

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](#).

#1431
2.4.2024

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1. Reflections

A. Cynthia, my beautiful bride, and I visited Greenville, SC, where we met my nephew Shannon Olexa, my brother Ken Greenfield and his wife Lavelle Olexa for a lovely lunch at Halls Chophouse.



B. Be prepared to both laugh and cry when you see THE VAGINA MONOLOGUES . . . Jen Rush, Natalie Broadway and CC Blackburn all excel as the three women who explore both consensual and nonconsensual sexual experiences. ... They were directed with aplomb by Ellen Pappas. ... The show runs through Feb. 11. For tickets, click: [Here](#).



C. See below for Cynthia's Pebbles look.



D. That's Kismet, our amazing cat, getting into his child's pose for his yoga workout.



E. I hosted two BLAINESWORLD webcasts this past week. Both can be seen or heard by clicking the indicated date: [Here](#).

(1) Top: 1.30.2024 - Kathy Marcino with Kathy Marcino Consulting discusses The DiSC® Model

(2) Bottom: 2.1.2024 - Alyssa Hamilton and Genna Wechsler, both with Nuthatch Garden Services



F. Condolences to Tiffany Hall and family on the passing of David Graham, Tiffany's husband.

G. Congratulations to Jean Holmes on her new position with the Bucks County Herald Foundation as the Director of Philanthropy and Donor Relations.

H. Thanks, Cynthia Greenfield, for this week's nomination for the ...

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

It goes to Dr. Siara Hinshaw, owner of Outshine Physical Therapy & Fitness

The following email from me to her gives you some idea why I think she is so fantastic:

Hey Siara,

In my movement class, I am doing a visualization on bringing to memory the people in our lives who have been helpers, guides, or kind in some way in our lives. And you came to mind.

You have made a difference in my life in the area of my physical well-being.

Before I started with you, I found myself falling a few times and just not feeling safe in my body.

I have seen clear change in the area of feeling safe in my body which has had chronic pain and weakness for a very long time.

Today, I was in the bathroom, and I tripped over a stool. The stool tipped upside down, and somehow I managed to catch myself before having a bad fall.

When doing some balance exercises, you mentioned the goal is not to balance perfectly, but to be able to regain my balance. Well, this was an example of that. Before working with you, I definitely would have fallen.

For more information about both Siara and her firm, click: [Here](#).

Pictured (below) Siara on the left and Cynthia on the right, playing pickleball with Siara.

Note: To see some of that exciting action, click: [Here](#).



2. Invites

A. Reminder about ...

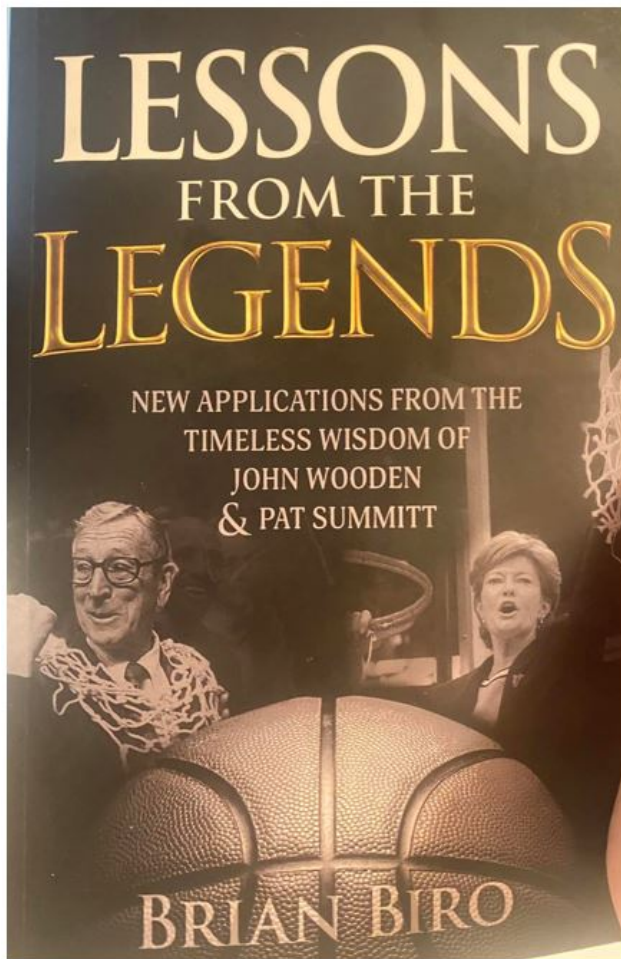
***** **CONTEST #2** *****

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 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 podcast 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 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](#).

3. FYI

A. If you buy concert or show tickets online, see if you can buy them via phone call. If so, you can usually save several dollars on the cast for each ticket, in that you won't be hit with an internet processing fee.

I saw that was the case when recently purchasing tickets to a June 7th concert in Hiawassee, Georgia, featuring The Turtles. By calling for the tickets, I saved \$4/ticket. Plus, I actually enjoy speaking to a real person when making such a purchase because I often get better information about seat location, parking, etc.

For other Happy Together tour dates, click: [Here](#).

And to read more about The Turtles, Jay & The Americans, The Association, Badfinger, The Vogues and The Cowsills (all the performers in the show), click: [Here](#).

Note: Make sure you see Section 8A for a terrific live rendition of "Happy Together."

B. Most adults want to stay in their homes as they age. But many don't properly plan to do so. Here's how experts say you can fix that. To read the article, click: [Here](#).

C. Why You Should Never Feed Bread To Wild Birds: [Here](#). (Thanks, Rita Williams, for sharing.)

D. 10 Surprising Household Uses For WD-40: [Here](#).

4. Joke 1

Surprised that my trainer told me this. So I checked out her recommendation with an audiologist—and was told that there's nothing wrong with my hearing.

Methinks it is now time for me to head to McDonald's.

(Thanks, Jimmy Ferraro, for sharing.)

**It amazes me
how much
exercise and
extra fries
sound alike.**

5. Reviews

A. Saw THE COMMUTER on Netflix. It is an OK thriller about an insurance salesperson who uncovers a mysterious stranger on his daily commute home. He is forced to uncover the identity of a hidden passenger on the train before the last stop. The cast (Liam Neeson, Vera Farmiga and Patrick Wilson) is fine, but the plot just isn't all that believable. Rated PG-13.

B. Cynthia and I both enjoyed PAINTED HORSES on Amazon Prime. It is a drama about a new history teacher. She inherits a class of young adults who disrespect her and each other. Primed to succeed in her new position, she devises a clever curriculum that ultimately changes her and her student's lives. It earned a Dove Family-Approved Seal for ages 12-plus.

6. TV alert

A. LOVE ON THE SPECTRUM, Season 2: Now on Netflix

Cynthia and I really enjoy this documentary series following young adults on the autism spectrum as they explore the unpredictable world of love, dating and relationships.

B. 66th ANNUAL GRAMMY AWARDS: Sunday, Feb. 4, at 8 p.m. on CBS

On the performance front, Joni Mitchell makes her Grammys debut; Billy Joel plays his latest tune, "Turn the Lights Back On"; and U2 will broadcast from inside the Sphere in Las Vegas.

C. CURB YOUR ENTHUSIASM: Feb. 4 on Max

The Emmy-winning series created, written by and starring the irascible Larry David wraps it all up with its 12th and final season. Max is also currently streaming *The History of 'Curb Your Enthusiasm,'* a video podcast featuring David, Cheryl Hines, Richard Lewis and Bob Odenkirk.

D. MR. & MRS. SMITH: Now on Prime Video

Unlike the 2005 version, this time, the couple (Donald Glover and Maya Erskine) are spies who have to pretend to be married even though they're strangers.

E. AMERICAN NIGHTMARE: Now on Netflix

This true-crime docuseries is about a California couple attacked at home. Cops accused her boyfriend of killing her, and when she turned up alive days later, the FBI thought that she — like the woman in *Gone Girl* — had staged her kidnapping.

7. Joke 2

Early one morning, a mother called up to her sleeping son. "Wake up, George. It's time to go to school."

"But why, Mom? I don't want to go. The other kids hate me and so do the teachers. Even the custodian can't stand me. Give me one good reason I should go."

"I'll give you two," the mother shouted back. "You are 45, and you're the principal of the school."



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: bjinbc@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 their live performance from 1976 with no lip syncing. You're also going to love the backup singers. See by clicking: [Here](#). (Thanks, Pat Hannigan, for sharing.)

B. Video of the week

If you're new to this blog, here's one of my favorite clips that you may have never seen before ...

Don't just follow the Golden Rule and treat others the way you want to be treated. Instead, use the Platinum Rule and treat others the way they wish to be treated. This informative, engaging presentation will show you how to do just that. View it by clicking: [Here](#).

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

(1) Eurythmics, Annie Lennox, Dave Stewart - Sweet Dreams (Are Made Of This), one of my all-time favorites: [Here](#).

(2) Howard Smith: Hymns (2.4.2024): [Here](#).

(3) Neil Ratner Rock Dog: Graham Nash: [Here](#).

(4) And here's the Nash song that Neil mentions: "I Used to Be a King": [Here](#).

(5) An incredible performance by Sainted earned them a Golden Buzzer from Simon Cowell!: [Here](#). (Thanks, Amy Sunshine Berks McKenna, for sharing.)

(6) Sebastian Maniscalco: [Here](#). (Thanks, Risa Reavely, for sharing.)

(7) I owned Johnny's Cash's "Folsom Prison" album back in the day and I've always loved this song. Here's Geoff Castellucci's great cover: [Here](#). (Thanks, Jonathan Berg, for sharing.)

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

Learn Your Play Style

Based on thousands of interviews and observations throughout his career, Dr. Stuart Brown delineated eight types of play personalities that adults fall into: the storyteller, the collector, the competitor, the creator/artist, the director, the joker, the kinesthete, and the explorer. Understanding which personality type, or types, you identify with may help you make space for the kinds of playful activities that you'll connect to the most.

Learn about each personality by clicking: [Here](#).

And then take a short quiz to find out yours by clicking: [Here](#).

(Thanks, Cynthia Greenfield, for sharing.)

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

To find your Wi-Fi password In Windows, go to the "Network and Sharing Center." Right-click on the Wi-Fi network connection icon > Wireless Properties. Click on Show Characters box to show your Wi-Fi password.

In macOS, all passwords are stored in the Keychain app. Use Spotlight to find "Keychain Access." Open the app and find your Wi-Fi network name in the list of saved credentials. Double-click it and then click the box to show your password. (It will require your OS level password.)

10. Joke 3

A man strikes up a conversation with a woman on a plane. He asks, "Business trip or vacation?"

She replies, "Business. I just spoke at the annual Sex Education Convention."

Struggling to retain his composure, he says, "Tell me more."

"In my presentation, I used both my research and personal experience to debunk some of the popular myths about sexuality. And in doing so, I found that American Indians were the most well-endowed, Jewish men were the best lovers and Southern Rednecks have the most stamina.

Suddenly, the woman becomes a little uncomfortable and blushes, "I'm sorry. I really shouldn't be discussing this with you. I don't even know your name."

"It's Tonto Goldstein, but my friends call me Bubba."

(Thanks, Sunny Ruble, for sharing.)



11. Two quotes I like

A. Top: Thanks, Chita Rivera (1933-2024), for your career as an American actress, singer and dancer. She received numerous accolades, including two Tony Awards, two Drama Desk Awards and a Drama League Award. Rivera was the first Latina and the first Latino American to receive a Kennedy Center Honor in 2002, and the Presidential Medal of Freedom in 2009. For more information about her life, click: [Here](#).

B. Bottom: Thanks, Carl Weathers (1948-2024), for your career as an American actor, director and football linebacker. His roles included boxer Apollo Creed in the first four Rocky films, Colonel Al Dillon in Predator and Combat Carl in the Toy Story franchise. For more information about his life, click: [Here](#).

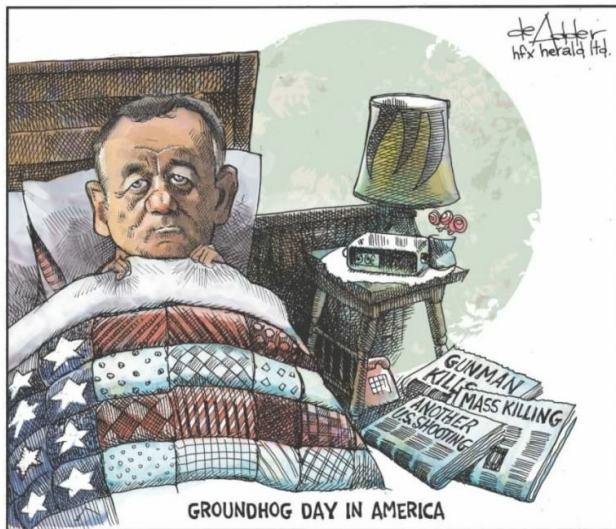


"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."--Carl Weathers



12. Thought for the day

The headlines say it all. And though gun safety groups say they remain undaunted in a push for more change, the reality remains that they will face steep hurdles this election year. ([Here.](#))



PS. Make it a great week!

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