amazed at her memory . . . she never writes down an order, yet to date, has never gotten anything wrong.

For more information, please click:

<http://cinebarre.com/locations/asheville-nc>

2. FYI

HELP REQUESTED DEPARTMENT (big time):

I've been in touch with two of my former students/longtime friends, Jack Pfeifer and Joanne Elliott, who have given me permission to share their stories with BLAINESWORLD readers . . . please read them and if you can help in any way, kindly do so . . . MUCH OBLIGED!

* Maureen in Pennsylvania:

I'm reaching out to you on behalf of my husband who needs a kidney transplant . . . on the outside chance that among our large parish family there may be someone willing and able to meet this noble cause and fulfill this prayerful request. Many of you know my husband, Jack Pfeifer, as a staff member of the Saint Andrew Religious Education Department where he is a JAM leader and facilitates the Protecting God's Children program. Jack is also an Aspirant in the Permanent Deaconate Program at Saint Charles Seminary, as well as a husband and father. He is in renal failure and in need of a kidney transplant. A willing donor must be in general good health and have "O" type blood.

If interested, please contact me directly or the Hospital of the University of Pennsylvania, Living Donor Kidney Coordinators--Terri or Sheilagh at 215.662.6200.

Thank you and can I ask also that you please keep us in your prayers.

Maureen Pfeifer
Home: 215.579.2509
Cell: 267.795.7995 .

* Joanne in Pennsylvania:

My father, John Plath, went missing from the Sierra Oaks Nursing Home in Bensalem, PA on Sunday evening (sometime after 7:30-8:00 p.m.). An Amber alert was sent to all residents within a five mile radius via telephone and an article has appeared in today's Bucks County Courier Times on the front page. Action News also reported it on several news programs yesterday. Both the Bensalem and Middletown Police Departments, the fire departments and volunteers, as well as friends and family have been actively looking for him. My father has severe dementia, is now wearing his glasses (which renders him practically blind) and is not wearing his hearing aid or false teeth. He is Caucasian, 5'8" tall, white hair, and walks very slowly. If anyone has seen him, please call the Bensalem (215.633.3700) or Middletown Police Station (215.949.1000). If at all possible detain him until help arrives.

For more information and a picture, please click:

<http://abclocal.go.com/wpvi/story?section=news%2Flocal&id=7496105>

FYI, part 2

* FREE Emergen-C samples:

http://www.facebook.com/surfrider?v=app_384709341416

You probably need to be a Facebook member to read the above, but if you are, do check out this offer . . . Emergen-C is a vitamin drink mix that gives you 1000 mg of C plus B vitamins and more . . . I've been taking it for well over 10 years, and it helped me support my belief that "I don't do colds."

* Quiznos \$2.99 sandwich, soda and chip deal through June 23 . . . this is a big savings since the price of a sub alone is \$4.29-\$5.89, depending on the particular sandwich, plus chips are \$1.19 and a regular fountain drink is about \$1.50 . . . call your local shop to make sure that it is a participating dealer.

<http://www.quiznos.com/299mealdeal/>

* Karen in North Carolina:

Amazing New Yoga Poses

<http://www.youtube.com/watch?v=qbMdX6qL-uk>

* Ruth in Pennsylvania:

I enjoyed interviewing Jim Donovan today.

<http://www.scriptingforsuccess.com/jim-donovan/>

DON'T MISS THIS OPPORTUNITY:

To listen the above: you'll enjoy it . . . Ruth does a fine job with the interview, and Jim is a great subject . . . for a long time, he's been one of my favorite authors/motivational speakers.

* John in Pennsylvania:

Interesting you mentioned this [that all physicians should see THE DOCTOR]. My wife and I watched it about a month ago on Netflix instant play. Excellent movie. I enjoyed Mandy Patinkin's and Adam Arkin's performances as well. After spending the last five years seeing multiple spine surgeons, I almost feel this movie should be a requirement for licensure.

* Dana in Pennsylvania [commenting on a French version of "Happy Together" being in GET ME TO THE GREEK]:

Asking the "expert" . . . just wondering . . . how many languages has that been recorded?

ANSWER:

I'm not sure, but if any reader can help out, please advise . . . in the interim, I did find out this additional information about the song:

http://en.wikipedia.org/wiki/Happy_Together_%28song%29

* Mel in Colorado:

I have just created my newest venture: Pet Loss Therapy, and here's my new website. Comments are welcomed, as are those who need to talk!

www.copingwithyourpetloss.com

* Pat in Pennsylvania:

Congrats on completing the Citizen Police Academy course! Asheville sleeps a little sounder now!

* Janet in New York:

In your (I think) most recent issue, you shared someone's coleslaw recipe. I think it had some Asian touches. Nice. Since I know many of your readers are up North, I would simply observe that something called Summer Slaw, a prepared salad available in the delicatessen section of the market is sold by Stop N Shop. (Stop N Shop also has a business relationship with Giant Market which operates from DC, south, I think.) It is simply delicious. Not your usual slaw: in addition to what one would expect, the ingredients include chopped tomatoes, red cabbage, scallions and other things I am still in the process of identifying, probably some other herbs and seasonings. The taste is sensational! Retail for \$3.99 a pound, but goes on special, down to \$3.49. Try it! You'll like it.

3. Take your choice

There was a little boy named Kenny who used to hang out at the local corner market. The owner didn't know what Kenny's problem was, but the boys would constantly tease him. They would always comment that he was two bricks shy of a load or two pickles short of a barrel. To prove it, they would offer Kenny his choice between a nickel and a dime, and Kenny would always take the nickel. The others got a big kick out of that, knowing that he'd always take the nickel because it was the larger coin.

One day after Little Kenny once again grabbed the nickel, the store owner took him aside and said "Kenny, those boys are making fun of you. They think you don't know the dime is worth more than the nickel. Are you grabbing the nickel because it's bigger--or what?"

Slowly, Little Kenny turned toward the store owner and a big grin appeared on his face as he said, "Well, if I took the dime, they'd stop doing it, and so far I have saved \$20!"

4. Reviews

A. THE KARATE KID is one of those rare films that both parents and their children can enjoy . . . grandparents will like it, too, especially if they saw the original movie with the same title . . . this version had much the same story, but one key change worked--big time . . . 12-year-old Dre Parker (Jaden Smith) is transported from this country to China . . . that gave a whole new spin on things, in that it was fun to see how he would adjust to a completely foreign environment . . . Smith was fantastic, as was Jackie Chan in the role of the kung fu master . . . you'll find yourself cheering at the end, though be forewarned that you'll be in the theater for a somewhat overlong 140 minutes . . . rated PG.

B. EXTRAORDINARY MEASURES is now out in DVD format . . . my review from BLAINESWORLD #695 follows:

Enjoyed EXTRAORDINARY MEASURES, but I did not love it . . . it's a drama based on a true story of a guy who quits his job to pursue a cure for a disease that is killing two of his children . . . he does so by teaming with an unconventional scientist to form an unlikely alliance . . . Brendan Fraser and Harrison Ford are fine in the leading roles; Keri Russell, as Fraser's wife, has little to do in hers . . . the whole film is too formulaic . . . however, it did keep my interest until the end . . . though rated PG-13, I don't think anybody under the age of 10 would very much appreciate it.

C. Author Dan Buettner came to my hometown a few weeks ago to talk about THE BLUE ZONE, his bestseller about the (to quote the subtitle) LESSONS FOR LIVING FROM THE PEOPLE WHO'VE LIVED THE LONGEST.

I was mesmerized by his presentation, especially when he talked about the fact that it is possible to retain health and vitality well into the 80s, 90s and even 100s . . . in addition, I wanted to learn more about what happens in a Blue Zone--or area where higher percentages of the population live astoundingly long lives.

What's amazing is that they do so not through pills, surgery or medications, but

rather through the foods they eat, the company they keep and their perspectives on everyday life.

Buettner interviewed countless folks, and their stories were what made this such a good read . . . for example, 100-year-old Marge Jettson begins every day with a mile walk, a stationary bicycle ride and some weight lifting . . . she also has six glasses of water before breakfast:

* "All that water," she said by way of explanation as she returned [from the bathroom]. "C'mon, I want to show you our garden." On the way up, I asked if she ever got lonely. "Well, sure, you miss people. Most of my friends have died. My husband is dead," she said matter-of-factly. "But I just like to talk to people. My motto is: A stranger is a friend we haven't met yet. I don't know a lot of non-Adventists. I don't go to movies or dances. But I still have a lot of friends around this place and other places in town. I think I was probably shyer when I was younger. There are days when my forgetter is working overtime. I remember just as many things as I did before, but after a hundred years or more, I have so many things in my computer I don't know what button to push." She walked off the elevator laughing at herself.

In addition, I liked how Bueettner brought in the research of others to buttress his points:

In one of [Dr. Brian] Wansink's experiments, he invited a group of people to view a tape and gave each one either a one-pound bag of M&Ms or a half-pound bag of M&Ms to eat as they pleased. After the video, he asked both groups to return their uneaten portions of candy. Those given a one-pound bag ate an average of 137 M&Ms, while those given a half-pound bag ate only 71. We typically consume more from big packages. Wansink's lab examined 47 products in this experiment, and the same thing happened over and over. He also found that the size of the plates and glasses we use has a profound impact on how much we consume. About three-quarters of what we eat is served on plates, bowls, or in glasses. Wansink's experiments showed that people drink 25 percent to 30 percent more if they drink from a short, wide glass rather than from a tall, narrow one, and 31 percent more if they from a 34-ounce bowl compared to a 17-ounce one.

Lastly, the author's final chapter--"Your Personal Blue Zone"--makes this book worthwhile reading, even if that's all you look at . . . he presents a series of nine, easy-to-follow lessons, all of which contain such valuable advice as the following:

* The bathroom scale can be a simple yet powerful reminder to not overeat. Put the scale in your way so you can't avoid a daily weigh-in. In fact, weighing yourself is one of the most surefire ways to reduce your weight and keep it off in the long run. One study that followed 3,026 women who were trying to lose weight and keep it off found that after 2 years, women who weighed themselves daily lost an average of 12 pounds. Women who never weighed in actually gained an average of 5 pounds. In other words, at the end of 2 years, women who weighed themselves every day were (on average) about 17 pounds lighter than the women who never weighed themselves.

I'd write more, but being hungry, I think I'll stop now and eat some nuts--another recommendation you'll find in this excellent book.

D. Heard PUT ON YOUR CROWN, written and read by Queen Latifah. This isn't an autobiography, nor it is a how-to-become a Queen book . . . rather, it is a book about the moments that helped Queen Latifah become the woman she is today.

I've been a Latifah fan for quite some time, enjoying many of her movies (and, in particular, her latest: JUST WRIGHT) . . . I was less aware of her many other accomplishments, such as the fact that she is also a world-renowned musician, president of a recording company, author and movie producer . . . a key to her success has been that she has never been afraid to try anything . . . as she notes:

* Don't tell me you're too old to try something new. My mother just turned 60, and she's taking piano lessons for the first time.

She goes on to add that:

* My "to do" list is constantly growing. [For example] I recently tried skiing.

I was moved by the author's stories about her mother, as well as about her brother . . . she poignantly talks about his death via a motorcycle accident and how she was able to pull herself through her grief . . . in fact, she managed to ride her motorcycle again.

This book is geared toward young women . . . Latifah aims to help them build a strong sense of self-esteem . . . she says one way to do this is to:

* Take ten minutes to be by yourself--even if you have to lock yourself in the bathroom.

Doing so will enable any reader to follow this final tidbit of advice that I think effectively summarized PUT ON YOUR CROWN:

* If I ran into a 19-year-old person, I'd tell her to live full out!

***** CONTEST #3 OF THE YEAR *****

One lucky reader will get a CD version of the above book . . . If you'd like to be entered in the drawing, send an email to bjinbc@aol.com and put CONTEST #3 in subject line . . . then in the body of the email, include your snail mail address . . . entries must be received on or before Monday, June 21 . . . a winner will be announced in next week's issue.

5. TV alert

A. PENN & TELLER: BULLSH*T, now in its eighth season, has a very engrossing show on cheerleaders . . . I already saw this episode and recommend it strongly . . . Wednesday at 8 p.m. on SHOWTIME . . . ordinarily, you can catch the guys on Thursdays at 10 p.m. with repeats throughout the week.

B. FOR NEDA is a documentary is about the young woman who was among those killed for protesting the reign of Iran's Mahamoud Ahmadinejad in the spring of 2009 . . . according to THE WALL STREET JOURNAL, "It is a searing picture of daily life in the Islamic Republic of Iran, and the rage of those determined to resist its oppressive rule." . . . Thursday at 4 p.m. on HBO; repeated on Saturday at 3 p.m.

C. CROSSROADS features both Keith Urban and John Mayer in a Nashville concert . . . Friday at 10 p.m. on CMT.

D. SCONDRELS is about a family of hoods who try to become responsible members of society after their patriarch is sent off the big house . . . the mom (Virginia Madsen) then insists that her children all get honest jobs . . . I'll be viewing, if just to see Madsen . . . according to TV GUIDE, she "is the best reason to watch" . . . season premiere on Sunday at 9 p.m. on ABC.

6. Great bumper sticker



7. Websites

A. THANKS to Marty in New Jersey for reminding me that we all need

some hugs . . . you can go to Sondrio, Italy and get them for FREE:

<http://www.youtube.com/watch?v=hN8CKwdosJE>

MY TWO CENTS:

Watch, if just to hear k.d. lang's rendition of "Hallelujah" . . . she does justice to one of my favorite Leonard Cohen songs.

B. Jean in Pennsylvania got me thinking as a result of her recent Facebook post of this great Emerson quote: "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." . . . I agree and think that's much better than to make you look like somebody else as these folks did via plastic surgery.

http://www.oddee.com/item_96941.aspx

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

<http://www.blaineworld.net>

If you're new to this website . . . or just want to trip down "memory lane" with me, click "Blaine's Best" on the left and then "Pictures" . . . you'll see a collection of shots featuring yours truly, Cynthia, Risa, and a whole bunch of other friends and relatives . . . click on the first one from any year, then arrows will make it easy for you to navigate to others . . . make sure you have your sound on when you view these pictures because when you do, you'll be able to listen to arguably the greatest rock song of all time.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Two readers commented on a new service called Dropbox, which is something that might well be of interest (and use) by others . . . it can be viewed by clicking:

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

* Danny in North Carolina:

Blaine recommended that I try a Web Service called Dropbox.com, and I am glad he did. As an iPad and iPhone user, one of the features that I miss is being able to hook up a thumb drive and move files back and forth. With DropBox, I can do just that. I can now move any file to any computer of mobile device quickly through their downloadable application or directly through their website.

For the PC, it is as easy as saving or dropping a file in the special folder, and then it is almost instantly available on my other devices. For the iPad, the built in document viewer, picture viewer and media viewer saves me from hopping from one app to download the file, to another to view it.

For anyone wanting constant access to their files on the go from any device or on the web, this is the application for them. The first 2 GB is free, and you can get more free space by recommending your friends. Paid accounts are available that offer up to 100 GB of space.

* Alex in Pennsylvania:

I use it all the time. I used to carry around a flash drive for my work/school netbook and home computer. Now I just put everything into my dropbox folder on either computer and boom it's instantly available on every device I use, including my iPhone and my soon to be delivered iPad! In addition, you can access Dropbox from anywhere else via the web too! All files are in it's free cloud storage. It gives you 2 gb free storage--the ability to earn more free storage by referring friends--and you can purchase storage up to 100 gb! Really

a great product.

9. Things I learned from the South, Part 2 of 2

(Concluded from last week.)

"No, Jew?" is a common response to the question, "Did you bring any beer?"

You measure distance in minutes.

You switch from heat to A/C in the same day.

All the festivals across the state are named after a fruit, vegetable, grain, insect or animal.

You know what a "DAWG" is.

You carry jumper cables in your car--for your OWN car.

You only own five spices: salt, pepper, Tony's, Tabasco and ketchup.

The local papers cover national and international news on one page, but require 6 pages for local high school sports and motor sports and gossip.

You think that the first day of deer season is a national holiday.

You find 100 degrees Fahrenheit "a bit warm."

You know all four seasons: Almost summer, summer, still summer and Christmas.

Going to Wal-Mart is a favorite pastime known as "goin' Wal-Martin" or "off to Wally World."

You describe the first cool snap (below 70 degrees) as good chicken stew weather.

Fried catfish is the other white meat.

We don't need no dang Driver's Ed. If our mama says we can drive, we can drive dag-nabbit.

You understand these jokes and forward them to your Southern friends and those who just wish they were from the SOUTH.

10. A quote I like

People often say that motivation doesn't last. Well, neither does bathing--that's why we recommend it daily.--Zig Ziglar, American author and motivational speaker

11. Thought for the day

On being a dad

4 years old: My Daddy can do anything!

7 years old: My Dad knows everything.

8 years: My Dad does not know quite everything.

12 years: Dad doesn't know very much.

14 years: Oh, Dad. He's old-fashioned.

21 years: Dad, that guy is so out of date!

25 years: Dad knows a little bit, but not much.

30 years: I must find out what Dad knows about it.

35 years: Before we decide, we must get Dad's opinion.

50 years: What would Dad have thought about that?

60 years: My Dad knew everything!

65 years: I wish I could talk it over with Dad once more.

Author unknown

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

12. Advance planning department

A. North Carolina event:

Joe in North Carolina invites participation in the following program:
"Community Conversation: Our Budget, Our Economy." As he notes:

Thousands of Americans will come together on June 26, 2010, all over the US, to weigh-in on the strategies our nation can take to ensure a strong economic recovery and a sustainable fiscal future. I think this is an important issue for every American to weigh-in on. Our ability to manage our budget and deficit responsibly--or not--will impact our children and grandchildren's lives. That's why I'm hosting a Community Conversation. AmericaSpeaks will provide educational tools and a discussion guide. I'll provide snacks. And you provide . . . you! Please join me!

Location: Southern Community Bank and Trust, 1751 Hendersonville Road, Asheville

Time: 11:30 a.m.-5:30 p.m.

For more information and/or to register, please click:

<http://tinyurl.com/25trkfz>

B. Pennsylvania/New Jersey events:

* Kitty in New Jersey:

Help get the word out about Tomato Patch! We lost a bunch of seniors this year, so we need to recruit some more folks for Session I. If you know anyone going into grades 8-12 next year who is interested in the arts, they would love Tomato Patch! Check it out online at:

http://www.kelseyatmccc.org/tomato_patch.shtml

* Allen Hoey will read from Stricter Poems and also a few newer poems. Books are available for sale and signature. Refreshments will be served. (The Library usually has a nice selection of cookies and cheese and a bottle or two of nice wine.)

Thursday, June 24, 2010 at 7:30 p.m.
Newtown Library Company, 114 Center Ave., Newtown, PA

C. Other event:

June 19th at 2 p.m.
Speaking & Book Signing Event in Oak Brook, IL
Topic: "How To Reduce Stress & Weight Naturally" by Alex Ong

For more information, please click:

<http://www.mindyourownwellness.com/Event.html>

PS. June 14, as you probably know, is also Flag Day . . . as to that event's significance, I think the following sums it up well:

If anyone, then, asks me the meaning of our flag, I say to him--it means just what Concord and Lexington meant; what Bunker Hill meant; which was, in short, the rising up of a valiant young people against an old tyranny to establish the most momentous doctrine that the world had ever known--the right of men to their own selves and to their liberties.--Henry Ward Beecher (1811-1896), American abolitionist and author, best known for UNCLE TOM'S CABIN

So Happy Flag Day to y'all and, also, on Sunday, I'm hoping that you get to enjoy Father's Day with your Dad . . . or if he's no longer around, at least get to think of him fondly as I'll be doing. Then revisit Section 11 for an additional reminder about why your Dad was and/or is such a cool guy.

In addition, methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#714
6.7.2010

In this issue:

1. Reflections
2. FYI
3. Absolutely brilliant household tip
4. Reviews . . . GET ME TO THE GREEK, ETC.
5. TV alert
6. Sign at BP station (I kid you NOT)
7. Websites
8. Computer tip
9. Things I learned in the South, Part 1 of 2
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I saw a terrific production of THE FOREIGNER at the Southern Appalachian Repertory Theatre in Mars Hill . . . this hilarious farce had us laughing from beginning to end . . . Randy Noojin was fantastic as the Charlie, the foreigner, who says little in the first half and then becomes a Robin Williams clone as he tells a folk tale from his make-believe homeland in a language that I've certainly never heard before . . . Bradshaw Call (so funny in other area plays we've seen, including THE PERFECT GANESH and MARRIED ALIVE) turned in another bravura performance here as Ellard Simms, the dim-witted brother who's smarter than he seems . . . Bill Gregg's direction was also spot on.

My only disappointment is that by the time you read this, THE FOREIGNER will have ended its limited run . . . however, should you want to catch a future production at this theatre, please click:

<http://www.sartplays.org>

A few nights later, we saw FALLING IN LIKE at the Haywood Arts Regional Theatre in Waynesville . . . billed as "an almost romantic comedy," it's the story about a star who gets injured and must be replaced by the understudy . . . you can pretty much predict the outcome, which isn't necessarily a good thing . . . however, some of the dialogue was quite catchy and well-written . . . also, both David Dvorscak and Shanda Jacobs were excellent in the leading roles.

This play will be running through June 13 . . . for more information, please click:

<http://harttheater.com>

B. When seeing these two shows, we did something that's a bit unusual for us; i.e., went to the respective areas with no pre-conceived notions as to where we were going to eat . . . in Mars Hill, this almost proved a disaster . . . riding through town, there seemed to be very few eateries that we'd even want to consider . . . but we were lucky to find Osaka Japanese Restaurant (828.689.2666) a few miles away, and we were very pleasantly surprised . . . my hibachi chicken was quite tasty, and Cynthia enjoyed her shrimp with vegetables dish . . . the prices were very reasonable.

In Waynesville, we had the almost the same experience . . . we walked along Main Street and not too much was open . . . fortunately, we came across O'Malley's (828.246.0898)--a tavern where all the food is prepared to order . . . I liked my grilled chicken sandwich, and Cynthia said her Caesar Salad with shrimp was excellent . . . our shared order of sweet potato fries was equally as good.

C. Perhaps the highlight of my week was completing the Asheville Citizens Police Academy (see also the BLAINESWORLD BEST AWARD immediately after Section 1D) . . . it was a marvelous experience--one that I recommend wholeheartedly to anybody else living in the area . . . that's Chief William

Hogan presenting my graduation certificate.



D. CONGRATULATIONS to:

* Dr. Jodi Antonelli . . . her research recently won first prize in a competition sponsored by the American Urological Association. For more information about her work, please click:

<http://tinyurl.com/2eqy8yg>

* Leadership Asheville for being named Junior Achievement's Volunteer of the Year. Staffers Gerry Goertz, Brit Lippard and Liz Miller are to be commended for all their hard work.

* Liz Sette on the birth of her newest grandchild . . . Benjamin Gregory arrived around 11:00 last night, June 2, weighing in at a healthy 9 lbs. 14 oz. Mom and son are doing well.

* Jon Richardson on his new job . . . starting Monday, he begins working with the team at Axess Communication in Littleton Colorado.

* John and Diane Worthington, proud parents of son Johnny who received a Bronze Congressional Award for Young Americans for his work in the areas of Volunteer Public Service, Personal Development, Physical Fitness and Expedition/Exploration.

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

This week, it goes to Officer Allen Dunlap--the individual behind the success of the Asheville Citizens Police Academy (see also Section 1C).

For more information, see below for the report card grade that I submitted to the ASHEVILLE CITIZEN-TIMES:

"A" grade to Officer Allen Dunlap with the Asheville Citizens Police Academy . . . he headed this enlightening program that gave some 30+ citizens of the Asheville area the chance to visit the police department over a 12-week period . . . in addition, he arranged meetings with numerous other officers that gave all participants a greater awareness of how demanding (and important) is the job done by the brave men and women of the police force. Kudos, too, to Chief William Hogan for both his availability and support of the Academy that's slated to run again in the fall. If you'd like to apply for the next program, call 552.1517 or send an email to: ADunlap@ashevillenc.gov.

2. FYI

THANKS to Berta in New Jersey for this email:

Here is a quick 1-minute a creativity exercise for today. Think of possible titles for the book(s) you'll write some day. I got this idea from a friend, Coach Joel Remde . . . to get his ezine, please click:

<http://energyleadershipsuccess.com/coachjoel/ezine.htm>

***** MR. CURIOUS HERE *****

Please feel free to share the titles of books you might write some day, and in return, I'll share mine. This is a fun activity that will get you thinking, too!

FYI, part 2

* Pat in Pennsylvania:

My Mother's Aunt was a maid at the original Haddon Hall (Now Resorts Casino Hotel in Atlantic city) probably back in the 1920s and 30s . . . so my Mom made us aware of the obligation to be sure to tip the maid at an early age. And my parents made us aware to be respectful and appreciative of all service people. I remember as a kid in the early 60s going to the Ambassador hotel in DC and watching my Mom and Dad write out a thank you envelope and putting money in it for the maid. (And back then I think they left them like \$3.) Funny how lessons and values that you learn early stick with you for the rest of your life. Teaching values and respect for others was something that my parents were great at!! I think people would tip hotel staff more often but sadly I think a lot of people don't recognize the value they provide. And unfortunately hotel service people and what they do are often sort of invisible to guests.

But nice that you brought this up to your readers. I often tip my trash haulers, especially at Christmas. In fact, the trash guy now honks his horn as he is coming up the street to make me aware that he is there in case there was something I forgot to put out. Ha!! And recently, I recognized that although I tipped the Trash people, I never tipped the recycle guys who pick up our cans, bottles, and newspapers. So this year I tipped the recycle guy too. And laughing here but in a respectful way . . . you would have thought I gave him a Mercedes Benz as he was so happy and thankful for my small gift. It made me think how few people probably tip them? But for me the tip gift I gave made me feel great as someone was reciprocating by being so sincere and very appreciative of my gift. So who really got the reward?? Think about it.

* George in Pennsylvania:

[Check my website] George Bruno's page--Christian actors . . . it's a virtual casting network for Spokespersons, Hosts, Actors, and Voiceover Artists...and those interested in exploring the industry.

<http://tinyurl.com/28ax5hq>

* Linda in North Carolina:

I found a great little natural pet food store right here in Candler, called "Moondoggies". Turning left onto Smokey Park Hwy from Sandhill Rd, it is about a mile down the road on the right, 1263 Smokey Park Hwy.

The owner, Linda, opened last November, and has food, treats, toys for dogs and cats, all natural.

I have been driving to Hendersonville Rd to get my Before Grain food, and was surprised to see it on Linda's shelf! She will be having seminars and is herself a dog trainer. A nice person trying to make Candler a "Pet Blue Zone", where our best friends can live a very long and healthy life.

If you don't have a pet, tell someone who does. If you do have a pet, give it a try. I know I am happy she is here!

THE REST OF THE PICTURE:

Premium or otherwise, the first five ingredients of every kind of dog and cat food are generally the same, says the co-author of new book on pet food. For more information, please click:

<http://www.nytimes.com/2010/06/01/health/01brod.html?emc=eta1>

* THANKS to Jean in Pennsylvania for sharing this well-written piece about community colleges that appeared in the BUCKS COUNTY COURIER TIMES . . . it was written by John Strauss.

<http://tinyurl.com/2enpwbd>

* Glenn in Pennsylvania:

I recently started a blog to put out for view and comment my non-fiction writing on food, wine and history. I will also document my journey to find my purpose. Writing has been my lifelong passion, and I am enjoying the exploration.

<http://gburd1.wordpress.com>

* Julia in North Carolina graciously shared the following cheesecake recipe that I recently got to taste at a gathering of our neighbors:

I've made this cheesecake about 7 times now. I've altered it, using pineapple and orange. The strawberry is best.

Ingredients:

1 1/4 cups graham cracker crumbs
1/4 cup sugar
1/3 cup butter or margarine, melted I use 6 tablespoons. It sticks a bit better.
2 (10 ounce) packages frozen sweetened strawberries, thawed
1 tablespoon cornstarch
3 (8 ounce) packages cream cheese, softened
1 (14 ounce) can sweetened condensed milk
1/4 cup lemon juice
3 eggs
1 tablespoon water

Directions:

Combine graham cracker crumbs, sugar and butter. Press onto the bottom of an ungreased 9-in. springform pan. Refrigerate for 30 minutes. In a blender or food processor, combine strawberries and cornstarch; cover and process until smooth. Pour into a saucepan; bring to a boil. Boil and stir for 2 minutes. Set aside 1/3 cup strawberry sauce; cool. Cover and refrigerate remaining sauce for serving. In a mixing bowl, beat cream cheese until light and fluffy. Gradually beat in milk. Add lemon juice; mix well. Add eggs, beat on low just until combined. Pour half of the cream cheese mixture over crust. Drop half of the reserved strawberry mixture by 1/2 teaspoonfuls onto cream cheese layer. Carefully spoon remaining cream cheese mixture over sauce. Drop remaining strawberry sauce by 1/2 teaspoonfuls on top. With a knife, cut through top layer only to swirl strawberry sauce. Bake at 300 degrees F for 45-50 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Remove side of pan. Thin chilled strawberry sauce with water if desired; serve with cheesecake. Store in the refrigerator.

SOURCE:

<http://allrecipes.com/Recipe/Strawberry-Cheesecake/Detail.aspx>

NOBODY ASKED ME, BUT:

Julia makes one delicious cheesecake. I could follow the recipe, exactly as presented, and doubt that it could come out 1/2 as well as when she made it!

* Bettina in New York:

'Sex and The City II' is tragically disappointing. The script is banal, the outfits border on clownish and at the risk of sounding anti-feminist, the ladies are just too long in the tooth!

* Janet in New York:

You said something [in a review of DIET AND EXERCISE book] about the type of Vitamin E someone should eat; i.e., do not use synthetics. As a matter of fact, nutrients which occur naturally are usually better utilized by the body than nutrients in pills. FYI: I'm trained as a nutrition/food/wellness professional.

* Leslie in Canada [about a "thought for the day" on the Canadian health system]:

Yes, you are much better off being an animal than a human for wait times. It is though very expensive for the owner. As for being a patient . . . I am all for our health care system. I don't have any private coverage and I feel safe and secure without. There are some waits at times, though they are not to the extreme. And if I was to feel I absolutely needed to skip the wait then, I would go to the emergency room which . . . yes, you will wait some hours there too but at the end of the day, it doesn't matter if I am a dishwasher or if I am bank executive, the wait is the same. I have had family with cancer and other health problems and they have had no problems getting in with specialists and having their procedures performed (free). I love our health care system!

* Cynthia in North Carolina (see also Section 1A):

Try peroxide on mosquito bites. It really helps with the itching.

AS USUAL:

Cynthia has some great advice here . . . for more information on the topic, please click:

<http://www.askdrsears.com/html/8/t084800.asp>

* Susie in New Jersey:

I hope you don't mind . . . this is from Blair who was my therapist for 5 years. She is trying to win this contest to create a reality TV show about drama therapy . . . pretty cool idea, check it out and vote if you like!

Would you like to see an inspiring, healing, entertaining, funny and dramatically different kind of reality show? Please visit the website (below) to watch and vote for my little trailer for a new show called "Dramatically Different" that features me doing drama therapy with individuals, couples, and groups like inner city kids and Iraq veterans.

In this technological world where we seem to relate to each other less in person and more in type, creative arts therapies can help people feel alive and connected to their bodies and each other. I need your vote to raise consciousness about the power of drama therapy and its ability to help people recover from trauma and/ or simply improve their chances of "living their best life."

Vote now by clicking:

<http://tinyurl.com/25nygj2>

3. Absolutely brilliant household tip

Always keep several get well cards on the mantle . . . so if unexpected guests arrive, they will think you've been sick and unable to clean.

4. Reviews

A. I thought Russell Brand stole every scene in FORGETTING SARAH MARSHALL . . . he is funny, too, in his latest film (GET ME TO THE GREEK)--in parts . . . but the story about an uncooperative rock legend coming to Hollywood for a comeback concert dragged in other parts, and overall, I was disappointed . . . Jonah Hill co-stars, and he also had some moments that made me smile . . . yet it was Sean Combs as the record executive from hell who almost made GREEK worth my recommendation . . . oh, and lest I forget . . . part of the soundtrack contained a French version of "Happy Together," arguably the greatest

rock song of all time . . . rated R.

B. SHUTTER ISLAND is now out on DVD . . . it's a thriller, starring Leonardo DiCaprio, that's been directed by Martin Scorsese . . . that's why I saw it initially, despite not being very interested in the story about a federal marshal who investigates the disappearance of a woman from a mental hospital for the criminally insane . . . I should have followed my gut and stayed away . . . it was barely watchable . . . rated R.

You'll do much better off by renting THE DOCTOR, a 1991 film about a surgeon (William Hurt) who doesn't have much of a bedside manner until he becomes a patient himself . . . Christine Lahti and Elizabeth Perkins also star . . . I only wish that all doctors had to see this; i.e., before they began practicing medicine . . . rated PG-13.

C. I enjoyed reading ATLAS BLACK: MANAGING TO SUCCEED by Jeremy Short, Talya Bauer and Dave Ketchen, a graphic novel that was illustrated by Len Simon.

It's an attempt to do away with the typical boring college textbook . . . instead, if you read this, you'll encounter an interesting story about a college student (who is a bit of a slacker) and his struggle to finish school and begin a new life . . . with the help of his friend, the local barista, his wise management professor and a mysterious character who appears unexpectedly throughout the book, Atlas attempts to fund his college expenses and start a new business.

I liked how ATLAS BLACK managed to bring together key concepts from principles of management, organizational behavior, strategic management and entrepreneurship . . . I also liked how it:

- * Summarized salient points from many books, including Sun Tsu's THE ART OF WAR.

- * Presented definitions, such as this one explaining the difference between Type A and Type B personalities . . . "A Type A person is competitive, always in a hurry, and often irritable and loud. A Type B person is the opposite--calmer and more relaxed."

- * Motivated me to want to learn more; e.g., to read a poem Mirsoslav Holub called "Brief Thoughts on Maps" that was briefly mentioned in the book.

What I didn't like was how ATLAS BLACK ended--incompletely . . . if I want to learn if Atlas was successful in his business venture, I'm going to have to read the next episode!

D. Heard TAPPING YOUR INNER PASSION, a taped program written and read by Dr. Alan Loy McGinnis.

To quote McGinnis, "The great achievers in history have always known what they wanted. By that I do not mean merely that they have clear cut goals, important as they are. This is something deeper. If these people are successful more often than others, it is largely because they want success more than the average person."

The author then proceeds to show how to tap this passion and to combine it with self-discipline and commitment, thereby developing a formula for lifelong success. He does so by using case histories and psychological insights, as well as by incorporating timeless wisdom from people he's met and numerous books he has read.

I've heard some of the principles before; nevertheless, they served as a reminder to do such things as:

- * Be grateful for the trouble on your job because they provide about half your income. Because if it weren't for them, somebody could be found who gets half of what you get paid. So start looking for trouble.

- * Make few promises, then scramble to keep the ones you make.

- * The Nobel laureates, in science, are much more likely to collaborate with others.

- * The first trait of good collaborators is that they're straightforward in asking for help.

- * Always ask for help. Say: I want to buy a couple hours of your time. Almost

everyone will say yes, and most won't even take any money from you.

* Say this to children, "I need to ask a favor."

* If there's a problem (say crime), there are always opportunities (such as electronic monitoring bracelets).

* If there's change, use it to your advantage. For example, if there's a new compensation system that's been installed, don't just complain. Instead, see what you can do to make it work to your advantage.

TO OBTAIN THE ABOVE:

This fine program is available for purchase or rental . . . if you want to get it, please click:

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

I am a longtime member of the Achievement Library . . . this a great way to hear CDs or view DVDs.--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.

5. TV alert

A. WORK OF ART is a new reality series about 14 aspiring artists who vie for a solo show, a cash prize and the title of "The Next Great Artist" . . . it premieres on Wednesday at 11 p.m. on BRAVO; repeated this week on Sunday at 9 a.m. and Monday at 3 a.m.

B. THE GREEN ROOM WITH PAUL POVENZA has comics like Roseanne, Drew Carey and Bob Saget talk shop--and crack jokes--with host Provenza . . . premieres on Thursday at 10:30 p.m. on SHOWTIME; repeated this week on Friday at 12:30 a.m. and 10:30 p.m.

C. I'm ordinarily not a big soccer fan, but I'll be interested in catching at least part of Saturday's match . . . USA battles England at 2 p.m. on ABC.

D. THE TONY AWARDS are on Sunday night at 8 p.m. on CBS . . . Sean Hayes, also a nominee for his role in PROMISES, PROMISES, is the host . . . I would have preferred Hugh Jackman or Billy Crystal, but alas, nobody asked me!

6. Sign at BP station (I kid you NOT)



My hope is that BP practices what it preaches!

7. Websites

A. There's never been an easier way to reject a friend or enemy . . . follow a few simple steps to send your own rejection letter . . . first, pick your own template and then use the fields below to personalize your rejection letter for optimal effect:

<http://www.randomhouse.com/crown/features/other-peoples-rejection-letters/>

B. Children often inspire very touching songs from rockers . . . one of my favorites has always been John Lenon's "Beautiful Boy" . . . you can see the video of it, along with Harry Chapin's "Dancin' Boy" and 18 others, by clicking:

<http://www.spinner.com/2010/04/12/baby-songs/>

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

<http://www.blainesworld.net>

For a quick overview of what you can find at the website, take a look at the box at the very top of the homepage.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

As a follow-up to last week's tip on canceling a print job, consider these two other options:

* If you see that there are no current print job, it means the job has spooled off your hard disk and is at the printer running from the printer's memory. The only way to kill the job is the direct approach. After you cancel the job in the Printer window, just turn off the printer to clear the print job from memory.

Generally, this process causes a paper jam, but it's worth the time to clear a paper jam in order to save a few trees.

* And THANKS to Pat in Pennsylvania who wrote:

When I want to stop printing a long document, I just pull all the paper out of my printer, except the sheet that's feeding at the moment. The printer tries to print, then a screen comes up saying "out of paper," and there's an option to "cancel printing'." I click on that, then reload the paper.

9. Things I learned in the South, Part 1 of 2

A possum is a flat animal that sleeps in the middle of the road.

There are 5,000 types of snakes and 4,998 of them live in the South.

There are 10,000 types of spiders. All 10,000 of them live in the South, plus a couple no one's seen before.

If it grows, it'll stick ya. If it crawls, it'll bite cha.

"Onced" and "Twiced" are words.

It is not a shopping cart, it is a buggy!

"Jaw-P?" means Did y'all go to the bathroom?"

People actually grow and eat okra.

"Fixinto" is one word. It means "I'm fixing to do that."

There is no such thing as "lunch." There is only dinner and then there is supper.

Iced tea is appropriate for all meals and you start drinking it when you're two. We do like a little tea with our sugar.

Backwards and forwards means "I know everything about you."

The word "jeet" is actually a phrase meaning "Did you eat?"

You don't have to wear a watch, because it doesn't matter what time it is, you work until you're done or it's too dark to see.

You don't PUSH buttons, you MASH 'em.

(To be concluded next week.)

10. A quote I like

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.--Buddha (around 560 BCE-480 BCE), spiritual teacher from ancient India who founded Buddhism

11. Thought for the day

I was saddened to learn of the death of John Wooden (1910-2010), legendary basketball coach . . . shortly after I heard the news, my good friend Brian Biro shared the following piece with me that he has given me permission to use:

Goodbye Coach Wooden . . . God Bless You

John Wooden, the greatest of them all passed away peacefully last night at age 99. As great a coach as he was (and just this year he was voted by coaches from all sports as the greatest coach in history), he was a better father, husband, friend, and human being. It has been said that you can judge the quality of a person by the way he/she treats those who can do nothing for him/her. Coach Wooden passed that test of character with flying colors. One of the great gifts of my life was the chance to know this humble, gentle, wise, and above all, KIND human being. That he wrote the forward to Beyond Success and gave me guidance as I worked on the project is a gift I will treasure for the rest of my life. He showed us all that you can do it RIGHT! He always GAVE credit and accepted responsibility. He moved quickly, but never hurried. He lived his life focused on CHARACTER not reputation. As a result, his reputation is legendary. Beyond all of his

accomplishments I will most of all remember the way Coach Wooden showered his loving spirit on my daughters when they were little girls years ago when they had a chance to meet him at a book signing we did together in Encino. As he did for all who met him, Coach made those little girls feel that they were so very special. Coach Wooden always remembered that he coached PEOPLE much more than basketball. He is finally reunited with his beloved wife Nellie--the greatest light now in his ETERNAL life. You have made the world better because of the way you lived.

May the road rise to meet you Coach Wooden,
May the wind be always at your back.
May the sun shine warm upon your kind face,
And may the rains fall gently upon your fields.
And, until we meet again, may God hold you in the palm of His Hand.

With love,
Brian Biro

IF YOU WERE A WOODEN FAN LIKE ME:

Get a copy of Biro's excellent book, BEYOND SUCCESS: THE 15 SECRETS TO EFFECTIVE LEADERSHIP AND LIFE BASED ON LEGENDARY COACH JOHN WOODEN'S PYRAMID OF SUCCESS . . . as I noted in my review in a BLAINESWORLD #618:

Don't negate BEYOND SUCCESS because you think it is only about basketball . . . though the sport is often mentioned, this fine book has applications to business, education and just about any other field you can name . . . I look forward to sharing it with my students, as well as with my daughter and future son-in-law.

12. Advance planning department

A. North Carolina events:

* Sunday, June 13th
Radio Controlled Racing Sailboat Regatta

12-2 p.m.

Boathouse at Biltmore Lake

Come to the lake front at noon Sunday, June 13th (rain date: Sunday, June 27th) for a seminar on radio-controlled racing sailboats. Long present on Beaver Lake in north Asheville, members of the Asheville Yacht Club will be on hand with racing sailboats of a few different classes to introduce you to the activity--the boats, the equipment, racing basics--and to give you a chance to see the boats in action sailing around a course. Feel free to take the helm that afternoon and try it yourself!

The fun starts at noon near the boathouse dock. Contact Bob Butcher at 667.8203 or bob.butcher@yahoo.com with questions. Sail fast!

* Saturday, June 19 from 12-1 p.m.

Come to The Hop for great ice cream and, also, FREE ADMISSION to Keowee Chamber Music . . . this extremely talented group of musicians will be performing two interactive classical music sets for children and adults.

And on Tuesday, June 22 from 6:30-7:30 p.m., come see a FREE performance by Professor Whizzpop . . . loads of fun . . . this talented children's musician returns to The Hop with his all-out hilarity.

For more information about The Hop, please click:

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

***** NOBODY ASKED ME, BUT . . . *****

You'll enjoy the ice cream at The Hop and, also, all that owners Ashley and Greg do for the community . . . I got a special kick of the following link, in that it shows a recent event for kids--and the girl who volunteers to go on stage is Amanda, Cynthia's "little sister."

<http://www.youtube.com/user/TheHopIceCream#p/search/0/BwzZBQJqXfl>

B. Pennsylvania/New Jersey events:

* Natalie in Pennsylvania:

Did I tell you I saw "Ragtime" finally at the Kelsey? It was better than a Broadway performance.

YOU CAN CATCH THIS PRODUCTION, TOO:

It runs through Sunday, June 13 at the Kelsey Theatre in West Windsor, NJ . . . for more information on this excellent show, please click:

<http://www.kelseyatmccc.org/schedule.shtml>

* The Doylestown Bookshop's 12th Anniversary Celebration!!

Friday, June 11, 2010 at 9:00 a.m.; ends on Sunday at 5 p.m.

End Time: Sunday, June 13, 2010 at 5:00 p.m.

The Doylestown Bookshop, 16 S. Main St., Doylestown, PA

Jim Donovan, one of my favorite motivational speakers and authors, will be there at Sunday on 2 p.m. to sign books.

* Just a reminder about the following opportunity to work with an incredible Australian Medicine Woman. She will guide you in every step to create medicine tools . . . medicine bags, smudge fans, whatever fits your tradition (use your raw materials or ours).

June 12 and/or June 13, 2010 Bring your Nature Finds to Cyndy's Studio in the rolling hills of Landenberg, PA

To see some of Morning Star's beautiful creations, please visit her website:

<http://www.AnimalSpiritMedicine.webs.com>

To register or for more information, please contact Cyndy at 610.274.3109 or email: SnakeDancer@RhythmOfTheEarth.com.

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD
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In this issue:

1. Reflections
2. FYI
3. Defiance
4. Reviews . . . SEX AND THE CITY 2, etc.
5. TV alert
6. Dog for sale
7. Websites
8. Computer tip
9. New bike
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I were fortunate:

* To be able to attend an excellent presentation by author Dan Buettner that was based on his bestseller, THE BLUE ZONES . . . it was all about the secrets to a long, healthy life.

Buettner calls these secrets "The Power Nine" . . . follow any six of the following, and you'll live another four to six years:

1. Move: Find ways to move mindlessly. Make moving unavoidable.
2. Plan de Vida: Know your purpose in life.
3. Downshift: Work less, slow down, rest, take vacations.
4. 80 Percent Rule: Stop eating when 80 percent full.
5. Plant-Power: Eat more veggies, and less protein and processed foods.
6. Red Wine: Consistency and moderation.
7. Belong: Create a healthy social network.
8. Beliefs: Spiritual or religious participation.
9. Your Tribe: Make family a priority.

If you'd like to hear the author discuss these secrets in greater detail, please click:

<http://www.youtube.com/watch?v=l-jk9ni4XWk>

To learn more about the Blue Zones community, please click:

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

And keep your fingers crossed . . . Asheville is one of three finalists to become the next "Vitality City" . . . if that happens, experts will come to the city to help make environmental changes to make it a healthier place to live.

At the end of his talk, Buettner called to the stage a local resident (100-year-old Florence Ready) to get her take on his ideas . . . she gave everybody in attendance cause for hope when she told us that she just started doing much of this stuff after she turned 58.



What you can't see in the above picture are her 2 and 1/2-inch heels . . . she's an amazing, vibrant woman.

SPECIAL THANKS to Park Ridge Hospital for bringing this program to our community as part of its 100th anniversary celebration . . . although we were late in registering for the event, we were particularly appreciative of the help in getting tickets we received from Sarah Thompson and Jennifer Perez.

* To join a bunch of our neighbors on something called a Navitat Canopy Adventure (see also the BLAINESWORLD BEST AWARD, immediately following Section 1D).

We got to soar through the treetops on sturdy zip lines, traverse sky bridges and rappel in the mountains . . .what an experience!

That's (l-r): Stuart Kraner, yours truly, Kristi Mizen, Cynthia Tammy Strange, and Tena and Gary Bien.



To participate, you must be 10 or older . . . in addition, you must weigh at least 80 pounds and no more than 250 . . . we got a big kick out of the scale they use to check this out . . . it has no numbers; rather, there are just two lines and you must fall someplace in-between . . . now that's my kind of scale I.

For more information, please click:

<http://navitat.com/>

* To see a fine production of WHAT THE BUTLER SAW at the North Carolina Stage Company . . . this farce about a botched seduction attempt stars Charles McIver, who is rapidly becoming one of our favorite local actors . . . we also liked the work of Rebecca

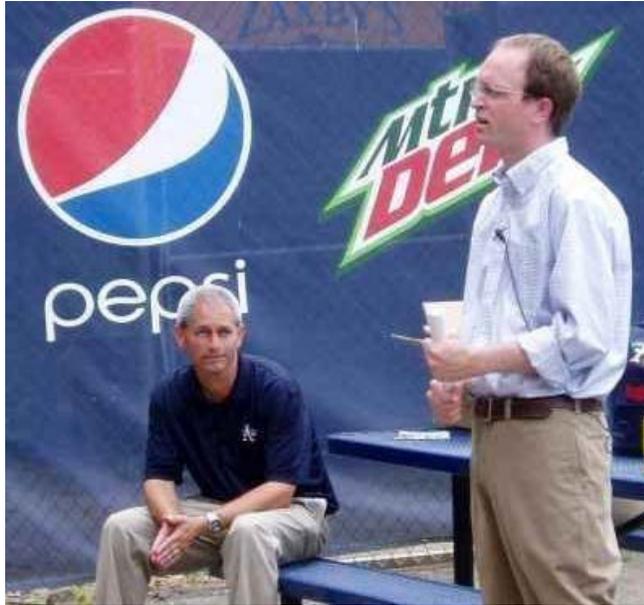
Morris; she reminded us of a young Julie Andrews.

The play runs through June 6 . . . for more information or tickets, please click:

<http://www.ncstage.org/>

B. I also attended my first Critical Issues Luncheon, sponsored by a group called Leadership Asheville Forum--open to graduates of Leadership Asheville. . . it was held at McComick Field, and it featured a behind-the-scenes look at the Asheville Tourists baseball club.

I enjoyed a tasty buffet of ballpark favorites, including hot dogs, hamburgers, grilled chicken sandwiches and veggie burgers, along with baked beans and coleslaw . . . afterward, the group got to meet with Brian DeWine, the team's new president (on the right in the picture below) and Chris Smith, the assistant general manager/community liaison (on the left).



I was particularly impressed to find out that the Tourists donated nearly \$600,000 to the community last year and, also, volunteered almost 2,000 hours of time.

For more information, please click:

<http://asheville.tourists.milb.com/>

C. REMINDERS to those in the Asheville area:

As you may have been reading, I was fortunate to have been chosen as a member of this year's class for the Asheville Citizens Police Academy . . . the experience has been a fantastic one.

For more information, please read the following email I recently received from Officer Dunlap--the person in charge of the program:

I can't believe the Citizens Police Academy program is coming to an end so quickly. I have truly enjoyed getting to know each of you and I hope you now have a greater understanding and appreciation of police practices and services. During our second class, I told you it was important to get to know one another by communicating and sharing questions as well as concerns. As a community, open communication is vital for continued growth, well being and accountability for this department as well as Citizens of the City of Asheville whom we serve.

The Academy depends upon "word of mouth" to spread interest in the program. If possible, can you provide me with a name and phone number of at least one individual whom I can call and invite to attend this September's program? Please write this down for me and, at some point this summer, call the person and tell them about the CPA.

IF YOU'D LIKE ME TO NOMINATE YOU (or if you have any questions):

Send an email to bjinbc@aol.com and put CITIZENS POLICE ACADEMY in the subject line.

Also, I'd be pleased to nominate you for LEADERSHIP ASHEVILLE--another fantastic experience I participated in this past year . . . you can read more about this program by clicking:

<http://www.leadershipasheville.org/>

For an actual application, please click:

<http://www.leadershipasheville.org/applicants-to-la-29-2010-2011/>

For me to nominate you (or if you have any questions), send an email to bjinbc@aol.com and put LEADERSHIP ASHEVILLE in the subject line.

D. CONGRATULATIONS to:

* Deb Geoghan, proud mother of son Joe . . . he just won the National Forensics Championship in Duo (along with his duo partner).

* Pat Achilles . . . her illustration was accepted into the Philadelphia Sketch Club's Phillustration 2010 Show! It's the piece she painted to celebrate her son's Eagle Scout achievement, and she has reproduced it as a greeting card and print for others to present to scouting's finest young men. The show will run from June 4-16 the Sketch Club, 235 S. Camac St., Philadelphia . . . for more information, please click:

<http://www.sketchclub.org>

To see the actual illustration, please click:

<http://www.achillesportfolio.com>

You'll see it about halfway down the homepage . . . while you're at in, also sign-up for Pat's FREE weekly cartoon . . . it will put a smile on your face!

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

This week, it goes to Joel Hunt and Jeff Anderson--our guides on the aforementioned Navitat adventure (see also Section 1B).

As you might imagine, we were all somewhat apprehensive about what we were getting ourselves into . . . Joel and Jeff quickly made us quite comfortable with the experience through their knowledge, as well as humor . . . also, we were impressed with their constant concern for our safety.

Surprisingly, we found out that this was the first time that they had worked together as a team . . . to us, it seemed that they had been doing this for years.

When you're in the Asheville area and if you sign-up for Navitat (a strong recommendation, by the way), request both Joel and Jeff to be your guides . . . you'll be glad that you did!

2. FYI

When you stay in a hotel, tip the housekeeper \$2-3 each day you're there . . . this individual is often the most overworked, underpaid and underappreciated person in the facility.

To get even better service, exchange a few pleasant words every time you see the housekeeper and give the tip on a daily basis (as opposed to waiting until the end) . . . this also reduces the chance for your room to be burglarized, in that dishonest housekeepers are less inclined to target guests they know . . . and if a thief enters your room and pretends to be you, the housekeeper will be able to spot the imposter.

FYI, part 2

* Liz in North Carolina (with a REQUEST FOR HELP):

Helpmate, Inc. is a local domestic violence agency serving Asheville and Buncombe County. In the 30 years of service to the community, Helpmate has offered a variety of programs that focus on empowering victims of domestic violence. Through each of the programs offered at Helpmate, clients are encouraged to design safety plans that fit their unique circumstances, and to recognize that they are the experts of their own situations of abuse. The free and confidential services that Helpmate provides include: emergency shelter for battered women and their children, a 24-hour hotline, individual and group counseling, court advocacy programs, and prevention education for professionals, 911 first responders, community leaders, and groups considered at-risk of being abused.

Helpmate is planning a fundraising benefit event titled "Hope in the Handwriting" to provide financial support for its much needed programming and emergency assistance fund. The event will be held on Thursday, July 15, 2010 at Laurey's Catering in downtown Asheville from 6:00-8:00 p.m. Not only is the benefit designed to be a fundraiser, but it is also a "hope-raiser." The feature of the event will be a project called "Hope Notes," a display of hundreds of notes of encouragement written by members of the community (which will later be given to the clients at Helpmate who are staying in the shelter and attending support groups). The project will also invite attendees to write their own "hope notes" to be distributed to Helpmate clients. Other elements of the event include: a display of handwritten testimonies from survivors of domestic violence, a verbal testimony from a domestic violence survivor, educational handouts, a silent auction, a raffle, door prizes, desserts, coffee, wine, and music from local performers. For more information and to purchase tickets in advance, please go to

<http://www.hopeinthehandwriting.com>

And for more information about Liz, check this great article about her by clicking:

<http://www.mountainx.com/news/2010/060210buzz1>

* Pat in Pennsylvania:

How NOT to move a 100-year-old statue:

<http://www.youtube.com/watch?v=cSaSe2s64w0&feature=popt00us08>

* Chris in Pennsylvania (with a spin on last week's "Problem solved"):

As soon as she finished her speech, all the men started clapping . . . because she had finally stopped talking!

As soon as she finished her speech, all the men started clapping . . . their hands over their bleeding ears!

If you understand what happened above, then you're likely a guy.

* John in Georgia:

These days, too many people get their exercise jumping to conclusions, flying off the handle, dodging responsibilities, bending the rules, running down everything, circulating rumors, passing the buck, stirring up trouble, shooting the bull, digging up dirt, slinging mud, throwing their weight around, beating the system and pushing their luck.--attributed to Staci Layne Wilson

* Roger in Pennsylvania:

This is the William Trent House built in 1790 along the Delaware River. The Capital of New Jersey is named after the owner of this mansion. This is a Watercolor Painting and it is 9"x 12." Completed last Saturday outdoors. It is so much fun to work from life again it has been a while. It's like riding a bike. One never forgets how.

MY TWO CENTS:

Roger is a very talented artists. If you have access to Facebook, you can see his latest by clicking:

<http://www.facebook.com/home.php?#!/photo.php?pid=30755026&id=1399655399>

* Merrill in Florida:

I am working to build a global business. My intention is to create a clear path to personal and professional growth with positive, like-minded people. Check out my website:

<http://www.merrillgelber.lifemax.net>

* Cynthia in North Carolina (see also Section 1A):

Please share this email from Tricia, the volunteer coordinator at Pet Harmony:

Volunteers urgently needed

Since we are now in the vacation months, we need your help at Pet Harmony more than ever. We need volunteers every day of the week, so if you have the time and are willing to help at Pet Harmony, please let me know. If you can be flexible with your days and times, I appreciate that so I can make it work on the volunteer calendar.

If you can help, please email Tricia at paruscoegmail.com.

* Scott in Pennsylvania:

FREE Limeade Sparkler at Taco Bell:

<http://www.tacobell.com/promo/limeade-coupon>

* Sally in North Carolina:

Once More Decor is ready for the summer holidays! Hope you can come take a look.

Facebook users can do so by clicking:

<http://www.facebook.com/home.php?#!/album.php?aid=23994&id=113230042024716>

Or feel free to check out her website by clicking:

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

3. Defiance

The parents of a little boy were concerned because they couldn't get him to eat. After a couple of days of this, the frantic parents took the boy to a child psychologist.

After hearing the story, the psychologist sent the parents away so he could work his magic on the kid. He tried tempting the boy with a wide variety of foods and treats, but the boy refused to eat. Finally in exasperation, the psychologist finally asked the boy, "Well what do you want to eat?"

The boy, sitting defiantly with his arms crossed, thinks a moment, then says in a surly voice, "Worms!"

Intent on not being beaten, the child psychologist calmly reaches over to the intercom and instructs his secretary to go out and buy some worms. In short order the boy was presented with a heaping plate of worms.

Arms still crossed, the boy demanded, "I want them fried!" The secretary was sent out again, and eventually returned with a heaping plate of fried worms.

"I only want one!" the boy demanded. The psychologist calmly pushed aside all of the worms but one.

"You have to eat half!" the boy demanded. After a moment's pause, the psychologist cuts the worm in half, grabs a piece with a flourish, and pops it into his mouth.

Immediately the boy started to cry.

"What's wrong now?" demanded the exasperated psychologist.

Between sobs, the kid yells: "You ate my half!"

4. Reviews

A. SEX AND THE CITY 2 is a watchable sequel, yet one that does little to make you want to see any more of these four female friends . . . they somehow wind up in Abu Dhabi and find themselves in a series of misadventures that will remind you of the old Bob Hope/Bing Crosby "road" movies . . . some in the film is downright campy, including a musical number featuring Liza Minelli . . . rated R.

B. VALENTINE'S DAY is now out in DVD format . . . my review from BLAINESWORLD #700 follows:

Having seen most of the other films "out there," I saw VALENTINE'S DAY with Cynthia . . . it follows the intertwining stories of a diverse group of Los Angeles folks as they go through romance or heartbreak in one 24-hour, event-filled February 14 . . . there's an all-star cast that features Julia Roberts, Queen Latifah, Anne Hathaway, Jamie Foxx and Shirley MacLaine, among others . . . nobody manages to distinguish himself or herself, but it's not necessarily their fault . . . the script they had to work with was fair, at best . . . only one performer stood out: award-winning singer-songwriter Taylor Swift, in her feature film debut was simply terrible . . . don't rush to see this one, either in the theaters or even when it comes out on DVD . . . rated PG-13.

SOMETHING NOT TO LOOK FOWARD TO:

This movie did well at the box office; in fact, it did so well that there's talk of a planned project that will follow the lives of people over Christmas Day. If that does come to fruition, I'd like to see less characters and more plot.

A better option--make that a much better option--would be for you to rent WITHOUT A TRACE, the 1983 movie (and not the TV show with the same name) . . . this drama is about a mother whose 6-year-old son disappears one morning on his way to school . . . when the case grows cold, all give up hope except for the mother and the lead detective on the case . . . it is very well-acted by Kate Nelligan and Judd Hirsch, among others . . . rated PG, though probably not of great interest for anybody under the age of 12.

C. Reading an author's first novel is always a risky proposition . . . you can sometimes get stuck with a book that seems like it will never end . . . or sometimes, if you're lucky, you'll come across an effort that seems to indicate that this is a writer you think will be around for quite some time.

I think that may well be the case with Jeff Cohen, whose debut novel (THE KILLING OF MINDI QUINTANA) shows promise of things to come . . . this tale about a store employee who kills a girl he once dated starts slowly . . . and I had some trouble relating to the action set in a Philadelphia department store; it just wasn't believable.

However, the action picks up in the second half of the book as the killer becomes a jailhouse literary sensation . . . there were many twists and turns, and I was kept guessing until story's end.

The ending was also the best part about this legal thriller . . . it left me wanting more . . . or at the least, a chance to see what happens to some of the characters.

D. Ordinarily, I'm not a big fan of espionage thrillers . . . but when Nelson DeMille (PLUM ISLAND, WORD OF HONOR, etc.) is the author, I'll make an exception.

I have enjoyed much of what he has written, but somehow had missed CHARM SCHOOL--a book I just heard via CD . . . it's about an unsuspecting American who accidentally stumbles upon a school where young KGB agents-in-training are being taught how to infiltrate the United States without being detected.

It took me back to the days of the Cold War, and it also helped remind me of my one trip to Russia . . . the plot actually seemed plausible--something that not always happens in tales of this type . . . and I enjoyed reading about the main characters and their relationships.

An added plus was the excellent narration by James Naughton.

5. TV alert

A. AMERICA'S GOT TALENT loses David Hasselhoff as a judge (he is being replaced by Howie Mandel) and has a new host in Nick Cannon (replacing Jerry Springer) . . . Tuesdays at 8 p.m. and Wednesdays at 9 p.m. on NBC . . . and repeated this first week at least on Saturday at 8 p.m.

B. THE 2010 SCRIPPS NATIONAL SPELLING BEE airs on Friday at 8 p.m. on ABC.

C. HAL SPARKS: CHARMAGEDDON has the QEER AS FOLK alum and VHI talking head performing in a stand-up special . . . Friday at 10 p.m. on SHOWTIME.

D. 2010 MTV AWARDS, hosted by Aziz Ansari of PARKS AND RECREATION fame, will feature such presenters as Zac Efron, Miranda Cosgrove and Bradley Cooper . . . Sunday at 9 p.m. on MTV.

6. Dog for sale

Whether you own a dog or not, you must appreciate the efforts of this owner to sell her dog. Read the sales pitch below.



Free to good home. Excellent guard dog. Owner cannot afford to feed him anymore, as there are no more drug pushers, thieves, murderers or molesters left in the neighborhood for him to eat. Most of them knew Jethro only by his Oriental street name, Ho Lee Schitt.

7. Websites

A. THANKS to Sarah in North Carolina for having me check out this update on the "Social Media Revolution" . . . even if you've seen the previous version, you'll be amazed at how much things have changed--even in the past few years.

<http://www.youtube.com/watch?v=IFZ0z5Fm-Ng>

B. This past week's Memorial Day holiday had me thinking about the death of all loved ones--not just those who gave their lives in military service . . . some performers have done their best work around this theme, including Eric Clapton with his classic rendition of "Tears in Heaven" (about the death of his 4-year-old son Conor) . . . then there's Brice Springsteen's rendition of "Terry's Song" and 18 others that you can see by clicking:

<http://www.spinner.com/2010/05/24/best-memorial-songs/>

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

<http://www.blaineworld.net>

If you'd like to invite others to subscribe to BLAINESWORLD, the newsletter, you can refer friends and relatives to the "Special Offer" at the bottom of the homepage . . . or even easier, just forward this whole issue to them and tell them that to subscribe, all they need to do is click "Reply" or "Send now" and put SUBSCRIPTION in the subject line.

For those on Facebook, just click "Share" at the bottom of this post and then feel free to jot a sentence or two in the Comments box that pops open.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Stop printing

If you accidentally start printing an enormous document, you can generally get it to stop by doing the following:

In Windows XP, Click the Start Button and then Control Panel . . . next choose Printers and Faxes . . . click on your printer and a window pops up that shows your print job. Here's another option: While a job is printing, you generally see an icon in your Quick Launch toolbar. Right-click to open the window, then right-click your job to cancel it or choose Printer|Cancel All Documents.

in Windowd 7, Open Printers by clicking the Start button and then click Control Panel . . . next click Hardware and Sound, then click Printers . . . double click the printer you are using . . . in the print queue, right-click the item that you want to stop printing and then click Cancel.

9. New bike

Two students are walking across the campus at A-B Tech and one has a brand new bike. His friend asks about the bike.

"Well, gotta tell ya, the other day I was walking across campus alone and this gorgeous girl rode up on it behind the Administration Building. As I got closer, she took off all her clothes, looked at me and said 'Take what you want, big boy.' So I did."

"Good choice," his friend said. "Her clothes never would have fit you."

10. A quote I like

Things turn out best for the people who make the best out of the way things turn out.--Art Linkletter (1912-2010), TV personality and author

11. Thought for the day

Tomorrow never comes
by Norma Cornett Marek

If I knew it would be the last time
That I'd see you fall asleep,
I would tuck you in more tightly,
And pray the Lord your soul to keep.

If I knew it would be the last time

That I'd see you walk out the door,
I would give you a hug and kiss,
And call you back for just one more.

If I knew it would be the last time
I'd hear your voice lifted up in praise,
I would tape each word and action,
And play them back throughout my days.

If I knew it would be the last time,
I would spare an extra minute or two,
To stop and say "I love you,"
Instead of assuming you know I do.

So just in case tomorrow never comes,
And today is all I get,
I'd like to say how much I love you,
And I hope we never will forget,
Tomorrow is not promised to anyone,
Young or old alike,
And today may be the last chance
You get to hold your loved one tight.

So if you're waiting for tomorrow,
Why not do it today?
For if tomorrow never comes,
You'll surely regret the day,
That you didn't take that extra time
For a smile, a hug, or a kiss,
And you were too busy to grant someone,
What turned out to be their one last wish.

So hold your loved ones close today,
And whisper in their ear,
That you love them very much and
You'll always hold them dear.

Take time to say "I'm sorry,"
"Please forgive me," "Thank you," or "It's okay",
And if tomorrow never comes,
You'll have no regrets about today.

12. Advance planning department

A. North Carolina events:

* Ted and Kimberly in North Carolina:

Beginning Jitterbug/Jive Class at 7 p.m. on Friday, June 4
General Dancing from 8-10 p.m.
Class Taught and Party Hosted by: Ted and Kimberly Ross
Location: The Asheville Ballroom & Dance Centre (991-B Sweeten
Creek Rd., Asheville)

Learn to dance the Jitterbug/Jive and practice your ballroom dancing in a fun, safe and supportive atmosphere at this "Beginner's Only" Class and Dance Party! Refreshments and sodas will be provided and Professional Dance Instructors will be at the party to assist students with their dancing questions. Line dances will also be taught and included in the party. No partner is necessary for the class or party. \$10 for Class and Party (Special \$7 Rate for ages 17 & under) . For more information, contact Ted and Kimberly Ross at 828.333.8333 or ted.ross@charter.net

* Bob Butcher next plays with Unit 50 on Friday, June 4 at Holland's Grille (1078 Tunnel Road) in East Asheville; 298.8780.

* Asheville Breema Workshop

Breema supports balance between mind, body and feelings in an atmosphere of harmony and nonjudgment. It is for anyone interested in a practical way to deepened their relationship to life while nurturing the body.

Saturday, June 12 from 1-5 p.m.

with Laura Ike, certified Breema instructor

Women's Wellness Center, 24 Arlilngton Street, Asheville

\$50; CEUs available

For more information, call 912.660.8674

B. Pennsylvania/New Jersey events:

* George in Pennsylvania:

Hey gang . . . come to Perkasio for the Hot Ribs, Cool Music Festival on June 5 at 11 a.m. I will be the announcer in the afternoon. We need more competitors for the Pie Baking and the Ribs Competition. Bring the family, walk the dog, sample the goodies, check out our diverse and unique town in Upper Bucks County. Shops will be open, vendors will be all around.

For more information, please click:

<http://www.facebook.com/home.php?#!/event.php?eid=353538672252&ref=mf>

* Two very special days at Princeton Center for Yoga & Health with Tibetan Buddhist Monk Khenpo Ratsa Geshe Tenzin Dargye

In the Buddhist tradition, there is no charge for these events, though donations are welcome.

Workshop for Healing and a Healthy Lifestyle
Saturday, June 5, 1:30-6:30 p.m.

Metta Meditation: Loving Kindness
Sunday, June 6 (2 sessions)
12-2 p.m. or 4-6 p.m.

For more information, please click:

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

* Sunday, June 6, 6:00 p.m.--Monthly Lower Bucks CFPA meeting at Pennswood Village. This month's speaker is Bryan Miller of Ceasefire NJ and Heeding God's Call. Ceasefire NJ is a premiere gun violence prevention group that seeks to halt the trafficking of illegal firearms. CFNJ has a distinguished track record over the past 25 years, including passing and then preventing the repeal of New Jersey's Assault Weapons Ban (still the strongest such law in the nation); and spearheading a broad coalition of over 50 groups in passing the first-in-the-nation Childproof Handgun Bill that mandates that all handguns sold in NJ be equipped with built-in technology that prevents them from being fired by anyone except the lawful owner. You can read more about Ceasefire NJ on the website at:

www.peacecoalition.org

PS. Methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD
#712
5.24.2010

In this issue:

1. Reflections
2. FYI
3. It's spring
4. Reviews . . . JUST WRIGHT, etc.
5. TV alert
6. Problem solved
7. Websites
8. Computer tip
9. My kind of music (though sadly, there's nothing from The Turtles)
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I saw a group called The Swell Season in concert at The Orange Peel . . . if that name doesn't ring a bell, think about the movie ONCE (one our favorites) . . . the stars, Glen Hansard and Marketa Inglova, are in this group that had previously been called The Frames.



We enjoyed the concert, though we had some difficulty hearing the words to the actual songs (the acoustics left something to be desired) . . . in particular, though, we loved the rendition of "Falling Slowly" . . . that's Hansard and Irglova's Oscar-winning song from 2008 . . . to listen to it and see clips from the movie, please click:

http://www.youtube.com/watch?v=CoSL_qayMCc

A few days later, we also got to see FOR THE LOVE OF DANCE--presented by the Asheville Center of Performing Arts . . . we primarily went to see Jenna Biro perform; she's the daughter of our friends Brian and Carole . . . she was outstanding, and we're confident that she'll continue to be successful at the University of Georgia where she has been accepted as a dance major.

B. Personally, I had a most eventful week . . . the highlight was my graduation from Leadership Asheville . . . that's yours truly on the far right, along with the rest of the dynamic group that worked with me on this year's project: (l-r) Jeremy Jordan, Susan Garrett, Dena Gettleman and Hayley Roper.



Our last session at the Grove Park Inn was perhaps the best one of the year . . . in addition to the presentations each team made, we heard from Craig Madison, Grove Park's president and CEO; Terry Bellamy, Asheville's mayor; and Ray Bailey, a Buncombe County commissioner . . . I was also part of an impactful small group session, at which time classmate Ally Donlan and I met with Ron Storto (VP for Hospitality Development with Hilton Farms Hotels) to discuss our individual leadership plans for the future.

Also, I attended still another informative session of the Asheville Citizens Police Academy . . . this one featured Lee Smith on "Property Control" and Brenda Sears, who brought along an iguana to help her talk about the excellent work done by the Animal Services Unit.



Lastly, I was grateful to be invited by Mission Hospital to attend its Leadership Retreat with author Leonard Berry (see also Sections 4C and 11) . . . he made me truly appreciate what a wonderful place the Mayo Clinic is, and I appreciated his sharing such insights as these:

- * The patients become your Marketing Department, one patient at a time.
- * A patient said, "Never in my life have I been in the same room with three doctors."
- * If you want your name in the headlines, you won't be happy working at Mayo.
- * If you use the word "I" more than once or twice in an interview, you probably won't get the job. Use the term "we."
- * Couches only have one arm. They are much more user-friendly that way since

people can lie down if they want. Or sit together with all the members of their family.

* You'll never see Mayo Clinic on a hot air balloon because such advertising would never be done. It would trivialize the brand name.

C. Last week, I wrote about a positive experience I had at my favorite downtown restaurant in Asheville: Sushi Thai . . . the eatery again surprised me the other day when I took a look at my check . . . see how my order now gets written up; i.e., it is called the "mr. blaine special" . . . it includes steamed chicken, steamed carrots and snow pea pods, a deliciously sweet coconut sauce on the side, and brown rice . . . my only regret in writing about it is that I can't have it--right now!



D. CONGRATULATIONS to Karen Dawkins, Monica Flint., Greg McClendon, Marilyn Puchalski and Joe Walsh on their retirements from Bucks County Community College . . . all totaled, they have given 130+ years of service to the institution--and will be missed. It was my pleasure to have worked individually with each of these fine folks; that experience was always a joyous one.

Also, to Amy L. Rosenberger, a partner with Willig, Williams & Davidson in Philadelphia . . . she was appointed to the AFL-CIO Lawyers Coordinating Committee Board of Directors.

And to Monica and Will Hester, proud parents of Jeffrey . . . he just received the Barnabas Award from Veritas Christian Academy for being an encourager, helper and leader . . . in addition, he was recognized for being on the Honor Roll for the entire year.

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

This week, it goes to Mission Hospital . . . I received a nomination for this fine facility from my friend Marilynne in North Carolina . . . she wrote me as follows:

I was recently an in-patient at Mission Hospital here in Asheville where I found the care on every level outstanding. Everyone I came in contact with from the person who greeted me at the registration desk, to the pre-op staff, surgeon, nurses on the floor, and the nurse navigator, were warm, caring and highly professional individuals. They are a remarkable team. It was very clear on every level that the care is excellent and the needs of the patient came first at Mission Hospital. Having a beautiful private room with unobstructed mountain views was an added plus!

See below for a picture taken with my cellphone.



When I was thinking about moving to Asheville, among other criteria, I of course considered the quality of medical care available. I can assure you from firsthand experience that this is not an issue here. We are indeed fortunate to have such an excellent medical center so close by staffed by outstanding local medical professionals.

For more information about Mission Hospital, please click:

<http://www.missionhospitals.org/>

2. FYI

I don't like paying taxes, and I certainly don't like having them increased . . . yet I also want a fully-staffed police force . . . apparently, what happened recently in Suffolk County, NY, might well be the harbinger for what the rest of the country will soon be facing . . . it seems that three police officers died because a 25-foot police boat had no crew . . . read the scary details by clicking:

<http://www.nytimes.com/2010/05/25/nyregion/25levy.html?emc=eta1>

***** MR. CURIOUS HERE *****

How do you cut government spending while at the same time maintaining healthy police staffs, vibrant schools without cutbacks in teachers or programs, beautiful parks, an adequate national defense, Social Security, etc.?

It's easy to criticize "Washington" as being the culprit; however, I contend that there are no simple solutions. In addition, I'm reminded of something my father once told me when I had a big tax bill one year . . . he said I should be grateful that I had a job when many others did not . . . so as a result, he was never too perturbed when April 15 came around.

FYI, part 2

* Allen in Pennsylvania:

[in a recent Facebook posting] thinks he'd be a lousy self-help guru. Here's the sum total advice: "You want to be happy? Do something, however small, to make someone you care for happy. If that doesn't make you happy, no number of books will succeed. See a shrink; you're in a really bad way."

* Linda in North Carolina:

I found out today that AAA members only pay \$40 for tickets to the Biltmore Estate.

That is less than what a 12-month ticket holder can get them for (\$50).

There is a FREE tour behind the scenes for 12 month ticket holders only (they are usually about \$14 to \$19 each). It's called Family and Friends and is good through August. Tours are at 11 a.m. and 3:30 p.m. Monday through Friday ; you must reserve a spot and get a ticket. You can make the reservation and pick up your tickets at the Visitors Center on Montford and avoid the lines at Biltmore.

Also, use your Biltmore pass to get 15% off at Mast.

And after 5 p.m., you can take friends to the Estate grounds including Antler Village for free. The driver must be a 12-month ticket holder. You can fill every legal seat (with a seat belt). So you could take 2 cars and split husband and wife as drivers. Take a picnic and walk the Lake (check out the goslings). Get an ice cream cone at Antler Village. The waffle cone was especially good.

* Michael in California:

Check out my blog [for movie reviews]:

<http://blog.themoviereport.com/>

MY TWO CENTS:

If you're "into" movies, like I am, you'll want to check out what Michael has to say about them . . . I find that I often agree with his opinions; I always find them insightful.

* Dianne in North Carolina:

I add cranraisins to my coleslaw recipe.

* Scott in Pennsylvania:

Free thong:

<http://www.americanapparel.net/storefront/free-thong/>

* Maryellen in New Jersey:

Not so sure how this plan [described in an email from last week's issue] helps the Postal Service. Dana says email is cutting into the USPS profits and this plan is what they need to increase postage costs. Then she closes with "I get very little junk mail anymore." So exactly where does the Postal Service see any increase in revenue?

* Ken in New York, commenting on a time management idea from last week [about disappearing for the first 20 minutes of the day]

I'd fire the bas*ard. Let him fool around on his own time--not when he got to work and on my dime!

* Several readers commented on the picture of me at the shooting range; among the emails I received were these:

Harry in California:

Glad you liked shooting. I go every Thursday night for target practice. Great stress reliever.

Donna in Pennsylvania:

It is time to start working on that first original screenplay. Comedy? Or Dramedy?

Pat in Pennsylvania:

I saw the picture of you shooting the gun! Very dynamic!! Looks like you should be on a police TV show! Ha!!! No joke I have never even fired a real gun, plus I've never owned one. I am afraid of accidents and especially with kids being around, the idea of having one in the house scared me.

A sign outside an Asheville nursery:

"It's spring! We're so excited, we wet our plants!"

4. Reviews

A. Though JUST WRIGHT is a formulaic romantic comedy, you'll like it because it gives you a just right feeling . . . you'll also find yourself caring about the two leading performers, Queen Latifah and Common . . . she's an physical trainer who manages to help him recover from an injury that may end his NBA All-Star career . . . the basketball action seemed realistic and added to my enjoyment of this film . . . rated PG.

B. DEAR JOHN is now out in DVD format . . . my review from BLAINESWORLD #699 follows:

I usually like books by Nicholas Sparks, but I wasn't a big fan of DEAR JOHN . . . so I was surprised to find that I preferred the movie version (a rarity!) . . . Channing Tatum and Amanda Seyfried are both watchable as the soldier and his girlfriend, separated by Tatum's service overseas . . . you can probably guess how the story will end; however, it still will make you feel good for the couple . . . rated PG-13.

C. I've always heard about the Mayo Clinic, but knew little about it until recently . . . that is no longer the case, however, in that I just finished an excellent book by Leonard L. Berry and Kent D. Seltman: MANAGEMENT LESSONS FROM MAYO (see also Sections 1C and 11) . . . I now feel that I been INSIDE ONE OF THE WORLD'S MOST ADMIRED SERVICE ORGANIATIONS, which isn't all that surprising given that's also the subtitle of the book.

Berry and Seltman conducted personal interviews with leaders, clinicians, staff and patients, as well as observing hundreds of clinician-patient interactions . . . I felt like many of them taught me, such as this one about how decisions are made:

* Dr. Waller remembers a conversation in the late 1980s with a cardiologist who faced a patient decision that had financial implications for Mayo Clinic. The patient needed a pacemaker implanted. Option A was a Medicare-approved pacemaker model that required a relatively involved surgery and several days of postoperative hospitalization with risks of complications. Option B was a new pacemaker model that could be implanted in a simple surgery with no more than one day of hospitalization. However, the Option B pacemaker was not yet Medicare-approved, and Mayo would receive no reimbursement. Dr. Waller recalled, "This was a no-brainer—use the pacemaker that is best for the patient."

I was also impressed by the fact that the Mayo Clinic operates, as well as flourishes, with only salaried physicians:

* Some patients find comfort in knowing that Mayo Clinic doctors have no financial interest in any test or treatment that they recommend. Many patients have experience having a Mayo doctor refer them to a colleague in the same medical specialty because of the unique expertise of the clinician. For instance, the brother of a Clinic employee arrived from Kansas with the diagnosis of a large adrenal tumor. The urologist who first consulted with the patient looked at the CT scan and said, "This is going to be a difficult surgery, and I have a colleague who has more experience with this type of tumor than I do." The needs of the patient were addressed, and neither surgeon's salary was affected. Dr. Robert Waller, retired CEO of Mayo Clinic, calls the salaried physician "a key principle of the Mayo culture" that keeps the focus of the practice on the needs of the patient.

There was one passage, in particular, that got me regretting that MANAGEMENT LESSONS hadn't been written sooner:

* Similar stories of efficient service are told again and again by Mayo patients and family members. The owner of a small business in a large Midwestern city explained to a Mayo administrator why she came several hundred miles with her elderly parents to Mayo for guidance with their complex medical care. "I can block out a week in my calendar, and we can get everything needed done for both my mother and my father in that week," she said. "If we tried to get this care at home, we would have to go to many different doctors' offices. Each one would require that I take at least a half-day off work. It would require more time off work if I stayed at home. But even more frustrating is the fact that this would be spread over two to three months." Mayo Clinic's efficient care systems enabled this business owner to be more productive in her own business.

Had I read the above paragraph when my parents were alive, there's no doubt that I would have considered this to be an option for them . . . instead, I had to run around--along with my brother--to countless doctors and hospitals, many of them having no idea of what anybody

else was saying.

Things could and should have been different . . . reading this book by Berry and Setlman will show you just how this can be made possible . . . its ideas are applicable to just about any other profession--as suggested by the insightful "Lessons for Managers" at the end of each chapter.

D. Heard HOW I PLAY GOLF by Tiger Woods, written several years before his current off-the-course difficulties . . . it was read by Walter Franks and though he did a fine job, I would have much preferred to have heard Woods provide the narration . . . all you do is hear him briefly at both the beginning and the end.

Even though I haven't played the sport since I was much younger, I still consider myself as a fan of the sport . . . consequently, I got a kick out of learning how he learned the game . . . it seems he learned it backward--from the green to the tee--and that's the way he recommends teaching it to others.

It was exciting to listen to his accounts of key shots at various tournaments, and I gained such tidbits from listening as the following:

- * [on putting] My back and forward stroke are the same.
- * Other golfers may outplay me; they'll never outwork me.
- * The road to success is paved with sweat and calluses.
- * Do accept the fact that there is such a thing as a good bogey.

Only a statement he made toward the end threw me . . . he said:

- * I take my role as a role model very seriously.

The CD version of the book included a bonus file that included photographs from GOLF DIGEST, illustrating many of the points that Woods made in the book.

5. TV alert

A. A single woman joins a popular dating service, attempting to find out why she's still single in 100 QUESTIONS . . . season premiere on Thursday at 8:30 p.m. on NBC.

B. MALL COPS: MAL LOF AMERICA follows mall officers in Minnesota's sprawling Mall of America as they navigate the madness of Black Friday . . . season premiere on Thursday at 10 p.m. on TLC.

C. THE BEST YEARS OF OUR LIVES airs on Saturday at 8 p.m. on TCM . . . this William Wyler classic is about World War II veterans trying to pick up their lives . . . Frederic March and Harold Russell won Oscars.

D. THE SPECIAL RELATIONSHIP chronicles the high-stakes bond between Bill Clinton (Dennis Quaid) and British prime minister (Michael Sheen) from the days prior to the Lewinsky scandal through to the humanitarian crisis in Kosovo . . . Saturday at 9 p.m. on HBO.

6. Problem solved

Eleven people were hanging on a rope under a helicopter. There were 10 men and 1 woman.

The rope was not strong enough to carry them all so they decided that one had to leave because otherwise they were all going to fall.

They weren't able to choose that person until the woman gave a very touching speech. She said that she would voluntarily let go of the rope because, as a woman, she was used to giving up everything for her husband and kids or for men in general. And she was used to always making sacrifices with little in return.

As soon as she finished her speech, all the men started clapping . . .

If you understand what happened above, send this email to any other intelligent women you know. If you don't understand it, then you're likely a guy.

7. Websites

A. Jeff in New Jersey shared this clever way for getting your camera back if it is ever lost:

<http://tinyurl.com/28wht3d>

B. THANKS to Janeen in Pennsylvania for sharing this amazing video from 1944 . . . it features a sister act called the Ross Sisters that I had never heard about.

The song they sing is about 45 seconds long and is nothing special, but what they do next is.

I don't think I have ever seen any human being do some of the stunts they did!

<http://www.youtube.com/watch?v=BNR74UCidBI>

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

<http://www.blaineworld.net>

Ever wonder how many folks have checked out my website? Look to the bottom left of the homepage . . . with you, the number is now . . . well, I'll let you see for yourself by looking!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

THANKS to Gary in North Carolina for giving me permission to run the following letter that he also sent to the ASHEVILLE CITIZEN-TIMES:

Responding to the recent letter, "Keep pushing for Asheville Google Hub," (AC-T, May 23) I too was scammed into voting the first time. Don't be fooled again. Using Google (the company you're trying to woo) in a simple WHOIS.com search reveals the "unofficial" voting site is registered by "Pat Sha" of New Delhi, India. [It can be clearly seen that] this is a site to collect names, emails and so forth.

Google is a remarkable invention. There are many ways to get reliable information as well as getting duped. Wouldn't the best incentive for Google to locate here be for us to show that we know how to use Google effectively?

ADD ME TO LIST:

I was one of those duped by this voting push . . . only when I kept seeing that there were multiple rounds did I begin to doubt the whole thing . . . then my friend Alyson in Colorado expressed the belief that it was just a big PR push . . . I no longer think that's the case, given what Gary just shared.

And on the subject of sharing, should you want to get in touch with Gary James for business writing, article marketing or brand strategy help, he can be reached via his website:

<http://jamesgangcreative.com/>

9. My kind of music (though sadly, there's nothing from The Turtles)

Some of the artists of the 60s are revising their hits, with new lyrics to accommodate aging baby boomer's who can remember doing the "Limbo" as if it were yesterday. They include:

Bobby Darin: Splish, Splash, I Was Havin' A Flash
Herman's Hermits: Mrs. Brown, You've Got A Lovely Walker
Ringo Starr: I Get By With A Little Help From Depends
The Bee Gees: How Can You Mend A Broken Hip?
Roberta Flack: The First Time Ever I Forgot Your Face
Johnny Nash: I Can't See Clearly Now
Paul Simon: Fifty Ways To Lose Your Liver
The Commodores: Once, Twice, Three Times To The Bathroom
Procol Harem: A Whiter Shade Of Hair
Leo Sayer: You Make Me Feel Like Napping
The Temptations: Papa's Got A Kidney Stone
Abba: Denture Queen
Tony Orlando: Knock 3 Times On The Ceiling If You Hear Me Fall
Helen Reddy: I Am Woman, Hear Me Snore
Leslie Gore: It's My Procedure, And I'll Cry If I Want To
And last but NOT least . . .
Willie Nelson: On the Commode Again

10. A quote I like

Don't put off for tomorrow what you can do today because if you enjoy it today, you can do it again tomorrow.--James A. Michener (1907-1997), American author of more than 40 books

11. Thought for the day

It's amazing how the words we choose can be oh-so-powerful . . . for example, take this one patient's account of her experience at the Mayo Clinic:

During radiation treatments, I was bolted into a mask so I couldn't move my head. I remember after one of my last treatments I was feeling pretty rough. I recall saying to Jamie, the young woman who administered the majority of the treatments, "Jamie, I sure hope these treatments are going to do some good." She emphatically replied, "I don't hope these treatments are going to do some good, I know they're going to do some good." She said exactly what I needed to hear at that moment. Physically, I felt awful, but my morale, attitude, and feelings of hope were soaring.

SOURCE:

MANAGEMENT LESSONS FROM MAYO CLINIC (see also Sections 1B and 4C)
by Leonard L. Berry and Kent D. Seltman

12. Advance planning department

A. North Carolina event:

Bob Butcher rocks the house with Unit 50 this Friday night at Tallgary's College Street Pub. Y'all come! For more information, please click:

http://www.tallgarys.com/Home_Page.html

B. Pennsylvania/New Jersey events:

* Anh in New Jersey, a friend and reader, sings with the Masterwork Chorus at the Community Theater at the Mayo Center for the Performing Arts, Morristown on June 8 . . . for more information, please click:

<http://www.masterwork.org/>

* The History of Popular Music in One Easy Lesson According to Tom Orr

Date: Monday, October 25, 2010

Time: 7-10:30 p.m.

Location: Off-Broadstreet Theatre, Hopewell, NJ

The Pre-Show begins at 7:00 p.m. with music by Christopher Tolomeo and his band, "Call Me Crazy."

Elegant buffet with hors d'oeuvres, sandwiches, salads, gourmet cheese, coffee and beverages served by the OBT waiters (BYOB), seated at tables in the lovely cabaret-style atmosphere of the Off-Broadstreet Theatre.

The show begins at 8:00 p.m., hosted by Tom Orr with special song arrangements by Christopher Tolomeo, guest performers and live band. Performers will include Sharon Alexander, Vicky Czarnik, Jennifer Dzama, Joe Flanagan, Susan Fowler, Mitch Galletta, Meagan Hill, Pam Jorgensen, Charles Leeder, Steve Lobis, Jimmy Perry, Jim Petro, Dani Tucci-Juraga and MORE SURPRISES!

FOR TICKETS AND MORE INFORMATION:

<http://actorr.com/popmusic>

C. National events:

* FREE Organizational Focus Group every Tuesday from 6-6:30 p.m.

You should be on the call if:

You want better organization of your time, desk, appointments and tasks.

You have disorganized areas in your home that frustrate you to look at.

You struggle finding things when you need them.

Your car is a mess.

You fight with your kids to keep a clean room and clean up after themselves.

Your clutter is becoming part of your interior design.

You feel like you can't get the things you need done in your day and you don't know where the time has gone.

For more information, please click:

<http://tinyurl.com/yfvpn4g>

* In honor of National Donut Day, on June 4th Dunkin' Donuts will be offering customers a free doughnut of their choice with the purchase of any beverage.

PS. Take a moment on Memorial Day this coming Monday to think about members of your family who have served so proudly in the military . . . I'll do so as I think of my father . . . and thanks to Ginger in Florida for making that excellent suggestion to me via her Facebook page.

Also, methinks that we all need to pray for the folks who died in the BP oil spill, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

SUBSCRIBE/UNSUBSCRIBE INFORMATION

To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

Blaine Greenfield
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BLAINESWORLD

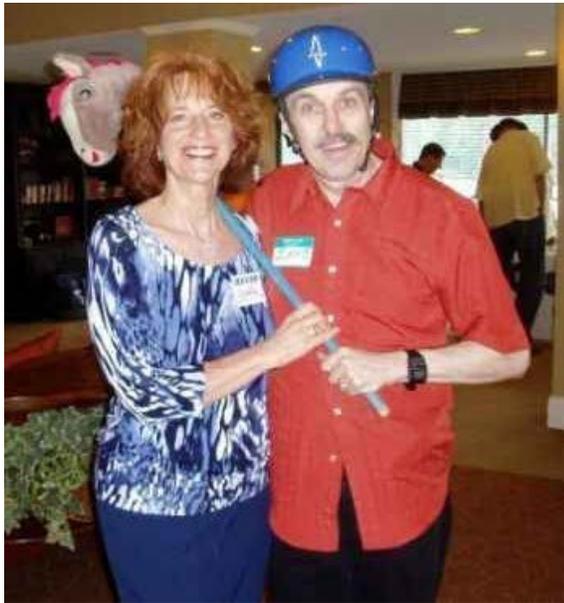
BLAINESWORLD
#711
5.17.2010

In this issue:

1. Reflections
2. FYI
3. Little Joyce
4. Reviews . . . LETTERS TO JULIET, etc.
5. TV alert
6. Skinny dipping
7. Websites
8. Computer tip
9. Facebook updates
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I hosted our community's Adult Social on Friday night . . . because the Preakness was the next day, the evening had a horse racing theme; hence, my "costume."



We didn't win the contest to pick the winner of the race, but we had a fun time . . . we also enjoyed spending time with our friends Tena (center) and Tammy (right).



On Saturday, we had a delightful evening in downtown Asheville . . . our dinner at Sushi Thai, as usual, was excellent . . . but what made it memorable was when we asked for snow peas in our respective dishes . . . one of our favorite waitresses there, Venny, apologized to us that the ingredient wasn't available . . . but she then came back, minutes later, and asked if it would be OK if she got it from another restaurant down the road . . . we said "yes" and within minutes, our meals came back as we initially ordered them . . . we were impressed! . . . for more information about the restaurant, please click:

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

From there, we passed Kilwin's and though we weren't getting ice cream yet, the owner Tom Gallagher (see also Section 1D) ran out and gave us some tasty chocolate truffles.

That held us through our next activity: CURIOUS SAVAGE at Jubilee! . . . it was a funny comedy, well-acted by the entire cast . . . in particular, Amy LaDeroute, cracked us up every time she was on stage . . . we also liked the work of both Richard Camuto and Tracy Munn.

We then went back to Kilwin's for dessert and this time, we were again impressed with Tom because he graciously kept the store open for us even though we arrived past the 10 p.m. closing time . . . if you want ice cream and/or chocolate in downtown Asheville, you won't be disappointed by going here . . . for more information, call 828.252.2639 . . . of if you're in the Black Mountain area, call 828.669.6119 and check out the Kilwin's there.

1B. On Saturday, as part of the my Asheville Citizens Police Academy experience, I went to the range where I learned to shoot a semiautomatic 9 mm handgun.



KUDOS to Sgt. Yelton for the excellent job he did in teaching us . . . when on the range, he was ably assisted by Officer McCurry.

SPECIAL INVITE:

As you may know, I was been fortunate to have been part of this year's class for the Asheville Citizens Police Academy . . . the experience has been a fantastic one, and if you'd like me to nominate you for next fall's class, give a holler.

See below for more information that I just received from Officer Dunlap--the person who runs it:

I can't believe the Citizens Police Academy program is coming to an end so quickly. I have truly enjoyed getting to know each of you and I hope you now have a greater understanding and appreciation of police practices and services. During our second class, I told you it was important to get to know one another by communicating and sharing questions as well as concerns. As a community, open communication is vital for continued growth, well being and accountability for this department as well as Citizens of the City of Asheville whom we serve.

The Academy depends upon "word of mouth" to spread interest in the program. If possible, can you provide me with a name and phone number of at least one individual whom I can call and invite to attend this September's program? Please write this down for me and, at some point this summer, call the person and tell them about the CPA.

NOTE:

There's NO COST to participate, and you even get dinner before each of the 12 sessions. This spring, sessions were held on Tuesday nights, and they will be held on the same night in the fall--starting September 14.

For more information and/or if you'd like me to nominate you, send an email to bjinbc@aol.com and put CITIZENS POLICE ACADEMY in the subject line.

C. During the week, I also attended another fine SCORE seminar . . . this one was on "Social Media," and it was conducted by Sarah Benoit . . . I've heard her speak before and what's amazing is that every time, I learn something new. . . she really knows her stuff and is always so generous in sharing her knowledge with others.

For example, I found out more about this free service offered by Google:

<http://www.google.com/sktool/>

To quote from the site, the tool:

helps you identify additional advertising opportunities that aren't currently being used in your AdWords ad campaigns. The tool goes one step further by tailoring the keywords and other data (such as the amount of competition for the keyword, the suggested bid and more) based on your language or country/territory settings.

So if you have a website and are trying to draw more traffic to it, make sure you check out the above website . . . should you want to contact Sarah, you can do so and learn more about her by clicking:

<http://www.creative-original.com>

SPECIAL THANKS to Stan Safian, the tireless SCORE volunteer, who was in charge of not only this seminar--but all the others this past year . . . without his efforts, they wouldn't have been the success that they were.

D. CONGRATULATIONS to:

* Tom Gallagher (see also Section 1A) for being admitted to the North Carolina Bar. He's a real good guy and if, by chance, you know of any legal offerings in the Western Carolina area, please send him an email; his address is thomaskgallagher@hotmail.com.

* Gary Bien, practice administrator with Cancer Centers of North Carolina-Asheville, the nation's leading integrated oncology company. His firm took home numerous honors at the **27th Annual Healthcare Marketing Report Awards Competition**. Out of 4,000 entries, CCNC-A's "No Mountain Too High" campaign won 3rd overall (Bronze) in the total advertising campaign without television category. The motivational and artistic campaign also won Bronze in Radio and a Merit in the Outdoor/Transit category.

"We're truly proud of this campaign because it showcases a positive and uplifting message of hope for all cancer patients no matter their age or stage in life," said Bien. "It shows patients that there are oncology practices that care and want to motivate them throughout their treatment. Even if a cancer diagnosis seems impossible to overcome, we want to let patients know there

is no mountain too high that we, together, can't conquer."

* Susan Garrett . . . she recently got a new position with the Asheville Buncombe Community Christian Ministries as that organization's new Green Job Director. Her job will be to train folks who are low-income/disadvantaged or unemployed and need jobs or employed trades people who need to upgrade their skills to become part of the new local green economy.

For more information about the Ministries, please click:

<http://www.abccm.org/>

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

This week, it goes to Mary Lou Sartoris--a Biltmore Lake community activist and "resident grandma" to several children in the neighborhood.

Mary Lou is also a Board member for the Council on Aging of Buncombe County. As such, she sells T-shirts, jackets, vests, golf shirts, sweatshirts, tote bags and throws embroidered with the Biltmore Lake logo. All proceeds go to the Council and are tax deductible.

In addition, she serves as a member of the Steering Committee for the BLCAC (Biltmore Lake Community Action Committee), the group involved in the legal battle against forced annexation of Biltmore Lake by the City of Asheville.

To contact Mary Lou about either or both of the above activities, please feel free to email her at marylousartoris@charter.net.

SPECIAL OPPORTUNITY:

Mary Lou received start-up money from the Biltmore Lake Board of Directors to begin the fundraiser last June with the stipulation that once it reached the one year mark, it would be passed to another Biltmore Lake resident so that the proceeds will benefit the new person's charity of choice. At this time, she is winding down her fundraising efforts and is looking for a successor for the sale of Biltmore Lake logo products. So if you're interested, contact her at the aforementioned email address.

2. FYI

The first strategy of time management: Disappear for the first 20 minutes of your day at work. Whether you start your day at 7:00 a.m., noon or midnight, reserve the first 20 minutes for yourself, with no one else able to interrupt. This will give you a good chance to get organized for the day. It will enable you to provide direction for the people who depend on you for leadership. As one businessperson described it, "I block out a time early in my day to have a meeting with myself." It doesn't mean that the usual daily calamities associated with business will cease, especially those that seem to lie in wait for a manager about to start the day. It just means you won't participate in those feeding frenzies until you're ready to handle them.

SOURCE:

IT'S ABOUT TIME (see also Sections 4C and 11) by Harold C. Lloyd

FYI, part 2

* Sally in North Carolina:

My website for Once More Decor is done. Check it out when you get a chance:

www.oucemoredecorasheville.com

RECOMMENDATION:

Sally's business is Once More Decor . . . it is a resale business, specializing in painted furniture and refurbished items for the home. Sally does great work. You won't go wrong if you use her!

* Marcia in North Carolina (with a REQUEST FOR HELP):

I am writing to invite you to sponsor me on a River Walk event to benefit The Rathbun Center.

The Rathbun Center is the nonprofit organization I work for in Asheville, NC. We are western North Carolina's only hospital hospitality house. Anyone who has a loved one being treated at any of our local hospitals can stay with us--for free--for up to 21 days! We are similar to a Ronald McDonald House, only we welcome patients and their caregivers of all ages and with all types of medical conditions.

Our annual River Walk is scheduled for this Sat., May 22nd from 9:00 a.m. to 12:00 p.m. at Carrier Park in Asheville. We are asking our friends and relatives to please help us by pledging money to sponsor us. We are walking for the 3,000 people each year who call this their "home away from home" while their loved one is going through a medical crisis. One of our guests called us, "An oasis for so many in a desert of desolation and despair."

Please help us to be here for many families in their time of medical crisis if you are able. There are several ways to make a contribution:

You can mail a check to my attention at The Rathbun Center, 121 Sherwood Road, Asheville, NC 28803. You can make a credit card donation directly on our website:

www.rathbuncenter.org

You can call me or Susan Everhart at (828) 251-0595 and make a credit card donation over the phone.

Thank you for your kindness and support.

* John in New Jersey:

Nice contrast between the "EVIL" Canadian Health Care System and our "Make the insurance company profitable" system.

* Ken in New York:

Nice picture of you and Cynthia.

MY TWO CENTS:

Thanks, Ken. I owe it all to Cynthia; i.e., the fact that it was a nice picture. If it was just me in the picture, I'm not sure it would have been as nice . . . in fact, I'm sure of that fact!

* Scott in Pennsylvania:

Get a FREE spicy chicken sandwich at Chick-Fill-A, but to be eligible, you must first register online on Monday, May 24.

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

* Dana in Pennsylvania:

This was circulated awhile back but its concept still sounds like a good plan:

Junk Mail Help:

When you get "ads" enclosed with your phone or utility bill, return these "ads" with your payment. Let the sending companies throw their own junk mail away.

When you get those "pre-approved" letters in the mail for everything from credit cards to 2nd mortgages and similar type junk, do not throw away the return envelope. Most of these come with postage-paid return envelopes, right? It costs them more than the regular postage "IF" and when they receive them back.

It costs them nothing if you throw them away! The postage was around 50 cents before the last increase and it is according to the weight. In that case, why not get rid of some of your other junk mail and put it in these cool little, postage-paid return envelopes. Send an ad for your local chimney cleaner to American Express. Send a pizza coupon to Citibank. If you didn't get anything else that day, then just send them their blank application back! If you want to remain anonymous, just make sure your name isn't on anything you send them.

You can even send the envelope back empty if you want to just keep them guessing! It still costs them the regular postage. The banks and credit card companies are currently getting a lot of their own junk back in the mail, but folks, we need to OVERWHELM them. Let's let them know what it's like

to get lots of junk mail, and best of all they're paying for it. Twice!

Let's help keep our postal service busy since they are saying that email is cutting into their business profits, and that's why they need to increase postage costs again You get the idea !

If enough people follow these tips, it will work. I have been doing this for years, and I get very little junk mail anymore.

THERE'S SOMETHING BETTER YOU CAN DO:

I did some research and found out that the above might even increase your junk mail . . . plus, there are better ways to get less such stuff if that's your intent . . . see how to achieve this goal by clicking:

<http://www.snopes.com/politics/business/telemarket.asp>

* Kristi in North Carolina:

OK, I know I shouldn't . . . but it is so hard not to laugh when you see babies eating lemons for the first time:

<http://www.youtube.com/watch?v=7yHejN1korE>

* I'm ordinarily not a big fan of cabbage, but I did like the following salad that Tena in North Carolina (see also Section 1A) recently served as part of a delicious dinner at her house:

Chinese Cabbage Salad

1 lb chopped cabbage (I use slaw mix with red and white cabbage and shredded carrots)
8 T slivered almonds - toasted
8 T sesame seeds - toasted
2 packages Raman noodles (do not use seasoning) – crush over top and mix
8 sliced green onions

Mix all together.

Dressing

½ cup rice wine vinegar
1/8 cup vegetable or canola oil
Pepper to taste
2 t. accent season salt
4 T sugar (I use Splenda and use less)

NOTE:

I make this totally to taste, and I make it ahead of time.

3. Little Joyce

Little Joyce wasn't getting good marks in school. One day, she surprised the teacher with an announcement. She tapped him on the shoulder and said, "I don't want to scare you, but my daddy says if I don't start getting better grades, somebody is going to get a spanking!"

4. Reviews

A. LETTERS TO JULIET is predictable, but I liked it regardless . . . it is the story of a young American who when on vacation in Verona, finds a letter that was written in 1957 . . . he locates the author and, also, helps find the author's lost love . . . Amanda Seyfried continues to impress as the actress in the leading role . . . I also enjoyed the performances of Vanessa Redgrave and Gael Garcia Bernal . . . what I did not like: the trailer gave away far too much of the film . . . rated PG.

B. INVICTUS is now out in DVD format . . . my review from BLAINESWORLD #689 follows:

INVICTUS tells the inspiring true story of how Nelson Mandela helped

bring his country together through his support of South Africa's underdog rugby team run to the 1995 World Championship . . . Morgan Freeman as Mandela was great, as usual, and Matt Damon was believable as Francois Pienar--the team's captain . . . I'd say it was the best film about rugby I've ever seen, though thinking about that statement, it's the only film about the sport I have ever seen . . . the final match went on far too long and I had no idea of what was happening in the game, but overall, I'd strongly recommend the film . . . rated PG-13.

C. Imagine being reclaim five extra hours each week in our life . . .that's the premise behind IT'S ABOUT TIME (see also Sections 2 and 11), a new time management book written by Harold C. Lloyd.

Lloyd, a sought-after speaker to the retail industry, presents many valuable ideas for taking control of your time at work . . . I thought I knew a lot about the subject, but even I came up with some new techniques that I will definitely implement.

For example, there's this one:

* Give every day of your life a unique identity. For example: "This is the day I am going to start my new book," or "Today is the day I'm giving Jennifer her performance review," or Today's the day I'm going to draft an outline of my year-end report." When each day has a special identity you treat each day more meaningfully and with more respect. It's likely that all your day's activities will take on more significance because they must be conducted within the framework of making sure the unique event is completed successfully.

Then there's this procedure for dealing with email that I knew about, but just haven't been able to put into practice--yet:

* To keep email from eating up valuable time, we recommend you check your email on a scheduled basis--maybe at the start of your day . . . before lunch, after lunch, and before you leave for the day. This is a hard discipline to maintain. Some people expect that you will respond to email instantaneously, and if your boss is one of those people, you may have to check more often. But like dealing with paperwork, handling email in a group is a much more efficient way to use your time. Let people know you don't immediately respond to email so they aren't offended if your reply isn't instantaneous.

Lastly, I liked how the author presented tips on hiring because if you hire the right person, you'll save still more time . . . this tidbit really made sense to me when I reflected upon it:

* "I make the decision whether or not to hire someone during the job interview. I count the number of times they smile. If it's enough, they're hired."

As Lloyd notes toward the end of the book, "Don't consider 'you look tired' a compliment that means you are a hard worker." He contends that this is nothing to brag about. Rather, if you find yourself falling into the trap of seemingly always working, then rush about to buy a copy of IT'S ABOUT TIME for yourself. And while you're at it, you might want to get additional copies for your colleagues who also seem to be working all the time.

D. Heard MIRACLE ON THE 17TH GREEN by James Patterson and Peter de Jonge . . . it's a golf fantasy about an amateur who, down on his luck, decides to try for the PGA Senior Tour.

I'm not sure that I buy into the entire plot . . . it's unlikely that a guy would be able to turn around his life and become wildly successful as a pro golfer within a year . . . yet that criticism aside, I enjoyed the tale and think you will too--even if you're not a golfer.

I did enjoy how the authors threw-in the names of real golfers (e.g., Trevino, Nicklaus, etc.), and it was fun to see how the newbie interacted with them . . . there's a feel-good ending that you'll also like.

5. TV alert

A. DEADLIEST WARRIOR simulates combat between two disparate groups of fighters, but no one actually dies . . . fights this season include a 16th century Aztec "Jagular" fighter against a central African Zande warrior of the 1860s, Somali pirate vs. Medellin cartel and Vlad the Impaler vs. Sun Tzu . . . Tuesdays at 10 p.m. on SPIKE TV.

B. THE GOOD GUYS is an action buddy-coop spoof . . . according to TV GUIDE, "If you like your crime straight up, don't even bother. But as a lark of summer escapism, THE GOOD GUYS is a fine way to kick off the silly season." . . . season preview on Wednesday at 8 p.m. on FOX and repeated on May 31 at 9 p.m. . . . starting on June 6, it will air on Monday at 9 p.m.

C. BROOKS & DUNN: THE LAST RODEO has the country duo calling it quits on a 20-year career with a summer tour and this concert special, which features Taylor Swift, George Strait and Jennifer Hudson . . . Sunday at 8 p.m. on CBS.

D. THE REAL STORY is series that looks at the factual background of well-know movies . . . episodes will look at such films as THE EXORCIST, CASINO, THE BOURNE IDENTITY, SILENCE OF THE LAMBS and THE HUNT FOR RED OCTOBER . . . Sundays at 8 p.m. on the SMITHSTONIAN CHANNEL.

6. Skinny dipping

An elderly man in Florida had owned a large farm for several years. He had a large pond in the back. It was properly shaped for swimming, so he fixed it up nice with picnic tables and horseshoe courts, as well as some orange and lime trees.

One evening, the old farmer decided to go down to the pond, as he hadn't been there for a while, to look it over. He grabbed a five-gallon bucket to bring back some fruit. As he neared the pond, he heard voices shouting and laughing with glee. As he came closer, he saw it was a bunch of young women from the local college skinny dipping in his pond.

He said "hi" so as not to scare them and make them aware of his presence, and they all swam over to the deep end.

One of the women shouted to him, "We're not coming out of this pond until after you leave."

The old man frowned, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked." Holding the bucket up he said, "I'm here to feed the alligator."

Some dirty old men can still think pretty fast.

7. Websites

A. ScienceHack is a search engine for science, mathematics and psychology videos:

<http://sciencehack.com/>

You can search for science experiments, projects, news and a whole lot more . . . there are several popular categories . . . you can even find out how to solve the Rubik's Cube . . . or see robots made out of toothbrushes. In addition, you can submit a video and get feedback on it.

B. Here, in its entirety, is perhaps the funniest movie scene ever: the Marx Brothers in A NIGHT AT THE OPERA . . . what follows is the stateroom scene:

<http://www.youtube.com/watch?v=Y3MtT6FajGI&feature=email>

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

<http://www.blainesworld.net>

In case you've never seen what happens when you're at the home page, place your cursor anywhere on the picture of me on the right . . . you'll see a greeting from me . . . then place your cursor on my eyes and move your mouse to the right to see where else you can get to via the homepage . . . when you do so, make sure you look at what happens to my eye.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Facebook (and longtime friends) Ginger in Florida and John in New Jersey had the following exchange that contained information that I think all readers should keep in the back of their minds:

Ginger: Last night someone informed me that anytime you use the word M***** in a post, it automatically gets reposted on a site called M*****. I'm not sure how that happens, but it is definitely an invasion of privacy. If I wanted to post on that site, I would. I tried to report it to FB and was unable to do so. I'm quite sure if I have a post with "Catholic" in it, it doesn't appear on a site called Catholic. OK, you computer experts . . . how does that happen, and how do we prevent it?

John: In a nutshell . . . it does NOT happen. More hate mongering and foolishness. That being said . . . ANYTHING you post here is subject to search engine crawling. So I guess if someone wanted to search for the "M" word, they could conceivably find your post--if they wanted to sort through hundreds of millions a day. But of course the same is true if someone wanted to search for "XNIBTRIE" . . . eventually they would find this post.

Ginger: John, I have never been reposted on a site for any reason except this. I did say non-denominational . . . and that means just that!

John: Ginger, don't say you have never been reposted . . . say rather you have never DISCOVERED that you have been reposted. If you have ever written a letter to the editor on a controversial subject, you have been reposted somewhere. The same goes for Facebook posts, Myspace, Xanga . . . and ANY post you make to the Internet. It leaves a trail that can be reproduced. One of my favorite sayings from my newspaper years: "If you don't want it published, don't say it!"

9. Facebook updates

What's the biggest problem Facebookers are confronting? Parents signing up!

Here's how one writer's Facebook status updates now read--ever since he was friended by his mom:

Scott is making good, well-informed decisions.
Scott is going to bed at a very reasonable hour.
Scott is drinking only on occasion, and even then it's just one or two.
Scott quit smoking several months ago without any apparent difficulty.
Scott is making large, regular contributions to his savings account.
Scott is making yet another home-cooked meal, avoiding fast food as usual.
Scott is not gaining weight, and his clothes fit just fine.

10. A quote I like

I am addicted to gadgets. Trouble is, I keep forgetting where I put them. A friend once said, "Our lives are spent in moments--how many of them do you want to waste looking for your cellphone or BlackBerry?" Finding a place for everything frees up time to pursue what you really want.--Donna Brazile, columnist in O, THE OPRAH MAGAZINE

11. Thought for the day

Set a schedule that forces you to declare part of your weekends or evening work-free. Stick to your schedule of predictable time off, and soon you'll find that you are more productive while you are at work. You still need to get the

same amount of work done, so you'll force yourself to use your time at work more efficiently. In the process, you're likely to improve your over-all work performance as well.

SOURCE:

IT'S ABOUT TIME (see also Sections 2 and 4C) by Harold C. Lloyd

12. Advance planning department

A. Western North Carolina events:

* Right now, Biltmore Park is gearing up to kick off its second annual Concerts in the Park music series. With some of the biggest names in the Asheville music scene scheduled to perform, Town Square will have event-goers up on their feet and dancing into summer in no time. Beginning in May and running through September, the concerts will take place on the first Saturday of every month from 7 p.m. to 9 p.m. in Cecil Park (outside of Brixx Pizza and Hickory Tavern Grill and Raw Bar).

The Vinyl Brothers Big Band, an eleven piece ensemble, will perform on June 5 with tunes from the late 60s and early 70s. An area longtime favorite, Skinny Legs and All, recently made famous by the lead singer's appearance on American Idol, will bring their melodies to Town Square in July, followed by Asheville's own British Pop band The Cheeksters. Finally, Firecracker Jazz Band will finish out the series and lead us into fall with their colorful sounds.

* UNC Asheville Concerts on the Quad on North Lexington Ave. @ I-240.

Monday nights starting June 14th: July 12th from 7-9 p.m.
Rain decision and announcement is made at 5:00 p.m. on the night of each event. The rain hotline is 828.251.6991 or 828.232.5000. Rain location: Lipinsky Auditorium.

Bring dinner and/or wine and chairs to UNCA on Mondays. Some good shows here:

6/14 Cool John Ferguson

<http://www.cooljohnferguson.com/cooljohnrecordings.html>

6/21 E.L.M.

<http://www.elmcollective.org/>

6/28 Pan Jive

<http://www.panjive.org/>

7/5 April Verch

<http://www.mikegreenassociates.com/index.php?page=bio&display=138>

7/12 One Leg Up

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

B. Pennsylvania/New Jersey event:

* Lisa in Pennsylvania:

I know we've talked before about the place where I've volunteered for eight years: Aark Wildlife Rehab. We used to be in Newtown, but moved to Chalfont, PA a couple years ago. While the Aark accepts all forms of wildlife (no domestic animals) in need, we are only open to visits from the public at our annual Open House. It gives people an opportunity to see these animals up close and learn more about them. Please check out site at:

<http://www.aark.org>

This year's Open House is Sat & Sun, May 22 and 23 from 11a.m.-3 p.m. \$5 per person, \$10 family, free to members. I'll be working Sunday. Would

love to see some of your readers if they can make it.

C. National event:

* Donna in Pennsylvania:

Just reminding you that the "Make Your Home Look More Spacious" Teleseminar is this Thursday, May 20 at 7:30 p.m.

Date: Thursday, May 20, 2010

Time: 7:30 PM EST
(6:30 Central/ 5:30 Mountain/ 4:30 Pacific)

Dial-in number: 218-486-1400
Passcode: 12613#

Here's the link to download the worksheets to use for the class:

http://interiorsbydonnahoffman.com/Audio_Seminars/TLP-HowtoMakeAnyRoomorHomeBigger.pdf

Please plan to call in about 5 minutes early. We're starting promptly @ 7:30. There will be a live Q&A session, but feel free to e-mail me any question you hope to see covered in the live seminar, and I'll do my very best! E-mail me @ interiorsbydonnahoffman@gmail.com.

Can't wait to "see" you (and hear) you on the call!

PS. Methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#710
5.10.2010

In this issue:

1. Reflections
2. FYI
3. Confusion
4. Reviews . . . THE BACK-UP PLAN, etc.
5. TV alert
6. Advice
7. Websites
8. Computer tip
9. Final test
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I saw a marvelous production of LITTLE SHOP OF HORRORS at the Asheville Community Theatre . . . the music and dancing were uniformly excellent . . . Michael Sheldon and Kelly Christianson made a cute leading couple, and Cody Magourik as the dentist had us laughing every time he was on stage . . . we also loved Audrey II, the mechanical plant; SPECIAL KUDOS to the technical crew who put her together.

GOOD NEWS DEPARTMENT:

The show runs through this coming weekend . . . for more information and/or to purchase tickets, please click:

<http://www.ashevilletheatre.org>

The next day, we went to the Lake Eden Arts Festival in Black Mountain.



This is an event that's held twice each year . . . proceeds go to build a community and enrich lives through the arts . . . there's plenty of music, events, demonstrations and good food, including one of our favorites: kettle corn (popcorn with both salt and sugar) . . . we got to enjoy it that night when back at home and watching a movie.

For information on the October festival that runs from the 14th to the 17th, please click:

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

1B. We continue to check out many of the area's eateries.

On one night, we went to a rib placed called Louella's BBQ. . . we liked the casual ambience, as well as our server Marshall . . . the food was a disappointment, though . . . make that a big disappointment . . . our ribs were quite fatty, and we did not like how they were prepared (with a vinegar-type sauce) . . . worse: we had no option to try anything different as a sauce . . . also, we ordered side salads . . . they were as small as any portion we've ever seen . . . perhaps the place was having an "off" night . . . if you'd like to find out more, please click:

<http://www.LuellasBBQ.com>

We've had much better luck at a place called Beans and Berries . . . the fruit smoothies are always outstanding and lately, we've taken to ordering a delicious dish that includes homemade blueberry granola, vanilla yogurt and fresh fruit . . . for more information, please click:

<http://www.beansandberriesavl.com>

One other place I've checked-out is Nona Mia, an Italian restaurant that says it offers "homemade Italian-American soul food" . . . I had lunch there with my friend Bart and had a tasty meatball parmigiana sandwich . . . he said his pesto basked salmon was excellent . . .our server, Dana, was both friendly and efficient . . . my only disappointment with the place: there was no handicapped parking . . . I'm hopeful this will change in the near future . . . for more information, please call click:

<http://www.nonamiaasheville.com>

C. Personally, I had my first SCORE counseling session . . . we met with five different clients, and I was fortunate to get the opportunity to work with two excellent counselors: Greg Jones and Gustavo Kolmel.

If you're interested in my providing FREE business counseling for your company or organization, send an email to bjinbc@aol.com and put SCORE in the subject line.

I also voted for the first time in North Carolina . . . afterward, I met Dan Hesse in the street; he's a reporter/anchor with News Radio 570/WWNC, and he interviewed me for a subsequent news broadcast . . . a few days later, I was surprised when somebody told me that he heard me being interviewed.

HELP REQUEST DEPARTMENT:

In my "other" New Jersey/Pennsylvania life, I hosted two separate interview-type radio shows . . . I'm now interested in doing something similar in the Asheville area (and/or getting a show on a local cable station) . . . should you have any suggestions for me, please send an email to bjinbc@aol.com and put INTERVIEW SHOW in the subject line.

For more information on my on my previous shows and, also, to hear a sample broadcast, please click:

<http://www.blaineworld.net/radio/index.asp>

D. CONGRATULATIONS to:

* Marie in New Jersey for having won Contest #2 . . . her copy of LAW OF ATTRACTION is on the way . . . to all those who didn't win this time around, keep reading future issues for another chance to win an equally great prize.

* Marilynne in North Carolina for being named "Mom of the Decade" . . . for all the details, please click:

<http://tinyurl.com/29ukqyo>

IF YOU'D LIKE TO MAKE SOMEBODY ELSE'S DAY IN A SIMILAR FASHION:

You can name them "Mom of the Decade" by clicking:

<http://news.cnnbvideo.com/taf.html?id=&nid=l2vsapeluaZd5806QrZMnTE5NzMwNzl->

My hope is that come Father's Day, I will be able to receive similar recognition . . . so Marilynne or any other reader, if you can find that option, do forward my name. (Hint-hint.)

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

This week it goes to the dedicated employees and volunteers at Pet Harmony--the pet store for rescued pets.

Pet Harmony is part of the Animal Compassion Network . . . according to Cynthia:

There are a handful of places that you can claim are extra-ordinary . . . beyond what most places give . . . maybe that "extra" is heart or love or just plain commitment to making a difference where it is needed.

Pet Harmony is one of those places. It is a no-kill animal shelter that is committed to loving and caring and finding homes for rescued animals. The animals live in foster homes and take turns visiting Pet Harmony. The animals are NEVER euthanized. They are safe for life and always guaranteed a foster space--even if 10 years pass from the date of the adoption.

Pet Harmony also has a store section, which sells pet food and pet supplies, and all the monies go toward caring for and helping the animals find homes.

What makes this such a special, heart-centered place are the employees and volunteers. They truly care for the animals. They give much love and care. They are truly committed and passionate about the cause. If I were a rescued pet and had no home, I would consider it a blessing to have landed at Pet Harmony.

Anne Jordan has been my main contact as I volunteer with my little sister Amanda Justice from the Big Brothers Big Sisters organization . . . Amanda helped us sponsor two dogs (Hilton and Heidi) who need a home together as they were found on the streets together and can't be separated.

Anne has made volunteering a delightful experience. In addition, Amanda and I have found employees Angie Wilt and Emily Sepik equally friendly and helpful . . . SPECIAL THANKS, also, to Mark Goldstein--Blaine's friend and Leadership Asheville classmate--for providing the encouragement to become involved in this outstanding organization.

Keep up the great work, Pet Harmony . . . and if there are any readers interested in a pet, this is the place to go!

For more information, please click:

<http://www.animalcompassionnetwork.org>

MY TWO CENTS:

Shortly after I finished typing the above, Cynthia and Amanda both called me with some great news: Hilton and Heidi just got adopted . . . so it's now time for them to find other pets to help.

2. FYI

As you've been reading, I have been participating this past year in a group called Leadership Asheville . . . I have thoroughly enjoyed the experience and recommend it strongly; e.g., if you live in and/or work anywhere near Asheville.

You'll learn a great deal about what makes this such a great city . . . and how you can help make it even better . . . for more information, please click:

<http://www.leadershipasheville.org/>

For an actual application, please click:

<http://www.leadershipasheville.org/applicants-to-la-29-2010-2011/>

IF I CAN HELP:

If you'd like to get my perspective on what Leadership Asheville is all about and/or to submit a recommendation on your behalf, please send an email to bjinbc@aol.com and put LEADERSHIP ASHEVILLE in the subject line.

Another option to consider if you qualify: Leadership Asheville for Seniors, offered through the Center for Creative Retirement . . . this is somewhat similar to the aforementioned Leadership Asheville, though not quite as long . . . there's also no team project to complete . . . for more information, please click:

<http://www2.unca.edu/ncccr/programs/leadership/las-stewart-article.html>

***** CONSIDER OTHER PROGRAMS, too (in your area) *****

When I lived in New Jersey, I was involved in Leadership New Jersey many years ago . . . that was a great experience, too . . .for more information, please click:

<http://www.leadershipnj.org/>

I never officially participated in Leadership Bucks County, though I did speak several times to this group . . . for more information, please click:

http://www.lbccc.org/html/leadership_program.html

Many other cities, counties and states have similar programs . . . just keep your eyes open for them.

FYI, part 2

* Great blog interview of Michael Gelb, a longtime friend and reader, on his thoughts on innovation:

<http://tinyurl.com/255xl2d>

* Lee in Pennsylvania:

I would love to let your readers know that if they are planning on purchasing a new TV in the near future and are confused by all of the technology, I would be glad to help them sort it all out. There are so many options available now . . . plasma, LCD, LED 3D and it can get very confusing. If I can be of any help please feel free to contact me at lee@starlightdm.com.

* Matt in North Carolina:

I am a reader and SELDOM have the Kindle read to me. Most of the time that I have heard the Kindle read, it was when I was demoing that feature to others. But, when I did it, I liked what I heard. The Kindle is certainly better than the robotic voice in my Garmin GPS.

* Debbie in New York:

You might get some ideas for your [horse racing] get-together from this link:

<http://www.horse-races.net/library/links-derbyparty.htm>

* Ange in Pennsylvania:

Please let whoever submitted the Tamale Pie recipe in BLAINESWORLD #700 that it's a keeper. I made it for Cinco de Mayo and got rave reviews.

* Cheryl in New Jersey (with a REQUEST FOR HELP):

Most of you already know that I had 3 Deep Vein Thrombosis (DVTs), also known as blood clots, in my arm 2.5 years ago. I was sent home from an Urgent Care Center and Hospital Emergency Room, and finally the 3rd Emergency Room diagnosed me and started treatment 24 hours after it happened. According to the U.S. Department of Health and Human Services (2008), DVTs affect an estimated 350,000 to 600,000 Americans each year, resulting in over 100,000 deaths each year.

I am organizing a kickball tournament in Ocean City, NJ on Saturday, June 26th from 10 a.m.-4 p.m. and would love for everyone to be involved. My goal for "Kick for Clots" is to promote being active at any age while having fun, to share information regarding blood clots, and to raise money to go towards the National Blood Clot Alliance (formerly National Alliance of Thrombosis & Thrombophilia) to improve healthcare and understanding in all phases of DVTs: prevention, diagnosis and treatment of the clot, as well as post-thrombotic management.

To read more, as well as to donate, please click:

www.firstgiving.com/cherylfishman

* Pat in Pennsylvania (with something that ALL need to consider):

No joke. This is scary! Plus think of all the quick one or two copies people make of personal issues like credit card bills, passports, etc. while at work. Yikes!

Maybe this is part of the reason so many people are having their identity stolen? Be sure to watch the video below:

Copy Machines, a Security Risk?

This should be considered one of the most important things you have learned in recent times.

<http://www.cbsnews.com/video/watch/?id=6412572n>

* Arlene in Pennsylvania:

I know you always use your seatbelt, but this is something you might want to share as a reminder to your friends and family:

http://www.youtube.com/watch?v=lnXH_P9SVAk

* Scott in Pennsylvania:

Suave Professionals® now has a new range of shampoos and conditioners that are infused with natural ingredients. To receive your coupon for a free 14.5 oz. Shampoo or Conditioner, please complete the form below:

<https://secure.suave.com/atp-coupon1>

* Vera in Florida (who just celebrated her 50th wedding anniversary):

"They " say marriage is 50-50, I have learned over the years that it is 100-100. In other words, commitment to each other and forgiveness.

* Rich in Pennsylvania, one of my favorite email correspondents, commented on something we had been discussing--and how he could use it in the furniture store where he works:

I may use that line . . . when they mention coffee table, I'll ask them: "Do you want regular or decaffeinated?"

3. Confusion

I don't get these people who, instead of buying a four-or an eight-pack of toilet paper, buy the single, individual roll. Are they trying to quit? (I wonder about this, too,

but have to give credit to comic Brian Kiley for having first raised the question!)

For more information about Kiley and to see some of his performances, please click:

<http://comedians.jokes.com/brian-kiley>

4. Reviews

A. I was pleasantly surprised by THE BACK-UP PLAN, a romantic comedy about a single women who opts for artificial insemination after dating for years and failing to find Mr. Right . . . on the day she goes through the procedure, she meets a charming stranger . . . complications ensue and some of them are quite funny . . . this is a sweet film, greatly enhanced by the performance of Jennifer Lopez in the leading role . . . Alex O'Loughlin is also fine at her boyfriend . . . rated PG-13.

B. AVATAR is now out in DVD format . . . my review from BLAINESWORLD #694 follows:

If you like playing video games, you'll love AVATAR . . . I don't, so count me among the minority who don't count the film as one of the year's best . . . the story, set in the future, involves an ex-Marine who infiltrates the planet Pandora and finds life better there than anywhere else . . . it was very violent and too long for my taste . . . the 3D effects were interesting, at first, but I got tired of them eventually . . . I also didn't feel for any of the characters, though I did appreciate Stephen Lang's work as a villain . . . rated PG-13.

You'd do much better, in my opinion, renting a non-blockbuster film called UNCLE NINO that I doubt very few folks ever saw in the theater . . . too bad, in that it's a charming film about an elderly Italian peasant who barley speaks English . . . he travels to America to reconnect with his nephew and in doing so, helps bring the nephew's family together . . . you'll recognize Joe Mantegna and Anne Archer in the cast, and they're both excellent . . . the other actors are too . . . rated PG.

C. I loved that was written on the back cover of WOW: A HANDBOOK FOR LIVING (see also Section 10) by Zen Ohashi and Zono Kurazono . . . they say that "This book will not change your life. You will change your life."

The authors then proceed to present, to quote them, "31 revolutionary methods for change" . . . I'm not so sure about how revolutionary these methods are; after all, many I've seen most of them before . . . and a lot of them just seem to rely on nothing more than common sense.

However, don't let that deter you from reading this insightful book . . . you will still find a tidbit of two that you may not have thought of before . . . for example:

* Whenever presented with a tough problem, it can be very helpful to try to answer it in five seconds.

Whenever you try to solve a problem in five seconds, you will answer with only your intuition.

Whether the solution can actually be carried out is not important. Sometimes just knowing the solution you would choose is the first step.

Oftentimes, this is the best solution.

* And then there was this spin on dealing with those who may not like an idea you propose:

* If the person you propose your idea to doesn't like it and says something like, "Yeah, but it's a bit cold for bicycle riding," you can try asking them for a different proposal.

"Then what's your idea?"

Lastly, the following point caught my attention because it is oh-so-true:

* If someone promises something to you but does not take the time to make an appointment, it is unlikely that anything will ever happen.

I do recommend that you read WOW . . . when you do, please don't feel free to rush through it . . . read bits and pieces of it and then, when you do, take time to apply the principles by doing the exercise that accompany each chapter.

Also, make it a point to spend some time looking at the accompanying black-and-white photos . . . they added to my enjoyment of the book.

D. Heard the CD version of GOD NEVER BLINKS: 50 LESSONS FOR LIFE'S LITTLE DETOURS--written and read by Regina Brett.

If the name is familiar, it may be because you have read her list of "life lessons" that have been widely circulated on the Internet (and that I ran in BLAINESWORLD issues #661 and 662) . . . in this touching book, she takes each one and expands upon it in a brief essay.

Brett, a CLEVELAND PLAINS DEALER columnist, has certainly lived an interesting life . . . one of eleven children, she notes that she was a "lost soul who drank too much at 16," unwed mother at 21, single parent for 18 years, college graduate at 40, and diagnosed with breast cancer at 41 . . . she brings each of these experiences into GOD NEVER BLINKS, and you learn from them--seemingly as she did.

In particular, I liked what she shared about her friend Frank:

* He lives by two words: Get to, instead of have to. He says, "I get to go to work, instead of I have to go to work."

I also liked this other bit of advice that she got from another friend:

* When in doubt, do the next right thing. So instead of always thinking about the big picture . . . for example, your career choice . . . just get a college calendar and start looking at some courses . . . or rather than lose 40 pounds, have a salad for lunch instead of fries.

Lastly, there was this thought that got me to revisit what I'm doing right now:

* The most important day is the day you're in. So live the hell out of that day.

That's real good advice; in fact, it got me thinking that I now get to finish this review--and then move on to some other things that I'm looking forward to doing.

5. TV alert

A. What's it like to live in a retirement community? SUNSET DAZE attempts to answer that question via a new reality show that features the lives of eight senior citizens who live in Sun City in Arizona . . . Wednesdays at 10 p.m. on WEtv and repeated throughout the week . . . for the other times, please click:

<http://www.wetv.com/sunsetdaze/episodes/top-gun-and-tiaras>

B. WORLD'S TOUGHEST FIXES airs on Thursdays at 9 p.m. on NATIONAL GEOGRAPHIC . . . upcoming shows include the following:

* Extreme Bridges on May 13: Riley crosses the pond to scale three iconic bridges in the U.K.

* Fixing Vegas on May 20: Riley travels to Las Vegas to help high-flying Cirque du Soleil solve a real showstopper of a problem--one of the world's largest, most technologically advanced stages is broken.

C. I'm disappointed to hear that AT THE MOVIES will be going off the air after this summer . . . that had been my favorite movie review show; in fact, I had thought it was the only movie review show on the air . . . but I was wrong, as unlikely as that possibility may sound . . . there's now another one that you might want to check out: THE ROTTEN TOMATOES MOVIE REVIEW SHOW on Thursdays at 10:30 p.m. on CURRENT TV (the name of the station on AT&T U-Verse) . . . in addition, it can be found on DIRECTV, DISH Network, Comcast Digital and Time Warner Digital; check your local listings.

The few episodes I have seen weren't bad . . . I'll check out a few others, if just because I so much appreciate the Rotten Tomatoes website:

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

The above is the first place I go to check out reviews of movies, present and past, as well as what's available on DVD.

D. WEEKEND TODAY on Sunday at 8 on NBC features Western North Carolina and, in particular, my neck of the woods . . . you'll get to see a trip down the Blue Ridge Parkway, as well as a visit to Lake Lure.

6. Advice

A defendant in a \$5 million lawsuit told his lawyer, "If I lose this case, I'll be ruined."

"It's in the judge's hands now," answered the lawyer, "but I'll be honest with you . . . it doesn't look that great for our side."

"Would it help if I sent the judge a box of cigars?" asked the defendant.

"Oh no!" said the lawyer. "This judge is a stickler for ethical behavior. A stunt like that would prejudice him against you. He might even find you in contempt of court. In fact, you should not even smile at the judge."

With the course of time, the judge rendered a decision in favor of the defendant. As the defendant left the courthouse, he said to his lawyer, "Thanks for the tip about the cigars."

"I'm sure we would have lost the case if you'd sent them," said the lawyer.

"But I did send them," said the defendant.

"What?! You did?"

"Yes, That's how we won the case."

"I don't understand," said the lawyer.

"It's easy. I sent the cheapest cigars that I could find to the judge, but enclosed the plaintiff's business card."

7. Websites

A. Pipl is a meta-search engine, meaning that it searches other search engines. Pipl also mines the "deep Web," meaning it looks for information that other search engines might not find.

<http://www.pipl.com>

What makes Pipl so valuable is that it limits its search results to people information.

I just used it to check on what the website had about me and was amazed that it had my address, age, a bunch of pictures and some stuff that I hadn't seen for years . . . if you're single, I imagine you'll also want to use it to check out who you're dating (or about to date).

B. I have certain beliefs, as many readers know . . . one of them is that soldiers belong home . . . that's why I so much enjoyed this clip that Barbara in Pennsylvania shared with me:

<http://www.youtube.com/watch?v=hkGzqpGx1KU>

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

<http://www.blainesworld.net>

THANKS to my fantastic webmaster, Danny Brice, you can now view pictures of yours truly (as well as my friends and relatives) in an improved format

that will take a lot less time to load . . . click " Blaine's Best" to the left, then "Pictures" . . . as you're doing so, make sure you have your sound on so you can listen to what's arguably the greatest rock song of all time.

DANNY'S THE MAN:

If you're having computer problems, want help with your website, etc., then Danny is the guy to contact . . . he can be reached via email at dnbrice@gmail.com; his phone number is 828.683.4912 . . . best of all, he can even help you if you're not in the area via an option that lets him log into your computer remotely.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

<http://www.facebook.com/blainegreenfield>

8. Computer tip

To get the latest information about companies (or anything else), use something called Google Timeline Search.

Type the name of the what you're trying to find about in Google. If the company name is more than one word, put the name between quotation marks; e.g., "Blaine Greenfield." On the Google results page, just under the Google logo on the left side, you'll see a link that says "Show options" or "Show search tools." Click that link. This allows you to sort your Google search results using a number of criteria.

One of the options is labeled "Timeline." Click on the Timeline link, and you'll see a graphic timeline by decade with certain time periods blocked out. Click one of the blocked-out periods, and you'll see a graphic timeline by year during the decade with the search results only showing information about the company from that year. You can then click a blocked-out year and gets results for specific months during that year.

I just tried this option and came across some stuff about me that I had even never seen before.

9. Final test

The CIA had an opening for an assassin. After all the background checks, interviews and testing were done, there were 3 finalists--2 men and a woman.

For the final test, the CIA agents took one of the men to a large metal door and handed him a gun. "We must know that you will follow your instructions, no matter what the circumstances. Inside this room, you will find your wife sitting in a chair. Kill her." The man said, "You can't be serious. I could never shoot my wife."

The agent nodded and said, "Then you're not the right man for this job. Take your wife and go home."

The second man was given the same instructions. He took the gun and went into the room. All was quiet for about 5 minutes. Then the man came out with tears in his eyes. "I tried, but I can't kill my wife."

The agent nodded and said, "You don't have what it takes. Take your wife and go home."

Finally, it was the woman's turn. She was given similar instructions--to kill her husband. She took the gun and went into the room. Shots rang out, one after another.

Then they heard screaming, crashing and banging on the walls. The agent was just about to go in and see what was happening when the door opened and the woman stepped out, sweating profusely.

"This gun is loaded with blanks," she said. "So I had to beat him to death with the chair."

10. A quote I like

Before you complain, try to begin your sentence with following words: "I have a suggestion."

SOURCE:

WOW: A HANDBOOK FOR LIVING (see also Section 4C) by Zen Ohashi and Zono Kurazono

11. Thought for the day

I thought you'd find this back-and-forth I had recently with Bill, a teaching colleague of mine at Bucks County Community College and a friend I respect greatly . . . what follows is a joke I had sent him, asking for his opinion--followed by his reaction.

THE JOKE:

Read the following two situations. Then see if you can answer the question. (And don't blame me: It was forwarded from a Canuckian!)

Two patients limp into two different Canadian medical clinics with the same complaint. Both have trouble walking and appear to require a hip replacement.

The first patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The second sees his family doctor after waiting a week for an appointment, then waits eighteen weeks to see a specialist, then gets an x-ray, which isn't reviewed for another month and finally has his surgery scheduled for a year from then.

Now the question: Why the different treatment for the two patients?

Answer: The first is a golden retriever; the second is a senior citizen.

BILL'S REACTION:

Let me respond by rewriting your story:

Read the following situations. Then see if you can answer the question. (And don't blame me!)

Two patients limp into two different medical clinics with the same complaint. The medical clinics appear virtually identical, and are located in two very similar suburbs of two different major cities. Both patients have trouble bending and lifting, and appear to require a hernia operation.

The first patient enters the clinic without an appointment. The clinic is staffed by one nurse and three doctors. He is examined within the hour, is told that he probably needs a hernia operation, asks around for a good surgeon, visits the surgeon of his choice and has a time booked for surgery at a convenient time soon after. The surgery goes well, and he remains in the hospital resting in a room overnight. The following day, the surgeon visits him to see if he needs another night in the hospital, but the patient is doing well, the surgeon sees his wife is there to drive him home, and rereleases him. The patient returns home to finish recovering, and in a few days returns to work with no problems from the surgery.

The second patient sees his family doctor after waiting a week for an appointment. The clinic is staffed by one nurse, one doctor, and two medical insurance specialists. The patient is told that he probably needs a hernia operation, the doctor recommends a surgeon, and the patient visits the surgeon of the doctor's choice and has a time booked for surgery at a convenient time soon after. The surgery goes well, and he awakes from the surgery in an hour or two, and then is visited by a nurse. The nurse asks if he can walk to the toilet in the room to urinate. The patient dazedly and painfully does make it to the bathroom. The nurse then informs the patient that he has fulfilled the criterion for release, and that his wife should now drive

him home. The patient feels about to pass out, makes it back to the bed, tells the nurse he needs more time, and then does pass out in the bed. An hour or so later, the patient awakes feeling a little better, is again told he can leave, is driven home by his wife to finish recovering, and in a few days returns to work with no problems from the surgery.

Now, the question: What is most similar in the two situations?

Answer: The patient. The patient is the same patient. Me. Receiving (first patient) a right side hernia repair in Montreal, Canada, when I lived and worked there. And (second patient) a left side hernia repair in Newtown, PA. The above actually occurred as written. The medical quality was the same in both cases, and the end result was the same. But I didn't enjoy being ousted from the hospital hours after major surgery. And it is clear to me that a major portion of the money that should be going towards patient care in the US is diverted to insurance administration. There does not seem much we can do about it; those who are entrenched in that large money flow will not leave it, nor will they be truthful about its cause and its effect. All I can think of when I visit my doctor is "How many Americans does it take to change a light bulb?"

And despite Canadians' willingness to complain (a national pastime), none of the many Canadians I know prefer the American health system. They are usually horrified by it.

12. Advance planning department

A. North Carolina events:

* If you're a Biltmore Lake resident, do come to the Adult Social on Friday night at 5:30 p.m. . . . Cynthia and I will be hosting, and we'd love to see you . . . an added bonus: you'll have a chance to win prizes in the Preakness contest that will be explained that night . . . register on the Intranet or call David at 670.6103.

* If you are interested in Hypnosis Certification training course by Sarah Gewanter we still have space available in our upcoming class starting this Friday, May 14th. Hurry! There are a few spaces left. Call now: 828.683.6900.

There will also be an advanced hypnosis training course this summer. Individual instruction and/or supervision is also available.

PERSONAL RECOMMENDATION (a reminder, too):

Sarah is the person who trained me; she's great . . . as for the reminder . . . if you're interested in having me help you lose your baggage before you get to the airport (and to kick the smoking habit, lose weight, stop nail biting, etc.), send an email to bginbc@aol.com and put HYPNOSIS in the subject line.

I have even been successful with several folks out of the area, so keep that in mind; e.g., if interested in work over the phone.

* Check out THE HOP for family-oriented entertainment throughout the summer . . . some upcoming events include Julie Maccarin playing children's music on May 15 from 3-4 p.m., David Novak telling stories on May 16 from 1-2 p.m. and a very funny juggling troupe (Forty Fingers and a Missing Tooth) on May 18 from 6:30-7:30 p.m.

THE HOP also features delicious ice cream.

For more information, please click:

<http://www.thehopicecreamcafe.com>

* Asheville Women's Roundtable Event, presented by Asheville SCORE

Who: Any Women Business Owner/Operator who's interested in having a roundtable discussion on a regular basis with other women to define ideas, discuss opportunities and brainstorm solutions to everyday business issues.

What: This month's topic . . . "If you don't budget for a profit, you won't have one"

Where: Roux (Hilton Hotel) at Biltmore Park Town Square

When: Thursday, May 20th from 7:30-9 a.m.
Breakfast may be purchased at the restaurant

Why: To develop business relationships that offer sound advice and ideas!

Please RSVP to Ashevillroundtables@gmail.com to reserve your spot.
Space is limited to the first 15 to register. Hope to see you there!

B. Pennsylvania/New Jersey events:

* MUCH ADO ABOUT NOTHING IS SOMETHING TO SEE ONSTAGE

William Shakespeare's immortal comedy about the mishaps of love is staged by the Actors' NET of Bucks County, as it continues its fourteenth season. Produced by Virginia Barrie. Directed by Janet Quartarone. Assistant director, Mort Paterson. Starring Carol Thompson and George Hartpence.

Admission, \$20 for adults, \$17 for seniors and \$10 for children under 13.

DATES: May 21-June 6, 2010.

TIMES: Fridays and Saturdays at 8 p.m., Sundays at 2 p.m.

PLACE: The Morrisville Heritage Center, 635 North Delmorr Avenue (Route 32), Morrisville, PA 19067.

TO RESERVE: Call The NET box office at 215-295-3694
or email actorsnet@aol.com

* Tyler Tasting Party

June 4, 2010
7-10 p.m.

Bucks County Community College, Newtown Campus, Tyler Hall
Featuring food, wine and spirits from 40 of Bucks County's finest restaurants, wineries, breweries, bakeries and caterers
Silent and live auction featuring national and international trips

For more information and to order tickets, call 215.968.8224 or email: foundation@bucks.edu
or visit:

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

C. National event:

* FREE TELESEMINAR! Make Any Home Feel More Spacious

Thursday, May 20, 2010

7:30-8:30 p.m.

No matter the size of a home, almost every client at some point faces a room or rooms that they wish were somehow larger, wider, longer or bigger. Whether a key space like a family or living room, a kitchen, a dining room or a bedroom or home office, sometimes you just need more space! Join for this fascinating seminar that pulls out from the matrix of design principles the key steps to manipulate an interior in order to make it feel and appear larger.

To register or learn more, go to:

<http://tinyurl.com/y4wwf7k>

Use the coupon code "SPRING" to register for FREE!

Can't attend? Register anyway so you can be sent the live audio recording at your leisure.

PS. Methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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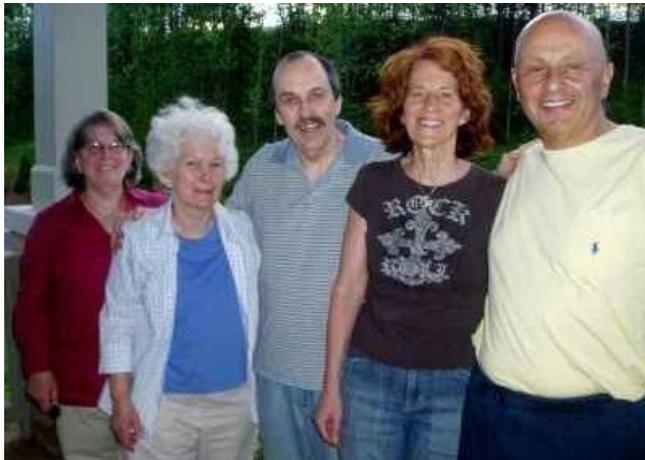
In this issue:

1. Reflections
2. FYI
3. Very short story
4. Reviews . . . CITY ISLAND, etc.
5. TV alert
6. Now you know
7. Websites
8. Computer tip
9. Four friends
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I saw a delightful production of ANNIE at the Skyland Performing Arts Center in Hendersonville . . . it was a lot of fun, and we were amazed at how the cast of 36 managed to all fit on the very small stage . . . Louise Cummins as Annie, James Alexander as Daddy Warbucks and Angela Whelchel as Miss Hannigan were particularly outstanding, as was Belle as Sandy the Dog.

On another night, we went to the home of our neighbors Kristi and Bill for a barbecue. . . the food was great; even better was the camaraderie.



(l-r: Cyndi, Marilynne, Blaine, Cynthia and Bill; Kristi is "missing in action" because she was busy taking the picture)

***** HELP REQUEST DEPARTMENT *****

We'll be hosting an upcoming Friday night social at our community's clubhouse . . . the theme is a horse-racing one, given that it's the Triple Crown season . . . any ideas for an outfit/costume to wear? (In particular, I'd like to see if I could locate a jockey outfit--particularly if there's a one that I could fit into.) . . . also, any other suggestions for music and/or food? Please advise ASAP.

B. I attended an interesting meeting of the Buncombe County Tourism Development Authority . . . among the items that were discussed:

* Bob Moog Foundation is planning to develop a museum in Asheville, called the Moogesum, to honor his work.

* The Asheville-Buncombe Sports Commission was established and is now working to bring larger-scale sporting events to the community; e.g., basketball tournaments,

ballroom dancing competition, etc.

C. My Leadership Asheville team completed its year-long project, in which we attempted to determine how accessible Asheville is for people with disabilities . . . we specifically considered whether parking met or exceeded guidelines established by the Americans with Disabilities Act of 1990.

Overall, 75% of all the respondents are meeting or exceeding ADA guidelines with respect to the number of accessible spaces provided. For van accessible spaces, the figure remains 75%.

Signage is another story . . . many public facilities could do a much better job of providing appropriate signs for cars; in the case of vans, signs were often non-existent.

KUDOS to my fellow Leadership Asheville team members for all their work in putting the above together . . . it was an enjoyable experience working with Susan Garrett, Dena Gettleman, Jeremy Jordan and Hayley Roper, and I'll miss getting together with them at our many meetings.

FOR THE FULL REPORT:

If you'd like to see a copy of the full report, along with our recommendations, send an email to bjinbc@aol.com and put LA REPORT in the subject line.

D. CONGRATULATIONS to:

* Berta Ditillo, a Senior Technical Support Representative with UPS, who was recently awarded the Distinguished Toastmasters (DTM) Award--the highest award Toastmasters International bestows upon its members . . . to quote Dave Dello Monaco, the past president of the Motown SpeakUPS Toastmaster's Club in Morris Twp., NJ, "In her final speech that earned her the award, Berta spoke about items she found in her cubicle while going through things. It was a typical Berta speech, filled with humor and passion. She received a rousing applause and standing ovation when she finished."

* Kimberly Ross, an Asheville dance teacher extraordinaire . . . she recently danced in her first ballroom dance competition as a "Professional" with her "Amateur" student, Richard Cicchetti. This was also Richard's first ballroom dance competition. He has been taking dance lessons from for the past seven months in the Silver level Smooth dances. Richard will be 65 years old this year, once again proving that you are never too old to start dancing!

* Roberta A. Mayer, Associate Professor, Art History, Department of the Arts, Bucks County Community College, Newtown, PA . . . in March, as part of the lecture series sponsored by the Charles Hosmer Morse Museum of American Art in Winter Haven, FL, she spoke on "Lockwood de Forest: Bringing India to America in the Gilded Age."

* Bob Butcher on the creation of his new band MoTwang . . . gigs are slated for July, but in the meantime, become a Facebook fan by clicking:

<http://www.facebook.com/pages/MoTwang/117210638301434>

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

This week, it goes to Bart Floyd--Vice Chair for the Mayor's Committee for Citizens with Disabilities and Advocacy Coordinator, Western Alliance for Independent Living.

Bart is the person who helped our Leadership Asheville team (see also Section 1C) develop its project . . . he then worked with us on the collection of data. In addition, he assisted us in reviewing the final report.

Over the past several months, I've been impressed with his helpfulness, enthusiasm and knowledge . . . he has also opened my eyes with respect to making Asheville a more welcoming environment for people with disabilities.

I've also been impressed by the fact that Bart in his "spare" time serves as a volunteer for the Parks & Recreation's Therapeutic Advisory Board.

2. FYI

Did you have a little chat with the receptionist or with the secretary while you were waiting for one of your interviews today? Write down that name and send a thank-you note recalling the conversation. Of course, you can email your appreciation, and that counts for something. But, disregarding the fact that I hawk envelopes by trade, a handwritten note really bursts

through today's electronic clutter. It'll help differentiate you from the pack when you call that firm, and it won't hurt your chances of having those calls put through, either. And, of course, the interviewer and anyone else you may have met at the company are musts on your list, as are any of the contacts you made during the day. For the past forty years I have strongly recommended you mail your thank-you notes back to the interviewers the same day.

SOURCE:

USE YOUR HEAD TO GET YOUR FOOT IN THE DOOR (see also Sections 4C, 10 and 11) by Harvey Mackay

MY TWO CENTS:

Use this idea for a lot more than thank-you notes on interviews . . . obviously, whenever you get a gift, send such a note . . . but also do so when a friend or even stranger helps you out, somebody provides you with exceptional service, etc. . . . I know that whenever I send a note, I feel better afterward.

FYI, part 2

* Here's a follow-up to something that appeared last week about President Obama's visit to Asheville . . . he stopped by 12 Bones, the well-known (and great) rib place a few minutes away from us and can be heard saying "I love Asheville" . . . you also have to admire a guy who doesn't cut in line, nor take a freebie when he could have done so.

<http://www.youtube.com/watch?v=OeFTZ1xyLpU>

In addition, I loved some of the comments that were posted on Facebook by those who saw the picture of me with the Prez:

Jeff in Pennsylvania:

Careful, Blaine, his right hand is picking your pocket!

John in New Jersey:

Looks like Blaine is trying to slip something into Obama's pocket . . . perhaps a copy of BLAINESWORLD?

Jeff:

I think you're right. Blaine never misses a marketing opportunity.

Carol in Florida:

Blaine, are you frisking Obama?

Mark in New Jersey:

Dancing with the Devil?

John:

Mark, that's not nice. Blaine may be a lot of things, but I would not go as far as calling him the devil

* Michelle Obama also said "we love it here" and that "we're even looking at houses" . . . wow, maybe the Obamas will become one of my neighbors . . . to read more, please click this link and go to the blog piece of April 25 (that begins with the words "Ashvegas reader"):

<http://ashvegas.squarespace.com/journal/?currentPage=2>

* Maria in Pennsylvania:

I read with interest Sue's perspective on being in the park and people saying hi. I always acknowledge anyone I walk past, even if it's just with a nod. Some people reciprocate, some do not. When someone says hello, it's just a way to connect. When I want to meditate or just be quiet in the park, I find a bench or area where I'm more removed from the main trails and concentrate on the beauty around me. Maybe that's Sue's answer. Also, if Sue has the opportunity to go on "off times," the parks can be a wonderful experience.

* Cynthia in North Carolina (see also Section 1A):

I see Sue's point about boasting about how Asheville is better than any other

area . . . that can make the other person feel bad and want to compete . . . as in, my area is just as good--if not better . . . it can also make the other person feel that what he or she has isn't as good . . . maybe a better approach: to encourage everybody to see the best in where they live now . . . similar to what you often do with where we live.

* Carole in North Carolina:

I have recently discovered this wonderful tasting, good for you reasonably priced nutritional drink. Thought that you may be interested in seeing my website:

<http://www.shopgbg.com/biro>

And I wanted to let you know about a 15 -minute call by Dr. Carol Hellerstein about this great product. The number is 218.862.1300, and the access code is 656722.

* Tod in New Jersey:

There's a deli in Newtown called Moish and Itzy's . . . perhaps you've heard of it . . . in the Summit Trace Shopping Center on the Newtown Bypass. Pretty good food. They opened a second place on Route 1 in Lawrenceville across from Quakerbridge Mall in what used to be a Denny's. And they carry Goodnoe's Ice Cream, of which you are the world's biggest fan.

THANKS, TOD:

I certainly have heard of the above deli and go to it often . . . however, I did not know of the new location and so you now have me looking forward to my next visit up North!

* Lana in Ohio:

Hiccups cure . . . just like the song "a teaspoonful of sugar make the medicine go down" will also stop hiccups . . . 1 teaspoon of sugar put on the tongue and let sit till it dissolves . . . I think all it does is force nasal breathing and the hiccups stop . . . must be like the remedy of drinking a glass of water from the wrong side of the glass as a cure.

* Natalie in Pennsylvania:

Wanted to let you know we watched Rory O'Shea last night. I'm so grateful you told us about it. The acting was unbelievable, especially from the actor who portrayed, Michael. James McAvoy was wonderful also. Can't remember what else I've seen him in lately, but I know I have.

WHAT ELSE:

McAvoy was in THE LAST STATION most recently . . . I liked him in that, as well as in WANTED (though it was very violent), THE LAST KING OF SCOTLAND and WIMBLDON.

3. Very short story

Man driving down road.
Woman driving up same road.
They pass each other.
The woman yells out the window, PIG!
Man yells out window, BIT*H!
Man rounds next curve.
Man crashes into a HUGE PIG in middle of road and dies.

Thought for the day: If man would just listen!

4. Reviews

A. Saw CITY ISLAND, a quirky comedy that I enjoyed very much . . . it's the story of a correctional officer who, secretly, wants to become an actor . . . but for that to happen, he must deal with a family that has its own secrets . . . Andy Garcia is excellent in the leading roles, and he's aided by a fine ensemble cast . . . this is a small independent film that unfortunately won't be around for too long in the theaters, even though it got very good reviews from the critics . . . rated PG-13.

B. PIRATE RADIO is now out in DVD format . . . my review from BLAINESWORLD #687 follows:

Enjoyed PIRATE RADIO (aka BOAT THAT ROCKED), a quirky comedy about a group of British DJs who challenged Rock and Roll listening habits in the 1960s . . . though

there were a whole host of groups making headlines at the time (think Beatles, Rolling Stones, etc.), the BBC would not give them air time . . . so some stations challenged this monopoly by playing music from the middle of the Northern Atlantic . . . this drove the government crazy . . . Philip S. Hoffman, Bill Nighy (always one of my favorite actors), Rhys Ifans and Kenneth Branagh are all excellent, along with many others in the large cast that were new to me . . . the best part of the movie, however, was the soundtrack . . . it featured music from such performers as The Kinks, Martha Reeves and the Vandellas, Cat Stevens, Moody Blues, Dusty Springfield, The Who and two songs from arguably the greatest rock group of all time, The Turtles . . . rated R.

TO LISTEN TO CLIPS FROM ALL 32 SONGS:

<http://tinyurl.com/ye6u6nc>

AND FOR THE REAL STORY:

After I saw PIRATE RADIO, I wanted to find out if any of it was true . . . apparently it is; see for yourself by clicking:

<http://www.npr.org/templates/story/story.php?storyId=120358447>

***** CONTEST #2 OF THE YEAR *****

One lucky reader will get a CD version of the book, LAW OF ATTRACTION by Michael J. Losier . . . to quote from my initial review, [the author] "explains the concept in a clear, concise fashion that is as good as anything else I've seen."

If you'd like to be entered in the drawing, send an email to bginbc@aol.com and put CONTEST #2 in subject line . . . then in the body of the email, include your snail mail address . . . entries must be received on or before Monday, May 12 . . . a winner be announced in next week's issue.

C. Two words will make me automatically want to read a book: Harvey Mackay . . . whenever I see that he has authored something, I make it a point to read it as soon as possible . . . his stuff is that good.

Mackay, chairman of Mackay Mitchell Envelopes and a nationally syndicated columnist, has managed to come with another winner in USE YOUR HEAD TO GET YOUR FOOT IN THE DOOR (see also Sections 2, 10 and 11) . . . his latest tells you what you need to get and keep a job that you truly love--regardless of your age.

Its subtitle says you'll get JOB SEARCH SECRETS NO ONE ELSE WILL TELL YOU . . . while that may come across as boasting to some, I personally was amazed at how much I learned as a result of reading.

For example, here's something that I never thought about previously:

* When you lose a job, consider the first thing we say to a lost customer at Mackay Mitchell Envelope Company: "Thank you for giving us your business all these years." And we say it with sincerity and mean it. The next is: "What can we do to make it an easy transition for you? And finally: "If things don't work out, we're ready, willing, and able to consider stepping right back in. We sure would love to keep in touch with you from time to time." And we do.

Then there was this great tidbit:

* A friend of mine, a New England recruiter, likes to ask this question, "Well, what did you do today?" She tells me she eliminates more prospects on the basis of their answer to this question than any other in her arsenal.

What I especially liked about the book was the author's frequent use of humor to make his point, such as with this story:

* One still-employed job seeker took his efforts at changing careers so seriously that each evening he was frozen in front of his screen for hours to bone up for the next day's interviews. His little daughter couldn't understand, and one day asked, "Mommy, why does Daddy stare at those dumb articles all night? I want him to teach me how to play Guitar Hero!" Her mother explained to the tot, "Well, darling, you see, Daddy has so much work to do, he has to log on and finish it at home." Well, responded the daughter, "Why don't they put him in a slower group?"

I strongly recommend USE YOUR HEAD to anybody seeking employment and/or looking to switch jobs . . . in addition, with graduation season approaching, this is the perfect gift to give.

D. Tom Hopkins wrote HOW TO MASTER THE ART OF SELLING, one of my favorite books on the subject.

I think I've read or heard everything by him since then, including his most recent effort

that I just finished listening to: SELLING IN TOUGH TIMES: SECRETS TO SELLING WHEN NO ONE IS BUYING.

You may not be able to turn things completely around, but the key is to stop complaining that times are rough and people aren't buying anymore . . . instead, change your attitude.

If you do so and utilize just some of the techniques that the author recommends you'll be on your way . . . for instance:

- * To keep moving ahead, I recommend that you allocate 5% of your time to professional improvement. If you work 40 hours a week, that's 2 hours of your time.
- * Forget the ads for credit cards. A library card is the single most important card you can carry in your wallet or purse.
- * Never forget these three important words in selling: Keep in touch.
- * One of my goals is to send 10 [handwritten] thank-you notes every single day.
- * Each of your clients should hear from you a minimum of six times a year.
- * If you have a good physician, you believe that he or she is totally focused on you. This is what you should be doing [as a salesperson] with each and every client.
- * Service clients as they wish to be serviced; e.g., calls, email, etc.
- * End every client meeting by asking "Is there anything else I can do for you?"
- * If you find yourself worrying about something, ask yourself: Is there anything I can do about it?
- * Develop trust by saying: I'm here for you.

My only disappointment in SELLING IN TOUGH TIMES was that I've heard much if not most of it before in other stuff from Hopkins . . . however, I still found it to be a good review of sales basics . . . and if you've never been exposed to his useful ideas, this book will prove to be an excellent introduction.

5. TV alert

A. Celebrities compete all week on JEOPARDY! . . . they hope to raise money for their favorite charities . . . semifinals air from May 3-5; the two-day final round runs from May 6-7 . . . Cheech Marin, the very first celebrity champion back in 1992, thought his chances of winning this year would be increased if one thing happened . . . as he noted in TV GUIDE, "I wish they had a 'Cheech and Chong Movies' category." . . . check local listings for the time and station near you . . . or you can always click:

<http://www.tvguide.com/Listings/>

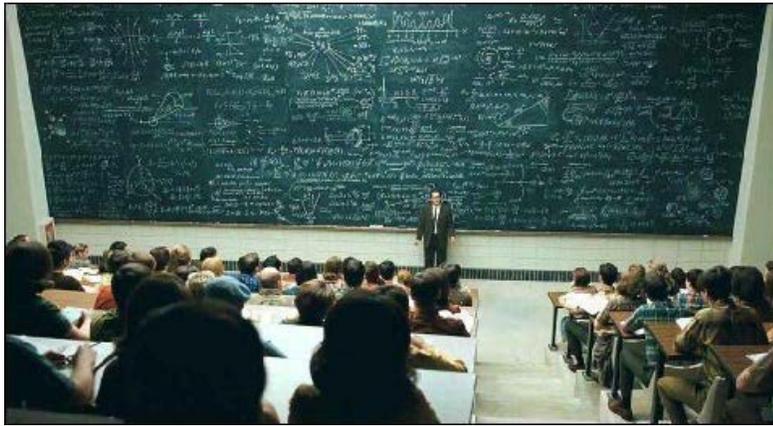
B. One of my favorite shows returns: PRIMETIME on Friday at 9 p.m. on ABC . . . hidden cameras catch the reactions of people when put in ethical--and often--uncomfortable dilemmas . . . for example, this week you'll see a bicycle theft in progress. a drunk woman in a bar and black teenagers in an un upscale boutique.

C. Betty White hosts SATURDAY NIGHT LIVE on Saturday at 11:30 p.m. on NBC . . . I liked what she had to say when asked by TV GUIDE if she thought heaven is a funny place where one day she'll get to laugh with her friends Bea Arthur and Estelle Getty (both of whom died in the last couple of years):

I certainly hope so. I don't know how you can get along without laughing. It sure beats the alternative. You've got to count your blessings and appreciate the good stuff while it happens. And when they carry me off feet first, I'll still be trying to learn a script.

D. JESS STONE: NO REMORSE is the sixth movie inspired by the late Robert P. Parker's books . . . this one again stars Tom Selleck as a flawed police chief . . . it airs on Sunday at 9 p.m. on CBS.

6. Now you know



"And thus, dear students, we have arrived at the formula for understanding women!"

7. Websites

A. Want to revisit where you lived as a kid? Please click:

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

You can do a lot more here, too . . . quoting from the website:

vPike.com provides **Google** street views, area photos, local traffic conditions, area webcams, local news, home valuations (USA) and driving directions. Use vPike to acquaint yourself with an area before you go there or you can call up places from your past to see what they look like now. vPike also has a driving simulator that enables you to simulate a drive-by of an area while you watch the scenery.

It's pretty amazing . . . I was impressed; you will be too.

B. SEINFELD lives . . . or at least you can see what one YouTube genius thinks might have happened had George's character been made into a movie:

http://www.youtube.com/watch?v=_Crw85HvIFs

For more information about the above and for a version of SEINFELD as a horror movie, please click:

<http://www.popeater.com/2010/04/30/seinfeld-george-jason-alexander/>

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

<http://www.blaineworld.net>

If you'd like to get some recommendations on books to read, see "Blaine's Best" to the left and then the second paragraph in letter "O" . . . I am now #359 in amazon.com's list of classic reviewers . . . to help me move up in the rankings, here's all you need to do.

1. Choose any book I have recently reviewed; e.g., MIND YOUR OWN WELLNESS by Alex Ong.

2. Go to this website to find it:

<http://www.amazon.com>

3. Use the Search engine at the top to find this book.

4. Locate my review . . . the last time I checked, it was the third from the top on the right.

5. Hoping you found what I wrote helpful, check "yes" when given that option at the end.

Much obliged!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

If any offer sounds too good to be true, chances are that it won't be legitimate.

I mention that because I received several invitations over the past few weeks from trusted Facebook friends who wanted me to get a free \$500 gift card from Whole Foods for simply becoming a fan of the site . . . there's no way that Whole Foods or any other company would be giving out cards that large.

For more information, please click:

<http://tinyurl.com/3x2hepj>

This scam is actually an update of what has been around for far too long--on the Internet and actually, long before the Internet was even conceived. The key thing to remember, paraphrasing the old HILL STREET BLUES TV show: You gotta be careful out there!

9. Four friends

Four friends spend weeks planning the perfect girls getaway trip--shopping, casinos, massages and facials.

Two days before the group is to leave Mary's husband puts his foot down and tells her she isn't going. Mary's friends are very upset that she can't go, but can't do anything about it.

Two days later the three get to the hotel, only to find Mary sitting in the bar and drinking a glass of wine. They ask her, "Wow, how long you been here and how did you talk your husband into letting you go?"

"Well, I've been here since last night," Mary said. "Yesterday evening, I was sitting on the couch and my husband came up behind me and put his hands over my eyes and asked, 'Guess who?'"

"I pulled his hands off to find all he was wearing was his birthday suit. He took my hand and lead me to our bedroom. The room was scented with perfume, had two dozen candles and rose petals all over. On the bed, he had handcuffs and ropes! He told me to tie and cuff him to the bed, so I did. And then he said, 'Now, you can do whatever you want.'

"So here I am."

10. A quote I like

When it comes to how many hours per day you choose to work, consider this observation from Harvey Mackay in USE YOUR HEAD TO GET YOUR FOOT IN THE DOOR (see also Sections 2, 4C and 11):

Holiday Inn founder Kemmons Wilson always believed you could get by working half days, and it didn't matter much if you worked the first twelve hours of the day or the second. If the hours for your job are 8 a.m. to 5 p.m., clock in at 7 a.m. and out at 6 p.m. And really spend that extra time working. There will be few others there for you to waste your precious minutes jawing.

11. Thought for the day

A young job candidate was in the reception area of a major company on a hot, humid day after an interview. He stopped to make a call on his iPhone and apparently got some bad news. Not quite under his breath, he rattled off a string of unrepeatable words.

The receptionist could sense all the other visitors in the waiting area were embarrassed by the outburst of profanity. Realizing his gaffe, the angry job seeker tiptoed to the exit. As he pushed the elegant brass-paneled door open, the receptionist calmly said, "Sir, I believe you are leaving something behind."

He quickly turned and asked innocently, "Oh, what's that?"

"A very bad impression," the receptionist responded.

SOURCE:

USE YOUR HEAD TO GET YOUR FOOT IN THE DOOR (see also Sections 2, 4C and 10) by Harvey Mackay, a book you can tell I really liked as evidenced by its fourth mention in this week's newsletter

12. Advance planning department

A. North Carolina events:

* Yours truly is presenting a seminar on: Positioning: How to Differentiate Yourself from the Competition

Successful companies utilize the concept of positioning; i.e., they make themselves different from the competition. Come to this informative and engaging seminar to learn how this is done. In addition, you will gain specific techniques for how you can learn to differentiate yourself as a business and/or individual. (3 hrs)

SPECIAL BONUS FOR ATTENDING:

One lucky attendee will have a CHANCE TO WIN \$500. In addition, you'll learn the difference between a right- and left-handed pencil.

Thursday, May 06, 6-9 p.m.
ABTech, Enka campus, Room 2046

To register, please click:

<http://www.abtech.edu/ce/registration/default.asp>

Or if you get this too late to preregister, just stop by that evening.

* Asheville SCORE is presenting its final workshop of the spring on Wednesday, May 12, from 6-9 p.m. on:

Social Marketing

"wanna b my friend?"

That's the question heard 'round the world . . . over 400 million times every day! There is a stampede occurring right now as businesses are attempting to capitalize on the power of social networking over the Internet. No one knows for certain where all this will ultimately lead, but in light of the fact that Facebook has grown to over 400 MILLION users (called "friends" in the Facebook cyber-world) the trend seems to be more than just a "flash in the pan." And Facebook is just one such site. Accordingly, the modern small business owner needs to be aware of the potential power of this rapidly evolving technology.

Registration is \$30; save \$5 by pre-registering. Do so now by clicking:

<http://www.ashevillescore.org/SocialMedia.htm>

Registration is limited to 16 students.

* THANKS to Mary Lou in North Carolina for sharing information about this exciting FREE event:

Dan Buettner, author of BLUE ZONES: THE SECRET TO LONG LIFE, will be speaking at the Thomas Wolfe Auditorium on Tuesday, May 25, at 6 p.m. . . . to get your ticket, please click:

<http://orig.citizen-times.com/webforms/bluezones/>

B. Pennsylvania/New Jersey events:

* Glen in Pennsylvania:

This Saturday, May 8, 2010 will be the biannual Roast beef dinner at the Plumsteadville Volunteer Fire Company, 5064 Stump Road, Plumsteadville, PA, located just north of Doylestown in Central Bucks County.

The Roast Beef Dinner is the only fundraising food event now prepared by the fire fighters. It is held the second Saturday in May and October

from 3:00 to 7:30, but they can run out of food by 6:30, if the weather is nice. The dinner is cooked at the fire house by mostly fire fighters, their spouses, children and grandchildren, and a handful of community volunteers. This is one of a dying breed--of all volunteer fire companies and of local community dinners.

I volunteer as part of a team that prepares the mashed potatoes; usually 1000 pounds of them in the course of the dinner. I am not a fire fighter but want to do something to support those willing to run inside burning buildings to save the lives of others. The fire company has expanded services to the community beyond just fire fighting to emergency management and traffic control, search and rescue, hazardous material incidents and fire prevention education. More about the fire company is at:

<http://www.pvfc2420.org/>

* On Wednesday, May, 19, 2010, BuxMont Coalition for Peace Action will host State Representative Steve Santarsiero (D.-Bucks) for a speaking engagement at Pennswood Village. Rep. Santarsiero will be speaking on legislation he has introduced calling for a federal convention to amend the U.S. Constitution in order to limit campaign contributions and expenditures. Rep. Santarsiero explains:

"The Supreme Court's ruling that government may not ban political spending by corporations in candidate elections is essentially a victory for corporations and special interest groups that have the wealth and power to overpower the voices of ordinary citizens like you and me," Santarsiero said. "The influence of these powerful entities on politics is a growing concern and threatens political participation and our democracy."

For more information, contact Bill Deckhart at 215.380.6804 or via email: billdeckhart@verizon.net

C. National event:

* Patricia invites you to a viral workshop on "Overcoming Procrastination" on Wednesday, May 12 at 7:00 p.m.

To see more details and RSVP, follow the link below:

<http://tinyurl.com/2fy9paz>

PS. If you're like me and celebrate ALL holidays (more great food, time with friends, etc.), then Happy Cinco de Mayo to you and yours on Wednesday . . . however, I must admit to doubts about this event that Arizona will be hosting--according to Jimmy Kimmell:

http://www.youtube.com/watch?v=UfPiuxh_5u8

On Sunday, here's hope you get to spend Mother's Day with your mom . . . I will miss mine, but as I often do, I'll be thinking of her. . . and what better way to remember her than by sharing all the things that a mother says to her children in this three-minute song from Anita Renfroe called "Momism" set to the William Tell Overture:

<http://www.youtube.com/watch?v=YYukEAmoMCQ&feature=fvst>

Also, methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD
#708
4.26.2010

In this issue:

1. Reflections
 2. FYI
 3. Change needed
 4. Reviews . . . GREENBERG, etc.
 5. TV alert
 6. Ouch!
 7. Websites
 8. Computer tip
 9. Attracting birds
 10. A quote I like
 11. Thought for the day
 12. Advance planning department
-

1. Reflections

A. Cynthia, my beautiful bride, and I had fun one day at Pet Harmony . . . this is an organization that bills itself as Animal Compassion Network's alternative to pet stores . . . the puppies, kittens, cats, and dogs for adoption are cute, healthy, well-behaved, and best of all--rescued.

We got to walk two dogs, Hilton on the left, and Heidi Girl.



Their story is a fascinating one . . . they were found wandering the streets together and became inseparable . . . consequently, they can only be adopted as a team.

Cynthia, who is volunteering at this fine organization, has teamed with her little sister Amanda to help find both dogs a home . . . if you are interested and/or want to find out more, call Pet Harmony at 828.258.4820.

For more information about Pet Harmony, please click:

<http://www.animalcompassionnetwork.org/pet-harmony>

UPCOMING EVENT:

Animal Compassion Network will host the 11th annual Prestige Subaru Spring Pet Adoption this coming Saturday and Sunday from 11 a.m.-5 p.m.

Billed as the largest pet adoption event in Western North Carolina, the event has a new home for 2010 in the Province 620 Restaurant parking lot across from ACN's Pet Harmony store and adoption center, as well as inside Pet

Harmony at 803 Fairview St., off Hendersonville Road.

There will be plenty of fun events as well, including a live radio remote, homemade doggie and people ice cream from The Hop, paw print painting, pet photography, a pet caricature artists and lots more.

B. We both have found it interesting to note that we are well into our second year of living in the Asheville area . . . this became apparent to us as we have our return visits with the fine "team" of medical professionals we have put together.

Recently, we saw our favorite local dermatologist: Dr. Todd Wilkinson . . . the good news is that he said we're both doing well.

IMPORTANT:

If you haven't seen a dermatologist lately, please make an appointment with one . . . as you may know, I was lucky to have had my former dermatologist (Dr. Stenn in East Windsor, NJ) pick up the fact that I had melanoma between my toes . . . all is now OK; however, that's only because I was lucky to have seen Dr. Stenn.

For more information about either of these dermatologists, please click for Dr. Stenn:

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

Or for Dr. Wilkinson, please click:

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

In case you're wondering, the other health professionals that we recommend include:

Dr. Younger, our dentist:

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

Dr. Brosnan, our eye doctor:

<http://brosnaneye.com/>

Dr. Weizman, my doctor, and Dr. Polansky, Cynthia's doctor:

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

C. Regretfully, my involvement with Leadership Asheville (see also the part after Section 1D) is coming to a close . . . I can't believe I just participated in our second-to-last session held at the beautiful North Carolina Arboretum.

<http://www.ncarboretum.org/>

One activity had us break down into groups to participate in a team-building exercise, wherein we had to use ropes to empty nuclear waste from one bucket into another . . . it wasn't easy!



Also, as usual, there were several informative presentations . . . I liked hearing from Jonathon Flaum, an author, who gave us a copy of one of his books (see also Section 4C) . . . in addition, I liked what Carleton Rider, interim President and CEO of Mission Health System and Hospital, had to say about health care: The hospital is not the center of the universe, the patient is!

D. CONGRATULATIONS to:

* Sarah Sparboe Thornburg who has been elected as a member of the board of directors of the Asheville law firm, McGuire, Wood & Bissette, P.A. . . . she is a member of the law firm's wills, trusts and estate team . . . in addition, she updated our wills for us--and we were very impressed by both her and her firm . . . for more information, please click:

<http://www.mwbavl.com>

* Vera and George Brown who recently celebrated their 50th wedding anniversary.

* Donna Dudick on receiving an outstanding part-time teaching award from Bucks County Community College.

* And to the Office of Public Relations and Marketing at Bucks for having been in the news as follows:

The National Council for Marketing and Public Relations, an associated council of the AACC, awarded Bucks a Gold Paragon National Award for Best Online Marketing/Advertising. The award recognized Bucks for its search-engine marketing campaign.

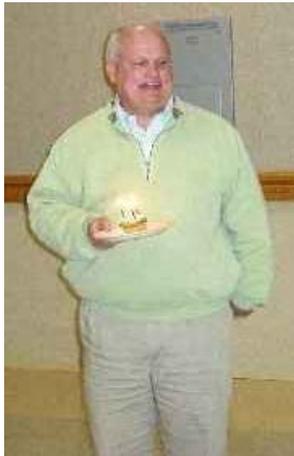
Steve Bacher, eMarketing director, also presented on SEM at NCMPR's national conference in Albuquerque, NM. In addition, he has been accepted to give a presentation on the unique collaboration at the League for Innovation's Summit in June.

CUPRAP, the College and University Public Relations Association for Professionals, whose 400+ members span Pennsylvania and surrounding states, awarded Bucks a Silver "CUPPIE" Award for Website Redesign.

All the above success was the result of a team effort, headed by executive director Marta Kaufmann . . . in addition to Bacher, others contributing were Jean Dolan, assistant director of public relations; Michael DiFiori; Gina Giordano; and Ann Mahoney.

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

This week, it goes to Gerry Goertz--President and CEO of Leadership Asheville (see also Section 1C) . . . that's him celebrating his birthday at our recent session.



Gerry is the driving force behind this group whose mission is to enhance community leadership by developing, connecting and mobilizing citizens throughout the greater Asheville area.

I'm especially grateful to him because he was the person who encouraged me to apply for this year's class . . . in addition, he has been available all year to provide help and answer my many questions.

Ablly assisting Gerry are Britt Lippard, program coordinator, as well as interns Liz Miller and Shane Ambro.

For more information about this outstanding organization, please click:

<http://www.leadershipasheville.org/>

SPECIAL INVITATION:

Applications are now being taken for next year's Leadership Asheville class . . . if you'd like me to nominate you, send an email to: bginbc@aol.com and put LEADERSHIP ASHEVILLE in the subject line.

2. FYI

I was glad that President Obama chose Asheville for his vacation, and I did enjoy catching up with him . . . John in New Jersey even got to take a picture of the two of us together.



ABC NEWS had a nice clip on his visit, as well as on the city . . . to see it for yourself, please click:

<http://tinyurl.com/2bgtcdd>

Make sure you read the accompanying article, too.

And Asheville also was recently ranked as the top place to retire to (for the fourth year in a row), according to Topretirements.com . . . for more information, please click:

<http://tinyurl.com/ycgwnc1>

When you see the breakdown, click on Asheville for even more information. . .

FYI, part 2

* Sue in Pennsylvania:

I am so happy that you are enjoying where you live. I also love where I live and have always found the people in Bucks County and NJ to be some of the nicest I have ever met.

I am not so sure why saying hi in a park is so important. When I walk in nature, I typically like to pray, chant, heal, connect with nature, reflect, be introspective, and even meditate. I often bless every person I pass, silently. Silence is golden after all. Eckhart Tolle has written about the value of being silent in nature. At Omega, people often wear something around their neck that says silence. It is not because they are rude, but because they are making the conscious choice to be more calm and peaceful. Saying hello can be mindless chatter for some people.

Wayne Dyer says we get from people what we expect. I have often heard you comment that this area is in some way less than where you are now living. Perhaps it is your expectation that is affecting how people treat you. Plus, happiness comes from within.

I am not trying to be rude. But it feels a little hurtful when you make such comments. Can't both areas be great? Perhaps it is just me. I would be curious what others think.

I am not attacking. Just showing a few different perspectives.

***** MR. CURIOUS HERE *****

I'd also be curious as to your reaction(s); care to share?

* Bob in Pennsylvania (with a REQUEST FOR HELP for runners anywhere):

I run in multiple running events with the NF Endurance Team (NFET), which is the fund raising arm of The Children's Tumor Foundation. They research and fund studies to try and cure a condition called Neurofibromatosis (NF). The NFET organizes runner's into teams to run in events all over the world.

We had three teams of runners who committed to run in the Green Mountain Relay in Vermont. This is a 200 mile relay race that takes place June 19-20. It is designed to be able to be run by all levels of runner. We also have one "extreme" team that is more challenging.

Our problem:

We have had several runners drop out due to the school calendar being extended from snow days. We need 2 runners for the extreme team, and 5 for a 12 person easy team. If we do not find runners, we will have to forfeit at least one team, and lose the registration fee. It is substantial, and would have to come out of the money intended for NF research.

I have been beating the bushes, but have not been able to find what is needed. The details of the relay are a little wordy, so if anyone is interested, it would be best if I emailed them the detailed documents.

My email address is: bobbles85@gmail.com.

The website for the NFET is: www.nfendurance.org.

The website for the relay is: www.greenmountainrelay.com.

* Dan in Pennsylvania:

Make sure you keep checking your PSA and getting annual prostate exams. I just had to have my prostate removed because of cancer. It was caught very early, and I'm OK now. Be vigilant about it. I need you around for a few more years to keep me honest.

* John in New Jersey:

We now have less than 1 librarian per school building, that serves 6000 students, but we have 16 assistant football coaches for a program that serves at best 80 kids.

* Jim in Pennsylvania:

The step-by-step process I used to change my old life and create one that is beyond my wildest expectations:

<http://bit.ly/blO586>

RECOMMENDATION:

Jim is Jim Donovan, a longtime friend . . . he's also an excellent author/coach . . . if you like what he has to say (above), and I think you will, then check out his stuff . . . you won't go wrong!

* Robin in Pennsylvania:

I'm selling my Alfa and wondering if you think any of your readers would be interested . . . for pictures, please click:

<http://tinyurl.com/2bctcge>

* Natalie in Pennsylvania, commenting on one of my favorite films:

Wanted to let you know we watched Rory O'Shea last night. I'm so grateful you told us about it. The acting was unbelievable, especially from the actor who portrayed, Michael. James McAvoy was wonderful also.

* Scott in North Carolina:

The Inn at Biltmore Estate has part-time and full-time openings for servers, managers, hosts and hostesses, and dining room assistants . . . for more information, please click:

<http://biltmore.com/careers/>

* Imagine never having to bring grocery coupons with you . . . find out how by clicking:

<http://preview.tinyurl.com/qsh2nt>

Doing so enables the coupons to be directly credited to your grocery card.

3. Change needed

Mapquest really needs to start their directions on #5. If you don't know how to get out of your own neighborhood, you shouldn't attempt the trip.

4. Reviews

A. Saw GREENBERG, a film that's mildly interesting--but certainly not something you should run out to see . . . the title character is a 41-year-old guy who has just been released from a mental hospital . . . he has "issues" and as a result, is very difficult to be around . . . I think Ben Stiller did well as the title character . . . he is not playing one of his typical roles; thus, he should be given credit for making a stretch . . . Greta Gerwig is the woman who falls in love with him . . . she has gotten excellent roles for her performance . . . frankly, I was not all that impressed . . . rated R.

B. IT'S COMPLICATED is now out in DVD format . . . my review from BLAINESWORLD #692 follows:

IT'S COMPLICATED was watchable, but too formulaic . . . it's a romantic comedy about a woman who is divorced, but ten years after, begins having an affair with her ex (who has since remarried) . . . Meryl Streep and Steve Martin are both fine; however, I got the most laughs from the work of Alec Baldwin . . . one scene featuring him on a webcam was hilarious . . . rated R.

You'll do much better renting IT COULD HAPPEN TO YOU, a film loosely based on the true story about a cop who splits a winning lottery ticket with a waitress . . . Nicholas Cage and Bridget Fonda have great chemistry together, and Rosie Perez steals nearly every scene she is in . . . I was touched by the story; you will be too . . . rated PG.

C. Enjoyed reading HOW THE RED WOLF FOUND ITS HOWL by Jonathon Flaum (see also Section 1C), a simple fable about a wolf in search of self.

Along the way, he must deal with fear, shame, doubt and death, and in doing so, brings out the fact that effective leaders must go through a somewhat similar process in order to first find their true selves.

The story about the wolf was engrossing . . . however, I perhaps enjoyed even more the entire second half of the book . . . the author presents an extensive analysis of lessons that can be learned--including this one:

* A leader tapped into his internal power leads others to follow their own inner dictums and to confront the fears of their own journey. A leader like this knows that the power source within the group and within each individual belongs to no one specifically and to everyone universally. A leader like this guides people toward this source, and then stands back as others claim it and are guided by it. Leaders like this are necessary on a temporary basis, and they know it. The only effort this kind of leader on a permanent basis is the journey of his own life.

And then when discussing how healing is possible, even when pain at its sharpest, Flaum notes:

* A tree struck by lightning, if not killed, will heal itself in time. A scar will be visible, but it adds character to the story. Nietzsche said, "That which does not kill us makes us stronger." This phrase is often misunderstood. It is not a stoic statement; it is not about turning away from suffering, but about engagement with it, allowing us to experience deep compassion for ourselves and others who also undergo suffering. Suffering is a connecting agent, a state we all share in some form or fashion. The strength it produces is not a false hard shell of strength. It is, rather, a valor of the spirit, a mark that you have allowed life to touch you, remake you, and give you life anew as your old life lost meaning in suffering's wake.

HOW THE RED WOLF got me thinking about such matters . . . another reason I enjoyed doing so was because of the book's visual appeal . . . Randal Pride did an excellent job with the illustrations.

D. Heard the program, THE PERFORMER'S EDGE--written and read by Ed Stracher . . . he's a consultant who has also trained people to read faster than previous world records and has helped Olympic athletes to improve personal bests.

I must admit to being skeptical, particularly when I saw the subtitle: IMPROVE IN ANYTHING YOU WANT--FAST . . . then I listened more and was told I'd learn how Ed teaches people to:

- * Serve a tennis ball over 100 mph in just 90 minutes.
- * Enhance swimmer's times by seconds in just a 1/2 session.
- * Improve basketball shooting by as much as 50% in one lesson.

That all sounded too good to be true, but I decided to give the author a shot . . . and though I can't say now that I will be able to do any of the above, I did learn the principle behind his coaching . . . wildly exaggerate what you want to do; e.g., hit 3-point shots in basketball . . . stand at half court, blindfold yourself and then shoot the basketball on one foot . . . after a while, you will eventually be able to hit the backboard . . . move in 10 feet, and you'll do better . . . uncover your eyes, and you'll do still better . . . use both of your legs and you'll keep improving . . . then eventually, work your way up the 3-point range, and you'll see how much easier it is to be successful

than when you first began.

One other thing that you need to do after each shot you take: Say to yourself, "Nice shot, and I can do better" . . . this helps realign the brain.

Stracher gave many examples . . . in particular, I liked the one where he helped a person quit smoking . . . he told the person to say out loud in front of a group of people and with great emotion, "If anybody sees me smoking, I'll drink dog barf" . . . then he worked with the person to actually experience (through visualization) the grotesque action . . . the key: to give yourself no way out!

There are many other excellent suggestions in THE PERFORMER'S EDGE that are applicable to most any field of endeavor.

TO OBTAIN THE ABOVE:

This program is available for purchase or rental . . . if you want to get it, please click:

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

I am a longtime member of the Achievement Library . . . this a great way to hear CDs or view DVDs.--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.

5. TV alert

A. ESPN's outstanding 30 FOR 30 series features an intimate portrait of Dolphins running back Ricky Williams . . . according to TV GUIDE, "This unusually enlightening film scores a personal touchdown." . . . Friday at 2 a.m. on ESPN2.

B. SUNSET DAZE takes a reality look at an Arizona retirement community . . . you'll find out, for instance, about how a blind date can hinge on the answer to this question: "Does he have his own teeth?" . . . premieres on Friday at 11 p.m. on WETv.

C. GOODBYE, MR. CHIPS is perhaps my all-time favorite movie about a teacher . . . it's the touching story of an aged teacher and former headmaster of a boarding school who recalls his career and his personal life over the decades . . . make sure you see this 1939 version, starring Robert Donat and Greer Garson . . . the 1969 remake isn't nearly as good . . . Sunday at 10 a.m. on TCM.

D. FREEZING follows Elizabeth McGovern (playing herself as a no-longer-in-demand actress) trying to stay relevant in this British comedy that runs on three consecutive nights . . . starts Sunday at 9:30 p.m. on SUNDANCE.

6. Ouch!

A little three-year-old boy is sitting on the toilet. His mother thinks he has been in there too long, so she goes in to see what's up. The little boy is sitting on the toilet reading a book. But about every 15 seconds or so, he puts the book down, grips onto the toilet seat with his left hand and hits himself on top of the head with his right hand.

His mother says: "Billy, are you all right? You've been in here for a while."

"Billy says: "I'm fine, mommy. I just haven't gone potty yet."

His mother replies: "OK, you can stay here a few more minutes. But, Billy, why are you hitting yourself on the head?"

Billy answer, "It works for ketchup."

7. Websites

A. THANKS to Edie in Pennsylvania for informing me about an Australian by the

name of Nick VujicicIf you've never heard of him, amaze yourself by clicking:

<http://www.youtube.com/watch?v=u3LFBqvW-M&feature=fvst>

You'll never view your present situation in quite the same way!

B. Going to the dentist isn't typically a laughing matter . . . however, you might change your mind after clicking:

<http://www.youtube.com/watch?v=oS30lh9DnaE>

If you thought that one was funny, here's another one on the same subject that you will also probably enjoy:

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

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

<http://www.blaineworld.net>

One of my favorite online newsletters is THIS IS TRUE . . . it's a weekly syndicated newspaper column by Colorado humorist Randy Cassingham that reports on orts on bizarre-but-true news. . . to get on the FREE mailing list, go to "Blaine's Best" on the left of the homepage . . . then click "This Is True."

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Beware of this email

The latest ploy to steal your credit card number and personal information is so believable that many are falling for it. Con artists are using the telephone in an attempt to trick you to act on an email that looks like it was sent from PayPal, eBay's online payment service. . . .

Sometimes [this] begins with a phone call, not an email. And these calls are quite believable, because the caller already knows your credit card number. . . .

Here is the valuable lesson: "If you get a telephone call where someone is asking you to provide or confirm any of your personal information, immediately hang up and call your financial institution with the number on the back of the card," Paul Henry, a vice president with Secure Computing Corp. told AP. "If it was a real issue, they can address the issue."

Words of advice:

* Never give anyone your credit card number or the three-digit security code on the back of the card unless you initiate the call. And if you're calling in response to an email, that doesn't count as initiating the call!

* Never click on links in emails unless you know the sender and are sure the link is legitimate.

* Never give your personal information to a stranger online or over the telephone.

SOURCE:

<http://tinyurl.com/2cjsx3w>

MY TWO CENTS:

If you get the chance, please read the entire article above . . . it describes a relatively new scam called "vishing"--short for "voice phishing." If you're not familiar with the term, then for sure read more about it.

9. Attracting birds

Hoping to get some hints on how to draw birds to her garden, my friend Susie attended a lecture on the subject at the local horticultural society. But that night, the presentation only covered pesticides.

"So how do I attract birds? she finally asked.

One attendee offered the following suggestion: "Park your car under a tree."

10. A quote I like

Am I not destroying my enemies when I make friends of them?--Abraham Lincoln (1809-1965), 16th President of the United States

11. Thought for the day

Michael in New Mexico recently got me thinking (always a good sign) with the following email:

A couple of weeks ago you recommended the idea of buying used books on Amazon. Besides helping to put authors out of business with this suggestion you also are undermining Independent Booksellers. Please reconsider your recommendation. Here's a compelling article from a friend of mine that makes the case for paying more to enjoy the benefits of an a real book store. Thanks!

(the following has been written by James McGrath Morris)

You will have a choice when it comes to buying my new book when it comes out in February. Amazon will sell it to you for \$19.79, or you can wander down to your local bookstore and pay \$29.99. That 34% price difference is on my mind every time I visit Collected Works, Santa Fe's oldest locally owned independent bookstore and one of the nation's finest bookstores, along with Elliott Bay, Tattered Cover, and Politics & Prose, among others.

What is it we get when we pay full price at an independent bookstore? In the case of Collected Works, the answer is simple: You get Phil.

I'm a nonfiction guy. I spend my days reading and writing the stuff. So when I wander into the fiction section of the store, I'm as lost as a Thunderbird drinker looking at a rack of chardonnays. This is where Phil comes in.

Like a wine steward, he learns of my tastes and guides me to a selection. So far, he is batting 98%. (I wasn't wild about Olive Kitteridge.) When I take into account his services, I think paying full retail price is worth it. Apparently there is a sport profession where batting 30% will earn you millions. Phil's salary seems a small price to pay for what he does. In the scheme of things, it seems far more socially valuable than hitting a leather-bound ball with a wooden stick.

Paying full price also keeps one of my town's important cultural centers alive. On almost any night, one can find a crowd gathered at Collected Works for an author's reading, a fundraiser or a community gathering of some sort. Readers meet writers. Writers meet writers. Poets find readers. Readers find poetry. Without such a place, our community would be impoverished.

Yes, I get a little preachy when it comes to the topic of independent bookstores. But, as a friend of mine who recently heard my tirade said to me, "Zealotry in defense of independent bookstores is no sin."

PS: Jamie has written a great biography that you may want to review and recommend to your readers: Pulitzer: A Life in Politics, Print, and Power. For more information about him, please click:

<http://www.jamesmcgrathmorris.com>

12. Advance planning department

A. North Carolina events:

* Ted and Kimberly in North Carolina:

We have two exciting dance events coming up especially for beginning level dancers. Let your friends know--dancing is excellent for the mind, body and spirit! We hope to see you on the dance floor soon.

Ted and Kimberly Ross
(828) 333-8333
ted.ross@charter.net

This Friday, April 30th:

"Beginner's Only" Night Club Two Step Class & Ballroom Dance Party

Beginning Night Club Two Step Class at 7 p.m.
General Dancing from 8-10 p.m.
Class Taught and Party Hosted by: Ted and Kimberly Ross
Location: The Asheville Ballroom & Dance Centre (991-B Sweeten Creek Rd., Asheville)

This Monday, May 3rd:

New Beginning Salsa Class Series at the Downtown YMCA!

Learn the sizzling Salsa taught by professional dance instructors Ted and Kimberly Ross at the downtown YMCA (30 Woodfin Street, Asheville) on Monday nights from 7:30-8:30 p.m., starting Monday, May 3rd. This is a 4-week series. Cost for the 4-Week Series is \$32 for YMCA Members or \$40 for Non-Members.

To register, please contact the YMCA at 828.210.9622 or email Lynn Trezise:
ltrezise@ymcawnc.org.

* SCORE's next workshop is on Saturday, May 1 from 8:30 a.m.-12

Topic: How to Develop your Business Website

Location: AB Tech Enka campus

Cost: \$30 at door; \$25 if you pre-register by clicking:

<http://www.ashevillescore.org/registration.htm>

* I'm presenting a seminar on: Positioning: How to Differentiate Yourself from the Competition

Successful companies utilize the concept of positioning; i.e., they make themselves different from the competition. Come to this informative and engaging seminar to learn how this is done. In addition, you will gain specific techniques for how you can learn to differentiate yourself as a business and/or individual. (3 hrs)

SPECIAL BONUS FOR ATTENDING:

One lucky attendee will have a CHANCE TO WIN \$500. In addition, you'll learn the difference between a right- and left-handed pencil.

Thursday, May 06, 6-9 p.m.
ABTech, Enka campus, Room 2046

To register, please click:

<http://www.abtech.edu/ce/registration/default.asp>

* Plenty of fun events (and great ice cream, too) at The Hop . . . make sure you bring the kids . . . for more information, please click:

http://www.thehopicecreamcafe.com/The_Hop/the_hop_home.html

And then see "Upcoming Events" on the left.

* Linda and Chuck in North Carolina:

It's a FUN-Raiser!! Join us for a great cause and some great wines!

MemoryCare Wine Tasting Benefit & Raffle at Gerber Village, Hendersonville Rd.

10 Crispin CT., Suite 102.. Asheville, NC

828.277.9463

Thursday, May 6, 2010

5-8 p.m.; Raffle drawing at 8 p.m.

\$10 per person. Wine Tasting, additional wine available for \$5 per glass. \$5 for a raffle ticket or 5 raffle tickets for \$20

Raffle Baskets are on display at WineStyles where tickets can be purchased.

Tickets are now on sale at other select locations and at MemoryCare! (You do not have to be present to win!)

Light appetizers provided by Black Forest Restaurant, Café Azalea, Chef Mo's & Frankie Bones

Proceeds go to help families in Western North Carolina affected by Alzheimer's disease or other type of dementia.

For more information contact MemoryCare at 828.771.2219 or visit

<http://www.memorycare.org>.

B. Pennsylvania/New Jersey dates:

* John in Pennsylvania:

* Newtown is having a First Saturday event on May 1, and considering that it's May Day, I thought it appropriate that I participate. I'll be playing at the Zebra Striped Whale, outdoors, weather permitting, from 2:30-4 p.m. Hope you can come by.

* Million Mom March 10th Anniversary Celebration/
Concert Starring Tina deVaron
Saturday, May 8
7-10 p.m..

MUSIC TOGETHER — Community Room
225 Pennington-Hopewell Road
Hopewell, NJ 08525

\$10 for 10 Years!
Credit cards via 609-882-3711 or checks to
Million Mom March, PO Box 77333, Ewing, NJ 08628
Limited Seating – Reservations Encouraged

Commemorative Program ads/tribute pages also available
\$35, \$50, or \$100 — call number above for details
DEADLINE for submission is April 30.

* Joey in New Jersey:

In conjunction with Newark pride week, and is a benefit for new members, the ACLU of New Jersey will be presenting a storytelling night on whose team will be justice. The date is Wednesday, June 9.

The ACLU of New Jersey has been at the forefront of the fight for justice, civil liberties--and most recently marital quality--in the state of New Jersey .

I would like to invite you to consider participating with a story along that theme, And I am very excited about the possibility.

The show will be at:

The Key Club
58 Park Place
Newark, NJ 07102-4302
973.799.0306

Thank you in advance for your consideration up appearing at this very important storytelling performance. Please call me at 908.892.6859 if you have any questions.

PS. Methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

Blaine Greenfield
19 N. Kaufmann Stone Way
Biltmore Lake, NC 28715
Phone : 828.633.1049

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BLAINESWORLD
#707
4.19.2010

In this issue:

1. Reflections
2. FYI
3. Birthday gift
4. Reviews . . . THE JONESS, etc.
5. TV alert
6. Rules
7. Websites
8. Computer tip
9. Simply put, Part 2 of 2
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I will sometimes pause when we're together and ask the following question: How great is this?

It could be when we're seeing the mountains while driving through Asheville . . . having a nice dinner . . . visiting the Drumming Circle on Friday nights . . . taking a walk around the lake in our development, etc. . . . we find that the more we do this (thinking about how fine things are), the better!

What we do together and/or individually doesn't even matter . . . it can be:

* Revisiting a restaurant we went to when we first thought about moving to the area . . . that's what we did when we recently went to Province 620 . . . my tilapia was delicious, as was Cynthia's salmon . . . salads were also very good . . . for more information, please click:

<http://www.province620.com/>

* Having ice cream at Kilwin's.

* Or attending Asheville's first ActionFest . . . on one afternoon, we went to a stunt demonstration in the Carolina Cinema's parking lot . . . it was hosted by producer-director Aaron Norris (Chuck's brother).



It featured the appearance of Kinnie Gibson, who demonstrated his rocketbelt . . . yet for us, the highlight was watching a stuntman jump from an airplane . . . it was impressive that he could land almost exactly on his desired landing spot, despite it being very windy that day.



Throughout the weekend, action films were being shown . . . and Chuck Norris received a Lifetime Achievement Award on Sunday night.

For more information about ActionFest, please click:

<http://actionfest.com/>

B. Professionally, I got to attend a great SCORE seminar on Survival Marketing--presented by Don Sinclair . . . he shared such useful tidbits as the following:

- * Customers don't come unless there's something in it for them. (Radio station W11-FM or what's in it for me.)
- * The key to Disney's success is to get everybody to tell others about how much they enjoyed their visit.
- * The lifetime value of a customer at Ingels (a local supermarket) could be up to \$250,000. So if a customer is given a hard time on a return and goes elsewhere, the store could obviously lose a lot of money.
- * A customer's complaint make him or her a 1-person focus group. Consider

the complaint as a gift. Treat the person bringing you the complaint as your mom. Or anybody else you care a lot about.)

* Call every customer after a first encounter and ask how it went. Depending on what you're told, say, "I thought this would be your response."

* Harley-Davidson gets folks to tattoo logos to their body. They rarely need to advertise.

* Underpromise and overdeliver.

C. CONGRATULATIONS to:

* Chic and Joni Dowburd on the birth of their latest grandson, Cameron James Young, who entered the world at 6 pounds, 9 ounces and 20 inches long.

* And to Sue Russeck on the birth of her first grandson, Henry Rae, who weighed-in at 7 pounds 12 ounces.

* Tom Gallagher on passing the North Carolina State Bar Exam.

* Steady Moono on the publication of a book he co-authored, THRIVING IN THE COMMUNITY COLLEGE AND BEYOND: STRATEGIES FOR ACADEMIC SUCCESS AND PERSONAL DEVELOPMENT.

D. CONDOLENCES to Fred Cantor and family on the passing of Sara Cantor.

Sara was the beloved wife of Fred Cantor for more than 62 years. She was the devoted mother of Alan Cantor (Ronna), and the late Joan Cantor Weiss; dear sister of Libby Kohn, the late David Ginsberg, the late Beatrice Ginsberg, the late Samuel Ginsberg, and the late Edith Flick. Mrs. Cantor was the loving grandmother of Jillian, Rachel and Saul. She also is survived by four loving great-grandchildren. She was the loving daughter of the late Julius and Lena (Diamond) Ginsberg.

Contributions in her name may be made to the Joan Cantor Memorial Scholarship Fund at the Center for Advancement in Cancer Education, 300 E. Lancaster Avenue (Suite 100) Wynnewood, PA 19096.

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

This week, it goes to Richard Wasserman--who owns Wasserman Jewel Galleries, located in both New York City and Short Hills, NJ.

I first met Richard several years ago when buying Cynthia's engagement ring . . . he impressed me then with his knowledge, as well as his friendly nature.

We've kept in touch since then, and I have bought a few other pieces of jewelry from him . . . at all times, I've appreciated his low-key approach . . . he's never pushy but always helpful . . . in addition, he is excellent on follow-up.

Sometime before Valentine's Day, I wanted to purchase a necklace for Cynthia . . . we had seen it at a store in Asheville, but the manager there underwhelmed us with his attitude . . . we also thought his price for the item was on the high side . . . what's worse: we asked him to get back to us when the item would next be in stock--and he never did.

So it was then that I called Richard, inquiring if he could help . . . he actually designed a piece for Cynthia, finding out from her what exactly she wanted . . . that was all done via phone, email and fax--at a price that was actually lower than the item we had already seen.

For more information about Richard, your best bet is his website:

<http://www.wassermanjewelgalleries.com>

2. FYI

We recently had a problem with our dishwasher . . . the repair was a relatively minor one and lucky for us, the machine was still under warranty.

We were impressed with the person who came out to make the repair: Lewis Young who heads his own company, Able Appliance Service in Swannanoa (828.296.1017) . . . he was both competent and knowledgeable, but what I particularly liked was the following two pieces of advice he shared:

* Always use a rinse agent . . . I must admit to often not bothering to do this, which was a big mistake on my part . . . he recommended JET-DRY, which I immediately purchased . . . I could see a difference the very next time we used the dishwasher, in that the dishes seemed cleaner . . . but more importantly, they dried much quicker too.

* Use less dishwashing liquid . . . he said that's the biggest problem he found when repairing machines; i.e., people would use too much . . . he recommended just 1 and 1/2 teaspoons, and that's what we have been using--successfully--ever since his visit.

Lewis also repairs all home appliances, water heaters and disposals . . . we'll certainly call him when and if we next have a problem with any of these items.

FYI, part 2

* CORRECTION from Kim in North Carolina:

Thank you for thinking enough of us to put us in your newsletter. There is a correction for the hiccups. It is have someone plug your ears firmly while sipping on water. It works!!

(I had put down to plug your nostrils. Oops!)

* Marty in New Jersey had this spin:

I've also heard that if you hold your breath while counting to 1,000, you'll never hiccup again!

* John in New Jersey, commenting on something I posted on Facebook:

NOW is the time to make a stand against Big Government. Show where you stand.. BURN your Social Security Checks, Your library cards, your Drivers licenses (Won't need them, the damn government built the roads.) And while you are at it . . . STOP Holding your TEA PARTY rallies in public parks . . . don't you know TAXES are used to pay for them? and get more of your kids out of the public schools for God's sake! Close down the Colleges! Go out and buy your own F-16 and tanks and Black Hawk helicopter and fight your own war against terrorism. Down with Big Government.

* Glenn in Pennsylvania:

Some more original ones from me, and they are true:

My mother baked bread for years, then our family bought a general store with a small deli. We went from Bread to Wurst.

I am the early riser in the family. When my wife awoke, I started making up bad poems. My wife went from bed to verse.

If I told them repeatedly it would be reverse. If I wrote poems about undersea creatures, it would be subverse, and if they were about the carefree life of a bird, it would be free verse

Here's the most painful one: if I wrote a few stanzas about my bad habits while relaxing on an Italian beach, it could be visa versa.

* Tina in Indiana:

Does anyone want free chips? Enjoy!

Sending this to everyone!! This is a great coupon if you like Doritos!!! It truly is FREE!!! There are six coupons on each sheet . . . can print or forward as many as you like!! No gimmick!! I got this from one of my employees and my boys are loving it (since I NEVER buy chips!) It works on any flavor and since it's good for up to 5.00, it works on the family size bag as well!

ALAS:

You won't find the coupon because this offer is a scam . . . typically, if something sounds too good to be true, it is . . . for more information, please click:

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

* In contrast, this one is legitimate . . . you can get a Blizzard for a quarter from Dairy Queen through April 25 by clicking:

http://www.idq.com/content/BOGO_Coupon/DQ-BlizzardCoupon.pdf

* John in Georgia:

This is perhaps one of the most funny things a friend has sent to me lately. If you are under 60, you might not get it all, but it's great.

http://www.youtube.com/watch?v=L1_W0LCHwK4

* Robin in Pennsylvania:

HATED Greenberg. Perfectly well done and good performances. Perfectly unendurable! Reminded me of Rachel Getting Married.

* Bill in Pennsylvania:

TCM alert . . . "I'm ready for my close-up Mr. DeMille" . . . Sunday evening at 10:00 p.m. on TCM.

Sunset Boulevard with Gloria Swanson, William Holder, Nancy Olsen, and of course Cecil B. DeMille. Directed by Billy Wilder. A must see!

3. Birthday gift

Two old guys are talking. One says to the other: "My 85th birthday was yesterday. The wife gave me an SUV."

Other guy: "Wow, that's amazing! Imagine, an SUV! What a great gift!"

First guy: "Yup. Socks, Underwear and Viagra."

4. Reviews

A. You may not see too much advertising for THE JONESES and, also, it may not be too long in the theaters . . . that's too bad, in that it's a thought-provoking satire about how our buying decisions are influenced by what others are doing . . . David Duchovny and Demi Moore are excellent in the leading roles . . . this film caught me off-guard; I wasn't expecting much from it--but left pleasantly surprised . . . rated R.

B. THE YOUNG VICTORIA is now out in DVD format . . . my review from BLAINESWORLD #693 follows:

Enjoyed THE YOUNG VICTORIA, an interesting costume drama about Queen Victoria that is set in 1837 . . . she starts off as a very popular ruler, but quickly loses favor with the public . . . (remind you of a more contemporary political situation?) . . . with the help and love of her husband, though, Victoria manages to turn things around . . . Emily Blunt continues to impress me as an actress; she is excellent here . . . I also enjoyed the work of Rupert Friend as her husband . . . rated PG.

C. Several years ago, a friend told me about somebody named David Sandler . . . he had taken Sandler's sales training course and told me it was fantastic.

I then wanted to read more, but was told that information was not available in book form; i.e., until now . . . thanks to David Mattson, CEO and a partner at Sandler Systems, Inc., I was able to read THE SANDLER RULES . . . its subtitle says it all: 49 TIMELESS SELLING PRINCIPLES AND HOW TO APPLY THEM.

Mattson first describes the rules, many of them having catchy titles such as the following: You have to learn to fail to win; A decision not to make a decision is

a decision; Answer every question with a question; and Close the sale or close the file.

But best of all, the author includes many real-life examples that help clarify each of these rules . . . for example, on making sure the prospect is 100 percent comfortable with the proposed sale, use a dialogue similar to this one:

* You: Bill, I look forward to working with you and your company. My technical people can meet with your development team next week. Before you sign the contract and we schedule that meeting, let me ask you a question. What could come up that would cause you to call me and tell to put the contract on hold?

Bill: I can't think of a thing.

You: And you're absolutely sure a six-week implementation schedule rather than a four-week schedule, as you had hoped, isn't going to be a problem?

Bill: I'm certain. We're eager to get this project off the ground but two weeks longer for implementation is perfectly acceptable. Let's get it going.

I also liked this approach to use before starting a conversation with a business owner about reviewing a current program:

* You: If you are like most business owners, as soon as I mention employee benefits programs, you're going to tell me, "We're already working with someone" or "We're covered." Would you be willing to put those on the shelf for two minutes while I explain why I called and then decide if there is a reason to talk further?

By bringing up the put-off first, you diminish its impact and let the prospect know that it isn't going to work with you--you're not afraid of it. This approach distinguishes you from all the other salespeople who found themselves trying to "overcome" the put-off. Notice that this strategy is based on a lesson you learned in a previous call.

Matson effectively backs up many of the rules with a set of behaviors that need to take place for the salesperson to be effective . . . this one struck me as being perhaps the most important:

* You can lose a sale by talking too much. But you'll never, ever lose a sale by listening too much.

Do read THE SANDLER RULES if you want to learn a method of selling that will lead to more success and less stress--a powerful combination.

D. Sometimes I'll listen to a book and early on, get one idea that makes it a worthwhile investment of my time . . . such was the case the THE ELEMENTS OF INVESTING by Burton G. Malkiel and Charles D. Ellis, in which the point was made to save regularly and start early.

The authors then convinced me of how powerful this can be via the example of Ben Franklin:

* He gave \$5,000 to both Philadelphia and Boston and told both cities to invest this money wisely. They could then spend half of what has been saved 100 years later, and the other half 200 years later on public works projects. Turns out that after 100 years, Philadelphia and Boston got \$500,000 to spend and after 200 years, each city got to spend \$20 million!

Everything from then on just added to my appreciation of this small, oh-so-powerful book on investing . . . I learned much more than I thought I already know about such other principles as these: Use company- and government sponsored plans to supercharge your savings and minimize your taxes; Diversify broadly over different securities with low-cost "total market" index funds and different asset types; Rebalance annually to the asset mix that's right for you; and Stay the course and ignore market fluctuations.

Among the other tidbits I picked up were these:

* Never pay more than 1/5 of one percent in overhead per year when you buy index funds.

* Past performance is not a good indication of future performance. What is a good indicator are the fees. The higher the fees, the lower the return.

* Brokers have one priority: To make money for themselves. Their goal is not to make money for you, but from you.

* A broker has one goal: To have you take action. Any action.

* Annuities have one big advantage: You won't outlive your money.

This is a particularly good book for beginning investors, so if you have any children or grandchildren in these categories, choose this as an ideal gift recommendation.

5. TV alert

A. BAGGAGE, hosted by Jerry Springer, is a DATING GAME-like show, in which contestants reveal stuff about themselves to potential suitors . . . for example, being "almost divorced" or "my breasts each have a different size" . . . daily at 7:30 p.m. on GSN.

B. PARTY DOWN, back for its second series on STARZ on Friday at 10 p.m., is (to quote TV GUIDE), "a droll comedy of survival in the backwaters of Hollywood, building slow-burning farce around the jobs of a band of cater-waters/showbiz hopefuls waiting for that big break."

C. THE WILD GIRL stars Brian Austin Green (remember him from the original BEVERLY HILLS 90210?) in a period piece set in the rough-and-tough Depression era . . . Saturday at 9 p.m. on HALLMARK MOVIE CHANNEL.

D. THE STORY OF US premieres on Sunday at 9 p.m. on HISTORY . . . this far-reaching series looks at the inventions, conflicts and even natural phenomena that helped shape the nation.

6. Rules

Some colleges still require all first-year students to live in a single-sex dorm. A few even have restrictions concerning guests of the opposite sex.

At one such institution, on the first day of classes, the Dean addressed the students--pointing out the rules:

"The female dormitory will be out-of-bounds for all male students, and the male dormitory to the female students. Anybody caught breaking this rule will be fined \$20 the first time."

He continued, "Anybody caught breaking this rule the second time will be fined \$60. Being caught a third time will cost you a fine of \$180. Are there any questions?"

A male student in the crowd then raised his hand and inquired, "How much for a season pass?"

7. Websites

A. Somehow, Lady Gaga's "Bad Romance" had escaped my radar screen; i.e., until just recently, I had never heard it . . . yet despite that being the case, it has become YouTube's most popular video--of all time . . . to now see it for yourself, please click:

<http://www.youtube.com/watch?v=qrO4YZeyl0I>

As to the reasons behind the popularity of the above, please click this link for an interesting analysis:

<http://tinyurl.com/y3vgcma>

B. This is one of the most incredible baseball plays I've ever seen:

<http://www.youtube.com/watch?v=Z2tUCExoiL8>

Even if you're not a fan, you'll be amazed . . . and so will any fans/friends you forward this to . . . (while you're at it, send them the whole issue--and invite them to get a FREE subscription).

C. BLAINESWORLD, the website, remains up and running . . . to view

it, please click:

<http://www.blainesworld.net>

Ever wonder what happens to your name; e.g., if you subscribe to this newsletter? To find out more, click "Newsletter" on the left, then "Privacy Statement."

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Here's something to think about if you post stuff on Facebook Twitter or even your website for that matter: NEVER indicate your whereabouts; e.g., where you will be at any particular moment.

Think about it . . . you're telling the world (and any would-be burglar) that you won't be home, giving dates and times too.

Here's another dumb thing to do when you think about it: Include certain pictures of your home . . . doing so actually gives information about where big screen TVs and other high-ticket items are located.

For more information, please click:

<http://tinyurl.com/y8x76ds>

9. Simply put, Part 2 of 2

(Concluded from last week.)

NICKNAMES:

If Gloria, Suzanne, Deborah and Michelle go out for lunch, they will call each other Gloria, Suzanne, Deborah and Michelle. But if Mike, Dave, Rob and Jack go out for a brewsky, they will affectionately refer to each other as Bullet-Head, Godzilla, Peanut-Head and Useless.

EATING OUT:

When the check comes, Mike, Dave, Rob and Jack will each throw in \$20 bills, even though it's only for \$22.50. None of them will have anything smaller, and none will actually admit they want change back. When the girls get their check, out come the pocket calculators.

MIRRORS:

Men are vain; they will check themselves out in a mirror. Women are ridiculous; they will check out their reflections in any shiny surface: mirrors, spoons, store windows and even if they had it handy, Bruce Willis' head.

THE TELEPHONE:

Men see the telephone as a communication tool. They use the telephone to send short messages to other people. A woman can visit her girlfriend for two weeks, and upon returning home, she will call the same friend and they will talk for three hours.

DIRECTIONS:

If a woman is out driving, and she finds herself in unfamiliar surroundings, she will stop at a gas station and ask for directions. Men consider this to be a sign of weakness. Men will never stop and ask for directions. Men will drive in a circle for hours, all the while saying things like, "Looks like I've found a new way to get there." and, "I know I'm in the general neighborhood. I recognize that 7-11 store."

ADMITTING MISTAKES:

Women will sometimes admit making a mistake. The last man who admitted he was wrong was General George Custer.

GROCERIES:

A woman makes a list of things she needs and then goes out to the store and buys these things. A man waits till the only items left in his fridge are half a lime and a beer. Then he goes grocery shopping. He buys everything that looks good. By the time a man reaches the checkout counter, his cart is packed tighter than the Clampett's car on Beverly Hillbillies. Of course, this will not stop him from going to the 10-items-or-less lane.

TOYS:

Little girls love to play with toys. Then when they reach the age of 11 or 12, they lose interest. Men never grow out of their obsession with toys. As they get older, their toys simply become more expensive and silly and impractical. Examples of men's toys: little miniature TV's. Car phones. Complicated juicers and blenders. Graphic equalizers. Small robots that serve cocktails on command. Video games. Anything that blinks, beeps, and requires at least 6 "D" batteries to operate.

PLANTS:

A woman asks a man to water her plants while she is on vacation. The man waters the plants. The woman comes home five or six days later to an apartment full of dead plants. No one knows why this happens.

TIME:

When a woman says she'll be ready to go out in five more minutes, she's using the same meaning of time as when a man says the football game's just got five minutes left. Neither of them is counting time outs, commercials, or replays.

CONVERSATION:

Men need a good disagreement to get talking, e.g., "Wow, great movie." "What are you, nuts? No REAL cop would have an Uzi that size." "Well, maybe he got it because he knew about those Mafia guys," etc. Women, not having this problem, try to initiate conversations with men by saying something agreeable: "That garden by the roadside looks lovely." "Mm hmm." Pause. "That was a good restaurant last night, wasn't it?" "Yeah." Pause. And so on.

FRIENDS:

Women on a girls' night out talk the whole time. Men on a boys' night out say about twenty words all night, most of which are "Pass the Doritos" or "Got any more beer?"

RESTROOMS:

Men use restrooms for purely biological reasons. Women use restrooms as social lounges. Men in a restroom will never speak a word to each other. Women who've never met will leave a restroom giggling together like old friends. And never in the history of the world has a man excused himself from a restaurant table by saying, "Hey Fred, I was just about to take a leak. Do you want to join me?"

TO SUM UP:

A married man should forget his mistakes. There's no use in remembering the same thing!

10. A quote I like

I come to the office each morning and stay for long hours doing what has to be done to the best of my ability. And when you've done the

best you can you can't do any better.--Harry S. Truman (1884-1972),
33rd President of the United States

11. Thought for the day

Getting a job (a modern fable)

An unemployed man went to apply for a job with Microsoft as a janitor. The manager there arranges for him to take an aptitude test. After the test, the manager says, "You will be employed as a janitor at minimum wage, \$8.55 an hour. Let me have your email address so that I can send you a form to complete and tell you where to report for work on your first day."

Taken aback, the man protests that he has neither a computer nor an email address. To this the manager replies, "Well, then, that means that you virtually don't exist and can therefore hardly expect to be employed by Microsoft."

Stunned, the man leaves. Not knowing where to turn and having only \$10.00 in his wallet, he buys a 25 lb. flat of tomatoes at the supermarket and in less than two hours, he sell all the tomatoes individually at 100 percent profit.

Repeating the process several times more that day, he ends up with almost \$160.00 before going to sleep that night. It dawns on him that he could quite easily make a living selling tomatoes.

Getting up early every day and going to bed late, he multiplies his profits quickly. After a short time he acquires a cart to transport several dozen boxes of tomatoes, only to have to trade it in again so that he can buy a pickup truck to support his expanding business. By the end of the second year, he is the owner of a fleet of pickup trucks and manages a staff of a hundred former unemployed people, all selling tomatoes.

Planning for the future of his wife and children, he decides to buy some life insurance. Consulting with an insurance adviser, he picks an insurance plan to fit his new circumstances. At the end of the telephone conversation, the adviser asks him for his email address in order to send the final documents electronically. When the man replies that he has no email, the adviser is stunned. "What, you don't have email? How on earth have you managed to amass such wealth without the Internet, email and ecommerce? Just imagine where you could be now if you had been connected to the Internet from the very start!"

"Well," replied the tomato millionaire, "I would be a janitor at Microsoft!"

By definition, a fable must have a moral. This one has four:

1. The Internet, email and ecommerce do not need to rule your life.
2. If you don't have email, but work hard, you can still become a millionaire.
3. Since you found this story on the Internet, you may be closer to becoming a janitor than you are to becoming a millionaire.
4. If you do have a computer and email, you have probably already helped a bunch of other guys at Microsoft get rich.

Author unknown

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

12. Advance planning department

A. North Carolina events:

* Asheville SCORE is offering an Advanced Internet seminar this Thursday from 6-9 p.m. at the A-B Tech Enka campus . . . for more information, please click:

<http://www.ashevillescore.org/internetadv.htm>

* Yours truly is presenting on Positioning: How to Differentiate Yourself

from the Competition

Successful companies utilize the concept of positioning; i.e., they make themselves different from the competition. Come to this informative and engaging seminar to learn how this is done. In addition, you will gain specific techniques for how you can learn to differentiate yourself as a business and/or individual. (3 hrs)

Total Registration Fee: Free

Thu, May 06, 69 p.m.

2046 Small Business Center, Enka Site Course #: SBC-1009-700

For registration information, please click:

<http://www.abtech.edu/ce/registration/default.asp>

B. Pennsylvania/New Jersey events:

* Mei in Pennsylvania:

My Dance class at school will be performing a dance show. The show will have numerous dance routines and will have something for everyone to enjoy. The tickets are only \$5 at the door. All the funds we collect are being donated to the American Red Cross to help out the victims in Haiti, Chile and New Orleans. Please join us for this awesome event. Trust me, you don't want to miss this. Hope to see everyone there. Thanks.

Wednesday, April 28

7-8 p.m.

Bucks County Community College, Newtown, PA

* Edie in Pennsylvania:

Come see my friend Jim [Donovan] as he speaks from the heart (and a lifetime of experience) about living full out! He inspires me BIG time!

Ageless Living Workshop- Live

Location: 10 Beulah Road, New Britain, PA 18901

Time: 10 a.m., Saturday, May 22nd

C. National events:

* FREE INTERIOR DESIGN TELESEMINAR:

How To Make Any Home (or room) Feel & Look More Spacious

(no sledgehammer required)

Thursday, May 20, 2010, 7:30 p.m. EST

No matter the size of a home, almost everyone at some point faces a room or rooms that they wish were somehow larger, wider, longer...bigger. Whether a key space like a family or living room, a kitchen, a dining room--or a bedroom or home office, sometimes you just need more space! Join us for this fascinating seminar that pulls out from the matrix of design principles the key steps to manipulate an interior in order to make it feel and appear larger.

Donna Hoffman is a client-loved and industry-respected interior designer who has been featured in "Real Simple," "Bucks Living" & "Tempo" magazines, and whose work has been published in a textbook for new designers.

To register or for more information, go to:

<http://www.interiorsbydonnahoffman.com/seminars.htm>.

When registering for this teleseminar, input the coupon code "SPRING" in the shopping cart to waive registration fee. Or you can email Alison Oxman at alioxman@optonline.net if you need assistance registering.

PS. To celebrate Earth Day on Thursday, make sure you check out the spectacular photos at this website that Christina in North Carolina was nice enough to tell me about:

http://science.nasa.gov/science-news/science-at-nasa/2010/21apr_firstlight/

Also, methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel

and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

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#706

4.12.2010

In this issue:

1. Reflections
2. FYI
3. To beat the system
4. Reviews . . . DATE NIGHT, etc.
5. TV alert
6. Waiting
7. Websites
8. Computer tip
9. Simply put, Part 1 of 2
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I conducted a recent experiment . . . when we visited New Jersey last month, we walked in a lovely park in Verona . . . as we were doing so, we made it a point to establish eye contact and/or smile with all those we encountered . . . just 1 out of 10 folks responded to us . . . when we returned to the Asheville area, we did the same thing and got 9 out of 10 to acknowledge our presence . . . I kid you NOT!

B. This past week, we had dinner at the home of our friends Jim and Kim . . . I'm not typically a big salmon fan (Cynthia is), but how they prepared it was delicious--in large part because of the accompanying apricot sauce . . . we also got a kick out of seeing Kim's beading hobby . . . she wowed us with her collection of necklaces, bracelets and earrings.



In addition, we learned something from Kim . . . she's also a nurse, and she taught us this great way to stop the hiccups . . . have somebody plug your ears tightly shut, then drink water while this is taking place . . . it works.

We also got to see a superb production of MY OWN SONG at the Flat Rock Playhouse . . . this is the true life story of Clint Holmes, the entertainer, who had one hit song:

<http://www.youtube.com/watch?v=exzwmcAFW4Y>

Holmes starred, and he was a dynamo on stage . . . but we were equally impressed with the other actors and musicians and, in particular, Jennifer Evans who played his mother . . . you're in luck, in that the play runs through April 25 . . . do see it if you

can; you won't be disappointed . . . for more information, please click:

<http://www.flatrockplayhouse.org>

(Make sure you click on the arrow to get hear part of another song sung by Holmes.)

C. Personally, I attended another session of the Asheville Citizens Police Academy . . . Melissa Williams impressed us with her coverage of "Community Relations and Public Information" . . . she was not only informative, she was also very, very funny . . . I also liked the following bit of advice that she shared: If you don't want to see it in the news, don't do it!

And I went to a SIG (Special Interest Group) book discussion at the Center for Creative Retirement . . . Barbara Weatherall did a nice job, highlighting "The Conquest of Nature: Water, Landscape, and the Making of Modern Germany" by David Blackbourn . . . she was followed by Doug Cooper, who also did a nice job of informing the group about ebook reading . . . afterward, one person in attendance showed her iPad in action . . . I must admit that it tempted me; i.e., to purchase one . . . I'm perhaps just waiting until the text-to-voice option is perfected, so that I will sometimes be able to listen to these books that I'll download to my computer . . . I'll also give more thought to the question that Beth Pilz, the iPad owner, said to ask: Will any such purchase add to the quality of your life?

KUDOS to Jack Ingersoll, who headed this SIG group during the past year . . . he put together programs every month and though I wasn't able to attend every one, those I did were always enlightening . . . he will be hard to replace.

D. YOUR VOTE IS NEEDED:

If you're on Facebook, you might have seen this post from me . . . if not, here is what I recently ran:



Blaine Greenfield PLEASE HELP: Asheville is in the running to become the 1st city to have a Google Optics network . . . this would help both the city & local economy . . . please vote for us by clicking:

<http://www.googlefiber.com/fiber-optics/>

1/2 way down, see an icon that you need to click &/or get more info . . . you can vote daily; kindly tell others; THANKS!



Fiber Optics | Google Fiber : 1 Gbps High Speed Broadband Networks

www.googlefiber.com

Fiber Optics is the power of google

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

This week, it goes to Dane Barrager--membership chair for Asheville SCORE.

Dane was the first person I met when I was thinking about joining SCORE . . . he interviewed me, then patiently answered all my questions . . . largely because of his efforts, the process of my becoming a member went smoothly.

Prior to joining SCORE, Dane had 20 years of experience in software development and data processing. He had worked for major corporations in a project manager role and started his own business. Also, he successfully developed a product, marketed it and ended up selling his business to a larger competitor.

SPECIAL CONGRATULATIONS to Dane, too, who was recently named to the Advisory Committee for Sustainability and Alternative Energy for the City of Asheville . . . in addition, he somehow manages to find time to serve on the Sustainability Cluster of the Asheville Hub.

2. FYI

I'm not a big believer in keeping books . . . rather than retain them after reading, I'll attempt to "pass them forward" by giving them to others.

As such, I don't buy too many new books . . . after all, that's why libraries were invented.

Yet when I do buy a book, I'll check amazon.com to see if I can get a used copy . . . typically, I can get such a book for \$5 or less--and sometimes for as low as a penny . . . even adding a shipping fee, it's quite a bargain.

One recent example: Cynthia needed some copies of the original edition of THIN WITHIN by Judy Wardell for a course she was teaching . . . being that it's now out-of-print, I went to amazon.com and managed to get copies for prices ranging from \$1-5.

Use this technique for buying textbooks, too.

FYI, part 2

* Pat in Pennsylvania:

Do women need to laugh and yak about stuff? (Do yaks need a makeover??) The perfect place for a much-needed giggle with the girls is the new blogazine created specifically for those of us \who are post-diapers, post-soccer-mom, but Not Ready for Granny Panties:

<http://www.notreadyforgrannypanties.com>

MY TWO CENTS:

This is worth checking out, if just to see Pat's cartoons . . . in fact, see below for the new "profile picture" that she developed for this blog:



I love what has been written about her, too:

PAT ACHILLES is, by most accounts, the anti-artist: too chubby to be edgy, too realistic to be abstract, and too easily distracted to be intense. Her sense of humor comes in handy when trying to shoehorn her illustration career into a family of singers, actors, writers and comedians. Pat draws everything from caricatures, such as Philly actors Tony Braithwaite and Peter Pryor for the Kimmel Center's The Odd Couple, to children's books like Kristie Finnan's Mommy's High Heel Shoes and Chrysa Smith's The Adventures of the Poodle Posse series, to her weekly Monday Cartoon for her website audience at:

www.achillesportfolio.com.

Pat says she sometimes feels clothes-lined by life and wet-mopped by fate, which leads to a lot of laughs in her cartoons and household metaphors in her writing.

* Aretha in North Carolina (wife of my accountant Glenn):

Look at our new website when you get a chance:

<http://www.Ashevillescpa.com>

We are proud of it.

RECOMMENDATION:

If you are anywhere in Western North Carolina, you won't go wrong using this firm to handle your personal or business accounting needs . . . we've been satisfied customers ever since taking up residence in the area.

* THANKS to Debbie in North Carolina for the following recipe . . . she made the cookies at a meeting I attended a few weeks ago, and they were delicious:

"RAVE REVIEW OATMEAL RAISIN COOKIES"

Yields 24 large or 48 medium cookies

8 ounces unsalted butter, softened ¼ teaspoon nutmeg
1 cup firmly packed brown sugar 1-1/2 teaspoons cinnamon
1 cup white sugar 1-1/2 cups coarsely chopped walnuts, toasted
2 eggs 1-1/2 cups golden raisins or dried cranberries
1-1/2 cups flour 3 cups regular oats
½ teaspoon baking powder 1-1/2 cups semisweet chocolate chips, optional
½ teaspoon salt

Placing racks in middle and lower portion of oven, preheat to 350 degrees.
In electric mixer, combine butter or margarine with brown and white sugars.
Beat until very creamy, about 3 minutes.
Add eggs, one at a time, beating well after each addition.

Combine flour, baking powder, salt, nutmeg and cinnamon.
Beat into butter mixture.
Fold in walnuts, raisins or cranberries, oats (and chocolate chips if using) by hand, combining well.
Form into 2-1/2" balls.
Place 6 on each parchment lined baking sheet.
Bake 25 minutes, reversing sheets from middle to lower rack halfway through baking time.
Let cool 5 minutes.
Carefully remove to wire racks to cool.

Note: For chewier cookies, refrigerate the dough balls on the baking sheet for 10 minutes before baking.

This recipe is from Seasoned with Love: Culinary Treasures from The Breman--The William Breman Jewish Heritage Museum in Atlanta, Georgia. Copyright 2006.

* Nancy in California, commenting on "What life is all about" (last week's thought for the day):

Not 100% sure, but the poem may be written by Oriah Mountain Dreamer.

MY RESEARCH:

Perhaps, though I haven't been able to confirm that fact 100% . . . what I do know is that Dreamer wrote the following, which is somewhat similar:

http://skdesigns.com/internet/articles/prose/oriah_mountain_dreamer/invitation/

* Donna in New Jersey:

I LOVE "Nurse Jackie" . . . season 2 looks like it's going to be just as good as the 1st. Edie Falco is tremendous in this role. Also, check out "U. S. of Tara" . . . very good also, but a little different. I really like John Corbett.

3. To beat the system

Here's one way, according to American deadpan comic Steven Wright:

The sign said "eight items or less." So I changed my name to Les.

4. Reviews

A. If you want a film to see on a date night, see DATE NIGHT . . . it's the story of a couple, well-played by Tina Fey and Steve Carell, who when out for an evening away from the kids, use somebody else's name to get a reservation at an exclusive restaurant . . . they then get mistaken for some low-lifers and all hell breaks loose . . . there were some very funny scenes and make

sure you stay for ALL of the outtakes as the credits roll . . . rated PG-13.

B. Out on DVD is SHERLOCK HOLMES . . . don't bother renting this update on the tale of the legendary detective . . . it was a step above terrible, though I did like (as usual) the work of Robert Downey, Jr. . . . Rachel McAdams is wasted in a meaningless role . . . rated PG-13.

You'll do much better . . . make that much, much better . . . renting an independent film that I doubt very few folks ever saw in the theaters: ARRANGED . . . two women, an orthodox Jew and a Muslim, meet as new teachers in a Brooklyn school . . . they soon bond, largely because of the shared expectations their both families have that they will enter into arranged marriages . . . you'll be touched by the story, as well as by the acting by performers you've never seen before (including Zoe Lister Jones and Francis Benhamou in the two leading roles) . . . not rated, but certainly appropriate for anybody over the age of 12.

C. I must confess that I'm not a big wine drinker . . . nor is poetry necessarily "my thing" . . . however after reading Michael Gelb's WINE DRINKING FOR INSPIRED THINKING (see also Section 11), I might want to revisit both topics.

Gelb, author of the bestselling HOW TO THINK LIKE LEONARDO DA VINCI, is a self-employed creativity consultant . . . as he sometimes describes himself, he's also a professor at M.S.U, which isn't Michigan State University, but rather he replies, I "Make Stuff Up."

Somehow, he managed to do just that by combining his lifelong love of wine with poetry:

* Why poetry? I was inspired to inspire others toward a more poetic, right-brained approach to wine because, as I attended a variety of wine-related events--tastings, dinners, seminars--it was apparent that many folks took the proceedings, and themselves, much too seriously. Just like many seminars on classical music or art appreciation, participants often seemed to indulge in one-upmanship and snobbery. Pretension was rife, and many people seemed to be driven by the fear of making mistakes. Although the best educators, like Kevin Zraly, always included a hearty dose of humor, this was more the exception than the rule. The majority of wine education events were just plain boring, suffering from an overly analytical "left-brain" approach. Moreover, I sensed that a more experimental approach to appreciating wine might be helpful in encouraging people to think outside the box.

The author also concluded that there were and are better ways to bring people together, especially at the corporate level . . . and especially since some of the existing methods just weren't very effective:

* The article described an event held in Florida featuring an exercise that required participants to walk on hot coals. The result, according to the Times: "About a dozen . . . marketing department workers burned their feet last week when they walked over white-hot coals at a meeting intended to promote bonding. One woman spent a day in a hospital . . . a doctor (was called) to treat others whose feet were blistered. Some workers used wheelchairs when they went to the airport to leave for another company retreat."

Believe it or not, they were all employees of a national hamburger chain known for their "flame-broiled" product.

Gelb proceeds to give a brief but enlightening history of wine, as well as information on what you need to set up your own event--be it for business purposes or just a pleasant evening with friends . . . along the way, he includes a helpful jargon guide and several poems that just about anybody will find enjoyable.

What I especially liked about INSPIRED THINKING was that it didn't belittle anybody with little knowledge of wine and/or poetry . . . rather, it did its best to put a smile on any reader by sharing such stories as the following:

* Craig Williams shares this true story of a quirky cork assessment: "One of my friends went to a family get-together at a prestigious restaurant in the Monterey area of California. They select a wine, the sommelier opens it

and presents the cork on a small silver plate, which he places next to my friend's mother-in-law. She picks it up, gives it a quizzical once-over, and proceeds to take a bite out of the cork!"

D. Heard MARRIAGE AND OTHER ACTS OF CHARITY; A MEMOIR, read and written by Kate Braestrup . . . she's a minister, as well as author, who candidly shared her experiences in this book that's apparently a follow-up to her earlier [HERE IF YOU NEED ME](#).

I have not yet read that first title, but did not find it necessary to have done so to enjoy her second effort . . . parts of it were funny, for example when she describes how she got to teach sexual morality to a group of snickering 13-year-old kids . . . I also got a kick out of her dating experiences, including her tale of not noticing her future husband's new "look" after he shaved his beard.

Yet other parts of the book were quite moving . . . I could feel her pain as she described her fights with her police officer husband that eventually led them both to seek counseling . . . they both stayed together, though, jolted by the thought that they might lose each other . . . shortly thereafter, he died in a car accident, so Braestrup had to start all over and managed to do so with the help of family and friends who rallied to support her and the couple's four children.

She brings these examples into her story, along with those involving other couples she has counseled including a game warden and his wife-to-be and a soon-to-be divorced couple.

The key, as the author points out, is to keep in mind that one hundred percent of marriages end . . . so the only recourse is Jesus' message: Love more.

5. TV alert

A. In a show that's definitely not for everybody, [THE BIG GAY SKETCH SHOW](#) has executive producer Rose O'Donnell getting in on the act when she joins Sharon Osbourne as a pair of curmudgeonly critics . . . season premiere on Tuesday at 10 p.m. on LOGO.

B. [SATURDAY NIGHT LIVE IN THE 2000s](#) contains some of the sketch comedy's greatest recent hits . . . Thursday at 9 p.m. on NBC.

C. [PATRICIA CORNWELL'S THE FRONT](#) stars Andie MacDowell as a DA reopening a long-ago murder . . . Saturday at 9 p.m. on LIFETIME.

D. I'll be curious to see how many awards country trio Lady Antebellum captures at the 45th annual [ACADEMY OF COUNTRY MUSIC AWARDS](#) (the group has seven nominations) . . . its second album, [NEED YOU KNOW](#), accomplished a rare feat; i.e., it's a country record that's also a hit with pop fans . . . Sunday at 8 p.m. on CBS.

6. Waiting

A couple goes to an art gallery. They find a picture of a naked woman with only her privates covered with leaves. The wife doesn't like it and moves on, but the husband keeps looking.

The wife calls back to him: "What are you waiting for?"

The husband replies: "Autumn."

7. Websites

A. THANKS to Bob in New Jersey (and sometimes in Florida too) for sharing this website:

YOU, being the information hound that you are, will love this one.

"THE CLOCK"

YOU HAVE TO SEE THIS. CHECK THIS MIND BOGGLING INFORMATION.

You've never seen a clock like this one.

<http://www.poodwaddle.com/worldclock.swf>

B. Did you see PIRATES OF THE CARRIBEANS: THE CURSE OF THE BLACK PEARL? In one scene, Johnny Depp's fingernails are dirty when he gets drunk on rum and passes out . . . when he wakes up and brings his hands to his face, the fingernails are clean.

Such mistakes and many more can be found at:

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

This website does nothing else but list mistakes in movies.

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

<http://www.blaineworld.net>

Every day, I'm amazed (and flattered) on how many folks take the time to visit the above . . . if you've ever wondered as to how many others do, make sure you see the counter in the bottom left of the homepage.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

I came across a very informative article, "10 ways to protect your privacy online" . . . if you'd like to access it, please click:

<http://tinyurl.com/y35cx15>

The third tip, recommending that you get a separate account for your personal email, reminded me of something that I do; i.e., maintain a few separate email addresses . . . for example, this one (bginbc@aol.com) is used for my general correspondence . . . I have another one for all my financial stuff, etc.

It makes finding email much simpler, and it also limits what you get.

As to making sure your online transactions are secure, make sure you read the seventh tip . . . and pay attention to the warning about doing businesses with a website that starts with "https" and/or that display a small picture of a lock . . . while they may appear to be legitimate, keep in mind that the company running it could be fraudulent or the website may be a fake.

9. Simply put, Part 1 of 2

Women speak in estrogen and men listen in testosterone. Don't believe me? Read on . . .

MATURITY:

Women mature much faster than men. Most 17-year old females can function as adults. Most 17-year old males are still trading baseball cards and giving each other wedgies after gym class. This is why high school romances rarely work out.

MAGAZINES:

Men's magazines often feature pictures of naked women. Women's magazines also feature pictures of naked women. This is because the female body is a beautiful work of art, while the male body is lumpy and hairy and should not be seen by the light of day. Men are turned on at the sight of a naked woman's body. Most naked men elicit laughter from women.

HANDWRITING:

To their credit, men do not decorate their penmanship. They just chicken-scratch. Women use scented, colored stationary and they dot their "i's" with circles and hearts. Women use ridiculously large loops in their "p's" and "g's". It is a royal pain to read a note from a woman. Even when she's dumping you, she'll put a smiley face at the end of the note.

BATHROOMS:

A man has six items in his bathroom--a toothbrush, toothpaste, shaving cream, razor, a bar of Dial soap, and a towel from the Holiday Inn. The average number of items in the typical woman's bathroom is 437. A man would not be able to identify most of these items.

SHOES:

When preparing for work, a woman will put on a Mondri wool suit, then slip on Reebok sneakers. She will carry her dress shoes in a plastic bag from Saks. When a woman gets to work, she will put on her dress shoes. Five minutes later, she will kick them off because her feet are under the desk. A man will wear the same pair of shoes all day.

LEG WARMERS:

Leg warmers are sexy. A woman, even if she's walking the dog or doing the dishes, is allowed to wear leg warmers. She can wear them any time she wants. A man can only wear leg warmers if he is auditioning for the "Gimme the Ball" number in "A Chorus Line."

GOING OUT:

When a man says he is ready to go out, it means he is ready to go out. When a woman says she is ready to go out, it means she WILL be ready to go out, as soon as she finds her earrings, finishes putting on her makeup, etc.

CATS:

Women love cats. Men say they love cats, but when women aren't looking, men kick cats.

OFFSPRING:

Ah, children. A woman knows all about her children. She knows about dentist appointments and soccer games and romances and best friends and favorite foods and secret fears and hopes and dreams. A man is vaguely aware of some short people living in the house.

LOW BLOWS:

Let's say a man and a woman are watching a boxing match on TV. One of the boxers is felled by a low blow. The woman says, "Oh, gee. That must have hurt." The man groans and doubles over, and actually FEELS the pain.

DRESSING UP:

A woman will dress up to: go shopping, water the plants, empty the garbage, answer the phone, read a book, get the mail. A man will dress up for: weddings and funerals.

LAUNDRY:

Women do laundry every couple of days. A man will wear every article of clothing he owns, including his surgical pants that were hip about eight years ago, before he will do his laundry. When he is finally out of clothes, he will wear a dirty sweatshirt inside out, rent a U-Haul and take his mountain of clothes to the laundromat. Men always expect to meet beautiful women at the laundromat. This is a myth perpetuated by re-runs of old episodes of "Love, American Style."

WEDDINGS:

When reminiscing about weddings, women talk about "the ceremony." Men talk about "the bachelor party."

(To be concluded next week.)

If you always do what interests you, at least one person is pleased.--Katharine Hepburn (1907-2003), American actress of film, television and stage who holds the record with most Best Actress Oscar wins with 4--from 12 nominations

11. Thought for the day

How important is the year, or vintage, of your wine? When the great poet Johann Wolfgang Goethe was asked what three treasures he would take with him to the proverbial desert island for a year, he responded: "My collection of poetry books, a beautiful, intelligent woman and an ample supply of Chateau Haut-Brion."

He was then asked: "What if you could only take two? Which of the three would you leave behind?" Goethe didn't hesitate: "The poetry."

The next question, of course, was: "What would you leave behind if only one was allowed." Goethe reflected for a moment and then responded: "It depends on the vintage."

SOURCE:

WINE DRINKING FOR INSPIRED THINKING (see also Section 4C) by Michael Gelb

12. Advance planning department

A. New Jersey/Pennsylvania events:

* Kathy's Kove and Kafe - Cream Tea and Chi readings in Kathy's beautiful surround, 116 Main Street, Hackettstown, NJ. Chi, color and beauty readings by Deanna Trust, April 18th at 3:00 p.m. Reservations required. Call - 908-684-8440 - Fee: \$30.00

Feng Shui Classes taught in the Home of Deanna Trust: Feng Shui Basics with tea and crumpets, May 11, 18 and 25. Go to Feng Shui Classes in the Home of Deanna Trust.

Feng Shui Tea Parties are available for hire at Deanna's Copper Grotto Tea Room found in her home.

For more information about any of these, please click:

www.trustfengshui.com

* MORRISVILLE, PA –The scheduled April 16 opening of the Actors' NET of Bucks County production of Eugene O'Neill's masterwork *A Moon for the Misbegotten* is being postponed by a week due to illness, Actors' NET General Manager Joe Doyle has announced.

"Due to the unexpected illness of the actor playing the James Tyrone, one of our leads, we must now open the show April 23 for a two-weekend run, rather than the originally scheduled three," Doyle said. "The unexpected loss of several days of rehearsal time makes the one week postponement necessary. We will attempt to contact those who already reserved for the first weekend to reschedule them and thank all in advance for their understanding in this matter."

For more information, please click:

<http://www.actorsnetbucks.org/>

* Awaken the Power of You in direct profound experiential ways. Janet StraightArrow initiates you into yourself, soul and inner guidance for healing and learning. You begin to know who you are and learn how to navigate this world through Shamanic places and connections and experiences that translate for ALL traditions.

May 1 and 2 in Morristown, NJ.

At Be The Medicine, you learn how to use these tools and experiences to live the most purposeful productive life now. See web site:

www.bethemedicine.com

for more details. Or contact Janet directly: Janetoasis@aol.com
or call 973.647.2500

* Are you financially fit?

Have you given any thought to adapting your lifestyle since the recent

stock market "craziness"?

Join us to learn more and discuss options that will help you improve your current lifestyle through your retirement years!

You are cordially invited to a complimentary LUNCH WORKSHOP
on THURSDAY, MAY 6TH
B & R Health and Fitness Club
Feasterville, PA
@12:00 noon

Hosted by Jerry Gross, Chartered Financial Consultant

Please call our office ASAP to reserve your spot!!
215.355-4544

B. North Carolina events:

* Survival Marketing

Saturday, April 17
8:30 a.m.-Noon

Come hear Don Sinclair, a dynamic presenter and SCORE counselor, help you learn:

Why networking is critical to your success . . . and how to network the right way.

The most successful marketing strategy ever devised: the referral-based business . . . and how to develop one.

Over 70 low-cost and no-cost marketing ideas presented in a document file that will be emailed to you following the class.

Cost is \$30, but you can save \$5 by pre-registering at:

<http://www.ashevillescore.org/marketyourbusiness.htm>

* Yours truly is presenting on Positioning: How to Differentiate Yourself from the Competition

Successful companies utilize the concept of positioning; i.e., they make themselves different from the competition. Come to this informative and engaging seminar to learn how this is done. In addition, you will gain specific techniques for how you can learn to differentiate yourself as a business and/or individual. (3 hrs)

Total Registration Fee: Free

Thu, May 06, 6:00PM-9:00PM

2046 Small Business Center, Enka Site Course #: SBC-1009-700

For registration information, please click:

<http://www.abtech.edu/ce/registration/default.asp>

PS. Just a friendly reminder: Taxes are due on April 15 . . . so if you're reading this after that date and have not yet paid your taxes, well . . . get moving . . . it doesn't get any better if you prolong the agony and could, instead, subject you to paying interest (if you owe money) . . . in addition, late returns could increase your chance for an audit.

As I write this, I'm also reminded what my father used to tell me . . . he said don't complain about owing taxes, in that you're at least bringing in money . . . and you're a lot better off than many other folks . . . how true!

There's even some good news . . . on April 15, several places are offering all sorts of freebies and/or great deals, including Starbucks, Maggie Moos, PF Change, etc.

One dating website, chemistry.com, offers a FREE 3-day membership with no credit card required . . . I can't be sure, but you might even be able to sign-up for this after April 15.

For more information, please click:

<http://tinyurl.com/y2xhxwr>

Methinks that we also need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINES WORLD

BLAINESWORLD
#705
4.5.2010

In this issue:

1. Reflections
2. FYI
3. True confessions
4. Reviews . . . TYLER PERRY'S WHY DID I GET MARRIED TOO, etc.
5. TV alert
6. Bubba
7. Websites
8. Computer tip
9. Horseback riding
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I returned from a week "up North" . . . we got to visit a bunch of friends and relatives and also got to eat some good corn beef sandwiches (something we really miss not having in Asheville).

We enjoyed seeing Risa, my daughter, at her new job at the Christmas Tree Shop in Rockaway, NJ . . . she's in charge of scheduling there . . . in addition, we got to have two meals with her and her husband JP, and we got to see their new apartment in Caldwell.

We also attended two Passover seders, the first at my cousin David and Grace's home . . . then on the next night, we were at the home of Cynthia's sister Joyce and brother-in-law Marty.



And somehow, we even managed to squeeze-in an unveiling (for Cynthia's Aunt Irene) . . . afterward, the family all gathered at her Uncle Milton's house for some food and a Family Circle meeting.

B. During our visit, I also got to spend a few days in Bucks County . . . among the highlights:

* Chance to visit with my friend Pat Brogan and stay at the fine facility he manages, the Bucks County Crowne Plaza . . . if you're going to Bucks County, you won't go wrong staying here . . . for more information, please click:

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

* Opportunity to get adjusted by my favorite chiropractor, Dr. Wendy Attadgie, followed by an excellent massage from another of my favorites, Chris Williams . . . should you want either an adjustment or massage, please click for more information:

http://attadgiechiropractic.com/custom_content/c_2823_meet_dr_wendy_attadgie.html

* Grab a meal at some of my favorite Bucks County locales:

Deli at Moish & Itsky's:

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

A tuna wrap sandwich at Bagel Junction:

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

Ice cream at Zebra Striped Whale:

<http://www.zebrastripedwhale.com/HOME.html>

And an outstanding production of UP at the Bristol Riverside Theatre:

<http://www.brtstage.org/>

I'm only sorry that by the time you get this newsletter, this latter show will have completed its limited run . . . the evening I attended also featured free desserts from Darlene Carey's (215.788.5081; they were oh-so-tasty (especially the bread pudding) . . . and I had a pleasant surprise when in the lobby, I bumped into my first roommate after I graduated from college: Larry Nickol, who was there with his wife Sam . . . he made my laugh by recounting a tale he remembered from nearly 40 years ago . . . it seems that my mother was helping me set up things before Larry arrived . . . she then wouldn't leave until we practically had to kick her out!

* I also tried and enjoyed a new place, The Green Parrot in Newtown:

<http://greenparrotrestaurantandpub.com/>

My salad with grilled chicken was excellent, as was the accompanying pineapple vinaigrette dressing.

* And perhaps best of all, I returned to my old stomping grounds--Bucks County Community College--to present at the the Administrative Employees' Brown Bag Luncheon on the book THE PASSION TEST.



(Photo courtesy of Jean Dolan; thanks, Jean!)

C. Returning home, we had burgers at the home of our neighbors Tena and Gary . . . that's all of us with their new puppy Bailey.



D. Lastly, I helped out with our community's Easter Egg hunt . . . that's me with the Easter Bunny, aka Earl Hall.



KUDOS to Shari Mastria and the rest of the Recreation Committee for helping to make the event the success that it was.

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

This week, it goes to Dustin Toon--one of the employees at the boathouse in our Biltmore Lake community.

Cynthia and I met him the other day when we went to check out what's available at the lake (next to the clubhouse) . . . were we impressed!

Residents can use a paddleboat, canoe, kayak, sailboat and jonboat during the week, as well as on weekends. . . they can then go around the entire lake that is in the center of the whole community.

Dustin assisted us in trying the first three boats . . . he answered our many questions and couldn't have been nicer . . . as a result, we now feel a lot more comfortable about using the facilities--and look forward to our next sojourn to the lake.

In his "spare" time, Dustin also serves on Biltmore Lake's bike patrol . . . we're lucky to have him in the community.

2. FYI

Do you ever send books or CDs through the mail?

If so, make sure you ask about the media rate. The post office will generally

not tell you about this option, but it is something that's available--usually at a fee that's about 1/2 the rate of sending your package via first class mail.

For more information, please click:

<http://www.usps.com/send/waystosendmail/senditwithintheus/mediamail.htm>

FYI, part 2

* Suzanne in North Carolina (with a REQUEST FOR HELP):

I'm proud to tell you that I'm being locked up . . . that's right, I'm going behind bars to help Jerry's Kids© and MDA. To be released on good behavior I have to raise bail, and I need your help!

My bail has been set at \$3000, so I'm going to need all of y'all's help, soon as possible. I'm pretty sure they take away my cell when I'm on the inside . . . and separating me from my Droid is not a good idea and would not be a pretty picture!

So, all you have to make a secure donation is to click here:

<https://www.joinmda.org/ashevillelockup2010/suzannesmith54/SID/7496163/>

Your donation will help families living in our community and help guarantee me an early release. I can't wait to add you to my list of contributors. And a note to that snitch that turned me in . . . thanks a lot!

* Great article about my friends in Pennsylvania, Natalie and Ivan, about how they met--and the book that they're featured in:

<http://tinyurl.com/yI5wbwv>

Also, make sure you read all the way for useful tips from another friend (Gayle Crist Shisler) on how to find a similar Autumn Romance.

* Edie in Pennsylvania:

I saw Alice in Wonderland tonight and loved it! One thing I know is that I wanna be like her when I grow up. Clearly a woman who knows who she is, even if no one else does:) Some of my favorite quotes from the movie: "You used to be much more muchier." "You've lost your muchness." and "I believe in as many as six impossible things before breakfast." See it if you haven't already!

* Bill in Pennsylvania:

Here's a recent scorecard from us here in Philly.

Sherlock Holmes: John Worthington and I saw it, and we both loved it.
The Blind Side: Diane and I saw it, and we both loved it.
Avatar: Diane, Rachel and I all saw it, and we all loved it.
Couples Retreat: Diane and I saw it, and we both hated it. It wasn't funny at all.
Did you Hear about the Morgan's? Diane and I saw it, and we both hated it. Again, not funny.
Diary of a Wimpy Kid: Diane, Rachel and Billy saw it, and they all found it enjoyable.
Alice in Wonderland: The four of us saw it, and we all thought it was fantastic.
Dear John: Diane and Rachel saw it, and they thought it was really good.
The Bounty Hunter: Rachel saw it with a friend, and she thought it was good.

Last, but certainly not least: I know that movie theaters make their money on the concessions, but their prices are getting out of hand.

* Laura in New Jersey:

I just saw your review of EXTRAORDINARY MEASURES.

I got to meet the father and children that the movie was about. My friend, Mary Beth, got me involved with Jack's Kids, a charity that helps families with children with extraordinary health issues. The organization helps the family financially and the families often come back to the annual softball tournament and fundraiser. All of the children show such courage and such a great outlook and some show remarkable progress in their fights to live a good life.

In one family that is very close to me, Tommy was born with a rare but fatal liver condition. My friend gave part of her liver to her son to replace the bad liver. He will have to have anti-rejection medications all his life and they have to worry each time he gets a cold. He is 8 now and runs around like a typical boy most of the time. His mother, Meghan, is one

of the teachers for our Irish dance classes. She and her husband, Pat, have 3 girls, one finishing college. And she helps a lot with fund raising for Jack's kids. She also encourages people who are needing transplants including my landlord's wife.

If you know any people in the New Jersey area whose family could benefit from help from Jack's Kids, they can find out more by clicking:

<http://www.jackskids.org/>

* Check out this poetry from Rich in Pennsylvania by clicking:

<http://www.facebook.com/group.php?gid=109463050123&ref=ts%22>

Or if you're not on Facebook, then click:

<http://www.richorth.com/blog/>

* And for more poetry, see this from Allen in Pennsylvania:

Stricter Means presents a selection of poems drawn from four earlier collections, as well as a sampling of uncollected poems and previously published translations. Deeply grounded in nature and rooted in spirituality both Eastern and Western, these poems range across a world composed of backyard vistas, jazz-club haze, and Old World landmarks. Forms include sonnets, syllabics, blank verse and free, "never straying far," as Robert McDowell noted in The Hudson Review, "from an anchoring pentameter or tetrameter line." Available now from Amazon:

<http://tinyurl.com/yeg7nsu>

Or If you're in the area or will be attending any of my readings, copies are available for \$20.

FOR MORE INFORMATION:

Visit Allen's website for dates of his readings, to see samples of his poems, etc. by clicking:

<http://allenhoey.com/652.html>

* Pat in Pennsylvania:

This article succinctly gives the 10 worst things about the health care reform bill:

<http://www.ucrcc.org/?p=1324>

MY TWO CENTS:

1. Some of this stuff not happening for several years; e.g., the taxes on businesses . . . and these same businesses will be getting tax credits.
2. As for it being bad for seniors, AARP has consistently argued to the contrary. I'll take AARP's world.

Also, even if all this was true , and I do have my doubts about that assumption

I'll still take and be grateful for ALL of the following; e.g., in Pennsylvania:

http://dpc.senate.gov/docs/sr-111-2-41_states/pa.pdf

And/or even better ...in Bucks County:

http://energycommerce.house.gov/Press_111/health_care/districts/new/PA8.Murphy.pdf

What's interesting: To date, I haven't seen any of the latter two links criticized for having wrong information.

3. True confessions

I stayed up late wondering: Will the ear buds for the iPad be called earpons?

Personally, I'm going to wait for Microsoft's answer to this product: "Technical Automatic Material Peripheral Onboard Notebook" or TAMPON.

4. Reviews

A. Tyler Perry continues to amaze me . . . he not only writes, directs and produces his movies, but he often stars in them too . . . he did all

this in his latest film, TYLER PERRY'S WHY DID I GET MARRIED TOO, a follow-up to his earlier WHY DID I GET MARRIED . . . this comedy/drama revisits eight friends who get together for their annual one week reunion in the Bahamas . . . it kept my attention, particularly whenever Marcus Johnson and Tasha Smith were seen battling each other (those scenes were really funny) . . . I also liked seeing the pairing of Lou Gossett Jr. and Cicely Tyson as an older couple who share their wisdom with the others . . . rated PG-13.

B. PRECIOUS is now out in DVD format . . . my review from BLAINESWORLD #690 follows:

PRECIOUS is the story about a 16-year-old girl who is born into a life that nobody would want . . . things don't get better for her, either, as she becomes pregnant for a second time by her father . . . and at home, she must wait hand and foot on her abusive mother . . . this may sound like one of the most depressing films of all time; however, it's anything but that . . . you'll be moved by how Precious manages to overcome these many obstacles as she begins to build a future for herself and her children . . . the acting by the entire cast is superb--ranging from Gabourey Sidibe, a heretofore unknown actress, in the leading role to Paula Patton, Lenny Kravitz (yes, the singer) and Mariah Carey (virtually unrecognizable with no makeup) . . . yet it's the work of comedian Mo'Nique that still has me thinking about PRECIOUS . . . she was probably the most villainous character I have ever seen on screen--a true mother from hell . . . rated R.

UPDATE:

I was glad that Mo'Nique won an Oscar as Best Actress for her work in this film . . . rent it if just to see this one performance.

C. George Steinbrenner bought the New York Yankees from CBS in 1973; the franchise today is now worth more than a billion dollars . . . he also helped build the team to a point where it won ten pennants and six World Series.

Yet along the way, he constantly berated his players, tortured his managers and employees and was twice suspended from baseball for actions that nearly landed him in jail . . . all this and much more is covered in GEORGE, Peter Gollenbock's engaging biography of the guy well-known by his nickname of "The Boss."

Steinbrenner's father was a successful business owner, but he was anything easy on young George:

* You could run three races in one day and get two firsts and a second, and the only thing he wanted to talk about was, How did you get beat? What did you do wrong? One lesson he taught me that stayed with me more than anything is that you can learn more from your mistakes than you can from successes.

I enjoyed reading about his childhood, as well as about his initial foray into sports ownership with a basketball team called the Cleveland Pipers:

* George's philosophy was "What's the point of playing unless you want to win?" And I think that's commendable. That's why they won the championship. He pushed them. He wanted to win even though we weren't making any money, because he figured if we had a championship team, why, we'd draw fans. He didn't have the money he needed, and he still went out and got the players. The only thing was, we didn't draw fans. In a way he was way ahead of his time. He was on the right track, wanted to raise money, but not with that crew.

He was determined never to enter a deal without having enough money behind it. He learned that. He was determined not to make that mistake again. And he never did.

The book came alive for me, though, when it shared stories of the Yankees--many of whom I had grown up rooting for . . . I got a particular kick out of this tale involving Dock Ellis:

* Gabe Paul had made headlines for the Yankees in October the year before

when he traded talented, dependable Bobby Murcer for the exciting fan-attractor Bobby Bonds. On the same day, he traded the quiet, dependable pitcher Doc Medich for three Pittsburgh Pirates: Willie Randolph, a future All-Star second baseman, relief pitcher Ken Brett, George's big brother; and Dock Ellis, who gained fame for pitching a no-hitter for the Pirates while on LSD. Dock would later cause his teammates to crack up when he issued the lines, "I love it when Gorge Steinbrenner flies. The more he flies, the greater the odds his plane will crash." Dock, who was never dull, was not a Yankee for a long time.

GEORGE also pointed out many of the good things that Steinbrenner has done for charities and individuals that he rarely seeks credit for . . . I only regret that he had been a nicer person to many of his players and especially to Billy Martin, his manager on five separate occasions . . . there would have even been sixth had Martin not died in an auto accident.

Nine pages of pictures added to my enjoyment of the book, though I do wish there had been at least some from before 1962.

D. Heard I AM OZZY, written by Ozzy Osbourne and narrated by Frank Skinner . . . it's a no-holds barred autobiography about the musician who has sold over a hundred million records, both with Black Sabbath and as a solo artist.

As Osbourne notes:

* They've said some crazy things about me over the years. I mean, okay: "He bit the head off a bat." Yes. "He bit the head off a dove." Yes. But then you hear things like, "Ozzy went to the show last night, but he wouldn't perform until he'd killed fifteen puppies . . ."" Now me, kill fifteen puppies? I love puppies. I've got eighteen of the f**king things at home. I've killed a few cows in my time, mind you. And the chickens. I shot the chickens in my house that night.

It haunts me, all this crazy stuff. Every day of my life has been an event. . . . But here I am: Ready to tell my story, in my own words, for the first time.

A lot of it ain't gonna be pretty. I've done some bad things in my time. I've always been drawn to the dark side, me. But I ain't the devil.

It all seems to be here; i.e., the details of his successes, addictions, failures and subsequent comebacks . . . Osbourne has certainly lived an interesting life, and you won't be bored by this account.

Although books don't include ratings, I will tell you that if curse words bother you, then don't read this one . . . the language is not at all censored.

Also, I liked the passage at the end featuring an actual interview with the author . . . however, it made me appreciate the fact that this is one book that I was glad that was narrated by somebody else . . . Skinner, a British entertainer, does a fine job; it almost seems like he could be Osbourne . . . when I got to hear Osbourne in the interview, I kept thinking to myself that he sounds like a guy who has had far too many drugs in his life . . . it was somewhat difficult to follow what he was saying.

5. TV alert

A. I've only just started to watch NURSE JACKIE, starring Edie Falco who is every bit as good in this show as she was in THE SOPRANOS . . . it's a look deep inside the complicated heart and soul of a functioning addict, a loving wife, mother and a first-class nurse . . . Mondays at 10 p.m. on SHOWTIME.

B. THE DIARY OF ANNE FRANK, a new production, airs on Holocaust Remembrance Day . . . according to TV GUIDE, it "doesn't idealize or romanticize Anne (the wonderfully naturally Ellie Kendrick). . . . Her story is, as always, heartbreaking in the end, but in this telling, also undeniably affirming." . . . Sunday at 9 p.m. on PBS . . . because PBS dates and times often vary, check local listings.

C. SONS OF TUSCON is a comedy about a misfit/loser who finds himself in charge of three young children because their mother's long gone and their father is in prison . . . according to THE WALL STREET JOURNAL, the show "has a sharp edge that can be funny even as it makes you feel uneasy for laughing" . . . Sundays at 9:30 p.m. on FOX.

D. TREME, a new drama series from the creators of THE WIRE,

explores the lives of several struggling musicians and other New Orleans locals in the aftermath of Hurricane Katrina . . . Sundays at 10 p.m. on HBO.

6. Bubba

Each Friday night after work, Bubba would fire up his outdoor grill and cook a venison steak. But all of Bubba's neighbors were Catholic and since it was Lent, they were forbidden from eating meat on Friday. The delicious aroma from the grilled venison steaks was causing such a problem for the Catholic faithful that they finally talked to their priest.

The priest came to visit Bubba and suggested that he become a Catholic. After several classes and much study, Bubba attended Mass, and as the priest sprinkled holy water over him, he said, 'You were born a Baptist, and raised a Baptist, but now you are a Catholic.'

Bubba's neighbors were greatly relieved until Friday night arrived, and the wonderful aroma of grilled venison filled the neighborhood. The priest was called immediately by the neighbors, and, as he rushed into Bubba's yard, clutching a rosary and prepared to scold him, he stopped and watched in amazement.

There stood Bubba, clutching a small bottle of holy water which he carefully sprinkled over the grilling meat and chanted: "You wuz born a deer, you wuz raised a deer, but now you is a catfish!"

7. Websites

A. THANKS to Jeff in Pennsylvania for this email and video clip:

Very inspirational video . . . my mother spent the last 20 years of her life as a para after being rear-ended by a drunk driver in 1984 . . . her daily challenges make it very hard for me to feel sorry for myself for any challenges life hands me.

I am attaching a link to a video on sportsmanship that I show the girls I coach in softball each year. Try to let them know why we play. I think you will like it.

<http://www.responsibilityproject.com/films/player/the-home-run/>

PS. I caught my 10-year old watching this again today . . . very proud!

FOR THE REST OF THE STORY:

See the actual player interviewed and the rest of the story by clicking:

<http://www.youtube.com/watch?v=2QNCyBFBTJc>

B. To find out how to have fun when trapped at the airport, please click:

<http://tinyurl.com/yd2j49n>

THANKS to Monica in North Carolina for sharing her three favorite clips:

Hold a sing along like Josh Wilson

You can play tennis

Get out stage an improv

After viewing these videos, you'll never view a delay in quite the same fashion.

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

<http://www.blaineworld.net>

If you want to see some pictures of yours truly, as well as some of my friends and family, click "Blaine's Best" to the left and then "Pictures" . . . when you do, make sure you listen to the music that's playing . . . it's arguably the greatest rock song of all time.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

A cookie is actually a small text file that is placed on your hard disk by a website . . . having it there saves you from entering certain information repeatedly; e.g., your address if you often visit amazon.com.

Having such a cookie can be a good thing, but not always . . . for more information, please click:

<http://www.logicaltips.com/LPMArticle.asp?ID=416>

After reading the above, if you'd like to erase all your cookies, you can do so by following these simple directions:

In Firefox 3.6, select the Tools menu and then "Clear Recent History." Then click "Details," uncheck everything but "Cookies" and pick "Everything" from the time range list.

In Internet Explorer 8, select the Safety menu, choose "Delete Browsing History," uncheck everything but "Cookies" and click "Delete."

In Safari 4.0, go to Preferences, then "Security," then "Show Cookies," then choose "Remove All."

SOURCE (for the browser tips):

"Mossberg's Mailbox," THE WALL STREET JOURNAL, 3.25.2010, p. D2

9. Horseback riding

It was Saturday night, and the preacher still hadn't been able to think of a sermon for the next morning. About 9 p.m., he finally said to his wife, "Dear, I think I've come up with the perfect sermon. I'm going to give a sermon about horseback riding."

She said, "Don't be silly. You can't give a sermon about horseback riding."

He replied, "Well, it's going to have to do because I've preached on just about every other subject I can think of."

The next morning as they were driving to church, she said, "I can't believe that you're insisting on doing this. You know, if you're going to give that silly sermon on horseback riding, I'm just going to stay in the car during the service."

He said, "OK, then, suit yourself," so she stayed in the car.

Entering church, the preacher had a sudden inspiration and gave a hell-fire and brimstone sermon on SEX that had the congregation in awe.

As the congregation filed out of the church, some of the members saw his wife sitting in the car and approached her. One of them said, "Wow! You just missed the best sermon your husband has ever given."

She said, "Yeah, right! What does he know about it? He talks big, but he's only tried it twice in his life. Once before we were married and right after, and he fell off both times!"

10. A quote I like

THANKS to Sue in Pennsylvania for reminding me that you can find some interesting quotes just about anywhere if you look for them:

Forgive quickly. Kiss slowly. (Saw this on a magnet and liked it.)

11. Thought for the day

What life is all about

Life isn't about keeping score. It's not about how many friends you have. Or how many people call you. Or how accepted or unaccepted you are. Not about if you have plans this weekend. Or if you're alone. It isn't about who you're dating, who you use to date, how many people you've dated, or if you haven't been with anyone at all. It isn't about who you have kissed. It's not about sex. It isn't about who your family is or how much money they have. Or what kind of car you drive. Or where you're sent to school.

It's not about how beautiful or ugly you are. Or what clothes you wear, what shoes you have on, or what kind of music you listen to. It's not about if your hair is blonde, red, black, brown, or green. Or if your skin is too light or too dark.

It's not about what grades you get, how smart you are, how smart everyone else thinks you are, or how smart standardized tests say you are. Or if this teacher likes you, or if this guy/girl likes you. Or what clubs you're in, or how good you are at "your" sport. It's not about representing your whole being on a piece of paper and seeing who will "accept the written you".

But life is about who you love and who you hurt. It's about who you make happy or unhappy purposefully. It's about keeping or betraying trust. It's about friendship, used as sanctity or as a weapon. It's about what you say and mean, maybe hurtful, maybe heartening. About starting rumors and contributing to petty gossip. It's about what judgments you pass and why. And who your judgments are spread to.

It's about who you've ignored with full control and intention. It's about jealousy, fear, pain, ignorance and revenge. It's about carrying inner hate and love, letting it grow and spreading it.

But most of all, it's about using your life to touch or poison other people's hearts in such a way that could never occurred alone. Only you choose the way these hearts are affected and those choices are what life is all about.

Author unknown

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

12. Advance planning department

* Cyndy in Pennsylvania:

Just a quick reminder about the Consciousness Shifting Drum Circle this Friday, April 9th from 6:30-9:30 p.m. This month we will hold our attention and intention on honoring our innate Wisdom.

On Saturday, April 10th from 6-10 p.m., join me for a Shamanic Sound Healing experience.

For more information, email: snakdancr@aol.com or call 610.274.3109.

* THANKS to Joe in Nevada for telling me about this one:

Heal Your Life Online Course: Transform Your Life . . . Inside and Out!

Last Chance to Listen—One Week Only!

NO CHARGE FOR ALL 8 LESSONS (Offer expires April 11, 2010)

In this FREE eight-lesson online course, we talked with some of the top experts in the world about the latest developments in their fields—Louise Hay, Dr. Wayne W. Dyer, Doreen Virtue, Jorge Cruise, and more. Listen in as they share their insight into all facets of healing and transforming your life, both inside and out. But, act now—this is your last chance to replay all eight lessons from these amazing authors for no cost—a \$160 value.

To register, please click:

<http://tinyurl.com/ykntw86>

* The Arts & Cultural Council of Bucks County will be holding a rally at the Courthouse in Doylestown on Monday, April 12 in recognition of National Arts Advocacy Day. Our goal is to raise awareness of the importance of arts and culture in the life of the County--especially with regard to education, the economy and quality of life. The event will take place from 12:15 - 1 p.m. and will include music, speakers, networking and door prizes. While we are planning this as a non-political event, invitations are being extended to all of our county, state and federal legislators as well as teachers, superintendents, cultural organizations and arts supporters. We need to be sure that all understand the value of arts and culture, especially as we look toward the difficult times ahead. I hope that you will be able to attend the rally and lend your voice to the cause.

We ask that participants come wearing their name tag from their organization and bring printed materials to share on tables. Please RSVP by clicking on this link:

<http://rallyforthearts.eventbrite.com/>

* William Hemming will be one of the playwrights presented in the Lawrence Library One-Act Playfest on Saturday, April 24 in Lawrenceville, NJ . . . for more information, please click:

One-Act Playfest – Lawrence Branch Program

* Quiet Riot: Building Our Clean Energy Future

Bill & Dave Mettler bring a unique performance to Bucks County Community College in Newtown Pennsylvania. The show blends storytelling, mime, comedy, sound effects, music and audience participation.

For more information, email: kaynen@bucks.edu or call 215.968.8015.

* 22nd Annual Tyler Tasting Party

June 4, 2010
7-10 p.m.

Bucks County Community College, Newtown Campus

Food, wine and spirits from over 40 of Bucks County's finest restaurants, wineries and breweries. Live Auction Items include trips for two to the Hamptons, San Francisco, Alaska, Paris, Greece and Italy. Proceeds benefit students enrolled in BCCC's Historic Preservation Certificate Program and restoration of historic Tyler Hall/

Tickets: \$125/BUY 5 tickets, Get the 6th FREE

For tickets call 215-968-8224 or e-mail foundation@bucks.edu or visit:

www.bucks.edu/foundation

PS. Methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD
#704
3.29.2010

In this issue:

1. Reflections
2. FYI
3. Been wondering
4. Reviews . . . HOT TUB TIME MACHINE, etc.
5. TV alert
6. Three candidates
7. Websites
8. Computer tip
9. Horseback riding
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I have been discussing how much time BLAINESWORLD takes to put together each week . . . it usually takes me anywhere between 10 and 20 hours to knock out an issue and so, consequently, I have come to the following decision:

That effective with next week's issue, there will be a yearly subscription fee of \$24 . . . or if you want to save \$5, the two-year rate is \$43 . . . you can pay by check or PayPal, and you haven't figured it out by now, you're the victim of an April Fool's joke.

I will NOT be charging for this newsletter--at least not anytime soon . . . however, if you REALLY do feel guilty about reading it and not paying anything, what you can do is what many readers already do:

Send an occasional email or two . . . tell me what you like and, also in those rare instances, what you don't like . . . jokes, websites, reviews, inspirational stories, quotes, etc. are always welcome, particularly if you have not seen them circulated widely on the Internet.

My email address remains bginbc@aol.com and if you think what you send would be good for possible inclusion in BLAINESWORLD, put that down in your subject line; e.g., FOR POSSIBLE USE or words to that effect.

B. We spent some time "up North," visiting friends and relatives . . . my brother Ken and sister-in-law Lavelle hosted us one night for a delicious dinner at their place in New York City . . . that's us with my grand nephew Julian:



My daughter Risa also joined us, along with her husband JP . . . she's on the far left in the following picture . . . others pictured (l-r) include Julian's mom Bettina, Julian and Lavelle's son Shannon:



Stay tuned for more details about our trip in next week's issue.

C. I can't believe that my experience in Leadership Asheville will soon be drawing to a close . . . our most recent session involved a field trip to several Buncombe County locations . . . perhaps the high spot was the chance to plant some trees . . . that's me in the middle and classmate Fran Harvey to my right . . . our fearless leader, Gerry Goetz (president and CEO of Leadership Asheville) can be seen hard at work on the left:



I especially liked what he wrote to us about the experience:

"I truly believe community leadership work is very similar to planting trees under which you may never sit and whose shade you may never enjoy.

"According to teacher and author Gloria Burgess, to plant such trees is to be a creative catalyst for social, cultural, political and ecological change. She observes that at this unique time in history, our world desperately beckons us to look beyond ourselves and to see into the heart and humanity of others. At this unique time in our history, each of us has an unprecedented opportunity to bring forth our signature presence--to be of service and make the difference only we can make.

"As we move into spring and the trees begin to come alive all around us, I hope you will continue to reflect on your community leadership legacy."

Something else I liked about our most recent session was the chance to meet

with one of our County Commissioners, David Gantt (who also serves as Chair of this group) . . . here was his advice for future elected officials:

1. Learn about the organization you want to be a member of.
2. Stay involved in community and volunteer groups.
3. Don't wait to be asked.
4. Be honest and stay with the facts.
5. Don't go negative.
6. Enjoy and believe in what you do.
7. Get involved when you have time to devote to it.
8. Have friends that help you keep your priorities straight.

D. I had another interesting Citizen Police Academy class, this time run by Lt. Gary Gudac . . . he got us really thinking what being a police officer is all about, especially when he told us that his ultimate goal (and that of anybody else he works with) is "to get home safely."

In addition, he led a sobering discussion on defensive tactics and the use of force . . . he said that if an officer gets in a fight, he or she has to realize that "the other side has no rules" . . . what he had to say and show us in several videos was eye-opening, to say the least.

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

This week, it goes to Shiva Pathak--a salesperson with Verizon Wireless in Lynbrook, NY.

Cynthia and I recently needed new phones . . . Shiva made the process as painless as it could be, and we found him both helpful and friendly . . . we were also impressed at what a fine job he did assisting us, given that it was only his fourth day working with the company.

We particularly appreciated the fact that he made sure our phones were working before we left the store, and he also made it a point to patiently answer our many questions.

Although we spent most of our time with Shiva, we were also impressed with the assistance we received from Bella Bhushan, another salesperson, and John Albrecht, the store manager.

If you're on Long Island, you won't go wrong by stopping by this location . . . the address is 677 Sunrise Highway, Lynbrook, NY; phone: 516.536.5588.

2. FYI

Barbara in Pennsylvania recently wrote to me with this comment:

I think you will like this email, huh?

These links are fantastic. If you click on your congressman's name, you will get a list of the benefits of the health care reform bill for your district--down to the number of people who are uninsured in your district, the number of seniors, etc. Spread the word.

For a state-by-state breakdown, please click:

http://dpc.senate.gov/dpcdoc.cfm?doc_name=sr-111-2-41

Or if you'd prefer to look at how things will be for you in your Congressional district, please click:

<http://tinyurl.com/yzxf3nf>

MY TWO CENTS:

Barbara, as she often does, called it right; i.e., I did like this email. Much. I then forwarded it to one friend who replied, "I'd like to see the other side's viewpoint." Me, too, and so I asked her to send me such information. To date, she hasn't sent me anything.

But hey, as always, I'm open to the fact that there are two sides to every story or issue--if not a lot more . . . if you can find me specific facts as to how the health care reform bill is going to make your state or Congressional district worse off, please do share these with me.

Also, please keep an open mind on what's out there with respect to this whole issue . . . there can be differences of opinion, and that can be healthy too . . . we just need to keep smiling, which leads me express my THANKS to Jeff in Pennsylvania for a great story that I found funny whether you're a Republican or Democrat. (See also Section 9.)

FYI, part 2

*Ange in Pennsylvania (with a REQUEST FOR HELP):

Please sponsor me for the Arthritis Walk on May 2. You can do so by visiting my website at:

<http://merceraw.kintera.org/angelamaffei>.

My sister and a very dear friend have been diagnosed with arthritis and both have gone through numerous procedures to try and relieve this crippling disease. It's heartbreaking to see a healthy body being twisted with the effects of arthritis. You might know a loved one, a friend or co-worker who has been afflicted with arthritis and see firsthand what this disease can do to a body. Your generous donation will go to research and development so we can stop the ravages of arthritis. Thank you in advance for your help and for supporting the Arthritis Walk.

* Check out my friend Suzanne's new blog page for lots of good real estate information:

<http://www.asheville4seasons.com/blog/>

* CONGRATULATIONS to Sally in North Carolina on her new store . . .come see Once More Decor at Sweeten Creek Antiques, 115 Sweeten Creek Rd. in Asheville. Take the first aisle on the right to the 6th booth on the left. Many items are on SALE: 20-30% OFF!

* For a great article on fishing written by my friend George in Pennsylvania, please click:

<http://www.buckscountyherald.com/~Five%20do-now%20tasks.pdf>

* Alyson in Colorado:

Our nasty MC provider just pulled a fast one involving hidden fees, and we got so ticked off. Shopping around now. We are business members of Costco so will definitely look at the Amex offer. If in passing you learn anything more, we'd appreciate hearing about it. That and more pictures of you lovebirds.

* Joe in Nevada with an interesting article on focusing your strengths for success:

<http://tinyurl.com/y9ew9dp>

* Vilasi in New Jersey:

I am on an interesting but determined mission.

I am looking for a "soulmate" for my friend Esta Singer. She is 46 and is ready to walk down the aisle on her dad's arm. (Her dad is more than ready!)

Her dad, Papa Singer, is being treated for an aggressive thyroid cancer. Time is of essence and so I decided to use the Indian way to find my friend, a Jewish husband. We (the Indians) are direct, we ask everyone, we are unapologetic about our lists and screen the candidates(!) before introductions which makes it fair for both parties and eliminates ambiguities about intentions and personalities. So I have written a "small" commentary on what I know about her.

I hope that each of my friends can think and send it to their friends and acquaintances in their community who may know someone they think matches.

Should you want to see Esta's ad and/or picture, your best bet is to contact me via email . . . I can be reached at

3. Been wondering

Doctors say that 7 out of 10 Americans suffer from hemorrhoids. Does that mean the other 3 enjoy them?

4. Reviews

A. If you're in the mood to laugh, catch *HOT TUB TIME MACHINE* . . . just don't expect anything very profound from this comedy about three guys who have become bored with their adult lives . . . so they go away for a crazy night of drinking in a ski resort hot tub and what do you know, they wake up in the year 1986 . . . there, they get the chance to change their futures . . . John Cusack, Rob Corddy and Craig Robinson were all fine in the leading roles, and they had you rooting that life could be better for each of them . . . rated R.

B. *BROTHERS* is now out in DVD format . . . my review from *BLAINESWORLD #688* follows:

Do try to see *BROTHERS*, a powerful drama about two brothers . . . one of them gets sent to Afghanistan and when his plane is shot down, he is presumed dead . . . I'm still revisiting in my mind some of the scenes from the film . . . they'll live with me for quite some time, as will the performances by both Tobey Maguire and Jake Gyllenhaal in the leading roles . . . though not specifically an anti-war film, I do think that if you see it, you'll rethink the wisdom of sending even one American soldier to war in any foreign country . . . rated R.

C. Alex Ong is not a medical doctor . . . in addition, he had been obese for 20 years of his life . . . but he managed to change things around, naturally, with the help of some formulas he developed and shared in his informative book *MIND YOUR WELLNESS*.

Much of what he writes about you may have heard elsewhere, but the author breaks down the information so that it really hits home . . . he also provides many useful suggestions, such as this one for dealing with cravings:

* If your craving is so bad that you can't resist junk food after dinner, do this:

1. Drink two full glasses of water.
2. Eat one portion of fresh fruit (apple, banana, grapes, or orange)
3. Then eat your junk food

Typically, after you finish your two portions of water and one portion of fresh fruit, your craving for junk food will be reduced, because your stomach is now filled with the really good stuff instead of junk food. Even if you still crave for junk food, the portion of junk that you will eat will be limited because you are already full!

I also liked how Ong urged you to take a look at your plate after you finish your meal:

* Notice that when you order a healthier meal such as baked fish, steamed vegetables, and the like, washing dishes is easier to do! But when you order deep fried or cheesy food, after you finish your meal, the leftover residue is often very sticky, greasy, and harder to clean. In addition, try putting a few pieces of ice from your soda on your greasy plate and see what happens. The leftover grease or oil will harden and turn into saturated fat almost instantly.

Can you imagine the same thing happening inside your stomach?

If it is going to take a longer time for you to wash off that grease from your plate, that same grease will stay in your stomach longer and it will require

great efforts for your stomach to digest!

Perhaps most importantly, Ong points out why better eating is so important . . . not only will it improve your health, give you more energy, boost confidence and reduce pain, but it will also have an impact on others:

* If you are overweight or have poor eating habits, it will be hard for your kids not to follow your poor eating habits. "Children don't do as you say, they do as you do." Eat light and healthy, and your children will enjoy the positive effects of your role modeling. And their children will follow in their footsteps. You will leave a lasting legacy!

MIND YOUR OWN WELLNESS so impressed me that I'm now going to share it with some friends who need to do the same . . . besides, it's better than me having to nag them!

D. My friend John in Pennsylvania made my day recently when he sent me FAREWELL & FANTASIES, a 3 CD collection of songs sung by Phil Ochs . . . as many might know, Ochs is a close second (to the Turtles) in terms of my list of favorite entertainers.

All totaled, there are 53 songs--all sung by Ochs . . . included are such classics as "Love Me, I'm a Liberal," "I Ain't Marching Anymore" and "Outside of a Small Circle of Friends."

However, what made this such a great gift for me was the fact that it included a biography of his life, as well as many pictures . . . also, there were extensive notes about each song, that featured such tidbits as the following:

* [about "There But for Fortune"]

This may be the best-known of Phil's songs, thanks to the Joan Baez rendition that reached the BILLBOARD Top 50 and went Top 10 in England, but many do not recognize it as an Ochs composition. An intimate meditation on the vagaries of fate, "There But for Fortune" reveals a certain humility and tenderness, not the first qualities one associates with an Ochs song. Yet only does this song capture those feelings beautifully, it does so as an explicitly political song. Phil may have been setting salt for uncharted waters artistically at this time, but he never let us lose sight of the man at the helm.

I was saddened when I learned in 1976 that Ochs died when he committed suicide . . . listening to his work made me realize what a loss that was for all of us.

5. TV alert

A. LIVE FROM ABBY ROAD featured the former Cat Stevens (now Yusuf Islam) performing . . . Friday at 8 p.m. on SUNDANCE.

B. There's a new hospital drama, MIAMI MEDICAL, that I'll view initially because of its star: the always watchable Jeremy Northam . . . premieres Friday at 10 p.m. on CBS.

C. Though I'm not a real big college basketball junkie, I'll be watching the Final Four in the NCAA BASKETBALL TOURNAMENT on Saturday at 6 p.m. on CBS . . . I could be wrong (and probably will be), but I'm predicting that the winner will be the team that wins the West Virginia vs. Duke game at 8:47 p.m., and I'm choosing Duke to take it all on Monday night.

D. The women's Final Four airs on Sunday at 6 p.m. on ESPN and concludes on Tuesday . . . I'll be watching to see if Connecticut can win two more games and the title, en route to a winning streak that could well stretch to 78 games by the beginning of next season . . . the real question is whether this team can then surpass the UCLA men's team record of 88 consecutive wins.

FOR THE REST OF THE STORY:

Read this excellent article on what happens when a college team doesn't win:

<http://tinyurl.com/ybcjahy>

There's a great quote in it from Royce Waltman, shortly after he was fired as the coach at Indiana State:

"If you get fired for cheating, you can get hired right back again," he said. "If you get fired for losing, it's like you've got leprosy, so young coaches need to bear that in mind. Cheating and not graduating players will not get you in trouble, but that damn losing . . . "

6. Three candidates

Three candidates graduate from the Philadelphia Police Academy: an Italian, a Jew, and an Irish fellow. They are told they will meet with a captain to get their assignments.

When they meet with the captain, he tells them he will meet with each individually to ask a question that will help with their assignments. He asks Lou, the Italian fellow: "Who killed Jesus Christ?"

Lou replies, "We all know the Jews killed Christ."

The captain thinks, "Oh, boy. I can't send this guy to Northeast Philly because the Jews there would never accept him."

He then asks the Jewish guy, Ben, the same question. This time the response is: "The damn Romans killed Christ."

The captain again thinks that he can't send this man to South Philly with the Italian population.

Finally, he calls in Sean, the Irish fellow and asks him the question. Sean rubs his chin, then rubs his cheek, obviously in deep thought. After 40 minutes the captain tells Sean to go home, think about the answer, and he'll talk with him the next day.

When Sean goes home, his wife asks, "How was the first day on the force?"

Sean says, "It was great, hon. The men and women are really great to work with and the captain is a real nice guy. But there only one thing that bothers me. It's my first day on the job, and they already have me working on a murder case."

SPECIAL THANKS to Tom in Pennsylvania:

He told me the above, as only he can; i.e., with fantastic accents . . . and was then gracious enough to type it up for me.

7. Websites

A. Ever hear of Patrick Hughes? If not, please view this clip:

<http://www.youtube.com/watch?v=-qTiYA1WiY8>

It's guaranteed to make you feel grateful for all that you do have!

B. Even if you don't think you are interested in "the future of book publishing," please click:

<http://tinyurl.com/ydyo2ka>

What's neat about this website is that it applies to so many other things that are happening in our daily lives . . . the key: How you view any particular situation! (Make sure you play

it through the end.)

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

<http://www.blaineworld.net>

If you're new to the website and want to see what it's all about, read what's in the box at the very top of the homepage.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Spam seems to be getting worse lately, so heed this warning from the old HILL STREET BLUES show: Be careful out there.

Here are three recent examples that have come to my attention:

* Something with the subject line "Hi" that came from several folks that I knew.

Then there was a bogus website in the bottom of the email.

I was pretty sure that this was garbage, in that there was no other message in either the subject line or the body of the email. When you write me or others, always give more information.

* Another subject line "Hi" contained an invitation to something known as the Live Health Club.

The two different individuals who sent me these invites knew nothing about them, nor the Live Health Club . . . furthermore, if you ran your mouse over both the accept and reject buttons, you'll see that it goes to the same website--further proving this is garbage.

For more information, please click:

http://www.fi-magazine.com/Forum/topic.asp?TOPIC_ID=4581

* Something with "no subject" in the subject line.

This, too, had a bogus website in the bottom of the email.

The tipoff was the fact that there was nothing in the subject line . . . I make it a point to never respond to such emails. By the same token, if I see "FW" in the subject line, I rarely respond.

TO PREVENT THESE TYPE THINGS FROM HAPPENING:

1. Don't respond to email unless you know exactly what you are responding to and who it is from. If not sure, email back the person directly.
 2. When you send out email, make sure you use the "blind copy" option; i.e., so you don't show everybody's email address. This is nobody else's business and all you are doing is give spammers more email addresses to use.
 3. Beware of "unsubscribe" options. Unless they come from a legitimize course, all they do is give spammers the indication that you'll respond to anything you are sent. Thus, you go on an even more valuable list; i.e., a sucker's list.
 4. Avoid Facebook invites to subscribe to various applications. Doing so often allows access to your address book, something you want to avoid like the plague.
-

9. Can you help me?

A woman in a hot air balloon realized she was lost. She lowered her altitude and spotted a man in a boat below. She shouted to him, "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The man consulted his portable GPS and replied, "You're in a hot air balloon, approximately 30 feet above a ground elevation of 2346 feet above sea level. You are at 31 degrees, 14.97 minutes north latitude and 100 degrees, 4909 minutes west longitude."

She rolled her eyes and said, "You must be a Republican."

"I am," replied the man. "How did you know?"

"Well," answered the balloonist, "everything you told me is technically correct, but I have no idea what to do with your information, and I'm still lost. Frankly, you've not been much help to me."

The man smiled and responded, "You must be a Democrat."

"I am," replied the balloonist. "How did you know?"

"Well," said the man, "you don't know where you are or where you're going. You've risen to where you are, due to a large quantity of hot air. You made a promise that you have no idea how to keep, and you expect me to solve your problem. You're in exactly the same position you were in before we met, but somehow, now it's my fault."

10. A quote I like

Fess Parker (1924-2010), American film and television actor best known for his 1950s portrayals of Davy Crockett and his late 1960s portrayal of Daniel Boone, posted his on his website shortly before his recent death:

"Some of you may have surmised that the last year or so have been a little rough on me healthwise. Even as I write this, I happen to be in the very capable hands of the team at Cottage Rehabilitation Hospital in Santa Barbara. I can assure you that I am in no great danger; in fact, I haven't felt as good as I do today in quite some time. I appreciate your emails and letters very much . . . thank you for taking the time to write.

"As a bonafide octogenarian I can tell you that with each passing day, your family will become more and more important to you. Work at those relationships and make the time to spend time with those you love. I can assure you that you won't be sorry."

11. Thought for the day

Hope

Join hands across the world. Join hearts across the world.
Put aside differences.

Appreciate that we are all beings of love wanting love and needing love.
Look at each other with love and hope, not with hate and despair.

Do not judge, just accept.

Wrap positive thoughts around each other for comfort and warmth. Come out of the cold and dark to the sunlight of hope.

Grow with vibrations of peace and spread them to everyone.

Strength comes when wisdom is gained. Every path leads to a solution.
It is an inspiration to help all to the path where inner peace resides.

Love is a powerful word that needs to be heard and felt by many. Many have

been on a hard-traveled road. There is hope for all beings. The beacons of the light of love bring hope to those who have no hope at all.

To see souls reach and feel their own inner strength and harmony is love in itself. Faith is a starting place.

Gentleness will occur on all levels. A peaceful approach to achievement will be everlasting.

Attainment to one's purpose will unfold with every step and every breath taken.

Be a transmitter of love and hope will occupy your heart.

SOURCE:

ANGEL PRAYERS by Sally Sharp

12. Advance planning department

A. New Jersey/Pennsylvania events:

* Screening of film, THE NEW PART METROPOLIS, a two-part documentary about America's "first" suburbs and the crisis these suburbs will be facing. A panel discussion will follow.

Tuesday, April 6 at 12:30 p.m.

12:30 p.m. in the Fireside Lounge at Bucks County Community College

* How to Win at the Furniture Store: End Buyers Remorse, Get What You Love & Stay On Budget

Teleseminar on Thursday, April 8 at 7:30 p.m.

FREE to BLAINESWORLD readers . . . for details, see this email from Donna Hoffman (the talented person running the above):

Let me add that I'm also waiving the registration fee for my May and June teleseminars as well . . . just go to my website:

www.interiorsbydannahoffman.com/seminars

and click on "Register." Use the coupon code "SPRING" to waive the registration fee. You'll get an automatic response with the information you'll need to connect to the call.

Any questions, please message me or email my assistant, Alison at alioxman@optonline.net.

* Come help us celebrate the publication of Carol Denker's new book AUTUMN ROMANCE: STORIES AND PORTRAITS OF LOVE AFTER 50.

Wednesday, April 14, at 5:30 p.m. at Philadelphia's Central Library

Meet the author, the book designer, some of the wonderful photographers. Five of the couples featured in the book will be Guests of Honor, including my good friends Ivan and Natalie (who are also featured in the book).

For more information, please click:

<http://tinyurl.com/yaqzsa>

* 11th annual Media Day Forum at Bucks County Community College on Wednesday, April 14, at 10 a.m. . . . for more information, please click:

<http://www.bucks.edu/journalism/mediaday2010.htm>

* The Actors' NET of Bucks County continues its fourteenth season with a staging of Eugene O'Neill's stunning masterwork, A MOON FOR THE MISBEGOTTEN. In 1920s Connecticut, sly Irish farmer Phil Hogan

plots with his homely daughter, Josie, to have her seduce their boozy friend and landlord, James Tyrone, who inherited the farm but struggles as a stage actor due to his debauched lifestyle. Directed by Cheryl Doyle. Starring Kyla Marie Mostello as "Josie Hogan," Chuck Donnelly as "James Tyrone" and Joe Doyle as "Phil Hogan."

Featuring Eric Wishnie as "Mike Hogan" and Matthew Whiteside as "Mr. Harder." Set, sound and costume design by Cheryl Doyle. Lighting design by Andrena Wishnie. Admission, \$20 for adults, \$17 for seniors and \$10 for children under 13. Rated PG-13.

April 16-May 2, 2010.

Fridays and Saturdays at 8 p.m., Sundays at 2 p.m.

The Morrisville Heritage Center, 635 North Delmorr Avenue (Route 32),
Morrisville, PA 19067.

To reserve: Call The NET box office at 215-295-3694 or email
actorsnet@aol.com.

B. North Carolina events:

* In support of Small Business Week, SCORE is offering this seminar:

Search Engine Optimization

Tuesday, April 20 from 11 a.m.-Noon

Free

Location: Federal Building on Patton Avenue (must present Photo Identification
& go through Security)

Presenter: Don Sinclair

This seminar is designed for those already in business who have websites
or are contemplating developing one. The seminar will discuss the ins
and outs to get the most out of search engines that drive people
to your website.

* Thursday, May 6 in the evening/HOLD THIS DATE

Yours truly will be presenting on "Positioning: Differentiating
Yourself from the Competition."

Locate: A-B Tech (Enka campus)

Details to follow.

PS. It's that time of year again; i.e. to join me in celebrating all
holidays . . . you get more great food that way and, also, get
to spend time with friends and loved ones . . . so my hope
is that you get to have a Happy Passover and/or a Joyous
Easter . . . in addition, while doing so, make sure you get
to eat some chocolate-covered macaroons for the former
holiday and chocolate-covered Easter bunnies for the latter one.
(YUM!)

Methinks that we also need to pray for the folks affected
by the earthquake in Haiti, as well as for our remaining soldiers
in both Iraq and Afghanistan . . . while we're at it, include those in Israel
and her neighbors who are seeking peace . . . and perhaps most
importantly: Make it a great week, too!

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BLAINESWORLD

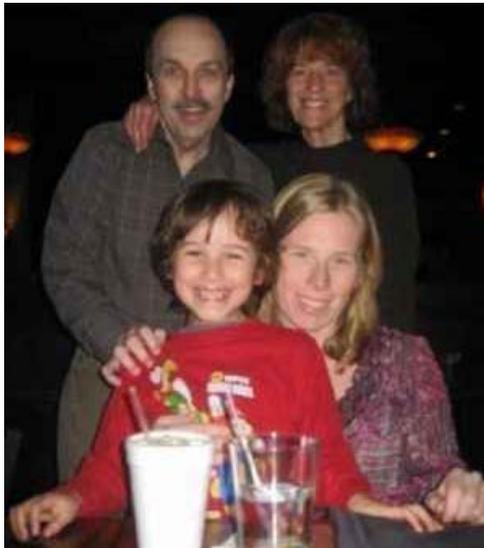
BLAINESWORLD
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3.22.2010

In this issue:

1. Reflections
 2. FYI
 3. On getting stuff (according to comic Emo Phillips)
 4. Reviews . . . SHE'S OUT OF MY LEAGUE, etc.
 5. TV alert
 6. Important health notice
 7. Websites
 8. Computer tip
 9. Retirement
 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 celebrated our friend (and neighbor) Julia's birthday with a bunch of our neighbors . . . we all got together for dinner at Pomodoros on Long Shoals Road, and a good time was had by all . . . the food was also excellent, as it always is when you go to this particular restaurant.



That's Julia with Conor in front; we're in the back. (Photo courtesy of Marilynne Herbert.)

In addition, we finally found a good delicatessen somewhat in the area: Frank's NY Deli in Arden.

Sandwiches are bountiful, as well as tasty . . . best of all, Frank makes his own bread (rye, sourdough, etc.) and sauces daily . . . he's a real nice guy, too . . .for more information, call 828. 687.7474.

And lastly, we discovered a new massage therapist who comes to our home: Tera Broughton . . . she was especially helpful to us over the past few weeks, helping treat our colds via a combination of reflexology and use of essential oils.

Tera also gives a great full-body massage . . . for more information, call her at 828.768.7090.

B. To clarify something I mentioned last week, I'm in the Asheville Citizens Police Academy . . . that does not mean I want to be a police officer; rather, I'm part of a group of citizens who meet weekly to become better acquainted with the fine work done by the Asheville Police Department.

This past week, we heard an informative presentation from Bill Hogan--the Police Chief . . . he got us thinking as if we were the police chief and, in doing so, made us aware that the job is not an easy one (though it certainly is interesting).

I also appreciated these points he made:

- * The day we say "we've arrived" is the day we start falling behind.
- * There is no right way to do a wrong thing.
- * You value what you do, you do what you value and if you don't do it, you don't value it.
- * The Asheville Police Department's guiding principles (that you'll see all over the place): Integrity, Fairness, Respect and Professionalism.

C. During the week, I also:

- * Joined my friends Brian and Carole to see their daughter Jenna in an outstanding production of WORKING, put on by the Carolina Day School.



Prior to the show, we ate at Travinia Italian Kitchen; 828.684.8060 . . . portions were generous, and I enjoyed my pasta bolognese though it was just a tad bit on the spicy side . . . my accompanying salad was excellent.

- * Heard Barry Widen enlighten our Biltmore Lake community of the subject of health care options.



One good bit of advice that he shared: Check any existing long term care policies you may have; e.g., for the number of days you have to wait until you get coverage . . . his recommendation: 30 days in most situations.

What I'll most remember, however, is how he began his remarks . . . he urged all those in attendance to "turn on your cellphones and PDAs, so you can feel free to take all the pictures you want." It got everybody laughing.

Barry can be contacted at 828.225.4481.

His wife Debbie contributed to the evening's success as a result of baking some mouth-watering cookies and brownies.

* Judged a Spelling Contest at the Asheville Middle School . . . I'm just glad that my role was that of scorekeeper--and not that participant . . . some of those words, make that many of those words, would have been difficult for me to spell . . . KUDOS to Jo Peterson Gibbs, my Leadership Asheville classmate, for her role in running the event and making it the success that it was.

D. Over the past several weeks, I've had the pleasure of observing many SCORE (Senior Corps of Retired Executives) counseling sessions . . . I've learned from them all and, now as a result, am officially allowed to do counseling for this fine organization.

So if I can be of assistance to you and/or your company, give a holler . . . there is NO CHARGE for my help!

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

This week, it goes to Dale Jones--my SCORE mentor.

Dale was the guy who met with me several times to "show me the ropes" . . . he let me sit-in on one of his counseling sessions, joined me for observing others and helped me learn SCORES's computer system.

He did all he above with both grace and professionalism . . . in addition, he answered all my questions . . . and still continues to do so, even though his service as my mentor has officially concluded.

Prior to becoming active in SCORE, Dale had 26 years experience in the lighting industry, 18 of which involved international sales and sourcing in the Far East, Germany, France, Latin America and the Caribbean. He was also president and CEO of his own lighting company, which designed, manufactured and marketed task lighting for offices and 911 centers.

2. FYI

Lisa John Mandell in CAREER COMEBACK (see also Section 4C) shares this useful information about how you should use Facebook or any other social networking site:

Post away! Frequently (at least two to three times per week) post updates on your own wall, and make comments on your friends' walls. Beware of what you post, however. Mundane postings like "Lisa is happy" or "Lisa is home from work" will cause people to ignore you. If I were to write messages like "Lisa is going to bed now" on my wall, people would start snoring right along with me. But friends love to read about amusing, ironic, or bizarre things that happen to you, and your original or radical opinions are always fun to read. Because I'm an author and film critic, I also like to post (short) opinions of books I've read or film I've seen. When I hear something that surprises or delights me, I post that. In turn, when someone else posts something surprising or delightful, I comment on it. The more you write clever things on other people's walls, the more exposure you get. If you recently got laid off and/or are looking for work, comment on your own search, and ask others for their advice and opinions. You never know: One of your friends might have a friend who has a friend who can help you out.

FYI, part 2

* Who said there's no such thing as a FREE LUNCH?

If you're in the Asheville area, you can get one at my favorite local restaurant: Sushi Thai on 3 Biltmore Ave. . . . just send an email to: bginbc@aol.com and put FREE LUNCH in subject line . . . I'll then send you a coupon that you can use.

* Chris in Pennsylvania:

I read with interest the bit about you getting involved with the citizen police force. Being in a quasi-law enforcement career myself, I find observations skills to be very important, and want to impress this upon you as well. Please watch the attached to see how observant you are:

<http://www.youtube.com/watch?v=Ahg6qcgoy4>

* Twelve months of SKI magazine for FREE:

<http://www.valuemags.com/freeoffer/freeoffer.asp?offer=Ski-RDC.asp>

* World's best job: honeymoon tester

Runaway Bride and Groom, a travel agency that specializes in "weddings in Ireland, weddings abroad and luxury honeymoons" has teamed up with THE IRISH TIMES, and says they are "looking for the right person (and their partner) to research and test out the most romantic and ultimate wedding and honeymoon destinations all over the world and then report back with their verdict (on the place, not the partner!) to their boss, 4,000 miles away." For more information, please click:

<http://tinyurl.com/yh3w95o>

* Lori in Pennsylvania:

Saw The Runaways. It had good music in it. It kept my interest, but I say wait for the DVD.

* Debbie in New York:

I have registered for AIDS Walk New York and am very excited about the event! I have set an ambitious fundraising goal and I need your help in order to reach it!

Even though there has been success with drug treatments that are prolonging some people's lives, they don't work for everyone. These treatments can also take their toll physically, and for many cause awful side-effects. I am also concerned that so many young people in New York City are getting infected. There is a dire need for comprehensive prevention programs and services that target youth in their language. And above all, there is still no cure in sight.

I would really appreciate your help. Please sponsor me for AIDS Walk New York. Just click on the link below to visit my personal fundraising Web page. It's fast, easy, and safe to make a donation online with a credit card, debit card, or PayPal!

<http://aidswalknewyork2010.kintera.org/debbieo?faf=1&e=3256474762>

Thank you for supporting AIDS Walk New York!

* Bob in New Jersey:

This is worth a few minutes:

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

* Susan in New Jersey:

These singers are all anesthesiologists in Minnesota and they can really sing. They are also funny. Here they sing "Waking up is hard to do."

HOPE YOU ALL ENJOY, SPEAKERS ON!

<http://www.youtube.com/watch?v=WOrcLJ2IE0&>

* John in New Jersey, responding to this recent BLAINESWORLD item:

News flash . . . A thief broke into the local police station and stole all the toilets and urinals, leaving no clues. A spokesperson was quoted as saying, "We have absolutely nothing to go on." (THANKS to Jean Dolan for alerting me about this development.)

They are following the paper trail now Now it turns out that the thief was a woman. The cops are so mad, they may SEWER.

It was a tough case, but now that they have caught her, the police chief is FLUSH with success!

Uhoh . . . late breaking development. . . . due to a legal technicality, the case may go down the drain.

And that's a shame because they thought they had put the lid down on what the press is calling the Crapper Capers

OK . . . one more because everyone is making such a STINK about it!

Apparently, the cops were able to catch the culprit so fast because she was turned in by a STOOL Pigeon

* Chris in Pennsylvania also chimed in:

When the contractor installed the new urinals the chief had them put on the wall a couple of inches higher, the chief felt that this would keep his officers on their toes.

* Glenn in Pennsylvania highlighted the original stuff and added his thoughts:

7. A dog gave birth to puppies near the road . . . and was cited for littering. (Should have kept the leash on the Bichon.)

9. Two silk worms had a race. They ended up in a tie. (Knot nice!)

19. The man who survived mustard gas and pepper spray is now a seasoned veteran. (I know I'm not currying favor with my puns.)

20. A backward poet writes inverse. (You know, they read poetry every Saturday at the Riemann Theatre?)

22. When cannibals ate a missionary, they got a taste of religion. (One thought he was a priest who tasted like tough chicken . . . turned out he was a Friar. Tuck that in your robes!

And a few very painful, less educated puns that you can only blame on me:

And when Larry peddled his bike too slow, and was run over by the eraser truck --- they determined that he had been rubbed out . . . he just couldn't get the lead out!

When thoughtful pens have children they are called inklings.

The minister "in-furred" that Neanderthals were living in original skin.

The 2 fleas were Noah's ark enemies.

They said the skunk used his nose to find his home, but turned out he was just following instinct.

3. On getting stuff (according to comic Emo Phillips)

When I was a kid, I used to pray every night for a new bike. Then I realized that the Lord doesn't work that way. So I stole a bike and asked Him to forgive me.

4. Reviews

A. SHE'S OUT OF MY LEAGUE is a feel-good comedy that has Jay Baruchel (a scene stealer in both TROPIC THUNDER and KNOCKED UP) in his first starring role as a normal guy with average looks and an average guy who can't believe it when a beautiful woman is attracted to him . . . his friends can't believe it either . . . I liked it and will long remember one scene that let's just say I can't revel here because of the fact that there are some younger folks who might be reading this missive . . . rated R.

B. THE BLIND SIDE is now out in DVD format . . . my review from BLAINESWORLD #686 follows:

A few years ago, I read THE BLIND SIDE by Michael Lewis . . . it was one of my favorite books of the year . . . now, after seeing the movie version that has the same title. I'd have to say that it's going to go on my list of favorites for this year . . . it is the true story of Michael Oher, a homeless youngster from a broken home, taken in by the Touhys--an affluent white family, who help him . . . Sandra Bullock does her best work in quite some time as the mother of the Oher character (well-played by Quinton Aaron, a virtual newcomer) . . . rated PG-13, though appropriate for any boy over 9 . . . females will like this film, too.

UPDATE:

I'm glad that Bullock won the Oscar for her work in this film; she deserved it as you'll see when and if you rent it.

C. Entertainment journalist Lisa Johnson Mandell received a rude awakening when her husband told her, "Honey, you look old." . . . He was referring how she came across on her resume (not in person), but still, Mandell came to the realization that she needed to change how she came across to others.

Her book, CAREER COMEBACK (see also Section 2), evolved as a

result . . . its subtitle says it all: REPACKAGE YOURSELF TO GET THE JOB YOU WANT.

Mandell presents 10 useful strategies that can make you stand out and help get any midcareer job seeker both noticed and on the payroll . . . I particularly like how she used many real examples, often featuring people she knows and/or even herself.

Some of the advice I had never even thought about before; e.g., this one tidbit:

* The number one mistake people make when submitting their resumes by e-mail or online? Titling their Word resume document simply "Resume.doc." How is an employer, dealing with a long list of attachments from many applicants, supposed to organize and process resumes quickly and efficiently when they all have the same title? Always, always use your own name when you title your resume, something like "Lisa Johnson Mandell.doc." Many employers just delete all submissions simply slugged "Resume" and move on, figuring if job candidates are not savvy enough to properly label their most precious submissions, how are they going to handle work files at that particular company?

The author also had this excellent suggestion for cover letters:

* So let's begin at the beginning. Rather than starting with "Dear," "To Whom it May Concern," or, heaven forbid, "Hi," it's best to begin your letter with "Greetings"—it avoids awkwardness and is always appropriate, especially when you don't know the name of the person who is going to process your letter and resume. Plus, if a person named something like Lynn Swanson is to receive your resume, you don't know if it's a male or a female, so "Mr. or Ms. Swanson" is out, and "Lynn" is too informal for a first contact.

Mandell even shares information on what to do when you get asked certain interview questions:

* I'd be willing to bet that anyone who has ever been to a job interview has had the misfortune to be asked by a lame interviewer, "So what kind of a salary are you looking for?" That is usually an inappropriate and unprofessional question, and it puts you in the most awkward of positions, but you can't stop anyone from asking it. You squirm, because you know that if you state a figure that's too high, they may write you off and hire someone else who comes cheaper, and if you state a figure that's too low, they may try and take advantage of you by hiring you for less than they'd intended to pay you. It's inappropriate to answer that question with a question, something like, "I'm not sure yet what the positions. What salary range are you offering?" If pressed, an all-encompassing answer could be, "It's negotiable, depending on the responsibilities for the position and the benefits that go with it." Don't let anyone intimidate you into stating the first number.

CAREER COMEBACK is excellent for anybody seeking something other than his or her first job . . . my only criticism with it has to do with the fact that it is directed at women, which is too bad in that many men could benefit from a book of a similar nature. . . I also think that the publisher should have made the female-only approach clearer on the cover . . . it wasn't until I got to page 75 that I realized much of the information (from that point on) was not directed to me.

D. Heard the excellent program, MENTAL TOUGHNESS TRAINING: COMMANDING IDEAL PERFORMANCE AT WILL--written and read by James Loehr and Peter McLaughlin.

It shows how you can apply basic principles in whatever you do; i.e., if you wish to have less stress and more success in your life . . . though there were many sports-related examples (based largely on Loehr's work as a world-renowned performance psychologist), virtually anybody could benefit from such advice as the following two tidbits:

* [given to Tim Gullickson, a tennis player who was having trouble winning tiebreakers] Say, "I love tiebreakers" to yourself for 25 times a day. Do this for a month. Also, put a sign on your bathroom mirror with the same message. Gullickson thought this was ridiculous, but his performance did improve as a result.

* Use your voicemail to give yourself a positive message. Call in a message early in the day, then listen to it later on.

I like these so much, in fact, that I'm going to be trying both of them myself in the near future.

And why not? As the authors point out:

* The best prediction about how well you're going to do in life is your level of passion.

So if I can do certain things to increase my passion level, and if those

things are easy to do (and cost me nothing to implement), then I certainly plan to start doing as much MENTAL TOUGHNESS TRAINING as I possibly can.

TO OBTAIN THE ABOVE:

This program is available for purchase or rental . . . if you want to get it, please click:

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

I am a longtime member of the Achievement Library . . . this a great way to hear CDs or view DVDs.--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.

5. TV alert

A. DANCING WITH THE STARS has its season premiere on Monday at 8 p.m. on ABC . . . I'll watch the first show to see how Shannen Doherty, Kate Gosselin and Pam Anderson all do, along with 80-year old Buzz Aldrin.

B. JUSTIFIED stars Timothy Olyphant as a deputy US. marshal who has a smart and sexy dark humor . . . as TV GUIDE notes, it's an "instant classic . . . [it's] cool. It is hot. And it is great." . . . Tuesdays at 10 p.m. on FX.

C. JAMIE OLIVER'S FOOD RESVOLUTION has the British chef attacking unhealthy cafeteria fare . . . Friday at 9 p.m. on ABC.

D. THANKS to Tena in North Carolina for telling me about LIFE . . .it's a wildlife series that will have your family wondering: How in the world did they catch that on camera? . . . Sundays at 8 p.m. on DISCOVERY . . . for more information and video clips, please click:

<http://dsc.discovery.com/tv/life/>

6. Important health notice

As you know, there is a possibility of another outbreak of swine flu during the next few months of flu season. In order that you may be on the alert for indications that you or members of you family may have contracted the Swine Flu Virus, you should be aware of the following symptoms associated with this disease:

1. Sore throat.
 2. Slight headache.
 3. Moderate to high temperature.
 4. Nausea or upset stomach.
 5. An uncontrollable urge to screw in the mud.
-

7. Websites

A. Guess I've arrived? Glenn Beck has now personally attacked me:

<http://tinyurl.com/ye3zq3a>

THANKS to John in Georgia for sharing this information with me.

B. And THANKS to Rich in Pennsylvania for sharing this oldie but goodie from THE DATING GAME:

<http://www.youtube.com/watch?v=qpy5AZsEnLg>

Points out you can never be tooooo safe when it comes to folks you don't know very much about!

C. BLAINESWORLD, the website, remains up and running . . . to view

it, please click:

<http://www.blainesworld.net>

If you'd like to see the books that I have reviewed and generally liked, go to "Blaine's Best" on left and then click the second paragraph of letter "O."

As you can see, I'm an amazon.com "Top 500 reviewer" . . . if you would like to help me move up in the rankings:

1. Go to this website:

<http://www.amazon.com>

2. Choose some book I recently reviewed; e.g., POISONED PENS.

3. Believe my review is the second one. Read it.

4. If you find it helpful, then click YES when given that option.

5. Thanks in advance!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

THANKS to Elaine in New Jersey for sharing this one:

I received an email telling me not to push the F1 key if prompted. I confirmed it with Snopes at the following link:

<http://www.snopes.com/computer/virus/f1key.asp>

Apparently this is something new that has just come out.

MY TWO CENTS:

This points out still another reason not to use Internet Explorer as your browser. I switch to Firefox several months ago and have been very pleased with that decision.

9. Retirement
by Anonymous

If you are planning retirement, let me share retirement experiences with you, which I hope will be helpful.

Fifteen years ago my wife and I moved into a retirement development on Florida's Southeast coast--The Delray/Boca/Boynton Golf, Spa, Bath and Tennis Club on Lake Fake-A-Hatchee. There are 3000 lakes in Florida; only three are real.

Our biggest retirement concern was time management. What were we going to do all day? Let me assure you, passing the time is not a problem. Your days will be eaten up by simple, daily activities. Just getting out of your car takes 15 minutes. Trying to find where you parked takes 20 minutes. It takes 1/2 hour on the check-out line in and one hour to return the item the next day.

Let me take you through a typical day. We get up at 5:00 a.m., have a quick breakfast and join the early morning "Walk and Talk Club." There are about 30 of us, and rain or shine we walk around the streets, all talking at once. Every development has some late risers who stay in bed until 6 a.m. After a nimble walk avoiding irate drivers out to make us road kill, we go back home, shower and change for the next activity.

My wife goes directly to the pool for her underwater Pilate's class, followed

by gasping for breath and CPR. I put on my "Ask me about my Grandchildren" T-shirt, my plaid mid-calf shorts, my black socks and sandals and go to the clubhouse lobby for a nice nap.

Before you know it, it's time for lunch. We go to partake of the many tasty samples dispensed by ladies in white hairnets. All free! After a filling lunch, if we don't have any doctor appointments, we might go to the flea market to see if any new white belts have come in or to buy a Rolex watch for \$2.00.

We're usually back home by 2 p.m. to get ready for dinner. People start lining up for the early bird about 3 p.m., but we get there by 3:45 p.m. because we're late eaters. The dinners are very popular because of the large portions they serve. You can take home enough food for the next day's lunch and dinner, including extra bread, crackers, packets of mustard, relish, ketchup and Sweet-and-Low along with mints.

At 5:30 p.m., we're home ready to watch the 6 o'clock news. By 6:30 p.m., we're fast asleep. Then we get up and make 5 or 6 trips to the bathroom during the night, and it's time to get up and start a new day all over again.

Doctor related activities eat up most of your retirement time. I enjoy reading old magazines in sub-zero temperatures in the waiting room, so I don't mind. Calling for test results also helps the days fly by. It takes at least half an hour just getting through the doctor's phone menu. Then there's the hold time until you're connected to the right party. Sometimes they forget you're holding, and the whole office goes off to lunch.

Should you find you still have time on your hands, volunteering provides a rewarding opportunity to help the less fortunate. Florida has the largest concentration of seniors under five feet tall and they need our help. I myself am a volunteer for "The Vertically Challenged Over 80." I coach their basketball team, The Arthritic Avengers.

The hoop is only 4 1/2 feet from the floor. You should see the look of confidence on their faces when they make a slam dunk.

Food shopping is a problem for short seniors or "bottom feeders" as we call them, because they can't reach the items on the upper shelves. There are many foods they've never tasted. After shopping, most seniors can't remember where they parked their cars and wander the parking lot for hours while their food defrosts.

Lastly, it's important to choose a development with an impressive name. Italian names are very popular in Florida. They convey world traveler, uppity sophistication and wealth. Where would you rather live? Murray's Condos or the Lakes Of Venice? There's no difference. They're both owned by Murray, who happens to be a cheap bas*ard.

We hope this material has been of help to you future retirees. If we can be of any further assistance, please look us up when you're in Florida. We live in the development of: On Top Of The World Communities in Ocala on SR 200.

10. A quote I like

Sometimes our light goes out but is blown back into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.--Albert Schweitzer (1875-1965), Alsatian German-French theologian, musician, philosopher and physician

11. Thought for the day

Who are you listening to?
by Jim Donovan*

Have you ever noticed that there is no shortage of people willing to give you advice, whether or not you asked for it? I've developed some simple rules about from whom I will accept advice and suggestions.

I do not ask for health advice from people who are sick, I do not ask for financial

advice from people who are broke and I do not ask for business advice from people who are not in their own business.

Over the years I've watched hundreds of people go into a business venture and excitedly tell their family and friends about their new enterprise. Big mistake! How many of your friends and relatives own their own business? Probably few or none.

While they may be well intentioned and have your best interests at heart, their lack of knowledge and their own fears can sabotage your new venture.

If you want advice or input about a business, find someone who is successfully running their own business and ask them. Ask several people so you can obtain an objective view. When your choosing mentors or role models, be sure to seek out those people who have been there. Chose people who have "walked the walk" and have succeeded in doing what you want to do.

This applies as much to health, finance, education, relationships and pretty much any area of your life. If you want to be fit and healthy, do not seek advice from someone who is overweight, a smoker, and sick all the time.

Find a fit and healthy person and model them. I know this sounds overly simple and obvious, but it never ceases to amaze me how many people are listening to and even following the advice of people who do not know what they are talking about.

They are sadly listening to the person who is stuck in a dead-end job telling them why a business idea will not work.

They are listening to an overweight, sick person who is telling them that taking vitamins is a waste of money and they are listening to the person who is living paycheck to paycheck telling them how to become wealthy.

To ensure your success, make sure your role models are demonstrating in their own lives, the qualities you seek to develop.

If you want to learn the exact process that I used to change my life and create by life I know enjoy, take a look by clicking:

<http://www.jimdonovan.com/life>

* This was Jim's May 19th blog entry. It has been reprinted with his gracious permission. Should you want to reach Jim for his excellent coaching and/or for any other reason, he can be reached at 215.794.3826; email: jim@jimdonovan.com.

12. Advance planning department

A. New Jersey/Pennsylvania events:

* BE THE MEDICINE--BEGIN AT THE BEGINNING

Saturday, March 27
10:30 a.m.-5:30 p.m.
\$100
Location: 18 Bank St., Suite 300, Morristown, NJ

For more information or to register, contact Janet StraightArrow at Janetoasis@aol.com or 973.647.2500.

* BEAR MEDICINE
Energy Exchange - \$60.00
March 27 from 10:00 a.m.-4 p.m.
Location: Landenberg, PA

Bear is a stunning teacher who shows us how to go into the "delicious dark" of the cave of our hearts to renew, regenerate and fill-up with Spirit and healing. Then like the Bear does in the Spring, she teaches us to take what we have learned or birthed in the delicious dark of our caves out into the world - to bring our gifts or creations into manifestation. We will learn through story, ancient drum rhythms, shamanic journey, guided visualization and simple sacred dance.

To register, please contact Cyndy at 610.2743109 or email SnakeDancer@RhythmOfTheEarth.com.
For more information, please visit:

<http://RhythmOfTheEarth.com>

* Final reminder:

On Wednesday, March 31, I'm speaking on "The Passion Test" at Bucks County Community College at noon . . . the presentation, based on a book with the same title, is designed to help folks discover what it is they should be doing in life . . . if you'd like to be my guest at this session, send an email to bginbc@aol.com and put PASSION TEST in the subject line.

* Also at Bucks County Community College:

Holocaust Remembrance on Thursday, April 1 at 12 p.m. in the Gateway Auditorium . . . Auschwitz survivor David Tucks will share his experiences at this concentration camp and a group of veterans will present a slide show of their liberation of the camp after World War II.

B. North Carolina event:

* Accounting for non-accountants, sponsored by Asheville Score

March 27, 2010- Saturday: 8:30 a.m.-1 p.m.

Location: A-B Tech, Enka campus

Registration: \$30.00

Save \$5 by pre-registering:

<http://www.ashevillescore.org/registration.htm>

PS. Methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD

#702

3.15.2010

In this issue:

1. Reflections
2. FYI
3. Getting acquainted
4. Reviews . . . AN EDUCATION, etc.
5. TV alert
6. Three nuns
7. Websites
8. Computer tip
9. Puns for the educated (and not so educated), Part 2 of 2
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I make it a point to celebrate the 13th of every month . . . that helps us remember our first date (at Pheasants Landing in Hillsborough, NJ, on 12.13.03) . . . we typically exchange cards, then get together for dinner out and/or a movie, show, etc.

Our most recent "celebration" on the March 13 was particularly memorable, in that we spent virtually the entire day and weekend in bed!

Before you get toooooo scandalized, let me add some details . . . I first was hit with a virus that had me sneezing away, almost without interruption, for two days . . . then just as I was recovering, Cynthia got hit with a stomach virus that knocked her out of commission for a similar amount of time.

The good news is that we're both on the way to better health . . . and looking forward to two other very important dates for us: July 10, our anniversary (this coming July we will have been married five years!) AND today (whatever the current day is), given that we both contend that what's happening to us any given day is perhaps the most important thing in our respective lives!

B. I'm very proud of Cynthia . . . she has recently become a big sister to Amanda, an adorable 9-year old . . . also, once a month, she volunteers her time to lead a movement class for seniors at the Jewish Community Center in Asheville . . . and in her "spare" time, she recently led a course at our association's clubhouse; it was based on the THIN WITHIN book and philosophy.

C. Personally, I was honored to have been chosen for this year's Citizens Police Academy--run by the Asheville Police Department . . . it is a 12-week program, during which time I'll be studying such topics as Defensive Tactics, Patrol Tactics, Firearms, Internet Investigations, Drug Suppression, Forensics, Fingerprinting and Property.

Our first session this week was a tour of the Asheville Police HQs; it was an eye-opener.

KUDOS to Officer Allen Dunlap for coordinating such an informative program.

Furthermore, I feel that I've "arrived" as a Western North Carolina native because of my first trip to a Waffle House . . . the folks who work at the one nearest to me (210 Smokey Park Highway; 828.665.1500) couldn't have been nicer . . . I liked my chocolate chip waffle, and the price of it couldn't be beat.

D. CORRECTION:

THANKS to Robin in Pennsylvania, along with several other readers, who pointed out a mistake that was made in last week's newsletter . . . I'll still be coming "up North" at the end of March . . . but the day and date of the seminar I'll be presenting is as follows:

Blaine Greenfield: Save the date! Admin Employees Committee

Save the date!

Wednesday, March 31, 12:00-1:00. Tyler Hall: 128 at Bucks County Community College

Blaine Greenfield, Professor Emeritus of the Business Studies Department (now residing in North Carolina) will present to the Administrative Employees' Brown Bag Lunch audience on the book *The Passion Test: The Effortless Path to Discovering Your Destiny* by Janet Bray Attwood and Chris Attwood.

A reviewer writes: This book helped to set me on the path of living my passions in my career and personal life. I recommend this book to anyone struggling to find the passion in life. More info on the book is to be found here:

<http://www.thepassiontest.com/TPT/Home/index.cfm>

There is no need to have read the book to fully enjoy Blaine's talk; those who know Blaine know that we have a treat in store. This is an open, brown bag lunch: all staff and faculty are welcome.

***** IF YOU'D LIKE TO ATTEND (and haven't already responded) *****

Send an email to bginbc@aol.com and put PASSION TEST in the subject line . . . also, if you'd like to possibly get together during that time framework and are available some other time on March 27, day or night; Saturday, March 28 until 1 p.m.; or Wednesday, March 31, day or night, let me know.

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

This week, it goes to Matthew Vore--owner of DWV Contractors in Hendersonville, NC. .

Several months ago, Cynthia and I had a problem with one of our toilets . . . the handle had broken off . . . we called our builder, and the helpful representative there (Gwen Lyons; see BLAINESWORLD #656 when she was the Best Award winner) arranged to have Matthew make the repair . . . he did so, seemingly within minutes.

Shortly thereafter, the handle broke off an another toilet . . . Matthew again came out to make this repair, too.

What particularly impressed us was how Matthew took the time to inspect our third toilet (even though it was working) . . . he also agreed with our determination; i.e., that the handle being used was defective . . . so he graciously replaced it, saving us the time to have to battle the manufacturer at a later date.

Matthew has a great attitude about his work . . . he's both friendly and competent, and we'd certainly recommend him to anybody else seeking a plumber . . . for more information, please call 828.890.4511.

2. FYI

One of my colleagues has achieved an extraordinary amount of success [helping people lose weight] by simply making his clients put a giant question mark on their fridge. The question mark is there to remind them to stop before grabbing a snack and ask themselves this question:

Am I really hungry, or do I just want to change the way I feel?

SOURCE:

I CAN MAKE YOUR THIN (see also Sections 4C, 10 and 11)
by Paul McKenna

FYI, part 2

* Brian in North Carolina:

Paradise IS real. A wonderful home available in magnificent Asheville!

With our children grown it is time for us to downsize. So we are selling our beautiful home in the Biltmore Park section of Asheville, NC. The house has 6 bedrooms, 4.5 baths, and at just under 7,000 square feet is on three levels and the master bedroom on the main floor. The landscaping and property is gorgeous, and the neighborhood is fantastic with a brand new urban village with great restaurants, movie theater, super YMCA, and more just walking distance away. The home is light, spacious, and open. We are offering the home at \$994,000. It is ideal for a large family, for someone looking for a mother-in-law space within the home, or for someone who runs a home-based business.

If you or anyone you know is ready to live your dreams here in Asheville, please call Carole Biro at 828.681.0969 or 828.242.0737. Or e-mail us at carolebiro@charter.net.

THIS IS THE REAL DEAL:

We've twice stayed with Brian and Carole, prior to permanently moving to Asheville, and loved everything about both their house and neighborhood . . . in addition, we'd very much like to have you as our neighbor!

* Alison in New Jersey:

In your last newsletter, I wrote in about a great teleseminar that Interior Designer Donna Hoffman is giving on April 8, 2010 at 7:30 p.m. EST, called "How to Win at the Furniture Store: End Buyer's Remorse, Get What You Love & Stay On Budget." I'm excited to tell you that Donna is inviting your readers to attend this teleseminar for FREE! She wants to share her great ideas with them AT NO COST! All readers have to do is email alioxman@optonline.net, and we'll set them up with a phone number and access code before the call. For more information on this and other seminars that Donna is giving, please go to:

www.interiorsbydonnahoffman.com

* Geri in Pennsylvania:

Can you please ask your readers to keep in their thoughts and prayers, Joe Costa and Zach Boone of Bucks Co, PA, both members of the United States Marine Corp. stationed in Afghanistan. Also, have them keep in mind that we live in the land of the Free because of the Brave.

* Tom in New Jersey:

Just wanted you to know that your beautiful photograph of you and your bride at the bonfire warmed my heart. I also need to have my vernal equinox bonfire and make sure I have the graham crackers, chocolate and marshmallows . . . plenty of wood to burn here.

It is life's small treasures that when shared unite us as a species.

FYI, see the report from the Neuroscience and Nonkilling Exploratory Colloquium that I was honored to facilitate last July in Philadelphia and also this link to our pilot Global Nonkilling Leadership Academy last October 2009 in Hawaii:

http://www.youtube.com/watch?v=NKyXzTa6Ypw&feature=player_embedded

Feel free to share these small accomplishments and efforts to weave a future where we understand that very few humans ever kill or ever have killed, in fact less than one percent (even trained soldiers are reluctant to kill according to compelling research by Grossman) . . . so how do we invest in our inclinations for nonviolence and cooperation and peacemaking? Thanks for the small delights of your newsletter.

* Pat in Pennsylvania:

A friend sent this to me. Sounds credible. Maybe check sources?

Subject: FW: Snopes.com not what it seems . . . Important read

Like most Internet sources: Who is checking the checker?

(The email then proceeded to put down Snopes, making a wide range of charges--all substantiated.)

PER PAT'S REQUEST:

I tracked his friend's email down and in doing so, found that the more I researched, the more impressed I was with Snopes.

Not only were all the points of the original email rebutted, but three separate non-Snopes sources (most of them competitors, in fact) confirmed my belief that Snopes rocks . . . but don't take my word for it; see for yourself by clicking on any and/or all of the following links:

http://urbanlegends.about.com/od/internet/a/snopes_exposed.htm

<http://www.truthorfiction.com/rumors/s/snopes.htm>

<http://www.factcheck.org/2009/04/snopescom/>

* Jerry in Pennsylvania:

I am looking for an office room-mate in Feasterville, PA. Someone to network with and

share expenses with. You will have your own window office, your own parking space and access to Internet, copier and fax. Call me at 215.355.4544 to discuss.

* Monica in North Carolina:

Get 30% Off at Gap, Gap Outlet, Banana Republic, Banana Republic Factor Store and Old Navy by clicking:

<http://tinyurl.com/ya4hche>

Plus, you can invite others and designate a non-profit to receive 5% of the amount you and your friends and family spend.

* Jean in Pennsylvania:

Win Tastykakes for a year.

<http://www.tastykake.com/followus/>

* Sharon in North Carolina:

We saw Alice in Wonderland. In 2-D as 3-d can cause migraines for me. I was disappointed with it. It had wonderful effects and visuals, but the story was weak. Very weak and the ending was just blah, anti-climatic and VERY unrealistic for that time period. I will say that Helena Carter was wonderful as the Red Queen, but the rest sort of faded into the background including Depp. It had potential on some ideas like the Red Queen and her use of the jabberwocky, but overall, it was not worth seeing at the theater or (for me) even on DVD. Very disappointed. Would give it a D + .

* Lori in Pennsylvania:

I saw REMEMBER ME today. Shockingly enough, I actually liked it. That Robert P. still does NOTHING for me, but he was better in this than anything else I've seen him in.

* Sherry in Tennessee:

SHUTTER ISLAND wasn't scary . . . just weird, and you have to really follow it closely. It wasn't evil or anything like that.

* Leslie in North Carolina:

Saw the movie SHE'S OUT OF YOUR LEAGUE today. Funny! I have not enjoyed a movie like that since THE HANGOVER. Had a blast!

3. Getting acquainted

While two families were waiting in line to see the Washington Monument, their two five-year-old boys were getting acquainted.

"My name is Joshua. What's yours?" asked the first boy.

"Adam," replied the second.

"My daddy is a doctor. What does your daddy do for a living?" asked Joshua.

Adam proudly replied, "My daddy is a lawyer."

"Honest?" asked Joshua.

"No, just the regular kind," replied Adam.

4. Reviews

A. I'm lucky to now have two theaters that play independent-type films . . . the Fine Arts in town always did, but now you can see them at the Carolina Cinemas as well . . . I mention that because AN EDUCATION resurfaced all of a sudden--and is still running through Thursday . . . it's a coming-of-age tale about a 16-year old English schoolgirl whose life is upturned when she meets a rather unsuitable 30ish guy . . . Carey Mulligan shines in one of the leading roles; she'll remind you of a young Audrey Hepburn . . . I also liked the work of Peter Sarsgaard, one of my favorite character actors, who had the other top part . . . rated PG-13.

B. Out on DVD is EVERYBODY'S FINE, a so-called dramedy that had very little humor in it . . . Robert DeNiro plays a widower who tries to improve his relationships with his troubled adult children (Drew Barrymore, Kate Beckinsale and Sam Rockwell) . . . it's watchable and somewhat interesting, but nothing to rush out to get . . . rated PG-13.

You'd do much, much better be renting MAKE WAY FOR TOMORROW, a tearjerker about a husband and wife who must part ways because not one of their children has room for them both . . . Orson Wells called it "the saddest movie" ever made" . . . Leo McCarey, the director (on winning an Oscar for THE AWFUL TRUTH as opposed to this film), said, "Thanks, but you gave it to me for the wrong picture." . . . I'm amazed that Beulah Bondi didn't get named Best Actress for her work here; she, along with Victor Moore, were both superb . . . not rated, but probably appropriate for anybody over the age of 12.

***** MR. CURIOUS HERE *****

The closing half hour in the above is as moving as I've ever seen on screen . . . I dare you not to be touched by the scene where the couple are befriended by a car salesperson who then takes them to the hotel where they originally met . . . what I'm trying to get hold of is the closing bit of dialogue, in which Bondi and Moore exchange good-byes . . . if anybody has this and/or can find it, I'd be most appreciative.

C. I've become a fan of Paul McKenna, having previously enjoyed his I CAN MAKE YOU SLEEP and QUIT SMOKING books . . . so I looked forward to reading something else by him, I CAN MAKE YOU THIN (see also Sections 2, 10 and 11), and I can say that is by far his best effort.

As he notes in his subtitle, its THE REVOLUTIONAY SYSTEM USED BY MORE THAN 3 MILLION PEOPLE . . . while that figure is impressive, what's even more so is the fact that there are no diet plans, no exercise programs and best of all, no willpower that's required.

McKenna just doesn't make claims, though . . .he backs up what he has to say with research:

* In a fascinating study at the University of Hertfordshire professor Ben Fletcher achieved spectacular results by teaching people to respond to their "hunger pangs" by going out and doing something in the world—turning off the TV and going for a walk, speaking with a friend or even going out to a movie. As a result of "doing something different" around food, their habits began to change. People naturally began to make healthier choices around food and exercise.

He then proceeds to make suggestions that make you wonder why you never thought of them yourself before:

* Today, as soon as you finish reading this book, I want you to go to your refrigerator and throw out any food that does not totally inspire you to eat it. Chuck the diet soda. Throw out the low-fat yogurts. Unless you absolutely love them, get rid of the sugar-free Popsicles. You'll know that you're done when there isn't a single thing in your fridge that you wouldn't be delighted to eat—and when you're next hungry, that's exactly what I'm asking you to do.

And continuing with that thought, he makes this recommendation that will blow you away with its simplicity:

* You can eat whatever you want, whenever you want, so long as you fully enjoy every single mouthful.

And here's the key:

* For the next two week, slow your eating speed down to about a quarter of what it used to be and chew each mouthful thoroughly.

I don't want to tell you too much more about I CAN MAKE YOU THIN, other than to tell you that it comes with a guided hypnosis CD that alone would make this a worthwhile purchase for anybody concerned with watching his or her weight.

D. Heard DAVID SEDARIS: LIVE FOR YOUR LISTENING PLEASURE, written and read by the author.

I've read some of his essays in the past, but listening to them was even more fun . . . he's a master of timing and droll asides, plus the reaction of the live audience made his performance even more memorable.

The whole thing is little more than an hour . . . it contains three short, funny stories; "Laugh, Kookaburra," which is longer and more serious (and delightful); and some brief diary entries,

all recorded live at locales throughout the country.

Included was this one digression about his experiences on book tour: He goes to a Costco with his brother-in-law and puts a giant box of condoms in their cart. He feels like people are staring at the two guys with the huge box of rubbers, so he asks his brother-in-law to put more stuff in the cart to cover up the condoms. The brother-in-law picks out a big container of strawberries and a huge bottle of olive oil. I'm still laughing at the thought of that scene!

5. TV alert

A. Eddie Cibrian and Lisa Sheridan star in HEALING HANDS, a feel-good flick about a janitor whose life takes an extraordinary turn when he discovers he has the power to heal . . . Saturday at 9 p.m. on HALLMARK.

B. ROUNDER RECORDS' 40TH ANNIVERSARY CONCERT is a celebration of the storied and thriving Massachusetts-based independent music label. Artists performing range from bluegrass superstars Alison Krauss and Union Station to New Orleans soul queen Irma Thomas, singer-songwriter Mary Chapin Carpenter, rocking actress Minnie Driver, multigenre banjo virtuoso Béla Fleck and Nathan & the Zydeco Cha Chas . . . Saturday at 10 p.m. on PBS . . . please check local listings because PBS times and dates often vary.

C. ROCK AND ROLL HALL OF FAME INDUCATION CEREMONY features the induction of Genesis, Jimmy Cliff, the Stooges, the Hollies and ABBA . . . Sunday at 5 p.m. and repeated at 9:30 p.m. on FUSE.

D. MINUTE TO WIN IT is a new game show hosted by Guy Fieri (of DINERS, DRIVE-INS AND DIVES fame) . . . challenges include moving a cookie from your forehead to your mouth, using only facial muscles, and rolling marbles across tacky tape . . . according to Fieri, "There's going to be watercooler Olympics on Monday mornings, I swear." . . . Sundays at 8 p.m. on NBC.

6. Three nuns

Three nuns were attending a baseball game at Yankee Stadium. Three men were sitting directly behind them. Because the nuns' habits were partially blocking their view, the men decided to badger their owners, hoping they would get annoyed enough to move to another area.

In a very loud voice, the first one said, "I think I'm going to move to Utah. There are only 100 nuns living there."

The second guy spoke up and said, "I want to go to Montana. There are only 50 nuns living there."

To this the third guy added, "I want to go to Idaho. There are only 25 nuns living there."

The Mother Superior turned round to look at the men, and in a very sweet and calm voice said, "Why don't you all go to Hell. There are no nuns living there."

7. Websites

A. The best party songs, according to AOL Radio, follow:

<http://tinyurl.com/yjyyexf>

They range from all genres and eras, featuring everyone from Michael Jackson to the Bee Gees . . . best of all, you can listen to them for FREE!

B. Imagine having Ron Howard direct a clip featuring Will Ferrell (as George Bush Jr.), Chevy Chase (as Gerald Ford), Dana Carvey (as George Bush Sr.), Jim Carrey (replacing the late Phil Hartman with his best Ronald Reagan), Dan Aykroyd (as an extremely bloated Jimmy Carter), Darrell Hammond (as Bill Clinton), Fred Armison (as Barack Obama) and Maya Rudolph (as Michelle Obama). Well, you can now stop imagining and start watching by clicking:

<http://tinyurl.com/ygu7zs7>

It doesn't make a lot of sense, but you'll get a kick out of watching the various performers.

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

<http://www.blaineworld.net>

In case you're wondering how many others are looking at this website at the same time as you are, make sure you look at the counter in the lower right corner of the homepage!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

A recent study revealed that the most common password for some 64 Hotmail users was: "123456." . . . that's right, a series of consecutive numbers.

In the unlikely event that's your password for a Hotmail account or any other, please switch it--yesterday . . . your best bet is to mix numbers, letters and symbols to create a unique, longer password.

For more information on how to better use passwords, as well as how to manage them, please click:

<http://tinyurl.com/yk8hueh>

9. Puns for the educated (and not so educated), Part 2 of 2

(concluded from last week)

6. A thief broke into the local police station and stole all the toilets and urinals, leaving no clues. A spokesperson was quoted as saying, "We have absolutely nothing to go on."

7. An Indian chief was feeling very sick, so he summoned the medicine man. After a brief examination, the medicine man took out a long, thin strip of elk rawhide and gave it to the chief, telling him to bite off, chew, and swallow one inch of the leather every day. After a month, the medicine man returned to see how the chief was feeling. The chief shrugged and said, "The thong is ended, but the malady lingers on."

8. A famous Viking explorer returned home from a voyage and found his name missing from the town register. His wife insisted on complaining to the local civic official who apologized profusely saying, "I must have taken Leif off my census."

9. There were three Indian squaws. One slept on a deer skin, one slept on an elk skin, and the third slept on a hippopotamus skin. All three became pregnant. The first two each had a baby boy. The one who slept on the hippopotamus skin had twin boys. This just goes to prove that . . . the squaw of the hippopotamus is equal to the sons of the squaws of the other two hides.

10. A skeptical anthropologist was cataloging South American folk remedies with the assistance of a tribal Brujo who indicated that the leaves of a particular fern were a sure cure for any case of constipation. When the anthropologist expressed his doubts, the Brujo looked him in the eye and said, "Let me tell you, with fronds like these, you don't need enemas."

10. A quote I like

According to the American Society of Training and Development, the likelihood of your doing something if you agree in with someone for accountability rises from only 40 percent to a whopping 95 percent!--Paul McKenna

11. Thought for the day

You can tell I REALLY like a book when I mention it four times in any single issue . . . that's the case with I CAN MAKE YOUR THIN (see also Sections 2, 4C and 10) by Paul McKenna, which also got me thinking with this passage:

There's an old story about a farmer who gave his daughter a package of seeds to plant so that she would learn about the natural order of planning and nurturing what you most want to see develop and grow. Yet even though he had given her some of the simplest growing seeds available, nothing new ever seemed to emerge from the field.

One day, the farmer noticed his daughter digging up the seeds and holding them up to the light. When he asked her what she was doing, she told him she wanted to see if there was anything growing yet. What she didn't realize was that each time she dug up a seed, she was preventing it from evolving at its natural pace.

In the same way, if you keep weighing yourself without allowing time for these seeds to take root in your unconscious, the only things that will grow are your stomach, hips and thighs.

12. Advance planning department

A. North Carolina events:

* WORKING, presented by Carolina Day School, runs from March 17-20 at 7 p.m. . . . tickets are \$8, adults; \$5, students and seniors . . . for reservations or more information, contact David Dvorscak at dvorscak@cschool.org or 828.274.0758, ext. 433.

* Seniors (And Almost Senior) Health Care Options: How to Navigate Toward Safe Harbors!

Friday, March 19 at 7 p.m. at Biltmore Lake Clubhouse

Biltmore Lake resident and long time health care industry worker Barry Widen will be speaking.

This presentation will clarify issues that will help to steer you towards a position where you have the knowledge that your health care needs are adequately covered.

If you live in Biltmore Lake, sign-up via the Intranet . . . or if you'd like to be my guest, send an email to: bginbc@aol.com and put SENIOR HEALTH CARE OPTIONS in subject line.

* Watch Jonas Gerard in a performance painting on March 20 and 27 at 2 p.m. . . . River Guerguerian, a local musician, will be joining Jonas on March 27 as a featured performer . . . for more information, please click:

<http://jonasgerard.com/>

B. Pennsylvania events:

* On Saturday, March 20, come to Spaghetti Dinner Fundraiser for Boy Scout Troop 130 (troop of Billy Lewis) . . . Adults, \$8; Kids 12 and under, \$5 . . . 4 to 8 p.m. . . . Bensalem United Methodist Church, 4300 Hulmeville Road, Bensalem, PA.

* On Thursday, March 25 at 7 p.m. in the Gateway Auditorium at Bucks County Community College, renowned actress Kaiulani Lee will speak about her experience writing and starring in the film, "A Sense of Wonder: An Evening with Rachel Carson."

Kaiulani Lee, known for her over 35 years of experience in film, television and theatre, will reveal what inspired her to create the documentary and

the extensive research she undertook in writing it. She will also allocate time to take questions from the audience.

For more information, call 215.968.8015 or email kayen@bucks.edu.

* Pat Achilles:

I will be selling my all-occasion cards and my illustrated children's books this month on Friday, March 26 from 6:30 to 9:30 PM at the Archbishop Wood Spring Craft Fair, 675 York Rd. (Rte. 263), Warminster, PA 18974. I will have on sale my music-related cards, all-occasion gag cartoon cards, birthday & sympathy cards, and my notecards for Women in Business. The books I illustrated include Mommy's High Heel Shoes, for age 3-8, and also The Adventures of the Poodle Posse (both the first book and the just-released second book in the series) for grades 2-4. My table will be in my usual spot in the central lobby area of the school.

MY TWO CENTS:

Pat is the talented cartoonist who has contributed many fine comics to BLAINESWORLD, including this one I send to prospective subscribers:



She does comics, greeting cards, artwork for children's books and so much more . . . for more information, call her at 215.348.4837 or email her at: patachilles@aol.com . . . you can also get a FREE weekly cartoon delivered to your email by clicking:

<http://www.achillesportfolio.com/freecartoonsignup.htm>

* Chic and Joni in Pennsylvania wrote to tell me about a show they'll be in, GUYS & DOLLS:

SHOW DATES: At Neshaminy High School: FRI 3/26/10 - 8:00 PM
SAT 3/27/10 - 2:00 p.m. SAT 3/27/10 - 8:00 p.m.

At the Bucks County Playhouse: SAT 4/10/10 - 4:00 p.m. SAT 4/10/10 - 8:00 p.m. SUN 4/11/10 - 2:00 p.m. SAT 4/17/10 - 4:00 p.m. SAT 4/17/10 - 8:00 p.m. SUN 4/18/10 - 2:00 p.m.

TICKET PRICE SCHEDULE: Adult ticket: \$18.00 Under 18 yrs old: \$12.50
Senior Citizen: \$12.50 (2:00 p.m. matinees only) 3/27, 4/11, 4/18

TO ORDER TICKETS Call: 267.733-8876; email: NVMTtkts@aol.com;
website: www.nvmt.org; and tickets also available at the door.

PS. If you're like me and celebrate EVERY holiday, happy St. Patrick's Day to "y'all" . . . and in honor of that occasion on Wednesday, I'd like to share this Irish blessing: May the Good Lord take a liking to you... but not too soon!

Also, methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINES WORLD

BLAINESWORLD
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3.8.2010

In this issue:

1. Reflections
 2. FYI
 3. Flexibility
 4. Reviews . . . THE LAST STATION, etc.
 5. TV alert
 6. Loud pounding
 7. Websites
 8. Computer tip
 9. Puns for the educated (and not so educated), Part 1 of 2
 10. A quote I like
 11. Thought for the day
 12. Advance planning department
-

1. Reflections

A. Cynthia, my beautiful bride, and I joined several neighbors for a bonfire in our community.



(Photo courtesy of Marilynne Herbert.)

We were lucky that the weather was mild. The s'mores were great. Best of all was the camaraderie. SPECIAL THANKS to Julia for coordinating the whole event.

B. We're both looking forward to our upcoming trip to the New Jersey/Pennsylvania area at the end of the month . . . at that time, we'll be spending time with a few relatives and friends . . . I'm also tentatively slated to be in Bucks County on both March 26 and 31 . . . so maybe I'll catch up with a bunch of "y'all" on either of those two days.

***** SPECIAL INVITATION *****

On Wednesday, March 31, I'm speaking on "The Passion Test" at Bucks County Community College at noon . . . the presentation, based on a book with the same title, is designed to help folks discover what it is they should be doing in life . . . if you'd

like to be my guest at this session, send an email to bginbc@aol.com and put PASSION TEST in the subject line.

C. We managed to find still another place for ice cream; actually, make that frozen yogurt . . . TCBY, to our mutual surprise, now serves a variety of favors (as opposed to only chocolate and vanilla) . . . the taste is actually quite good, too.

We went to the location at 800 Hendersonville Road in Asheville; 828.274.1100 . . . the servers all seemed to be friendly . . . and we loved the sign on the cash register: "Live your life in a way that when your feet hit the floor in the morning, Satan shudders and says, "Oh, crap. He's awake! " "

On another day, I met my friend Mark for lunch at a new place in town: Roman's . . . my turkey sandwich was excellent; he enjoyed his grilled vegetable sandwich . . . the decor was attractive, and the service was attentive . . . for more information, please click:

<http://romanstakeout.com/>

D. My SCORE (Senior Corps of Retired Executives) involvement is also keeping me busy . . . I've observed several counseling sessions, and I look forward to soon finishing my training so I can become a full-fledged counselor with this fine organization.

This past Saturday, I attended SCORES's "Starting a Business in Tough Times" seminar . . . I learned something from all the speakers; however, I especially benefited from Don Sinclair's two sessions . . . he shared many valuable tidbits of information, including these:

- * If your business plan is in your head, all you can see is the cover.
- * If you wouldn't hire yourself out to another person, then why would you want to hire yourself?
- * Word of mouth has become word of thumb. (Facebook, Twitter, etc.)
- * And he also reviewed this Job Description for anybody planning to start a business:

Wanted: Full-time manager to work 60-80 hours per week. No vacation, health insurance or sick days for the first two years. Duties include (but are not limited to) hiring, training and firing employees, customer service, bookkeeping, marketing, human resources, financing, and strategic hiring. Salary range: zero to minimum wage for first year.

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

This week, it goes to Jeremy Grover--a server at Stone Ridge Tavern in Asheville.

Cynthia and I often go to this restaurant . . . it is just a few minutes away from where we live, and the food is always great . . . I typically order the tilapia that I get with a special coconut topping; it's delicious . . . Cynthia says her sesame salmon has a great topping, too, and is equally fine . . . the accompanying salads are always fresh . . . in addition, I like the raspberry vinaigrette dressing that I get on the side.

For more information about the Tavern, please click:

<http://thestoneridgetavern.com/>

The other reason we go to this place is because of Jeremy . . . He always greets us with a smile, and his enthusiasm is contagious . . . he makes you feel welcome, almost like you're coming to his home.

Jerry is also a talented artist . . . his work is on display at at the Woolworth Walk Gallery (on the bottom floor) in downtown Asheville . . . for more information about this side of his persona, please click:

<http://www.g-raves.com/Jeremy%27s%20Gallery.htm>

2. FYI

I'm continually looking for the "best" credit card deal out there . . . I may have found a real good one:

Schwab Bank Invest First Visa offers an attractive and straight forward 2% on all cash purchases. The only drawback I see: Cardholders must maintain a Schwab One brokerage account, but there's no annual fee and no minimum balance for the

brokerage account. Call 866.724.9223 or click:

<http://www.Schwab.com>

Another good card: TrueEarnings from Costco and American Express. This card offers an attractive 3% cash back on purchases at any restaurant and on the first \$3,000 in gas purchases for the first year at most gas stations (1% thereafter). A 2% cash back rate applies on most travel-related spending, with a 1% cash back rate on most other purchases. There's no annual fee the card, but here's the catch: Costco membership is required, which typically costs \$50 a year.

Call 800.528.4800 or click:

<http://www.Costco.com> (search for "True Earnings")

SOURCE:

BOTTOM LINE PERSONAL, 3.15.2010, p. 4

***** MR. CURIOUS HERE *****

Is anybody currently using either of these two cards and, if so, what's your reaction to them? Also, does anybody use a card that's better than either of these two cards and if so, what card do you use? I'm seriously thinking about trying the Schwab card, but would be interested in any feedback before I make the switch.

FYI, part 2

* Kimberly in North Carolina:

I have recently become a distributor for Amazon Herb Company. If you would like to learn about some of the many products available from Amazon Herb Company, please check out my website listed below and let me know if you would like to discuss and/or purchase any of their products. I have completely changed my way of eating and in turn am experiencing a myriad of health benefits (including significant weight loss without counting calories or feeling hungry!). Some of the Amazon Herb Co. products have been part of my new lifestyle changes (Specifically the "Rainforest Treasure Tea"; "Aquazon", "Digestazon Plus" and their "Lluvia Facial Cleanser"). Check out my website to learn more about this fabulous company and its wonderful all-natural products:

www.naturalwellness.amazonherb.net

* Jim in Pennsylvania:

Are you keeping yourself prisoner in a jail of your own making?

There is a wonderful story about the famous escape artist, Harry Houdini that illustrates this theme. As the story goes, the great Houdini often boasted about . . .

For the rest of this excellent blog piece, please click this link that Jim has graciously provided:

<http://www.jimdonovan.com/blog/2010/03/are-your-thoughts-keeping-you-held-prisoner/>

* Pat in Pennsylvania:

This is SO FUNNY: The trailer for every Oscar-nominated movie ever . . . every hilarious cliché in film:

<http://www.youtube.com/watch?v=rbhrz1-4hN4>

* Pat in Pennsylvania (a different one), commenting on the TV show featuring Sarah Jessica Parker that I mentioned last week:

Probably one of the biggest frauds in acting. I have no idea how she has made it as far as she has. Gotta be related to someone big in the entertainment industry. Aside from Rosy O'Donnell, she is probably my least favorite female actress. Ugh!

* Stephen in Pennsylvania:

My favorite joke from PRAIRIE HOME COMPANION this weekend: Did you hear about the butcher who backed into his meat grinder? He got a little behind in his work.

* David in New York:

Definitely check out Temple Grandin's TED speech. She's won many awards.

http://www.ted.com/talks/temple_grandin_the_world_needs_all_kinds_of_minds.html

* Bill in Pennsylvania, commenting on a joke last week (about the guy who tied up his wife and went golfing):

It reminds me of a plaque that Diane has hanging in our home. It reads: "When I die . . . bury me on the golf course so my husband can visit me five times a week."

* Robin in Pennsylvania:

Thanks for the recipes. I'm a fan of chili, although I usually replace the beef with ground turkey.

* Jerry in North Carolina:

Congrats, Blaine, on issue #700! Keep up the wonderful work and contribution! Looking forward to reading issue #1400!!!

GREAT MINDS THINKING ALIKE:

I'm looking forward to that, too, Jerry . . . so sometime in 2023, keep your eyes out for that issue!

3. Flexibility

A man goes to a personal trainer, who specializes in stretching. While performing his initial assessment of the man, the trainer asks, "How flexible are you"?

The man thinks about it for a moment and replies, "Well, I can't do Wednesdays."

4. Reviews

A. Enjoyed THE LAST STATION, which is a biopic that focuses on the marriage between Tolstoy (Christopher Plummer) and his wife Sofya (Helen Mirren) in its final years . . . they love each other, but they also have financial issues made worse by Tolstoy's financial adviser (Paul Giamatti) . . . all three actors were outstanding, as was James McAvoy--one of my favorites--who plays a young man that is employed by the couple . . . unlike many current films, this had the "feeling" that it was actually shot during the time when the writer lived . . . rated R.

B. CAPITALISM: A LOVE STORY is now out in DVD format . . . my review from BLAINESWORLD #679 follows:

Please see CAPITALISM: A LOVE STORY, Michael Moore's latest . . . even if you don't like him, you'll be shocked to learn that there's a foreclosure every 7.5 seconds . . . and that employers take out insurance on your life (with the payout going to them) . . . this documentary will definitely get you thinking, which is always a good thing . . . rated R, though I'm not quite sure why; it would certainly be appropriate for any mature teenager.

And even if you don't believe what Moore has to say, please view this clip from ABC News:

<http://tinyurl.com/y96ct12>

C. WHY IS GOD LAUGHING? by Deepak Chopra is different than his other books . . . make that, very different . . . in this one, he uses a fictional tale of comedian Mickey Fellows to show us the path to hope, joy and even enlightenment.

Fellows has just lost his father . . . he also had been divorced . . . so aside from a successful career, he had little going for him until he meet a mysterious stranger named Francisco.

He then is taken on a journey that reflects the book's subtitle: THE PATH TO JOY & SPIRITUAL OPTIMISM . . . along the way, he meets some interesting characters and has an

equally interesting set of experiences.

I liked many portions of the book, including Chopra's use of such one-liners as the following:

* An atheist is swimming in the ocean when he sees the fin of a great white shark. In desperation he screams, "God, save me!"

He also included several jokes, though while old to me, still had me laughing--including this one:

* "A man is walking on the beach," he said. "And he finds a brass lamp buried in the sand. He rubs it, and out jumps a genie. 'You've set me free,' says the genie. 'Instead of granting you three wishes, I'll only grant you one, but it can be the biggest wish in the world.'

"The man thinks for a minute. 'I've never been to Hawaii. Build me a bridge so I can go there anytime I want.'

"Are you crazy?" cries the genie. That's half the Pacific Ocean. Nobody can build a bridge that far. Make another wish.'

"The man thinks again. 'Okay, I want to know what women are really thinking.'

" 'How wide do you want the bridge, one lane or two?' says the genie."

There was a nice ending to the story that had caused me to smile, but then Chopra added a final section entitled "The Path to Joy: Ten Principles of Spiritual Optimism."

I wish this material had been more closely aligned to the rest of the book; i.e., that each principle related specifically to some aspect of the comedian's life . . . yet despite that reservation, the section contained this one tidbit that just by itself made reading WHY IS GOD LAUGHING? worthwhile:

* The soul's vision isn't about struggle and lack of results. It isn't about failure. You only need to measure your actions against [these three simple conditions]:

Am I acting easily, without struggle?
Do I enjoy what I'm doing?
Are results coming of their own accord?

Answering "yes" means that spiritually you are going in the right direction; answering "no" means that you aren't.

Ever since finishing the book, I've been asking myself those three questions quite often . . . my answers have surprised me.

D. Heard MARTIN LUTHER KING, JR. ON LEADERSHIP, written and read by Donald T. Phillips.

The book effectively integrates a history of King with leadership principles . . . along the way, there's much detail on the Civil Rights movement of the late 1950s and the 1960s.

In particular, I liked how Phillips used the Montgomery bus boycott to draw out these five leadership principles:

1. Set goals and create a plan of action.
2. Create a new formal alliance.
3. Involve the people.
4. Seek dialogue and negotiation.
5. Innovate.

In addition, ON LEADERSHIP got me to revisit this classic King quote:
" A genuine leader is not a searcher for consensus but a molder of consensus."

If you're interested in the subject of leadership, you'll find this book by Phillips has much to offer . . . it will also serve as an excellent introduction to King's life--particularly for any readers not old enough to have known about his greatness.

5. TV alert

A. Bill in Pennsylvania:

AMC on Friday night is showing PALE RIDER . . . one of my all-time favorite Clint Eastwood movies. They are showing it in honor of the 25th Anniversary of its release. Friday at 8 p.m. and repeated on Saturday at 5:30 p.m.

MY TWO CENTS:

This film about a mysterious preacher who saves gold miners from villains is a classic Eastwood-type film; i.e., before he achieved even more fame as Dirty Harry . . . as is the case with most things that Bill recommends, you won't go wrong by checking it out . . . my only reservation is that it's being shown on AMC where there are usually too many commercials and annoying boxes on the corner of the screen (with the corporate logo).

B. WHO IS CLARK ROCKEFELLER? explores the life of a con man . . . according to THE WALL STREET JOURNAL, "In an age that has seen more than a few con men of rare talent, the one who took the name of Clark Rockefeller (ably played by Eric McCormack of WILL & GRACE) stands out largely for what his story tells of the impressed society that worshipped and befriended him, and never doubted his claim to be a member of the Rockefeller family." . . . Sunday at 9 p.m. on LIFETIME.

C. THE PACIFIC has its season premiere on Sunday at 9 p.m. on HBO . . . it tells the story of three marines in a 10 part mini-series from the creative team behind BANDS OF BROTHERS.

D. WINNING TIME: REGGIE MILLER VS. THE NEW YORK KNICKS is an ESPN documentary about the battles that the former Indiana Pacers All-Star had with John Starks, Patrick Ewing and even director/courtside mainstay Spike Lee . . . as I type this, I'm still thinking about his incredible 8 points in the final 18.7 seconds of a 1995 conference semifinal victory . . . Sunday at 9 p.m. on ESPN.

6. Loud pounding

A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!" He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it is 3:00 in the morning and it is pouring rain out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!"

The man does as he is told, gets dressed, and goes out into the pouring rain.

He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing," replied the drunk.

7. Websites

A. In celebration of iTunes' 10 Billion download marker (which was met on Feb. 24, 2010), Apple has revealed the Most Downloaded iTunes Songs of All Time. Covering singles from Kesha, GaGa and the Black Eyed Peas, among others, these iTunes singles prove that when it comes to downloading music by the masses, we chose to fill our iPods and nanos mostly with retro club beats and dance-floor jams--but also muse over romantic ballads by Jason Mraz and Taylor Swift, even the string-driven melody in Coldplay's "Viva La Vida." Listen to the entire list of songs (all released within the last few years) by clicking:

<http://tinyurl.com/yg4r8jz>

B. Pee before you view this (THANKS to Dan in Pennsylvania for both the warning and clip):

<http://www.youtube.com/watch?v=Xw0df0wNnVQ>

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

<http://www.blaineworld.net>

In case you ever miss or misplace an issue . . . or just want to get caught up on ones you may have never seen before (if you're a new subscriber), go to "Newsletter" on the left and then "Past Issues."

Sometimes, it's fun to just browse and find something at random . . . as I just did by clicking on BLAINESWORLD #501 and found this Thought for the Day:

Taking pride

A small boy was auditioning with his classmates for a school play. His mother knew that he'd set his heart on being in the play--just like all the other children hoped too--and she feared how he would react if he was not chosen.

On the day the parts were awarded, the little boy's mother went to the school to collect her son. The little lad rushed up to her, eyes shining with pride and excitement.

"Guess what Mom," he shouted, and then said the words that provide a lesson to us all, "I've been chosen to clap and cheer."

Author Unknown

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

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, please feel free to send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Easy steps to improve your computer's performance

AOL Discover had the following post that contained a lot of useful advice . . . it begins as follows:

Unless your computer is fresh out of the box, it's probably not running as fast as it used to. Our PCs fill up with all sorts of good stuff--documents, music, videos, programs, games, downloads--and bad stuff like viruses and spyware, too. Over time they can get bogged down.

To read more about such things as disk check, disk cleanup, disk defragmenter, automatic updates and emptying the recycling bin, please click:

<http://tinyurl.com/ye2bgup>

Even if you think you're pretty computer savvy, you might want to check out this link . . . there are probably some things you're not doing (or not doing as often as you should).

9. Puns for the educated (and not so educated), Part 1 of 2

1. King Ozymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the Star of the Euphrates, the most valuable diamond in the ancient world. Desperate, he went to Croesus, the pawnbroker, to ask for a loan.

Croesus said, "I'll give you 100,000 dinars for it".

"But I paid a million dinars for it," the King protested. "Don't you know who I am? I am the king!"

Croesus replied, "When you wish to pawn a Star, makes no difference who you are."

2. Evidence has been found that William Tell and his family were avid bowlers. Unfortunately, all the Swiss league records were destroyed in a fire / / / and so we'll never know for whom the Tells bowled.

3. A man rushed into a busy doctor's office and shouted, Doctor! I think I'm shrinking!" The doctor calmly responded, "Now, settle down. You'll just have to be a little patient."

4. A marine biologist developed a race of genetically engineered dolphins that could live forever if they were fed a steady diet of seagulls. One day, his supply of the birds ran out so he had to go out and trap some more. On the way back, he spied two lions asleep on the road. Afraid to wake them, he gingerly stepped over them. Immediately, he was arrested and charged with . . . transporting gulls across sedate lions for immortal porpoises.

5. Back in the 1800's the Tate's Watch Company of Massachusetts wanted to produce other products, and since they already made the cases for watches, they used them to produce compasses. The new compasses were so bad that people often ended up in Canada or Mexico, rather than California. This, of course, is the origin of the expression . . . "He who has a Tate's is lost!"

(to be concluded next week)

10. A quote I like

It's time to start living the life you imagined.--Henry James (1843-1916), American writer

11. Thought for the day

Headlines

The local paper read: PASTOR'S ASS OUT FRONT.

The Bishop was so upset with this kind of publicity that he ordered the pastor not to enter the donkey in another race.

The next day, the local paper headline read: BISHOP SCRATCHES PASTOR'S ASS.

This was too much for the bishop, so he ordered the pastor to get rid of the donkey.

The pastor decided to give it to a nun in a nearby convent.

The local paper, hearing of the news, posted the following headline the next day: NUN HAS BEST ASS IN TOWN.

The bishop fainted. He informed the nun that she would have to get rid of the donkey, so she sold it to a farmer for \$10.

The next day the paper read: NUN SELLS ASS FOR \$10.

This was too much for the bishop, so he ordered the nun to buy back the donkey and lead it to the plains where it could run wild.

The next day the headline read: NUN ANNOUNCES HER ASS IS WILD AND FREE.

The bishop was buried the next day.

The moral of the story is . . . being concerned about public opinion can bring you much grief and misery . . . shorten your life.

So be yourself and enjoy life.

Stop worrying about everyone else's ass, and you'll be a lot happier and live longer!

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

12. Advance planning department

A. Linda in Pennsylvania:

Geography of Bliss book discussion: Thursday, March 25

Join us on Thursday, March 25th for an informal discussion of Geography of Bliss: One Grump's Search for the Happiest Places in the World by Eric Weiner.

We'll meet at the Lower Bucks Campus Library, 12:30 p.m.-1:30 p.m. and also by Internet2 at the Newtown Campus Library, room 302.

The book discussion is sponsored by the Margaret R. Grundy Memorial Library.

MY RECOMMENDATION:

The above is a book I REALLY enjoyed, especially because the author mentions Asheville as one of the places!

B. Pat in Pennsylvania:

On Saturday April 10 the Pearl S. Buck Association will host a Writer's Conference, including workshops on developing fictional characters, marketing beyond the bookstore, writing for children, news writing, promotion and more. Between workshops there will be time to network with authors and browse tables where authors will sign & sell their books. Any author can rent a table to sell books for the very reasonable price of \$25, and after the workshops there will be a Q&A writers' panel discussion. I'm one of the panelists, offering tips on working with an illustrator. The Pearl Buck House is in Perkasie, PA, and you can find info & forms at: www.psbj.org, on "Community Events/Writers Conference."

C. Alison in New Jersey:

Buying furniture can be overwhelming, especially in today's economy. Learn to spend smart when furnishing your home. Interior Designer Donna Hoffman sees too many clients making costly mistakes BEFORE they call her in to correct things. Join Donna for a fun and informative teleseminar on Thursday, April 8 at 7:30 p.m. EST. She'll teach you how to eliminate the most common and costly mistakes and save yourself time and \$\$\$! Don't spend another nickel on a BAD FURNITURE DECISION. She'll help you get it right the first time. Donna is a client loved and industry respected interior designer who has been featured in Real Simple, Bucks Living and Tempo magazines, and whose work has been published in a textbook for new designers. To register or for more information, go to:

www.interiorsbydonnahoffman.com/seminars

D. Chic and Joni in Pennsylvania wrote to tell me about a show they'll be in, GUYS & DOLLS:

SHOW DATES: At Neshaminy High School: FRI 3/26/10 - 8:00 PM SAT 3/27/10 - 2:00 p.m.
SAT 3/27/10 - 8:00 p.m.

At the Bucks County Playhouse: SAT 4/10/10 - 4:00 p.m. SAT 4/10/10 - 8:00 p.m.
SUN 4/11/10 - 2:00 p.m. SAT 4/17/10 - 4:00 p.m. SAT 4/17/10 - 8:00 p.m. SUN 4/18/10 - 2:00 p.m.

TICKET PRICE SCHEDULE: Adult ticket: \$18.00 Under 18 yrs old: \$12.50 Senior Citizen: \$12.50

(2:00 p.m. matinees only) 3/27, 4/11, 4/18

TO ORDER TICKETS Call: 267.733-8876; email: NVMTtkts@aol.com;
website: www.nvmt.org; and tickets also available at the door.

PS. Don't forget that Sunday is Daylight Savings Time . . . and to celebrate the occasion, I even found a song for you:

http://www.youtube.com/watch?v=0YbaYSX_QQU

I like the idea behind it; i.e., it will give me more time to have fun with my baby!

Also, methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

#700

3.1.2010

In this issue:

1. Reflections
2. FYI
3. Had it
4. Reviews . . . VALENTINE'S DAY, etc.
5. TV alert
6. Gun control
7. Websites
8. Computer tip
9. Anything
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I didn't let some bad weather stop us this past weekend . . . for one thing, we saw two shows . . . the first was ALWAYS EXPECT MIRACLES, a community performance play about Asheville . . . some 100 people were involved in the production, and we were impressed with how hard they worked in this endeavor that has 100% of the proceeds going to benefit Homeward Bound of Asheville . . . we enjoyed how many of the performers all came out before the show, greeting us as we took our seats . . . I think I'll always recall how one actor asked us, "How long have you known each other?" We told him some 6-plus years, and he said, "No, what you should say . . . not long enough." It's true!

In addition, I liked how another actor warmed-up the audience at the beginning . . . he said you're going to have a lot of laughter, applause and tears throughout the evening, and then he paused as we laughed, applauded and feigned crying.

MIRACLES runs through March 6 . . . for more information, please click:

<http://www.justhome.org>

The second show was TRUE WEST . . . it's a black comedy by Sam Shepard about two brothers who find themselves joined together at their mother's home . . . one is an upstanding screenwriter, the other is a petty thug--but which is which? . . . it was funny in part and strange in others . . . we weren't crazy about the ending, but we did admire the acting . . . Scott Treadway, our favorite local actor, and Charlie Flynn-McIver play the two brothers, and they were both outstanding.

The play's run has been extended until March 13 . . . for more information, please click:

<http://www.ncstage.org/>

B. We also got to try the new South Asheville location of Tupelo Honey Cafe . . . the menu seems to be the same as the downtown location, but we liked the roomy atmosphere, as well as the free parking . . . we got there early, so we didn't need a reservation, but we also liked the fact that you can make one if you like.

My hamburger was quite tasty, and Cynthia said her veggie black bean burger was as good as she's ever had . . . we shared a side order of sweet potato fries, which were also excellent--though not overly generous from a portion standpoint . . . our accompanying salad was also good . . . meals all come with biscuits, which are outstanding too, though we declined them on this particular night.

For more information, please click:

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

C. I'm keeping busy, getting increasingly involved in SCORE (Senior Corps of Retired Executives) . . . this past week, I received excellent training from Ron Ashe and was fortunate to be mentored by Dale Jones, who has been most gracious with his time.

Also, I attended an informative SCORE Business Law primer . . . Marjorie J. Maginnis, an Asheville lawyer, ran the session and all in attendance learned a great deal, including this tidbit:

* Get health coverage now. If you're a one-person business, buy it yourself and have the business reimburse you. But don't buy it through the business because if the business closes, you have to start all over again. And you're never healthier.

For more information about Maginnis, please click:

<http://mjmlawnc.com/>

For information about other SCORE seminars, please see Section 12B or click:

<http://ashevillescore.org/seminars.htm>

* I'm also continuing to enjoy my Leadership Asheville involvement . . . in case you're wondering why I'm on the table, it was our task to build the highest free-standing structure given a few basic items.



(L-r: Leadership Asheville classmates Ally Dolan, Wayne Butler, yours truly and Michael Trayford. Photo courtesy of Liz Miller.)

D. Can you believe you're now reading BLAINESWORLD #700?

I just checked the very first issue, dated December 13, 1996 . . . here was something that was included in it:

Hallmark offers this tip on how you can look years younger: "Hang around with very old people."

The newsletter was then called STUFF then and was sent out to some 30 folks . . . the circulation is now over 1,000, but that said, keep spreading the word . . . new readers are always welcome . . . all they have to do is send an email to: bginbc@aol.com and put the word SUBSCRIPTION in subject line.

AND FOR THOSE NEW TO BLAINESWORLD:

It is a weekly newsletter that comes out typically on or before the weekend . . . there's no charge . . . you'll get some jokes, hopefully not tooooooo risqué; websites; reviews, information about my doings in Asheville and trips up North, etc, along with invites to upcoming events . . . I also try to make this missive a sharing experience, so your emails, thoughts and suggestions are always welcome--and often published . . . I welcome jokes or inspirational stories and quotes, particularly if you have not seen them plastered around the Internet.

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

This week, it goes to Ken Hurndon--a cashier at Bed Bath & Beyond in Asheville.

Whenever we go into that store (one of our favorites), we make it a point to go to his register . . . he never fails to greet us with both an enthusiastic smile and a cheery greeting.

He always is very positive and his observations about life are just so interesting . . . for example, for some reason, one of our purchases somehow got us talking about funerals . . . he told us that he wanted to be buried in a clown outfit . . . when we asked him why, he said because that way everybody would be laughing, which is what he would want . . . and, also, the people in the back would all be wondering what was so funny.

2. FYI

Last week's issue reported on our community's chili cook-off . . . by popular demand, here are two of the winning recipes, graciously provided by Kristi Mizen (the top one; it came in first in the hot category) and Tena Bien (the bottom one; it came in second in the unique category):

* THREE BEANS AND BEEF CHILI

Prep Time: 15 min
Cook Time: 1 hr 10 min
Serves: 10 cups (serves 8, serving size: 1 1/4 cup)
Level: Easy

Ingredients:

1 tablespoon olive oil
1 onion, diced (1 cup)
1 red bell pepper, diced (1 cup)
2 carrots, diced (1/2 cup)
2 teaspoons ground cumin
1 pound extra-lean ground beef (90 percent lean)
1 (28-ounce) can crushed tomatoes
2 cups water
1 chipotle chili in adobe sauce, seeded and minced
2 teaspoons adobo sauce from the can of chipotles
1/2 teaspoon dried oregano
Salt and freshly ground black pepper
1 (15.5-ounce) can black beans, drained and rinsed
1 (15.5-ounce) can kidney beans, drained and rinsed
1 (15.5-ounce) can pinto beans, drained and rinsed

Directions:

1. Heat the oil in large pot or Dutch oven over moderate heat.
- 2/ Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes.
3. Add the cumin and cook, stirring, for 1 minute.
4. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink.
5. Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper.
6. Cook, partially covered, stirring from time to time, for 30 minutes.
7. Stir in the beans and continue cooking, partially covered, 20 minutes longer.
8. Season, to taste, with salt and pepper.

SOURCE:

FootNetwork.com (presenting a 2005 recipe from Ellie Krieger)

* TAMALE PIE

NOTE:

This is best not made ahead of time!

Serves: 6

Hands-on time: 13 min. Total time: 35 min.

Ingredients:

1 lb. lean ground beef
1 cup chopped onion
3/4 cup red bell pepper, chopped
4 cloves garlic minced
1 tablespoon olive oil
3 tablespoons chili powder
1 teaspoon dried oregano
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 (14.5-oz.) can diced tomatoes, undrained
1 (15-oz.) can kidney beans, rinsed and drained
1 (7-oz.) package cornbread mix
1 cup (4 oz.) shredded sharp cheddar cheese
1 large egg, lightly beaten
1/2 cup milk

Directions:

1. Preheat oven to 425°.
2. Saute ground beef, onion, red bell pepper and garlic in hot oil in a large skillet over medium-high heat, stirring often, for 5 minutes or until meat crumbles and is no longer pink. Add chili powder, oregano, salt, pepper, tomatoes and kidney beans; cook 3 minutes. Spoon beef mixture into a lightly greased 11 x 7-in. baking dish. Set aside.
3. Stir together cornbread mix and cheese in a large mixing bowl; add egg and milk, stirring just until dry ingredients are moistened. Spread batter over beef mixture.
4. Bake 18 minutes or until topping is golden.

FYI, part 2

* Mandy in Pennsylvania:

Racing season starts in a few weeks for Trevor [Lewis]. I'll check his schedule to see if he'll be racing in your neck of the woods. If so, would be fun to meet you and Cynthia for a meal. Or, maybe you'd like to come see him race. It's exciting to watch. This is Trevor:

<http://www.youtube.com/watch?v=Afi1lcl2KEI>

* Scott in Pennsylvania:

With the Blockbuster Good Grades promo, your child's report card = a free non-new release rental. There are a couple of limitations—your child must be in K-12 & have a B average or better, and you'll need to bring in the original report card signed by the parent within 30 days of issuance.

<http://www.blockbuster.com/goodgrades>

* Lauren in California with a groovy post from her Facebook page:

What English sounds like to foreigners

<http://boingboing.net/2009/12/17/gibberish-rock-song.html>

* John in Georgia, also via Facebook:

This is moving, not politicized. God bless us all. God bless America.

<http://www.youtube.com/watch?v=5pfBUUZNbFM>

* Sandy in Pennsylvania (responding to the REQUEST FOR HELP from Anonymous in Pennsylvania):

Key phrase here is you know the person is an idiot.

Personal MANTRA: What's done is done, I can't change the past, no one is trying to kill me. He who angers me conquers me. I let this go into the air (let go laughing) now because no one else really cares about this except ME and the days of my life too important to allow an idiot to control that. I feel good, I feel great, I feel wonderful! AMEN

Words taken from: I Know What You Did Last Summer, the AA mantra, It Happens (song by Sugarland), and last but not least, What About Bob? There is some great advice in old movies.LOL!

* Laura in New Jersey:

Verizon Wireless has developed a cause called "Project Hope." It was started by an HR executive there who had been a victim of domestic violence. They raised thousands of dollars

from these phones which is distributed to organizations that support women and families hurt by domestic violence across the USA. They also restore some of the better phones which are given to women at risk with minutes and an emergency phone number programmed in so that they can immediately call for help. Phones can be dropped off at any Verizon store. They do NOT have to be Verizon phones. People can start used cell phone drives at house of worship, work, schools etc. and then drop them off at a Verizon store. Any phone drive is a good community project for a scout or school teen leaders. I am sure that phone could also be dropped off at Verizon office buildings. "Project Hope" also has education programs for getting women ready to be a viable part of the workforce including English as a second language, computer skills, etc.

* Suzanne in North Carolina:

According to our local Sunday news, Asheville real estate is on the rise and Asheville 4 Seasons Realty is ready to grow as well. We're looking for 5 full-time agents who share our commitment to offer the top client service. We've developed a agent-driven program, which enables agents to keep more of what they work so hard for and they can do this in a warm, relaxed, friendly environment in W Asheville.

For more information, call: 828.551.4609, call: 828.225.6911, office.

* Steve in Pennsylvania:

An unusually snowy winter in the American Southeast has popularized a new paddlesport in and around the town of Asheville, NC. Catch a glimpse of the hot trend of snow boating, an activity that redefines "white" water:

<http://canoekayak.com/av/flash/best-cross-bow-snow-brace-ever/>

* Pat in Pennsylvania:

Just thinking out loud here . . . maybe you should incorporate more pictures into your newsletter? Why? Well, for one thing lots of us readers have no idea of the places and things you write about in that area. Your picture at the beginning of this newsletter, is nice, but for me I would like to see more about the place where the chili cook off was held. From the picture it looks like you were in some kind of kids' playground? And that's fine, but maybe show more of it? I think it's so easy to take digital pics now that this should be easy for you. Start taking a camera where ever you go.

* Dana in Pennsylvania, commenting on something I wrote in last week's issue:

I've been a member of AAA for some 40 years . . . in addition, I even have a VISA card from this fine company that gives me a 3 cent rebate on all gasoline purchases . . .

HER COMMENT:

I think you meant 3%?

MY RESPONSE:

Oops! I did mean 3%. (THANKS to Dana for picking that up.)

3. Had it

I've had it with the snow . . . and now I'm going to have to deal with two more feet!



4. Reviews

A. Having seen most of the other films "out there," I saw VALENTINE'S DAY with Cynthia . . . it follows the intertwining stories of a diverse group of Los Angeles folks as they go through romance or heartbreak in one 24-hour, event-filled February 14 . . . there's an all-star cast that features Julia Roberts, Queen Latifah, Anne Hathaway, Jamie Foxx and Shirley MacLaine, among others . . . nobody manages to distinguish himself or herself, but it's not necessarily their fault . . . the script they had to work with was fair, at best . . . only one performer stood out: award-winning singer-songwriter Taylor Swift, in her feature film debut was simply terrible . . . don't rush to see this one, either in the theaters or even when it comes out on DVD . . . rated PG-13.

SOMETHING NOT TO LOOK FOWARD TO:

This movie did well at the box office; in fact, it did so well that there's talk of a planned project that will follow the lives of people over Christmas Day. If that does come to fruition, I'd like to see less characters and more plot.

B. AMELIA is now out in DVD format . . . my review from BLAINESWORLD #683 follows:

AMELIA was a very flat biography of aviation pioneer Amelia Earhart, the first woman to fly across the Atlantic . . . I felt very little interest in her marriage to promoter and publishing magnate George P. Putnam, and if you blinked, you would have missed the affair she had with longtime friend and lover Gene Vidal . . . Hilary Swank, doing what seemed to be a Katharine Hepburn imitation, and Richard Gere had little chemistry as Earhart and Putnam, respectively . . . Ewan McGregor was wasted in the Vidal role . . . only toward the end of the film--about the attempt to take a solo flight around the world--did the action come alive . . . rated PG.

A MUCH BETTER CHOICE:

Rent THE WEDDING SINGER from Netflix or Blockbuster . . . we just revisited did and enjoyed it . . . here's my review from 1998:

Saw "the wedding singer" . . . a pleasant surprise, in that I liked it . . . a lot . . . Adam Sandler takes on the title role with Drew Barrymore as his love interest . . . a romantic comedy about a lead vocalist in an 80s band that plays weddings . . . made me smile and not think too deeply . . . liked the music, too; my only regret was that it wasn't set in the 70s (bring back the Turtles!) . . . rated PG-13.

C. I feel grateful after having read ALPHATUDES by Michele Wahlder because that's what this delightful book is all about--expressing appreciation for things that happen to us. As the author notes on the first page of the book:

* An "alphatude" is defined as a person, place or thing for which one alphabetically

expresses gratitude.

Wahlder then proceeds to take each letter of the alphabet and shows you through quotes, spiritual practices and universal practices how to significantly increase your personal range of happiness. According to the author:

* The good news is that we can change our lives by changing our thoughts. Just a change in diet creates a change in our physical bodies, so does changing our thought patterns change our brain and thereby the way we perceive and experience life.

I especially liked the suggestion about how using the principles of the book can help with sleep, too:

* We can influence the quality of our sleep by incorporating rituals that calm the mind and promote relaxation, contributing to a more peaceful night's sleep. Create a ritual of turning the television and computer off early, slipping on cozy pajamas, dimming bright lights, soaking in a warm, fragrant bath and reading a comforting book or any other calming habit. The simple structure of the alphabet can be used as a practical tool to help you reflect upon people, places and things that you are grateful for as you drift off to sleep. Journaling or mentally reviewing what is good and right in your world at bedtime will create a positive mind-set from which sleep can gently wash over you.

Adding to my enjoyment of ALPHATUDES was the fact that it was beautifully illustrated . . . in addition, recording artist Olivia Newton-John has provided a free download of her song, "Grace and Gratitude," to all who purchase the book.

D. There have been many books and much written about the life of Babe Ruth, the legendary baseball slugger . . . so I did not think that I'd find myself very much interested in still another account of his life . . . but having just finished listening to the CD version of THE BIG BAM: THE LIFE AND TIMES OF BABE RUTH by Leigh Montville, let me say that I was mistaken--bit time.

This engaging account of Ruth captivated me from the very beginning . . . I grew to understand and better appreciate his tough early years, spent mostly in an orphanage (though his father was still alive) . . . when he was discovered as a baseball phenom, I felt elation for him as he began his professional career.

As he matured into the star he eventually became, it was fun hearing the many details that Montville provides . . . although much of the book was set in the 1920s and 30, it seemed as contemporary a tale as that of any of today's superstar athletes.

Some of what I learned was a bit myth-shattering: i.e., that Ruth was a miserable husband and father . . . he was also cheap, as well as a poor sport . . . yet overall, I got to better understand what made him tick, and I still marvel at how far he was ahead in terms of performance than just about any other player of his time.

Perhaps the most amazing fact that I was reminded about was his pitching talent . . . had he not turned to become an everyday player, he could well have become the greatest hurler of all time.

THE BIG BAM is an ideal overview of those not overly familiar with Ruth's career . . . it also would make a great gift for any sports fan.

E. WE HAVE A WINNER!

Last week, we featured a contest for an unabridged CD copy of David Baldacci's ABSOLUTE POWER . . . 11 readers submitted entries, and the winner is . . . drum roll, please . . . Barbara in Pennsylvania.

Her prize will be in the mail.

SPEICAL THANKS to Barbara, as well as to John in New Jersey . . . both pointed out to me that I made a mistake in the description of the above book . . . it is the story of a man and woman (NOT two women) who when they start to make love, trap a burglar behind a secret wall.

In addition, they came up with the a great idea for such prizes--that the person who receives them makes it a point to "pass it forward" when they have finished listening . . . so Barbara, it's now up to you to do that if you so choose.

5. TV alert

A. Golfers will want to catch THE HANEY PROJECT on Mondays at 9 p.m.

on GOLF CHANNEL . . . renowned instructor Hank Haney will try to fix Ray Romano's swing on the second season of the show . . . BEING JOHN DALY captures the 1995 British Open winner trying to make a comeback on the European PGA tour and losing more than 100 pounds . . . Tuesdays at 9 p.m., also on GOLF CHANNEL.

B. PARENTHOOD has its season premiere on Tuesday at 10 p.m. on NBC . . . this comedy drama has "compensating charms," according to TV GUIDE . . . I'll be watching if just for the return of Craig T. Nelson, who will be one of the grandparents (along with equally watchable Bonnie Bedelia),

C. Sarah Jessica Parker climbs her family tree in the season premiere of WHO DO YOU THINK THEY ARE? . . . Friday at 8 p.m. on NBC.

D. Don't bother contacting me on Sunday night . . . at 7 p.m., I'll be watching THE BARBARA WALTERS SPECIAL (her final Oscar night event) on ABC . . . she'll be interviewing Sandra Bullock and Mo'nique . . . then I'll catch THE ACADEMY AWARDS at 8 p.m. on the same channel . . . either Alec Baldwin or Steve Martin would have made a fine host; why they've chosen both makes little sense to me--and should only serve to extend the already overlong event.

MY PERSONAL CHOICES:

Best, Actor, Colin Firth; Best Actress, Sandra Bullock; Supporting Actor, Christopher Waltz; and Supporting Actress, Mo'nique . . . for Best Picture, I wouldn't mind seeing THE BLIND SIDE take it or even INGLORIOUS BASTERDS . . . anything other than AVATAR, the likely winner.

6. Gun control

President Obama at a recent rural elementary school assembly in East Texas, asked the audience for total quiet. Then, in the silence, he started to slowly clap his hands once every few seconds, holding the audience in total silence.

Then he said into the microphone, "Children, every time I clap my hands together, a child in America dies from gun violence."

Then, little Richard Earl, with a proud East Texas drawl, pierced the quiet and said: "Well, dumbass, stop clapping!"

7. Websites

A. Lana in Ohio:

Funny Examples of Oxymorons:

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

MY TWO CENTS:

If you're confused about what an oxymoron is, here's the definition:

A figure of speech by which a locution produces an incongruous, seemingly self-contradictory effect, as in "cruel kindness" or "to make haste slowly."

Even more enjoyable, in my opinion, were the lists of euphemisms available from this website . . . you even get what they mean . . . for example:

Adult entertainment . . . in other words . . . pornography!

There's also a listing of anagrams, palindromes and pleonasm & redundant phrases.

B. Barbara in Pennsylvania:

THIS IS A REMINDER THAT TIME FLIES, AND FOR YOU TO STOP SCREWING AROUND AT THE COMPUTER AND GET BACK TO WORK!

It comes from a Dutch website. Don't do anything.

It's automatically adjusted to your time zone. Just look at it and study it. You'll get the

EXACT TIME of the DAY in seconds, minutes, hours, the day, month and year. Just read the green line. Everything's there. Study it for a few seconds, and it will all come clear to you.

Remember these definitions:

1st Line is Seconds,
2nd Line is Minutes
3rd line is Hours (using a 24-hour military clock)
4th Line is Days
5th Line is Dates
6th Line is Months
7th Line is Years

This is the COOLEST clock I have seen yet! Click on as follows:

<http://home.tiscali.nl/annejan/swf/timeline.swf>

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

<http://www.blainesworld.net>

If you've never seen the above, check out the pictures of yours truly with Cynthia and other friends, relatives, etc. . . . click "Blaine's Best" on the left and then "Pictures" . . . make sure your sound is on; that way, you'll also get to listen to what's arguably the greatest rock song of all time.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Deb in Pennsylvania via Facebook:

Did you know that: Using power management features on your computer can save more than 600 KWh of electricity and more than \$60 a year in energy costs. That equates to nearly half a ton of CO2--more than lowering your home thermostat by two degrees Fahrenheit in the winter or replacing six standard light bulbs with compact fluorescents.

<http://www.climatesaverscomputing.org/learn/saving-energy-at-home/>

9. Anything!

One day, a man came home and was greeted by his wife dressed in a very sexy nightie. "Tie me up," she purred, "and you can do anything you want."

So he tied her up and went golfing.

10. A quote I like

I do not try to dance better than anyone else. I only try to dance better than myself.--Mikhail Baryshnikov (born in 1948), Russian-American dancer, choreographer and actor

11. Thought for the day

Your son is here

A nurse took the tired, anxious serviceman to the bedside. "Your son is here," she said to the old man. She had to repeat the words several times before the patient's eyes opened.

Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Marine standing outside the oxygen tent. He reached out his hand. The Marine wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and

encouragement.

The nurse brought a chair so that the Marine could sit beside the bed. All through the night, the young Marine sat there in the poorly lighted ward, holding the old man's hand and offering him words of love and strength. Occasionally, the nurse suggested that the Marine move away and rest awhile.

He refused. Whenever the nurse came into the ward, the Marine was oblivious of her and of the night noises of the hospital--the clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients.

Now and then she heard him say a few gentle words. The dying man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited.

Finally, she returned. She started to offer words of sympathy, but the Marine interrupted her. "Who was that man?" he asked.

The nurse was startled, "He was your father," she answered.

"No, he wasn't," the Marine, replied. "I never saw him before in my life."

"Then why didn't you say something when I took you to him?"

"I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn't here. When I realized that he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed."

The next time someone needs you . . . just be there. Stay.

WE ARE NOT HUMAN BEINGS GOING THROUGH A TEMPORARY SPIRITUAL EXPERIENCE.

WE ARE SPIRITUAL BEINGS GOING THROUGH A TEMPORARY HUMAN EXPERIENCE.

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

12. Advance planning department

A. Several Pennsylvania events:

* Diane and Bill in Pennsylvania:

So proud of Rachel [our daughter]. She is stage manager for her HS production of THE 25TH ANNUAL PUTNAM COUNTY SPELLING BELL this coming Thursday, Friday and Saturday. Bill and I will be handing out the programs at all four shows. Tony Danza will be the guest speller on Tuesday. It is said that Rachel does not even know he is!

March 4, 5 & 6 at 7:30 p.m.

March 6 at 2 p.m.

\$5 General Admission; \$8 Reserved Seating

BHS Auditorium, 4319 Hulmeville Road, Bensalem, PA

For more information on tickets, please click:

<http://www.bensalemsd.org/14512061312135777/site/default.asp>

or call Stacy Kutner at 215.752.7977

* Catch THE PLAY'S THE THING at the Heritage Center, 635 N. Delmorr Ave., through March 14. Performances: Fri.-Sat. 8 p.m., Sun. 2 p.m. Tickets cost \$20, \$17 seniors (62 and over), \$10 children 12 and under; 215-295-3694; www.actorsnetbucks.org.

The show has received rave reviews. See below for one of them:

<http://tinyurl.com/ylp5p3d>

* Natalie in Pennsylvania with two FREE events:

Women at the Turn of the Century

Tuesday, March 9: 12:30 p.m.
Gallagher Room, Bucks County Community College, Newtown, PA

This presentation by Trish Chambers discusses the advancement of women into the professions, arts and business, exploring how women took the initiative to drive social change.

Pray the Devil Back to Hell, screening

Thursday, March 10: 12:30 p.m.

Fireside Lounge, Bucks County Community College, Newtown, PA

Screening of film Pray the Devil Back to Hell, a gripping documentary about a group of brave women who demanded peace for Liberia, a nation torn to shreds by a decades-old Civil War, followed by a facilitated discussion with Barbara Shaiman, author of Live Your Legacy: Ten Simple Steps to Find Your Passion and Change the World. Barbara is the founder of the non-profit organization, Champions of Caring, which provides young people with the skills they need to make responsible personal decisions and positive changes in their communities.

B. There's stuff happening in North Carolina, too:

* Bob in North Carolina:

Buster plays our first gig of 2010 Friday, March 5th at Holland's Grille - 1078 Tunnel Road in Asheville (Oteen). Jeremy has left the band, but we'll feature some special guest vocalists to make this evening a real treat. Come early to eat, stay late to rock the house!

* Asheville SCORE (see also Section 1C) has another excellent seminar this coming Saturday:

How to Start a Business in Tough Times

This seminar provides an overview of key elements and issues that every business owner must face: the Business Plan, Record Keeping (for tax/inventory/accounting), Legal Structure, Financing, Promotion/Marketing and Risk Management/Insurance (workers' comp and liability). Any person starting a business without this knowledge may be taking those aforementioned initial steps toward a cliff, while admiring the clouds in the sky. Cost of \$40 at the door includes lunch.

To register in advance and save \$5, please click:

<http://ashevillescore.org/registration.htm>

C. And New Jersey gets into the act as well:

* Risa in New Jersey:

FOR WOMEN ONLY is a weight management/motivational support group in Maplewood, NJ. This is only the first of ongoing bi-weekly sessions: Mondays at 5:45 p.m. and Fridays at 9:30 a.m. More sessions will be added as needed. Taking the needed steps to making lifestyle changes can be tough when you go it alone--research indicates having a network of support reaps greater success.

The group is led by Risa Olinsky, M.A, who personally has dealt with weight management challenges in her life. Risa is a Licensed Certified Wellcoach, ACE Certified Lifestyle & Weight Management Consultant and Personal Trainer with a Masters degree in Adult Fitness Management (NYU)and 30 years experience in health & fitness.

This is NOT a therapy group: it is a lifestyle support group.

Enrollment is limited and the fee is \$150/10 sessions to be applied within three months, non-refundable and does expire. First come basis. program is limited to 8 people/session.

Additional inquiries: www.risaolinsky.com.

* Janet in New Jersey with some information about classes she'll e teaching:

WEDNESDAY- MARCH 10, 17, 24- 7-9 PM

LEARN TO BE THE MEDICINE FOR YOURSELF AND OTHERS

Profound teachings to begin to reclaim your life and healing in ways you never knew you could. Perfect for healthcare practitioners and everyone who want to live the best life and health possible. Janet StraightArrow brings the pieces together from traditions around the world WITH LOGICAL, SIMPLE PRACTICES, TOOLS AND PERSPECTIVES to make you a self-sustaining human. www.bethemedicine.com 973-647-2500 \$100 for 3 week segments. 18 Bank St, Suite 300, Morristown, NJ 07960.

THURSDAY-MARCH 11, 7-9 PM

APPRENTICE YOURSELF-BE THE MEDICINE

Janet StraightArrow begins this advanced track of healing and learning adventures for those who are ready for deep work on their own path to purpose, healing and enlightenment. Become who you have always been. Deep process and practice in community locally, retreats and privately. This is an introductory meeting-no obligation. Join us bring a friend for discovery. www.bethemedicine.com 973-647-2500 18 Bank St, Suite 300, Morristown, NJ 07960.

PS. Methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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BLAINES WORLD

BLAINESWORLD
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In this issue:

1. Reflections
2. FYI
3. Global warming
4. Reviews . . . DEAR JOHN, etc.
5. TV alert
6. Tell the truth
7. Websites
8. Computer tip
9. To tell the truth
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I had a blast at our community's chili cook-off.



(L-R: Marilynne Herbert, Bill Benjamin, Kristi Mizen, Gary Bien, Tena Bien, Cynthia and yours truly.)

There were a lot of excellent entries . . . the good news is that two of our neighbors won prizes in the competition . . . Kristi took first in the hot category and Tina came in second in the unique category.

KUDOS to David Berry, Biltmore Lake's recreation director, for doing such a fine job in putting the even together . . . he was ably assisted by Recreation Committee volunteers, including Shari Mastari and Marilynne (see the picture above).

B. On another night, we went to a Groundhog Day party at our friend Christina's house.



In case you're thinking that the event should have been a few weeks ago, you're right . . . weather played havoc with the first scheduled date . . . we enjoyed both the food and many desserts and, also, the chance to meet with many nice folks who live in our neighborhood.

C. On still another night, I attended the monthly Lecture Series run by Biltmore Lake . . . it was one of the best such sessions we've ever had . . . Ron Clearfield, conductor and music director of the Blue Ridge Orchestra, was the speaker . . . he spoke about an upcoming concert on March 21, and he played several beautiful pieces on his cello (that's over 300 years old) . . . for more information about Ron, please click:

<http://www.ronclearfield.com/index.php>

For more information about the Blue Ridge Orchestra, please click:

<http://www.blueridgeorchestra.org/>

SPECIAL THANKS to Dr. Arnold Brown, concert master for the Blue Ridge Orchestra, for helping make arrangements for the above presentation.

D. I'm personally honored to have been chosen to become a member of Asheville SCORE . . . as such, after I complete my training over the next few weeks, I will become a small business counselor for this fine organization.

For more information, please click:

<http://www.ashevillescore.org/>

Dan Barrager, membership chair, helped me feel welcome right from the very beginning of the process.

I have also gotten to know Nick Jordan, Chapter president, and have already been impressed with the way he leads the organization.

And I attended my very first meeting, at which Sarah Benoit gave an informative presentation on Social Networking . . . she noted:

- * You can't reach all people with Facebook and/or Twitter, but you should consider having and using both.
- * Almost 30% of North Carolina residents have Facebook accounts.
- * You still need a website.
- * You need to develop a ritual to process your accounts, and this should take you around 15 minutes every day.
- * You can only follow 150 people closely, according to Seth Godin.
- * You don't have to respond to everybody.

For more information about Sarah, please click:

<http://www.creative-original.com/>

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

This week, it goes to Jeff Monroe--General Manager, Marketing for AAA Carolinas.

I've been a member of AAA for some 40 years . . . in addition, I even have a VISA card from this fine company that gives me a 3 cent rebate on all gasoline purchases . . . that where Jeff enters the story.

I apparently had been sent two separate \$50 rebate checks over the past year . . . however, I never recall getting them.

So I wrote AAA and Jeff got back to me shortly thereafter . . . he soon tracked down my rebates and got replacements issued within a few days.

I was impressed!

For more information about AAA, please click:

<http://www.AAA.com>

WHAT I LEARNED AS A RESULT OF THIS EXPERIENCE:

I may well have been mailed the above rebates, but possibly never opened them . . . it appears they were mailed to me in blank envelopes that made them appear to be advertising mail . . . consequently, I now open most anything I get in the mail just to make sure I don't "miss" anything else that might be important.

2. FYI

I strongly suggest that you keep your old cellphone, particularly if you upgrade to a newer model with the same company . . . if you lose your new phone or it gets damaged, you can usually dig up your old cellphone and still use it after just making a simple call to your carrier.

However, if you have a bunch of cellphones lying around and/or some are not even from your present carrier, here's another option: Donate them to Cell Phones for Soldiers . . . this company recycles them, then uses the money to buy calling cards for troops stationed abroad so they can call home for free. . . you can even get a free prepaid shipping label by clicking:

http://www.cellphonesforsoldiers.com/shippingLabel_generic.html

FYI, part 2

* Steve in Pennsylvania wrote me with an idea that really struck home:

A couple of years ago, decided that it had been too long since the guys had been together so three of us were able to travel a hundred miles from different directions to meet for lunch in Baltimore. The following year, we met in Philadelphia, went to lunch and visited the Liberty Bell. Was able to attend his [a friend who recently died] 60th and 65th birthdays. We have good memories. Yesterday at his funeral, had an opportunity to see how our collective families had grown, to reflect, and got some insight into who we were and became.

MY TWO CENTS:

What a great reminder to keep in touch with folks, especially when they are happy and healthy!

* Rebecca in Michigan emailed me about a song she sings . . . I liked it . . . you can hear it for yourself by clicking:

http://www.youtube.com/watch?v=w_Zz9UXTwIU

* Maya in Pennsylvania:

Had the joy of debating the Delaware River deepening proposal on NPR's Radio Times with Marty Moss-Coane yesterday. If you're interested here is the link:

<http://why.org/cms/radiotimes/2010/02/18/delaware-river-dredging/>

It was a genuine back and forth debate and an effort to really let folks know our side of this tremendous threat to our River and region.

* Joni in Pennsylvania:

Although the National Museum of American Jewish History (in Philadelphia) does not

open until July 2010, here is your own private preview:

<http://www.youtube.com/watch?v=DBmgIA-yCCK>

Sit back and relax for this presentation of about 12 minutes; I am sure you will enjoy it. Please watch to the very end.

And for more information:

<http://www.nmajh.org/>

* Anonymous in Pennsylvania (with a REQUEST FOR HELP):

How to stop internalizing? You know when you feel something has been unjustly done or said to you, and you have a thousand and one things you want to say to the person but you can't because it is someone in authority (who could jeopardize your job, which as we know, is hard to come by these days) or you know the person is such an idiot you would make their day letting them know they got to you. So for me I keep replaying it in my mind of all the things I want to say and do and I even write it down but it doesn't stop me from waking up in the middle of the night and going over it again and again.

So these are the things I try:

Deep breathing

Trying to think of something else

Writing my thoughts down . . .

But none of it works.

* Walter in Pennsylvania on CRAZY HEART:

The movie's theme is very similar to last year's movie THE WRESTLER with Mickey Rourke. Same hype, best performance ever for him, best actor, no Oscar, neither will this one. My vote is for Jeremy Renner (THE HURT LOCKER).

* Barbara in Pennsylvania:

Rent WAR and REMEMBRANCE, but you must get the 26 hour, 12 disc DVD selection. It is marvelous! That is, if you have the time. Better yet, have "movie week with your friends". It is such a winner. It is a remake of Winds of War, but I think with a lot of added storyline.

Stars: (a few names) Robert Mitchum, Polly Bergen, Jane Seymour, John Gielgud, E.G. Marshall, Ralph Bellamy, Sharon Stone, etc. Tons of actors and actresses.

* Tim in Pennsylvania:

Here are some videos by Powerhouse Rock and Roll Band. We are the band that plays at parties you've attended. These are original songs on [youtube.com](http://www.youtube.com), and we need a city connection so please forward to whom ever you think would help including your mailing list. Thanks for continuing the updates.

<http://www.youtube.com/watch?v=ec2SnJQCG3E>

<http://www.youtube.com/watch?v=wTky4lIXr3A>

<http://www.youtube.com/watch?v=ec2SnJQCG3E>

Should you want to book this group in the NJ/Pennsylvania area (and you won't go wrong doing so), please call Tim Ledger at 267.968.2801 or email him at Sixxers1@aol.com . . . the group's website is:

<http://www.powerhouserocks.com>

* Risa in New Jersey (NOT my daughter):

My NY TIMES blog is back, and I want your thoughts and comments. Share your personal experiences with me, too.

<http://maplewood.blogs.nytimes.com/>

3. Global warming

A stranger was seated next to a little girl on the airplane when the stranger turned to her and said, "Let's talk. I've heard that flights go quicker if you strike

up a conversation with your fellow passenger."

The little girl, who had just opened her book, closed it slowly and said to the stranger, "What would you like to talk about?"

"Oh, I don't know," said the stranger. "How about global warming?" and he smiles.

"OK," she said. "That could be an interesting topic. But let me ask you a question first. A horse, a cow and a deer all eat the same stuff --grass. Yet a deer excretes little pellets, while a cow turns out a flat patty and a horse produces clumps of dried grass. Why do you suppose that is?"

The stranger, visibly surprised by the little girl's intelligence, thinks about it and says, "Hmmm, I have no idea."

To which the little girl replies, "Do you really feel qualified to discuss global warming when you don't know sh*t?"

4. Reviews

A. I usually like books by Nicholas Sparks, but I wasn't a big fan of DEAR JOHN . . . so I was surprised to find that I preferred the movie version (a rarity!) . . . Channing Tatum and Amanda Seyfried are both watchable as the soldier and his girlfriend, separated by Tatum's service overseas . . . you can probably guess how the story will end; however, it still will make you feel good for the couple . . . rated PG-13.

B. LOVE HAPPENS is now on DVD . . . when it came out, the reviews weren't very good . . . yet I liked it . . . Aaron Eckhart and Jennifer Aniston star in this romantic drama about a self-help author who arrives in Seattle to teach a sold-out seminar . . . there, he unexpectedly meets the one person who might be able to help him straighten out his own life . . . I especially liked the scenes showing Eckhart (one of my favorite actors) conducting various programs . . . they were very believable . . . rated PG-13.

C. The title of a book can often get my attention . . . that was certainly the case with WHY DIET AND EXERCISE FAIL by Daniel Matthew Korn . . . its subtitle made me want to read it even more: HOW CURRENT RESEARCH CONTRADICTS CONVENTIONAL WISDOM ABOUT WEIGHT LOSS.

So when I got a copy, I dove right into it with great anticipation . . . in doing so, I found a very well-written book that was also backed by a great deal of research.

Though I found out that Korn was not any type of medical professional, it had little effect on my reading . . . in fact, it may have even helped because he did a fine job of breaking down some subjects that might have otherwise been very complex for the lay reader.

There was much useful information that I gained from WHY DIET AND EXERCISE FAIL, including these tidbits:

* Another unexplained predictor of weight gain is sleep deprivation. Chronic sleep deprivation is a feature of modern life and has significant consequences. People who sleep five or fewer hours weigh more than those who sleep seven hours or more. People who sleep less also tend to gain more weight over time. They are hungrier and crave more sweets.

* The American Heart Association recommends eating foods rich in vitamin E, but not taking synthetic vitamin E supplements. Studies have demonstrated that synthetic vitamin E supplements do not lower the risk of death from heart disease, possibly because the body absorbs vitamin E efficiently only when it is contained in fat.

And then there was this passage toward the end of the book:

* Our first instinct when we begin a diet is to look at the scale. A better indicator of success would be to pay attention to how we feel. A healthy weight comes from being healthy. Signs of health improvement from the right diet include feeling increasingly relaxed, even in stressful situations, as well as waking up earlier and earlier, eventually being able to wake at sunrise if desired, feeling refreshed. Sleeping eight hours or longer is also a sign of healthful sleep. Other reported signs of a successful diet include increased muscle relaxation, with old aches and pains gradually disappearing. After sleep and stress have returned to normal levels, appetite should start to decrease. The sensation has been described as "appetite suppression" and "a less intense hunger." Other reported effects include decreased skin and gum inflammation.

Korn concludes with a section on "How to lose weight," which is based on all that he has

previously discounted . . . it's interesting, but I would have wanted more information on that topic--as well as research . . . maybe that's an idea for the author; i.e., for a follow-up book.

D. Though I don't always agree with Glenn Beck . . . make that, I rarely agree with his opinions . . . but putting that aside, I found it interesting that he had written THE CHRISTMAS SWEATER--a novel.

And so to prove to my conservative friends that I can be open to all types of views, I listened to a CD version of the above that the author also read . . . and was very glad that I did.

The book is a sentimental tale of 12-year-old Eddie whose father has died . . . yet he still thinks this Christmas will be his best ever because he will receive a much-desired Huffly bike. (Or so he hopes.)

Unfortunately, he instead receives "a stupid, handmade, ugly sweater," and he's not a happy camper as a result . . . things get worse after he insults his other because she soon crashes the car, dying instantly.

The story that follows is sort of a cross between IT'S A WONDERFUL LIFE and A CHRISTMAS STORY . . . though it doesn't quite reach the greatness of either of these two films, I did like it and felt that I got really know Eddie in the process.

There's a neat twist toward the end that I won't give away, being Mr. Considerate here.

I particularly liked Beck's narration . . . in addition, I enjoyed finding examples of how he did manage to insert his politics into various passages such as this one:

* "Eddie, Mrs. Olsen is a very good customer of ours. Her husband passed away about a year ago and she's had a hard time making ends meet. You're right, what she gave me isn't money, but it's just like it for people who need it. They're called food stamps, and our government is helping her buy groceries until she can get back on her feet. We don't talk about them in front of her because she doesn't like the fact that she has to ask others for help."

Dad explained that while our family would never accept help from anyone, especially the government, there were good people who needed it. I immediately felt sorry for Mrs. Olsen--sorry for anyone who needed to rely on others for that kind of help. And I was glad that we would never be in that position.

A few months later I got a chance to prove to my father that I'd learned my lesson.

Mom had once again run to the bank, and I was in the front of the store putting fresh macaroons into the display case while Dad waited on customers. I watched as, once again, he accepted the funny-looking coupons as payment--this time from a guy buying bread, a pie, and a dozen cookies. But now, instead of warm smiles, friendly conversation, and yummy dessert suggestions, my father was completely silent.

After the customer left it was my turn to do the questioning. I followed him into the back. "What's wrong, Dad?" I asked.

"I know that man, Eddie. He can work, but he chooses not to. Anyone who can earn money has no business taking it from others."

I eventually came to understand that my father, who'd grown up poor and struggled for everything we owned, had continually rejected offers of help from others. He had worked hard to build a business and provide for his family. He believed others should do the same. "The government," he told me one night, "is there to act as a safety net, not a candy machine."

Even though it's only February when I'm writing this review, do put THE CHRISTMAS SWEATER down as an ideal gift for next year's holiday season.

E. SPECIAL CONTEST GIVEAWAY:

If you're a fan of Books on Tape (or CD), like I am, please feel free to enter the contest to receive an unabridged copy of David Baldacci's ABSOLUTE POWER.

It's the story about a woman and woman who start to make love, trapping a burglar behind a secret wall. Then the passion turns deadly, and the witness runs into the night because he's seen a brutal slaying involving the president of the United States.

The book is unabridged and runs for approximately 19 hours.

To enter, just send an email to: bginbc@aol.com and put CONTEST GIVEAWAY in subject line. Include your home mailing address. Entries must be received on or before 9 p.m. on Monday, March 1.

5. TV alert

A. REPORTER is a powerful documentary that follows Pulitzer Prize-winning NEW YORK TIMES columnist Nicholas Kristof as he interviews starving, traumatized refugees from the Democratic Republic of the Congo . . . Thursday at 4:25 a.m., repeated on Saturday at 9:45 a.m.

B. SOUNDSTAGE features Willie Nelson, showcasing songs from COUNTRY MUSIC--his CD of old-time classics . . . Thursday at 10 p.m. on PBS . . . because PBS dates and times sometimes vary, check local listings.

C. Season 3 of LIVE FROM ABBEY ROAD opens with Seal, Counting Crows, Matchbox Twenty and Sugarland honoring the most famous album ever recorded at the studio: The Beatles' ABBEY ROAD . . . Friday at 8 p.m. on Sundance.

D. THE MARRIAGE REF is executive producer and celebrity panelist on THE MARRIAGE REF, a new show about bickering spouses . . . Sunday at 10:30 p.m. on NBC.

UPDATE ON A SHOW PREVIOUSLY RECOMMENDED:

I often watch WASHINGTON WEEK with Gwen Ifill on Friday nights at 8 p.m. on PBS . . . it's a balanced review of the political scene, featuring several panels from media throughout the country . . . however, if I miss a show or want to revisit a past one, I can do so by clicking:

http://www.pbs.org/weta/washingtonweek/video_archive

6. Finding the right girl

Manny is almost 29 years old, his friends have already gotten married, and 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?"

"No," 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 ole 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 a congratulations? Are you and this girl engaged, yet?"

"I'm afraid not, my Father can't stand her!"

7. Websites

A

If you loved the movie ONCE, as I did . . . then you'll want to catch The Swell Season (Irish musician Glen Hansard and Czech singer and pianist Marketa Irglova) performing new songs at an NPR Music Tiny Desk Concert:

<http://www.youtube.com/watch?v=crS5ti-Py7Q>

B. Parents and grandparents (aunts and uncles) . . . actually, just about anybody . . . will enjoy this preview of a new version of GREASE:

<http://members.shaw.ca/anabw/grease.htm>

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

<http://www.blaineworld.net>

To see some of my favorite websites, click "Blaine's Best" on the left . . . it will take you to a listing that I'm in the process of updating . . . so don't bother clicking on all the websites (unless you have a lot of time to kill), but do check out the following: C, I, R and T.

Also, if you want to check out all the other websites and notice that some are not working, kindly let me know which ones via an email.

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

When you visit a website, the information is almost always stored on your hard drive in a file called a cookie . . . the more you're on the Internet, the more cookies you accumulate, and the information pileup can slow down both your browser and other programs you run on your computer.

To make your machine run faster, just wipe away those cookies.

If you're like me and use Firefox, here's all you need to do:

1. Click on Tools, then Options.
2. Select Privacy
3. Select Cookies.
4. Choose your preferred settings (You can configure which sites are allowed to set cookies, how long to keep them for, and view and manage your existing cookies.)

For more information or if you use another browser, please click:

<http://www.aboutcookies.org/Default.aspx?page=1#mozfox3.0>

9. Tell the truth

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked NO REFILLS."

10. A quote I like

We come into this world crying while all around us are smiling. May we so live that we go out of this world smiling while everybody around us is weeping.--Persian proverb

11. Thought for the day

Lucky

Mary and her husband Jim had a dog named Lucky.

Lucky was a real character. Whenever Mary and Jim had company come for a weekend visit, they would warn their friends to not leave their luggage open because Lucky would help himself to whatever struck his fancy.

Inevitably, someone would forget and something would come up missing.

Mary or Jim would go to Lucky's toy box in the basement and there the treasure would be, amid all of Lucky's other favorite toys. Lucky always stashed his finds in his toy box, and he was very particular that his toys stay in the box.

It happened that Mary found out she had breast cancer. Something told her she was going to die of this disease . . . in fact; she was just sure it was fatal.

She scheduled the double mastectomy, fear riding her shoulders. The night before she was to go to the hospital she cuddled with Lucky. A thought struck her . . . what would happen to Lucky? Although the three-year-old dog liked Jim, he was Mary's dog through and through. If I die, Lucky will be abandoned, Mary thought. He won't understand that I didn't want to leave him! The thought made her sadder than thinking of her own death.

The double mastectomy was harder on Mary than her doctors had anticipated, and Mary was hospitalized for over two weeks. Jim took Lucky for his evening walk faithfully, but the little dog just drooped, kept whining and was miserable.

Finally the day came for Mary to leave the hospital. When she arrived home, Mary was so exhausted she couldn't even make it up the steps to her bedroom. Jim made his wife comfortable on the couch and left her to nap.

Lucky stood watching Mary but he didn't come to her when she called. It made Mary sad but sleep soon overcame her and she dozed.

When Mary woke, for a second she couldn't understand what was wrong. She couldn't move her head and her body felt heavy and hot. But panic soon gave way to laughter when Mary realized the problem.. She was covered, literally blanketed, with every treasure Lucky owned!

While she had slept, the sorrowing dog had made trip after trip to the basement bringing his beloved mistress all his favorite things in life. He had covered her with his love.

Mary forgot about dying. Instead she and Lucky began living again, walking further and further together every day. It's been 12 years now and Mary is still cancer-free. Lucky, He still steals treasures and stashes them in his toy box but Mary remains his greatest treasure.

Remember . . .live every day to the fullest. Each minute is a blessing from God. And never forget . . . the people who make a difference in our lives are not the ones with the most credentials, the most money or the most awards.. They are the ones that care for us.

If you see someone without a smile today give them one of yours! Live simply. Love seriously. 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)

12. Advance planning department

A.. Upcoming SCORE (see also Section 1D) seminars in the Asheville area:

Employment Law on February 27
Starting a Business in Tough Times on March 6
Business Plan on March 20
Accounting on March 27

All classes are held on the AB Tech Enka campus at 8:30 a.m.

Fee: \$25 if you pre-register; \$30 at the door.

To register, please click:

<http://www.ashevillescore.org/registration.htm>

B. Natalie in Pennsylvania:

Newtown (Bucks County, Pennsylvania) residents will want to attend this Town Hall meeting on Sunday, February 28.

<http://tinyurl.com/ygygz4l>

Also, if you know of any self-published authors, you might want to send them this link from the Princeton Library. It's for an application to be part of their independent author fair. Not only can they sell and exhibit their books, but if selected to be part of this, they get an opportunity to address the audience for 8-10 minutes.

<https://spreadsheets.google.com/viewform?formkey=dFpHcINZbFJrM0JFMk1pYjE3dUxFS3c6MA>

NOTE:

Above event takes place on Saturday, March 6th, from Noon to 4 p.m. It is open to the general public, so you don't have to be a writer to attend.

C. Cynthia (see also Section 1A) has a Journey Dance/Move Your Body session on Monday, March 1 at the Biltmore Lake Clubhouse at 7 p.m. . . . if you'd like to attend and/or want more information, drop me an email--and I'll get it to you.

D. Ted and Kimberly in North Carolina:

Please plan on joining us for our new Beginning Ballroom Dance Series at the Downtown YMCA starting this coming Monday, March 1st at 7:30 p.m. (Each class is one-hour). This is a 4-week series and advance registration is required.

IN THIS FIRST 4-WEEK SERIES TAUGHT BY PROFESSIONAL BALLROOM DANCE INSTRUCTORS TED & KIMBERLY ROSS, YOU WILL LEARN THE BASICS OF THE ENERGETIC EAST COAST SWING & THE ELEGANT WALTZ BENEFITS OF SOCIAL BALLROOM DANCING:

BURN MORE CALORIES THROUGH LOW-IMPACT MOVEMENT
MEET NEW FRIENDS IN A FUN & RELAXED ATMOSPHERE
RELIEVE STRESS
BUILD YOUR CONFIDENCE
IMPROVE YOUR MUSCLE TONE
IMPROVE YOUR FLEXIBILITY, STRENGTH, AGILITY & BALANCE

COST: \$32 YMCA Members or \$40 Non-Members for 4-Week Series

Pre-Registration Required

To register, please contact the YMCA at 828.210.9622 or email Lynn Trezise @ ltrezise@ymcawnc.org

Methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

SUBSCRIBE/UNSUBSCRIBE INFORMATION

To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINES WORLD

BLAINESWORLD
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2.15.2010

In this issue:

1. Reflections
2. FYI
3. If you think nobody cares
4. Reviews . . . CRAZY HEART, etc.
5. TV alert
6. Watch your Doritos!
7. Websites
8. Computer tip
9. Modern medicine
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I are constantly reminded about how much we love living in the area . . . in particular, we've never experienced quite anything like our neighborhood . . . not only do we know all our neighbors, but we actually like them and often do things together as a group.

On one day during the week, we got together with three of them--Marilynne, Kristi and Bill--to catch the film CRAZY HEART (see also Section 4A) . . . we then all went out for dinner at our favorite local Thai restaurant, Sushi Thai . . . for more information, about that establishment, please click:

<http://www.ichibanwasabi.com>

B. Regretfully, we did not get to spend Valentine's Day together . . . Cynthia went North to celebrate her sister's birthday and, also, to visit a sick friend . . . however, we did get to enjoy a gift that we got for the both of us--our own personalized romantic novel . . . it was written by our good friend Marcy (of Kilwin's fame), and though I obviously can't share the whole thing with you, I did think you'd like to at least see this brief sample:

Blaine squeezed Cynthia's hand and said, "Well, Babe, I don't know what happened back there, but from the moment I saw you in the mirror with that amulet around your sexy neck, I've felt a tingling sensation from head to toe, sort of like electricity coursing through my veins."

"Could it be the magic of the amulet has touched us in some way?" Cynthia surmised. "I mean, we're already in love, so maybe the amulet simply enhanced our romance."

"I don't doubt it, not for a minute," Blaine agreed.

For your own personalized novel, please click:

<http://www.yournovel.com>

C. During the week, I attended an informative workshop on using Facebook and Twitter for the small business owner . . . Wendy Lou Gillespie of Creative Imp Works did a fine job in running the session and even motivated me to open a Twitter account. (How 'bout that? Details to follow.)

It was held at the Tomato Jam Cafe, and I had a tasty tuna melt sandwich . . . the place is open for breakfast and lunch, and I understand the desserts are great--though I passed this time . . . for more information, please click:

<http://www.tomatojamcafe.com>



That's my friend Marilynne at the above session, along with yours truly:

Also, I got to see Asheville Community Theatre's production of *SHORT ORDER DURANG* at 35below . . . it was put on by a talented ensemble cast and featured one-acts and "shorts" from playwright Christopher Durang.

I had a fun time, and you will too . . . the good news is that you have until Feb. 27 to catch a performance . . . for more information, please click:

<http://www.ashevilletheatre.org>

D. CONGRATULATIONS to good friends Ivan and Natalie in Pennsylvania . . . they were featured in article in *THE PHILADELPHIA INQUIRER* about "Love after 50" . . . the article can be viewed by clicking:

<http://tinyurl.com/yfdzqxs>

Make sure you "view images" on the right and see the second photo!

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

This week, it goes to Chris Henderson--owner/president of Home Environments in Asheville.

A few months ago, we had some minor problems with the carpeting on our stairs . . . Chris came out and quickly turned things around by replacing all the carpeting on the stairs.

Then, a few months later, we had some more significant problems with the wood flooring on the top level of our home . . . Chris, working in conjunction with the builder (Biltmore Lake) agreed that it needed replacing because of the type flooring that had been used--a style that has since been discontinued.

In both instances, he couldn't have been friendlier or more professional . . . it has been a pleasure to work with him, especially given the fact that he was not personally responsible for either of the above situations . . . yet he stepped-up and is in the process of making us very satisfied customers.

We recently got to meet with Chris at his place of business . . . we were most impressed with the wide range of flooring options he has available and would recommend going there if you have any needs in this area.

For more information, Chris can be reached via email, chenderson@oearthville.com or by phone, 828.299.3300.

2. FYI

THANKS to Jean in Pennsylvania for introducing me to the Borowitz Report . . . this is a humor column put out by a very funny guy by the name of Andy Borowitz . . . you can see for yourself by clicking:

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

When you do, you can also sign-up for a FREE subscription . . . and you can read such current posts as this one:

* Evan Bayh Admits All-Consuming Farmville Addiction

Senator Enters Rehab

Just hours after rocking the political world with his surprise retirement announcement, Sen. Evan Bayh (D-Ind) said that he would undergo treatment for an "all-consuming addiction" to the popular Facebook game Farmville. . . .

Or here's another recent post that I liked:

* Athlete Without Personal Drama Expelled From Olympics

Skier Concealed Adversity-Free Past From Officials, NBC

A member of the U.S. Olympic ski team was disqualified from competition today when it was learned that he did not have a sufficiently compelling human storyline to exploit on the NBC telecast of the worldwide sporting event. . . .

The rest of the above stories--and lots more--can be found at the website's archives.

FYI, part 2

* Rich in Pennsylvania:

30 yrs worth of my rantings and rambling being slowly unearthed:

<http://www.richorth.com/blog/>

Comments not working . . . if anyone would like to say anything comment-wise, you can list this email: rrockhopper@hotmail.com in your newsletter.

* Joan in New York:

Your remarks about "interesting" struck a chord. Hannah [my beloved aunt] used interesting all the time when she didn't like something. Blaine [my cousin; yes, there's another person with this same name!] and I will use it now with a smile to invoke her memory. If we go to a restaurant and a meal isn't good or someone is wearing an outrageous outfit, "interesting" always comes up and we laugh. Mark and Greg know that the Land family's definition of interesting is not mainstream.

* Dan in Pennsylvania:

The sound that accompanies soundtracks on TV movies is usually top quality. I like many of the themes of movies, and I like to record them either off a live broadcast or preferably off the recorded version on DVR. These originals are sometimes the best versions. I record the music at the end of the movie, when the credits are shown. These versions usually have a complete review of all the different sub-themes, as the credits roll by. A good cassette recorder can get a really good copy, if you know how to hook it up to the audio output of the DVR.

* Christina in North Carolina:

I found this article on CNN interesting about the quality of life in France:

<http://www.cnn.com/2010/WORLD/europe/02/11/france.quality.life/index.html?hpt=C2>

Note that one of the major reasons is their health care system. Bureaucracy is cumbersome and taxes high but government services such as health care are great so that makes people happy and gives people a high standard of living.

* Mary Lou in North Carolina:

About Cynthia's Mom's meatloaf . . . also have that recipe (my Mom's) but with the addition of a small shredded potato added to the meat mixture (beef, pork, veal). And, by the way, I always bake my meatballs on a cookie sheet . . . doesn't take very long . . . and then remove them with a slotted spoon and add them to my sauce. You might want to try that next time.

* Robin in Pennsylvania:

You and I don't often agree about films, but we're together on A SINGLE MAN. I too wasn't rushing out to see it. But I was floored when I did: absolutely beautiful, fabulous performances. What films should be versus overly long and heavy handed!

* Neil in Vermont:

I don't know if you have checked out Kevin Coupe's daily "Morning News Beat" blog:

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

It's one you might enjoy because Kevin is so opinionated. You either love him or you hate him.

* Rebecca in New Jersey:

Worked hard to get this article out there . . . gave Bucks a plug, too.

<http://tinyurl.com/yat4jrb>

PLEASE READ THE ABOVE:

It's about Rebecca Kelley, a friend who (to quote from the article) "embraces children, art and literature in all that she does" . . . you'll be as impressed as I was!

3. If you think nobody cares

If you think nobody cares if you're alive, try missing a couple of car payments

SOURCE:

Earl Wilson (1907-1987), American journalist, gossip columnist and author

4. Reviews

A. Jeff Bridges has long been one of my favorite actors . . . he is fine in his latest effort, CRAZY HEART (see also Section 1A), starring as a broken-down, hard-living country music singer . . . I just don't think it is as great as many critics have claimed, and though he will likely win the Oscar for Best Actor, I think Colin Firth deserves it for his work in A SINGLE MAN.

But I digress . . . the other problem I had with the current Bridges' film was the love interest played by a much younger Maggie Gyllenhaal . . . the whole romance just didn't strike me as being believable . . . for a much better film with a similar theme see 1983'S TENDER MERCIES . . . ironically, Robert Duvall won the Best Actor award that year as you guessed it, a broken-down, hard-living country music singer . . . what's interesting is that he also has a small part in CRAZY HEART . . . rated R.

B. COUPLES RETREAT is now out in DVD format . . . my review from BLAINESWORLD #682 follows:

COUPLES RETREAT got poor reviews, but I found myself surprisingly enjoying it . . . it's about four couples who embark on a journey to a tropical island resort . . . they soon discover that they are required to participate in couples therapy and thus have less time to jet ski, go to the spa, etc. . . . Vince Vaughn had the original idea of the film . . . he also stars in it and as always, is funny playing the cool (in his own way) guy that must deal with such problems as a shark bite that's little more than a scratch . . . his perennial sidekick, Jon Favreau, also had me laughing . . . I'll perhaps most remember it because of the location: Bora Bora . . . it was beautiful and now Cynthia wants to go there . . . rated PG-13.

C. I loved the premise of QUIT SMOKING TODAY WITHOUT GAINING WEIGHT by Paul McKenna; i.e., that you don't have to put on pounds when you quit smoking cigarettes.

McKenna, a hypnotist and author of another book I recently enjoyed (I CAN MAKE YOU SLEEP), presents a conditioning program that helps folks become smoke-free with little difficulty . . . in addition, he includes an accompanying CD that should make the task even easier.

I also liked the many accompanying exercises, including a most useful one called "the tapping technique" that helps deal with cravings . . . in addition, I liked the section on "a breath of fresh air," in which this point was stressed:

* Breathe once or twice normally. When you are ready, once again breathe all of the air out of your body until your lungs are empty. Feel the sensations in your body until it naturally breathes in all by itself. Again, notice which parts of your body are being most nourished by the fresh oxygen you are breathing in.

Perhaps my favorite part of the book was the author's reminder about the many benefits of quitting for life . . . citing the U.S. Surgeon General's report, he noted:

* After 20 minutes: Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

After 8 hours: The carbon-monoxide level in your blood drops to normal.

After 24 hours: Your chance of a heart attack decreases.

Within 3 months: Your circulation improves and your lung function increases up to 30 percent.

After 1 year: The excess risk of coronary heart disease is half that of a smoker's.

After 5 years: Stroke risk is reduced to that of someone who has never smoked.

After 10 years: The lung-cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

After 15 years: The risk of coronary heart disease is that of someone who has never smoked.

I'll be sure to share the above with anybody I know who still smokes, along with this other point that McKenna raises:

* Besides, all smokers have willpower or they could never have got themselves addicted in the first place. You had to force your body to smoke when every cell was screaming for you to stop--now we're simply undoing the process.

To begin, a good first step would be to have any smoker read QUIT SMOKING TODAY . . . I'm confident that it will work, but only if McKenna's clear instructions are followed.

***** AN IMPORTANT REMINDER *****

I can also help you lose your baggage before you get to the airport as a result of my hypnosis training . . . if you'd like me to help you (quit smoking, lose weight), etc. drop me an email to that effect . . . send it to bginbc@aol.com and put HYPNOSIS REQUEST in the subject line.

And even if you're not in the Asheville area, I can help you over the phone--and have already had successful results with clients using this approach.

D. Heard the CD version of ANTHEM by Ayn Rand, a novella written before her later masterpieces, THE FOUNTAINHEAD and ATLAS SHRUGGED.

In retrospect, I wish that I had read this book first . . . it's a great introduction to the author's philosophy of objectivism, which is built on individuality, freedom and reason.

In ANTHEM, set place in the future, the word "I" and all its meaning no longer exists . . . everyone's daily activities are controlled by the government . . . even names are merely a combination of numbers and letters.

The hero is Equality 7-2521, a character who will remind you of Howard Roark . . . he, like everybody else, has no control over his life . . . his job is assigned by the Council of Vocations (based on how well his work might best serve others), and if he chooses to have a preference for one thing or other--including both love and friendship--then he could be punished as a criminal . . . nevertheless, Equality 7-2521 chooses to define these rules, and as a result, places his own will over serving the collective will.

It is interesting to note that ANTHEM was written a decade before George Orwell's 1984, yet it covers some of the same territory with perhaps even more of a punch.

I'd particularly recommend getting this taped version that I heard, in that it also included a very informative introduction that helped give perspective to Rand's writing.

5. TV alert

A. FACES OF AMERICA is a four-part PBS series, beginning on Wednesday, about

family roots . . . Meryl Steep, Mike Nichols and Queen Noor of Jordan are among the 12 whose genealogy is explored . . . according to THE NEW YORK TIMES, it has "moments of pomposity. But America is, after all, a nation of immigrants, and these kinds of stories have a fascination all their own." . . . check local listings because PBS times and dates often vary.

B. SINS OF THE MOTHER is about a woman, played by Jill Scott, who after overcoming addiction, tackles the even bigger battle of winning her adult daughter's love . . . TV GUIDE says that Scott gives "a powerful and moving performance" . . . Sunday at 8 p.m. on LMN.

C. HOW TO MAKE IT IN AMERICA airs Sundays at 10 p.m. on HBO . . . it's a drama about four guys who hang on the mean, but happening streets of downtown Manhattan . . . according to THE WALL STREET JOURNAL, "While the series can be funny, it is full of small scenes so finely and yet sharply observed that they resonate for hours afterwards." . . . I saw the first episode and liked it enough that I'll return for at least one more visit.

D. SINDBAD: WHERE U BEEN? features the comedian who hasn't been seen too much lately . . . the good news is that he'll be on this show on Sunday at 10 p.m. on COMEDY CENTRAL, then on the new season of THE CELEBRITY APPRENTICE beginning on March 14.

6. Watch your Doritos!

A seagull in Scotland has developed the habit of stealing chips from a neighborhood shop.

The seagull waits until the shopkeeper isn't looking, and then walks into the store and grabs a snack-size bag of cheese Doritos.



Once outside, the bag gets ripped open and shared by other birds.

The seagull's shoplifting started early this month when he first swooped into the store in Aberdeen, Scotland, and helped himself to a bag of chips. Since then, he's become a regular. He always takes the same type of chips.

Customers have begun paying for the seagull's stolen bags of chips because they think it's so funny.

THE ABOVE ACTUALLY HAPPENED:

See for yourself by clicking:

<http://www.snopes.com/photos/animals/seagull.asp>

And for even more information and to see the seagull "in action," please click:

<http://www.youtube.com/watch?v=Kqy9hXhUxK0>

7. Websites

A. You MUST see what follows . . . it shows a new CPR method with NO MOUTH TO MOUTH . . . supposedly, it works better than any other method out there . . . and it can be done by anyone after seeing this clip just once.

<http://www.youtube.com/watch?v=E5huVSebZpM>

I had to check this further and did by locating this link:

<http://www.sciencedaily.com/releases/2009/11/091115191015.htm>

MR. CURIOUS HERE:

I'm in the process of seeing what both nurses and doctors think of

this method . . . when and if I find anything further, I'll share it with you . . . by the same token, please do the same with me; i.e., share your findings, reactions, etc.

B. If you're in the mood to be inspired . . . and/or to appreciate what you have, please click:

http://www.youtube.com/watch_popup?v=9xwCG0Ey2Mg

This is also something that would be great to share with any kids and/or grandkids you may have . . . after viewing it, you'll quickly be able to snap out of any possible bad mood you may be experiencing.

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

<http://www.blaineworld.net>

In case you've ever wondered what I do with you name if you are a subscriber to BLAINESWORLD, the newsletter . . . or choose to become one . . . you can find out by clicking "Newsletter" on the left and then "Privacy Statement."

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

The following email was forwarded to me . . . but to give the person credit who forwarded it to me, her name was removed (in line with the advice that's given) . . . also, I am sharing it because there's a lot of real good advice here.

HOW TO FORWARD EMAIL APPROPRIATELY

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 emails. Please read the short letter below, even if you're sure you already follow proper procedures..

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 email there is information left over from the people who got the message before you, namely their email 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.

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 email to more than one person, do NOT use the To: or Cc: fields for adding email addresses. Always use the BCC: (blind carbon copy) field for listing the email 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 email you are reading. Ever get those emails 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 emails 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 AINT 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/>

Its really easy to find out if it's real or not. If it's not, please don't pass it on.

So please, in the future, let's stop the junk mail and the viruses.

Finally, here's an idea!!! Let's send this to everyone we know (but strip my address off first, please). This is something that SHOULD be forwarded.

9. Modern medicine

A man was in a terrible accident, and his "manhood" was mangled and torn from his body. His doctor assured him that modern medicine could give him back what he had lost, but that his insurance wouldn't cover the surgery since it was considered cosmetic. The doctor said the cost would be \$7,500 for a small replacement, \$10,500 for a medium and \$17,000 for a large.

The man was sure he would want a medium or large, but the doctor urged him to talk it over with his wife before he made any final decision. So the man called his wife on the phone and explained their options.

The doctor came back into the room, and found the man looking dejected. "Well, what have the two of you decided?" asked the doctor.

The man answered, "She'd rather remodel the kitchen."

10. A quote I like

Even if it's a little thing, do something for those who need help, something for which you get no pay but the privilege of doing it.-- Albert Schweitzer (1875-1965), Alsatian German-French theologian, musician, philosopher and physician

11. Thought for the day

Roses for Rose
by James Krisner

Red roses were her favorites, her name was also Rose.
And every year her husband sent them, tied with pretty bows.
The year he died, the roses were delivered to her door.
The card said, "Be my Valentine," like all the years before.

Each year he sent her roses, and the note would always say,
"I love you even more this year, than last year on this day."
"My love for you will always grow, with every passing year."
She knew this was the last time that the roses would appear.

She thought, he ordered roses in advance before this day.
Her loving husband did not know, that he would pass away.
He always liked to do things early, way before the time.
Then, if he got too busy, everything would work out fine.

She trimmed the stems, and placed them in a very special vase.
Then, sat the vase beside the portrait of his smiling face.
She would sit for hours, in her husband's favorite chair.
While staring at his picture, and the roses sitting there.

A year went by, and it was hard to live without her mate.
With loneliness and solitude, that had become her fate.
Then, the very hour, as on Valentines before,
The doorbell rang, and there were roses, sitting by her door.

She brought the roses in, and then just looked at them in shock.
Then, went to get the telephone, to call the florist shop.
The owner answered, and she asked him, if he would explain,
Why would someone do this to her, causing her such pain?

"I know your husband passed away, more than a year ago,"
The owner said, "I knew you'd call, and you would want to know."
"The flowers you received today, were paid for in advance."
"Your husband always planned ahead, he left nothing to chance."

"There is a standing order, that I have on file down here,
And he has paid, well in advance, you'll get them every year.
There also is another thing, that I think you should know,
He wrote a special little card...he did this years ago."

"Then, should ever, I find out that he's no longer here,
That's the card...that should be sent, to you the following year."
She thanked him and hung up the phone, her tears now flowing hard.
Her fingers shaking, as she slowly reached to get the card.

Inside the card, she saw that he had written her a note.
Then, as she stared in total silence, this is what he wrote...
"Hello my love, I know it's been a year since I've been gone,
I hope it hasn't been too hard for you to overcome."

"I know it must be lonely, and the pain is very real.
For if it was the other way, I know how I would feel.
The love we shared made everything so beautiful in life.
I loved you more than words can say, you were the perfect wife."

"You were my friend and lover, you fulfilled my every need.
I know it's only been a year, but please try not to grieve.
I want you to be happy, even when you shed your tears.
That is why the roses will be sent to you for years."

"When you get these roses, think of all the happiness,
That we had together, and how both of us were blessed.
I have always loved you and I know I always will.
But, my love, you must go on, you have some living still."

"Please...try to find happiness, while living out your days.
I know it is not easy, but I hope you find some ways.
The roses will come every year, and they will only stop,
When your door's not answered, when the florist stops to knock."

"He will come five times that day, in case you have gone out.

But after his last visit, he will know without a doubt,
To take the roses to the place, where I've instructed him,
And place the roses where we are, together once again."

FOR THE WHOLE STORY:

I came across the above via the Internet . . . some have even
thought it was something that Jack Benny had actually done . . . here's
what really happened:

<http://www.snopes.com/glurge/benny.asp>

12. Advance planning department

A. Deanna of New Jersey:

* Valentines Feng Shui for Love Program, Reading and Single Dance Party
at the Morristown Hyatt, Feb. 13, from 7-11:30 p.m.

* Feng Shui for a Spiritually Enhanced Life, February 19, from 7 to 9 p.m.
\$36 at the Spiritual Awakening Center, 156 Woodport Road, Sparta, NJ.

* Feng Shui Basics taught in the home of Deanna Trust . . . April 13, 20 and 27
from 7-9 p.m.

For more information, please click:

<http://www.trustfengshui.com>

B. Cynthia (see also Section 1A) has a Journey Dance/Move Your Body session this
coming Saturday morning, February 20, at the Hendersonville Y . . . if you'd like
to attend and/or want more information, drop me an email--and I'll get it to you.

C. Dianne in North Carolina:

I have been giving permission to conduct the second grandparent seminar
on Monday, February 22 from 7:30-9 p.m. It will be held at the Clubhouse
in the Biltmore Lake community. You can register through the Intranet.

MY TWO CENTS:

I went to the first session, and it was great . . . if you're a grandparent or
wannabe grandparent, don't miss this event . . . it is for Biltmore Lake residents,
but if you'd like to attend as my guest, give a holler.

D. Joe in Pennsylvania:

The Actors' NET of Bucks County continues its fourteenth season
with the hilarious classic farce, *The Play's the Thing*. NET Artistic
Director Cheryl Doyle directs P. G. Wodehouse's adaptation of Ferenc
Molnar's comic work. Starring Aaron Wexler of Philadelphia; Curtis Kaine
of Princeton, NJ; Vicky Czarnik of Hopewell, NJ; John Helmke of Hamilton,
NJ; and one of my favorite actors, Tom Orr of Yardley; Set design
by George Hartpence (another of my favorites) of New Hope.

DATES: February 26-March 14, 2010.

For more information, please click:

<http://www.actorsnetbucks.org>

PS. Belated wishes for those, like me, who celebrate the
Chinese New Year . . . Gung Hay Fat Choy! . . . the
celebration lasts for 15 days--meaning it will also encompass
Fat Tuesday (another reason for a celebration) . . . and
why not? If you follow my line of thinking and recognize all
holidays, you get more great food that way . . . also, you
get to spend more time with a lot of mighty fine folks.

FOR MORE INFORMATION ABOUT BOTH HOLIDAYS:

To find out more about the Chinese Year (this year, it's the Year
of the Tiger), please click:

http://www.educ.uvic.ca/faculty/mroth/438/CHINA/chinese_new_year.html

To find out more about Fat Tuesday, please click:

http://catholicism.about.com/od/holydaysandholidays/f/2010_Mardi_Gras.htm

In addition, methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

SUBSCRIBE/UNSUBSCRIBE INFORMATION

To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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Biltmore Lake, NC 28715
Phone : 828.633.1049

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BLAINESWORLD

BLAINESWORLD

#697

2.8.2010

In this issue:

1. Reflections
2. FYI
3. Facts of life
4. Reviews . . . A SINGLE MAN, etc.
5. TV alert
6. Spielberg's latest project
7. Websites
8. Computer tip
9. Proofreading is a dying art (Part 2 of 2)
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I were grateful that we weren't quite snowbound this past week . . . there were no storms similar to those experienced in our old New Jersey/Pennsylvania stomping grounds.

However, there was a lot of ice on the road and as a result, many accidents . . . I even managed to do something that I haven't done since I was a kid; i.e., slip and fall on the ice . . . fortunately, nothing was hurt other than my ego.

So we stayed-in quite a bit, catching up on some movies that we had taped (see also Section 2) . . . one film, in particular, has resonated with us: TEMPLE GRANDIN, a superb biopic about a young autistic woman who succeeds against the odds.

Clair Danes as Grandin gives as fine a performance as we've seen in quite some time . . . you'll also like the music, as well as the photography.

If you have HBO, you can see upcoming times by clicking:

<http://www.tvguide.com/tvshows/temple-grandin/302843>

If you don't have HBO, make sure you put down this film as one you'll want to rent just as soon as it becomes available.

B. Another thing we both enjoyed were massages . . . we're fortunate to have found a therapist who now comes to our homes . . . her name is Juli Holmes . . . she gives a real fine massage, and you'll find her rates are reasonable . . . for more information, give her a call at 683.2391; cell, 337.5019 . . . or email her at jholmes5019@aol.com.

C. I've started to use the word "interesting" more often . . . however, I try not to use it just to describe something; e.g., the book was interesting . . . rather, I use it when viewing different situations I encounter.

Doing so helps me not become overly judgmental, and it also enables me to not get upset over things I can't control.

For example, if I hear about something happening at Bucks County Community that I don't think is right (involving the way faculty members are treated), I might say something to the effect of: "That's interesting . . . what do YOU think?"

Or if I hear somebody is criticizing President Obama, I might say: "That's interesting . . . how do YOU think the situation should be handled?"

Even writing the above makes me feel better than if I had instead used such

words as terrible, disgusting, etc.

D. CORRECTIONS--sorry 'bout that!

Naturally, my hope is that I don't make errors or have glaring typos in any issue . . . yet when I do, please continue to feel free to point them out . . . that way, I can correct them before all copies of a particular issues are mailed . . . also, I can correct them in the archived copies on the website, in the Facebook, post, etc.

Last week, there were two goofs that need to be corrected:

* For Jason Pryor, the BLAINESWORD BEST AWARD recipient, I typed his wrong number . . . his correct number is 828.697.2377 . . . he remains the guy I strongly recommend that you call if you live in Western North Carolina and have any type of insurance needs.

* THANKS to Ange in Pennsylvania, Ken in New York and Kimberly in North Carolina, among others, for pointing out the fact that when I gave you Cynthia's recipe for meat loaf, I forgot to mention that you need to bake it--as opposed to simmering it . . . what you would simmer would be meatballs, which can be made with the same recipe.

So to avoid any confusion and/or in case you missed the recipe, see below for the corrected copy:

MEAT LOAF

1 lb. ground beef (lean chuck or ground steak)
1 medium onion, chopped
1 beaten egg
1 cup matzo meal or breadcrumbs
1/2 cup tomato sauce
1 and 1/2 tsp. salt
1/4 tsp. pepper

Mix all ingredients. Form meat loaf. Cover with rest of tomato sauce and 1 can of water. Set oven at 350 degrees and bake for about an hour.

TO NOTE:

If you like, you can add a pinch of oregano to this recipe (that's something our Arkansas friends, Hank and Lois, recommend) . . . however, the best part of this entire experience was getting the chance to see the actual recipe that Elsie (Cynthia's mother) had actually typed out for her on an index card . . . it included this additional suggestion: "Don't buy cheap ground meat!"

One other thought: Above recipe can also be used to make great meatballs . . . everything stays the same--except for the last sentence . . . instead of using the oven, substitute this step: Simmer about 1 hour.

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

This week, it goes to Griffin Ruggenberg--manager of Cinebarre Biltmore Square.

This is the closest movie theater to us . . . we often go there, not only to catch a film . . . but also because we like the fact that you can order food and beverages (including wine and beer) there, too--and enjoy them while the movie is playing.

The hamburgers and fries are both excellent, and Cynthia likes the salads.

Prices are reasonable, and all the servers are friendly . . . we often request Maddi Desmarais . . . she's enthusiastic, and she has a great memory . . . she never writes down anything, yet everything comes out just right.

I first came into contact with Griffin with respect to a minor problem we had with respect to seeing something that should have been covered by a pass we had, though the ticket seller did not recognize it at the time. . . Griffin handled the situation both professionally and quickly, and I was very impressed with his follow-up.

Since then, we see him just about every time we go to the

theater (it almost seems as if he lives there) . . . he always extends a hearty greeting . . . furthermore, we like to discuss upcoming movies and/or the eclectic range of music he has playing in the lobby.

For more information, please click:

<http://cinebarre.com/biltmore.html>

2. FYI

For years, Marty in New Jersey and Natalie in Pennsylvania have been raving about Turner Classic Movies--a cable station that is available for free from most companies . . . I'd occasionally see a film that was being shown, but NO LONGER . . . I'm now hooked and often watch that station's movies.

In fact, at the beginning of the month, I download the schedule . . . you can do so, too, by clicking:

<http://www.tcm.com/schedule/index.jsp?startDate=02/11/2010&timezone=EST&cid=N>

Then, every few days, I'll program my DVR for what I want to see . . . from February 1 to March 3 is a particularly good time to do so because what's being broadcast are 360 Oscar-nominated and/or winning movies.

You always see the uncut versions, and there are never commercials.

Among the upcoming films I'm looking forward to viewing are the following: WAR AND PEACE, 2.13; I AM A FUGITIVE FROM A CHAIN GANG, 2.15; THE CITADEL, 2.17; SVENGALI, 2.18; LUST FOR LIFE, 2.21; THE STRATTON STORY, 2.22; THE DIARY OF ANNE FRANK, 2.24; and ELMER GANTRY, 2.27.

FYI, part 2

* THANKS to Pat Achilles for providing another great comic:

© PAT ACHILLES www.achillesportfolio.com



She does comics, greeting cards, artwork for children's books and so much more . . . for more information, call her at 215.348.4837 or email her at: patachilles@aol.com . . . you can also get a FREE weekly cartoon delivered to your email by clicking:

<http://www.achillesportfolio.com/freecartoonsignup.htm>

MY STRONG RECOMMENDATION:

Do sign-up for this email . . . it never fails to put a smile on my face each Monday morning when I read my email.

* My friend, Rabbi Mel Glazer, publishes a marvelous newsletter: PET LOSS IS LOSS . . . if you'd like to subscribe for FREE, please click:

<http://preview.tinyurl.com/yktkulx>

You'll find much information here, including this article from the current issue: 10 Reason you need a pet.

* Ruth in Pennsylvania:

You need to opt in, but it's worth it:

<http://www.scriptingforsuccess.com/book-publishing-template/>

It's a great time saver that I share with my best clients . . . you can learn a lot even if you aren't writing books or marketing your passion and niche services right now.

I think you'll really love it!

* Kathy in Florida:

One of my high school friends is an artist and is in a contest. If you have time, I would appreciate you clicking on her link so she gets a vote. Thanks so much!

http://www.youtube.com/watch?v=6ciXtyfoX_8

* Janet of New York:

Last Spring, I was very touched by the remembrance of your cat which helped me overcome the putting down in April of Bentley Taupe Paws at age 17 1/4. In September, I adopted two kitten lady sisters, Peep for her voice and Dove for her dove gray fur. . . . They love to be together. They are simply adorable. They are tortoise shell cats and have survived their "big operation." I love them.

* Henry in Pennsylvania:

Always good to read your messages.

A very good documentary on DVD titled "Money Driven Medicine" addresses issues as to why [health care] reform is so difficult to achieve in the US.

One issue discussed therein, what is called shared decision making and empowering the patient to participate in the process, something doctors worldwide have trouble doing cause their perception is it will limit their ability to influence patient decisions. Also, my own experience is it time consuming to discuss options so docs (commonly) give one or two choices. Another issue is that frugal choices made by patients limit providers' income.

"Money Driven Medicine" discusses the crucial question "How much does this technology actually benefit the patient?"

It also points out the misperception of US medicine being the best in the world. We have the best technology for catastrophes such as complex surgery and transplantation, the capacity to provide the most expensive care in short time wait, yet prevention and caring for patients with common everyday problems like obesity, hypertension and diabetes, maternal, pediatric and elder care etc, get less priority.

Some information is at:

<http://www.moneydrivenmedicine.org>

* Michael in California:

Order your copy of my first book credit, in collaboration with primary author Andrew Rausch . . . FIFTY FILMMAKERS: CONVERSATIONS WITH DIRECTORS . . . order today by clicking:

<http://www.themoviereport.com/50filmmakers>

* Ellen in Pennsylvania:

Thanks for putting my offer in your newsletter. So far, 5 people took it Friday! They will get much value from it.

IN CASE YOU MISSED THE ORIGINAL OFFER:

Click the link below and look for the email from Ellen in the second part of Section 2:

http://www.blainesworld.net/newsletter/02.01.2010_696.asp

* Ange in Pennsylvania:

How true is this. People really don't get the serving size idea. I think a lot of us need to be educated on how to read the food label. I went to class where they spent 1.5 hours on food labels and it was one of the most helpful classes I ever attended as far as watching what I eat and how much. It goes back to educating us to pay attention to the portions. Thanks for sending. . . .

Tell Cynthia her mom's meatloaf recipe is similar to what my mom would make except my mom used meatloaf mix (combo of ground meat, pork and veal) and the bread instead of matzo. Other than that it was the same. It's a good recipe. It made me remember I should make a meatloaf --a real one and not one with turkey and savor every bite.

3. Fact of life

After Monday and Tuesday, even the calendar says . . .

W T F !

4. Reviews

A. For some reason, I was not rushing out to see A SINGLE MAN . . . big mistake on my part . . . when I eventually caught up with it, I was floored by this tender drama of a British college professor who struggles to find meaning in his life after the death of his long term partner . . . it's one of the best films I have seen this past year . . . Colin Firth stars and received a well-deserved Oscar nomination for his work . . . the accompanying soundtrack added to my enjoyment of this fine film . . . rated R.

B. THE TIME TRAVELER'S WIFE is now out in DVD format . . . my review from BLAINESWORLD #673 follows:

I'm a sucker for movies about time travel, but that said, I recommend that you skip THE TIME TRAVELER'S WIFE . . . by doing so, you'll save yourself some 1 hour and 47 minutes of time that you can spend doing something more enjoyable . . . this film, based on the best-selling book about a love that transcends time, dragged from beginning to end . . . I just couldn't get into caring about the main characters played by Eric Bana and Rachel McAdams (normally an actress who I like), and the production values were about the cheesiest I've ever seen . . . rated PG-13.

A much better DVD to rent would be THE JOLSON STORY . . . it's a corny and not-completely true story of Al Jolson, a cantor's son who started on vaudeville and eventually became one of the biggest stars of both Broadway and film . . . there are many classic Jolson songs, including "Mammy" and "April Showers" (actually sung by him), and I thought Larry Parks was great as the famed singer . . . nominated for five Academy Awards in 1946; winner of two . . . not rated, but appropriate for any child over the age of 9.

C. It's too bad that THE BIG PICTURE by Kevin Coupe and Michael Sansolo wasn't available when I was an undergraduate . . . if it had been, I could have learned (to quote the subtitle) ESSENTIAL BUSINESS LESSONS FROM THE MOVIES . . . and if that had been the case, I probably would have graduated with honors because this is one fun way to pick up knowledge.

The authors picked a diverse range of films for their book, ranging from BABE to ROCKY and including such others as AMADEUS, THE GODFATHER, SEX AND THE CITY and some 60 others . . . their brief summaries enabled me to revisit each one in my mind, sometimes for the first time in over 30 years.

I also liked how they highlighted many great lines, including

this one from HOOSIERS:

* He [the [Coach Norman Dale, played by Gene Hackman] delivers a speech to his players before the regional finals, telling them that, in his heart, he has no expectation of winning the game: "If you put your effort and concentration into playing to your potential, to be the best that you can be, I don't care what the scoreboard says at the end of the game. In my book we're gonna be winners."

In addition, though their lessons were easy to digest, they were thought-provoking too--such as this one taken from THE BIG PICTURE:

* There's a message in here for business: never underestimate the importance of surprising your customers. I'm not sure how many companies say, "Let's find a way to surprise the customer today." But I think it is always worth doing.

And then there was this gem that Coupe and Sansolo gleaned from TUCKER:

* It's remarkable to see this movie now, at a time when American car companies have lost market share, have gone into bankruptcy, and are struggling to regain a competitive foothold. At one point in the movie an automobile executive denigrates Tucker's efforts, saying, "A well run corporation doesn't waste money to research innovations, unless, of course, keeping up with the competition demands it." That may explain the problems of the American car business in one sentence.

Upon completing THE BIG PICTURE, I immediately went to Netflix and added several titles to my queue . . . among them BUTCH CASSIDY AND THE SUNDANCE KID, IN THE HEAT OF THE NIGHT and THAT THING YOU DO! . . . my only regret is that it will now be several weeks before I get to see them.

D. Listened to THE GRAPES OF WRATH, performed by L.A. Theatre Works . . . I hadn't read the book or seen the movie for far too many years, so this was a great opportunity to reacquaint myself with John Steinbeck's classic novel.

The cast, led by Jeffrey Donovan and Shirley Knight, was outstanding . . . it made me feel like they were all the members of the Joad family who made the trek from the dust bowl of Oklahoma to the fertile fields of California.

In addition, the original music composed and performed by the Joel Rafael Band added to my enjoyment of this production.

L.A. Theatre performances never fail to delight . . . THE GRAPES OF WRATH was no exception . . . I now will check out the website to see about listening to free broadcasts that are available online.

For more information, please click:

<http://www.latw.org/>

5. TV alert

A. THANKS to Tom in North Carolina for telling me about THE RACHEL MADDOW SHOW . . . her views tend to be liberal, though she contends that she is not "a partisan" and says that she has "never and still don't think of myself as an Obama supporter" . . . Monday to Friday at 9 p.m. on MSNBC

B. BUSINESS MODEL: INSIDE THE SPORTS ILLUSTRATED SWIMSUIT MODEL is a business-minded documentary that explores the financial side of SI's annual skin issue . . . Friday at 9 p.m. on CNBC.

C. MARY LYNN RAJSKUB takes a break from 24 to appear on the season finale of JOHN LIVER'S NEW YORK STAND-UP SHOW . . . Friday at 11 p.m. on COMEDY CENTRAL.

D. ELEVATOR GIRL is a romantic comedy about an eccentric singleton stuck between floors with the man of her dreams. . . . TV GUIDE calls it a "sweet tale" . . . Saturday at 9 p.m. on HALLMARK.

6. Spielberg's latest project

Steven Spielberg was discussing his new project--an action docudrama about famous composers.

Nicholas Cage, Steven Segal, Bruce Willis and Arnold Schwarzenegger were all present. Spielberg strongly desired the box office oomph of these superstars, so he was prepared to allow them to select whatever composers they would portray, as long as they were very famous.

"Well," started Cage, "I've always admired Mozart. I would love to play him."

"Beethoven has always been my favorite, and my image would improve if people saw me playing the piano" said Willis. "I'll play him."

"I've always been partial to Strauss and his waltzes," said Segal. "I'd like to play him."

Spielberg was very pleased with these choices. "Sounds splendid." Then, looking at Schwarzenegger, he asked, "Who do you want to be, Arnold?"

So Arnold says . . .

"I'll be Bach."

7. Websites

A. Here's the commercial that I REALLY would have liked to seen on this year's Super Bowl:

<http://www.youtube.com/watch?v=ew9cEATPzDE>

Instead, in case you missed the commercials that did appear (or you want to revisit them), please click:

<http://superbowlads.fanhouse.com/>

Personally, I liked the Betty White ad in the first quarter and the Leno/Letterman/Oprah spot in the second quarter . . . you'll also enjoy seeing both the ratings and comments after each commercial, and if you want to comment, you can do that too.

B. Put your name (or any message) IN THE SNOW!

Go ahead!!! . . . Tell yourself how nice, how great, how strong, how brave or . . . maybe . . . just how wonderful YOU are . . . then watch the message as it appears in the snow . . . in your very own name!!

Just click in the following link, put your first name or any message in the message space. Wait a few minutes after clicking on "submit" to see your name in the snow.

Cool! Hope it works for you. You can type in any name or message, and the penguin will begin his/her work.

Sound on . . . click below:

<http://www.star28.net/snow.html>

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

<http://www.blainesworld.net>

If you'd like to see the reviews of some 872 books that I've read and usually enjoyed, see "Blaine's Best" on the left and then letter "O" . . . click the second paragraph.

Currently, I am #360 of Amazon's top 500 reviewers . . . if you'd like to help me move up in the ranking, here's all that you need to do:

1. Go to the amazon.com website:

<http://www.amazon.com>

2. At the search engine at the top, type-in some book I recently reviewed; e.g., DON'T LET AN OLD PERSON MOVE INTO YOUR BODY by Jim Donovan.

3. Click on my review and read it. If you find it helpful, and I think you will, respond "YES" when asked that was the case.

4. Thanks!

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Karen in North Carolina, sharing some tips for when you're on the Internet (abstracted from DATA SOLUTIONS PLUS):

You can use Google to do math for you. Just go to www.google.com and type an equation, such as 16+4 and press the Enter key.

Google is also a units-of-measurement and currency converter. Type "liters in a quart," for example, and hit Enter.

You can tap the Space bar to scroll down on a Web page one screenful at a time. Hold Shift and tap the Space bar to scroll back up.

When you're filling in the boxes on a Web page (like City, State, Zip), you can press the Tab key to jump from box to box rather than clicking the mouse. Add the Shift to jump through the boxes backwards.

FOR MORE INFORMATION:

Karen can be reached as follows:

Twitter: http://twitter.com/SEO_Web_AVL
Linked In: <http://www.linkedin.com/in/karenmazza>
Email: klmazza@charter.net
Phone: 828.252.3612

Karen runs "Charlotte's Web Design," a company designed to help you stand out with web design, SEO and Internet marketing.

9. Proofreading is a dying art (Part 2 of 2)

* Enfield (London) Couple Slain; Police Suspect Homicide

They may be on to something!

* Red Tape Holds Up New Bridges

You mean there's something stronger than duct tape?

* Man Struck By Lightning: Faces Battery Charge

He probably IS the battery charge!

* New Study of Obesity Looks for Larger Test Group

Weren't they fat enough?!

* Astronaut Takes Blame for Gas in Spacecraft

That's what he gets for eating those beans!

* Kids Make Nutritious Snacks

Do they taste like chicken?

* Local High School Dropouts Cut in Half

Chainsaw Massacre all over again!

* Hospitals are Sued by 7 Foot Doctors

Boy, are they tall!

* And the winner is . . .

Typhoon Rips Through Cemetery; Hundreds Dead

Did I read that right?

10. A quote I like

Better the occasional faults of a Government that lives in a spirit of charity than the constant omission of a Government frozen to the ice of its own indifference.--Franklin D. Roosevelt (1882-1945), 32nd President of the United States

MY TWO CENTS:

My hope is that even if you disagree with the specifics of President Obama's attempts at health care reform, you agree that change is needed--especially for the more than 30 million Americans with no health insurance . . . keep in mind, also, that when and if we do get such legislation passed, it would be on a par with Roosevelt's 1935 Social Security law, and with Lyndon Johnson's 1964 Civil Rights bill, and the 1965 Medicare and federal aid to education laws . . . not such shabby company!

11. Thought for the day

Valentine's Day card (an oh-so-touching story)

A little boy comes home from first grade and tells his father that he learned about the history of Valentine's Day. "As Valentine's Day is for a Christian saint and we're Jewish," he asks, "will God get angry at me for giving someone a valentine?"

The father thinks for a moment and then says, "No, I don't think God would get mad. Who do you want to give a valentine to?"

"Osama Bin Laden," the boy says.

"Why Osama ," his father asks in disbelief.

"Well," David says, "I thought that if a little American Jewish boy could have enough love to give Osama a valentine, he might start to think that maybe we're not all bad, and maybe start loving people a little bit. And if other kids saw what I did and sent valentines to Osama, he'd jump with joy. And then he'd go all over and tell everyone how much he loved them and how he didn't hate anyone anymore."

The father's heart swells and he looks at his son with newfound pride and joy.

"David, that's the most wonderful thing I've ever heard."

"I know," David says, "and once that gets him out in the open, the Marines shoot him."

12. Advance planning department

A. Asheville SCORE, a group I've recently joined, offers some great business seminars for those in Western North Carolina . . . they're all reasonably priced and feature topnotch speakers . . . the next one is on Saturday, February 13, at the AB Tech Enka campus . . . the topic is:

Survival Marketing

Every savvy businessperson knows this: Without sales a business has no financial future. This seminar is straight from the trenches of real American business experience. It teaches you how to market your business to success beginning right after the seminar!

Don Sinclair is the speaker. He has 30 years experience in marketing and publishing

newsletters, audiotapes and exercise videos. He spent 15 years as CEO and marketing chief of a specialty advertising and marketing company, and in recent years, he has been actively involved in building and marketing websites for SCORE, its clients and his own ventures.

For more information and/or to register, please click:

<http://www.ashevillescore.org/seminars.htm>

You can also get information there for upcoming seminars, including the one slated for February 17 on Basic Internet Marketing.

B. Natalie in Pennsylvania:

FREE events at Bucks County Community College in Newtown, PA:

Monday, February 15 – 12:00 p.m. – Penn 257 – Newtown

Melissa Cornick, award-winning independent journalist whose experience includes 60 Minutes, Dateline, 20/20 and Nightline will share her experience of using personal ethics in news reporting and talk about the ethical dilemmas she confronted in her career.

Thursday, February 18 – 12:30 p.m. - Fireside Lounge and
7:00 p.m. – Gateway Auditorium

Author and filmmaker Byron Motley, son of a Negro League umpire, presents the history, memories and personal stories of the Negro Baseball Leagues from his soon-to-be released documentary.

C. Cynthia (see also Section 1A) is offering the following new program to folks in the Asheville area:

Diets Don't Work: Thin Within Does . . . FREE Workshop Series

Dates: Tuesdays, February 16, 23, March 2, 9, and 16

Time: 7-8:30 p.m.

Location: Biltmore Lake Clubhouse

Cynthia Greenfield is offering this free workshop series. She personally has found great freedom from life-long food issues using the book *Thin Within* by Judy Wardell and wants to share it with others. The group will meet 5 times as a way of supporting your own personal process.

The book sends you on a 30-day journey of self-revelatory exercises, and is geared to lead you to the behavior of the much-envied thin person's mentality. This inspirational method which allows favorite foods and does not prescribe a specific food plan is more a way of reshaping the reader's life than merely offering a diet. Love, enjoy and accept yourself from day 1 to the rest of your life as you melt down to your natural size. This course is for people of ALL sizes who struggle with food issues (whether you are 2 pounds to 200 pounds overweight).

FOR MORE INFORMATION ABOUT THE ABOVE PROGRAM:

Feel free to contact Cynthia at cgreenfield1001@aol or via phone, 828.633.1049.

D. Chip in North Carolina:

I would like to invite you to LESSONS IN LEADERSHIP's WINNING WORKSHOP: Making the BIG SHIFT: Keys To Thriving in the New Economy

WHERE: Hilton Hotel – Biltmore Park
\$25 per person (\$20 per person in groups of 5)

WHEN: Friday, February 26, 2010
7:30 a.m.--Networking Breakfast (\$5 cash extra)
8:30-11:45 a.m.--WINNING WORKSHOP
12 Noon-1 p.m.--Networking Lunch with Workshop Leaders (\$9.95 extra)

ONE WORKSHOP--THREE KEYS FIVE LEADERS

FOCUS POCUS: A Simple Process for Explosive Results with Adair Cates,
Synergy Shift / author of Live with Intention

CHANGE: The Two Things you Need! with Mary Lynn Manns, UNCA / author of Fearless Change

NETWORKING: The Key To Unlock Your Potential with Meridith Elliot Powell, Motion First & John Locke, Mission Healthcare Foundation

Workshop Facilitator Ed Brenegar, Circle of Impact Consultation & Coaching

Register TODAY at:

www.wncleaders.com

PS. Don't forget that Sunday is Valentine's Day . . . my hope is that you get to spend it with a loved one and when you do, please keep in mind the following:

A true friend is someone who reaches for your hand and touches your heart.

Also, methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

SUBSCRIBE/UNSUBSCRIBE INFORMATION

To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

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BLAINESWORLD

BLAINESWORLD

#696

2.1.2010

In this issue:

1. Reflections
2. FYI
3. Good advice
4. Reviews . . . THE MESSENGER, etc.
5. TV alert
6. Where to eat?
7. Websites
8. Computer tip
9. Proofreading is a dying art (Part 1 of 2)
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I spent several days recovering from the season's second major snowstorm . . . as such, we did not get to do several things we had planned to do . . . it seems that the Asheville area rarely gets hit with such storms and when they happen, the snow removal is just not what it is up North . . . we also have noticed that there were about 10 times more snowplows on the road than we have here.

Fortunately, we didn't have quite as much snow this time . . . and our development did a much better job of shoveling us out.

The other good news--for me at least--was that Cynthia was able to cook one of her specialties: meatloaf . . . we both enjoyed it and look forward to having it many times again in the future. (She was particularly ambitious, making a total of six separate portions.)

I was so impressed that I asked Cynthia to share her recipe, which she actually got from her mother . . . it follows:

MEAT LOAF

- 1 lb. ground beef (lean chuck or ground steak)
- 1 medium onion, chopped
- 1 beaten egg
- 1 cup matzo meal or breadcrumbs
- 1/2 cup tomato sauce
- 1 and 1/2 tsp. salt
- 1/4 tsp. pepper

Mix all ingredients. Form meat loaf. Cover with rest of tomato sauce and 1 can of water. Set oven at 350 degrees and bake for about an hour.

TO NOTE:

If you like, you can add a pinch of oregano to this recipe (that's something

our Arkansas friends, Hank and Lois, recommend) . . . however, the best part of this entire experience was getting the chance to see the actual recipe that Elsie (Cynthia's mother) had actually typed out for her on an index card . . . it included this additional suggestion: "Don't buy cheap ground meat!"

One other thought: Above recipe can also be used to make great meatballs . . . everything stays the same--except for the last sentence . . . instead of using the oven, substitute this step: Simmer about 1 hour.

B. I'm personally starting to get more involved in the local community . . . within the past few weeks, I have had meetings with representatives of both the Asheville Community Arts Theatre and Asheville SCORE--offering my help in marketing their fine organizations . . . in addition, I have become a member of the Marketing Committee at the Center for Creative Retirement . . . and I will continue as a member of Biltmore Lake's Community Recreation Committee, while also continuing as a member of this year's Leadership Asheville class . . . it feels good to again be putting into practice the words of one of my favorite quotes:

Service is the rent we pay for the privilege of living on this Earth.--Shirley Chisolm (1924-2005), first African American woman elected to Congress who represented New York's 12th District for seven terms from 1968 to 1983

C. I was able to get to the first day and the last day of my community's lawsuit against forced annexation by the City of Asheville . . . essentially, the residents contend that we live in an unincorporated community (Biltmore Lake) that runs just fine without any help from the actual city . . . we have done so for the past several years, and everything has been just fine . . . however, because North Carolina is one of the few states that allows for involuntary annexation, Asheville saw a chance to get more tax revenues--and so the battle began in 2007 . . . it took all that time to make it to court.

The matter is now in the hands of Judge James L. Baker . . . hopefully, he will rule in our favor . . . his decision is due within 30 days.

I'd like to express my personal appreciation to all the members of the Biltmore Lake Action Committee for their tireless work on our behalf over the past several years: Jerry Jensen (Chairman), Dieter Buehler (Treasurer), Steve Bratsch, Jerry Coffey, Beth Gurnack, Carol Keleher, Bill Newman, Mary Lou Sartoris and Dwayne Wiseman.

In addition, kudos to our attorney--Craig Justus--for the fine job he did in representing our side.

IF YOU WANT TO KNOW MORE:

Biltmore Lake Community Action Committee is an organization of residents whose primary mission is to stop Asheville in its attempt to forcibly annex Biltmore Lake. To join our legal fight, please send a check for \$200, payable to BLCAC, c/o Dieter Buehler, Treasurer, 93 Mountain Drive, Biltmore Lake, NC 28715. For more information, visit:

<http://www.stopasheville.com>

or contact us at: blcac@stopasheville.com.

D. CONGRATULATIONS to Dr. Maureen McCreadie, Dean of Learning Resources at Bucks County Community College . . . the article she contributed to, "Charting the Course and Tapping the Community: The EDUCAUSE Top Teaching and Learning Challenges 2009" was among the 10 most widely read articles in the online version of REVIEW in 2009!

For more information, please click:

<http://tinyurl.com/lf8t38>

**** BLAINESWORLD BEST AWARD ****

This week, it goes to Jason Pryor--the person who handles all our home and auto insurance needs in North Carolina.

A friend (thanks Suzanne!) recommended his firm when we moved to Asheville last year . . . so we contacted him and were immediately impressed with both his knowledge and attention to details.

He is also great on returning phone calls and emails, and we like how he follows-up on things before we have to ask him to do so.

Jason is with Pryor Insurance . . . his firm also handles life, business and health insurance . . . he can be reached at 828.697.2377; email: jason@pryorins.com.

For more information about his firm, please click:

<http://pryorins.com/>

2. FYI

THANKS to Ange in Pennsylvania for her recent gift to me--something known as The Portion Plate . . . she gave this to me as an example of something that I could share with my hypnotism clients who are interested in losing weight.

To quote from the website:

The Portion Plate is an interactive tool for teaching consumers appropriate diet portion control. Unlike a text-based paper educational brochure, The Portion Plate is an actual melamine, dishwasher-safe portion control plate that offers a tangible demonstration of how much food we should eat. Not only are the illustrated areas a good guide to follow, but the components of a good meal are also presented. This means 1/2 of your plate should be a fruit and vegetable portion, 1/4 of your plate a whole grain portion, and the remaining 1/4 a lean protein meat portion.

Should you want to get your own Portion Plate, please click:

<http://www.theportionplate.com/?gclid=CNz6opqN2p8CFRednAodVFUCHg>

MY TWO CENTS:

This plate is great . . . it really drives home the point that all of us typically eat way too much food and, at the same time, not enough of the good kind of food . . . I recently gave one of these plates to a hypnotism client, and she was most appreciative . . . she also indicated that it would help guide her future eating decisions.

I'm confident that she is going to succeed . . . and in case anybody else is interested in coming on board as one of my hypnotism clients, just send me an email at bjinbc@aol.com and put HYPNOTISM in the subject line. (I can also do hypnotism over the phone; you'd be amazed at how well it works!)

Remember, I can help you lose your luggage before getting to the airport . . . as such, I can help you not only with weight loss, but also with becoming smoke free, gaining confidence in your public speaking, stopping such habits as nail-biting, etc.

FYI, part 2

* Rachel in New York (who also happens to be Cynthia's niece):

I did it! This past Sunday I completed the Miami marathon (26.2 miles) in support of the Leukemia & Lymphoma Society (LLS)--and I could not have done it without your help! Together with my Team in Training teammates and your generous support, we raised over \$320,000 that will allow LLS to invest in their critical mission: to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Together we are making a difference in the fight against cancer.

Training for and running a marathon wasn't always easy and all of your encouragement helped to push me across the finish line. Thank you so much for your donation and for all of the good thoughts that you sent my way. Words truly cannot express how much I appreciate all of your support.

I have attached a picture--it's me crossing the finish line.



* Marcy in North Carolina (with a great gift idea for ALL):

I have written personalized romance novels for a company called:

<http://www.yournovel.com>

These novels would be a great Valentine's gift for anybody. The book will star you and your partner in a romantic adventure. If you like a little bit of history and suspense, then you might enjoy Heart of the Keys. If you're in for a treasure hunt--try Treasure Seekers. If you like a snowy mountain hamlet, then Seasons Greetings, Seasons Love. And if a romp in Rome with all kinds of adventure is appealing, then Rome--Diamonds, Danger & Desire is for you.

Look for titles written by Marcy Thomas.

A paperback runs about 49.95, and goes up depending on whether you'd like your photograph on the front, or if you'd prefer a hardback. And you'll probably want to choose the Wild version! You can also get one in a milder version.

They're a fun read, especially if a couple reads the book to each other, taking turns at each chapter.

I started writing the novels after I won a romance writing contest held by yournovel.com and won first prize (a weekend stay at the Grove Park Inn, way before we thought about moving to Asheville, but an interesting peek into the future!). The contest was to write a personalized short story. After I won, the owners of the company, Kathy Newbern and J.S. Fletcher, asked me to write a novel. It was a great challenge for me, but with Tom's support and great ideas, I did it.

An online questionnaire is completed in which you'll provide personal details of you and your partner, such as eye color, hair color, favorite perfume and cologne, the car you drive, best friends, favorite music, etc. Then those characteristics are woven into the story. There are about 20 titles on yournovel.com to choose from, but I'd love it if you got one by Marcy Thomas.

The nice thing about the personalized romance novel is that it's yours, forever. After a few years, you can pull the book off your shelf and read it again, enjoying the adventure once more.

* Natalie in Pennsylvania:

You have to check out the newsletter from Interiors by Donna Hoffman. Donna is a sought-after designer and what a fun writer! She's a designer, soulful "inspiration-ist" and humorist all in one. Her newsletter is packed with info from (obviously) great life-enhancing design tips from the inside track, to product recalls to product finds, lots of how-to advice--all with a little sprinkling of feel-good fairy dust in there too. She has a wonderful teleseminar series starting in April so now people from around the country can have a little "Donna" even if she isn't geographically desirable to be able to personally help them create a more beautiful Life and Home. You've got to try her newsletter!

To sign-up for the FREE ezine newsletter, go to:

<http://www.interiorsbydonnahoffman.com>

and visit the news page.

* Ellen in Pennsylvania:

Getting what you want is easier than you think!

We have seen how the current economy is negatively impacting most people. Relationships often suffer. Most business segments have declined. Precious emergency reserves have been tapped and even depleted. Retirement plans riddled. Fear, anxiety and frustration have cast a dark shadow over peace of mind.

With our minds racing in numerous and often destructive directions, it can be difficult to see opportunities and make good decisions. Is it time to take back control of your world?

Click below and take the Intentional Creation Assessment™:

<http://www.intentionalcreation.com/affiliate/?w=ICEC&p=ecahill&a=Blaine>

It is a FREE gift from me to you.

In just a few minutes we will be able to measure your thought processes and identify which thoughts are supporting and which thoughts are sabotaging your efforts.

Armed with this information you will know where to focus your efforts to change your world. Could it be that simple--identify a sabotaging thought process, change it and change your world? Yes, it is that simple!

Don't waste another minute in fear and frustration. It's time to break free!

And if you have any questions after taking the assessment, call Ellen Cahill, Independent Certified Coach, at 215.355.6316 for a FREE 20-minute consultation. You have everything to gain and nothing to lose.

* Monica in North Carolina with information from her husband Will:

I am running a half marathon with a Team In Training program to raise funds for The Leukemia & Lymphoma Society (LLS) and I'm asking you to help by making a donation to my fundraising campaign.

Please use the below link in this email to visit my web page. There you can track my fund raising progress, learn more about The Leukemia & Lymphoma Society (LLS) and best of all, support me by donating online quickly and securely. You will receive a confirmation of your donation by email and I will be notified as soon as you make your donation.

<http://pages.teamintraining.org/nc/cmc10/whester>

Each donation helps accelerate finding a cure for leukemia, lymphoma and myeloma. More than 823,000 Americans are battling these blood cancers. I am hoping that my participation in Team In Training will help bring them hope and support.

On behalf of The Leukemia & Lymphoma Society, thank you very much for your support. I greatly appreciate your generosity.

* Kristi in North Carolina:

A palindrome reads the same backwards as forward. This video reads the exact opposite backwards as forward. Not only does it read the opposite, the meaning is the exact opposite. This is only a 1 minute, 44 second video, and it is brilliant.

Make sure you read as well as listen . . forward and backward. This is a video that was submitted in a contest by a 20-year old. The contest was titled "u @ 50" by AARP. This video won second place. When they showed it, everyone in the room was awe-struck and broke into spontaneous applause. So simple and yet so brilliant. Take a minute and watch it.

<http://www.youtube.com/watch?v=42E2fAWM6rA>

* Maya in Pennsylvania:

The Atlantic Sturgeon of the Delaware River number at less than 100. Please learn more about their plight and how you can help. Read more at my blog:

www.delawarivervoices.blogspot.com

and learn more, including how you can help, at:

www.delawariverkeeper.org

Less than 100 is so few. Please take action today.

* Carol in Pennsylvania:

Do any of your readers use Gmail? If so, are they experiencing problems, such as: when typing messages, draft autosave starts automatically and causes delayed appearing of words when typing, delayed response when trying to delete and freezing up.

If so, do they have any suggestions to correct this very ANNOYING problem?

I tried using their forum but no one had any suggestions. I tried emailing Gmail support and got no response.

* Steve in Pennsylvania, commenting on my review of AVATAR:

It is a shame that the formulas for "action" movies are so violent.

The visuals were the overpowering factor in my raving about the movie. I liked your balanced opinion.

3. Good advice

Wednesday night, I chatted at length with my spiritual friend. Among many other things, she told me to get a grip. So I went to the Acme and got one of those rubber things that helps you open jars. I hope this works.

SOURCE:

Carol Seufert, a friend and colleague at Bucks County Community College, came up with this one. She said it's true, too!

4. Reviews

A. Saw THE MESSENGER, a powerful story about a returned war hero being assigned to the Army's Casualty Notification service . . . his job, in partnership with a fellow officer, is to bear the bad news to the loved ones of soldiers who have been killed in combat . . . I liked it for the way it depicted a thankless job that I had never really even thought about . . . the film seemed to drag a bit in the middle (becoming almost a buddy-type film), but redeemed itself with a great ending . . . Ben Foster is fine in the leading role; however, I liked Woody Harrelson's work even better in the supporting role . . . he just received a well-deserved Oscar nomination for this effort . . . rated R.

B. THE DUCHESS is now out in DVD format . . . my review from BLAINESWORLD #630 follows:

THE DUCHESS is a highly entertaining costume drama about Georgiana Spenser, the Duchess of Devonshire, who is married to a boring, mean-spirited duke . . . what made it so entertaining was that it was based on a true story, in many respects very similar to Princess Diana's life . . . Keira Knightley is impressive as the Duchess and Ralph Fiennes shines as her husband--a man you very quickly grow to hate . . . the accompanying soundtrack added to my enjoyment of the film . . . rated PG-13.

C. If you liked FREAKONOMICS by Steven D. Levitt and Stephen J. Dubner, you'll love this follow-up . . . it's similar in format, in that there are again a bunch of stories that show the impact of incentives on our lives

But as the catchy subtitle implies, there's a lot of new stuff here, too: GLOBAL COOLING, PATRIOTIC PROSTITUTES AND WHY SUICIDE BOMBERS SHOULD BUY LIFE INSURANCE . . . the chapter headings and the descriptions that follow also have you wanting to find out the answers to such provocative questions as:

What really accounts for the male-female wage gap? How can you tell a good doctor from a bad doctor? How much good do car seats do? And a whole lot more.

There were many passages that actually got me shaking my head in wonderment; among them:

* The U. S. charity Smile Train, which performs cleft-repair surgery on poor children around the world, recently spent some time in Chennai, India. When one local man was asked how many children he had, he answered "one." The organization later learned that the man did have a son—but he also had five daughters, who apparently didn't warrant a mention. Smile Train also learned that midwives in Chennai were sometimes paid \$2.50 to smother a baby girl born with a cleft deformity—and so, putting the lure of incentives to good use, the charity began offering midwives as much as \$10 for each baby girl they took to a hospital for cleft surgery.

* But Title IX also brought some bad news for women. When the law was passed, more than 90 percent of college women's sports teams had female head coaches. Title IX boosted the appeal of such jobs: salaries rose and there was more exposure and excitement. Like the lowly pleasant food that is "discovered" by the culinary elite and promptly migrates from roadside shacks into high-end restaurants, these jobs were soon snapped up by a new set of customers: men. These days, barely 40 percent of college women's sports teams are coached by women. Among the most visible coaching jobs in women's sports are those in the Women's National Basketball Association (WNBA), founded thirteen years ago as a corollary to the men's NBA. As of this writing, the WNBA has 13 teams and just 6 of them—again, fewer than 50 percent— are coached by women. This is actually an improvement from the league's tenth anniversary season, when only 3 of the 14 coaches were women.

And then there was this tidbit that also got me rethinking some conventional wisdom about something that seemingly sounded like such a good thing:

* Consider the Americans with Disabilities Act (ADA), which was intended to safeguard disabled workers from discrimination. A noble intention, yes? Absolutely—but the data convincingly shows that the net result was fewer jobs for Americans with disabilities. Why? After the ADA became law, employers were so worried they wouldn't be able to discipline or fire bad workers who had a disability that they avoided hiring such workers in the first place.

I also liked the thorough documentation (some 36 pages) and, also, that the authors didn't include this at the bottom of each footnoted page . . . rather, they put it at the end of the book as "Notes," which is something that I wish others.

My only disappointment was in the last chapter on global warning . . . Levitt and Dubner took potshots at Al Gore, which of course is their right to do so . . . however, they then spent much time promoting the ideas of scientist/entrepreneur Nathan Myrhrvold and his crew . . . the reality is that while Myrhrvold might be onto something, nothing yet has been proven to work.

D. Heard the program, THE PRYAMID OF SUCCESS: CHAMPTIONSHIP PHILOSOPHIES AND TECHNIQUES AND ON WINNING--written and read by Jim Harrick, head coach of the 1995 NCCA Champion UCLA Bruins.

Harrick contends that in just about any field of endeavor, the competition is intense . . . in addition, the players and rules are constantly changing . . . so you can't get comfortable or complacent with success . . . you need to maintain focus in all situations, and this will help you develop the right attitude--one that will make you a winner in any endeavor.

He shared many of his views that helped make him a success in the coaching ranks, including these:

* I don't ask teams to win. Instead, I ask them to compete to the best of their ability.

* Write down your own definition of success. Then ask yourself: What will it take to sustain it?

* I tell my players that when you're asked how are you doing, you have one of five words you can answer: good, great, terrific, fantastic or sensational. That's all I want to hear. Nobody ever cares how you're doing, anyway.

* Life is 100% what happens to you and 90% about how you respond to it.

* I don't work from 9 to 5. I work from 5 to 9.

* I want my children to say I want to, rather than I have to.

Best of all, though, was the final part of the program where Harrick interviewed John Wooden, legendary coach of the Bruins, about the concept that the latter originally developed; i.e., the pyramid of success . . . I only wish that there had been more time devoted to this concept.

UPDATE:

I was curious why I had not heard more about Harrick, especially lately . . . it turns out that he was accused of falsifying receipts at a student-athlete recruiting dinner, although the NCAA exonerated him of this offense. UCLA fired him for lying to university investigators. He then went on to coach at Rhode Island and then at the University of Georgia, resigning from Georgia after several scandals during his reign came to public light.

This information did not take away from my enjoyment of THE PYRAMID OF SUCCESS . . . Harrick's ideas are still valuable to coaches, as well as to those in the business world . . . however, if you were interested in hiring a coach to turn around your basketball program, I doubt that he would be a good choice because of some of the off-the-court difficulties he has encountered.

TO OBTAIN THE ABOVE:

This program is available for purchase or rental . . . if you want to get it, please click:

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

I am a longtime member of the Achievement Library . . . this a great way to hear CDs or view DVDs.--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.

5. TV alert

A. LALA LAND is a new comedy series on SHOWTIME that features British comedian Marc Wootten traveling around Hollywood posed as three different wannabees--a hideous, stupid actor; a clueless documentary filmmaker and a crazy psychic named Shirley who claims to "have access to the VIP area in heaven . . . I have Heath Ledger come to me." . . . Mondays at 11 p.m. . . . THE WALL STREET JOURNAL says it "can be torture to watch, whether you end up choking with laughter or cringing at the sight of well-meaning folks being made fools of. . . . Not for the squeamish, but worth the pain." . . . I saw the first episode and thought that it was funny.

B. SOUL TRAIN: THE HIPPEST TRIP IN AMERICA highlights the 40th anniversary of this dance show, which laid the groundwork for many others that followed . . . the documentary includes a rare

interview with cool conductor Don Cornelius (I remember him; do YOU?) . . . Friday at 9 p.m. on VH1.

C. TEMPLE GRANDIN stars Clare Danes in a vibrant biopic about the autistic groundbreaker who showed the world that being different doesn't mean you can't make a difference . . . Saturday at 8 p.m. on HBO.

D. UNDERCOVER BOSS is a reality show that gives CEOs a taste of what their employees experience . . . according to TV GUIDE, the show is "often shamelessly entertaining, especially when in the pilot the COO is axed for not picking up trash fast enough . . . the season premiere is on Sunday after the Super Bowl, which means that it will probably start around 10 p.m.

6. Where to eat?

A group of 40 years old buddies discuss and discuss where they should meet for dinner. Finally it is agreed upon that they should meet at the Gausthof zum Lowen restaurant because the waitresses there have low cut blouses and nice breasts.

10 years later, at 50 years of age, the group meets again and once again they discuss and discuss where they should meet. Finally it is agreed upon that they should meet at the Gausthof zum Lowen because the food there is very good and the wine selection is good also.

10 years later at 60 years of age, the group meets again and once again they discuss and discuss where they should meet. Finally it is agreed upon that they should meet at the Gausthof zum Lowen because they can eat there in peace and quiet and the restaurant is smoke free.

10 years later, at 70 years of age, the group meets again and once again they discuss and discuss where they should meet. Finally it is agreed upon that they should meet at the Gausthof zum Lowen because the restaurant is wheel chair accessible and they even have an elevator.

10 years later, at 80 years of age, the group meets again and once again they discuss and discuss where they should meet. Finally it is agreed upon that they should meet at the Gausthof zum Lowen because that would be a great idea because they have never been there before.

7. Websites

A. This is probably the best hold the date announcement I have ever seen:

http://www.huffingtonpost.com/2010/01/23/jeff-erins-epic-wedding-t_n_434267.html

Make sure you see the clip at the end of the article . . . it will blow you away!

B. The latest rock music sensation is Yale's new admissions video . . . see why by clicking:

<http://www.youtube.com/watch?v=tGn3-RW8Ajk>

According to a report in the Washington Post, the video “feels like an episode of Glee, the popular TV show that overnight made it socially acceptable and even sexy to sing in the high school show chorus.”

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

<http://www.blainesworld.net>

In case you've wondered how many others have viewed the above, look at the counter in the lower left corner . . . amazing, isn't it?

D. Are you on Facebook? In the unlikely event we have not yet contacted as friends there, send me an invite by clicking:

www.facebook.com/blainegreenfield

8. Computer tip

Do you have a computer question that you want answered, but don't want to pay technical support to answer it for you? If so, check out:

<http://www.techguy.org>

This site is run completely by volunteers and paid for completely by donations and sponsors. You can get help on anything from software and hardware problems to operating systems and network.

You can search to see if the question has already been answered and if not, you can even post your question on one of the Forums where other users will try to answer.

9. Proofreading is a dying art (Part 1 of 2)

* Man Kills Self Before Shooting Wife and Daughter

This one I caught in the SGV Tribune the other day and called the Editorial Room and asked who wrote this. It took two or three readings before the editor realized that what he was reading was impossible! They put in a correction the next day.

* Something Went Wrong in Jet Crash, Expert Says

No crap, really? Ya think?

* Police Begin Campaign to Run Down Jaywalkers

Now that's taking things a bit far!

* Miners Refuse to Work after Death

No-good-for-nothing' lazy so-and-so's!

* Juvenile Court to Try Shooting Defendant

See if that works any better than a fair trial!

* War Dims Hope for Peace

I can see where it might have that effect!

* If Strike Isn't Settled Quickly, It May Last Awhile

Ya think?!

* Cold Wave Linked to Temperatures

Who would have thought!

(to be concluded next week)

10. A quote I like

Live in such a way that you would not be ashamed to sell your parrot to the town gossip.--Will Rogers (1879-1935), American cowboy, comedian, humorist, social commentator, vaudeville performer and actor

11. Thought for the day

Mowing grass

I hope the picture will go through for you . . . of this Army soldier in Iraq with his tiny "plot" of grass in front of his tent. It's heartwarming!

Here is a soldier stationed in Iraq , stationed in a big sand box. He asked his wife to send him dirt (U.S. soil), fertilizer and some grass seed so that he can have the sweet aroma and feel the grass grow beneath his feet. When the men of the squadron have a mission that they are going on, they take turns walking through the grass and the American soil to bring them good luck.



If you notice, he is even cutting the grass with a pair of a scissors. Sometimes we are in such a hurry that we don't stop and think about the little things that we take for granted.

Upon receiving this, say a little prayer for our soldiers that give and give up so unselfishly for us.

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

FOR THE REST OF THE STORY:

I checked the above story and found that it was true . . . to see for yourself, please click:

<http://www.snopes.com/photos/military/grass.asp>

12. Advance planning department

A. Ted and Kimberly in North Carolina:

"Beginner's Only" Dance Class & Party- Friday, February 5th from 7-10 p.m.

Beginning Salsa Class at 7 p.m.

General Dancing from 8-10 p.m.

Class Taught and Party Hosted by: Ted and Kimberly Ross

Location: The Asheville Ballroom & Dance Centre (991-B Sweeten Creek Rd., Asheville)

Learn to dance Salsa and practice your ballroom dancing in a fun, safe and supportive atmosphere at this "Beginner's Only" Class and Dance Party! Refreshments and sodas will be provided and Professional Dance Instructors will be at the party to assist students with their dancing questions. Line dances will also be taught and included in the party. No partner is necessary for the class or party. \$10 for Class and Party (Special \$7 Rate for ages 17 & under.)

For more information:
Ted and Kimberly Ross
828.333.8333
ted.ross@charter.net

B. Social Media Jams, a monthly workshop series offering education in how businesses and people can use blogs, Flickr, YouTube, Twitter, Facebook and LinkedIn for fun and profit, launches Feb. 9 at Tomato Jam Cafe.

Co-sponsored by the Mountain Xpress, Tomato Jam Cafe and Skyrunner, the Jams offer homegrown social media expertise in everything from how small businesses can use Twitter to how to use Google Analytics to drive more traffic to your website.

"We want to harness local talent and expertise from people already using social media effectively right here in Asheville," said Social Media Jams organizer Jennifer Saylor, who leads community initiatives for Mountain Xpress. "These workshops are presented by local experts, for local users of all levels."

Leading the first workshop on Tuesday, Feb. 9 is Wendy Lou Gillespie of Creative Imp Works, whose social media clients include Monkeywhale.com, TEDxAsheville and Asheville Vaudeville. Her kickoff workshop will teach small business owners how to use online tools like Twitter and Facebook to grow their business in new ways.

Social Media Jams^[1]_[SEP]
Tuesday, Feb. 9 (going forward, the second Tuesday of the month)^[1]_[SEP]

Tomato Jam Cafe, 379 Biltmore Ave. (in the Doctor's Park)

6:30-8:30 p.m.

\$15 per person; bring a laptop or web-enabled device

RSVP requested: jsaylor@mountainx.com

Facebook: search Social Media Jams

Twitter: <http://twitter.com/SocialMediaJams>, @socialmediajams

C. FREE events at Bucks County Community College in Newtown, PA:

* Wednesday, February 10 – 12:30 p.m. – Fireside Lounge, Newtown
Trish Chambers will present the history, legends and personal stories that make up the rich heritage connected to the Underground Railroad.

* Thursday, Feb. 11 from 7:30-9 p.m.

Book Group meets in the Rollins Center Quit Study Room, next to the Fireside Lounge

All are welcome to share your thoughts and questions about the following selection. For snow or bad weather information, call 215.968.8000. On the radio, the College code for snow closing is 2760. For more information, call 215-968-8164 or send email to: hennesse@bucks.edu

Book to be discussed The Help by Kathryn Stockett

From Publishers Weekly:

What perfect timing for this optimistic, uplifting debut novel (and maiden publication of Amy Einhorn's new imprint) set during the nascent civil rights movement in Jackson, Miss., where black women were trusted to raise white children but not to polish the household silver. . . . Assured and layered, full of heart and history, this one has bestseller written all over it.

D. Cynthia (see also Section 1A) is offering the following new program to folks in the Asheville area:

Diets Don't Work: Thin Within Does . . . FREE Workshop Series

Dates: Tuesdays, February 16, 23, March 2, 9, and 16

Time: 7-8:30 p.m.

Location: Biltmore Lake Clubhouse

Cynthia Greenfield is offering this free workshop series. She personally has found great freedom from life-long food issues using the book Thin Within by Judy Wardell and wants to share it with others. The group will meet 5 times as a way of supporting your own personal process.

The book sends you on a 30-day journey of self-revelatory exercises, and is geared to lead you to the behavior of the much-envied thin person's mentality. This inspirational method which allows favorite foods and does not prescribe a specific food plan is more a way of reshaping the reader's life than merely offering a diet. Love, enjoy and accept yourself from day 1 to the rest of your life as you melt down to your natural size. This course is for people of ALL sizes who struggle with food issues (whether you are 2 pounds to 200 pounds overweight).

FOR MORE INFORMATION ABOUT THE ABOVE PROGRAM:

Feel free to contact Cynthia at cgreenfield1001@aol or via phone, 828.633.1049.

PS. Methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

SUBSCRIBE/UNSUBSCRIBE INFORMATION

To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send to the same address.

Blaine Greenfield
19 N. Kaufmann Stone Way
Biltmore Lake, NC 28715
Phone : 828.633.1049

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BLAINESWORLD

BLAINESWORLD

#695

1.25.2010

In this issue:

1. Reflections
2. FYI
3. Punishment be damned
4. Reviews . . . EXTRAORDINARY MEASURES, etc.
5. TV alert
6. Backwoods funeral
7. Websites
8. Computer tip
9. Winning submissions
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I went with our friends Brian and Carole to one of the best shows we have seen in quite some time: THE BIG BANG at the Asheville Community Theatre . . . it's a musical staged as a backer's audition for an \$83.5 million, 12-hour stage history of the world from creation to the present . . . there are 18 numbers, one often funnier than the next, performed by only two actors who take on such roles as Adam and Eve, Attila the Hun, Julius Caesar and Columbus, to name just a few.

KUDOS to Michael Cheek and Jerry Crouch, the aforementioned two actors, for making us laugh throughout the evening . . . that's Jerry (in the middle), flanked by Carole and Brian:

- Hide quoted text -



THE GOOD NEWS:

THE BIG BANG runs through Sunday . . . if at all possible, do try to catch it . . . for more information, please click:

<http://www.ashevilletheatre.org/>

B. We also attended three very informative programs this past week:

* On Thursday, we went to something called Lessons in Leadership and heard two very fine motivational speakers.

The first, George Fleming, cited a study of 1,500 graduates who were asked the question of whether they'd first seek money or passion (from their careers) . . . the vast majority cited money . . . after 20 years, 1 of the money group had become a millionaire . . . in contrast, there were 100 millionaires in the passion group!

I also liked how he urged all those in attendance to think about their big aim in going to work . . . and to say such things as: I'm going to inspire. I'm going to make a difference. I'm going to make your life easier.

The second, Chip Madera, showed logos of three companies: Southwest, Disney and the Mayo Clinic . . . he then urged everybody to think about where they work--and where their logo would fit in.

And if it doesn't fit in, consider these questions: Do you surprise me? Are you going to make me super special?

In addition, Chip made the following point that has struck me with ever since the presentation: I don't care if I'm important; I do care if I'm significant!

* On Friday, we went to the Lecture Series that is part of our Biltmore Lake community . . . the speaker was Dianne Rebbin, who also happens to be our friend, and she gave a most informative talk on the subject of grandparenting.

Though we're not presently grandparents, we gained a lot of useful ideas from the program that could be applied to parents, uncles and aunts, teachers and just about anybody else who deals with children . . . for example:

Always at the end of a phone conversation, say: We're thinking of you, and we love you. (That was from Dianne's husband Tom.)

You can play a game with your grandkids via Skype; e.g., chess. (From Kristi, our neighbor and another friend.)

Send articles of interest. It shows that you're thinking of the person.

* Lastly, on Saturday, we learned all about something called the Emotional Freedom Technique--or EFT . . . it is self-applied system for rebalancing the energy field that can help deal with all sorts of emotional and physical issues.

Gary Schwartz did a great job conducting the daylong program . . . if you'd like to learn more about EFT and EFT trainings, please click:

<http://www.garyawake.com>

C. CONGRATULATIONS to all the staffers at the Bucks County Community College Library for helping make it possible for the College to gain national recognition as this year's community college recipient of the ACRL Excellence in Academic Libraries Award . . .and though I recognize that this was a true team effort, in which everybody led to the success, I'd like to extend special recognition to the two administrators whose leadership helped make this possible: Maureen McCreadie, Dean of Learning Resources, and Linda McCann, Director, Library Services . . . way to go, Bucks!

D. CONDOLENCES to Jody Sysler and family on the death of Jody's father (Tom Evans).

**** BLAINESWORLD BEST AWARD ****

This week, it goes to Cindy Ellis--Box Office manager at the aforementioned Asheville Community Theatre.

I was fortunate to have her take my phone order for tickets . . . she was extremely cordial, as well as professional . . . in particular, I liked how she told me that she had seen the show and made it a point to tell me that I would love it. (She was right!)

I then had the pleasure of personally meeting Cindy a few days later, and she was equally delightful in person . . . so if you'd rather speak to a person when you place your order for THE BIG BANG or any other upcoming show, you can reach her by calling 828.254.1320.

**** PLEASE SHARE THIS SECTION WITH OTHERS WHO MAY BE INTERESTED; E.G., PARENTS, RELATIVES, FRIENDS, ETC. ****

2. FYI

COULD YOU RAISE YOUR SOCIAL SECURITY INCOME BY \$1,000 A MONTH?

How filling out Form SSA-521 could help you put more money in your mailbox.

A couple of years ago, Boston University economics professor Laurence Kotlikoff publicized a mindblowing discovery: retirees could dramatically increase their Social Security checks by reapplying for Social Security benefits.

It was entirely legal; it was an opportunity that had lay unnoticed for years. It was soon discussed on National Public Radio and PBS, and in USA Today and a number of in financial magazines. Let's discuss it here.

Hit "restart" and reset your SS. Everyone eventually applies for Social Security, but few people reapply-- and that's the key to this strategy, which can potentially bring retired couples \$1,000 or more in additional SS per month. Kotlikoff calls it "restarting the Social Security clock". If you have retired within the last few years, it is a move worth considering.

You can start collecting Social Security benefits when you're first eligible, and then restart your payments at a higher rate later. You simply file Form SSA-521 (www.ssa.gov/online/ssa-521.pdf) to request a withdrawal of your Social Security application. After the SSA processes that form, you reapply for Social Security--and since you are older now than when you first applied, this time you will receive much higher payments.

For example, a 63-year-old individual who started Social Security benefits in 2008 at age 62 would have received a payout of \$18,794 a year; waiting until age 66 or age 70 would have meant \$25,732 or \$35, 250 annually for that person.¹

So if you feel you applied for Social Security too soon, this presents you with a remedy. As Kotlikoff noted in USA Today in 2008, a 70-year-old receiving \$11,556 as a result of claiming early retirement benefits could reapply for Social Security benefits at age 70 and boost her standard of living by 14%. It would be like having an inflation-indexed annuity for about 40% less than the cost of a similar investment from an annuity provider.²

What's the catch? You have to repay the Social Security benefits you have already received. But you don't have to pay interest on that money.² Basically, you're repaying an interest-free loan from Uncle Sam.

Now if enough people do this, there is the risk that the federal government may say, "Wait a minute--look at all these people exploiting this opportunity." But very few retirees do.

If you do reapply, there's nothing fishy about it. Visit your local Social Security office (make an appointment by calling 1-800-772-1213). Bring Form SSA-521 with you, or ask for it and fill it out while you are there. Don't be surprised if the person on the other side of the desk doesn't know what you're talking about when you mention reapplying for benefits. So bring a copy of the formal SSA explanation (www.ssa.gov/OP_Home/handbook/handbook.15/handbook-1515.html) with you.³

Once you repay your benefits, you can restart them whenever you want. If you fill out Form SSA-521 and hand over a check repaying the money you've received, you can reapply for benefits right then and there--the request is routinely approved. ⁴

For the record, Form SSA-521 only allows you to check one of two boxes for why you want to reapply for benefits. The first is "I intend to continue working" and the other is "Other (please explain fully)".⁵ Mickie Douglas, a spokeswoman with the Social Security Administration, told Financial Advisor Magazine that it is entirely legitimate to write down that you are reapplying because it is "financially better for you".¹

What risks do I run by doing this? The big risk is that you could die soon after you repay your benefits--you could be out, say, \$50,000 or \$60,000 without living long enough to enjoy much of the additional income. But survivor benefits would be larger for your spouse, of course. Speaking of spouses, widows and widowers cannot employ this strategy to reapply for a deceased spouse's benefits.²

Is this a good move for you? It might be. In case you are wondering, Kotlikoff is no hack--he holds a Harvard Ph.D. in economics and is a former member of the President's Council of Economic Advisors. He knows his stuff, and so should you. If you have the money to repay a lump sum equivalent to the benefits you have received, this may be a great move--but talk with your financial or tax advisor to see how this decision affects your overall financial strategy.

Taxes: Note that you can also apply for a refund of the federal income taxes that you paid on the SS benefits received during the earlier years.

Citations.

1 fa-mag.com/fa-news/3209.html [2/29/08]

2 usatoday.com/money/perfi/retirement/2008-02-21-early-social-security-loophole_N.htm [2/21/08]

3 ssa.gov/OP_Home/handbook/handbook.15/handbook-1515.html [8/1/06]

4 www.esplanner.com/case-reapply-social-security [3/2/09]

5 ssa.gov/online/ssa-521.pdf [7/03]

SOURCE:

Kohlhepp Investment Advisors
Doylestown, PA
215.340.5777

FOR MORE INFORMATION:

I've done my investing with Kohlhepp Investment Advisors for nearly 10 years and have been most impressed with the firm. Should you

want to find out more, contact Ed Kohlhepp at the above number.
(Or if he's not available, feel free to contact his son, Ed Kolhepp Jr.)
You won't go wrong.

FYI, part 2

* Neil in Vermont:

As you've guessed, I'm trying the social network route (Facebook, Twitter, LinkedIn) to promote our new book publishing company:

www.brigantinemedia.com.

Any comments on the website (positive or negative) would be helpful. We're looking for a few good authors (business execs with built-in audiences). Any ideas would be appreciated.

* Donna in New Jersey:

I read CLAPTON last summer (great beach read) and also enjoyed it very much. I concur with your review 100%!

* Christina in North Carolina:

Jury duty scam:

http://www.fbi.gov/page2/june06/jury_scams060206.htm

* Bill in Pennsylvania:

Diane, Rachel and I also saw Avatar. I am not a big fan of video games. I also thought the movie was too long, and the characters didn't do much for me. However, that being said, I really enjoyed the movie. I enjoyed the work of Sigourney Weaver and loved how they blended the computer graphics with the live actors.

* Dan in Pennsylvania:

I think you should see Avatar again and try to appreciate the beautiful visual art. The movie has to have violence to show the stark contrast between two different philosophies of humanity. I think maybe you're using the wrong side of your brain too much.

MY RESPONSE TO DAN:

You could be right, yet I don't think you could pay me to see it again . . . or at least not in the near future. . . . on second thought . . . how much might you offer to have me see it again? (For the right price, I could be bought!)

3. Punishment be damned

Stan: "Would you punish me for something I didn't do?"

Teacher: "No, of course not."

Stan: "Good . . . because I didn't do my homework."

4. Reviews

- Hide quoted text -

A. Enjoyed EXTRAORDINARY MEASURES, but I did not love it . . . it's a drama based on a true story of a guy who quits his job to pursue a cure for a disease that is killing two of his children . . . he does so by teaming with an unconventional scientist to form an unlikely alliance . . . Brendan Fraser and Harrison Ford are fine in the leading roles; Keri Russell, as Fraser's wife, has little to do in hers . . . the whole film is too formulaic . . . however, it did keep my interest until the end . . . though rated PG-13, I don't think anybody under the age of 10 would very much appreciate it.

B. BRIGHT STAR is now out in DVD format . . . my review from BLAINESWORLD #678 follows:

A. BRIGHT STAR is a period drama set in London, 1818 about the love affair between John Keats, a 23-year old English poet, and the girl next door . . . their relationship soon became complicated by the fact that Keats had no money, and that's the part of the movie I liked best; i.e., how it portrayed the life poets had to endure then--and now, too . . . Ben Wishaw is excellent in the main role, and Abbie Cornish shines as his neighbor Fanny Brawne . . . Paul Schneider steals almost every scene he's in as Brown, the best friend, who has a deep attraction for both the Wishaw and Cornish characters . . . the film is a bit slow-moving at times, but stick with it . . . rated PG, though methinks that those under 13 would prefer seeing something else.

POETRY CORNER:

I don't typically run poems in this missive, but the preceding movie got me wanting to revisit . . .

Bright Star
by John Keats

Bright star, would I were stedfast as thou art--
Not in lone splendour hung aloft the night
And watching, with eternal lids apart,
Like nature's patient, sleepless Eremite,
The moving waters at their priestlike task
Of pure ablution round earth's human shores,
Or gazing on the new soft-fallen mask
Of snow upon the mountains and the moors--
No--yet still stedfast, still unchangeable,
Pillow'd upon my fair love's ripening breast,
To feel for ever its soft fall and swell,
Awake for ever in a sweet unrest,
Still, still to hear her tender-taken breath,
And so live ever--or else swoon to death.

For more information about Keats and an analysis of this poem, please click:

<http://academic.brooklyn.cuny.edu/english/melani/cs6/star.html>

- Hide quoted text -

C. I've always considered myself a positive thinker . . . in all probability, I'll

continue that way though Barbara Ehrenreich's BRIGHT-SIDED has gotten me to at least revisit my thinking--always a good sign.

Ehrenreich, author of NICKLE AND DIMED (a book I really enjoyed), makes her goal in writing this latest effort very clear via her subtitle: HOW THE RELENTLESS PROMOTION OF POSITIVE THINKING HAS UNDERMINED AMERICA . . . just seeing that caught my attention and made me want to read more.

And the more I read, the more I understood the point that she was making; i.e., that there's more to gaining success and prosperity than just thinking positively . . . in fact, it can even be dangerous at times--such as when it involves cancer patients:

* Whether repressed feelings are themselves harmful, as many psychologists claim, I'm not so sure, but without question, there is a problem when positive thinking "fails" and the cancer spreads or eludes treatment. Then the patient can only blame herself: she is not being positive enough; possibly, it was her negative attitude that brought on the disease in the first place. At this point, the exhortation to think positively is "an additional burden to an already devastated patient," as oncology nurse Cynthia Rittenberg has written.

I liked how Ehrenreich then examined examples in varied other situations and industries, including religion:

* One thing that church market research revealed was that people definitely did not want to be harangued about sin and made to feel in any way bad about themselves. If you have only one day a week not given over to work or errands and laundry, you probably do not want to spend even an hour of it being warned of imminent punishment in hell. Megachurches and those aspiring to that status needed a substitute for the more demanding core of Christian teachings, and that has been, for the most part, positive thinking--not because it is biblically "true" or supported by scripture but because it produces satisfied "customers"--as some megachurch pastors refer to them--like the megachurch member who told the Christian Science Monitor, "We love it. We don't miss a Sunday. The message is always very positive and the music is great." Most positive preachers see no tension between their message and traditional Christian doctrine, God is good, so he wants the best for us, or, as Joyce Meyer puts it, "I believe God wants to give us nice things."

As might be expected, business also came under scrutiny:

* One such martyr to the cause of financial realism was Mike Gelband, who ran the real estate division of Legman Brothers. At the end of 2006, Gelband was getting nervous about what looked increasingly like a real estate bubble. "The world is changing," Gelband told Legman CEO Richard Fuld during his 2006 bonus review. "We have to rethink our business model." Fuld promptly fired the misfit and, two years later, Lehman went bankrupt.

What I liked most about the book, however, was its last chapter, "Postscript on Post-Positive Thinking" and this very fine final passage:

* The threats we face are real and can be vanquished only by shaking off self-absorption and taking action in the world. Build up the levees, get food to the hungry, find the cure, strengthen the "first responders!" We will not succeed at all these things, certainly not all at once, but--if I may end with my own personal secret of happiness--we can have a good time trying.

In addition, I was impressed with Ehrenreich's thorough job of research as exemplified by the 16 pages of footnotes at the end of BRIGHT-SIDED.

D. I heard the CD version of Ken Foster's THE DOGS WHO FOUND ME: WHAT I'VE LEARNED FROM PETS WHO WERE LEFT BEHIND and as a result, came to a better appreciation of the his belief that dogs are like tattoos--they leave an indelible mark.

Foster found that out after adopting his first dog, Brando, from a shelter . . . he then found himself noticing strays for the first time and began wanting to do something about the situation, so he adopted two more . . . in doing so, he found out that they made it possible for him to live through 9/11 (he was a Manhattan resident at the time), a heart condition that landed him in the hospital and the death of two close friends.

I liked the many touching stories about rescued dogs that were included in the book . . . and I came to the same realization that the author did about saving a life; i.e., doing it makes you able to do it.

If you're a dog lover, find and read THE DOGS WHO FOUND ME . . . your only problem will come when you too will start noticing how many stray dogs there are and that you'll be tempted to want to take care of all of them.

5. TV alert

A. DAMAGES returns for Season 3 with Glenn Close working for the government to take down a Ponzi-scheming financier that sounds much like Bernie Madoff . . . Lily Tomlin and Martin Short also are in the cast this time around . . . Monday at 10 p.m. on FX; repeated on Thursday at 12:02 a.m.

B. LIVE FOR THE MOMENT is a reality special that sends Roger Childs, a man battling Lou Gehrig's disease, on a BUCKET LIST-type adventure that includes heli-skiing and a shuttle launch with Buzz Aldrin . . . Thursday at 8 p.m. on CBS.

C. LYING TO BE PERFECT is a made-for-TV movie about a frumpy magazine editor who leads a double life as gorgeous online columnist . . . Saturday at 9 p.m. on LIFETIME.

D. Taylor Swift seeks to continue her global domination as she competes for Album of the Year with Beyonce, the Black Eyed Peas, the Dave Matthews Band and Lady Gaga--all five who also perform--on the 52nd annual GRAMMY AWARDS . . . Sunday at 8 p.m. on CBS.

6. Backwoods funeral

As a bagpiper, my friend Jim plays many gigs. But one, in particular, stands out. I'll let him tell the story . . .

Recently, I was asked by a funeral director to play at a grave side service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Kentucky back-country.

As I was not familiar with the backwoods, I got lost; and being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left, and they were eating lunch.

I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place.

I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played "Amazing Grace," the workers began to weep. They wept, I wept, we all wept together.

When I finished, I packed up my bagpipes and started for my car. Though my head hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I never seen nothin' like that before, and I've been putting in septic tanks for twenty years."

7. Websites

A. Is it OK to put bananas in the refrigerator; e.g., to extend their shelf life? The answer is YES--as can be seen at the following website:

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

You can also get answers to a wide range of other questions, including:

Why are manhole covers round?

To save energy, should you turn lights off or leave them on?

How do odor-eating socks work?

Do fire departments actually rescue cats from trees?

B. For those who live in the Asheville area . . . or want to come visit sometime in the near future, here's a new website to check out:

<http://livewireasheville.com/>

It's described as the spot "where Asheville comes alive," and you'll find all sorts of useful information about music, dance, theatre, comedy and a lot, lot more.

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

<http://www.blaineworld.net>

In case you're wondering what this website is all about, the answer can be found in the top box on the homepage that you can reach by clicking the above link.

8. Computer tip

If you're still using Internet Explorer, beware that there are many flaws in it that could cause you problems . . . for more information, see below:

<http://tinyurl.com/ycl4kw7>

MY TWO CENTS:

If using Internet Explorer, make sure you are at least using Version 8 and, also, that your security and safety updates are current . . . a much better option in my opinion is to use the Firefox browser from Mozilla . . . I switched over about six months ago and have never regretted the decision . . . for a FREE download, please click:

<http://www.mozilla.com/en-US/firefox/upgrade.html>

9. Winning submissions (some new ones--at least for me)

Once again, The Washington Post published the winning submissions to its yearly contest, in which readers are asked to supply alternate meanings for common words.

The winners are:

1. Coffee (n.), the person upon whom one coughs.
 2. Flabbergasted (adj.), appalled over how much weight you have gained.
 3. Abdicate (v.), to give up all hope of ever having a flat stomach.
 4. Esplanade (v.), to attempt an explanation while drunk.
 5. Willy-nilly (adj.), impotent.
 6. Negligent (adj.), describes a condition in which you absent-mindedly answer the door in your nightgown.
 7. Lymph (v.), to walk with a lisp.
 8. Gargoyle (n.), olive-flavored mouthwash.
 9. Flatulence (n.) emergency vehicle that picks you up after you are run over by a steamroller.
 10. Balderdash (n.), a rapidly receding hairline.
 11. Testicle (n.), a humorous question on an exam.
 12. Rectitude (n.), the formal, dignified bearing adopted by proctologists.
 13. Pokemon (n), a Rastafarian proctologist.
 14. Oyster (n.), a person who sprinkles his conversation with Yiddishisms.
 15. Frisbeetarianism (n.), The belief that, when you die, your Soul flies up onto the roof and gets stuck there.
 16. Circumvent (n.), an opening in the front of boxer shorts worn by Jewish men.
-

10. A quote I like

Power is the ability to do good things for others.--Brooke Astor (1902-2007), American philanthropist and socialite

11. Thought for the day

Yellow shirt

The yellow shirt had long sleeves, four extra-large pockets trimmed in black thread and snaps up the front. It was faded from years of wear, but still in decent shape. I found it in 1963 when I was home from college on Christmas break, rummaging through bags of clothes Mom intended to give away.

"You're not taking that old thing, are you?" Mom said when she saw me packing the yellow shirt. "I wore that when I was pregnant with your brother in 1954!"

"It's just the thing to wear over my clothes during art class, Mom. Thanks!" I slipped it into my suitcase before she could object. The yellow shirt became a part of my college wardrobe. I loved it.

After graduation, I wore the shirt the day I moved into my new apartment and on Saturday mornings when I cleaned. The next year, I married. When I became pregnant, I wore the yellow shirt during big-belly days. I missed Mom and the rest of my family, since we were in Colorado and they were in Illinois. But that shirt helped. I smiled, remembering that Mother had worn it when she was pregnant, 25 years earlier.

That Christmas, mindful of the warm feelings the shirt had given me, I patched one elbow, wrapped it in holiday paper and sent it to Mom. When Mom wrote to thank me for her "real" gifts, she said the yellow shirt was lovely.. She never mentioned it again..

The next year, my husband, daughter and I stopped at Mom and Dad's to pick up some furniture. Days later, when we uncrated the kitchen table, I noticed something yellow taped to its bottom. The shirt. And so the pattern was set.

On our next visit home, I secretly placed the shirt under Mom and Dad's mattress. I don't know how long it took for her to find it, but almost two years passed before I discovered it under the base of our living-room floor lamp. The yellow shirt was just what I needed now while refinishing furniture. The walnut stains added character.

In 1975, my husband and I divorced. With my three children, I prepared to move back to Illinois. As I packed, a deep depression overtook me. I wondered if I could make it on my own. I wondered if I would find a job. I paged through the Bible, looking for comfort. In Ephesians, I read, "So use every piece of God's armor to resist the enemy whenever he attacks, and when it is all over, you will be standing up." I tried to picture myself wearing God's armor, but all I saw was the stained yellow shirt. Slowly, it dawned on me. Wasn't my mother's love a piece of God's armor? My courage was renewed.

Unpacking in our new home, I knew I had to get the shirt back to

Mother. The next time I visited her, I tucked it in her bottom dresser drawer

Meanwhile, I found a good job at a radio station. A year later I discovered the yellow shirt hidden in a rag bag in my cleaning closet. Something new had been added. Embroidered in bright green across the breast pocket were the words, "I BELONG TO PAT."

Not to be outdone, I got out my own embroidery materials and added an apostrophe and seven more letters.

Now the shirt proudly proclaimed, "I BELONG TO PAT'S MOTHER." But I didn't stop there. I zigzagged all the frayed seams, then had a friend mail the shirt in a fancy box to Mom from Arlington, VA. We enclosed an official looking letter from "The Institute for the Destitute," announcing that she was the recipient of an award for good deeds.

I would have given anything to see Mom's face when she opened the box. But, of course, she never mentioned it.

Two years later, in 1978, I remarried. The day of our wedding, Harold and I put our car in a friend's garage to avoid practical jokers. After the wedding, while my husband drove us to our honeymoon suite, I reached for a pillow in the car to rest my head. It felt lumpy. I unzipped the case and found, wrapped in wedding paper, the yellow shirt. Inside a pocket was a note: "Read John 14:27-29. I love you both, Mother."

That night I paged through the Bible in a hotel room and found the verses: "I am leaving you with a gift: peace of mind and heart. And the peace I give isn't fragile like the peace the world gives. So don't be troubled or afraid. Remember what I told you: I am going away, but I will come back to you again. If you really love me, you will be very happy for me, for now I can go to the Father, who is greater than I am. I have told you these things before they happen so that when they do, you will believe in me."

The shirt was Mother's final gift. She had known for three months that she had terminal Lou Gehrig's disease. Mother died the following year at age 57.

I was tempted to send the yellow shirt with her to her grave. But I'm glad I didn't, because it is a vivid reminder of the love-filled game she and I played for 16 years. Besides, my older daughter is in college now, majoring in art. And every art student needs a baggy yellow shirt with big pockets.

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

12. Advance planning department

A. Cynthia (see also Section 1A) will be conducting her next JourneyDance/ Move Your Body session on January 28 at Jubilee (a spiritual center in Asheville) at 6:30 p.m.

In addition, she will be running a session for the Biltmore Lake community on Tuesday, February 4 at 6:30 p.m.

And she has just announced a completely new program:
Diets Don't Work: Thin Within Does . . . FREE Workshop Series

Dates: Tuesdays, February 16, 23, March 2, 9, and 16

Time: 7-8:30 p.m.

Location: Biltmore Lake Clubhouse

Cynthia Greenfield is offering this free workshop series. She personally has found great freedom from life-long food issues using the book *Thin Within* by Judy Wardell and wants to share it with others. The group will meet 5 times as a way of supporting your own personal process.

The book sends you on a 30-day journey of self-revelatory exercises, and is geared to lead you to the behavior of the much-envied thin person's mentality. This inspirational method which allows favorite foods and does not prescribe a specific food plan is more a way of reshaping the reader's life than merely offering a diet. Love, enjoy and accept yourself from day 1 to the rest of your life as you melt down to your natural size. This course is for people of ALL sizes who struggle with food issues (whether you are 2 pounds to 200 pounds overweight).

FOR MORE INFORMATION ABOUT ANY OF THE ABOVE PROGRAMS:

Feel free to contact Cynthia at cgreenfield1001@aol or via phone, 828.633.1049.

B. Wishes Fulfilled! A Dr. Wayne W. Dyer World Cinema Premiere
Presented by Screenvision and Cinema Events

Premiere Performance Exclusive In Theaters Nationwide January 28, 2010
With One Encore Performance in early February 2010.

On Thursday, January 28, 2010, a new and unique cinema experience will be offered to moviegoers nationwide--for the first time ever, Dr. Wayne W. Dyer, best-selling author of more than 30 books and affectionately known as "the father of motivation" by fans, brings "Wishes Fulfilled," his newest motivational presentation, to theatres as a special Cinema Event.

"Wishes Fulfilled" is produced by Cinema Events, LLC, in cooperation with Hay House, Inc. and is distributed by Screenvision. "Wishes Fulfilled" was created at Hay House's late-2009 "I Can Do It!" conference in Tampa, Florida where Dr. Dyer delivered to over 3,000 attendees an empowering exploration of the dynamics of our thought processes, and revealed how the ancient wisdom of the Tao Te Ching helped him shift from ambition to a new kind of meaningful consciousness.

As a special gift from Dr. Dyer, "Wishes Fulfilled" moviegoers will receive a free download of his program "Putting the Excuses Begone! Paradigm Into Action to Work in Your Life," a twenty dollar value, free with admission.

Tickets are \$15/person; \$25/couple.

For a growing list of theatres where "Wishes Fulfilled" can be seen on January 28, 2010, visit:

www.DrWayneDyerCinema.com

Most participating theatres will also offer an encore performance on February 4, 2010. Further information on ticket sales and encore dates

can be found on the website as well.

NOTE TO THOSE IN THE ASHEVILLE AREA:

If you'd like to join us (the Greenfields of Asheville) for the February showing, drop me an email to that effect . . . we'll probably "do" dinner beforehand and would welcome the company.

C. Natalie on Pennsylvania on some fantastic FREE events at Bucks County Community College:

Tuesday, February 9 - 12:30 p.m./5:30 p.m. - Gateway Auditorium, Newtown. Shannon Cutts, singer/songwriter and survivor of anorexia and anxiety disorder will share her concert ministry through her presentation "Beauty Undressed." her own personal story of her struggles to overcome this disease. She will sign copies of her recently-published book *Beating ANA: How to Outsmart Your Eating Disorder and Take Your Life Back*.

Tuesday, February 9 - 12:30 p.m. - Gallagher Room, Newtown. Jo Ann Tufo will portray "The Eternal Wife: Mrs. Abraham Lincoln" as she reminisces about her life with her husband of 22 years, Abraham Lincoln, the bloody Civil War that tore country and family apart.

Tuesday, February 9 - 12:30 p.m. - Lower Bucks Campus. Trish Chambers will present the history, legends and personal stories that make up the rich heritage connected to the Underground Railroad.

D. Tom in New Jersey:

My next appearance will be in *THE PLAY'S THE THING* from Feb. 26-March 14 at ActorsNet in Morrisville, PA.

P.G. Wodehouse adapted Ferenc Molnar's comic farce. A playwright and his collaborator bring a young composer in love with the leading lady of an upcoming musical to a weekend retreat. The trio overhears the leading lady having a dalliance with another man. The jilted composer vows to kill the production. Overnight, the playwright invents a new story line to save the show by convincing the playwright what they overheard was not an actual romantic overture, but a rehearsal of new dialogue for their play. This witty romp has it all.

For more information, please click:

http://www.actorsnetbucks.org/on_stage/coming_soon.html

PS. Methinks that we all need to pray for the folks affected by the earthquake in Haiti, as well as for our remaining soldiers in both Iraq and Afghanistan . . . while we're at it, include those in Israel and her neighbors who are seeking peace . . . and perhaps most importantly: Make it a great week, too!

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To subscribe to this newsletter, please put SUBSCRIBE in the subject line of an email and send to bginbc@aol.com . . . in the unlikely event you wish to unsubscribe, just put UNSUBSCRIBE in subject line and send

to the same address.

Blaine Greenfield
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Biltmore Lake, NC 28715
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BLAINESWORLD

BLAINESWORLD

#694

1.18.2010

In this issue:

1. Reflections
2. FYI
3. Matter of perspective
4. Reviews . . . AVATAR , etc.
5. TV alert
6. The river
7. Websites
8. Computer tip
9. Pregnancy Q & A
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I went with a few neighbors to see the Metropolitan Opera's HD broadcast of CARMEN at The Carolina Asheville . . . what a production!

Elina Garanca was superb in the leading role . . . in addition, we liked the behind-the-scenes interviews that were conducted during the intermission.

The good news: You can still catch an encore performance on Wednesday, Feb. 3, at 6:30 p.m. . . . for a local theater near you, please click:

<http://tinyurl.com/naznjg>.

Even if you're not an opera buff, you'll enjoy this one. (And will recognize much of the music!)

B. We also discovered two new places that I'm sure will become our favorites:

* A new ice cream store (at least for us): CinTom's Custard.



I had the pina colada, and Cynthia had caramel cashew crunch . . . both flavors were sooooo creamy.

The business features other desserts as well . . . however, what makes CinTom's so unusual are the following two things:

1. The decor . . . inside, it almost looks like a medieval castle . . . there's a colorful mural that just has to be seen . . . also, there's a "talking" knight who actually speaks to you; and
2. The owner, Tom Barkei . . . he greets you when you come into the store and makes you feel welcome . . . in addition, he'll give you generous samples of as many flavors of custard and/or tastes of dessert that you want . . . Gina, his employee, was every bit as friendly.

For more information, please click:

<http://cintoms.com/>

Make sure you check the store hours (unfortunately, CinTom's is not open Monday to Thursday during the winter), along with the daily special that changes each day.

* And with our friends Ted and Kimberly, we got to try out 131 Main in Biltmore Park . . . the inside of the place was very attractive, and the service (from our server Ken) was most attentive.

There was a slight problem with the kitchen that night, resulting in a delay for us getting served . . . however, we were impressed with how the manager (Tyler Thomas) handled the situation . . . as it turns out, the wait was worth it . . . I enjoyed my grilled chicken sandwich, and Cynthia said her cedar plank salmon was quite tasty . . . our starter of cast iron cornbread was great; make that, **IT WAS THE BEST CORNBREAD WE HAVE EVER HAD** . . . that one item alone will cause us to soon return. (And often, too.)

For more information, please call 828.651.0131.

C. The earthquakes in Haiti (see also the PS at the bottom of this missive) were devastating . . . however, I'm dismayed by all the stuff that's coming out about how folks can help--especially since much of it is coming from scammers.

Here was one of the worst I have ever seen:

Subject: Haitians desperate for supplies.
From: email@unicefusa.org

On the evening of January 12, a series of earthquakes with magnitude 6.5 to 7.3 struck Haiti in the highly populated area of Department Ouest, 10 miles from Port-au-Prince. Within hours of the earthquake, UNICEF made an initial contribution of \$200,000 of our own funds for relief activities and as of this morning we have pledged a total of \$1 million to the response effort in Haiti.

UNICEF is accepting public donations to support the Haitian response. You can do it, you can help by making a small donation to UNICEF International Response Fund (which is used to respond to disasters such as the Haiti earthquake).

If you wish to make a donation click on the following link :

[XXXhttp://www.unicef.org/haitiquakeXXX](http://www.unicef.org/haitiquake)

(Several paragraphs followed and this name was then given.)

Caryl M. Stern
President & CEO
U.S. Fund for UNICEF

HOW TO TELL THE ABOVE IS A SCAM:

I put the XXXs in front and at the end of the website to make sure no reader went to it . . . however, if you moved your mouse cursor over it, you would see that it actually took you to some other site that asked for information that UNICEF would never seek . . . furthermore, there was an 800 number that when called, got you to a florist.

Lastly, there's no such website as this one that was mentioned in the email:

<http://www.unicef.org/haitiquake>

IF YOU WISH TO MAKE A LEGITIMATE DONATION:

Please feel free to click the following website:

<http://www.unicefusa.org/>

D. CONDOLENCES to Carol Latsch and family on the death of Carol's brother William (Bill) R. Dunn . . . he was 62 and fought a valiant effort to win his battle with prostate cancer the past 7 years. He was receiving hospice.

If you'd like to make a donation in his honor to the Prostate Cancer Foundation, you can do so by clicking:

http://www.prostate-cancer.org/aboutus/donate_memorial1.php

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

This week, it goes to Erik Bendix--an Asheville instructor in the Alexander Technique . . . Cynthia nominated him; here's what she had to say:

His patience, calm presence, and way of being embody the lessons that he teaches. The Alexander Technique is a simple method for improving ease and freedom of movement in everyday practical activities such as sitting, lying down, standing, walking, and other daily activities.

I tend to try many things. Asheville has thrown at me so many delightful healing opportunities.

I often try something, and then go on to something else. Some little voice has told me to stand in one place, and continue to work with Erik on a regular basis. There is a jewel in there, and I will continue because I experience life-enhancing benefits. I have experienced the possibility of moving in my life in a new way that makes normal everyday activities accomplished with more ease. Learning new ways to do these things somehow transfers into how I live my life on a deeper level.

If you want to know more about this healing technique and Erik, please contact him at 828.298.5515 or via email: erikbendix@hotmail.com.

2. FYI

How to learn just about anything online . . . for FREE . . . all you need to do is click the following link:

<http://tinyurl.com/yf3t7tz>

You'll be taken to a very informative article that is in the January-February 2010 issue of the AARP BULLETIN . . . it also contains links to such:

Smorgasbord sites such as iTunesU, Academic Earth, YouTube (and an education channel called YouTube EDU), ResearchChannel and Videlectures.Net.

Standalone university sites such as webcast.berkeley and Harvard@home.

How-to sites such as Learning center, WonderHowTo and Howcast.

Deep thinking sites such as TEDTalks, Nobel Prize winners and Forum National Network.

And miscellaneous sites for such topics as Health, Languages, Cooking, Literature, Jazz, Finding your ancestors, History and Computer programming.

FYI, part 2

* Clark in Pennsylvania:

About the painting done by Joan Weiss . . . it's available through the Chamber's website:

www.lbccc.org

Click the image of the painting "Olivia's Lookout," which is on the homepage. That will take you

to an order form that contains information about Joan and the painting. Framed prints are \$159

(including tax) and matted prints are **\$58.30**. It's being sold through Susan Gittlen at Whispering

Woods Gallery. Proceeds benefit the Chamber.

MY TWO CENTS:

For those that don't know the name Joan Weiss, she was my close friend and colleague at Bucks County Community College, and I still miss her . . . I also get to think of her every day because of the fact that we have a framed print of the above painting on display in the hallway leading to our bedroom. Here's a picture of it:



* Kimberly in North Carolina (with a delicious recipe that she developed from scratch):

Kimberly Ross' Gluten-Free, Lactose-Free, Sugar-Free Banana Blueberry Nut Muffins

Preheat oven to 400 degrees. Use non-stick spray or paper muffin cups to line muffin pan for 12 muffins.

Mix in bowl:

$\frac{3}{4}$ cup Quinoa Flour
 $\frac{3}{4}$ cup Organic "Quick" Oats
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon baking soda

Mix in blender:

$\frac{1}{2}$ cup Unsweetened Vanilla Flavored Almond Milk
6 packets "Stevia" natural sweetener
1 teaspoon Vanilla Extract
3 eggs
3 ripe bananas

Add the blender mix to the dry ingredients in the bowl. Mix together and add 12 chopped walnuts (approximately $\frac{1}{8}$ cup of chopped walnuts). Stir in $\frac{3}{4}$ cup fresh berries (blueberries or blackberries) into the mix. Instead of the berries, you can also add $\frac{1}{3}$ cup dairy-free/gluten-free chocolate chips. Spoon mixture into muffin tins $\frac{3}{4}$ + full with an ice cream scooper.

Bake approximately 22 minutes at 400 degrees. Each berry muffin has approximately 100 calories and the chocolate chip variety has approximately 135 calories per muffin. Enjoy!!

* Danny in North Carolina:

Thought you might be interested in this. Has some nice restaurants on their menu to deliver food to your home or business. They do drop-of catering too.

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

* Nick in North Carolina:

Do you know that you can get thousands of world wide TV broadcasts for free on your PC? Ask you computer jock about it. Costs about \$50 for the SW and there is no monthly charge,

and it is legal. You can buy a cable for about \$10 which will allow you to connect you laptop so you can watch it all on a large TV.

* Gil in North Carolina:

I've also been thinking about switching my TV service to AT&T. Already have landline and DSL.

The costs seem comparable. I'll look into it further. Thanks for sharing.

I've started a new blog at:

<http://wishdr.blogspot.com/>

Take a look. I'm offering free career and job search advice . . . time to give back to the community once again. Feel free to pass along to your friends who might benefit . . . or you can put it in your next newsletter.

MY INITIAL REACTION:

Some real good stuff here. Do check it out.

* Joe in Pennsylvania with another excellent blog entry:

Here's the latest . . . thought you might get a kick out of it:

<http://thebulldogedition.wordpress.com/2010/01/16/and-on-the-seventh-day/>

* Kathy in Pennsylvania with an important announcement about Girl Scout cookies:

Cookies are in! \$3.50 per box. Thin mints, shortbread, caramel delights, lemon drops, PB patties, Thanks-a-lot (cookies coated with chocolate) and Daisy-go-round (reduced fat cookies). Help Olivia in her first time as a cookie seller.

For more information, especially if you live in Bucks County, call Kathy's number at the community college: 215.968.8352.

* Arlene in Pennsylvania (Pittsburgh area) goes one step further; i.e., she'll even pay to ship the cookies to you:

As for Girl Scout cookies, I posted that on Facebook but knew it would never work. The cost of each box is \$3.50. It would cost a lot more to ship it everywhere, but the thought of advertising

and making sales for my little Katelyn really appealed to me. Katelyn is 9 yrs old, and if I must

say so, absolutely adorable , bright with many talents. Who wouldn't want to help her achieve

her goals? That being said, how many gross would you like? I'd gladly pay the postage to send

them to you.

MY RESPONSE:

I don't quite need a gross of these cookies, but that said, folks in the Pittsburgh area should feel free to drop Arlene an email for their local orders . . . her email address is:

Sweetn5163@aol.com.

* Mary Lou in North Carolina:

I loved your rendition of the poem about death. I have a similar one that somebody gave me when my Mom died almost 11 years ago. I have shared with so many in grief. It is incredibly comforting!

Now that I'm gone,
remember me with a smile 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 and loved or helped
in some special way.
Let me live in your heart
as well as 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

***** CORRECTION *****

Last week, I incorrectly referred to the author of CLAPTON as George Clapton . . . obviously, Eric Clapton is the author.

THANKS to two of my favorite Pennsylvania readers, Pat and Barbara, for pointing this glaring typo out to me.

* Barbara further noted:

Thanks to his very successful recovery (and Crossroads, the recovery center in Antigua he founded and heavily funds scholarships for Antigua's native-born who are in need of treatment--something he almost never discloses), Clapton has become brutally honest about his failings. When he needs to "re-center," Clapton goes down to Crossroads just to hang out with fellow recovering addicts.

3. Matter of perspective

Child to her grandma: "Why do you call grandpa Hon?"

"It's a term of endearment," the grandma explained.

Her grandpa then mumbled, "After more than 40 years, it's a term

of endurance."

4. Reviews

A. If you like playing video games, you'll love AVATAR . . . I don't, so count me among the minority who don't count the film as one of the year's best . . . the story, set in the future, involves an ex-Marine who infiltrates the planet Pandora and finds life better there than anywhere else . . . it was very violent and too long for my taste . . . the 3D effects were interesting, at first, but I got tired of them eventually . . . I also didn't feel for any of the characters, though I did appreciate Stephen Lang's work as a villain . . . rated PG-13.

B. THE INVENTION OF LYING is now out in DVD format . . . my review from BLAINESWORLD #680 follows:

I thoroughly enjoyed THE INVENTION OF LYING, a romantic comedy about a guy who lives in a world where everybody tells the truth--all the time . . . and about everything, including a retirement home that has this sign out front "A Sad Place for Hopeless Old People" . . . advertising is equally truthful, such as this roadside sign that promotes a "a cheap hotel for intercourse with a near stranger" . . . so when this one rather innocuous guy discovers that he can lie, the world changes . . . there are both funny and touching moments in this film that effectively teams up Ricky Gervais with Jennifer Garner . . . rated PG-13.

C. If you want to read garbage, check out this newsletter!

The above are words that I have not yet seen in print, but after reading POISONED PENS--edited by Gary Dexter--I can only hope that continues; i.e., no reader ever writes them . . . if so, I'll be grateful because as the author points out in the subtitle of his informative book, there's been LITERARY INVECTIVE FROM AMIS TO ZOLA . . . in other words, for a long time.

Many authors, it seems, actually take delight in trashing their contemporaries . . . for example, here's what Samuel Butler had to say about Johann Wolfgang von Goethe:

* I have been reading a translation of Goethe's Wilhelm Meister. Is it good? To me it seems perhaps the very worst book I ever read. No Englishman could have written such a book. I cannot remember a single good page or idea, and the priggishness is the finest of its kin that I can call to mind. Is it all a practical joke? If it really is Goethe's Wilhelm Meister that I have been reading, I am glad I have never taken the trouble to learn German.

Mark Twain had nothing good to say about another famous writer:

* I haven't any right to criticize books, and I don't do it except when I hate them. I often want to criticize Jane Austen, but her books madden me so that I can't conceal my frenzy from the reader; and therefore I have to stop every time I begin. Every time I read Pride and Prejudice, I want to dig her up and hit her over the skull with her own shin-bone.

What's fair is fair, though . . . Dexter found others who weren't crazy about Twain's writing, including William Faulkner:

* [A] hack writer who would not have been considered fourth rate in Europe, who tricked out a few of the old proven "sure fire" literary skeletons with sufficient local color to intrigue the superficial and the lazy.

Lastly, I don't pay much attention to the documentation in a book . . . I made an exception for POISONED PENS because what was included (182 footnotes) was done quite well and actually provided additional tidbits about the various authors, such as this comment from Tom Wolfe about a negative review he received from Norman Mailer:

* Wolfe's comment on this in a letter to writer Anthony Arthur was: "All I got out of that is the fact that Norman has made love to a lot of three-hundred-pound women."

D. Liked WHEREVER YOU GO THERE YOU ARE: MINDFULNESS MEDITATION IN EVERYDAY LIFE, written and read by Jon Kabat-Zinn.

The author, founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center, does a fine job in presenting an introduction to Buddhist meditation . . . the key is to practice "mindfulness," a more than 2000-year-old method of living fully in the present while observing ourselves, our feelings, others and our surroundings without judging them.

WHEREVER YOU GO is broken down into three parts. The first explores the reasons why you should take or or deepen a personal practice of meditation. Part two explores some of the basic aspects of any mediation practice. And part three explores various applications and perspectives on the concept of mindfulness.

I liked the fact that the book wasn't full of jargon, and that it was easy to both understand and apply . . . I also liked Kabat-Zinn's amusing stories of how mindfulness could be applied to everyday life, including "Cleaning the Stove While Listening to Bobby MdFerrin," "Cat Food Lessons" and the two chapters on parenting as a form of meditation (and how he called children "live-in Zen masters").

Although I don't presently meditate on any sort of regular basis, the author has gotten me to revisit that practice.

5. TV alert

A. LIFE UNEXPECTED premieres on Monday at 9 p.m. on CW . . . it is about a mother who unexpectedly connects with the daughter she gave up for adoption in high school . . . I saw the first episode; it's a winner!

B. THE BURIED LIFE debuts on Monday at 10 p.m. on MTV . . . it is a reality show where four guys seek to cross items off their bucket list and help others do the same.

C. GREAT PERFORMANCES AT THE MET has young tenors compete in "The Audition" for a chance to launch their operatic careers . . . Wednesday at 9 p.m. on PBS . . . because PBS times and dates often vary, check your local listings.

D. SPECTALE: ELVIS COSTELLO WITH . . . "The Boss" (see also the PS at the end of this newsletter) in a program that will be stretched over two shows . . . Wednesday at 10 p.m. on SUNDANCE.

6. The river

A preacher was completing a temperance sermon. With great expression he said, "If I had all the beer in the world, I'd take it and throw it into the river."

With even greater emphasis, he said, "And if I had all the wine in the world, I'd take it and throw it into the river."

And then, finally, he said, "And if I had all the whiskey in the world, I'd take it and throw it into the river." He sat down.

The song leader then stood very cautiously and announced with a pleasant smile, "For our closing song, let us sing Hymn #365: 'Shall We Gather At the River.' "

7. Websites

A. If you're a writer or know of one . . . or perhaps you have to write a paper for school . . . there's a website just for you; i.e., it will write your own academic sentence for you . . . to put it to work, please click:

<http://writing-program.uchicago.edu/toys/randomsentence/write-sentence.htm>

You just know I had to try it out for myself . . . here's what I came up with: The emergence of history as such may be parsed as the ideology of the nation-state.

Don't like it? You always have the option to further edit your work.

B. For the TOP 10 AMERICAN IDOL songs of all time, please click:

<http://tinyurl.com/yaj6cqk>

You may not agree with all the choices, but even if you don't, you'll enjoy getting the chance to hear these songs again.

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

<http://www.blaineworld.net>

To view pictures of yours truly with Cynthia, along with my friends, relatives and neighbors, click "Blaine's Best" on the left and then "Pictures" . . . you'll also get to revisit many of the great comics done by Pat Achilles . . . perhaps best of all, thanks to the efforts of my new webmaster (Danny Brice), the original version of "Happy Together" loads as you view the pictures . . . so you can now enjoy what's arguably the greatest rock 'n roll song of all time--at any time of the day or night . . . the song even keeps repeating itself.

8. Computer tip

If you like shopping online, check out this website:

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

Simply input the merchant you are interested in and see what is available. Some savings are a dollar amount and some are a percentage. It seems a lot are for online orders only, so make sure and read all the instructions.

I just checked and among the current merchants are Victoria's Secret, Norstrom, Orbitz, Target, Crocs, NutriSystem, JC Penney, NIKE and Amazon.com.

9. Pregnancy Q & A

Q: Should I have a baby after 35?

A: No, 35 children is enough for anyone.

Q: I'm two months pregnant now. When will my baby move?

A: With any luck, right after he finishes college.

Q: What is the most reliable method to determine a baby's sex?

A: Childbirth.

Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational.

A: So what's your question?

Q: My childbirth instructor says it's not pain I'll feel during labor, but pressure. Is she right?

A: Yes, in the same way that a tornado might be called an air current.

Q: When is the best time to get an epidural?

A: Right after you find out you're pregnant.

Q: Is there any reason I have to be in the delivery room while my wife is in labor?

A: Not unless the word "alimony" means anything to you.

Q: Is there anything I should avoid while recovering from childbirth?

A: Yes, pregnancy.

Q: Do I have to have a baby shower?

A: Not if you change the baby's diaper very quickly.

Q: Our baby was born last week. When will my wife begin to feel and act normal again?

A: When the kids are in college.

10. A quote I like

Being defeated is often only a temporary condition. Giving up is what makes it permanent.-- Marilyn vos Savant (born 1946), American magazine columnist, author, lecturer and playwright who rose through her listing in the GUINNESS BOOK OF RECORDS under "Highest IQ"

11. Thought for the day

If you could see!

by Robert G. Bridges, MD

While reading one of Dr. Bernie Siegal's books, I ran across an interesting question. Blind Helen Keller once asked her blind friends, "If you could see for just 24 hours, what would you choose?"

I pondered that question for days, then decided to try to write it on paper, and asked some friends and a couple of patients of mine who were interested, to try it with me. I learned an enormous amount about myself, as did those working on their own list.

I divided my paper into two columns. The first, at what I would choose to look. The second, the number of minutes I would spend looking at each thing. Remember, only 24 hours to look.

Oh, my list grew very large rapidly, trying to imagine the things I would want to see, all the wonders of our modern world: airplanes, TV, autos, artworks, architectural styles, trains, computers, ocean liners, variety

of clothes, furniture, appliances, rocket launches, and the list was very long. I sorted and resorted, changed time allotments, but as time progressed over the next several months (yes, months) my priorities changed radically from those I had started on the list.

Now, it was not the wonders of the modern world at all, but the wonders of nature that headed the list and occupied the majority of my 24 hours! Trees, grass, sky, mountains, oceans, stars and planets, clouds, thunderstorms and rain, flowers and shrubs, and just plain dirt were highest in the ratings, but also were the animals, especially the small ones: rabbits, squirrels, chipmunks, birds, dogs, cats, fish, and others occupied a large chunk of time. Of course, the large animals were included, but less time allotment. Which is more interesting to watch, a lion or a cat? A giraffe or a chipmunk? A bear or a rabbit?

And, of course, there had to be time allotments for friends, and family. I had so little time left to see the man-made wonders, there was little I could really see.

Everyone's list will differ, as ours did, also, but they were astonishingly similar. But this beautiful world of ours is more fascinating, more miraculous, and more interesting than all the rest added together.

As I sit on my log home porch in the mountains and look out over a valley, I view the small animals, feel the gentle breeze, smell the clean pine-scented air, watching a sunset, I am reminded of what Helen Keller might have meant in asking that question. Perhaps she knew the wonders of nature would far exceed those of man.

I encourage each one of you to pick up a pencil and paper and start your list. You will be amazed at the resulting list, and will learn more about yourself than you ever dreamed; and, amazingly, your list will be similar to mine.

Enjoy this world. The minutes continue to slip by, one by one. Never cease to stop, look, and smell the roses. It only takes a second. They are here, just for us.

12. Advance planning department

A. ScriptFEST

SART's 28th Annual Playwrights' Conference
Readings of original unpublished and unproduced scripts
with SART actors and authors attending.
FREE to the public!

January 22, 23 and 24

Owen Theater,
Mars Hill College, Mars Hill, NC
FREE ADMISSION

For more information, please contact SART (Southern Appalachian Repertory Theatre) at 828.689.1384 or via the Internet:

<http://www.SARTplays.org>

B. Cynthia (see also Section 1a) is running a FREE Creative Connection Workshop with her friend Tammy Strange. This will take place on Tuesday, January

26 at the Biltmore Lake Clubhouse.

The purpose of this workshop is to provide an environment where each participant can connect more deeply to each other, our own self, and our spirit through imaginative activities. We want to share our creative side and be inspired by others thoughts and talents. We encourage those who don't think they are creative or have any special talents because we do not consider ourselves special in these areas either, but we are dreamers and find it fun to play.

Please RSVP by Sunday, January 24, either on the Intranet RSVP system or directly with Cynthia or Tammy. Feel free to contact either Cynthia or Tammy with any questions.

Cynthia Greenfield, 633.1049; cgreenfield1001@aol.com
Tammy Strange, 704.724.9416; mststrange@hotmail.com

In addition, she will be conducting her next JourneyDance/ Move Your Body session on January 28 at Jubilee (a spiritual center in Asheville) . . . if you'd like to more information, just send an email to bjnbc@aol.com and put JourneyDance in the subject line.

C. Ted and Kimberly in North Carolina:

Saturday, January 30th: The Asheville Ballroom Dance & Professional Show

Join in the fun dancing the night away, enjoying some refreshments and watching the Asheville Ballroom Dance Instructors perform various styles of dance. The show will feature Biltmore Lake's own Ted and Kimberly Ross. General dancing starts at 8 p.m with the show starting at 9 p.m. Seating is limited so please plan on arriving early. There will be more general dancing after the show until 11 p.m. \$20 per person.

Location: The Asheville Ballroom & Dance Centre (991-B Sweeten Creek Road, Asheville).

For more information on this event, contact The Asheville Ballroom at 828.274.8320 or email: dmccart@ashevilleballroom.com

D. Natalie in Pennsylvania:

Ivan and I featured in new book, AUTUMN ROMANCE: STORIES AND PORTRAITS OF LOVE AFTER 50. Join us for book launch party.

Wednesday, Feb. 10, 6:30 p.m. at the Central Library in Philadelphia. We would love to share this event with you.

For more information about the book, please click:

<http://www.autumnlove.org/>

PS. Please join me in remembering Martin Luther King Jr. as we celebrate his birthday on Monday . . . to do so , check out 15 songs inspired by his extraordinary life by clicking:

<http://www.spinner.com/2010/01/14/mlk-day-songs/>

You'll even find a song sung by Springsteen (see also Section 4D).

As for the situation in Haiti (see also Section 1C), methinks that we all need to pray for folks there, as well as for our remaining soldiers in both Iran and Afghanistan, and for those folks in Israel and her neighbors who are seeking peace.

And perhaps most importantly: Make it a great week, too!

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BLAINESWORLD

BLAINESWORLD

#693

1.11.2010

In this issue:

1. Reflections
 2. FYI
 3. Map reading
 4. Reviews . . . THE YOUNG VICTORIA, etc.
 5. TV alert
 6. 50 years together
 7. Websites
 8. Computer tip
 9. Love in Colorado (redhead joke alert)
 10. A quote I like
 11. Thought for the day
 12. Advance planning department
-

1. Reflections

A. Cynthia, my beautiful bride, and I had a blast at something called Asheville Vaudeville . . . it's a monthly dose of cabaret, short plays, magic acts, music and more.

We most enjoyed an act called Forty Fingers and a Missing Tooth, a trio of jugglers that had us laughing throughout their two routines.

Asheville Vaudeville takes place on the first Thursday of the month at the Bebe Theatre on 20 Commerce Street in downtown Asheville . . . shows are at 7:30 and 10, and tickets are \$12 in advance and \$15 at the door . . . 1/3 of all ticket prices go to benefit MANNA Food Bank.

For more information, Facebook users can click:

<http://www.facebook.com/event.php?eid=231738032550&ref=mf>

B. We also attended an informative presentation on something known as the Buteyko Breathing Method, conducted by Dorisee Neale (a respiratory educator and nurse) . . . she emphasized the need to breathe in from the nose and, also, to breathe out through the nose . . . in addition, she emphasized that when it comes to breathing, "less is more."

It opened my eyes to some things--i.e., my respiratory system--that I've never thought too much about previously.

For more information, please click:

<http://www.breathdance.org/whoarewe.html>

C. A few weeks ago, I ran some pictures (mostly taken by my father) that we had framed and hung in the hallway leading down to the bottom floor of our townhouse . . . here are some more that he took back when I was a kid . . . these are in my office . . . in the middle is a mirror and below it is the plaque I received in 2006 from Bucks County Community College for the Lindback Distinguished

Teaching Award.



D. I am pleased to welcome aboard Danny Brice as my new webmaster (see also Section 7C for information about my website) . . . if the name is familiar, it is because you may have heard it before . . . Danny is the guy I've previously had the pleasure of doing my computer "stuff" . . . he set up a network in my home; in addition, he bailed me out numerous times when my system wasn't working . . . if you have any questions about computers, do consider making Danny your go-to guy . . . he can be reached via email, dnbrice@gmail.com . . . or by phone, 828.683.4912.

In addition, I'd like to express my sincere appreciation to Lori Hansen for having been my webmistress for the past several years . . . she did an excellent job, and I will miss both her help and friendliness.

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

This week, it goes to Scott Cook--a premises technician for AT&T.

Last week, I mentioned that I was switching my Internet, cable and TV service to this company (from Charter) . . . I just made the switch, thanks in large part to Scott's help, and the transition couldn't have been smoother.

He came on time, and he completed all the work that he had to do in much less time than I thought he would have needed . . . he was both friendly and extremely professional, and I was most appreciative of the fine job that he did in explaining how everything worked after he had completed the installation.

I've already noticed how much better AT&T is than Charter ever was. The products are better and so is the service. Also, there's no annual contract requirement. Best of all: I'm looking forward to having the capability to tape a program on one TV and watch it on any other TV in the house.

ONE RECOMMENDATION IF CONTEMPLATING A SIMILAR CHANGE:

This applies to a switch from Charter to AT&T . . . or, for that matter, from any other company you may presently have to a new one . . . if your phone service is also going to be affected, then put a voicemail message on your old service (the one you will be switching from) to the effect that if anybody wants to reach you, call your cellphone number until further notice . . . that way, you won't lose any calls when the technician is making the switchover . . . only

when all is working properly should you activate your voicemail with the new service.

2. FYI

Pat in Pennsylvania, my longtime friend, and I have been discussing an idea he has that I think would make a wonderful gift item . . . yet rather than have me tell you more about it, I asked him to describe it for you:

Just wanted to let your readers know I'm now offering a digital video memories package. Basically its a means of taking old slides, film (super 8, etc) and/or video and integrating it with video of someone talking about their family history, a person or an event(s) from the past. It's a means to preserve and tell a family history or story and at the same time it's a means to preserve photos, film, and videotape etc that is probably sitting in someone's closet and wasting away. Not to mention that in the near future there probably won't be any means for the next generations to see or view what one may have on film or VHS tapes of family members from the past. Most of us wish we had film or tape of our parents or other family member conveying thoughts, values, events of the past before they died, right? So if your parents are still alive, now is a good time to preserve their memories and incorporate all of this into a DVD of the family history. And, our children will wish they had us do the same. So why procrastinate? Take the time to preserve your family history now so it can be passed on to future generations. We help with preparing the story line, recording the video interview, incorporating pictures, film and video into what will be used in the final product. Make this a priority to have your loved ones on film for the future.

MR. CURIOUS HERE:

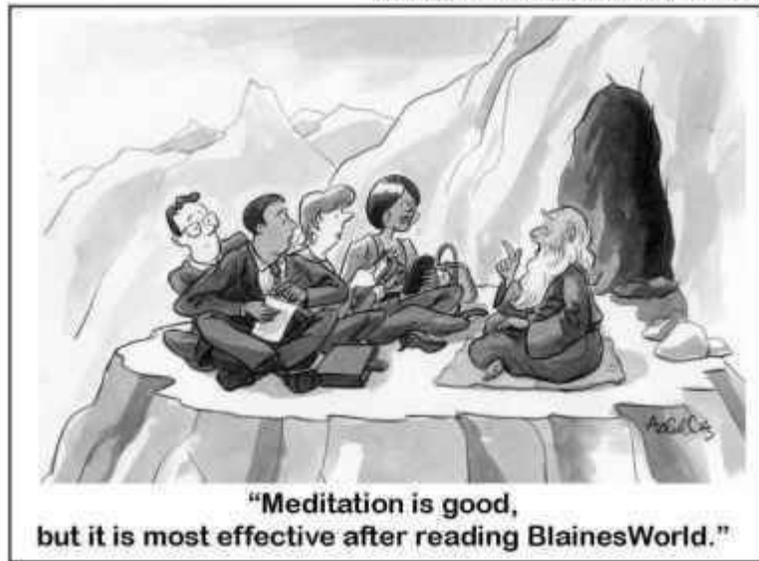
How many people have lots of old photos, film, video of other family memorabilia stuffed in boxes and stored in some closet or in their attic? Do you know that film and video break down over time and eventually the images will be lost? Have you ever thought about preserving these by having them transferred to a DVD for future generations to see? Also, as anyone thought about making a DVD movie of their parents or other family members talking about their family history that incorporate the old film, photos and videos that you've been accumulating? Has anyone done this or paid to have a similar service done? I'd be curious to know.

Please respond directly to Pat: pat.haas@verizon.net . . . and, also, feel free to send me a copy of your response. (I'd be interested in it, too) . . . for more information about Pat, a very talented photographer, videographer, etc., please click:

<http://phillyshots.com>

FYI, part 2

* THANKS to Pat Achilles for providing another great comic:



She does comics, greeting cards, artwork for children's books and so much more . . . for more information, call her at 215.348.4837 or email her at: patachilles@aol.com . . . you can also get a FREE weekly cartoon delivered to your email by clicking:

<http://www.achillesportfolio.com/freecartoonsignup.htm>

* For a FREE Fresco Taco, please click:

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

* Todd in New Jersey:

Someone just shared this with me: Just remember, it's better to spend money like there's no tomorrow than it is to spend tonight like there's no money!

And one that I heard many years ago from Soupy Sales: Don't have one for the road because the road is already laid out!

* Joe in Pennsylvania:

Wanted to let you know I've been playing with the blog recently. The subscription widget should work now; let me know if you are not getting the updates. To access, please click:

<http://thebulldogedition.wordpress.com/>

IF YOU DO:

You'll be impressed . . . Joe writes one of the best blogs I've come across!

* Karen in North Carolina:

Come share our pet-friendly, oceanview villa on Harbor Island, SC for a respite from the hustle and bustle of everyday life.

Shift into lower gear--relax, enjoy and bring your binoculars if you're a birdwatcher!

Call 828.252.3612 or email beachhouse206@charter.net for more information or to reserve your dates!

Rent 2 Nights, Get 1 Free! (1 per visit) before March 1st.

<http://www.harborislandvacations.com/L206/L206PetFriendly.shtml>

* Marshall in New Jersey (with a REQUEST FOR HELP):

Career public relations and corporate communications pro seeking continued contract consulting work in all aspects of the business, including employee communications, marketing collateral creation, and news media relations. Contact Marshall Molloy at memolloy@optonline.net or 973.538.9438.

* Peter in Pennsylvania:

Just wanted to reach out and wish you a happy new year. Hope you are well.

I like the recent thought of the day. Many believe that "doing what they are supposed to" makes them a "good person," deserving of a reward.

The way your "thought for the day" reads by the way is very Biblical. On a lighter note, loved the bear joke too.

There are times though that I don't like the contents at all--but spare you my feedback. I figure you get enough people commenting on your newsletter, you don't need more.

Anyway, perhaps you haven't been able to keep up with a work out routine, but its impressive how long you have been able to write and deliver BLAINESWORLD on a consistent and timely basis.

* Kevin in Pennsylvania:

This is a video of a guy in NYC that recently passed away, but was the pen ultimate street vendor. Also, excellent obit piece in NY Times Magazine section: 12/27/09.

<http://www.youtube.com/watch?v=HCUct4NlxE0>

* Alan in Pennsylvania, one very talented artist and a former colleagues from Bucks County Community College:

Please check my new website and fee to pass it on:

<http://ALANGOLDSTEIN.NET>

* Jason in Pennsylvania (on switching email addresses):

Best way to switch email. Don't, consolidate instead. Use a service like GMail, Yahoo! or Hotmail and go into your existing accounts and forward all of your mail to this single account. The important thing is that isn't tied to your Internet connection, for reasons you explained in this issue. That way regardless if it is coming from BLAINESWORLD, AOL, Facebook, Bucks, etc. , it will all land in the same place. If you plan on getting rid of the one

email account in the future, set a permanent away message. Something like "My AOL account, BGinBC@aol.com, will no longer be available after July 4, 2010. When the fireworks

go off, so does this account, so please update your address book immediately to BGinNC@gmail.com."

* Pat in Pennsylvania (on the same subject):

When I got Verizon Fios TV they sort of gave me email. They came in and sent out a blast email to every person I had contracted.. Not sure how they did it, but they sent the notice out by email to probably like 1000 people from my PC. It was pretty amazing. I did not have

to do a thing. I think they used a program called True-switch?? Then I just kept checking my old AOL account and had like a canned statement ready telling them I switched email addresses. I think the key was that I never resend in the old email format. I would only respond

to them with my new email address. It did not take long. In fact it was almost seamless. And if

you have a Facebook account, it's easy for someone to find or contact you in the event that they miss that you changed your email address. Pretty painless.

3. Map reading

The teacher of the geography class was lecturing on map reading.

After explaining about latitude, longitude, degrees and minutes, the teacher asked, "Suppose I asked you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude?"

After a confused silence, a voice volunteered, "I guess you'd be eating alone."

4. Reviews

A. Enjoyed THE YOUNG VICTORIA, an interesting costume drama about Queen Victoria that is set in 1837 . . . she starts off as a very popular ruler, but quickly loses favor with the public . . . (remind you of a more contemporary political situation?) . . . with the help and love of her husband, though, Victoria manages to turn things around . . . Emily Blunt continues to impress me as an actress; she is excellent here . . . I also enjoyed the work of Rupert Friend as her husband . . . rated PG.

B. There's nothing much recommending in terms of new DVD releases, so I'll instead refer you to an outstanding film that I saw after a recommendation from my friend Natalie in Pennsylvania: THE NUN'S STORY . . . it is the moving story of a young nun dedicated to medical work in the African Congo . . . she struggles, though, to balance her independent spirit with the demands of a religious life . . . Audrey Hepburn is simply superb in the leading role . . . it received 8 Oscar nominations in 1959, but did not take home a single top prize . . . no rating at the time, but this thought-provoking film is appropriate for anybody over 12 . . .you can get it via Netflix or Blockbuster.

C. Can you treat patients with heavily diluted preparations which are thought to cause effects similar to the symptoms presented?

You can if you believe the holistic medical science called homeopathy . . . I'm not sure that I do, but wanting to know more about the subject, I read an informative book called HOMEOPATHY: BEYOND FLAT EARTH MEDICINE by Dr. Timothy R. Dooley (a family physician).

Dooley does a good job in taking some of the mystery out of the topic, presenting some history along the way . . . he also presented several case studies, which I found interesting, along with this recommendation:

* The best way to get results is to make homeopathy your primary form of therapy. That is to say, homeopathy is what you think of first and pursue first in your healthcare needs. As a medical doctor, I say with conviction that conventional medicine is what should be used secondarily, as a backup to homeopathy, and not the other way around. A patient should first give their system a chance to heal naturally and only resort to drug therapy when truly necessary.

He goes on to point out:

* Patients who want results with homeopathy, or any form of therapy for that matter, need to be committed. This means following the advice of the practitioner, scheduling follow-up appointments as directed, and working with the practitioner when problems arise.

After reading HOMEOPATHY, I'm not quite willing to go that route with respect to my medical treatment . . . however, I'm at least open to the possibility that it may work for some folks--and if that's the case, I'm glad for them.

D. I often find that the problem with autobiographies is that the author is quite frequently too soft on himself or herself . . . an exception is CLAPTON by George Clapton, which I found to be brutally honest.

As the author notes: "I found a pattern in my behavior that has been repeating itself for years, decades even. Bad choices were my speciality, and if something honest and decent came along, I would shun it or run the other day."

Consequently, if you want to read about sex, drugs and rock 'n roll, this book won't disappoint you . . . Clapton traces every step of his career, and it was all fascinating stuff--even his upbringing as an illegitimate child raised by his grandparents . . . I liked the details of his early stints with the Yardbirds and Cream, as well as the stories behind his solo successes.

There was also much information about his drug and alcohol addictions, along with the story behind his obsession with Pattie Boyd . . . then, just as his life was coming together, he was struck by the death of his beloved son Conor in a freak accident . . . yet having become a much stronger man, he took comfort in his music and responded with the beautiful "Tears in Heaven."

I heard a CD version of this book, and though I was disappointed it wasn't read by Clapton, I was more than satisfied by the job done by Bill Nighy (long one of my favorite character actors) . . . if I didn't know any better, I could have been fooled into believing that he was the author.

5. TV alert

A. Greg Mortenson, author of "Three Cups of Tea" & "Stones Into Schools" will be featured on a special on the Bill Moyers Journal on PBS TV on Friday at 9 p.m. . . . please check time and date because PBS programs often change--even at the last minute.

B. WHAT I HATE ABOUT ME has real women admitting their imperfections—and Style's A-list experts share practical tips for fixing every foible . . . Saturdays at 9 p.m. on STYLE.

C. If you want to catch what might be a preview of this year's Oscars, then the GOLDEN GLOBE AWARDS is the show for you . . . UP IN THE AIR, one of my favorites this past year, leads film nominees with a half dozen . . . Sunday at 8 p.m. on NBC.

D. AZIZ ANSARI: INTIMATE MOMENTS FOR A SENSUAL EVENING . . . the funniest character on NBC's PARKS AND RECREATIONS takes on such topics as Facebook, Craigslist and Kanye West . . . Sunday at 10 p.m. on COMEDY CENTRAL.

6. 50 years together

On my parents' 50th anniversary, I remarked to my Dad that he and Mom never seemed to fight.

"We battled," had said, "but it never amounted to much. After a while,

one of us always realized that I was wrong."

IF YOU DID NOT KNOW MY FOLKS:

You might think the above actually happened. The truth is that my folks also battled; however, I'm not sure that I ever saw one of them admit that he or she was wrong.

7. Websites

A. This clip shows the winner of "Ukraine's Got Talent", Kseniya Simonova, 24, drawing a series of pictures on an illuminated sand table showing how ordinary people were affected by the German invasion during World War II:

http://www.youtube.com/watch_popup?v=vOhf3OvRXKg

Her talent, which admittedly is a strange one, is mesmerizing to watch. The images, projected onto a large screen, moved many in the audience to tears. She won the top prize of about \$130,000.

B. On a lighter note, if you're into dancing . . . or great piano playing, check out this clip:

<http://www.youtube.com/watch?v=1QQzbCmlZM4>

Thinking out loud here . . . maybe this should be the next thing for me to take up?

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

<http://www.blaineworld.net>

One of my favorite things to read online is THIS IS TRUE, a collection of unusual tidbits from daily newspapers that ends with a funny tagline from Colorado humorist Randy Cassingham . . . to get on the FREE mailing list, click "Blaine's Best" to the left and then "This Is True."

8. Computer tip

You can now eliminate everything from a website you're reading except text and photos . . . YES, that means no more annoying ads, blinking, links, banners, promos or anything else . . . to get this FREE button for your browser's toolbar, please click:

lab.arc90.com/experiments/readability

The end result: You wind up with a simple, magazine-like layout in a beautiful font and size (your choice) against a white or off-white background with no red-text-against-black business.

If you occasionally run into a Web page that Readability doesn't handle right--no big deal. Just refresh the page to see the original.

9. Love in Colorado (redhead joke alert)

A redhead city girl named Carol marries a Colorado rancher.

One morning, on his way out to check on some undeveloped land, the rancher says to Carol, "The artificial insemination man is coming over to impregnate one of our cows today, so I drove a nail into the 2 by 4 just above where the cow's stall is in the barn. Please show him where the cow is when he gets here, OK?"

She agrees, and the rancher leaves for the fields. After a while, the artificial insemination man arrives and knocks on the front door.

Carol takes him down to the barn. They walk along the row of cows and when Carol sees the nail, she tells him, "This is the one right here."

The man, assuming he is dealing with an airheaded dumb redhead, asks, "Tell me lady, 'cause I'm dying to know; how would you know that this is the right cow to be bred?"

"That's simple," she said. "By the nail that's over its stall," she explains very confidently.

Laughing rudely at her, the man says, "And what, pray tell, is the nail for?"

The redhead turns to walk away and says sweetly over her shoulder, "I guess it's to hang your pants on."

PLEASE ACCEPT MY APOLOGY:

If this tale offended any redheads, I'm sorry; it was not my intention . . . however, I'm personally offended by all the "dumb redhead" jokes out there . . . I mean, how come they never choose some other group to pick on; e.g., blondes? . . . yet in this case, it was nice to see the redhead winning for a change . . . so, technically, the "dumb redhead" category isn't quite right for this one!

10. A quote I like

My husband has a Brazilian expression that says: If you're smart, you will learn from your mistakes. If you're a genius, you'll learn from other people's mistakes.--Elizabeth Gilbert, author of EAT, PRAY, LOVE

MY TWO CENTS:

Methinks you'll like the above book . . . it was one of my favorites from the past few years. Consequently, I'm now looking forward to reading the author's latest effort: COMMITTED: A SKEPTIC'S LOOK AT MARRIAGE.

11. Thought for the day

When I Die

When I Die
If you need to weep
Cry for someone
Walking the street beside you.

And when you need me
Put your arms around others,
And give them what you need to give me.

You can love me most by letting
Hands touch hands and
Souls touch souls.

You can love me most by sharing your simchas (joys) and
multiplying your mitzvot (good deeds).

You can love me most by letting me live in your
deeds and not on your mind.

And when you say Kaddish (prayers) for me
Remember what our Torah teaches:
Love doesn't die
People do.

So when all that's left of me is love
Give me away.

Author Unknown
Adapted from Tikay Nefshot--Spiritual Renewal
Rabbis Allen Miller and Jeffrey Marx, editors

12. Advance planning department

A. Brian in North Carolina:

Following two highly successful Lessons in Leadership events in 2008 and 2009, the next event presenters are nationally-acclaimed leadership coach and motivational speaker **CHIP MADERA** and **GEORGE FLEMING**, whose Personal Transformation workshop at Lessons in Leadership 2009 was a huge hit! **[Read about their presentations here.](#)**

In keeping with the Lessons in Leadership concept of "giving back to the community," both presenters and many other people in organizing the event have donated their time and talents free of charge, allowing us to offer this amazing world-class leadership training for a low \$25 per person (\$20 for groups of 5 or more). We also owe a particular debt of gratitude to HomeTrust Banking Partnership for underwriting the event.

To register, please click:

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

B. Dianne in North Carolina:

Come join Dianne Rebbin, a Biltmore Lake resident and presenter, for a seminar about how grandmothers and grandfathers can enrich their relationship with each of their grandchildren. Dianne encourages each participant to ask questions and to share experiences. You will leave the lecture with practical strategies for interacting with your grandchildren in more fulfilling ways.

Dianne's educational background (BA, MA, MSW) has provided a firm foundation for working with children, teachers, parents, and more recently grandparents on Princess and Celebrity cruise ships. Her experience as a Teacher, an Elementary School Counselor, a Preschool

Director, and an Assistant Principal in public schools has provided Dianne with a perspective which she incorporates into her seminars.

Her first seminar, "Why Our Roles as Grandparents Are So Important Both to Our Children and Grandchildren" will take place on Friday, January 22 at 7:00 p.m. Please RSVP on the Intranet before Wednesday, January 20, 2010 if you plan to attend, so that adequate seating and refreshments can be provided. For more information, please contact Dianne via dianne@rebbin.com or David in the Recreation Office at 670.6103.

If you're not a Biltmore Lake resident and would like to attend as my guest, just email me to that effect . . . send the email to bgjnc@aol.com and put GRANDPARENTS SEMINAR in subject line.

C. Gary in North Carolina:

* EFT Basics

Saturday, January 23rd, 10 a.m.-5:30 p.m.

Learn the basic EFT methods that you can apply to a wide range of issues.

EFT is easy to learn and remarkably effective for relieving and eliminating Anxiety, Guilt, Craving, most Physical Issues, Phobias and Self-Defeating Patterns. It is based on balancing the energy meridians and is an amazingly effective self-help tool that offers you lasting change.

Fee for one day EFT Basics class is \$60 before January 14th, \$70 after. Fee for both the EFT Basics, and Installing Positive States is \$100 before the 14th.

* Installing Positive States!

Sunday, January 24th, 9 am.-1:30 p.m.

This workshop will follow the January 23rd one day EFT training and is open only to those of you who have already learned EFT.

While EFT is known for relieving distress, it can be combined with other methods to give you access to any resourceful emotional or mental state. This moves you towards mastery in applying the "law of attraction" to have a much more satisfying life. We will use techniques from EFT, NLP, EMDR, and guided meditations, so that you can "install" resourceful inner states such as Love, Rest, Deep Peace, Appreciation, Happiness, etc.

Time: Sunday January 24th, from 9 am.-1:30 p.m.

Fee for Installing Positive States! is \$50 before January 14th, \$55 after. Fee for both the EFT Basics, and Installing Positive States is \$100 before the 14th.

* Location: Lighten Up Yoga Center, 60 Biltmore Avenue.

Take a quantum leap in resourcefulness. Register Now. Send \$50 payable to Light Works Inc. at 16 Finalee Avenue, Asheville, NC 28803.

For more information, please click:

<http://garyawake.com>

D. Cynthia (see also Section 1a) is running a FREE Creative Connection Workshop with her friend Tammy Strange. This will take place on Tuesday, January 26 at the Biltmore Lake Clubhouse.

The purpose of this workshop is to provide an environment where each participant can connect more deeply to each other, our own self, and our spirit through imaginative activities. We want to share our creative side

and be inspired by others thoughts and talents. We encourage those who don't think they are creative or have any special talents because we do not consider ourselves special in these areas either, but we are dreamers and find it fun to play.

The tools we will use for the first session will be meditation and writing.

We hope to set a stage of relaxation, joy, and safety by providing meditation exercises before playing with some short writing exercises. We

promise you won't be graded. No spelling or punctuation will be checked,

and you don't have to share what you wrote unless you want to. No previous

experience necessary. We welcome those who think they cannot meditate

or write. Please join us for a fun evening of exploring.

Please bring writing utensils; for example, pen, pencil, clipboard, paper, legal pad or even a laptop.

Please RSVP by Sunday, January 24, either on the Intranet RSVP system

or directly with Cynthia or Tammy. Feel free to contact either Cynthia or Tammy

with any questions.

Cynthia Greenfield, 633.1049; cgreenfield1001@aol.com

Tammy Strange, 704.724.9416; mststrange@hotmail.com

In addition, she will be conducting her next JourneyDance/ Move Your Body session on January 28 at Jubilee (a spiritual center in Asheville) . . . if you'd like to more information, just send an email to bginbc@aol.com and put JourneyDance in the subject line.

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

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line
of an email and send to bginbc@aol.com . . . in the unlikely event you
wish to unsubscribe, just put UNSUBSCRIBE in subject line and send
to the same address.

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BLAINESWORLD

BLAINESWORLD

#692

1.4.2010

In this issue:

1. Reflections
2. FYI
3. You heard it first here
4. Reviews . . . IT'S COMPLICATED, etc.
5. TV alert
6. Congress to the rescue
7. Websites
8. Computer tip
9. How times change
10. A quote I like
11. Thought for the day
12. Advance planning department

1. Reflections

A. Cynthia, my beautiful bride, and I are glad in one sense that the holiday season is over . . . with no more parties on the horizon, we can resume our somewhat futile attempt to maintain our svelte figures and not be bombarded by all the food delicacies that constantly called to our attention.

Our friend Marilynne was nice enough to host a bunch of neighbors at a New Year's gathering at her new place (that she had only moved into a few days before) . . . then two nights later, other friends Sally and Bob hosted a cocktail party at their place for all the members of the Social and Recreation Committee for our community . . . both events were a lot of fun.

B. We also got into the act, having a bunch of friends and neighbors at our place on New Year's Day . . . that's us with Judy and Dave Blumlo in the middle:



Tony Ballew added to the day's festivities by playing his guitar and singing such classics as "Runaway," "Duke of Earl" and "Happy Together" (the latter being arguably the greatest rock song of all time) . . . I'm constantly amazed by Tony and his ability to remember some 500 songs--all without any music.

Food was provided by Pomodoro's . . . this is the second party we've had them do for us, and again, everything was excellent . . . the only thing we'll do differently next time is order more lasagna (that was everybody's favorite dish) . . . SPECIAL KUDOS to Angela Esmond, executive catering director, for her role in making sure that everything was just right . . . for more information about this fine restaurant/catering service, please click:

<http://www.pomodoroscafe.com>

Desserts were brought, to our surprise, by several of our guests . . . one, in particular, blew everybody away . . . Mary Lou, the person who made it, was then kind enough to share the recipe; it follows:

"Better Than Sex Cake"

1 box German Chocolate Cake Mix (I use Duncan Hines)
1 can Eagle Brand Milk (I use Fat-Free)
 $\frac{3}{4}$ jar Smuckers Caramel Ice Cream Topping (I use Fat-Free)
1 8 oz. carton Cool Whip (I use Light)
4 oz. Semi-Sweet Mini Chocolate Chips
4 oz. Heath brand Almond Toffee Bits

Prepare cake mix according to directions on box. Place in 9X13 pan. Bake at 350 degrees for 35-40 min. Remove cake from oven, wait 5 minutes, poke holes in cake with large soda straw. Pour entire can of Eagle Brand milk over entire cake. Allow the milk to seep into the holes for about 15 minutes. Pour $\frac{3}{4}$ of the jar of caramel topping over the entire cake, again allowing the topping to seep into the holes. Cool cake completely. Store in the refrigerator until ready to serve. Top with cool whip. Sprinkle with mini chocolate chips and almond toffee bits to decorate. Enjoy!

As everybody left, we gave them a bag of treats from Kilwin's--arguably, no make that definitely--the best place in Asheville for both chocolates and ice cream.

C. Somehow, on one night we even managed to catch with our friend Tammy an adult-oriented performance of the talented group that makes up the Asheville Playback Theatre . . . this is an improvisational group that has audience members tell personal stories and then acts the stories out on stage . . . some were very touching; others were funny . . . for details on the next performance, please click:

<http://www.globalplayback.org/>

D. MR. CURIOUS HERE:

Have you ever switched your email address? I know it is a pain, but I'm thinking of doing so sometime in the future.

As such, I have heard that there are services that make this much easier for you to make such a switch. If so, have you ever used such services? And if you have, what was your reaction to them?

I'm looking for the easiest way to accomplish this task.

A friend is looking to do something similar. Her problem: She is also switching Internet carriers, so she will no longer have access to her existing email address (when she makes the switch); i.e., unless it is still possible to forward mail from that existing email address. Is it?

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

This week, it goes to Nikki Moore--a customer service representative from AT&T.

I had been using Charter for my cable, phone and Internet connections . . . the service we received was OK, at best . . . recently, there was a big bump in prices (that I had not even been notified about) . . . so I first contacted a representative that another reader told me about; that person never got to back to me . . . I then called the 800 number and was disconnected from another representative after spending nearly 1/2 hour with her . . . when I called back, the third person I spoke with only had partial records of my previous communication . . . when I asked that person, a guy by the name of Hank, about a credit that I had been given in the previous call, he told me he had no record of it . . . no big deal, I thought, and asked to speak to his supervisor . . . he refused to put me through!

That was when I called AT&T and was fortunate to reach Ms. Moore . . . she couldn't have been more professional--or helpful . . . I chose a plan that was equal to what I had with Charter, from a price standpoint, but that also gave me unlimited long distance calling on a second line, Showtime as part of the movie package and perhaps best of all, a DVR device that you can record on and then watch on any other TV in the house. (This alone was reason enough to switch!)

Unfortunately, you can't reach Ms. Moore directly by phone . . . but you can contact her by email, and if you give her your phone number back--and mention that you read about her in BLAINESWORLD--she'll make it a point to get back to you within the day, if not sooner. Her mail address is: nm5402@att.com.

You won't go wrong.

2. FYI

Here's a neat technique that I use for helping smokers to become smoke-free . . . take the money you spend each day (\$6) on cigarettes and split it into two jars . . . put \$3 into what you'll call a short-term jar . . . after 30 days, take that \$90 or more you've saved and spend it on something you don't ordinarily get; e.g., a massage or a ticket to a show . . . the key is to spend it on something that YOU want as a reward for having quit smoking . . . put the other \$3 per day into what you'll call a long-term goal . . . after a year, you'll have saved nearly \$1,100 . . . use that money for something that you have wanted but just couldn't afford--say a vacation.

SPECIAL THANKS to Sharan in Pennsylvania for both using this technique and taking the following picture:



I'm very proud of Sharan, a long distance hypnosis client, who recently became smoke-free . . . as she wrote in an email to me:

I also wanted to tell you that this process has been very pleasant, compared to other methods
I have used over the years.

It was just a matter of reprogramming myself, with help and support of course. I didn't feel *that I was* denying myself of anything good (that darn cigarette). I have never been so proud
of myself, and of the positive reinforcement I have received from you!

Thank you so much!! I can now really enjoy my life SMOKE FREE!!!!!!!!!!!!!!!!!!!!!!

With gratitude,
Sharan

MY TWO CENTS:

This jar method can be used for other things, too; e.g., weight loss, nail biting, developing self-confidence, etc. . . . the idea is to give yourself a reward when you are doing something right.

I find it best when combined with hypnosis, and so this is something I share with all my hypnosis clients . . . if you'd like to become one, just send an email to: bjinbc@aol.com and put HYPNOSIS in the subject line.

FYI, part 2

I'm always appreciative of those who take the time to respond to anything they read in BLAINESWORLD and, in particular, to those who respond to my MR. CURIOUS questions . . . what I asked last week (about your thoughts on movies currently in release) generated perhaps the most emails that I've ever received . . . what follows are just some of your comments:

* Adrienne in Pennsylvania:

Anyway, I wanted to let you know we saw Avatar and Sherlock Holmes over the holidays. The story line in Avatar isn't great but the 3D is fabulous. They are showing this film with and without 3D. Probably not worth seeing unless you can see it in 3D. We thought Sherlock Holmes was very entertaining.

* Laura in New Jersey:

I also saw "The Princess and the Frog" with friends the day after New Year's. I loved it. The story was surprising and great. We also loved the music. My friends went on to see "Avatar" but my leg would not let me sit through another movie. They said Avatar had a very strong social message that the white men had caused on the problems on the earth and folks from other back grounds are trying to fix things."

* Bill in Pennsylvania:

I saw Sherlock Holmes a few days after Christmas. Robert Downey Jr. was brilliant as Holmes as was Jude Law as Dr. Watson. I also enjoyed Rachel McAdams as Holmes nemesis/love interest Irene Adler. The set design was beautifully done and you would swear that you were in 19th century London. Although I am partial to the old black and white Basil Rathbone and Nigel Bruce (Holmes and Watson) movies that were made in the 1940's, I did like this newer version as well.

* Chris in Pennsylvania:

I saw Avatar in 3D. I loved the action, special effects, integration of live action and CG--all very well done. Don't bother wasting the extra money on the 3D version--it really didn't add much to the movie, and in fact it lost some of its appeal as much of the 3D effects seemed to be lost at the bottom of the screen. I went with an adult friend so we could preview it for our children, and unfortunately due to the language (forgive me for being prudish enough to not want to subject my children to repeated sh**'s , etc), and several shots of CG female anatomy through thin skimpy tops, I won't be taking the kids. Given its appeal to younger audiences based on its action, special effects, etc. I was disappointed with the unnecessary content as mentioned above.

On a personal note, given my conservative background, I was a little put off by the heavy political/environmental overtones and statements being made by the creators of the movie. It had an obvious agenda, which was pushed

heavily throughout the movie and was a little annoying.

Speaking of 3D, I took my daughter to see A Christmas Carol; non-3D version. This movie was obviously made for the 3D effects, so lost much of its appeal in the non-3D version. If you haven't seen it, I recommend you see it in 3D so as to fully appreciate the effects. It's a long movie, and gets a little slow as it goes on; however, I think this would not have been as noticeable had I been watching it in 3D. Overall, it was an excellent movie--well done, good effects, stuck to the story line, etc.

* Jim in Pennsylvania:

Saw "It's Complicated." Quite enjoyable. The "pot" scene is worth the price of admission for anyone who remembers.

* Ed in Pennsylvania:

I myself was up in the air [on AVATAR], but took the plunge. It's a good story and a visual experience.

Considering the visual aspect I strongly recommend going for IMAX. You can skip the 3D. 2 1/2 hours is a long time for the distractions from 3D.

I have no regrets for seeing it.

* Karen in New Jersey:

We loved IT'S COMPLICATED. I love mindless, funny movies.

* Dan in Pennsylvania [on AVATAR]:

I was very cynical about how realistic a "cartoon" would look, but I was completely able to suspend disbelief, it was done so well! Not only were the computer generated effects unbelievable, but there was indeed a story and some character development. The movie seems to be an allegory reflecting our winning of the west and our disrespect for the earth. I saw it with my son. We weren't able to get IMAX tickets, but we did see it in 3-d. The 3-d glasses were even comfortable. I will see it again, if I can get IMAX tickets. I sincerely recommend it. It will be in my disk collection, as soon as it comes out. Hopefully I'll have a blue ray player by then.

* Beth in Arizona:

Sherlock Holmes was certainly entertaining. Was it the best movie I've ever seen? No, but entertaining. I do like Robert Downey Jr. The kids have seen Avatar, but Steven and I have not. I hear rave reviews about it from everyone. Steven and I don't typically go to a lot of movies.

We did buy several movies for Christmas, and watched UP recently. I enjoyed that very much.

And I LOVED Julie and Julia. A very joyful movie!

We did see The Blind Side. An extraordinarily wonderful movie. One of the best in years. So uplifting. Sandra Bullock was amazing in that, wasn't she? We will absolutely purchase it when

it comes out on DVD. I am interested in seeing NINE. It is an odd assortment of casting.

* Natalie in Pennsylvania:

We saw Sherlock Holmes and though it wasn't a great movie, we enjoyed it. The acting was good and the action fast-paced.

Saw Precious yesterday, hard to watch but well done. Also liked Up in the Air. Haven't seen Nine yet or Invictus, but planning to.

* Rebecca in New Jersey:

Have you seen UP IN THE AIR yet? Your kind of film.

* Marcie in Pennsylvania:

Totally enjoyed and was in awe of Avatar (and I'm not a sci-fi fan) Loved the message and the thrill.

It was like a 3-hour theme park ride through paradise. Also liked Sherlock Holmes, Blind Side,

Up in the Air. It's Complicated is laugh out loud funny, especially for our age group.

Extremely disappointed with NINE. They eliminated half the songs which allowed much too much

of Guido just being the obnoxious self-absorbed character he is , except without the bad boy charm of Antonio Banderas. Musical numbers were entertaining but too few to keep the energy

of the film at a consistent level.

GREAT MINDS THINKING ALIKE [on NINE]:

My biggest disappointment in the film was how they handled the singing of "Unusual Way," one of my favorite songs . . . Nicole Kidman's voice didn't cut it for me, plus I did not like how the song was chopped-up . . . a far superior version is Barbra Streisand's:

<http://www.youtube.com/watch?v=0P5q89QqDWk>

3. You heard it first here

A toilet was stolen from the precinct. Police have nothing to go on.

4. Reviews

A. IT'S COMPLICATED was watchable, but too formulaic . . . it's a romantic comedy about a woman who is divorced, but ten years after, begins having an affair with her ex (who has since remarried) . . . Meryl Streep and Steve Martin are both fine; however, I got the most laughs from the work of Alec Baldwin . . . one scene featuring him on a webcam was hilarious . . . rated R.

B. PUBLIC ENEMIES is now out in DVD format . . . my review from BLAINESWORLD #667 follows:

When I was younger, I read every book about gangsters and saw every film about them, too . . . so that's probably why I was disappointed with PUBLIC ENEMIES, in that I knew the whole story about legendary gangster John Dillinger and how he was tracked down by FBI agent Melvin Purvis . . . also, I just didn't feel anything for the main characters--played by Johnny Depp and Christian Bale, respectively . . . and there

was just too much action taking place in the dark . . . 140
longish minutes . . . rated R.

You'll do much better by renting the following film that I reviewed
in BLAINESWORLD #556:

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 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.

C. Liked book. Reviewed it for newsletter.

The above is my reaction to NOT QUITE WHAT I WAS PLANNING,
a collection of six-word memoirs submitted to SMITH Magazine
and edited by Rachel Fersheiser and Larry Smith.

Writers both famous and obscure, from around the world
submitted their ideas . . . many were and/or are still being
published on the Internet.

There were many that I liked, including these:

- * Almost a victim of my family.--Chuck Sangster
- * Danced in Fields of Infinite Possibilities.--Deepak Chopra
- * Marked time till 55, reborn thereafter.--Doug Fraser
- * Over fifty, still a Boy Scout!--Jerry Richstein
- * Atheist alcoholic gets sober through God.--Bob Todd
- * Never really finished anything, except cake.--Carletta Perkins
- * Wasn't born a redhead; fixed that.--Andie Grace

And then there was this one, which was perhaps my favorite because
it made me think of Cynthia [my beautiful bride]:

She kissed me and said yes!--Ricardo Saramago

And on that, I conclude this brief review by saying:

Time to end before I bore!

D. Enjoyed WISHFUL DRINKING, written and read by Carrie
Fisher . . . it's adapted from her one-woman show of the
same, and it tells Fisher's story in a funny manner
that makes you think this should be the stuff for a novel
if it weren't so true.

Fisher, the daughter of Eddie Fisher and Debbie Reynolds, came of age on a movie called STAR WARS . . . she became famous at the age of 19, married then divorced and then dated Paul Simon, learned that the father of her daughter forgot to tell her he was gay, and woke up one morning to find a friend dead beside her in bed . . . and that's just a small part of her life, which also included bouts of alcoholism, drug addiction and mental illness that eventually led to electroshock therapy.

There were a lot of juicy anecdotes, many of them involving her father . . . she rarely missed the opportunity to give him a dig, probably because she never forgave him for leaving her other to be with Elizabeth Taylor:

* My father had many big songs, but perhaps the one he's best remembered for was "Oh! My Papa,": which I like to call "Oh! My Faux Pas."

As for her mother, she did:

* Tons and tons of films, but I think the one she's best remembered for is the classic film SINGIN' IN THE RAIN. But she was also nominated for an Oscar for best actress in her role in THE UNSINKABLE MOLLY BROWN but tragically, she lost to Julie Andrews for her stunning, layered and moving portrait of MARY POPPINS. Ibsen's Mary Poppins, of course.

What I most liked about WISHFUL DRINKING was some of the inside dope about the entertainment business, including this tidbit on George Lucas:

* He wouldn't let her wear a bra in STAR WARS because he was adamant that there was no underwear in space!

5. TV alert

A. CONVEYOR BELT OF LOVE promises to be a reality show that will either be a guilty pleasure or something that you'll turn off after a few minutes . . . 30 guys come out on a moving track and try to get a date with one of five women . . . series premiere on Monday at 10 p.m. on ABC.

B. I GET THAT A LOT airs on Wednesday at 8 p.m. on CBS . . . celebs like Snoop Dogg and Rachael Ray surprise people by working everyday jobs . . . this seems to be a special that comes on the air every so often . . . too bad; I got a kick out of watching the first show a few months ago.

C. Celebrate the 75th birthday of Elvis Presley with an all-day marathon of his movies, beginning at 6 am. on TCM . . . first up is HARUM SCARUM, a 1965 Middle Eastern farce that finds the King in a turban.

D. Harrison Ford narrates BRACE FOR IMPROVEMENT, a documentary of last year's miraculous Hudson River landing of a US Airways jet by captain Sully Sullenberger . . . Sunday at 9 p.m. on TLC.

ONE MORE FOR YOU:

Recently, I mentioned a Hallmark Hall of Fame movie called A DOG FOR CHRISTMAS . . . it aired on November 29, but you can still see it by clicking:

<http://tinyurl.com/yf23pln>

It is based on the novel of the same name, which was written by Greg Kincaid. This lovely movie tells the story of a sweet boy who convinces his father to foster a dog over the Christmas holidays. I enjoyed it and recommend it strongly as film that is perfect for family viewing.

6. Congress to the rescue

Father O'Malley rose from his bed. It was a fine spring day in his new Washington DC parish. He walked to the window of his bedroom to get a deep breath of air and to see the beautiful day outside. He then noticed there was a jackass lying dead in the middle of his front lawn.

He promptly called the US House of Representatives for assistance.

The conversation went like this: "Good morning. This is speaker Pelosi. How might I help you?"

"And the best of the day te yerself. This is Father O'Malley at St.Brigid's. There's a jackass lying dead in me front lawn. Would ye be so kind as to send a couple o' yer lads to take care of the matter?"

Speaker Pelosi, considering herself to be quite a wit, replied with a smirk, "Well now father, it was always my impression that you people took care of last rites!" There was dead silence on the line for a long moment.

Father O'Malley then replied: "Aye, that's certainly true, but we are also obliged to first notify the next of kin."

7. Websites

A. If you're in the mood for some motivation to stay the course, please click:

<http://www.bestwayout.com/miami/>

At the end, there's an offer to get a FREE newsletter to receive inspirational movies, stories and quotes for your personal and professional success.

B. In reviewing 2009 (see also the PS at the bottom of this newsletter), I would be remiss if I did not have you take a look at JibJab's take:

<http://www.funnieststuff.net/viewmovie.php?id=1512>

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

<http://www.blaineworld.net>

If you think you're the only person who views this website, guess again . . . take a look at the counter in the upper bottom-left corner and see for yourself how many others are looking at it at this very moment.

8. Computer tip

When you buy a PC, chances are that big companies have put a lot of stuff on it; e.g., AOL, Earthlink or other Internet service provider software; the Dell Search Assistant; various anti-virus packages that are often not very good; music players, etc. . . . you now have the option to scan your system and decide what to keep and what to remove . . . all you need to do is click:

<http://www.PCDecrapifier.com>

Doing this will speed up your system and clear out a lot of disk space . . . best of all, it's FREE!

9. How times change

After being married for 44 years, my friend took a careful look at his wife one day and said, "44 years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 25-year-old girl.

"Now I have a \$1,500,000.00 home, a \$45,000 car, nice big bed and plasma screen TV, but I'm sleeping with a 65-year old woman. It seems to me that you're not holding up your end of the bargain."

His wife is a very reasonable woman. She told my friend to go out and find a hot 25-year old girl and she would make sure that he would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed and watching a 10-inch black and white TV.

10. A quote I like

Don't worry about tomorrow . . . you did that yesterday!--sign in front of New Morgan Hill Baptist Church in Candler, NC (right around the corner from where we live)

11. Thought for the day

A. Stephen Forbus loves his wife of 21 years, who happens to be his high school sweetheart, the girl next door (literally) and his best friend. He is also a professional fundraising consultant who helps non-profit organizations with marketing and fund raising.

I've had the pleasure to get to know him better over the past year, and the better I get to know him, the more impressed I am with him. . . he recently shared a story that he had written for his wife that moved me so much that I wanted to share it with you--thanks to Stephen's gracious permission.

Be forewarned that is on the longish side, but well worth reading . . . methinks that you'll be as touched by it as I was . . . to read it, please click:

<http://profundraisers.com/christmas>

At the above website, on the left, you can also find contact information should you want to reach Stephen directly and/or find out more about his fundraising services.

12. Advance planning department

A. Cheryl in Pennsylvania:

Thee Actors' NET of Bucks County starts off the New Year with a classic fantasy drama, Paul Osborn's ON BORROWED TIME. When an old man meets Death in the form of "Mr. Brink," the sly old-timer tricks the grim reaper into climbing an enchanted tree from which there is no escape. Death must stay treed until the old man lets him down. Knowing he'll be the next victim, the old man has no intention of doing so. Meanwhile, nobody dies anywhere! Directed by NET General Manager Joe Doyle of Morrisville and starring John Pinto of Yardley, Chuck Donnelly of Levittown and Joshua Baumgarten of Yardley. Costarring Virginia Barrie of Ewing, NJ; Jo Page of Doylestown; Jaci D'Ulisse of Trenton, NJ; Marco Newton of Yardley; Dennis McGuire of Levittown; Tom Harrelson of Churchville; Vince Pileggi of Southampton ; John Helmke of Hamilton, NJ; and Mike Gearty of Langhorne. Set design by Cheryl Doyle of Morrisville. Lighting design by Andrena Wishnie of Morrisville. Stage managed by John Helmke. Production Assistants, Mike Gearty and Amanda Graf of Morrisville.

Produced by special arrangement with Dramatists Play Service, Inc.
Rated PG.

DATES: January 15-31, 2010.

For more information, please click:

<http://www.actorsnetbucks.org>

B. Natalie in Pennsylvania:

To honor the memory of Dr. Martin Luther King, Jr. The Peace Center in partnership with the Bucks County Committee on Interracial Harmony, the NAACP, the Bucks County Human Relations Council and The Bucks County Commissioners invite you to attend "Building Bridges: Dialogue on Race Relations" on Sunday, January 17, 3:00 p.m. at the Family of God Lutheran Church, 4770 Rt.. 202, Buckingham. For info, call The Peace Center, 215.750.7220.

C. Cynthia (see also Section 1A) will be conducting her next JourneyDance/ Move Your Body session on January 28 at Jubilee (a spiritual center in Asheville) . . . if you'd like to more information, just send an email to bjinbc@aol.com and put JourneyDance in the subject line.

In addition, she is running a FREE Creative Connection Workshop with her friend Tammy Strange. This will take place on Tuesday, January 26 at the Biltmore Lake Clubhouse.

The purpose of this workshop is to provide an environment where each participant can connect more deeply to each other, our own self, and our spirit through imaginative activities. We want to share our creative side and be inspired by others thoughts and talents. We encourage those who don't think they are creative or have any special talents because we do not consider ourselves special in these areas either, but we are dreamers and find it fun to play.

The tools we will use for the first session will be meditation and writing. We hope to set a stage of relaxation, joy, and safety by providing meditation exercises before playing with some short writing exercises. We promise you won't be graded. No spelling or punctuation will be checked, and you don't have to share what you wrote unless you want to. No previous experience necessary. We welcome those who think they cannot meditate or write. Please join us for a fun evening of exploring.

Please bring writing utensils; for example, pen, pencil, clipboard, paper, legal pad or even a laptop.

Please RSVP by Sunday, January 24, either on the Intranet RSVP system or directly with Cynthia or Tammy. Feel free to contact either Cynthia or Tammy with any questions.

Cynthia Greenfield, 633.1049; cgreenfield1001@aol.com
Tammy Strange, 704.724.9416; mststrange@hotmail.com

D. Kimberly in North Carolina:

Saturday, January 30th: The Asheville Ballroom Dance & Professional Show

Join in the fun dancing the night away, enjoying some refreshments and watching the Asheville Ballroom Dance Instructors perform various styles of dance. The show will feature Biltmore Lake's own Ted & Kimberly Ross (pictured below). General dancing starts at 8 p.m. with the show starting at 9 p.m. Seating is limited so please plan on arriving early. There will be more general dancing after the show until 11 p.m. \$20 per person. Location: The Asheville Ballroom & Dance Centre (991-B Sweeten Creek Road, Asheville). For more information on this event, contact the Asheville Ballroom at 828.274.8320 or email dmccart@ashevilleballroom.com .

If you have not seen Ted & Kimberly Ross dance before, you can check out their Argentine Tango performance at the Tango Asheville Holiday Party last December at:

<http://www.youtube.com/watch?v=egchf8QGz8>

For private dance lessons with Ted & Kimberly Ross, you can contact them at 828.333.8333 or email ted.ross@charter.net.

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

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