

Note: As always, I sent BLAINESWORLD #1429 out on Sunday. For the first time ever, most every copy "bounced" and came back to me as undeliverable. It seems that gmail, yahoo and AOL are putting on all sorts of restrictions to minimize spam. While that's not such a bad thing, this should not be done in the case of anything that's been requested; e.g., this blog. ... So that is why I'm sending out Sunday's issue again--this time with a different number. Please accept my apology if some of you are getting it a second time. ... I am also not using my regular [bginbc@aol.com](mailto:bginbc@aol.com) address. That will probably not be used again to mail the blog, but I will probably keep it as my personal email. If and when I use a different email for my Sunday mailings, you'll be notified.

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#1430  
1,29,2024

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## 1. Reflections

A. Cynthia, my beautiful bride, and I enjoyed a delicious dinner at Vinnie's on Merimon Ave.



B. I had the pleasure of meeting Ralph Grizzle, the new Editor of THE FAIRVIEW TOWN CRIER. If you'd like my most recent Humor column, click: [Here](#) and scroll down to page 28.



C. That's Kismet, our amazing cat, getting ready for some belly dancing. Do you like his new scarf?



D. I hosted two webcasts this past week. Both can be found by clicking the appropriate date at: [Here](#).

(1) 1.22.2024 - Suzanne Fisher--President, League of Women Voters of Asheville-Buncombe County



(2) 1.23.2024 - Karen Ingraham, Callis Chambliss and Vicki Fox discuss Let's Sew MadCo and other sewing-related topics

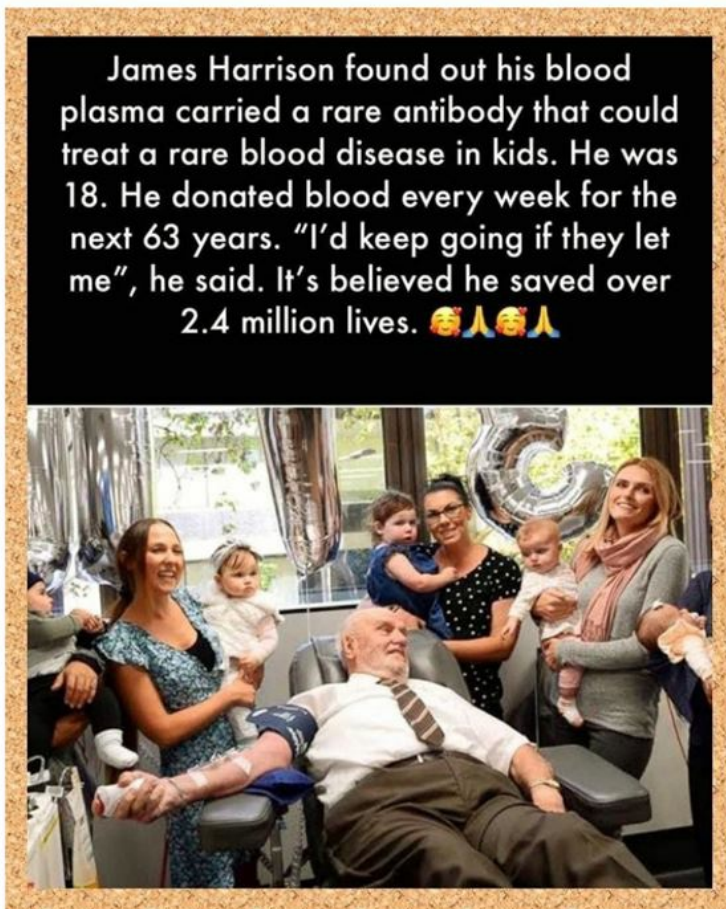


E. Condolences to Brenda Lunsford Lilly on the passing of Nathaniel "Chappie" Gennett, III, her former brother-in-law.

F. Thanks, Jonathan Berg, for sharing information about this week's recipient: James Harrison. (See below.)

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

And for an update about Harrison, click: [Here](#).





## 2. Invites

A. Announcing ...

### \*\*\*\*\* CONTEST #2 \*\*\*\*\*

But first, the results from Contest #1 ... and a change in who will get the prize. It had originally been announced that four lucky readers would win a copy of my latest joke book: BLAINESWORLD Best Jokes: Volume 3 by yours truly.

But I had a change in mind and decided to give the above book to all who entered the contest. So CONGRATULATIONS to the following winners: Howard Berkowitz, Judy Chadwick, Joe Knowles, Gladys Podhurst, Steve Rizzo, Anna T. Settembrino, Marie Verilla and Courtney Yelle. Look for your prize to be mailed out within the next week.

And now, here's the information on the next contest ...

One lucky reader will win a copy of my friend Brian Biro's terrific new book: LESSONS FROM THE LEGENDS: NEW APPLICATIONS FROM THE TIRELESS WISDOM OF JOHN WOODEN & PAT SUMMITT.

To quote from the Amazon description:

Professional speaker and motivator Brian Biro brings together the championship teambuilding formula of Pat Summitt and John Wooden in his latest release, Lessons from the Legends. Biro describes the impact of these modern-day heroes, how their drive and integrity generated remarkable results. Though Biro points out that these two coaching legends were quite different in personality and approach—one all passion and intensity, the other calm and even-keeled—he highlights the significant characteristics they shared that set them apart as leaders. Biro explains that the foundational principles and coaching strategies of Pat Summitt and John Wooden can apply to teachers, business leaders, parents, and anyone else who strives to make their character their reputation.

To enter the contest, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put CONTEST #2 in the subject line. Include both your name and mailing address in the body of the email. All entries must be received on or before 9 p.m. on Monday, Feb. 12, 2024.

B. Want to be a guest on my BLAINESWORLD webcast? It can now be seen on YouTube or you can listen to it on your favorite webcast player.

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 evening.

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

To enter the contest, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put CONTEST #2 in the subject line. Include your name and mailing address in the body of the email. All entries must be received on or before 9 p.m.. EST, on Monday, Feb. 12, 2024.

C. Are you interested in shows, movies, TV, etc.? ... If so, I encourage you to join a 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: [Here](#).

D. Come join Cynthia for the course she'll be teaching for Arms Around ASD this week: Move Your Body on Wednesday via Zoom or in person.

To attend this course and/or any other that is being offered, scroll down to Calendar when you click: [Here](#).

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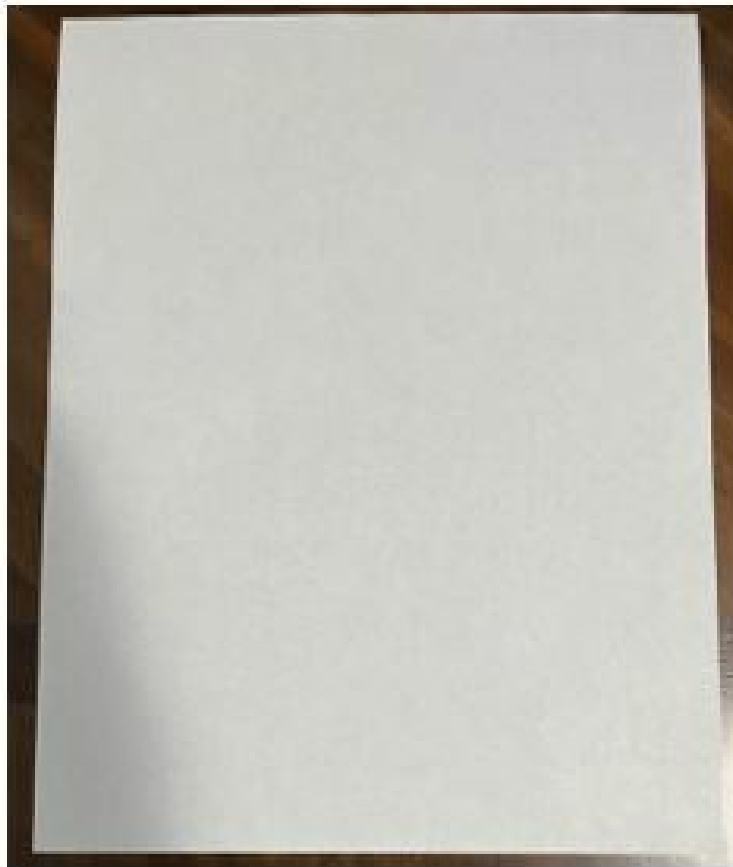
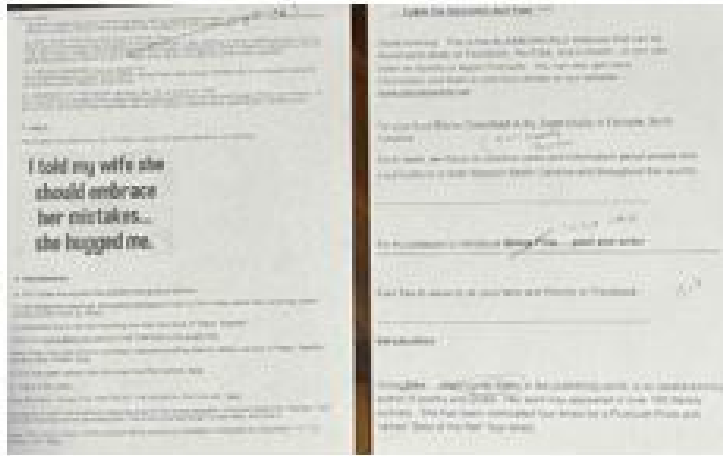
## 3. FYI

A. Do you use a lot of copy paper? I do, especially for drafts of this blog (top left) that I then give Cynthia, my terrific proofread, to check for mistakes, and for my webcast scripts (top right) that Cappy Tosetti, my producer

extraordinaire, does such a find job of putting together.

But rather than throw this paper over, I then turn it over and use the blank paper (bottom) to print out the scripts and/or drafts. You can use this blank paper for anything else you want printed.

Only when I am writing a letter do I tend to use just one side of a piece of paper .



B. The 6 Issues People-Pleasers Bring Up The Most In Therapy

If you're always putting others before yourself, this therapist-backed insight is for you.

To read, click: [Here](#).

C. People who organize homes for a living say you can declutter so much sh\*t with these clever tricks  
Genius pro-recommended solutions you probably haven't considered.

To read, click: [Here](#).

D. This trait is a subtle sign someone is highly intelligent, says psychotherapist

Highly intelligent people listen and have conversations differently than others do, says psychotherapist Jenny Maenpaa. Here's how to cultivate the skill.

To read, click: [Here](#).

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#### 4. Joke 1

Finally, truth in labeling!



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#### 5. Reviews

A. Cynthia and I saw *ORIGIN* at Grail Moviehouse. It is a movie based on a book, *CASTE: THE ORIGINS OF OUR DISCONTENTS*, and it told the story of how the author went about writing the book. We found it interesting, though it felt like we were back in college taking a Sociology class. We also think it might have worked better as a documentary.

The other problem we had with the film was that it featured several stories that we wanted to see covered in greater detail, but they were were way too short.

Aunjanue Ellis-Taylor was fine in the leading role. Rate PG-13.

B. Better in our opinion was *THE BANKER*, which we saw on Apple TV+. The historical drama about two entrepreneurs who hatch an ingenious business plan to fight for housing integration and equal access to the American Dream was inspired by true events. Anthony Mackie and Samuel L. Jackson both excel in the leading roles. Rated PG-13.

C. We both did not like *KILLERS OF HE FLOWER MOON*, a fact-based drama about America's relationship with Indigenous peoples. The pace was too slow, and it was way too long. What was excellent was the cinematography, as well as Lily Gladstone's performance. Robert De Niro was also quote good, but we only thought Leonardo DiCaprio was OK in his role. Rated R.

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#### 6. TV alert

A. *MASTERS OF THE AIR*: Now on Apple TV+

A new series produced by Tom Hanks and Steven Spielberg is about about the Army Air Force's 100th Bomb Group--the Bloody Hundredth--and their fight with the Nazis. It stars Elvis' Austin Butler.

B. THE UNDERDOGS: Now on Prime Video

In this R-rated modern update of THE BAD NEWS BEARS, Snoop Dogg plays a washed-up former NFL player who runs afoul of the law--and is sentenced to community service in the form of coaching a peewee football team in his Long Beach, California, hometown.

C. EXPATS: Now on Prime Video

Nicole Kidman stars in this six-episode limited series, based on a novel by Janice Y.K. Lee, that seems on the surface like a Hong Kong--set version of Big Little Lies.

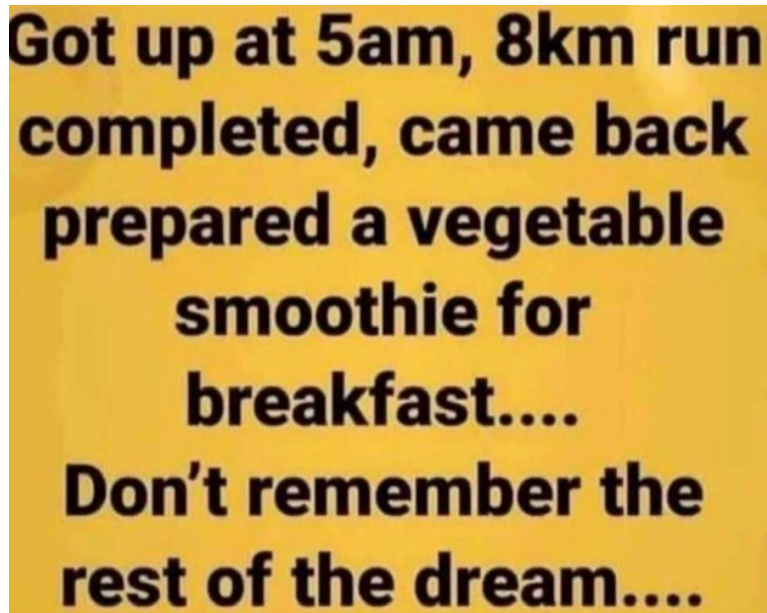
D. GRISELDA: Now on Netflix

Sofia Vergara stars in this gripping six-episode limited series as Griselda Blanco, the real-life leader of a Colombian drug cartel whose streak of ruthlessness earned her the nickname Black Widow.

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## 7. Joke 2

So then went back to sleep for my next dream about finishing the great American novel. (Thanks, Jimmy Ferraro, for sharing.)



**Got up at 5am, 8km run  
completed, came back  
prepared a vegetable  
smoothie for  
breakfast....  
Don't remember the  
rest of the dream....**

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## 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](mailto: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 cover from Jeangu Macrooy: [Here](#).

B. Video of the week

The 50s: A Pop Culture Tribute: [Here](#). (Thanks, Ellyn Bache, for sharing.)

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

(1) Jimmy Soul - If You Wanna Be Happy, one of my all-time favorites: [Here](#).

Note: Apologies if I ran this previously. But even if I did, you'll want to watch it again. The dancing, in particular, is soooo good!

(2) Howard Smith: Hymns (1.28.2024): [Here](#).

(3) Neil, Neil Ratner Rock Doc: Richie Havens: [Here](#).

(4) If you want to see Havens perform the song live, click: [Here](#).

(5) Retired Woman Builds Her Own Affordable Off-Grid Tiny House – Inspired by 19th Century Vardo Wagons: [Here](#). (Thanks, Janet Zofchak, for sharing.)

(6) Kind of a difficult conversation: [Here](#). (Thanks, Jonathan Berg, for sharing.)

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

Fact Checking Resources and Media Bias Chart

All news is biased. It's not the bias that is the problem, it's the not knowing what the bias of your source is. Ad Fontes, which is Latin for to the source, evaluates over 1200 sources using a "a rigorous, reproducible methodology – and a politically balanced team of analysts – to rate that content, both for bias and for reliability."

View the chart by clicking: [Here](#).

Note: Below the chart, make sure you look at the three fact checking sites.

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](#).

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## 9. Technology tip

Apple is urging everyone to update iPhone and iPad iOS (again). Why you should do it now.  
by Jessie Guynn

This week Apple rushed out an emergency patch to fix a serious security flaw for iPhones and iPads.

The zero-day vulnerability which allows attackers to elevate privileges may have already been exploited, Apple said.

Apple patched the flaw in the iOS 17.0.3 and iPadOS 17.0.3 updates. It did not provide additional details.

"This update provides important bug fixes, security updates and addresses an issue that may cause iPhone to run warmer than expected," Apple said.

So what's with all the Apple security updates?

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

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## 10. Joke 3

Two young boys decide that they are old enough to begin using swear words, so they hatch a plan. "Today at breakfast," says one, "I'm going to use the word 'hell,' and I want you to use the word 'ass.'" They then proceed down to the breakfast table.

Their mother asks, "What do you boys want for breakfast?"

The one who came up with the plan quickly replies, "Aw hell, just give me some Cheerios!"

Their mother immediately slaps him, scolds him and sends him up to his room. She then glares at the other boy and asks him what he wants.

After a moment he replies, "I dunno, but you can bet your ass it's not going to be Cheerios!"





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## 11. Three quotes I like

A. Top: Thanks, Norman Jewison (1926-2024), for your career as a Canadian filmmaker, known for directing films which addressed topical social and political issues, often making controversial or complicated subjects accessible to mainstream audiences. Among the films he directed: MOONSTRUCK, IN THE HEAT OF THE NIGHT and FIDDLER ON THE ROOF. For more information about his life, click: [Here](#).

B. Middle: Thanks, Charles Osgood (1933-2024), for your career as an American radio and television commentator, writer and musician. He was best known both for being the host of CBS News Sunday Morning, a role he held for over 22 years and The Osgood File, a series of daily radio commentaries he hosted for 46 years. For more information about his life, click: [Here](#).

C. Thanks, Melanie (1947-2024), for your career as an American singer-songwriter. She is widely known for the 1971–72 global hit "Brand New Key"; her 1970 version of "Ruby Tuesday," which was originally written and recorded by the Rolling Stones, her composition "What Have They Done to My Song Ma"; and her 1970 international breakthrough hit "Lay Down (Candles in the Rain). For more information about her life, click: [Here](#).



I still get a lot of material but I find that as one gets older you get more fussy. You know you're going spend a year or a year and a half on this and you know there are only so many films in you so you get a little bit more selective.

— Norman Jewison —

AZ QUOTES



Being Politically Correct means always having to say you're sorry.

— Charles Osgood —

AZ QUOTES

**“I wish I could find a good book to live in  
Wish I could find a good book  
Well if I could find a real good book  
I'd never have to come out and look at  
What they done to my song”--Melanie**



## 12. Thought for the day

Writer Elizabeth Gilbert Shares Her Unexpected Secret to Success

The best-selling author of *Eat, Pray, Love* explains how she went from county fair flop to international fame.  
by Elizabeth Gilbert

In the summer of 1980, when I was 10 years old, I decided that I was going to win Best in Show at our local county fair.

My motivation was pure: I wanted the ribbon. The Best in Show ribbon was a giant purple explosion of glorious splendor, with gold-embossed lettering that explained in no uncertain terms that the bearer was unequivocally The Best. I was determined to make it mine.

For the rest of this piece that I hope you find as interesting as I did, click: [Here](#).



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**PS. Make it a great week!**

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