

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](#).

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#1329  
3.7.2022

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## 1. Reflections

A. Cynthia, my beautiful bride, and I saw "The New Classics Cabaret" at HART. ... You'll be blown away by the music stylings of Morgan Miller, Dillon Giles, Candice Dickinson, Adam Kampouris, Heather Bronson, Mark Jones, Clara Ray Burrus and Ben Mackel, as well as by the performances of David Bruce on drums and Alex Baker on piano. ... Candice deserves special recognition for both coming up with the concept for the show and her taut direction. And I'd be remiss if I also didn't mention the excellent sound mixing from Nicole Sumpter and Yvette Keel's music direction.



B. We then went to downtown Waynesville for dinner at Birchwood Hall. The food there is always tasty and yes, we had that eatery's mouth-watering banana pudding for dessert.



C. I joined friends friends Mark Tuomenoksa, Sarah Kohrs, Bob Hinkle, Melissa McCormick and BJ Leiderman for a delicious lunch at The Local Joint.



D. From there, we all went back to Mark's home where I recorded a Facebook Live edition of my BLAINESWORLD show. You can view both the show and several amazing songs by clicking: [Here](#).



E. Please catch this week's BLAINESWORLD show by clicking: [Here](#). ... Guests: (First half) Simcha Weinstein - Director of Marketing, Mother Earth Food; and (Second half) Patricia (Trisha) Gallagher – Kindness Author/Entrepreneur, The Happy Flower Day Project.



G. Congratulations to William Marshall on his new jobs as Individual and Couples Counselor at Counseling Near Me. .

H. Announcing this week's ...

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

G. It goes to Generac, manufacturers of the generator we just had installed. ... And just in time, too, in that a few days after the installation, electricity in the area went off for several hours but NOT at our home. That was soooo cool.

Special thanks to Debbi Mathis for advising me to check out Lowe's to buy this fine product and then to Sharon Lewis for guiding me through both the purchase and installation.



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## 2. Invites

A. Still time to enter ...

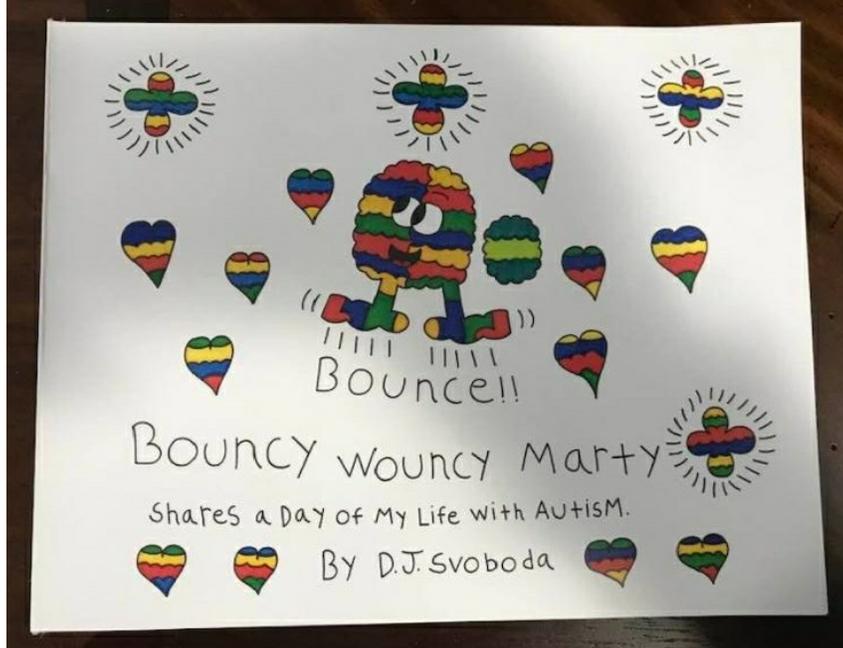
**\*\*\*\*\* CONTEST 5 \*\*\*\*\***

One lucky reader will win a copy of **BOUNCY WOUNCY MARTY SHARES A DAY OF MY LIFE WITH AUTISM** by D.J. Svoboda.

This informative book was written by my amazing friend D.J. He was diagnosed at the age of 3 with Autism Spectrum Disorder with psychomotor retardation, which includes speech delays and issues with his fine motor skills. Today, he is a dynamic motivational speaker, artist and author.

If you have autism or know somebody who does, you'll love this book!

To enter the contest, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put CONTEST 5 in the subject line. In the body of your email, include both your name and mailing address. All entries must be received on or before 9 p.m. on Monday, March 14.



B. Want to be a guest on my radio/Facebook Live show? If you have news you'd like to share and/or a story to tell, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put GUEST in the subject line. In the body of the email, include both your name and phone number.

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

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 evenings.

C. 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 follow the instructions when you click: [Here](#).

D. Come join Cynthia for the two courses she'll be teaching for Arms Around ASD this week via Zoom: Meditation on Monday and Move Your Body on Wednesday. To attend these and/or any of the other courses, scroll down to Calendar when you click: [Here](#).

Note: For others, see Sect.13 (at the bottom of this issue).

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### 3. FYI

Note: When you click any of the following articles, you may see an ad. Click the ad (in the upper right hand), and you should be able to read the article. If you can't, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put NAME OF THE ARTICLE (you saw the link) in the subject line, and I'll be glad to send to send it to you.

I Have to Believe This Book Cured My Pain  
by June DeMelo

Every time someone tells me their back's been giving them trouble, I lower my voice before launching into my spiel: "I swear I'm not woo-woo, but ..."

Let me rewind a bit. For more than a decade, I had a near-constant throbbing in my left piriformis, a small muscle deep in the butt. I tried treating it with physical therapy, ultrasound and Botox injections. At one point, I even considered surgery to cut the muscle in half in order to decompress the sciatic nerve that runs underneath.

Then, in 2011, I picked up a library copy of the 1991 best seller "Healing Back Pain: The Mind-Body

Connection.” It claimed that, in order to distract the sufferer from repressed anxiety, anger or feelings of inferiority, the brain creates pain in the neck, shoulders, back and butt by decreasing blood flow to the muscles and nerves.

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

FYI The above book was written by Dr. John Sarno. It had a profound effect on my life. If you'd like to find out about my story, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put SARNO in the subject line.

## **FYI, part 2**

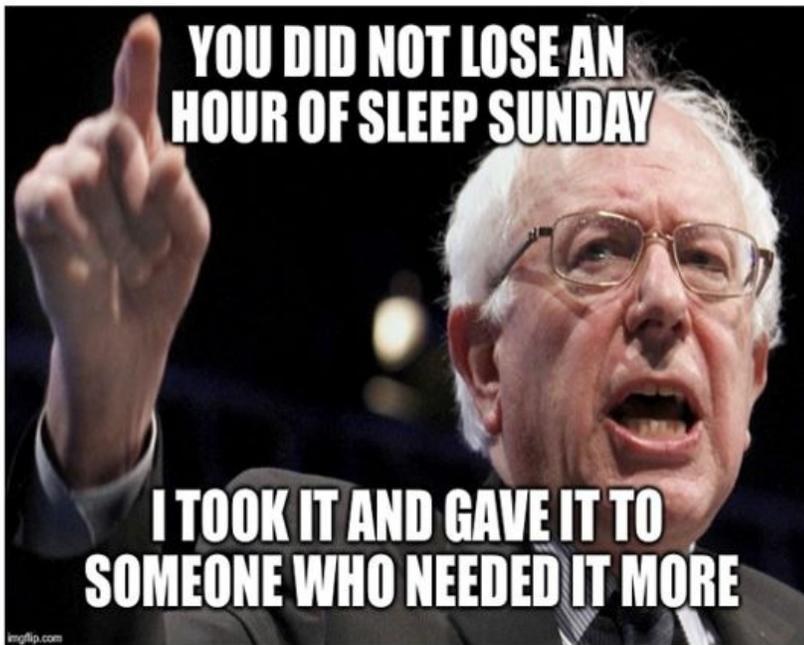
To read the following articles, please click: [Here](#).

A. Need Help in a Hospital? Call a Patient Advocate. B. How to Negotiate Your Rent (Which Is Probably Going Up). C. How Walking Can Build Up the Brain. D. New Jobs for Burned-Out Teachers Mean Learning the Rules of the Corporate World.

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## **4. Joke 1**

In case you were wondering today, listen to Bernie about what REALLY happened ...



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## **5. Reviews**

A. Cynthia and I liked going out to see to the Biltmore Grande to see TYSON'S RUN, a drama about a 15-year-old boy with autism who attends public school for the first time. After being bullied, he takes up running and trains to enter his city's marathon.

I liked the work of Major Dodson in the leading role and was impressed by the fact that is on the autism spectrum. To read more about him, click: [Here](#).

Performances from Amy Smart, Barkhad Abdl, Rory Cohcrane and Reno Wilson were also quite good.

The only thing wrong with the film was that it just wasn't believable that the Tyson character would be able to

be so successful after a few months of training. Rated PG.

B. We also liked TALL GIRL 2 on Netflix, a romantic comedy about a girl having to deal with her newfound popularity. I especially liked the backstory involving the girl's gaining the starring role in her school's production of BYE BYE BIRDIE. ... Ava Michelle and Griffin Gluck were fine in the leading role, but Steve Zahn (usually one of my favorite actors) had too little to do in his various scenes. Rated PG.

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## 6. TV alert

A. INVENTING ANNA: Now on Netflix (9 1-hour episodes)

Anna Chlumsky and Julia Garner star in the remarkable tale of a real-life con artist who reinvented herself as an heiress to steal the hearts--and the money--of the in-crowd. Cynthia and I both liked it a lot, and we recommend it strongly.

B. MR. MAYOR: Season 2 premiere on Tues., March 15, at 8:30 p.m. on NBC

Ted Danson returns as the clueless Los Angeles mayor in this sitcom that had an amusing Season 1.

C. MOVIES FOR GROWNUPS AWARDS WITH AARP THE MAGAZINE: Fri., March 18, at 9 p.m. on PBS  
(check local listings: [Here](#))

Alan Cummings hosts the 20th anniversary special, celebrating 2021's best films and TV for the 50-plus crowd.

D. THE MANY SAINTS OF NEWARK: Sat., March 19, at 8 p.m. on HBO

This prequel tells the tale of the making of Tony Spornano--played by series star James Gandolfini's son Michael--who is taken under the wing of his loving but hop tempered uncle. TV GUIDE called it a "Movie Pick" of the week.

E. STEP INTO ... THE MOVIES WITH DEREK AND JULIANNE HOUGH: Sunday, March 20, at 10 p.m. on ABC

The DANCING WITH THE STARS siblings re-create iconic cinematic numbers with a modern-day spin.

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## 7. Joke 2

To quote Sgt. Phil Esterhaus (played by Michael Conrad in HILL STREET BLUES), "Let's be careful out there."



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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 the Reo Brothers: [Here](#).

B. Video of the week

Thanks, Janet Zofchak, for sharing:

90-year-old woman walks onto the dance floor but no one expected this: [Here](#).

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

(1) Nancy Sinatra - These Boots Are Made For Walkin', one of my all-time favorites: [Here](#).

(2) Neil Ratner Rock Doc: Rock Doc Live: Deja Vu CSNY: [Here](#)/

(3) Note: To listen to the entire Crosby, Stills, Nash & Young album (mentioned above), click: [Here](#).

(4) Howard Smith: Hymns (3.13.2022): [Here](#).

(5) In 2006, Volodymyr Zelenskyy Won Ukraine's Version Of 'Dancing With The Stars': [Here](#).

(6) Right on Time: Brandi Carlile (Official music video): [Here](#).

(7) Paul Marks: Love exemplified: [Here](#).

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

Looking for new music to spice up your playlists? Take a look at Taste Drive to see which similar artists match up with your current favorites. To do so, click: [Here](#).

You can also use it to get personalized suggestions for movies, TV shows, books, authors, games and even podcasts.

This is a very cool site. I had to check it out myself, so naturally, I tried The Turtles. And got similar music from The Mamas & The Papas, The 5th Dimension and The Dave Clark Five, among others.

What's especially cool is the fact that you can then click to an accompanying YouTube clip. So I tried it for another group called The Marmalade and came up with this song that can be found: [Here](#).

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

How to Block Spam Calls and Text Messages

by Simon Hill

Life is busy enough without wasting time on spammers, scammers, and telemarketers. Whether you are suffering insistent injury lawyers, fraudulent IT specialists, or a drunk-dialing ex, there is a way to stop the calls and messages. The major carriers and phone manufacturers have upped their game against unwanted calls and messages in recent years, so let's look at how you can effectively block them.

We also have guides on how to avoid spam with disposable contact info, guard against smishing attacks, and avoid phishing scams.

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

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## 10. Joke 3

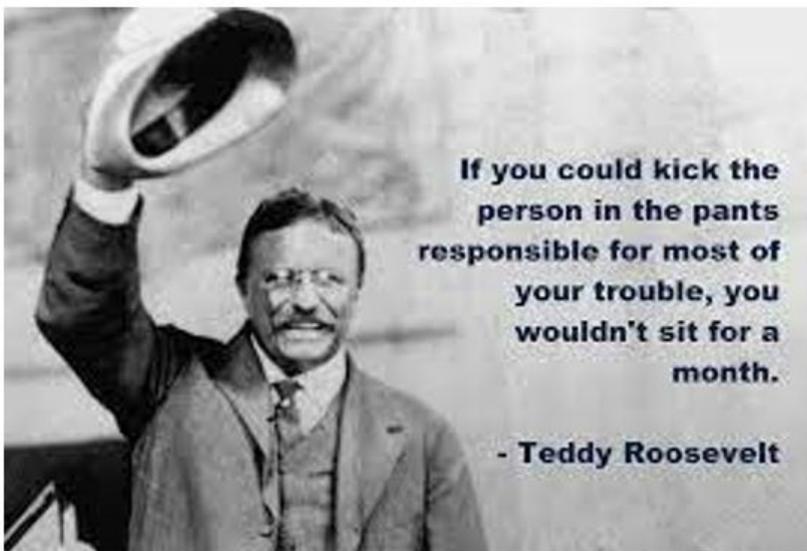
Now y'all know the secret to my success!

**I always  
learn from  
the mistakes  
of others  
who took my  
advice.**

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### 11. A quote I like

Theodore "Teddy" Roosevelt (1858-1919) was an American politician, statesman, conservationist, naturalist, historian and writer who served as the 26th president of the United States from 1901 to 1909.



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### 12. Thought for the day

Life without friends is impossible. (Thanks, Jonathan Berg, for sharing.)



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### 13. Advance planning department

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

A. At HART: ANN; THE ANN RICHARDS STORY. B. Mike Yow: EDDIE & THE LIZARD MAN. C. Chuck Fink: 1st episode of our podcast, "In Love with the Fink's." D. Claire Daniel: NO MORE WAITING. E. Steve Canyon Rangers' FREE FOR ALL.

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

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