

Note: You're reading BLAINESWORLD, a weekly blog published by Blaine Greenfield. It contains some jokes, hopefully, not toooo risqué (typically in Sections 3, 6 and 9); reviews of shows, movies and books; quotes, etc. ... Please feel free to share it with your friends. ... 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](#).

#1277
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1. Reflections

A. Cynthia, my beautiful bride, and I:

(1) Continued to hunker down in Week 52 of the corona pandemic. Fortunately, we were able to check out Jack the Dipper Ice Cream in Fletcher. it was the first time we had been there together, but it won't be the last. We enjoyed both the many toppings and friendly service.

Correction: Somehow, I've been off in my counting of the pandemic weeks. I said last week was Week 49 when, in reality, it should have been Week 51. I figured this out when I realized that as of this coming week, we'll be in this mess for over a year. With the vaccine now out (we get our second shot in two weeks), things will finally start turning around for the country. Let's hope!



(2) We enjoyed an out door visit with our friends Tom and Marcy Gallagher.



B. During the week, I:

(1) Heard an excellent Zoom presentation from David Riddell of Big Frog Custom T-Shirts on the topic of Relationship Marketing. I especially liked his advice to be the first to arrive and the last to leave any meeting. And when there, see what you can do to help others (as opposed to just distributing your business cards).



(2) Got a kick out of seeing that I was included in Letters From Home's 10-year anniversary 2021 calendar.



C. Cynthia was delighted to be visited by her friend Walalela Dobroski and her oh-so-cute dog Salnina.



D. Catch this week's BLAINESWORLD show by clicking: [Here](#). Guests: (first half) Alan Muskat, CEO, No Taste Like Home and (second half): Brad Basch, Doctor of Physical Therapy (DPT), The Jaw Therapist.



E. Condolences to John Rosella and family on the passing of John's brother Anthony.

F. Congratulations to:

(1) BJ Leiderman and Melissa McCormick on their marriage.

(2) Jesse Barry and Jonathan Lloyd on their engagement..

(3) Kay Wise-Denty, winner of Contest #5: a copy of UNTIE THE STRONG WOMAN: BLESSED MOTHER'S IMMACULATE LOVE FOR THE WILD SOUL by Clarissa Pinkola.

All told, there were five entries. And that reminds me that is now time to announce ...

***** CONTEST #6 *****

One lucky winner will win a copy of STRENGTHS FINDER 2.0 by Tom Rath. According to one Amazon reviewer,

This book is quite simplistic and valuable. When I returned to college as an adult this book was a requirement

in one of my business classes. It really does nothing but have you go on line and answer a survey that takes very little time and based on your answers comes back to your five greatest strengths. The book is so incredibly accurate that based on one of my strengths it told me I am probably the type of person who collects baseball cards, which I have done for over 40 years. There wasn't a single question about cards in the survey. My wife and I have since bought each of our children one so that they could take the survey before they finished high school in hopes that it might help steer them towards a career that although they might not know it could be something they are actually quite interested in and could do quite well.

To enter this contest. Send an email to: bginbc@aol.com and put CONTEST #6 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 Monday, March 22.

G. Reminders:

(1) 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](#).

(2) 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](#).

(3) Leadership Asheville was one my best experiences I've had since moving to Asheville. To quote from the organization's website:

The primary aim of the Leadership Asheville Program is to strengthen participants' knowledge of, commitment to, and involvement in collaborative community leadership. The program is designed to develop, connect, and engage citizens from cross-sectors of the community, including business, nonprofit, education, and government.

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

And just so you know, I would be glad to answer any questions you may have and/or nominate you for the 2021-2022 class. If you want to know more, please send an email to: bginbc@aol.com and put LEADERSHIP ASHEVILLE in the subject line.

H. Announcing this week's ...

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

This week, it goes to a product called Trace Minerals Electrolyte Stamina Power Pak.

I have been using them for quite some time and as a result, I rarely come down with a cold. And the few times that I did, I take an extra pak and feel better within a day.

To quote from the Amazon website:

Why Power Pak?

These nutrients will help you maintain proper fluid balance to reduce muscle cramps, optimize energy levels, and protect your immune system so you can function at your best. So play harder, endure longer and feel replenished with Electrolyte Stamina Power Pak.

Provides 18 Vitamins and Minerals

Antioxidants - Vitamin C, Selenium, Zinc, and Manganese are powerful antioxidants that support and protect your immune system and help seek out and destroy roaming free radicals. B Vitamins – Help maintain energy and support metabolism.

Electrolytes – Potassium, Sodium, Calcium, and Magnesium are essential electrolytes that help your body maintain hydration, prevent muscle cramps, and maintain energy and stamina. It also includes an electrolyte concentrate of full spectrum trace minerals from seawater.

In addition, I enjoy the various flavors. For more information, please click: [Here](#).

2. FYI

Over 3 Million People Took This Course on Happiness. Here's What Some Learned.

by Molly Oswaks

The Yale happiness class, formally known as Psyc 157: Psychology and the Good Life, is one of the most popular classes to be offered in the university's 320-year history.

The class was only ever taught in-person once, during the spring 2018 semester, as a 1,200-person lecture course in the largest space on campus.

That March, a free 10-week version made available to the public via Coursera, titled "the Science of Well-Being," also became instantly popular, attracting hundreds of thousands of online learners. But when lockdowns began last March, two full years later, the enrollment numbers skyrocketed. To date, over 3.3 million people have signed up, according to the website.

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

FYI, part 2

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

A. Some Broadway Producers Expect Reopenings of Theaters in Fall. B. Sorry About Your Sleep. C. The City Where Cars Are Not Welcome.

3. Joke 1

The things you learn online! (Thanks, Bill Lewis, for posting.)



4. Reviews

A. I saw COMING 2 AMERICA on Amazon Prime, a belated sequel to the much funnier COMING TO AMERICA. Eddie Murphy, Arsenio Hall and the others in the cast have a few funny moments, but not nearly enough of them to make this film worth seeing. Rated PG-13.

B. Much, much better is BALL OF COMEDY, a screwball comedy from 1941 that starred Gary Cooper and Barbara Stanwyck in a funny twist on the Snow White story. You'll get a kick out of Cooper when he says, "I've gone goofy, completely goofy" chaos of slang in the film overwhelms his orderly vocabulary. If you can, find this one on TCM or elsewhere if you can.

C. Mike Martinelli: You need to watch I Care A Lot on Netflix. Wonderful movie. ***1.2.

D. Read IS THIS ANYTHING? (Simon & Schuster) by Jerry Seinfeld, the famous comedian's first book in 25 years. It is a collection of almost every everything he has written since he began his career as a 21-year-old college student in the fall of 1975. ... Some of the material is very funny, especially it seems the stuff in the beginning. But about halfway through, I pretty much stopped laughing--and I'm a big Seinfeld fan. ... I was also disappointed that there was very little information on how he came up with his jokes, a topic I would have found very interesting.

Note: Here's one bit that I did find funny:

Dad's Thermostat

And here's one more tidbit for you:

You can't beat Adult Power.

Unlimited television.

Cookies any time you want.

Plus you can go home at night and screw around with that thermostat all you like.

We are in rage of it now.

My father got me crazy with that thing.

I didn't go near a thermostat until I was 28 years old.

I was in a hotel room in Pittsburgh when I finally got up the guts to move it a little bit.

The whole night I couldn't sleep.

I was afraid my father was going to burst in the door.

"Who touch the thermostat in here?

You know, I set it there ... for a reason."

For years, I waited for my father to take me aside.

And explain to me the secret of the thermostat.

And then one day he did sit me down,

told me this whole story--

The sperm the egg, intercourse.

I said, "Dad, who care?

Get to the part where the thermostat comes in,

What does it really control?"

A. Thanks, Brian Biro, for recommending ANNE WITH AN E on Netflix. This series is the lovely story of Anne Shirley, an imaginative, strong-willed orphan who transforms the lives of those she encounters after being sent to live with elderly siblings on Prince Edward Island in 1890. Cynthia and I are halfway through it--and we're loving it. We also recommend it highly.

B. We recently finished LAST TANGO IN HALIFAX, also on Netflix. This romantic comedy involves Alan Buttershaw and Celia Dawson, two 70-something widowed people. After their respective grandsons put their profiles on a popular social-networking site, the two rediscover feelings for each other similar to the ones they had many decades earlier as teenagers. Seasons 1-3 were fabulous. Then there was a delay, in filming, of several years before they brought the show back for a Season 4. That one was watchable, but disappointed given what had preceded it.

C. AUDREY is now available on Netflix. TV GUIDE calls it a "thoughtful documentary" about actor Audrey Hepburn.

D. FLOAT LIKE A BUTTERFLY on Amazon Prime is the story of a woman in rural Island who loves to box and is determined to make her ex-convict father proud, but she soon comes to realize he's got other plans for her.

E. Honor Moor: I'm a huge fan of tough love coach stories. "Last Chance U Basket Ball" is a gritty and good story so far about a great coach on the community college level in East LA. This man's passion and dedication to these boys is something else. (Streaming on Netflix.) Yes, it can be a bit slow in places but I kind of like the less slick quality of this series. It feels like the community college underdogs...the kids who truly have just one last chance. This coach talks about the truth of their thin window of opportunity. He's from East LA and played for the same school. Great documentary series if you love basketball and you love a story about a great coach.

6. Joke 2

To join me, please click: [Here](#). (Thanks, Ed Nasta, for sharing.)

At any given time, the urge to sing "The lion sleeps tonight" is just a whim away a whim away, a whim away, a whim away.



7. 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 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 violin version from Claudia Peligrini, my amazingly talented friend: [Here](#).

B. Video of the week

You're in for a treat when you view my friend Elsten Torres' latest song, "This is you, This is Me" by clicking: [Here](#).

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

(1) THE DRIFTERS - "PLEASE STAY" (1961), one of my all-time favorites: [Here](#).

(2) Howard Smith: Sunday music: [Here](#).

(3) Gordon Pendarvis: We're Still Here: [Here](#).

(4) Denise Frey: Traditional Irish Dance in Galway City, Ireland: [Here](#).

(5) Aaron Ybarra: Digital church: [Here](#).

D. Here's a website that you might want to check out: Canva. Everyone can create professional designs it. Best of all, it's easy to use and free. And it will help you with presentations, Facebook posts, posters, etc. ... To get started, please click: [Here](#).

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

See below for yours truly (on the left with my brother Ken) in my baseball glory days. If you'd also like to colorize old black-and-white pictures, you can do so by clicking: [Here](#).



9. Joke 3

A woman on her deathbed called her husband and instructed him to look under their bed and open the shoebox that was there. He was puzzled by the 3 empty beer bottles and \$23,500 in cash he found, so he asked his wife what the bottles were for. ... "Oh those", she replied. "You were on the road so much and, at times, I got lonely. So whenever I had an affair, I put a beer bottle under the bed to remind myself not to do it again." ... The husband was disappointed, but he loved his wife dearly. And he thought that 3 times wasn't so bad, given the fact that they had been married nearly 50 years. Then he asked, "But what about the \$23,500?" ... "Oh that", she replied. "Every time I got a dozen, I sold them."



10. A quote I like

Thanks, Roger Mudd (1928-2021), for your distinguished career as a broadcast journalist with CBS, NBC and The History Channel. For more information about his life, please click: [Here](#).



No matter what name we give it or how we judge it, a candidate's character is central to political reporting because it is central to a citizen's decision in voting.

— Roger Mudd —

AZ QUOTES

11. Thought for the day

Lest you forget ... March 8 is International Women's Day. (Thanks, Jon Berg, for sharing.)



12. Advance planning department

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

A. Jeanie Linders: THE CENTER FOR ART & ENTERTAINMENT SCHEDULED TO "SAFE OPEN." B. Victoria Lamberth: The Montford Park Players announces open auditions for Grimm's Fairy Tales. C. Jason Scholder: Guidon Brewing Comedy Night 12. D. Mike Yow: THE WEIR at The Hickory Community Theatre. E. Katie Jones: Don't miss Playing With Our Food!

PS. Make it a great week!

