

#1228  
3.30.2020

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**1. Reflections**

If you're reading this via Facebook or LinkedIn, please be advised that you will get it quicker if you get it via email. Another advantage: You'll never miss it that way because you may not have logged in for a day or two. And in the unlikely event you're not already a subscriber, all you need to do is send an email to: [bjnbc@aol.com](mailto:bjnbc@aol.com) and put SUBSCRIPTION in the subject line.

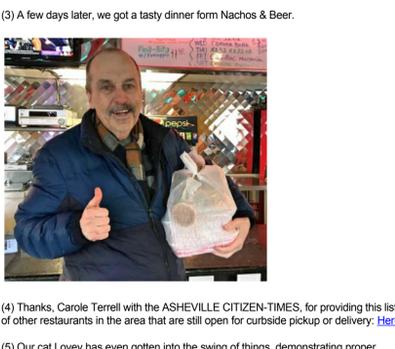
A. I recently wished a friend "happy birthday." He responded by writing, "With the current situation a birthday seems irrelevant." I begged to differ and told him that we need to celebrate the good things in life--now more than ever!

That is one of the reasons I publish this blog. I want you, my reader, as well as my other friends and family members to share with me all that's part of what I call BLAINESWORLD.

So every week, you'll come some across jokes that are hopefully not toooo risque in Section 3, 6 and 9. I'll also include a bunch of pictures of stuff that I've been involved in, as well as a funny or inspiring quote (Section 11) and a thought for the day (see Section 12 this week for an especially moving one by John Boyle). Section 2 often has tidbits of information that you won't want to miss (such as Dawn Westmoreland's excellent blog entry about Anne Frank). Section 7 typically includes a collection of clips that I think will delight you. (In particular, Section 7B has several that actually might even have you smile about what's happening). Make sure you check out the BLAINESWORLD BEST AWARD each week at the end of Section 1. And feel free to check out the other sections, as time permits. If something catches your attention and/or to enter the biweekly contest.

B. Cynthia, my beautiful bride, and I:

(1) Are continuing to hunker down in Week 3 of the corona pandemic. As you'll see when you read this issue, we have started to connect with others via the Zoom app. We did so recently when our friend Brian Biro invited us to participate in a fun, informative seminar about the value of telling stories.



(2) In addition, we are trying to support the local restaurants who are still open. That's Cynthia picking up a delicious meal from Cassidy at The Local Joint.



(3) A few days later, we got a tasty dinner from Nachos & Beer.



(4) Thanks, Carole Terrell with the ASHEVILLE CITIZEN-TIMES, for providing this list of other restaurants in the area that are still open for outside pickup or delivery: [Here](#).

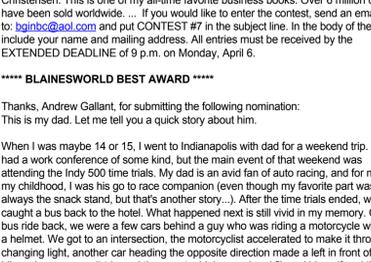
(5) Our cat Loxley has even gotten into the swing of things, demonstrating proper social distancing as seen below.



C. I participated in a virtual reunion of my Lawrence High School Class of '67. Kudos to Ed Edelson for coming up with the idea, as well as to Bob Fischman for setting it up. It was a blast seeing everybody!

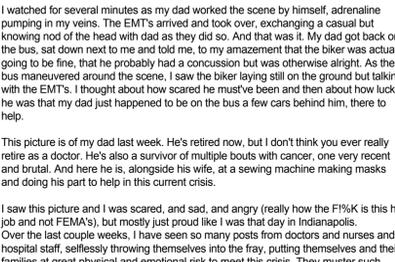


D. My ROMEO (Retired Old Men Eating Old) Club was able to resume its weekly meetings. PICTURED: (Brian Biro, top left; Blaine Greenfield, top right with Louisa Daniel, our favorite server, in the background; and Tom Gallagher, bottom. Not pictured but there in spirit: Marvin Sadovsky.



E. I was able resume my weekly BLAINESWORLD broadcast on WPVM. My guest was Brian Biro, America's Breakthrough Coach, who discusses his newest book: THE ROI OF KINDNESS. For more information about Brian, please click: [Here](#) ... To view the show, click: [Here](#).

Special thanks to Grill Moviehouse for sponsoring the above.



F. Cynthia, likewise, has kept busy by offering meditation and dance programs through Arms Around ASD, participating in dances run by the Asheville Movement Collective and taking various yoga courses online.

G. Condolences to:

- (1) The family and friends of Keith Challenger on his passing.
- (2) The family and friends of Tom Mazurek on his passing. For his obituary, please click: [Here](#).
- (3) Christine L. Wolff on family on the passing of Robert Holmes, Christine's dad.
- (4) Barbara Rood and family on the passing of David, Barbara's brother.

H. Congratulations to:

- (1) Charles and Candice Burchill on the birth of Every Pearl Burchill, their daughter.
  - (2) Paul and CeLeasa Gerber on the birth of Deliah Belle Gerber, their daughter.
1. Reminder: There's time to enter ...

**\*\*\*\* CONTEST #7 \*\*\*\***

One lucky reader will win an autographed copy of FISH! A PROVEN WAY TO BOOST MORALE AND IMPROVE RESULTS by Stephen C. Lundin, Harry Paul and John Christensen. This is one of my all-time favorite business books. Over 6 million copies have been sold worldwide. ... If you would like to enter the contest, send an email to: [bjnbc@aol.com](mailto:bjnbc@aol.com) and put CONTEST #7 in the subject line. In the body of the email, include your name and mailing address. All entries must be received by the EXTENDED DEADLINE of 9 p.m. on Monday, April 6.

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

Thanks, Andrew Gallant, for submitting the following nomination:  
This is my dad. Let me tell you a quick story about him.  
When I was maybe 14 or 15, I went to Indianapolis with dad for a weekend trip. He had a work conference of some kind, but the main event of that weekend was attending the Indy 500 time trials. My dad is an avid fan of auto racing, and for most of my childhood, I was his go-to race companion. Even though my favorite part was always the snack stand, but that's another story... After the time trials ended, we caught a bus back to the hotel. What happened next is still vivid in my memory. On the bus ride back, we were a few cars behind a guy who was riding a motorcycle without a helmet. We got to an intersection, the motorcyclist accelerated to make it through a changing light, another car heading the opposite direction made a left in front of the biker who, as a result, lobbed the car at a high speed and flipped himself and the bike end over end. The guy landed on his head and slammed down hard. Based on the impact, there was no doubt in my mind that I'd just watched a person die.

What happened next though is even more vivid to me. Dad, without hesitation, told me to stay in the bus and immediately jumped out, running to the biker who was lying motionless in the street. I watched through the bus windshield as my dad worked to check vitals and do whatever it is that a doctor does when something like that happens. I forgot to say, dad's a doctor.

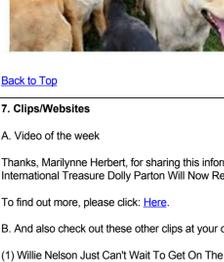
He made sure the ambulance was called and worked on the biker to stabilize him until the EMT's arrived. I still remember viscerally how scared I felt. I was scared for the biker and I was scared about how seeing someone die was going to change me. But mostly I was scared for my dad. I was scared that somehow, by throwing himself into the middle of that situation, something bad was going to happen to him. But he's a doctor, and that's what doctors do.

I watched for several minutes as my dad worked the scene by himself, adrenaline pumping in my veins. The EMT's arrived and took over, exchanging a casual but knowing nod of the head with dad as they did so. And that was it. My dad got back on the bus, sat down next to me and told me, to my amazement that the biker was actually going to be fine, that he probably had a concussion but was otherwise alright. As the bus maneuvered around the scene, I saw the biker laying still on the ground but talking with the EMT's. I thought about how scared he must've been and then about how lucky he was that my dad just happened to be on the bus a few cars behind him, there to help.

This picture is of my dad last week. He's retired now, but I don't think you ever really relate as a doctor. He's also a survivor of multiple bouts with cancer, one very recent and brutal. And here he is, alongside his wife, at a sewing machine making masks and doing his part to help in this current crisis.

I saw this picture and I was scared, and sad, and angry (really how the F196K is this his job and not FEMA's), but mostly just proud like I was that day in Indianapolis. Over the last couple weeks, I have seen so many posts from doctors and nurses and hospital staff, selflessly throwing themselves into the fray, putting themselves and their families at great physical and emotional risk to meet this crisis. They muster such dignity and courage and have also allowed the world to see their vulnerabilities. It has been truly humbling to see these acts of goodness and humanity. We owe such a debt to them, to the people stocking shelves, to the delivery drivers, to all the people who are putting themselves on the line so that we can stay home and hopefully mitigate this disaster. So [stayhome](#), [stayyourdriver](#), make masks, volunteer in whatever ways you can (from home), educate yourself, act selflessly. These next few months are going to hurt. We will lose people. But let's not lose our courage or our hope.

This picture of dad sustains my hope. This guy, who has gone through too much in the last few years: Cancer, losing his son (my brother), he's at a sewing machine making masks to help keep other people safe. Not for money, not for attention, not for fame, but because he wants to help people he will probably never meet. He's a good man, a good doctor, a good grandpa and a good dad. Thanks, Pop.



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**2. FYI**

With there still being a shortage of face coverings, I thought you'd like to see the following clip: How to Make a Dust Mask out of a Tee Shirt that can be viewed by clicking: [Here](#).

For more information about this topic, please read this article from THE NEW YORK TIMES: [Here](#).

And lastly, I encourage you to view this clip for an additional way to cover your face: [Here](#).

FYI, part 2

To read each of the following contributions in full, please click: [Here](#).

A. Richard Shulman: Beautiful Quote from Kitty O'Meara. B. Sunny Cook: Glad you shared that Kitty piece. C. Turn the Living Room Into a Stage: Read Plays Out Loud. D. Dawn Westmoreland: What would Anne Frank Do During the Virus Pandemic? E. Stuck Inside? Keep Walking. F. Who Knew Grocery Shopping Could Be So Stressful?

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**3. Joke 1**

My comment: Did this via Zoom, so I'm staying safe. Hope you are, too. (Thanks, Linda Williams, for sharing.)

## Day 4 of social distancing: Struck up a conversation with a spider today. Seems nice. He's a web designer.

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**4. Reviews**

A. Revisited THE ARISTOCRATS, a hilarious documentary about comedians telling the world's dirtiest joke. George Carlin, Whoopi Goldberg, Drew Carey, Gilbert Gottfried, Bob Saget, Paul Reiser and Sarah Silverman are among the many comedians who are featured. NR, but definitely not for those who get offended.

Mr. Helpful here: I even found a version (with Spanish subtitles) for you to watch that's free--at least at the time of my writing this. To view it, please click: [Here](#).

Note: The above is one of my all-time favorites. If you'd like a copy of this entire list, send an email to: [bjnbc@aol.com](mailto:bjnbc@aol.com) and put FAVORITES in the subject line.

B. Read COMEDY SEX GOD (Harper Wave) by Pete Holmes, stand-up comedian and star of CRASHING, an HBO series that lasted three seasons. I loved this TV show and was disappointed when it was canceled. As for the book, I enjoyed the first half or so about how Holmes described his life as a wannabe comedian/failed evangelical Christian. But then it took a heavy turn into his quest for enlightenment and, in particular, there was far too much time devoted to his time studying with Ram Das.

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**5. TV alert**

A. COUNTRY MUSIC: Streaming on Amazon  
Ken Burns' PBS series--16 hours long--covers everything from the pioneering Okeh record level to Dolly Parton. I've seen this, and it is excellent.

B. LOVE IS BLIND: Available on Netflix  
Potential couples are introduced to one another sight unseen, isolated in pods, where they initially flirt through partitions. PEOPLE magazine writes: "While anyone get hitched? You'll be hooked."

C. SEX EDUCATION: Available on Netflix  
This series follows a high school virgin who starts charging his peers for sex advice. Gillian Anderson plays his mom, a real sex therapist.

D. THE WINDERMERE CHILDREN: Sun., April 5, at 10 p.m. on PBS (check local listings at [Here](#))  
Children and adolescents rescued from Nazi concentration camps in 1945 learn what it means to be free again during a four-month stay at an English estate.

E. Grant Randall: We just saw a great series called THE ENGLISH GAME on Netflix. It is a short series [that's] easy to watch.

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**6. Joke 2**

I now can't stop singing the song with the same name. If you want to join me, please click: [Here](#) (Thanks, Sue Hinkle, for sharing.)



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**7. Clips/Videos**

A. Video of the week

Thanks, Marilynne Herbert, for sharing this information:  
International Treasure Dolly Parton Will Now Read Us Bedtime Stories  
To find out more, please click: [Here](#).

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

- (1) Willie Nelson: Just Can't Wait To Get On The Road Again | Morning Joe | MSNBC: [Here](#).
- (2) Lavelle Olexa: Larry David to Coronavirus 'Idiot': 'You're Hurting Old People Like Me': [Here](#).
- (3) Stephen Houps: What the World Needs Now - for Virtual Orchestra: [Here](#).
- (4) Jack Black Quarantine Dance: [Here](#).

Note: And for more information about the above, please click: [Here](#)

- (5) Linda Williams: Marsh Family Sing Les Miserables One Day More: [Here](#).
- (6) Trissa King: I gotta wash my hands: [Here](#)
- (7) Brent Russell: Do Re Mi - Covid 19 version: [Here](#).
- (8) Marvin Sadovsky: Stay the F\*ck home: [Here](#).
- (9) Annemarie Brown: And So Say All of Us (52 choreographers, 1 dance): [Here](#).
- (10) Victoria Eisenpresser: ADVENTURES IN QUARANTINE: Adventures In Babysitting tribute: [Here](#).
- (11) Joyce Litchman: Corona Rhapsody: [Here](#).

C. Thanks, Dawn Westmoreland, for sharing the following website that's a great thing to look at when you can't get out:  
Paris Museums Put 100,000 Images Online for Unrestricted Public Use: [Here](#).

D. BLAINESWORLD, the website, remains up and running. ... to view it, please click: [Here](#).

E. 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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**8. Technology tip**

How to Digitize Your Most Important Documents  
by J.D. Biersdorfer

While this week's World Backup Day is typically celebrated most by hard-drive makers and data-storage services, it's supposed to make people remember to back up their computers. But even if you're already backed up your digital files, do you have a backup plan for your one-of-a-kind documents and photos that you have only on paper--like birth certificates, marriage licenses and military-discharge papers?

Scanning copies of your personal papers creates a digital archive that can also be used as a backup, especially if you have the files password-protected and stored in a secure location. And even if you don't have a document scanner, you can create your personal archive with a smartphone, a few apps and a bit of time. Here's a guide to getting started.

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

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**9. Joke 3**

BEST APRIL FOOL'S DAY PRANK EVER? ... One Green Bay woman saved all her Amazon boxes for six months and then piled them on her front porch for her husband to find when he came home from work. The boxes lined up to the door and extended nearly all the way down the walkway leading toward the driveway. ... For more information and a video clip, please click: [Here](#). ... And if you're like me and you celebrate all holidays because there's more food, fun and friends that way, HAPPY APRIL FOOL'S DAY! (Thanks, Barbara Firestone, for sharing.)



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**10. A quote I like**

Thanks, Bill Withers (1938-2020), for the many fantastic songs you wrote and/or sang, including such hits as "Ain't No Sunshine," "Lean on Me," "Just the Two of Us" and that beautiful one, "Grandma's Hands." \* that can be viewed by clicking: [Here](#). ... I was glad that you won three Grammy Awards and, also that you were inducted into the Rock and Roll Hall of Fame. ... For more information about Withers' life, please click: [Here](#).

"Ain't no sunshine when she's gone  
 It's not warm when she's away  
 Ain't no sunshine when she's gone  
 And she's always gone too long  
 Anytime she goes away"--Bill Withers



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**11. Thought for the day**

John Boyle, the Answer Man with the CITIZEN-TIMES and my favorite local reporter, recently wrote a fantastic column entitled "Now is the time for fortitude." He graciously gave me permission to reprint it, and if you want to read the whole thing, see the link at the end of this section.

But, in particular, I urge you to read the following part:

An older reader who emailed me a couple weeks ago offered all the perspective I need. Her note really stuck in my heart. She allowed me to share it here, although she asked I not use her name, as she never intended to make a public statement. "I am writing this for no other reason than to empty my heart of sadness and to offer another side of those affected by this virus. So far sports and entertainment are the news. I love sports and was looking forward to the tournaments. But that's not my story. On Sept. 30, my 87-year-old husband had a stroke which paralyzed his right side and altered his speech and thinking. I have stayed with him every day all day since that day. I have paid sitters to stay the evening. I have fed him, brushed his teeth, shaved him, and kept him from giving up on each of those days. Yesterday the facility where he is in long-term care had to tell me I couldn't come back until the virus was over. It is not their fault. They are following the law and trying to keep the patients safe. I tried to explain it to my husband and he looked so scared. I know he won't remember what I said or where I am this morning. I feel in my heart it may be the last time I'll see my husband alive."

I will never complain about Netflix glitches again.

For the entire column, please click: [Here](#).

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**12. Advance planning department**

To read about each of the following national events in full, please click: [Here](#).

- A. Mark Jones: Paul Gordon's Pride and Prejudice Musical to Stream for Free on April 10. B. ProEnglish Theatre: No time for boredom! Spend it for a good show watch! C. Edwin Arnaud: The next Asheville Movie Guys screening will be at 7 p.m. on Monday, April 13. D. Eksten Torres: [I] invite you to join Doug Emery and I as we perform live on Thursday, April 9th at 6 p.m. all the songs from my new album, "At The End Of Love."

PS. Make it a wonderful week!

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