

From: Blainesworld blaine@blainesworld.net
Subject: blainesworld 1484 (See Sect. 1A for update on my hand modeling career.)
Date: February 16, 2025 at 4:49 PM
To: hank@hankeder.com



BLAINESWORLD

You're reading BLAINESWORLD, a weekly blog published by Blaine Greenfield. It contains some jokes, hopefully, not toooo 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](#).

#1484
2.17.2024

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1. Reflections

A. MY HAND MODELING CAREER IS OFFICIALLY ON HOLD!

A few days ago, I tripped over some exercise equipment and landed on my left hand (top left). Things didn't get better, so yesterday, I went to Novant Urgent Care to get an X-ray (top right).

The diagnosis: I have a fractured pinkie. That's me (bottom) with my temporary splint.

I now have to wait until Monday to see a doctor at Carolina Hand & Sports Medicine, but the good news to quote Gloria Gaynor is that "I Will Survive."

PS. Please join me in listening to her classic song by clicking:
<https://www.youtube.com/watch?v=6dYWe1c3OyU>.





B. We loved The Play Goes Wrong at Asheville community Theatre. This comedy had us laughing from the beginning until the end.

All members of the ensemble cast were outstanding: Gabby Bailey, Emily Dake, Holly Oakley, Paula O'Brien, Chandler Peveto, Jon Robinson, Jackson Wilhelmi and Henry Williamson.

Kudos to Kristi DeVille for her spot on direction, as well as to Jill Summers for her stellar scenic design.

This play runs through Feb. 23, and if you've already seen it once, catch it with these cast members who I understand are equally as outstanding: Drew Dyer, Jade Fernandez, Mash Hes, Lucien Hinton, Jason Phillips, River Spade, Allie Marée Starling and Matt Wade.

For tickets, click:

<https://ashevilletheatre.my.salesforce-sites.com/ticket/#/events/a0SPm000001NLcfMAG>.



C. We also loved celebrating Valentine's Day at Pacific Pagoda with Tom and Marcy Gallagher. As always, their company was terrific. So was the food and the friendly service we received from Jennifer.





D. We got a kick out of visiting the new location of Outshine Physical Therapy & Fitness, run by our friend Siera Hinshaw. She rocks, and you will be impressed by both the facility and working with her.

For more information, click:
<https://www.outshineptandfitness.com/>.



E. I hosted three BLAINESWORLD webcasts this past week. You can catch them by clicking:
<https://www.blaineworld.net/>.

- (1) Top: 2.10.2025 - Mirra Price, Children's Book Author
- (2) Middle: 2.11.2025 - Sal Landers--Multi-award winning Asheville-based indie rocker & Sophie Doodle
- (3) Bottom: 2.13.2025 - Mike Yow, Mark Woodard & Mars Mignon discuss I Hate Hamlet





F. CONGRATULATIONS to:

(1) Lyndon Harris for publication of the book he co-authored with Frederic Luskin: The Forgive for Good Recovery Workbook:

Overcome Addiction, Heal Your Past, and Find Peace in Sobriety. To obtain a copy, click:

https://www.newharbinger.com/9781648483974/the-forgive-for-good-recovery-workbook/?fbclid=IwY2xjawIa24BleHRuA2FibQIxMAABHefFHgL4b4nxmseYgr0iDAdnWpBI_Kv8jDh05ZTK3MYBfCfvsR5JaEermA_aem_isTnJraDNNKr2MGRimg__w.

(2) TJ Shimeld for becoming a Certified ProCoach.

(3) Ashleigh Millet-Goff on passing the exam to become a registered behavioral technician.

(4) Taylor Aldrich on her new job at Universal Epic Universe.

G. Announcing this week's ...

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

This week, it goes to Skyler DeLauder--manager of the Farm Burger location on Hendersonville Road in South Asheville.

His friendly presence always puts a smile on our face, as do the fabulous hamburgers. We think they are the best in town.

Cynthia is also a big fan of that eatery's kale slaw.

Note: Farm Burger's Patton Ave. location is quite good too. We just don't get there as often.



2. Invites

A. Reminder about ...

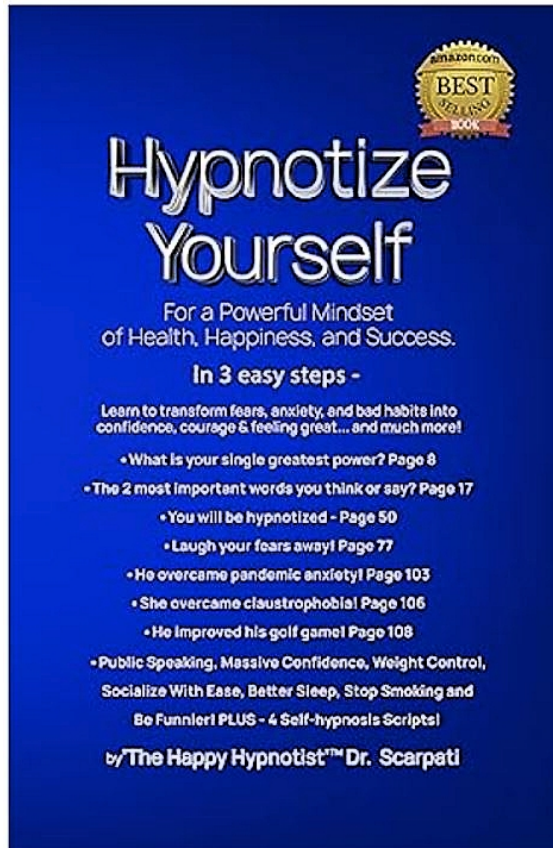
***** **CONTEST #2** *****

One lucky reader will win an autographed copy of Hypnotize Yourself For a Powerful Mindset of Health, Happiness, and Success by my friend Dr. Andy Scarpati ("The Happy Hypnotist").

To quote from one Amazon reviewer:

"A beautiful, practical, insightful book with easy steps to put ourselves in a positive frame of mind. Controlling our thoughts before our thoughts control us. The meditation and breath chapter really helped my anxiety! Thank you D. Scarpati!"

To enter the contest, send an email to: bginbc@aol.com and put CONTEST #2 in the subject line. Include in the body of the email your name and mailing address, so that if you win, I can send you a copy of this book. Entries must be received on or before deadline of 9 p.m. on Monday, Feb. 24, 2025.



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.

If you want to join me, let me know. And for more information about the webcast, click:

<https://www.blaineworld.net/>.

C. I'm back on Facebook after having been hacked. If we are not currently friends there (or if we lost contact because of the hack), please friend me by looking up: Blaine Greenfield. You'll see a picture of me in a blue shirt with, naturally, my thumb up. This is my Facebook ID:

<https://www.facebook.com/profile.php?id=100092574177872>.

D. 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:

<https://www.facebook.com/groups/245515070390413>.

E. 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:

<https://www.armsaroundasd.org/>.

3. FYI

A. Psychotherapist: 10 phrases the most mentally strong people use every day:

<https://www.cNBC.com/2025/02/12/live-written-6-books-about-mental-strength-phrases-i-say-to-myself-every-day.html>

B. How to cut your dementia risk: 7 key lessons from the world's best studies:

<https://www.sciencefocus.com/the-human-body/how-to-cut-your-dementia-risk>

C/ Want to be a Scrabble champ? You will be if you read the following article:

50 Extremely Common Things That Literally Every Person On Earth Has Been Calling The Wrong Name Their Entire Life

<https://www.buzzfeed.com/daves4/things-you-didnt-know-had-fun-names>

D. The U.S. is battling its worst flu season in at least 28 years. Here are the latest symptoms and where cases are:

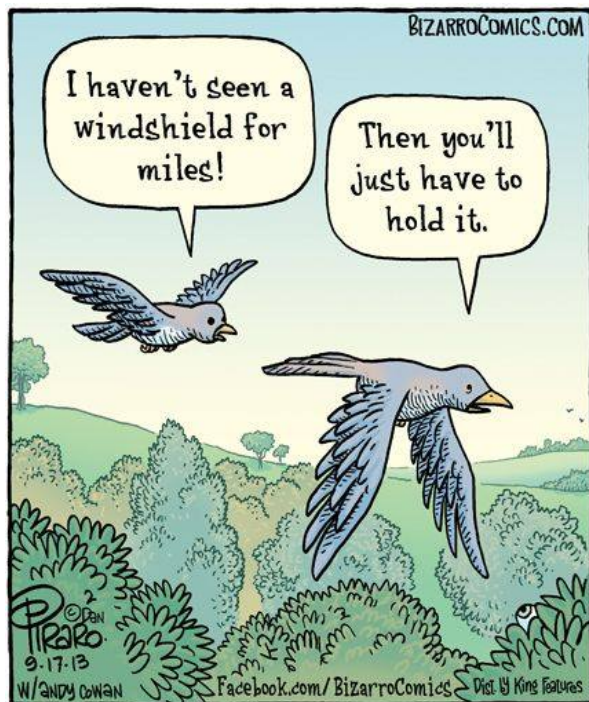
<https://fortune.com/well/article/the-u-s-is-battling-its-worst-flu-season-in-at-least-28-years-here-are-the-latest-symptoms-and-where-cases-are-skyrocketing/>

E. This Singular Habit Could Help You Wake Up With More Energy Every Day:

https://www.huffpost.com/entry/wake-up-same-time-every-day_l_677e82c8e4b018bc5a8fdc88?ncid=APPLENEWS00001

4. Joke 1

Birds say the darndest things.



5. Reviews

A. Cynthia and I both liked 2019's *Trial By Fire*, which we saw on Netflix. It's the true and awful story about a Texas man named Cameron Todd Willingham who was convicted of the arson-related triple homicide of his three very young daughters, who died in a home fire that he escaped. Willingham, a troubled man with a criminal record and violent tendencies (though never against his children), insisted that he didn't set the fire, and early forensic evidence wasn't conclusive; nonetheless, he was sent to death row. Jack O'Connell is excellent in the leading role, as is Laura Dern as the woman who fought on his behalf. Rated R.

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

B. We didn't especially like *Kinda Pregnant*, a new release now on Netflix. In fact, Cynthia only watched it for 15 minutes. I stuck with it for the whole film. The raunchy comedy is about a woman (Amy Schumer) who wants to settle down and start a family. But when her plans fall apart, she puts on a fake baby bump, tells a lie and accidentally falls for her dream guy. Somewhat surprisingly, the ending was quite funny. Rated R.

C. Book review:

Read *Lou's on First* by Chris Costello, the daughter of legendary comedian Lou Costello. The book offers a deeply personal and heartfelt look into the life of the beloved star. Through the lens of her own experiences and family memories, Chris paints a vivid portrait of Lou, providing readers with an intimate view of both the man behind the comedy and his tumultuous personal life. The biography explores his rise to fame with Abbott and Costello, his struggles with family dynamics, and the pressures of being a public figure. Chris's narrative balances humor and poignancy, capturing the essence of Lou's character and offering insight into the man who made millions laugh while battling his own challenges.

6. TV alert

A. *The White Lotus*, Season 3: HBO Max

Leslie Bibb, 50, Carrie Coon and Michelle Monaghan play old friends reunited on a girls' trip to Thailand, where a rugged guy with a chip on his shoulder (Walton Goggins, 53) vacations with his younger girlfriend (Aimee Lou Wood) and a rich businessman (Jason Isaacs, 61) and his wife (Parker Posey, 56) take their three kids on a sojourn that likely proves more memorable than they'd planned.

B. *Cobra Kai*, Season 6, Part 3: Netflix

All good things must end. And so it goes with this wonderfully nostalgic series. The sixth and final season of this beloved *Karate Kid* spinoff has allowed us to follow the students and senseis of warring dojos (Ralph Macchio, 63, and William Zabka, 59) as they square off one last time.

C. *Conclave*: Prime Video

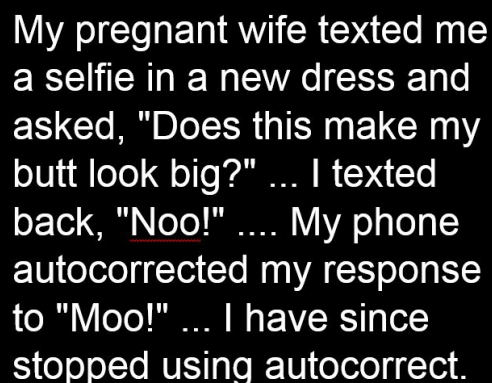
Ralph Fiennes ascends to the head of the best-actor Oscar line in Edward Berger's tense pontifical thriller that transfers the conflicts of *Succession* to the Vatican's private chambers. John Lithgow, Stanley Tucci and Isabella Rossellini also star.

D. *Broken Rage*: Prime Video

Famed Japanese actor-writer-director Takeshi Kitano, 78, returns in this characteristically offbeat film, which starts out as an action thriller about a hitman caught between the yakuza and the police, but then morphs into a comedy that follows the same story beats with a more parodic twist.

7. Joke 2

Can relate, in that I'm an enthusiastic typist but not a very akkkurate one.



My pregnant wife texted me a selfie in a new dress and asked, "Does this make my butt look big?" ... I texted back, "Noo!" My phone autocorrected my response to "Moo!" ... I have since stopped using autocorrect.

8. Clips/Websites

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

(1) Their recording of "Happy Together" proves it

(2) As you may know, I welcome clips of them and/or others singing this classic song. For example, this week, you can see Gigi Amal singing it by clicking:

<https://www.youtube.com/watch?v=uY9qok8liKs>.

Note: Feel free to submit your choices for greatest recording artists, music, etc. I'll try to run what you send me in in section 8C (below).

B. Video of the week

Frozen Med-ley [UMDSOM Med School Parody]:

<https://www.youtube.com/watch?v=kljuowMGCrA>

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

(1) Del Shannon, "Runaway," one of my favorites:

<https://www.youtube.com/watch?v=wSWMJxbj7c>

(2) Howard Smith Jr.:

<https://www.facebook.com/hs.smith.73/videos/1178252183823179>

(3) Neil Ratner Rock Doc: Dire Straits:

<https://www.facebook.com/neilratnerrockdoc/videos/1292479011975645>

(4) Thanks, Neil, for reminding me how great a song "Sultans of Swing" is. If your many fans and friends want to see this for themselves, they can do so by clicking:

<https://www.youtube.com/watch?v=h0fflJ7ZO4U>

(5) Doris Day - Que Sera Sera:

https://www.youtube.com/watch?v=xZbKHDPPrrc&list=PLDoNWpWHi2nlZ4qPu-GLuuK_3yms09OSz&index=25

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

What Would You Do? is one of my favorite TV shows.

You won't believe what people do when they think no one's watching! The hit hidden-camera series "What Would You Do?," hosted by ABC News' John Quiñones, returns to ABC on Wednesdays at 10 p.m. with episodes available the next day on Hulu. Quiñones welcomes the return of correspondent Sara Haines, co-host of "The View," as they observe how real people react when tricky situations and moral dilemmas arise in public settings.

For clips from past shows, click:

<https://www.youtube.com/channel/UCwdo8-3UrfZ9schPI0m4Ysg>

E. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<https://www.blaineworld.net/>.

9. Technology tip

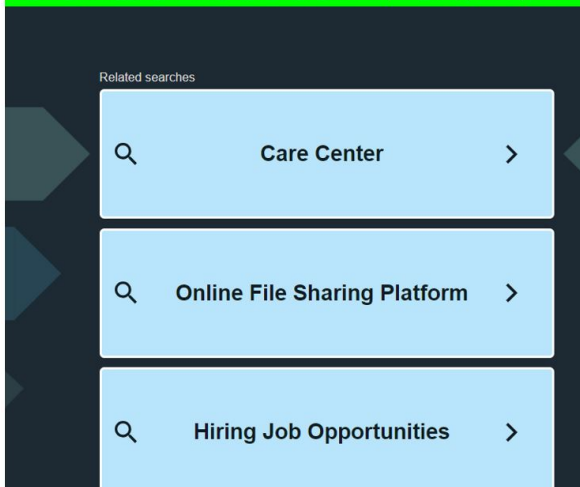
One easy way to tell if something is spam (or worse)

If you don't recognize the sender, copy his/her email address, then do a Google search on it. That's what I did recently when I got an email with this subject line: Shared (1) file waiting for you to review with Docu-Sign.

I wasn't expecting something, but because it could possibly have been important, I did a search on the email address it came from:

newhanoverabc@nhcabc.com.

When I looked up "nhcabc.com", I came up with a phony offer from a Domain Broker Service, offering to sell me the domain name. See below.



10. Joke 3

If you're like me, and you celebrate all holidays (more food, friends and fun what way), HAPPY VALENTINE'S DAY!

And to get you in the mood, I thought you'd like to read what happened to my friend last year.

Harry walked into a post office just before the holiday. He couldn't help noticing a middle-aged, balding man who was sticking "Love" stamps on bright pink envelopes with hearts all over them. Then the man got out a bottle of Channel perfume from his pocket and started spraying scent over the envelopes.

By now Harry's curiosity had gotten the better of him, and so he asked the guy why he was sending all those cards.

The man replied, "I'm sending out 500 Valentine cards signed, 'Guess who?'"

"But why?" asked Harry.

"I'm a divorce lawyer," the guy replied.

(Thanks, Gayle Barsky Rosen, for sharing.)



11. Two quotes I like

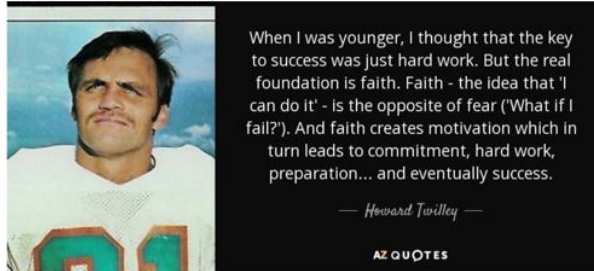
A. Top: Thanks, Howard Twilley (1943-2025), for your career as a wide receiver for the Miami Dolphins of the American Football League and National Football League from 1966 to 1976. He was inducted into the

the American Football League and National Football League from 1966 to 1979. He was inducted into the College Football Hall of Fame in 1992. For more information about his life, click:

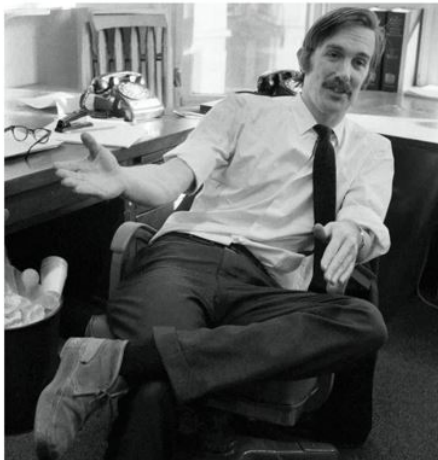
<https://apnews.com/article/obituary-howard-twilley-dolphins-170313dba0bd11ed95163c219cee77e8>.

B. Bottom: Thanks, Christopher Jencks (1936-2025), for your career as an American social scientist. His career included was a professor at Harvard University and editor as The New Republic. For more information about hi life, click:

<https://www.hks.harvard.edu/faculty-research/policy-topics/social-policy/giant-his-field-and-caring-mentor-christopher-sandy>.



"Most people assume that low benefits just force recipients to live frugally. But low benefits have another, more sinister effect that neither conservatives nor liberals like to acknowledge: they force most welfare recipients to lie and cheat in order to survive."—Christopher Jencks



12. Thought for the day

The power of positive thinking
by Rick Rouse

The late minister and best-selling author Norman Vincent Peale wrote one of the most-read inspirational books of all time. The Power of Positive Thinking was an instant best-seller, and it's still quite popular many decades after it was first published.

In a nutshell, the primary message from this powerful book is how one's state of mind can direct and shape the reality of a person's life.

For the rest of this informative article, click:

https://livingandlovinglife.substack.com/p/the-power-of-positive-thinking?utm_source=substack&publication_id=2816561&post_id=157200283&utm_medium=email&utm_content=share&utm_campaign=email-share&triggerShare=true&isFreemail=true&r=5mv1t&triedRedirect=true.





PS. Make it a great week!

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