

#1230
4.13.2020

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1. Reflections

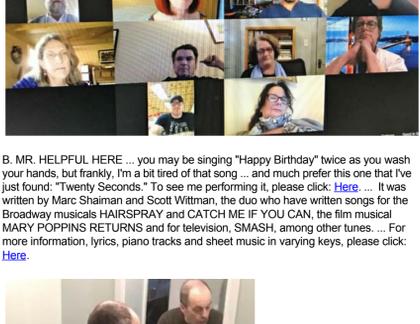
If you're reading this via Facebook or LinkedIn, please be advised that you will get it quicker if you get it via email. Another advantage: You'll never miss it that way because you may not have logged in for a day or two. And in the unlikely event you're not already a subscriber, all you need to do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

A. Cynthia, my beautiful bride, and I:

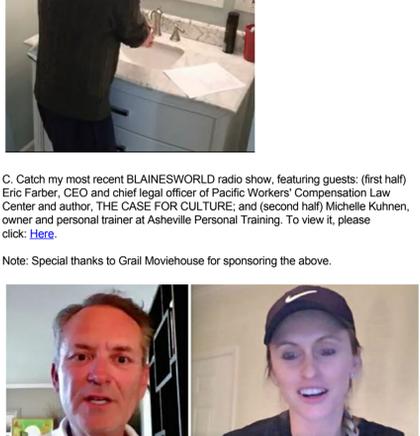
(1) Are continuing to hunker down in Week 5 of the corona pandemic. We even got to go the the movies (that's us in front of the Regal Grande Billmore) and then went for Chinese food at PF Chang's. We miss actually going into both places, but hey, you gotta do what you gotta do.



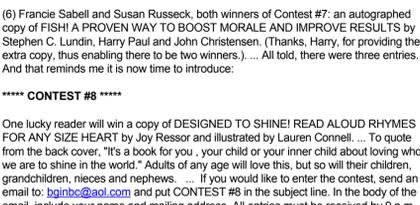
(2) Had a fun porch visit with our friends Ginny Plaisted and Grant Randall (right photo) where we followed social distancing guidelines and used the masks that Ginny made for us. Many thanks, Ginny!



(3) Participated in the first BLAINESWORLD LIVE! show via Zoom, in which 16 friends joined us for some jokes, music and a chance to catch up.

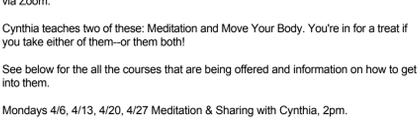


B. MR. HELPFUL HERE ... you may be singing "Happy Birthday" twice as you wave your hands, but frankly, I'm a bit tired of that song ... and much prefer this one that I've just found: "Twenty Seconds." To see me performing it, please click: [Here](#). ... It was written by Marc Shaman and Scott Wittman, the duo who have written songs for the Broadway musicals Hairspray and Catch Me If You Can, the film musical MARY POPPINS RETURNS and for television, SMASH, among other tunes. ... For more information, lyrics, piano tracks and sheet music in varying keys, please click: [Here](#).



C. Catch my most recent BLAINESWORLD radio show, featuring guests: (first half) Eric Farber, CEO and chief legal officer of Pacific Workers' Compensation Law Center and author, THE CASE FOR CULTURE; and (second half) Michelle Kuhnert, owner and personal trainer at Asheville Personal Training. To view it, please click: [Here](#).

Note: Special thanks to Grail Moviehouse for sponsoring the above.



D. Condolence to Salley Williamson and family on the passing of Sally's grandmother.

E. Congratulations to:

- (1) Salley Williamson and Chadd Harbaugh on the birth of Sylvia Jane Harbaugh (Syvie), their baby girl.
- (2) Scott Treadway on his new position as Company Manager at Flat Rock Playhouse.
- (3) Carol Mayhew on being named one of the Quarterly Achievers by Coldwell Banker.
- (4) Meredith Switzer on her appearance on WLOS. To view it, please click: [Here](#).
- (5) Elsten Torres on his new video. To view it, please click: [Here](#).
- (6) Francie Sabell and Susan Rusbeck, both winners of Contest #7: an autographed copy of FISHER A PROVEN WAY TO BOOST MORALE AND IMPROVE RESULTS by Stephen C. Lundin, Harry Paul and John Christensen. (Thanks, Harry, for providing the extra copy, thus enabling there to be two winners.) ... All told, there were three entries. And that reminds me it is now time to introduce:

******* CONTEST #8 *******

One lucky reader will win a copy of DESIGNED TO SHINE! READ ALOUD RHYMES OR ANY SIZE HEART by Joy Ressor and illustrated by Lauren Connell. ... To quote from the back cover, "It's a book for you, your child or your inner child about loving who we are to shine in the world." Adults of any age will love this, but so will their children, grandchildren, nieces and nephews. ... If you would like to enter the contest, send an email to: bjnbc@aol.com and put CONTEST #8 in the subject line. In the body of the email, include your name and mailing address. All entries must be received by 9 p.m. on Monday, April 27.

F. Special invite:

As you may know, Cynthia volunteers with an amazing organization called Arms Around ASD -- a resource center providing therapies for people on the autism spectrum and their families regardless of age, ability or income.

For April, Arms Around ASD is now making its courses available to the general public via Zoom.

Cynthia teaches two of these: Meditation and Move Your Body. You're in for a treat if you take either of them--or them both!

See below for the all the courses that are being offered and information on how to get into them.

Mondays 4/6, 4/13, 4/20, 4/27 Meditation & Sharing with Cynthia, 2pm.
zoom: <https://zoom.us/j/269228400?pwd=SzkwK3JzNjVpOUFqSnNmMjc3TkE0UT09>
Meeting ID: 269 228 400 Password: 043229

Tuesdays 4/7, 4/14, 4/21 and 4/28 Tai Chi with Todd, 3pm.
zoom: <https://us04web.zoom.us/j/3293540838?pwd=UjdERlRlRTAVUksweGJwSjhuVXMwUT09>
Meeting ID: 329 354 0838 Password: 950378

Tuesdays 4/7, 4/14, 4/21, 4/28 Zumba with Delia, 6pm
zoom: <https://zoom.us/j/5894684899>
password: zumba

Tuesdays 4/7, 4/14, 4/21, and 4/28 Yoga with Emily, 11am.
zoom: <https://us04web.zoom.us/j/3293540838?pwd=UjdERlRlRTAVUksweGJwSjhuVXMwUT09>
Meeting ID: 329 354 0838 Password: 950378

Wednesdays 4/8, 4/15, 4/22 Move Your Body with Cynthia, 1pm,
zoom: <https://us04web.zoom.us/j/3293540838?pwd=UjdERlRlRTAVUksweGJwSjhuVXMwUT09>
Meeting ID: 329 354 0838 Password: 950378

Wednesday 4/15, Hula 'ohana with Nani, 10am.
zoom: <https://us04web.zoom.us/j/3293540838?pwd=UjdERlRlRTAVUksweGJwSjhuVXMwUT09>
Meeting ID: 329 354 0838 Password: 950378

Thursdays 4/9, 4/16, 4/23, and 4/30 Yoga with Miss Brandon, 4pm.
zoom: <https://zoom.us/j/275573490>

Fridays 4/10, 4/17, 4/24 Reiki Self-Treatment for Stress with Eva, 6pm.
zoom: <https://us04web.zoom.us/j/3293540838?pwd=UjdERlRlRTAVUksweGJwSjhuVXMwUT09>
Meeting ID: 329 354 0838 Password: 950378

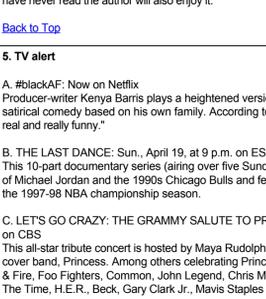
Fridays 4/10, 4/24 Belly Dancing with Nani, 10am.
zoom: <https://us04web.zoom.us/j/3293540838?pwd=UjdERlRlRTAVUksweGJwSjhuVXMwUT09>
Meeting ID: 329 354 0838 Password: 950378

Saturdays 4/11, 4/18, 4/25 Zumba with Delia, 10am
zoom: <https://zoom.us/j/5894684899>
password: zumba

Saturdays 4/11, 4/18, 4/25 Pilates with Sandi, 1pm.
Find "Join a meeting" on Zoom
Enter the meeting ID: 641529776
Enter the password: 602745

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

This week, it goes to Laura Treadwell Weas and the company that she owns: 828 Bar Soap Company. ... We have been using this firm's soap for the past several years and love it. The fragrance is terrific, as well as how it lathers up ... To quote from the company's Facebook page, "Our craft beer foam is an all-natural, cold processed soap made with Asheville, NC craft beer." ... For more information, please click: [Here](#).



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2. FYI

Why Talking About Our Problems Helps So Much (and How to Do It) by Eric Ravenscraft

When your car breaks down, you either know how to fix it or how to find someone who can. Emotions, on the other hand, are a little harder to fix. There is no wrench you can grab or repair shop you can take your feelings to. But you do have one tool in your kit you can always use: talking about your feelings. Even just speaking about your feelings out loud to another person can help. So why do we avoid it or believe it doesn't work?

There are a lot of reasons talking about our problems can be difficult. Some people (especially men) are socialized to internalize feelings, rather than give voice to them. Sometimes the very emotions you're dealing with - like guilt over something you did, or shame about how you think you're perceived - can feel so overwhelming that you can't get up the motivation to talk it out.

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

FYI, part 2

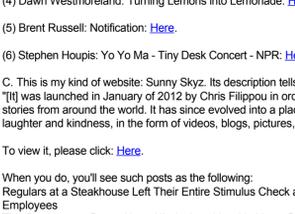
To read each of the following contributions in full, please click: [Here](#).

A. Beth Coakley: Forest Service Recommends Hugging Trees While You Can't Hug Others. B. Adam Knapp: Remember the Big Things. C. Wanti is Listen. D. Musical Cast Albums? Our Top 10 Desert Island picks. E. Give Yourself a Buzz Cut Now. E. Get Unstuck When You Feel You Don't Have Time to Do Anything.

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3. Joke 1

Some good news about taxes: You won't be cheating if you fail to file your return by today. This year's deadline has been extended until July 15. For more information, please click: [Here](#). (Thanks, Chanan Mohler, for sharing.)



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4. Reviews

A. **BLIND BY THE LIGHT**, a dramedy with music based on a true story about a teenager who discovers Bruce Springsteen and has his life changed as a result. Viveik is appealing in the leading role, and the music is outstanding. It's a feel-good film that will leave you smiling after you see it. Rated PG-13.

Note: I've added it to my list of all-time favorite films. If you'd like to get a copy of that list, send an email to: bjnbc@aol.com and put FAVORITES in the subject line.

B. Heard **THE CONFESSION** (Random House Audio), written by John Grisham and read by Scott Soverson ... It is a novel about the murder of a high school cheerleader and how an innocent man is arrested for it. ... It kept my attention until the very end. In addition, it got me thinking about whether the death penalty is ever a just punishment for any crime. ... If you're a Grisham fan, and I am, you'll enjoy this book. But those who have never read the author will also enjoy it.

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5. TV alert

A. **#backAF**: Now on Netflix
Producer-writer Kenya Barris plays a heightened version of himself in this stylized satirical comedy based on his own family. According to TV GUIDE, "Barris keeps it real and really funny."

B. **THE LAST DANCE**: Sun., April 19, at 9 p.m. on ESPN
This 10-part documentary series (airing over five Sundays) depicts the historic reign of Michael Jordan and the 1990s Chicago Bulls and features never-seen footage from the 1997-98 NBA championship season.

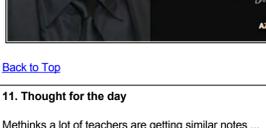
C. **LET'S GO CRAZY: THE GRAMMY SALUTE TO PRINCE**: Tues., April 21, at 9 p.m. on CBS
This all-star tribute concert is hosted by Maya Rudolph, who performs with her Prince cover band, Princess. Among others celebrating Prince's catalog of hits: Earth, Wind & Fire, Foo Fighters, Common, John Legend, Chris Martin, Sheila E., Morris Day and The Time, H.E.R., Beck, Clark Jr., Mavis Staples and Usher.

D. **BAD EDUCATION**: Sat., April 25, at 8 p.m. on HBO
This fact-based movie reveals how two bad apples in an esteemed Long Island school district embezzled the system for private gain in the largest school theft in American history. Stars Allison Janney and Hugh Jackman. I'm sure, will make it watchable.

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6. Joke 2

Pets think the darndest things! (Thanks, Lisa Zaglin, for sharing.)



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7. Clips/Websites

A. Video of the week

My friend, Bruce Lang, has been posting on Facebook various clips that always get me singing along. You will, too, if you see him perform them.

For example, there was this recent one: "Here Comes the Sun." To view it, please click: [Here](#).

To view others, check his the Timeline on his Facebook page. You're in for a treat if you do.

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

- (1) Charles Aznavour, La Boheme, one of my all-time favorites: [Here](#).
- (2) Ellen Pappas: A Seder on the Zoom: [Here](#).
- (3) Audrey Wells: Alone With Me: [Here](#).
- (4) Dawn Westmoreland: Turning Lemons into Lemonade: [Here](#).
- (5) Brent Russell: Notification: [Here](#).
- (6) Stephen Houps: Yo Yo Ma - Tiny Desk Concert - NPR: [Here](#).

C. This is my kind of website: Sunny Skyz. Its description tells you why I like it so much: "[I]t was launched in January of 2012 by Chris Filippou in order to promote good news stories from around the world. It has since evolved into a place that promotes love, laughter and kindness, in the form of videos, blogs, pictures, jokes and more."

To view it, please click: [Here](#).

When you do, you'll see such posts as the following:
Regulars at a Steakhouse Left Their Entire Stimulus Check as a Tip to Help Employees
This Boy Wrote a Poem About His Autism. Now He Has a Publishing Deal
Lady Antebellum's "Need You Now" A Capella is Absolutely Amazing
My Dad Never Met a Stranger

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

The other day, I was taping my radio show on Zoom and got this message (on the screen of the person I was interviewing): "Network bandwidth is low." ... The results was NOT good. There were all sorts of pauses and delays when playing back the show, and as a result, I could not use it--and will have to retape the show.

To make sure that doesn't happen again, I did some research and found the following article informative:
Why Is My Internet So Slow?

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

I then checked my internet speed by clicking this link: [Here](#).

And lastly, I encouraged my friend (the person I was interviewing) to do the same, so this doesn't happen again.

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9. Joke 3

Best way to determine how far away you should be when social distancing ...

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10. A quote I like

Thanks, Brian Dennehy (1938-2020), for your always excellent work in such films as FIRST BLOOD, GORRY PARK, COCOON, PRESUMED INNOCENT, TOMMY BOY and my favorite, DEATH OF A SALESMAN. ... I only regret that I never got to see you on stage, in that your work there earned you two Tony Awards and recognition from VARIETY as "perhaps the foremost living interpreter" of playwright Eugene O'Neill's works. ... For more information about his life, please click: [Here](#).

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11. Thought for the day

Methinks a lot of teachers are getting similar notes ...

I just had a mom text me this. ❤️👉

Dear Teachers,

Next year, I don't care if you make the school supply list ten pages long. I'll get you whatever you ask for. You want eight dozen pre-sharpened Ticonderoga pencils? They're yours. You want twenty-seven single subject notebooks with real dragon skin covers? I got you. Fifty bottles of hand sanitizer? Seems reasonable. A baby unicorn? I'll make it happen. Whatever you want. Let me know if you have any food restrictions, 'cause I'm hiring you a personal chef. You want a massage to rub your shoulders while you grade papers? Because I can make that happen for you, my Queen.

Y'all, these kids are rotten. Mine. Yours. Karen's. All of them, nerve wracking little monsters, and these sweet Angels that God saw fit to send us to educate our children are freaking ROCK STARS, and we do NOT give them enough credit. Or money. These teachers should all be driving Bentleys. Or better yet, a Rolls Royce with a personal driver. They should all be living in 5000 square foot mansions with in ground heated pools.

So teachers, thank you. Also, I know that I gave birth to them, but I'm gonna need you to come and get your kids before I lose my ever loving mind.

Sincerely,
A Mama Who Has Had Enough of Coronacion and Trying To Homeschool these Heathens

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12. Advance planning department

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

A. Brian Bilo: From Fear to Freedom. B. Free plays and musicals and you can now stream. C. Join us on April 24th for a virtual "live" reading of Beautiful Cages written by local playwright Jamie Knox. D. PHANTOM OF THE OPERA.

PS: Make it a wonderful week!

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