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Subject: blainesworld 1491 (Please read Sect. 3A if you don't have a REAL ID and/or don't know what it is.)
Date: April 6, 2025 at 6:02 PM
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B

BLAINESWORLD

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](#).

#1491
4.7.2025

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1. Reflections

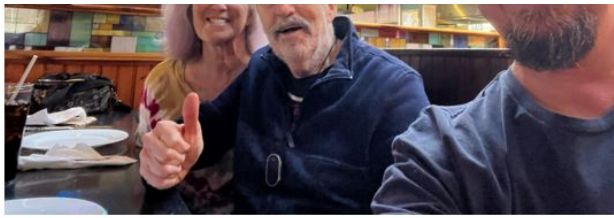
A. Cynthia, my beautiful bride, and I love getting good news ... and then sharing it with y'all.

My surgeon said that I graduated and did not have to see him any more about my fractured pinkie. He also said that I didn't need to go for any physical therapy, in that he was pleased with the exercises that I had been doing.

Cynthia got the results of her blood work and all was OK. Consequently, she was given the go-ahead for a knee arthroscopy that will take place this coming week. We are both hopeful that this will finally tell her doctors what next needs to be done to cure the swelling that still hampers her walking.

So to celebrate, we went out for some oh-so tasty pizza at Mellow Mushroom. That's us (top) with Cliff Adair, that eatery's friendly general manager. To see how good the pizza looked, see the photo (bottom left) that actually is being included, so Cynthia can show you her colorful nails. And for dessert, we took home and then devoured a peanut butter Mellow Gourmet Cookie (bottom right) that was, as always, delicious.





B. We had a blast at the Grand Opening of the fantastic new Outshine Physical Therapy & Fitness Center. That's us with Sierra Bishop Hinshaw (top left), our friend and the owner. We were also glad to bump into Michelle Kuhnen (top right), another friend and my personal trainer extraordinaire, who was joined by her faithful dog Riley. At the bottom, you can see a picture of just some of the many folks at the ribbon cutting ceremony.



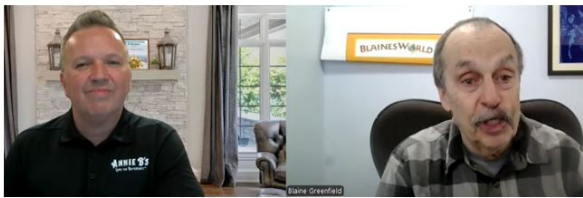
C. I had the pleasure of hosting three BLAINESWORLD webcasts this past week. All can be viewed at: [Here](#).

(1) Top: 3/31/2025 - Pete Brewer--Co-owner, Annie B's Homemade Ice Cream

(1) Top: 3.31.2025 - Pete Brewer--CO-owner, Annie D's Homemade Ice Cream

(2) Middle: 4.1.2025 - Brian Hall--Executive Director, Eblen Charities

(3) Bottom: 4.4.2025 - Patricia Sands--Director, Doubt; April 12 & 13 at Hendersonville Theatre



D. HOT OFF THE PRESS ... the humor column I write for The Fairview Town Crier.

LAUGH TIME BLAINE GREENFIELD

Dopeler effect (h) :
The tendency of
stupid ideas to seem
smarter when they
come at you rapidly.

★

Yesterday, my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today, I'm putting a cockroach in the bathroom.

★

I'm getting stronger with age. I can now lift \$100 worth of groceries with one hand.

★

I asked my date to meet me at the gym. She never showed up. That's when I knew we weren't going to work out.

★

Just burnt my Hawaiian pizza. Guess I should have put it on aloha temperature.

★

Where do surfers learn to surf?
At boarding school.

★

"If at first you don't succeed, try, try again. Then quit. No use being a damn fool about it." —W.C. Fields



Blaine Greenfield hosts BLAINESWORLD, a webcast, and he also publishes a blog with the same name. You can reach him at bginbc@aol.com.

E. Congratulations to La Bougeois on the completion of her End-of-Life Doula Training.

F. Announcing this week's ...

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

It goes to NuGo Nutrition.

This company makes REAL dark chocolate protein bars for many lifestyles, including gluten free, vegan, non-GMO, organic, diabetes, low sugar and Kosher.

Chocolate pretzel and coconut had long been my favorites.

But recently, I came across two other flavors that were equally as good: vanilla yogurt and orange smoothie. I am now looking forward to trying the many other varieties.

All the bars are both high in protein and low in fat. They are also 200 calories or less, and they are quite filling.

For more information (and for a link that I believe will save you 20% on your purchase, click:

[Here](#).

There's also free shipping for all order over \$50.



2. Invites

A. Last chance to enter ...

**** CONTEST #4 ****

One lucky reader will win a copy of WHILE YOU ARE WAITING: HOW TO MAKE THE MOST OF WHERE YOU ARE by Melody Barker.

To quote from the book's cover:
Have you struggled while you are waiting for something?

What are you waiting for? Marriage? Healing? Promotion? Provision ...? Everyone is waiting for something! How do we live a full, purposeful life while we wait--before God brings us the desires of our heart? How do we wait well?

Sometimes it is hard to enjoy the journey because we are so absorbed thinking about how much better things will be when we reach our destination. Melody Barker teaches you how to wait expectantly without pushing the pause button on your life. She shows you the art of actively waiting well.

To enter the contest, send an email to: bginbc@aol.com and put CONTEST #4 in the subject line. Include in the body of the email your name and mailing address, so that if you win, I can send you a copy of this book. Entries must be received on or before the 9 p.m. on Mon., April 7, 2025.

B. 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.

If you want to join me, let me know. And for more information about the webcast, click:

[Here](#).

C. I'm back on Facebook after having been hacked. If we are not currently friends there (or if we lost contact because of the hack), please friend me by looking up: Blaine Greenfield. You'll see a picture of me in a blue shirt with, naturally, my thumb up. This is my Facebook ID:

[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](#).

[here.](#)

Note: Please also use the above to promote any shows you're involved in.

3. FYI

A. Here Are the REAL ID Requirements You Need to Meet Before the Deadline in May:

[Here](#)

Note: What follows are several other articles I thought you'd like to see. If you don't already read Sect. 3 on a regular basis, my hope is that you will now start doing so for useful information you may well not have seen anywhere else.

B. It's not too late: how to prepare for a potential recession:

[Here](#)

C. Retiring in the next 10 years? Eight steps to take now to protect your savings:

[Here](#)

D. Happiness expert: 25 'timeless truths' for young people that make life uncomplicated:

[Here](#)

E. Personal Trainers Share the No. 1 Tip That Has Changed Their Lives:

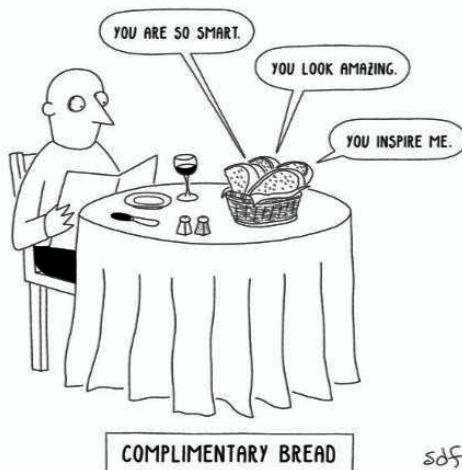
[Here](#)

F. Why the Future of Dementia May Not Be as Dark as You Think:

[Here](#)

4. Joke 1

This has me writing a note to myself: "Self, find the restaurant that serves this."



5. Reviews

A. We saw *The Friend* at The Carolina Asheville. After Naomi Watts loses Bill Murray, her best friend and writing mentor, to suicide, she is bequeathed her his Great Dane. We were really looking forward to this dramedy, but felt it was overlong and dragged in spots. Watts and Murray were both fine in the leading roles, but what impressed us most was the work of the real-life dog Bing (named Apollo in the movie). Rated R.

B. *The Life List*: Netflix

When Alex Rose's mother sends her on a quest to complete her childhood bucket list, it takes her on a journey that will touch you as she uncovers family secrets, finds romance and discovers herself along the

journey that will teach you as she uncovers family secrets, finds romance and discovers herself along the way. We enjoyed the chemistry between Sofia Carson and Kyle Allen and found the drama enjoyable to watch. Rated PG-13.

C. Bruce Almighty: We saw it on Netflix, but that streaming service recently stopped carrying it, so look for it as a rental at Amazon Prime, iTunes/Apple TV or YouTube Movies.

This comedy was our favorite film of the week. Bruce Nolan's career in TV has been stalled for a while, and when he's passed over for a coveted anchorman position, he loses it, complaining that God is treating him poorly. Soon after, God actually contacts Bruce and offers him all of his powers if he thinks he can do a better job. Rated PG-13.

Jim Carry rocks as Nolan in this funny, touching comedy, and Morgan Freeman and Jennifer Aniston were also excellent. But the best laughs came from Steve Carell in the following scene that we urge you to watch:

[Here.](#)

6. TV alert

A. Super Pumped: The Battle for Uber: Netflix

The ambitious CEO of a ride-hailing app tries to turn a struggling startup into a tech titan amid massive scandals in this drama based on true events. Joseph Gordon-Levitt and Kyle Chandler star in this series that I've just stated watching and am enjoying.

B. Pulse, Season 1: Netflix

If you're in the market for a new medical drama and are feeling a bit burned out on Grey's Anatomy after 21 seasons, check this series out.

C. The Bondsman, Season 1: Prime Video

Kevin Bacon stars in this zippy, foul-mouthed series as a bounty hunter who gets killed on the job – but then is resurrected by the Devil to chase down demons who've escaped from Hell.

D. Kismet: Mon., April 7, at 8 a.m. on TCM

In this Arabian Nights musical, the "king of the beggars" influences high society when his daughter is wooed by a handsome prince.

Note: Methinks that we should watch this with our amazing cat Kismet!

7. Joke 2

In case you were wondering ...



8. Clips/Websites

A. The Turtles are arguably the greatest rock group of all time!

(1) Their recording of "Happy Together" proves it

(2) As you may know, I welcome clips of them and/or others singing this classic song. For example, this week, you can listen to Redsprings covering it:
[Here](#).

Note: Feel free to submit your choices for greatest recording artists, music, etc. I'll try to run what you send me in in section 8C (below).

B. Video of the week

Movie stars dancing to the I'm So Excited:
[Here](#)

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

(1) Will E Kormos, John Strauss and Eugene Smith perform "Two of Us," one of my favorites, at my birthday party in Newtown, PA, in 2016:

[Here](#)

(Thanks Will E Kormos for sharing.)

(2) The above is a fine cover of a song that an obscure group named The Beatles once performed:

[Here](#)

(3) Howard Smith Jr.: Hymns (4.6.2025):

[Here](#)

(4) Neil Ratner Rock Doc: Norah Jones:

[Here](#)

(5) Thanks, Neil, for having me revisit "Come Away With Me." If your many fans and friends want to do the same, they can do so by clicking:

[Here](#)

(6) "I'm easy" - Keith Carradine:

[Here](#)

(Thanks, Jonathan Berg, for sharing.)

(7) Jewish Squid Games

[Here](#)

(Thanks, Risa Reavely, for sharing.)

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

Take a virtual journey by viewing short video clips through someone else's window from various places around the world at WindowSwap. Such websites offer unique experiences that showcase creativity and unconventional content. You might even discover your next travel destination.

To begin, just 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](#).

9. Technology tip

Clear out junk with Windows 11's Cleanup Recommendations tool
by Rick Rouse

Windows 11 has a bad habit of collecting all manner of junk files that are no longer needed and apps that you rarely, if ever use.

Periodically clearing out the accumulated junk and removing unused apps can free up valuable storage

space on your machine and help keep it running smoothly.

This video shows how to use the Cleanup Recommendations tool in Windows 11 to quickly and easily perform this important cleanup task.

To view it, click:

[Here](#).

If you find this tip useful, please hit Like and Subscribe to help me grow this channel and get my tips out to more readers who can benefit from them. Thanks a bunch!

Note: You can also get Rick's terrific Tech Tips Newsletter by clicking:

[Here](#).

You'll be glad you did!

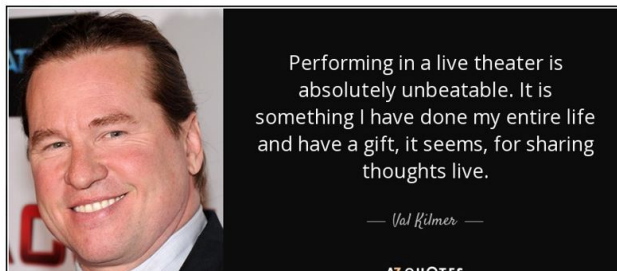
10. Joke 3

EXCLUSIVE! ... First picture from this year's Ironwoman Triathlon competition.



11. Three quotes I like

A. Thanks, Val Kilmer (1959-2025), for your career as an American actor. Initially a stage actor, he later found fame as a leading man in films in a wide variety of genres including comedies, dramas, action adventures, westerns, historical films, crime dramas, science fiction films and fantasy films. Films in which Kilmer appeared grossed more than \$3.8 billion worldwide. For more information about his life, click: [Here](#).



B. Thanks, Sam Keen (1931-2025), for your career as an American author, professor and philosopher who is best known for his exploration of questions regarding love, life, wonder, religion and being a male in contemporary society. For more information about his life, click: [Here](#).



C. Thanks, Dave Pelz (1939-2025), for your career as a senior scientist for NASA with responsibilities for several satellite programs, including Explorer. But he left that job to become an American golf coach, best known for his expertise and published writing on the art of the short game, particularly putting. His Scoring Games Schools have 415 locations throughout the United States and the world, and Phil Mickelson, Vijay Singh and Andy North are among his students who have won professional majors. For more information about his life, click: [Here](#).

"There is a misnomer out there that practice makes perfect. Practice does not make perfect. Practice makes permanent. It's sad, but there are thousands of golfers out there who are practicing the wrong things and are actually ingraining flaws into their swings."--Dave Pelz



12. Thought for the day

A friend went to the range today. Fifteen feet away from him is a pretty good golfer. Hitting some bombs but cussing like a sailor every three shots or so.

As my friend wraps up his bucket, he stops to watch a couple of this other guy's swings. The advanced range player cusses a few more times. He then tells my friend that he is the lead pro for the club and introduces himself.

My friend then comments: "Dude, it's not good marketing for the golf pro to be yelling at himself in front of his fellow hackers."

The golf pro then agrees with him and laughs it off. Just saying!

Moral of the story? Even the best players need a reminder that golf—and life—are just as much about attitude as they are about ability. And if you're going to be your own toughest critic, at least keep it PG for the audience!

Note: Thanks to my friend Neal Benndesky (pictured below) for sharing the above. Do yourself a favor and find out more about his remarkable life that has had him lose 199 pounds and gone on to run several marathons. In addition, he has survived sudden cardiac death and recently beat prostate cancer. And he then wrote a book that shows you how he did this: *Never2Late: How A Lifestyle Reimagination Can Save Your Life!*

For more information about both Neal and his book, click: [Here](#).



PS. Make it a great week!

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