

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](#).

#1439

4.1.2024

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1. Reflections

A. Cynthia, my beautiful bride, and I found out the the answer to the following question Will the residents of Edmonton sell their soul to the devil?

You can also find out by catching WITCH at NC Stage Company. It runs through April 7. ... The play, based on Jen Silverman's retelling of a 1621 tragedy, has been directed with aplomb by Angie Flynn-McIver. ... All members of the ensemble cast excel: Arusi Santi, Callan White, Philip Kershaw, Daniel Henry, Anthony Johnson and Gabrielle Story. ... You'll especially enjoy the witty dialogue. ...For tickets, click: [Here](#).





B. Afterward, we had a tasty dinner at Wasabi--our favorite Japanese restaurant in the Asheville area.



C. During the week, I attended **BARBIE ANGELL: UNCENSORED** at The Lazoom Room. Barbie rocked, as she always does, and BJ Leiderman got things rolling with a great introduction.



D. I hosted two **BLAINESWORLD** webcasts this past week. Both can be found at: [Here](#).

(1) Top: 3/26/2024, Mallory Arrington, Co-owner, Asheville Pot Cremations

(1) Top: 3.26.2024 - Mallory Arrington--CO-owner, Asheville Pet Cremations

(2) Bottom: 3.25.24 - Spencer Hilgeman--Owner & Chief Ice Cream Maker, Hilltop Ice Cream Shop



E. Kismet, our amazing cat, has a tough life as can be seen below. We're glad that he gets to live it with us!



F. Condolences to Dana Kagan Greenberg and family on the passing of Marcie Feinstein, Dana's sister.

G. Congratulations to:

(1) Rebekkah Hilgraves, owner, director and producer of RadHaus Studios, on the opening of her new studio.

(2) Keynon Lake on winning 2024 John Lewis Award from The Martin Luther King, Jr. Association of Asheville and Buncombe County.

H. Announcing this week's

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

It goes to both Steve's Real Food Quest freeze-dried raw cat food and Patton Avenue Pet Company.

I had a problem with some cat food I had recently gotten from this fine company. The pellets (some of them) were very hard and not as soft as they should be. So I contacted Steve's: [Here](#).

When I did, I connected with Madi. She has been very responsive, going back and forth trying to figure out my problem with the cat food that I bought from the company.

After a few days, she figured out that I probably got the freeze-dried bag instead of the frozen bag. And it had been placed in the wrong place in the store.

Very graciously, she told me she was sending me a replacement bag.

That's very fine customer service: Attentive, responsive and willing to solve the problem.

Patton Avenue Pet Company at 582 Hendersonville road in Asheville then contacted me.

Hannah, the manager, not only gave me the free bag of Quest cat food, but they also gave me a credit for the original bag they had been incorrect. That's another example of very lovely customer service/ Hannah was both friendly and helpful.

2. Invites

A. Please come to an upcoming Marketing seminar I'm conducting for Asheville SCORE.

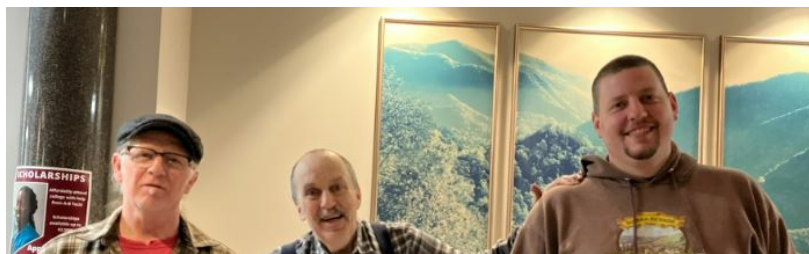
Learn all about marketing yourself and/or your business.

It will take place at 9 a.m. in Enka on Saturday, April 6. Register by clicking [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!

Pictured: Ken Hamilton (left) and Jason Wilde (right), attendees who participated in a recent Marketing seminar in Madison.





B. Last chance to enter ...

******* 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 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](#).

3. FYI

A. Skinny Cow Ice Cream Sandwiches are super good, and they make a great snack

A. Skinny Cow Ice Cream Sandwiches are soooo good, and they make a great snack.

To quote from the website:

Skinny Cow Vanilla Gone Wild ice cream sandwiches are made with creamy vanilla light ice cream sandwiched between two big chocolatey wafer cookies. It's melt in your mouth velvety vanilla goodness in every bite! Dive into an irresistibly creamy frozen treat with indulgent flavors. Life is meant to be lived, fun is meant to be had, and dessert is meant to be eaten. At the Skinny Cow brand, we provide dessert in all of its flavorful glory. We make real, indulgent, full-flavored frozen desserts in perfectly reasonable portions. Because we think you should have your cake, candy, and ice cream too.

Best of all, they only have 150 calories.

They come in these flavors: Vanilla Gone Wild (what Cynthia and I like best), The Dynamic Duo: Vanilla & Chocolate
and No Sugar Added Vanilla Gone Wild.

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



B. 5 Things You Should Do First Thing In The Morning To Be Happier All Day

If you roll out of bed feeling tired or stressed, these a.m. habits can help you turn your mood around.

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

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. But according to Dr Mark Hyman, functional health doctor and bestselling author of Young Forever amongst other titles, insulin resistance is the "the root of heart disease, diabetes, cancer, and dementia," plus it also "drives muscle loss as we age, leading to sarcopenia [involuntary loss of muscle mass and strength]."

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

D. The 16 worst-paying college majors, five years after graduation

Liberal arts majors can make just \$38,000 in the first five years after graduation, which is below the national median for all workers.

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

E. Use These Phrases Instead of Pretending to Agree With Someone

Get your point across without ruffling any feathers: [Here](#).

4. Joke 1

My teacher pointed a ruler at me and said, "At the end of this ruler, there's an idiot."

I got detention after asking which end.



5. Reviews

A. Cynthia and I both loved ONE LIFE, now playing in theaters. It is a fact-based drama about modest English stockbroker Nicholas Winton ferries Jewish children to London from Czechoslovakia at great risk. Nazi forces hover at, then cross, the border as WWII looms. Johnny Flynn and Anthony Hopkins are both outstanding in this film that will leave you teary-eyed at the end. Common Sense Media says it is appropriate for age 11+.

B. We liked SHIRLEY, which we saw on Netflix. It is the true story of the first Black congresswoman, Shirley Chisholm, and her trailblazing run for president of the United States. Regina King was excellent as Chisolm, and we also enjoyed the work of Lance Reddick, Terrence Howard, Lucas Hedges and Brian Stokes Mitchell. Our only disappointment: Her famous quote wasn't included--"Service is the rent we pay for the privilege of living on this earth." Rated PG-13.

C. Just wanted to share with you that I recently watched a great movie on Netflix. It's called SILVER SKATES. It takes place in St. Petersburg and involves a gang of thieves who skate around picking pockets of the aristocrats or wealthy bureaucrats. It's also a love story. What makes it special is the beautiful winter wonderland scenery. Check it out and let me know what you think. (Thanks, Ilene Logelin, for sharing.)

6. TV alert

A. WHAT WOULD YOU DO? Sundays at 10 p.m. on ABC

This hidden camera show examines how people behave in a situation that requires them to either act or mind their own business. It's a very entertaining show.

B. STEVE! (MARTIN): A DOCUMENTARY IN TWO PARTS: Now on Apple TV+

Comic turned A-list actor Steve Martin, 78, \gets the documentary treatment from A-list director Morgan Neville (Won't You Be My Neighbor?).

C. CHAPLIN: Starts on Monday, April 1, on Prime Video

Robert Downey Jr., who just won his first Oscar for his supporting role in Christopher Nolan's Oppenheimer, first captured the Academy's attention for his nominated turn as Hollywood legend Charlie Chaplin.

D. SEX AND THE CITY, Seasons 1-6: Starts on Monday, April 1, on Netflix

It's a great chance to catch up with Sarah Jessica Parker's Carrie Bradshaw and all her teenage misadventures.

It's a great chance to catch up with Saran Jessica Parker's Carrie Bradshaw and all her tutu-wearing foibles in search of Mr. Right (or, in her case, Mr. Big).

7. Joke 2

What they never taught you in poetry class. (Thanks, Mike Urso, for sharing.)



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 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 drum cover from Redeye Percussion: [Here](#).

B. Video of the week

Stand By Me | The Buzztones | Ben E King A Cappella Cover
To view it, click: [Here](#). (Thanks, Jonathan Berg, for sharing.)

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

(1) Sue Thompson, "Norman," one of my favorites: [Here](#).

(2) Howard Smith: Hymns (3.31.2024): [Here](#).

(2) Neil Ratner Rock Doc: Nora Jones: [Here](#).

(3) And thanks, Neil, for getting me to revisit Jones' "Come Away With Me." If you'd like to join me, click: [Here](#).

(4) 14-Year-Old Dylan Zangwill Performs "Somebody to Love" by Queen: [Here](#).

(5) Ed Sheeran - Shape of You

At 6 BILLION views, this is one of the most watched videos of all time.

To view it, click: [Here](#). (Thanks, Jonathan Berg, for sharing.)

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

Quick, Draw!

Quick, Draw! leverages artificial intelligence to create a fun doodling game. It gives you a prompt to draw something while the neural network tries to guess your doodle within 20 seconds.

Besides offering one of the most out-of-the-ordinary online experiences, this experiment contributes to machine learning research. You'll be able to keep yourself entertained while helping advance technology.

To check it out, 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: <https://www.facebook.com/blainegreenfield/>.

9. Technology tip

Enable 'Night Mode' on all your devices If you often work at night or simply like to read on a screen before going to sleep, this can be a game changer. We recommend using F.lux on both Mac and Windows, although both operating systems have some support for this already built-in. Same goes for your mobile devices.

Note: For information on F.lux, click: [Here](#).

10. Joke 3

All my exercise is finally paying off!

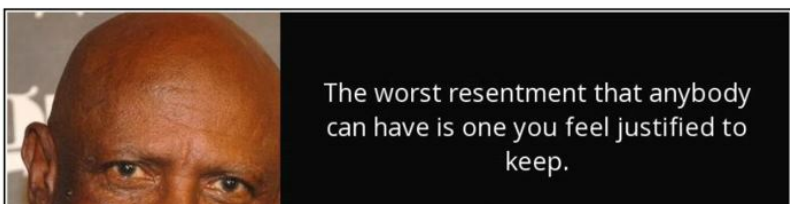
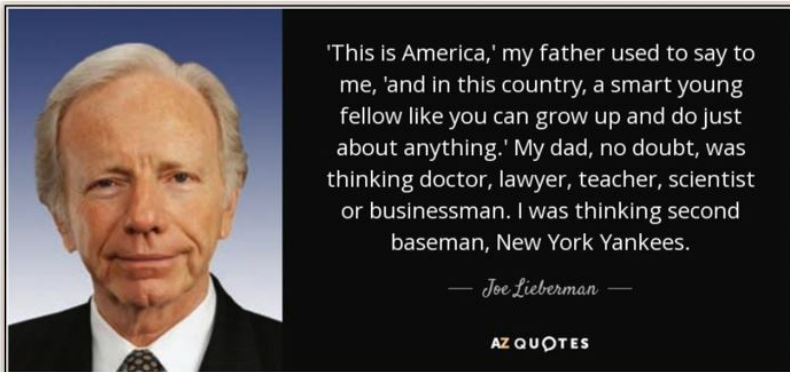




11. Two quotes I like

A. Top: Thanks, Joe Lieberman (1942-2024), for your career as an American politician and lawyer who served as a United States senator from Connecticut from 1989 to 2013. A former member of the Democratic Party, he was its nominee for vice president of the United States in the 2000 U.S. presidential election. For more information about his life, click: [Here](#).

B. Bottom: Thanks, Lou Gossett (1936-2024), for your career as an American actor. He won an Oscar for his portrayal of a steely sergeant in *An Officer and a Gentleman* and an Emmy for his performance as a compassionate slave in the landmark miniseries *Roots*. For more information about his life, click: [Here](#).



12. Thought for the day

I'll be busy today at this event. ... And if you're like me, and you celebrate all holidays (more food, fun and friends that way) ... HAPPY EASTER!



PS. Make it a great week!

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