

#1274
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1. Reflections

A. Cynthia, my beautiful bride, and I:

(1) Continued to hunker down in Week 47 of the corona pandemic. Fortunately, we were able celebrate her sister Joyce Litchman's birthday with her via a Zoom call. It was an especially happy occasion, in that we got to see the nice progress that Joyce is making in her recovery from a brain aneurysm.

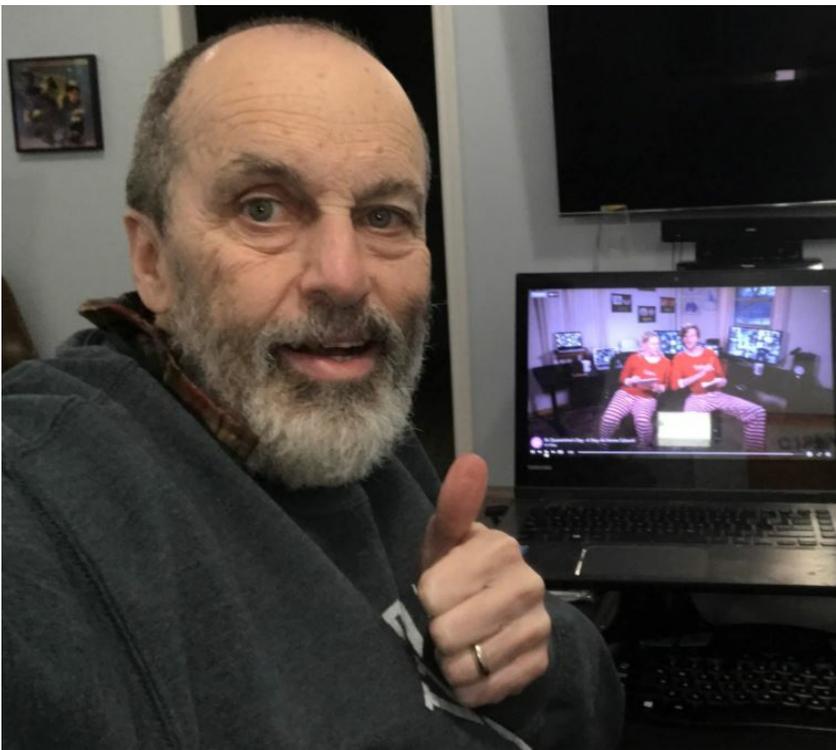


(2) Got to enjoy some tasty ice cream from The Hop Ice Cream Cafe.



B. During the week, I:

(1) Saw St. Quarantine's Day : A Stay-At-Home Cabaret, and you can now do so by clicking: [Here](#). ... You'll also love the price; i.e., 100% free. ... Erinn Dearth and Dan Beckmann will knock your socks off with their delightful performances.



(2) In addition, I got to catch a filmed production of THE MAN IN THE BRIGHT NIGHTGOWN, starring Michael Lilly in an amazing performance. He played the role of Jimmy Wharton in the 2019 Occasional Theatre production at 35below of Tom Huey's play and is joined here by Jeff Benninghofen and Jan Powell. Joshua Russell's direction was spot on, as was the screenplay by both Russell and Brenda Lilly. Afterward. there was a very engaging talkback. (Pictured below.)

Note: If you're reading this before 11:59 p.m. on Sun., February 21, you can still get a ticket by clicking: [Here](#).



C. This week's BLAINESWORLD can be seen by clicking: [Here](#). ... Guests: (first half) Erik Dobell, The Master Mentalist; and (second half): Dr. Diana Tyler, chiropractic associate | community engagement, APEX Brain Centers.



D. Congratulations to:

on being named to the Chairman's Circle at Beverly-Hanks for real estate expertise.

(2) George Pappas on being interviewed on WLOS for the outstanding work he does on immigration reform. To view his appearance, please click: [Here](#).

(3) Casey Blake on her new job with USA TODAY, overseeing a state team of journalists and working with 12 papers across NC.

(4) Audrey Wells on her new job as a Communications Specialist for the Department of City Planning with the city of Pittsburgh.

(5) Ryan and Nicholas Garcia on the newest addition to their family: Vivian Mariah Kay Garcia. That's me below with the Garcia family when Vivian was just a baby. She is now soooo much older. (On March 4, she will be 9 months old.)



E. Invites:

(1) There's still time to enter ...

****** CONTEST #4 ******

One lucky winner will win a copy of **YELLOW TULIPS: ONE WOMAN'S QUEST FOR HOPE AND HEALING IN THE DARKNESS OF BIPOLAR DISORDER** by Helen Joy George, a Western NC resident. To quote from the Amazon description:

In a story of remarkable perseverance, Helen Joy writes a memoir of her unusual childhood, her mental breakdown at age 31, and how she fought for a year to stay alive in the mental healthcare system. **Yellow Tulips** is filled with the ugly truth that is mental healthcare in this country, but is beautifully woven with threads of hope, family, and resilience. This book is a must read for those who want to love others better.

To enter this contest. Send an email to: bginbc@aol.com and put **CONTEST #4** in the subject line. In the body of your email, include both your name and email address, as well as your mailing address. All entries must be received on or before 9 p.m. on Feb. 22.

(2) 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 click: [Here](#).

(3) Come join Cynthia in either or both of the virtual courses she'll be teaching for Arms Around ASD this week: Meditation on Monday and Move Your Body on Wednesday. To attend this and/or any of the others (that are open to the public), scroll down to Calendar when you click: [Here](#).

(4) Please join me in voting for my friend Victoria Eisenpresser ... She is currently entered in the Favorite Chief contest for her Corona Cuisine dish (pictured below). ... For information on how to vote, please click here: [Here](#). ... To note: You can vote once a day through Thursday, Feb. 25. ... Thanks!



F. Announcing this week's ...

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

He is my talented friend Howard Smith, pictured below at one of his free Sunday morning concerts that can be viewed by clicking his Facebook page: [Here](#). ... According to him, watching will "take your mind off things" and help you "get closer to God." ... I've had the pleasure of hosting Howard a few times on my radio/Facebook Live show and most recently, he contributed his beautiful rendition of "Happy Together" for this blog. In the unlikely event you missed it, you can still view it by clicking: [Here](#).

Howard began learning to play piano at age 4 and was performing at age 6. He took several years of private lessons, but most of his ability is God-given. ... His main focus is church music, and he has won several state championships in church piano music. Howard currently serve as pianist/organist for First United Methodist Church of Marion, and he is also the accompanist for the Old Fort Community Chorus.



Thanks, Shelly Lieberman, for this excellent idea:

I have discovered that I can reduce stress by reducing my anger when someone does or says something I dislike. How? By emphasizing a person's behavior rather than believing that's who they really are.

Example: this person acted bitchy rather than she's a bitch! Hey maybe next time she will act a whole different way. Be open to it!

FYI, part 2

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

A. Twitter Is Turning Birds Into Celebrities and Birders Against One Another. B. Unhealthy Foods Aren't Just Bad for You, They May Also Be Addictive. C. The People Who Got Puppies Were in Over Their Heads.

3. Joke 1

NEWS UPDATE ... Doctors report that COVID-19 can cause erectile dysfunction. ... Within hours, men who've spent the last nine months calling the virus a hoax line up in record numbers to take the vaccine.



4. Reviews

A. You'll enjoy *THE HIGH NOTE* on Netflix. Dakota Johnson stars as Maggie, an overworked personal assistant to Grace Davis (Tracee Ellis Ross), a superstar singer. But Maggie wants to really become music producer. This sweet film will hold your interest. Rated PG=13.

B. Saw *CRUEL INTENTIONS*, a 1999 dramedy that has become a cult classic. It's the story of a young woman who becomes a pawn in a wager of sexual conquest. Sarah Michelle Gellar, Ryan Phillippe and Reese Witherspoon are all excellent in the leading roles. The film is both campy and watchable. Rated R.

5. TV alert

A. ALLEN V. FARROW: Sundays at 9 p.m on HBO

A four-part documentary look the scandals that severed the partnership of Woody Allen and Mia Farrow.

B. GIRL IN THE BASEMENT: Saturday, Feb. 27, at 8 p.m. on Lifetime

Based on a notorious Austrian abduction case, the film tells the harrowing tale of an American teen imprisoned for years in a secret basement by her sadistic dad.

C. THE 78TH ANNUAL GOLDEN GLOBE AWARDS: Sunday, Feb. 28, at 8 p.m. on NBC

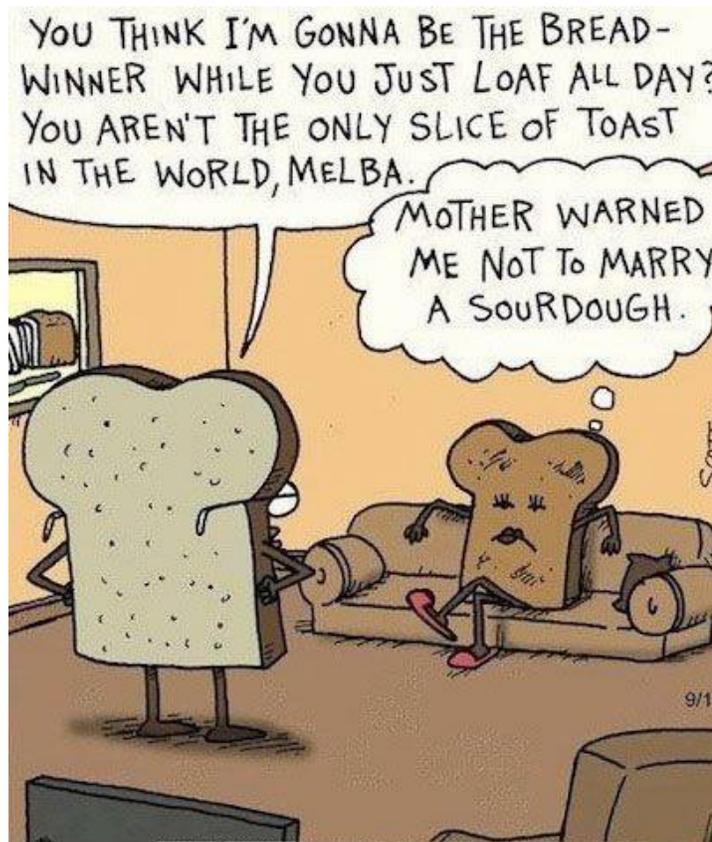
Tina Fey and Amy Pohler return to emcee the annual toast to TV and film after being away for six years.

D. THE FRONT: Sunday, Feb. 28, at 8:52 p.m. on TCM

Woody Allen and Zero Mostel star in this 1976 depiction of Hollywood in the 1050s when actors and directors were blacklisted. .

6. Joke 2

Mother knows best. (Thanks, Roberta Gurwood, for sharing this before her recent passing.)



7. Clips/Sites

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 interview with Mark Volman--one of the group's lead singers: [Here](#)

B. Video of the week

My friend Chuck Schwing's cover of "When I'm 64": [Here](#).

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

(1) Peter, Paul and Mary, "Don't Laugh at Me, " one of my all-time favorites: [Here](#).

(2) Jonathan Berg: In Florida news: Lucky this was a baby alligator, or it would have eaten them both: [Here](#).

(3) Mark Jones: OMIGOD YOU GUYS SANITIZE FOR CORONA! (Legally Blonde Original Cast): [Here](#).

D. Here's a website that you might want to check out: RUNT When you do, you'll see history's best comebacks. To view them, click: [Here](#).

I liked a bunch of these, including this one from Lincoln: "I leave it to my audience. If I had another face, do you think I would wear this one?"

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](#).

8. Technology tip

I recently had to send somebody a PDF document, but only had it in Word format. ... Searching the internet, I came across a company called FormSwift, which seemed that it could do the job--for free! ...So I checked it out and was able to do what I wanted to do with no difficulty. ... If you want to check this out yourself, please click: [Here](#).

Note: I did not have to pay for the above. If you try this service, make sure you are not charged unless you choose to get a paid version with more bells and whistles.

9. Joke 3

My kind of exercise! (Thanks, Jim Chewing, for sharing.)

The doctor asked me to spend at least one hour per day on the treadmill.



10. A quote I like

“There is no limit to what a man can do, or how far he can go, if he doesn’t mind who gets the credit.”—Ronald Reagan (1911-2004), 40th president of the United States from 1981-89

11. Thought for the day

Don't Go Down the Rabbit Hole

Critical thinking, as we're taught to do it, isn't helping in the fight against misinformation.

by Charlie Warzel

Mr. Caulfield, a digital literacy expert at Washington State University Vancouver, knows all too well that at this very moment, more people are fighting for the opportunity to lie to you than at perhaps any other point in human history.

Misinformation rides the greased algorithmic rails of powerful social media platforms and travels at velocities and in volumes that make it nearly impossible to stop. That alone makes information warfare an unfair fight for the average internet user. But Mr. Caulfield argues that the deck is stacked even further against us. That the way we're taught from a young age to evaluate and think critically about information is fundamentally flawed and out of step with the chaos of the current internet. ...

One way to combat this dynamic is to change how we teach media literacy: Internet users need to learn that our attention is a scarce commodity that is to be spent wisely.

In 2016, Mr. Caulfield met Mr. Wineburg, who suggested modeling the process after the way professional fact checkers assess information. Mr. Caulfield refined the practice into four simple principles:

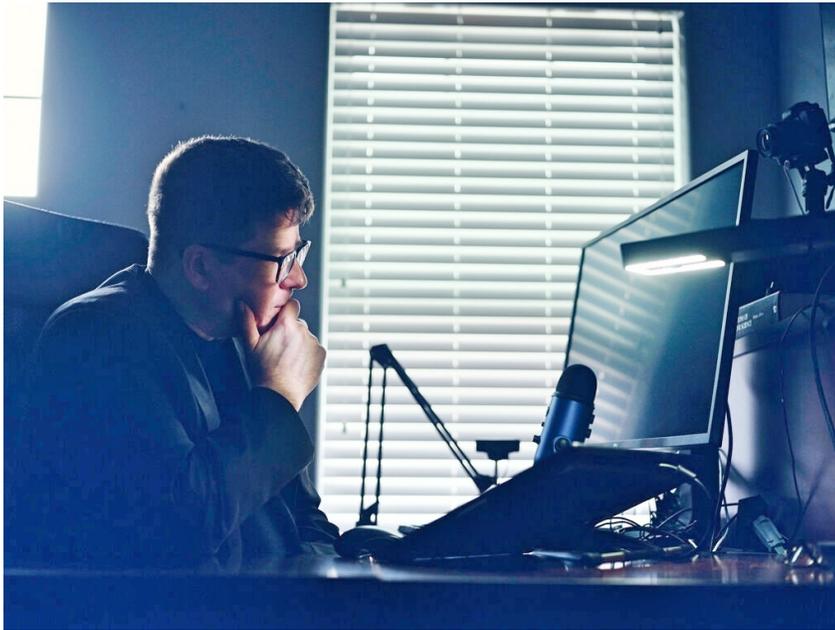
1. Stop.

2. Investigate the source.
3. Find better coverage.
4. Trace claims, quotes and media to the original context.

Otherwise known as SIFT.

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

Note: If the above link doesn't work for you, let me know, and I'll send you the entire article. If you want me to do so, send an email to: bjinbc@aol.com and put SIFT in the subject line.



12. Advance planning department

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

A. See free video streaming from the Mint Theater Company. B. Hunter Taylor: Be sure to submit your video audition for Parkway Playhouse's virtual production of A Sherlock Holmes Radio Mystery! C. Chelsey Gaddy: Due to popular demand, we have extended Love, SART through 2/22.

PS. Make it a great week!
