

Note: Please excuse the lateness of this week's blog. But because I was involved in so attending so many shows, doing webcasts and participating in other activities, it was not possible to get it to you by early Sunday afternoon. ... And consequently, I've also reached a decision that will take place starting with the issue you're reading. I will now do my best to get this and future issues to you on or before Sunday nights at 10 p.m. ... Thanks for your understanding.

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#1438

3.25.2024

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## 1. Reflections

A. Cynthia, my beautiful bride, and I got to visit Dickey's on Hendersonville Road that's now under new management. The food was as good as ever, and we were impressed with the service we received from the manager (Trevor).



B. Here's a guarantee: You'll never see a family like the one in *SORDID LIVES*, the black comedy now at Hendersonville Theatre through March 30. Throw in some loopy community members, and the result is a show that will have you laughing from start to finish.

Kudos to Guillermo Jemmott, Jr. for his spot on direction. He manages to let all members of the talented

ensemble cast shine every time they are on stage. I'd be remiss if I left out any actor, so here's the complete list: Tate Albert, River Spade, Tiffanie Boone, Brenda Craig, Alexandra Culotta, Jonathan Forrester, Denise Lockett, Josh Luria, Sabrina Rock, Sean Smith, Jorja Ursin and Beth Vachon.

For tickets, click: [Here](#).



C. Over the past few weeks, I hosted six separate BLAINESWORLD webcasts.

Space limitations prevented me from running them last week. What follows are all of them.

To find out how to watch and/or listen to them, click: [Here](#) on the indicated date.

(1) Top: 3.4.2024 - Edwin Arnaudin and James Rosario, movie critics, discuss the 2024 Oscars

(2) Middle: 3.5.2024 - Dr. Henry Zaremba--Lead Clinician, Apex Brain Centers

(3) Bottom: 3.6.2024 - Jason Williams, Josh Luria and Trinity Keel discuss SILENT SKY

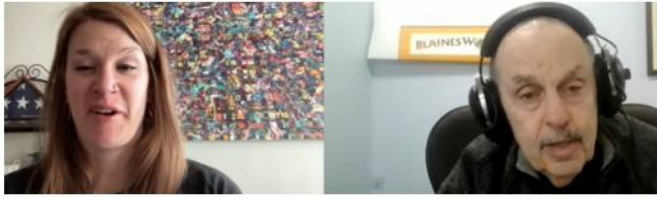


D. And here are the other three:

(1) Top: 3.13.2024 - Geoff Woliner--Founder & CEO, Daily Stuffing & Winning Wit

(2) Middle: 3.20.2024 - Michele Tate--Service Dog Instructor, Warrior Canine Connection

(3) Bottom: 3.21.2024 - Mark Lieberman, faculty member at Osher Life Learning Institute at UNC Asheville, who discusses the First Amendment



E. Announcing this week's ...

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

It goes to Green Gobbler Main Line Opener & Toilet Clog Remover--an excellent product that we've used ever since we moved to Fairview a few years ago.

This was the first time we had ever owned a home that used a septic date. To keep it working properly, we were told to use Green Gobbler on a regular basis. And we have done so .... or make that ... Cynthia has done so.

Recently, two of our bathroom sinks had stopped working properly. So we used the aforementioned product on them and over night, all was back to normal.

We were impressed, and we think you will be too.

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



## 2. Invites

A. Please come to either of these two Marketing seminars I'm conducting for Asheville SCORE.

Learn all about marketing yourself and/or your business.

The first is at 6 p.m. in Madison on Thursday, March 28: [Here](#).

The other is at 9 a.m. in Enka on Saturday, April 6: [Here](#).

There is no charge to attend, but you need to pre-register.

Note: All those in attendance will learn the difference between a right- and left-handed pencil. And one person at each seminar will have the chance to win \$500!

**YOU'RE INVITED FOR A CHANCE TO WIN \$500 (SEE ABOVE)**



B. Reminder about ...

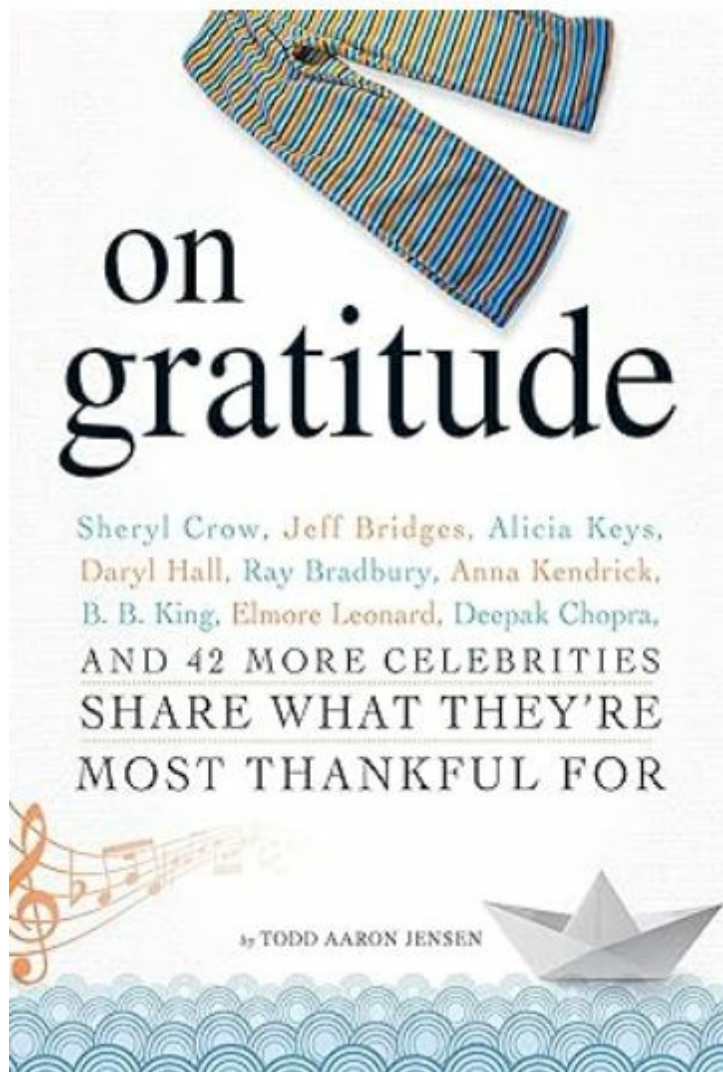
**\*\*\*\*\* CONTEST #4 \*\*\*\*\***

One lucky reader will win a copy of ON GRATITUDE: SHERYL CROW, JEFF BRIDGES, ALICIA KEYS, DARYL HALL, RAY BRADBURY, ANNA KENDRICK, B.B. KING, ELMORE LEONARD, DEEPAK CHOPRA, AND 42 MORE CELEBRITIES SHARE WHAT THEY'RE MOST THANKFUL FOR by Todd Aaron Jensen.

To quote one Amazon reviewer:

I have read the entire book and I thoroughly enjoyed the book. I was totally surprised that most of these celebrities are grateful for some of the same things in life that I am most grateful for. Deepak Chopra said "Give up being right!" I enjoyed Ben Kingsley's statement "Life is richer when you are not playing who you are but being who you are". I also got a chuckle from Ricky Gervais showing up at the White House wearing his pajamas - because I went to work in my pajama tops on occasion. But what says it all for me - is Francis Ford Coppola stating "It is nice to have your life be a good story."

To enter the contest, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put CONTEST #4 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, April 1, 2024.



C. 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](#)

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: [Here](#).

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: [Here](#).

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### 3. FYI

A. Andy Borowitz Relaunching The Borowitz Report on Substack

Just a few months after parting ways with The New Yorker, the satirist is planning a newsletter, live chats and perhaps even a podcast.

To read the article, click: [Here](#).

Note: To subscribe to his missive, and I strongly recommend that you do, click: [Here](#).

(Thanks, Jean Dolan, for putting this on my radar screen.)

B. I've lost a lot of weight over the past few years. Now with all the news about weight loss drugs, people are asking me if I am taking them. Actually I have been using the two oldest ones out there. ... I drug myself to the gym 5 days a week and I drug myself away from the table at meal time.

(Thanks, John Worthington, for sharing.)

I had to check this out for myself and found out from John, a friend of mine, who wrote me that he has lost "all told 74 pounds and counting. I was 226 in 2021 and am 152 as of [a recent] Saturday."

C. This Is The Biggest Cause Of Premature Aging, According To A World-Renowned Doctor

What do you think is the biggest cause of premature aging? Chances are you didn't come up with "insulin resistance" when pondering this question.

To read article, click: [Here](#).

D. Why walking backwards can be good for your health and brain

During the 19th Century, the activity of "retro-walking" was little more than an eccentric hobby, but today research is revealing it can have real benefits for your health and brain.

To read article, click: [Here](#).

(Thanks, Cynthia Greenfield, for sharing.)

E. The most common career regret--and how to avoid it

New research suggests a common theme among top career-related regrets.

To read article, click: [Here](#).

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#### 4. Joke 1

Today's history lesson ...



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## 5. Reviews

A. Cynthia and I both liked *ARTHUR THE KING*, a touching drama that's now out in local theaters. Over the course of ten days and 435 miles, an unbreakable bond is forged between pro adventure racer Michael Light (Mark Wahlberg) and a scrappy street dog companion dubbed Arthur. Based on an incredible true story, *ARTHUR THE KING* follows Light, desperate for one last chance to win, as he convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship in the Dominican Republic. Rated PG-13.

B. We both liked *PALMER*, a film that we saw on Apple TV+. It is a heartwarming, enlightening, emotionally compelling story of redemption and self-acceptance. Justin Timberlake is outstanding in the leading. Ryder Allen also shines at a neighbor's kid that he befriends. Rated R.

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## 6. TV alert

A. *SHIRLEY*: Now on Netflix

Oscar winner Regina King has generated plenty of advance buzz for her role as Shirley Chisholm, the first Black woman elected to the U.S. Congress. The movie focuses on Chisholm's historic long-shot bid for the presidency in 1972.

Note: As you may know, Chisolm's quote is one of my all-time favorites: "Service is the rent we pay for the privilege of living on this earth."

B. *ROAD HOUSE*: Now on Prime Video

Director Doug Liman (*The Bourne Identity*), gives us a flashy update of *Road House*, the 1989 Patrick Swayze guilty pleasure about a bare-knuckle bouncer who's "nice until it's time to not be nice." This time around, Jake Gyllenhaal stars as a lethal loner haunted by tragedy from his UFC past.

C. *A STAR IS BORN*: Sat., March 30, at 8 p.m. on HBO

Seasoned musician Jackson Maine discovers--and falls in love with--struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. Bradley Cooper and Lady Gaga both shine in a 2018 remake that you'll love.

D. *PARISH*: Season premiere on Sun., March 31, at 10 p.m. on AMC



This drama follows a taxi driver whose life is turned upside down when he agrees to pick-up a Zimbabwean gangster mostly known for exploiting undocumented immigrants at the U.S. southern ports. It stars BREAKING BAD'S Giancarlo Esposito.

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## 7. Joke 2

I'd definitely want to check out this place, if for no other reason than to meet the heads of both its marketing and art departments.



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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 today, please view this 2019 cover featuring yours truly: [Here](#).

B. Video of the week

You've Gotta Love Millennials - Micah Tyler: [Here](#). (Thanks, Jonathan Berg, for sharing.)

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

(1) Donna Summer - Last Dance, one of my all-time favorites: [Here](#).

(2) Howard Smith: Hymns (3.24.2024): [Here](#).

(3) Neil Ratner Rock Doc: John Sebastian: [Here](#).

(4) And here's Sebastian singing "Darlin' Be Home Soon" on The Ed Sullivan Show: [Here](#).

(5) Elle & The Pocket Belles - Never Wanna Say Goodbye: [Here](#). (Thanks, Jonathan Berg, for sharing.)

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

In January 2006 in New York, the patient of a well-known psychiatrist draws the face of a man that has been repeatedly appearing in her dreams. In more than one occasion that man has given her advice on her private life. The woman swears she has never met the man in her life.

That portrait lies forgotten on the psychiatrist's desk for a few days until one day another patient recognizes

that face and says that the man has often visited him in his dreams. He also claims he has never seen that man in his waking life.

The psychiatrist decides to send the portrait to some of his colleagues that have patients with recurrent dreams. Within a few months, four patients recognize the man as a frequent presence in their own dreams. All the patients refer to him as THIS MAN.

To see This Man website, click: [Here](#).

Note: Nichols Cage was just in a movie, DREAM SCENARIO, that will remind you of this website. I didn't love the movie, but thought it cool that I have see this website.

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: <https://www.facebook.com/blainegreenfield/>.

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## 9. Technology tip

Open the task manager directly If you want to bypass the interrupt that happens when pressing Ctrl + Alt + Del and jump right to the task manager, hitting Ctrl + Shift + Esc will launch it directly.

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## 10. Joke 3

Spring is in the air ... the trees already have buds on them! (Thanks, Elaine Lea Goldstein Bilk, for sharing.)



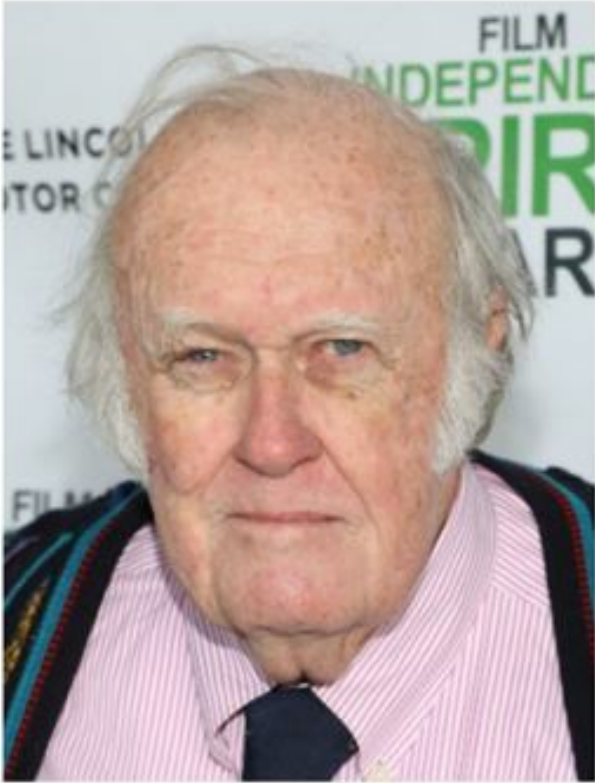
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## 11. Two quotes I like

A. Top: Thanks, M. Emmet Walsh (1935-2024) was for your career as aN American character actor who appeared in over 200 films and television series, including supporting roles as Earl Frank in Straight Time. the Madman in The Jerk, Captain Bryant in Blade Runner, Critters and Christmas with the Kranks. He starred in Blood Simple (1984), the Coen brothers' first film, for which he won the Independent Spirit Award for Best Male Lead. For more information about his life, click: [Here](#).

B. Bottom: Thanks, Byron Janis (1928-2024), for your career as an American classical pianist. He made numerous recordings for RCA Victor and Mercury Records, and occupies two volumes of the Philips series Great Pianists of the 20th Century. For more information about his life, click: [Here](#).

**"I imagine there are things I wouldn't do, but I haven't been offered those recently either."--M. Emmet Walsh**



**"Talented students must be taught that they are not only pianists but artists, and to create, not imitate."--Byron Janis**



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## **12. Thought for the day**

Here's one of my favorite Irish blessings ... As you slide down the banister of life, may the splinters never point the wrong way. ... And if you're like me and you celebrate all holidays (more food, fun and friends that way), **HAPPY ST. PATRICK'S DAY!**



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

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