

#1269

1.11.2021

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1. Reflections

A. Cynthia, my beautiful bride, and I continued to hunker down in Week 43 of the corona pandemic. Fortunately, that didn't prevent us from participating in a virtual awards session run by the Dementia Society of America (top photo.) It was run by my friend Kevin Jameson (bottom left photo), CEO and founder of the organization, and I was honored to be presented with the 2020 Dementia Diplomat Award (bottom right photo).

To view the above presentation, please click: [Here](#).

And to learn more about the Dementia Society of America, please click: [Here](#).



B. It's hard to believe, but I have been a member of Asheville SCORE for ten years ... and was recently given a certificate to attest to that fact.

For those not familiar with SCORE, it is an organization that provides free counseling to area small businesses and organizations. For more information about it, please click: [Here](#).

It is a national organization, so if you live outside Western North Carolina, you can contact national SCORE by clicking: [Here](#).

Note: Please join me on the morning of Saturday, Feb. 6, for a virtual seminar I'll be conducting for SCORE on the topic of Marketing Your Business. There is no charge, but you must preregister. You can both find out more about it and register by clicking: [Here](#).



C. Catch the most recent BLAINESWORLD by clicking: [Here](#). My guests were: (first half) Steven Darter, People Management SMD, LLC; and (second half) Bob Hinkle, owner, manager, Booker, White Horse Black Mountain.



D. It's always nice to be thought about, as was the case when I got this picture from my friends Dan Beckmann and Erinn Dearth. They were passing through this city in Ohio.



D. Congratulations to:

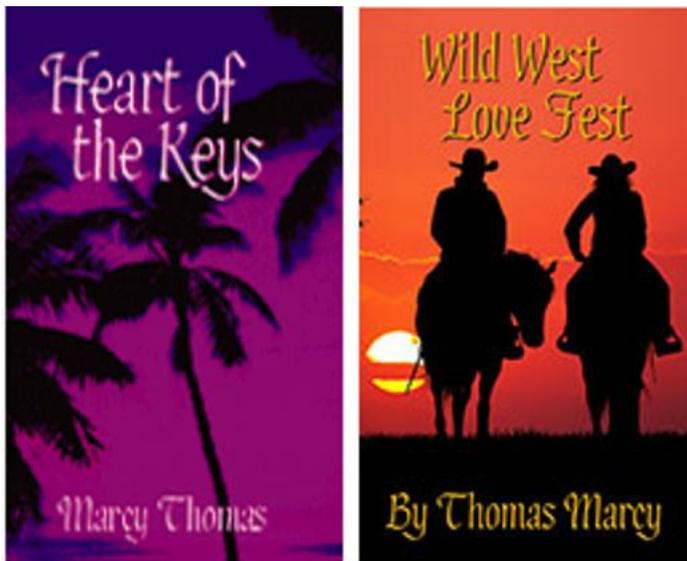
- (1) Ilene Logelin for asking an excellent question on MSNBC. To view it, please click: [Here](#).
- (2) DA Todd Williams on being named to the NC Innocence Inquiry Commission. For more information, please click: [Here](#).
- (3) Kathleen Watson on her new job with Zoe Dental.
- (4) Jessica Whitehill on her appearance on WLOS, talking about Jewish Family Services at WNC. To see what she had to say, please click: [Here](#).
- (5) Carol Duermit on being named to Atlantic Bay Mortgage's President's Club.
- (6) Courtney Yelle, Billie Radosin and Steve Rizzo, all winners of a copy of a CD from my amazing friend Brian Biro's BREAKTHROUGH series. And that reminds me it is now time to introduce:

***** CONTEST #2 (of 2021) *****

One lucky reader will win his or her very own personalized romance novel from J.S. Fletcher and Kathy Newbern, founders of YourNovel.com. Imagine you and your sweetheart starring in a book featuring the two of you as an unusual and romantic gift, especially with Valentine's Day on the way.

I've gotten two of these novels, the first written by my friend Marcy Gallagher and the other by her husband Tom. They were both fantastic. (See their book covers below.)

To enter this contest, send an email to: bginbc@aol.com and put CONTEST #2 in the subject line. In the body of your email, include both your name and email address. All entries must be received on or before 9 p.m. on Monday, Jan. 25.



E. You're invited to join Cynthia in the one virtual course she'll be teaching for Arms Around ASD this week: Meditation. To attend this and/or any of the others (that are open to the public), scroll down to Calendar when you click: [Here](#).

G. This week's **BLAINESWORLD BEST AWARD** goes to Eugene Goodman, the Capitol Hill police officer who drew rioters away from an entrance to the U.S. Senate chamber during the riot on January 6. For more information about his bravery, along with some pictures, please click: https://thehill.com/homenews/senate/533657-capitol-police-officer-hailed-as-hero-for-drawing-rioters-away-from-senate?utm_source=thehill&utm_medium=widgets&utm_campaign=es_recommended_content.



2. FYI

Thanks, Carol Duermit, for sharing the following article:

Opinion: For the love of Halle, please get the COVID vaccine
by Cathy Stevens [pictured below with her daughter]

As I watch TV today, I am elated to see videos of vaccines being delivered nationally, individuals getting vaccines, and coverage of the incredible science that went into making this happen so quickly. I can almost hear the collective sigh of the world as this lifesaving shot begins to make its way around the globe.

As many have said, for this vaccine to be successful (and to lower the incidence of the virus in the community), a significant portion of the population will need to be vaccinated.

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

Note: I'd also thought you would like to see the following response to what's being shared on Facebook about a doctor who advocates a dubious "ozone therapy" and who falsely argues the coronavirus pandemic is over: <https://www.snopes.com/news/2020/12/17/frank-shallenberger-covid-vaccine/>.



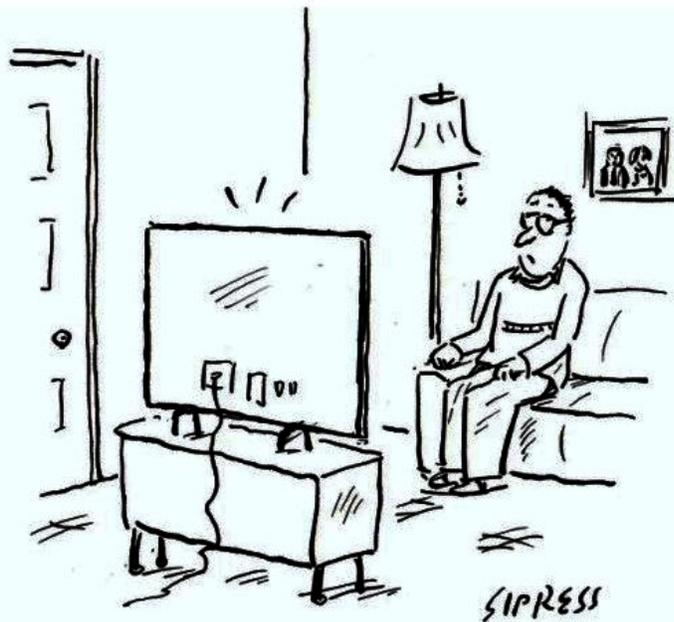
B. FYI, part 2

To read the following items in full, please click: [Here](#).

AA. Ilene Logelin: Enjoyed your blog. B. Marie Kondo Talks About Tidying Up in 2021 and Her New Product Launch. C. A Colonoscopy Alternative Comes Home. D. For an Exercise 'Snack,' Try the New Standing 7-Minute Workout.

3. Joke 1

Just not into watching many sporting events ... yet. And if any more get canceled because of COVID-19, I might refrain from watching a lot of games in the future.



"It's going, going, gone! And the fans sitting at home alone in front of the television are going crazy!"

4. Reviews

A. Saw and very much enjoyed KING OF STATEN ISLAND on HBO. (It next airs on Wednesday, Jan. 20, at 12:20 p.m. on HBOHD.) it is a dramedy about a twenty-something guy who has struggled since his father died. Pete Davidson, Marisa Tome and Bill Burr are all terrific in the leading roles. Rated R.

B. Sometimes, a book will come along at just the right moment. That was the case with EVERYDAY MINDFULNESS: 108 SIMPLE PRACTICES TO EMPOWER YOURSELF AND TRANSFORM YOUR LIFE (TCK Publishing) by Melissa Steginus.

With so so much time at home, I was looking for something that might help shake up my daily routine. I found it in EVERYDAY MINDFULNESS.

The author, a coach and wellness expert, provides easy to follow instructions that will actually help you change your life in every aspect of your life, including physical, emotional, rational, spiritual, occupation and network.

I started with Day 1, "Take a Deep Breath," but then started skipping around to pick an activity that caught my attention on any particular day.

For example, I really resonated with Day 21, "Write What's Right." Steginus starts with giving you some background on the purpose, then describes the practice.

For this one, she wrote:

Celebrate yourself! List three things under each reflection question and come back to your answers regularly. Smile and thank yourself once you're completed today's practice and each time you reflect upon it.

I also liked the accompanying reflection questions:

1. What are you grateful for?
2. What do you love about yourself?
3. What are you capable of?

Perhaps the best part of the book was the fact that each exercise only takes 5 minutes, though you can spend more time on them if you like.

In addition, I think it would be a great idea for you to get a copy of EVERYDAY MINDFULNESS for yourself and one for a friend. That way, you could both go through the exercise and then discuss them at the same time.

5. TV alert

A. BETTY WHITE: FIRST LADY OF TELEVISION: Now on Netflix
Celebrate White's 99th birthday with this entertaining 2018 special.

B. Inauguration Day activities: Wednesday, Jan. 20, starting at 11:30 a.m. on all major networks

(1) Wednesday morning's inauguration ceremony will showcase Lady Gaga's performance of "The Star Spangled Banner," as well as a musical act from Jennifer Lopez.

(2) "Celebrating America" Primetime Special, starting at 8:30 p.m., is hosted by Tom Hanks. It will feature performances from Demi Lovato, Justin Timberlake, Jon Bon Jovi and Ant Clemons. Bruce Springsteen, the Foo Fighters, John Legend, Eva Longoria and Kerry Washington.

C. REAL WOMEN HAVE CURVES: Thursday, Jan. 21, at 11:45 a.m. on HBO
America Ferrera is perfect as a Mexican-American teenage girl coming of age.

D. A WINTER GETAWAY: Saturday, Jan. 23, at 9 p.m. on Hallmark Channel
A man is mistaken for a millionaire when he's given a trip to a luxury mountain resort and falls for the concierge.

6. Joke 2

Hey, folks should be fair to the guy. He still has until Wednesday!

**I'm starting to think
that Trump might not
release his healthcare
plan.**

7. 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 this guitar version by Gabriella Quevedo: [Here](#).

B. Video of the week

Thanks, Brian Biro, for the following:

BE PREPARED! ... If you watch this powerful clip, and I strongly encourage you to do so, methinks you'll be moved: [Here](#).

The comments at the bottom were also interesting, except for this one: "I was being inspired by his speech until he mentioned Joe Biden." ... What's with that? ...But then there's this comment that put a smile on my face: "Imagine if the rioters broke into the senate chamber and Arnold just walks towards them carrying a fuc*ing sword."

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

(1) "How Long Will I Love You," one of my all-time favorites: [Here](#).

Note: Above is from "About Time," one of my favorite films. If you'd like to get my complete list of such films, send an email to: bginbc@aol.com and put FAVORITES in the subject line.

(2) Howard Smith: 1.17.2021 performance: [Here](#).

(3) Jonathan Berg: Dropkick Murphys - "The Season's Upon Us:
<https://www.youtube.com/watch?v=qTx-sdR6Yzk&feature=youtu.be>

(4) Moira Rose's Vocabulary - Schitt's Creek (Season 6): [Here](#).

(5) Aaron Ybarra: Digital Church (redux): [Here](#).

D. Here's a website that you might want to check out: Engrish: <https://www.english.com/>.

This is a site that takes photos from all over the world of things like signs or product packaging that are riddled with spelling and grammatical mistakes or just convey an entirely different message due to translation errors and extreme unfamiliarity with the English language.

I found some of these photos funny, but if you are easily offended, I recommend that you not check out this website.

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: <https://www.facebook.com/blainegreenfield/>.

8. Technology tip

Siri is not perfect. If she says something wrong—such as a name or address—you can correct her. Respond with “That’s not how you pronounce [whatever you want pronounced]” and Siri will ask for the correct pronunciation. Once you give it to her, she will repeat it back to you to make sure she’s got it right.

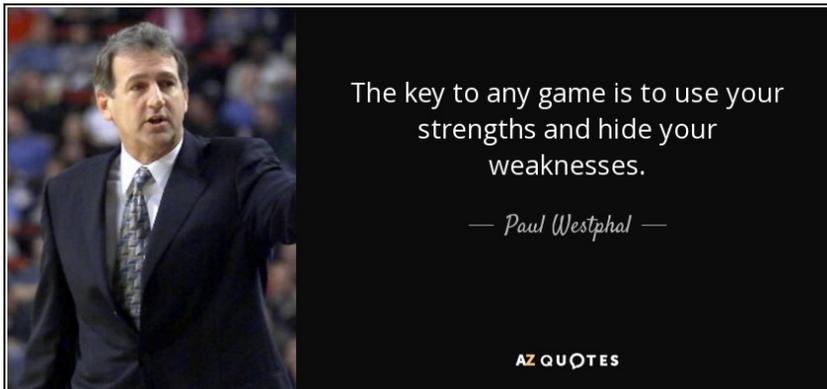
9. Joke 3

Do you have trouble getting a child to write or call you? If so, do this: The next time you send a birthday card, Christmas or Chanukah card, etc., write a short note to this effect: "Thought you'd also like the enclosed check to get something nice." Then don't include anything. ... The child will open the card and wonder what's happening. Within minutes, you'll hear from him or her. ... Guaranteed!



10. A quote I like

Thanks, Paul Westphal (1950-2021), for your Hall of Fame basketball career as a player, head coach and commentator. For more information about his life, please click: [Here](#).



11. Thought for the day

How do we come back together?

by Brian Biro

Husband, father, grandfather, speaker, author

<https://www.brianbiro.com/>

For most of the world, 2020 will be remembered with grave sadness for COVID-19 and the massive challenges, pain, fear, and loss that it has wrought. The terrible loss of life, massive overload for health care workers, isolation for seniors, and enormous economic toll of the pandemic is devastating, beyond anything I have ever seen in my 66 years.

Yet, for me, the separation, anger, hostility, distrust, racism, and violence that has ripped apart this country I love is every bit as sad and horrifying as the illness that has so impacted our lives. Families and friendships have been ripped apart because of disagreements over wearing masks, social distancing, and vaccinations.

Millions of Americans trust social media posts more than news reporting. When I was growing up, there were three news networks, and whichever you watched presented essentially the same information. They left it to us to interpret the news. They did their best to report facts and verifiable statements rather than assumptions and opinions. Walter Cronkite was the most trusted man in America because his goal was simply to report the way it was each day. Today, your chosen source of “news” determines the fundamental way you see the world. Pundits carry far more weight than reporters.

In the past four years I have heard more name-calling, seen more demonization of fellow human beings and less respect for one another than ever before.. Before COVID-19 struck, an annual study found that 62% of Americans considered themselves lonely. Imagine how that number has been affected over the past 10 months of quarantine, social distancing, and forced separation.

When I watched rioters defiling the US Capitol Building, attacking Capitol police, brandishing weapons and waving Confederate flags, I felt the same kind of intense pain I experienced on 9/11/01, as if someone had placed a thousand-pound weight on my heart. And when I read the next day, that more than 30% of Americans supported the rioters, I thought that heavy heart would break.

There can be no undoing of any of this. As FDR said on December 7th, 1941, it is a day that will live in infamy. But, unlike Pearl Harbor, this was not a foreign attack. This was us attacking ourselves. So, the question is, what can we do? How can we come back together? How can any of us as private citizens, one three-hundred-millionth of America make any difference? How can we possibly defeat hatred, intolerance, and fear? Will we ever trust one another again? Is this an impossible dream...a pie-in-the-sky dream?

The starting place was best expressed by Winston Churchill when he said simply: “Never, never, never give up!”

But what is it that we must sustain, no matter what? What is it that we must NOT give up on? What could possibly turn the hearts of those rioters who beat a horribly outnumbered Capitol police officer with flagpoles and clubs?

I certainly don't have magic answers to these questions. I wish I did. What I do know is that without kindness there is no hope. What I do know is that until we change our rhetoric from hostile, demeaning, and vicious to respectful and understanding we will never move beyond defensiveness and anger. What I do know is that until we can disagree without being disagreeable, we will never learn from each other.

What I do know is that until we embrace humility and reject boasting and self-aggrandizing, we will never move from ego to We Go or strive to be better parents, professionals, friends, and human beings each day. What I do know is that until we can respect and honor our differences rather than fear and hate them, we will never truly love one another and be able to live in peace. What I do know is that until we care more about our character than our reputation, our reputation can never become our character. What I do know is that at the core of every religion is to treat one another with dignity and respect and to do unto others as you would have them do unto you. What I do know, is that the very best thing about human beings is that we will do more for someone else than we'll do for ourselves. And, most of all, what I do know is that every single point I make above is a matter of choice. It starts with each of us. If things are to change, I must change.

And that is why I believe we CAN do better, be better and love better.



12. Advance planning department

For more news about the following events, please click: [Here](#).

A. A. James Nave: 6-Week Artist's Way Creativity Workshop. B. Jenny Bunn: Essentials of Acting - Online Class. C. Marilynne Herbert: Virtual Carolina Jews for Justice/West Chapter Meeting. D. Michael Gelb: FREE Online BodyLearning Class. E. Peggy Ratusz: Bygone Blues with Peggy Ratusz, Aaron Price, Justin Ray and Zack Page. F. Katie Jones: A VERY MODERN MARRIAGE at The Magnetic Theatre.

PS. Make it a great week!