

You're reading BLAINESWORLD, a weekly blog published by Blaine Greenfield. It contains some jokes, hopefully, not tooo risqué (typically in Sections 4, 7 and 10); contests; reviews of shows, movies and books; quotes, etc. ... Please feel free to share it with 437 of your closest friends and relatives. ... And In the unlikely event that you or they are not already a subscriber, just click the following link to be added to the free mailing list: [Here](#).

#1320
1.4.2022

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1. Reflections

A. Cynthia, my beautiful bride, and I welcomed in 2022 with our good friends Tom, Marcy and Scout Gallagher. We had a delicious dinner that was followed by our annual tradition of welcoming in the New Year before anybody else. ... Our secret: We move the clock ahead until 12, then do the countdown as the ball drops. ... Best of all is the fact that we didn't lose any beauty sleep.

To see what you missed, click: [Here](#).



B. We've been blessed to have some fantastic weather. As such, we have been able to take an afternoon walk around our neighborhood every day. See below for just two of the views we are fortunate to see.



C. Come see a show perfect for kids and kids at heart! ... DENTON THE DRAGON: THE MUSICAL! will delight you. It features excellent performances from Dillon Giles, Gracie Fulghum, Madison Garris, Tabitha Judy and Brenna Williams, along with spot on direction from Jeff Hutchins (who also wrote the book and lyrics) and stellar music direction from Patricia Sands.

To see a clip from one of the previews, click: [Here](#).

The show runs from Jan. 7-15, 2022, at the Black Mountain Center for the Arts. For tickets, click: [Here](#).



D. View this week's BLAINESWORLD show by clicking: [Here](#). ... Guests: (first half) Andrew Lovice, co-owner, Green Moose LLC/product: Green Moose Fuel; and (second half) Blake Talley, Filmmaker/Musician/Actor, Talley Studios.



E. Condolences to:

- (1) Donna Suggs and family on the passing of Donna's mom.
- (2) Julia Holladay on the passing of her brother.

F. Congratulations to:

- (1) Elsten Torres for being profiled in ARTISTIC ECHOES. To read the article, and to hear his latest song, click: [Here](#).

(2) Howard Debs on his poem "When Will the Sun Explode?" being published in TOPICAL POETRY. To read it, click: [Here](#).

(3) Bill Lewis on his new job as a News Photographer with FOX56 NEWS.

G. Corrections:

(1) Thanks to Ange Maffei, Jonathan Berg and Bill Kormos for all picking up this mistake: Last week, in the TV section, I mentioned a movie, but had the wrong name for it. See below for the way it should have been run.

THE LOST DAUGHTER: Now on Netflix

Olivia Coleman plays a divorced woman on holiday, fixated on fellow vacationer Dakota Johnson in this intense psychological drama.

Note: The mistake I made ... I put down DON'T LOOK UP as the name for the above. That's a completely different movie, which I just saw and enjoyed. (See also Section 5A.)

(2) And thanks, Carole Saich for the following correction:

I just saw your post about eating at Blue Spring Cafe, Fletcher, and I think autocorrect has made a blooper, but I am pretty sure you were photographed in the Blue Sky Cafe.

H. Announcing this week's ...

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

This week, it goes to Nadia Popovici--a hockey fan who saved the life of Brian "Red" Hamilton, assistant equipment manager for the Vancouver Canucks. She had noticed a suspicious mole on the back of his neck at a game and wanted to get him a warning. But she didn't want to make him feel uncomfortable, so she typed a note in large font on her phone and pressed it against the glass.

To quote from an article about the above:

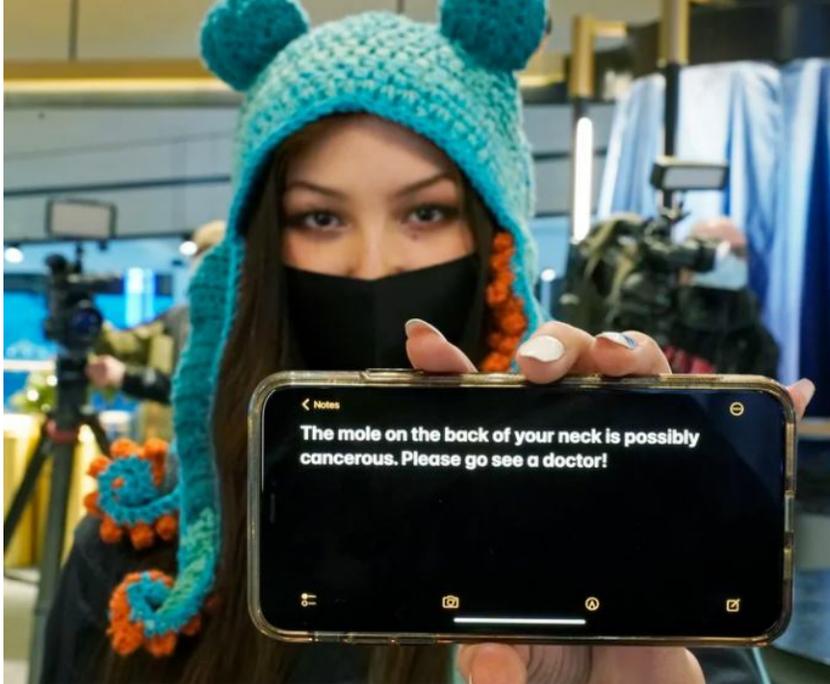
While Hamilton later said he initially "didn't give her the time of day," he asked his wife to take a look the next morning, and she noted its weird shape. The team physician also didn't like the look of the mole and removed it within days. A biopsy revealed malignant melanoma in situ 2, meaning the cancer was only on the outer layer of the skin and was detected before it could become even more dangerous.

Popovici also said she has been accepted to several medical schools and will start school in the fall, calling this experience a "pretty priceless" way to kick off that journey.

The NHL, however, did put a price tag on her heroism. The Kraken and Canucks partnered to award her a \$10,000 scholarship, which they announced during the game as Popovici's stunned reaction was captured on camera.

To read more about this incredible woman, please click: [Here](#).

Note: Melanoma is no laughing matter. Years ago, I had it between my toes (of all places), and it was only detected because of an expert dermatologist I had at the time. To make sure you don't have anything similar, I urge you to read these five tips for spotting melanoma and other skin cancers by clicking: [Here](#).



2. Invites

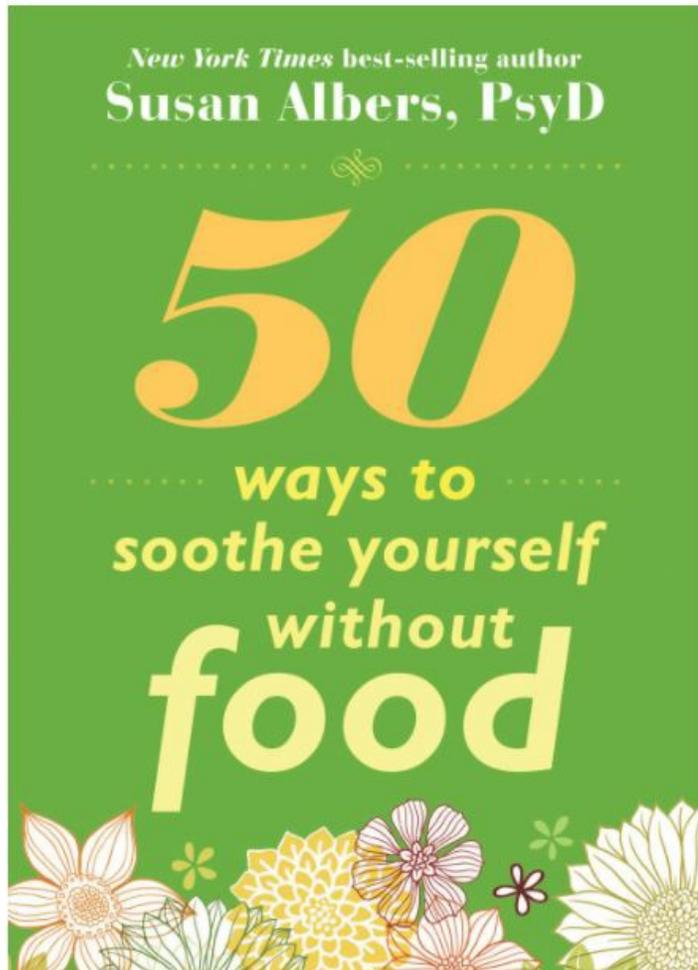
A. Reminder: There's still time to enter ...

***** **CONTEST #1 (the first of 2022)** *****

One lucky reader will win a copy of 50 WAYS TO SOOTHE YOURSELF WITHOUT FOOD by Susan Albers.

This book is a collection of mindfulness skills and practices for relaxing the body in times of stress and ending your dependence on eating as a means of coping with difficult emotions. You'll not only discover easy ways to soothe urges to overeat, you'll also learn how to differentiate emotion-driven hunger from healthy hunger. Reach for this book instead of the refrigerator next time you feel the urge to snack-these alternatives are just as satisfying!

To enter the contest, send an email to: bginbc@aol.com and put CONTEST 1 in the subject line. In the body of your email, you MUST include your name and address, so that I can send you the prize if you win. All entries must be received on or before 9 p.m. on Monday, Jan. 10.



B. Want to be a guest on my radio/Facebook Live show? If you have news you'd like to share and/or a story to tell, send an email to: bginbc@aol.com and put GUEST in the subject line. In the body of the email, include both your name and phone number.

For more information about the show, click: [Here](#).

Even if you've been a guest before, I'd welcome the opportunity to speak with you again. I now tape via Zoom, usually in the early evenings.

C. Are you interested in shows, concerts, movies, TV, etc.? ... If so, I encourage you to join a new group I've formed on Facebook that's called Entertainment. To do so, all you need to do is follow the instructions when you click: click: [Here](#).

D. Come join Cynthia for the two courses she'll be teaching for Arms Around ASD this week via Zoom: Meditation on Monday and Move Your Body on Wednesday. To attend these and/or any of the other courses, scroll down to Calendar when you click: [Here](#).

3. FYI

My 3.5 Guideline
by Blaine Greenfield

Over the first year of COVID, my weight kept creeping up at the rate of about one pound per week. I finally got to 164 pounds and said to myself, "Self, that's enough." I also wanted to lose at least the 10 pounds I had gained.

So that's when I developed this 3.5 guideline.

Essentially, it says that I will attempt to eat every 3.5 hours (not counting when I am asleep). This tends to be

around the time that I get hungry. I also give myself some leeway on this figure; i.e., it is OK if I eat anywhere between every 2.5-4.5 hours.

Some may wonder if this works, especially given the fact that they'll also see a picture of me eating out. It does!

If you want to give the above a try, consider these other things that I do:

1. I don't eat big portions. For example, I'll often split a dinner from a restaurant into two portions.
2. I try to avoid eating empty calories; e.g., candy bars, ice cream, chips, cookies, etc. If possible, I want everything I eat to have some protein and/or fiber.
3. I weigh myself daily. Minor variations don't bother me, but if I ever show more than a two-pound gain, I watch what I eat even more closely.
4. At a restaurant, if bread comes out, I tell the server to bring it back. I never eat desert.
5. I give myself two treats during the week: a small cup of ice cream on Sundays and pancakes some other time during the week. (And on the pancakes, I rarely finish the whole portion.)
6. I never eat to the point where I'm ever stuffed.
7. Drink water when thirsty, not soda. (Diet soda is the worst! For some reason, that actually tends to make me want to eat more.)
8. To make the water tastier, mix it with some lemon juice and/or a very limited amount of sugar and/or sweetener.
9. Don't seek to lose more than 1-2 pounds in any given month.

Note: I wound up losing 15 pounds in slightly over a year and am now at the weight I want to be.

PS. Good luck if you try this. If any of it helps you and/or if you have any questions, please let me know. Thanks!

FYI, part 2

To read the following articles, please click: [Here](#).

A. Ilene Logelin: Bonhoeffer's Theory of Stupidity Explains The World Perfectly. B. Diets Make You Feel Bad. Try Training You Brain Instead. C. 5 Ways to Build Healthy Habits. D. The Secrets to Successful Aging in 2022.

4. Joke 1

My 2022 is off to a grand start, in that I've already accomplished my #1 New Year's resolution; i.e., to get a six-pack. ... And now I'm getting to do #2: post the following message to y'all ... If you are like me, and you celebrate all holidays (more food, fun and friends that way): HAPPY NEW YEAR!



5. Reviews

A. DON'T LOOK UP is a star-studded satire about an astronomy grad student and her professor who make an astounding discovery of a comet orbiting within the solar system. The problem: it's on a direct collision course with Earth. ... Leonardo DiCaprio, Jennifer Lawrence, Meryl Streep, Jonah Hill, Cate Blanchett, Tyler Perry and Mark Rylance, among others, are all terrific. Some films grow on you after you view it. This is one of them. I keep thinking about it and, also, discussing it with others. You will, too. ... Now on Netflix. Rated R.

Note: I have added this to my list of favorite films. If you'd like to get my list, send an email to: bginbc@aol.com and put FAVORITES in the subject line.

B. Enjoyed A JOURNAL FOR JORDAN, a film based on the true story about a soldier deployed to Iraq who begins to keep a journal of love and advice for his infant son. Michael B. Jordan and newcomer Chanté Adams are both excellent in the leading roles. Methinks you'll find their love story touching. Rated PG-13.

Cynthia and I were lucky to see the above on a recent day when our electricity was off for over 24 hours. So at night, we took off for The Carolina Cinemark Asheville where we also got to test out their food items for the first time. It turns out our hamburgers were quite good, as were our French fries.

6. TV alert

A. THE TENDER BAR: Now on Amazon Prime

According to TV GUIDE, this is a "heartwarming and at times heartbreaking coming-of-age story" about a streetwise Long Island, New York, bartender. It stars Ben Affleck.

B. A DAY AT THE OPERA: Thursday, Jan. 13, on TCM, beginning at 6:15 a.m.

You can watch eight films with operatic performances. The incomparable vocalist Mario Lanza stars in three of them: 1949's *THAT MIDNIGHT KISS* at 8 a.m., 1952's *BECAUSE YOU'RE MINE* at 12:30 p.m. and 1959's *FOR THE LAST TIME* at 2:15 p.m.

C. *BETTY WHITE'S 100TH BIRTHDAY CELEBRATION*: Saturday, Jan. 15, on TV LAND, starting at 6 a.m. and running through Sunday, Jan. 16

Unfortunately, she just missed making the milestone, but her talents live on in these 12-hour marathons of *HOT IN CLEVELAND* and *THE GOLDEN GIRLS*.

D. *SAFE ROOM*: Saturday, Jan. 15, on Lifetime at 8 p.m.

A widow and her autistic teen son witness a break-in at the home across the street--and the murder of the owner.

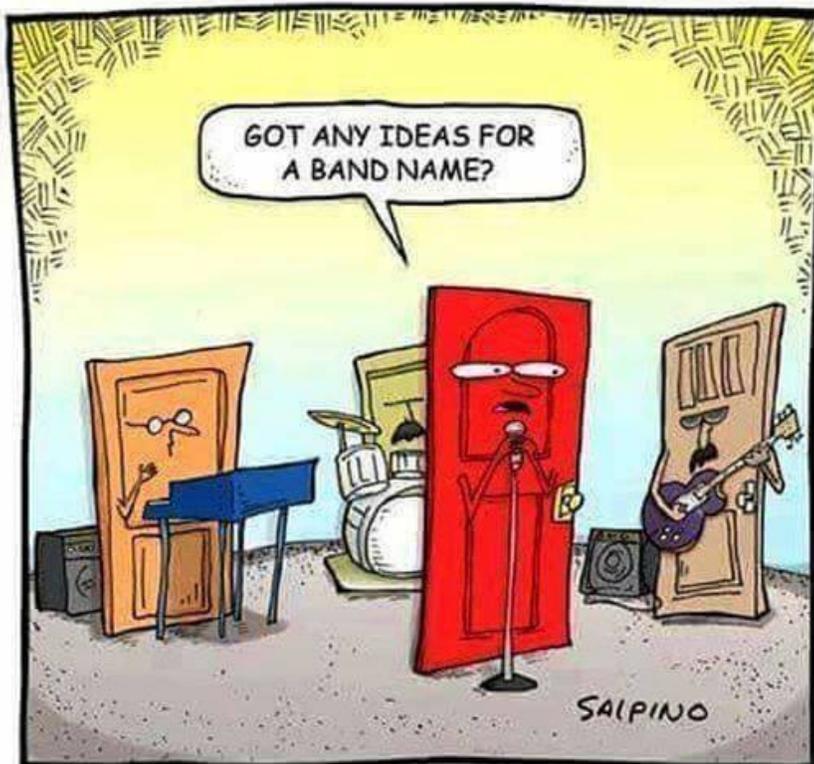
E. Thanks, Mike Martinelli, for this recommendation:

Amazon Prime to the rescue. When Disney bought 20th Century Fox, they scrapped this amazing coming of age and coming out story (*EVERYBODY'S TALKING ABOUT JAMIE*). It's a wonderful film based on the West End hit musical. I love this film. It has a great score and great characters. The mother has this amazing song titled *He's My Boy*. This is truly a surprise hit. The story is true just with a musical twist added.

Note: I took Mike's advice on this one and, as usual, he steered me right. If you have Amazon Prime, I hope you enjoy it as much as Cynthia and I did.

7. Joke 2

I have a perfect one ... the Knobs! (Thanks, Wiley Kormorant, for sharing.)



8. Clips/Websites

A. The Turtles are arguably the greatest rock group of all time!

(1) As mentioned previously, this section will feature music by The Turtles--either their recordings and/or covers of their music by others.

I'd especially love to see any recording you may have done of "Happy Together."

Send it to: bginbc@aol.com and put THE TURTLES in the subject line.

Note: Even if you did not do a recording, I welcome anything done by others--not only of "Happy Together," but any other Turtles' song.

(2) For this week, please view a Zoom version featuring a group called Centonix by clicking: [Here](#).

B. Video of the week

Thanks, Jonathan Berg, for sharing this one:

I don't usually like to watch magicians on video because there are so many ways to trick you that might not be available in person. But if you watch this one carefully, you may be able to figure out how the trick works. To view it, click: [Here](#).

C. And also check out these other clips at your convenience:

(1) One of my all-time favorites: Phi Ochs, "When I'm Gone": [Here](#).

(2) Neil Ratner Rock Doc: Stephen Sills: [Here](#).

(3) Note: In the above, Neil talks about "Judy Blue Eyes." To listen to that song, click: [Here](#).

(4) Howard Smith: 1.9.22 hymns: [Here](#).

(5) Abbott & Costello - Niagara Falls: [Here](#).

(6) George Pappas: NAKED Dancers?? On Sweden's Got Talent!: [Here](#).

D. Here's a website that you might want to check out:

Incredibox enables you to create your own music with a merry crew of beatboxers! To check it out yourself, click: [Here](#).

This will surely keep you occupied for at least a couple of hours.

E. BLAINESWORLD, the website, remains up and running . . . to view it, please click: [Here](#).

F. Are you on Facebook? In the unlikely event we have not yet connected as friends there, please feel free to send me an invite by clicking: [Here](#).

9. Technology tip

How to Get Past a Paywall to Read an Article for Free

by Pranay Parab

Most of us have done it before. Over the past several years, countless websites have added paywalls: If you want to read their articles, you have to sign up and pay a monthly fee. Some sites have a “metered” paywall—meaning you can read a certain number of articles for free before they ask for money—and others have a hard paywall, where you’ll have to pay to read even one article.

It’s mostly news websites that have paywalls, largely because relying on advertising income alone just isn’t viable anymore, and news companies are pursuing more direct revenue sources like monthly subscriptions. And, of course, we’re not against paywalls—and you probably aren’t either. If you can afford to pay to read articles, you absolutely should. But whether you lost your password, haven’t saved it on your phone, are in a rush, or are just strapped for cash and promise yourself that you’ll subscribe later, there are several ways to bypass paywalls on the internet.

To read the rest of this useful article, click: [Here](#).

Note: Try this, too ... if you see an ad to subscribe to a publication, close it out (usually by typing "X" in the upper right-hand corner.) That sometimes works. ... And if you see a link in this missive that takes you to a paywall, send an email to: bginbc@aol.com and put the name of the article you're trying to read. ... If I can, I'll send you the article.

10. Joke 3

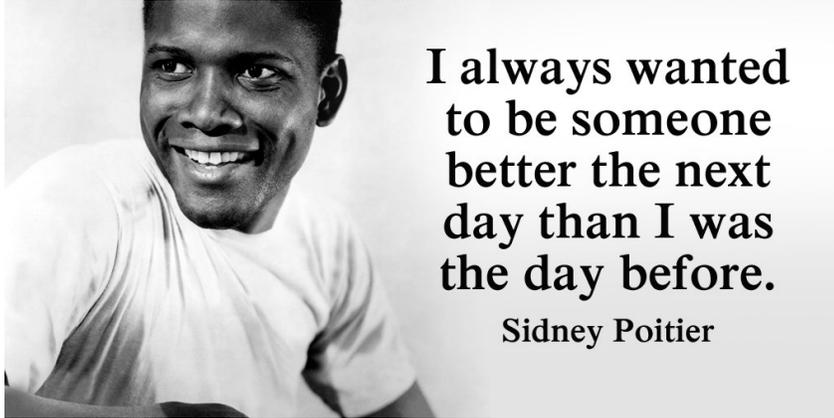
This keeps me in great shape! (Thanks, Ed Nasta, for sharing.)



11. Two quotes I like

A. Thanks, Sidney Poitier (1927-2022), for your career as an actor, film director, activist and ambassador. I'll

remember you for your work in such films as LILIES OF THE FIELD (in which he became the first Black man to win an Academy Award for best actor), GUESS WHO'S COMING TO DINNER, IN THE HEAT OF THE NIGHT, A RAISIN IN THE SUN, TO SIR WITH LOVE and A PATCH OF BLUE. For more information about his life, click: [Here](#).



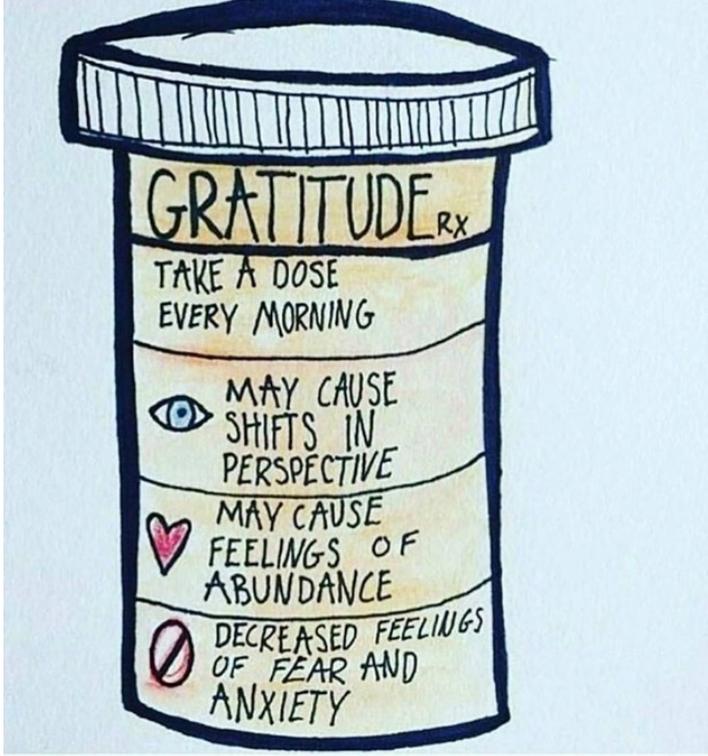
B. Thanks, Harry Reid (1939-2021), for your career as an American politician who served as a United States senator from Nevada from 1987 to 2017. As Majority Leader from 2007 to 2015, he helped pass major legislation of the Obama administration, such as the Affordable Care Act, the Dodd–Frank Act and the American Recovery and Reinvestment Act of 2009. For more information about this life, click: [Here](#).

“You know with a bully you cannot let them slap you around, because they slap you around today, they slap you five or six times tomorrow. We are not going to be bullied.”--Harry Reid



12. Thought for the day

My kind of medicine! (Thanks, Linda Williams, for sharing.)



PS. Make it a great week!
