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# BLAINESWORLD

You're reading BLAINESWORLD, a weekly blog published by Blaine Greenfield. It contains some jokes, hopefully, not toooo risqué (typically in Sections 5, 8 and 11); 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](#).

#1497  
5.19.2025

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## 1. Reflections

A. Cynthia, my beautiful bride, and I have become big fans of The Madness, a cool restaurant that features sushi, burgers of all kinds and a wide variety of sandwiches. We previously had gone to the Candler location, but now just tried the Asheville location of Merimon Ave. The food was outstanding, as was the friendly service we received from both Sean, our server, and Caroline, the manager.





B. We also got to welcome some guests into our home.

(1) That's Cynthia with Mr. Cuddles. (Thanks, Francie Sabell, for sending him to become a member of our family.)



(2) And this lovely cicada, which fortunately has remained outside. He is just one of many such bugs that appear every 17 years. They are all over our property and as can be seen by this video, they are quite loud:

[Here.](#)

For more information about cicadas, click:

[Here.](#)



C. This week, I had the pleasure of hosting three webcasts. They can be viewed:

[Here.](#)

(1) Top: 5.12.2025 - La Bourgeois--Author and Creativity Coach

(2) Middle: 5.14.2025 - Erika Tyner, director, and Amy Buchanan, stage manager, discuss Our Town--Parkway Playhouse's upcoming play

(3) Bottom: 5.15.2025 - Stephanie Astalos-Jones--Writer. Standup Comic, Actor, Teacher



D. Condolences to Alex Tapp and family on the passing of Alex's grandfather.

E. Congratulations to:

- (1) Brian Biro on being named by Education Insights as one of "The 10 Best Keynote Speakers Empowering Learning in 2025."
- (2) Betsy Edwards Sell and Paul Wachtendorf on their marriage.
- (3) James E. Lee III on his new position as Senior Pastor at County Line First Baptist Church.

Announcing this week's ...

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

it goes to the person who developed grab bars for showers.

I couldn't find any one person to credit for the invention, but if you do, please let me know his or her name.

In my shower, I always had one (on left). But I just installed a second one (on right)--and it has become a welcome addition.

It gives me much greater stability when getting in and out of the shower.

Don't just consider these for the elderly or disabled. They are a preventive measure for all ages.

For more information on this important subject, click:

[Here.](#)





## 2. Cynthia's Corner

Being Saved from disturbing Moishe, the Monkey Mind

I have been disturbed lately by Moishe, the Monkey Mind. So, wanted to share a bit about this monkey that lives with me more than I might like.

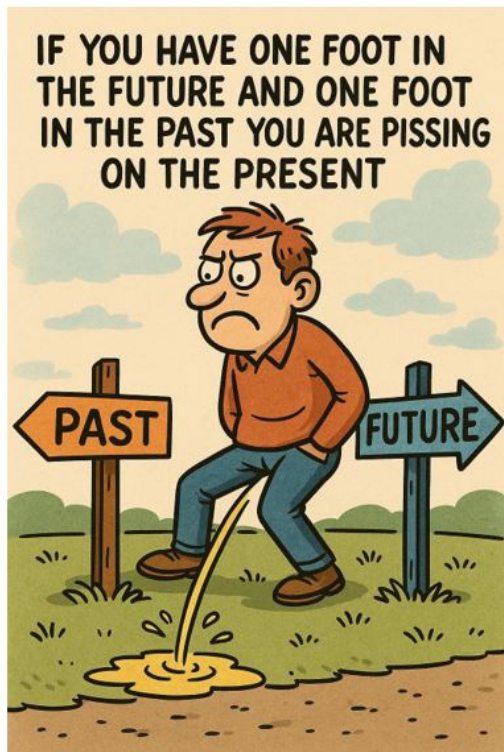
Monkey mind probably comes when you are less involved, less active, or simply slowed down. When we have projects and activities, our mind needs to be actively involved. So, monkey mind takes a back seat.

But, when it is time to slow down ... (or when we purposely want to slow down for it's own richness! which is another valuable topic all on it's own!!!!) ... Moishe jumps enthusiastically in the front seat uninvited.

Ever lie in bed trying to sleep and this monkey comes next to you poking you, pulling you to ruminate about one topic with no resolution, or jumping from topic to topic exhausting you and leaving you deflated and frustrated? Encouraging you to resolve all of your AND the world's problems before you fall asleep. Impossible task!!!!

Ever go on a silent retreat and the beginning is so noisy, and disturbing, it is nothing but silent.

Read once worry is not real. It is not in this moment. My nephew, Benjamin, once said, "Ever have one foot in the past and one in the future, and you are simply pissing on the present?"



Well, this morning, I woke up with Moishe actively disturbing me in quite a serious way.

But, then I felt saved. I would like to share some of the saving graces I experienced. Because I really have needed those saving graces lately. Also, I have learned so many on my own over my long lifetime. Maybe you could get benefit from them as well.

First, is my husband Blaine. He is kind and positive and always always always there for me. My sister, Joyce, who calls me numerous times a day to check in. Then, my friends ... they do everything in their power to pull me away from Moishe. They leave me text messages, call me, sing me songs, and simply reach out to me. And using their unique powers, love me. There is a poster I have that shows people walking together and it says, "We are all walking each other home!" Today, I truly felt saved by them. Thank you Francie, my forever friend from childhood, Karen, my new fairy friend who actually did a happy dance just for me, and Marcy, who is always there for me. These were the people just today who brought me to a loving place.

Then there are the things I have learned over my lifetime ... ways of detaching ... slowing down ... feeling the peace that is always there even as Moishe is screaming.

1) I breathe in and I breathe out, and pause at the end of the breathe. An experience there, at the end of the breathe. An experience, but if i used words, they would be rest, deep rest, spaciousness, God, possibility, simplicity, wisdom.

2) Thich Nhat Hanh has a free app called Plum Village. Gentle, kind voices of Monks that sing to you and guide you through deep body relaxations and talks. Very helpful. Love those Monks. Such kindness. Voice of kindness we all need.

3) The train exercise: The Rumi poem ... "Out beyond right and wrong, there is a field, I will meet you there." I imagine sitting and seeing a train. Each compartment of the train has a conversation. You can even label them. Conversation about my body, food conversation, relationship conversation. We each have a certain number of conversations that repeat themselves. Instead of jumping on the train in one of the compartments and engaging with Moishe, the monkey. Just watch as each compartment passes by. Let them pass by. And at the same time, beyond the train, is that field. It is spacious and make it as beautiful as you like. Know that the field is beyond the train all of the time. A friend of mine, Lisa, shared these words, "How is the truth of what I am/what I seek, always already here?" I am drawn to that field. I am drawn to the truth that I am not my body, I am not Moishe, the monkey mind, I am not my sensations. I am the essence of it all.

4) My friend Brian shared when I asked him how he stays so positive ... "I know what I focus on is what I create. So, the more I choose to focus on what I want, the more I will magnetically pull it toward me."

5) Pema Chodron shared about coming a tiny bit closer to your pain. As a way of being compassionate towards yourself. And compassionate with other's pain as well. To come to it with kindness and gentleness the way you would towards a child.

Thank you directly to the people who have responded to me so far sharing your own experience. You expand my world by sharing yours. And helps us all know we are not alone. Please continue to share.

Warmly,  
Cynthia (Greenfield)  
[cgreenfield1001@aol.com](mailto:cgreenfield1001@aol.com)

PS. For another interspecies video about the sign language gorilla who loves cats and requests to own them, click:

[Here.](#)

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### 3. Invites

A. Last chance to enter ...

\*\*\*\*\* CONTEST #6 \*\*\*\*\*

One lucky reader will win a copy of MINDFULNESS TRAINING FOR THOSE LIVING WITH DEMENTIA, CHRONIC ILLNESS OR AN AGING BRAIN by Jarem Sawatsky.

To quote from the description from Amazon:  
Want to enjoy the life you are living, even as you face major life challenges?

Is your mind succumbing to age? Is your body failing you? Can you ever find joy, peace or fulfillment in these challenging conditions? The answer is a resounding YES.

Author Jarem Sawatsky saw the countless guides out there for those caring for the ill and healing the curable, but when he was diagnosed with Huntington's Disease he found there was nothing for those living with an incurable illness. He quit his job as a professor and devoted his life to exploring the possibilities of living with chronic conditions. Now he's bringing his findings and insights to you in this empowering mindfulness guide.

To enter the contest, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put CONTEST #6 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., May 19.

B. Leadership Asheville 44 Applications are now being accepted through the end of May, 2025. To find out more about this terrific organization and/or to get an application, click:  
<https://leadershipasheville.unca.edu/>.

I previously participated in Leadership Asheville and recommend it strongly. I'd be honored to nominate you for a slot. If interested, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put LA in the subject line.

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.

If you want to join me, let me know. Send an email to: [bginbc@aol.com](mailto:bginbc@aol.com), if interested, and put WEBCAST in the subject line. And for more information, click:  
<https://www.blainesworld.net/>.

D. 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:  
<https://www.facebook.com/profile.php?id=100092574177872>.

E. 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:  
<https://www.facebook.com/groups/245515070390413>.

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

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#### 4. FYI

A. Warren Buffett doesn't believe in the '10,000-hour rule'—what he suggests you do instead to gain mastery:  
[Here](#)

B. When to Go to the Emergency Room vs. Urgent Care:  
[Here](#)

C. 5 Things You Probably Aren't Cleaning Enough—and They Could Be Making You Sick:  
[Here](#)

D. 13 jobs that don't require a college degree -- and won't be replaced by AI:  
[Here](#)

E. 5 Best Anti-Inflammatory Carbs You Should Be Eating, According to a Dietitian:  
[Here](#)

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## 5. Joke 1

My two cents ...

**There's no way a chicken fried this rice!**



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## 6. Reviews

A. *Nonas* is a heartwarming and flavorful dramedy that serves up laughs, love, and a generous helping of pasta. Vince Vaughn shines as a man determined to honor his late mother by opening an Italian restaurant staffed by a spirited group of local grandmothers—each with her own recipes, quirks, and life lessons. Supported by a delightful ensemble cast including Lorraine Bracco, Talia Shire, and Linda Cardellini, the film blends comedy and emotion with just the right touch of spice. *Nonas* is a celebration of food, family, and second chances—comfort cinema at its finest. We saw it on Netflix and loved it. Rated PG.

Note: I've added it to my list of favorite films. If you'd like to get a copy of this list, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put FAVORITES in the subject line.

B. *RRR* is an exhilarating and visually spectacular action drama that reimagines the lives of real-life freedom fighters Komaram Bheem and Alluri Sitarama Raju as larger-than-life heroes battling British colonial rule in 1920s India. Packed with breathtaking stunts, high-energy dance numbers and an emotional core that celebrates friendship, loyalty and rebellion, the film is a cinematic rollercoaster from start to finish. Director S.S. Rajamouli delivers a bold, imaginative epic that's both wildly entertaining and deeply stirring. It is long (over three hours) and some of the fight scenes were over the top, but overall, I recommend it. Rated R.

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## 7. TV Alert

A. *The Four Seasons: Netflix (the series)*

The decades-long friendship between three married couples is tested when one divorces, complicating their tradition of quarterly weekend getaways. This is adaptation of the 1981 film with the same name. Cynthia and I both liked it a lot and hope that the rumored Season 2 becomes a reality.

B. *Conan O'Brien: The Kennedy Center Mark Twain Prize for Humor: Netflix*

Comedy's biggest stars gather to toast and celebrate late-night legend Conan O'Brien as he accepts the Mark Twain Prize for American Humor. I got a kick out of watching this and think that you will also.

C. *American Manhunt: Osama bin Laden, Season 1: Netflix*

Netflix's latest true-crime series focuses on the decade-long search for Osama bin Laden, the elusive Al-Qaeda leader who orchestrated the attacks on 9/11.

**D. Overcompensating, Season 1: Prime Video**

In a promising college comedy about a closeted jock and homecoming king based on star Benito Skinner's own college days, grownup guest stars to watch include Kyle MacLachlan, Connie Britton and Andrea Martin.

**E. Inside the Mind of a Cat: Netflix**

Meet these ragdolls(below) .... and a lot of other cats ... in Inside the Mind of a Cat, an excellent documentary. Experts examine feline behavior in a film that's also perfect to watch with kids. (Thanks, Cynthia Greenfield, for the recommendation.)



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**8. Joke 2**

Methinks I'll choose jelly donuts next time.



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**9. 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 see this cover from Tayo Drougas by clicking: [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

This 1991 PBS special, "A Tribute to Harry Chapin," was based on a 1987 Carnegie Hall concert tribute that featured Bruce Springsteen, Graham Nash, Judy Collins, Richie Havens, Pat Benatar, The Smothers

Brothers, Oscar Brand, Pete Seeger, and Tom and Steve Chapin singing Harry's story songs. Judy Collins, Pete Seeger, John Denver, Peter Yarrow, and Kenny Rogers contributed their memories of Harry who is seen in the show performing four of his songs.

To view it, click:

<https://www.youtube.com/watch?v=SksRbY64hvU>.

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

(1) Chubby Checker, "The Twist," one of my favorites:

<https://www.youtube.com/watch?v=-CCgDvUM4TM>

(2) Howard Smith Jr.: Hymns:

<https://www.facebook.com/hs.smith.73/videos/1211107790398708>

(3) Neil Ratner Rock Doc: The Beatles Say Farewell with Let It Be:

<https://www.facebook.com/neilratnerrockdoc/videos/1837465386800932>

(4) To see how great a group the Beatles were, click this video of them performing "Let It Be":

<https://www.youtube.com/watch?v=CGj85pVzRJs>.

(5) Driver slows down to watch as crow helps scared hedgehog cross the road:

<https://www.dropbox.com/scl/fi/cq6edpvdpo9pymh639m2l/Driver-slows-down-to-watch-as-crow-helps-scared-hedgehog-cross-the-road.mp4?rlkey=bgjk416ofww04sk8iffee0cerg&e=1&st=g3ncdda9&dl=0>

(Thanks, Jonathan Berg, for sharing.)

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

The Onion, a pioneer in satirical news coverage, It features articles on international, national, and local news with a humorous twist.

To view it, click:

<https://theonion.com/>.

You'll find such articles as the following:

Trump Casts Cabinet In 'Les Misérables' Amid Kennedy Center Boycott  
Elderly Salsa Instructor Announces Plan To Dance With Your Girlfriend  
New Indiana Law Requires All Porn Viewers To Register As Sex Offenders

E. BLAINESWORLD, the website, remains up and running . . . to view it, please click:

<https://www.blaineworld.net/>.

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/profile.php?id=100092574177872>.

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## 10. Technology Tip

I recently received similar messages from two different names on Facebook: Judy Akira and Marlana Ronald:

My sincere apologies for leaving this comment here. Although we're not acquainted, I tried to send you a friend request, but it didn't go through. So I thought I'd leave a message here to kindly ask if you wouldn't mind sending me a friend request. Thank you, and please stay safe.

I wanted to know if these people real? Is this a scam? Here's what I found out:

This is almost certainly a scam or at the very least a fake engagement tactic.

Here's why:

1. Identical Messages: Scammers often use copy-and-paste messages across many accounts to cast a wide net.
2. Overly Polite Language: Phrases like "my sincere apologies" and "please stay safe" are meant to sound warm and non-threatening, which is common in social engineering scams.
3. "Friend Request Didn't Go Through": This is a red flag. If someone genuinely wants to connect, they'd try again or message something more personal.
4. No Prior Connection: If you've never interacted with Judy Akira or Marlana Ronald before, and they're

4. NO PRIOR CONNECTION. If you've never interacted with Judy Akira or Mariana Ronald before, and they're leaving this type of message on your public posts, it's a classic pattern used by fake profiles.

What to Do:

- \* Do not respond or engage.
- \* Do not send them a friend request.
- \* Report and block them on Facebook to help prevent similar scams.
- \* Check their profiles if you're curious. Fake profiles usually have limited posts, few friends and generic or stolen profile pictures.

Note: The above advice applies to friend requests you get while on Instagram, LinkedIn or social media.

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### 11. Joke 3

I also hear those same voices in the day! (Thanks, Donnie Roland, for sharing.)



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### 12. Three Quotes I Like

A. Top: Thanks, Joe Don Baker (1936-2025), for your career as an American actor, known for playing "tough guy" characters on both sides of the law. He established himself as an action star with supporting roles in the Westerns *Guns of the Magnificent Seven* and *Wild Rovers* before his breakthrough role as real-life Tennessee Sheriff Buford Pusser in the film *Walking Tall*. For more information about his life, click: <https://nypost.com/2025/05/15/entertainment/joe-don-baker-dead-james-bond-walking-tall-star-dies-at-89/>.

B. Middle: Thanks, Robert Benton (1932-2025), your career as an Academy Award-winning American film director and screenwriter. He, along with his co-writer David Newman, were nominated for the Oscar for Best Original Screenplay for the 1967 film *Bonnie and Clyde*. In 1979, he wrote and directed the film *Kramer vs. Kramer*, winning the Academy Award for Best Director and the Academy Award for Best Adapted Screenplay. He won another Oscar for Best Original Screenplay for the 1984 film *Places in the Heart*. For more information about his life, click: <https://www.legacy.com/us/obituaries/legacyremembers/robert-benton-obituary?pid=209087037>.

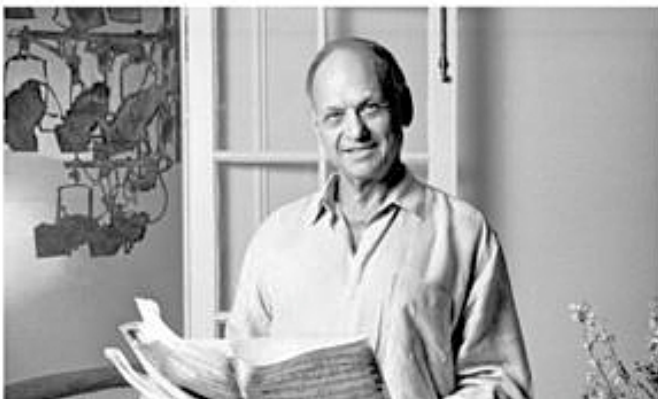
C. Bottom: Thanks, Charles Strouse (1928-2025), for your career as an American composer and lyricist best known for writing the music to the Broadway musicals *Bye Bye Birdie*, *Applause* and *Annie*. He won three Tony Awards, a Grammy and an Emmy. And Strouse became a member of the American Theater Hall of Fame and the Songwriters Hall of Fame. For more information about his life, click:

<https://playbill.com/article/charles-strouse-composer-of-annie-and-bye-bye-birdie-dies-at-96>.

[When asked how an inexperienced young man like him had been accepted into the prestigious Actors Studio, he replied] "I listened. I did a scene with a girl, and she did most of the talking, so I listened. Come to find out, that's what you're supposed to do when you act is listen."--Joe Don Baker



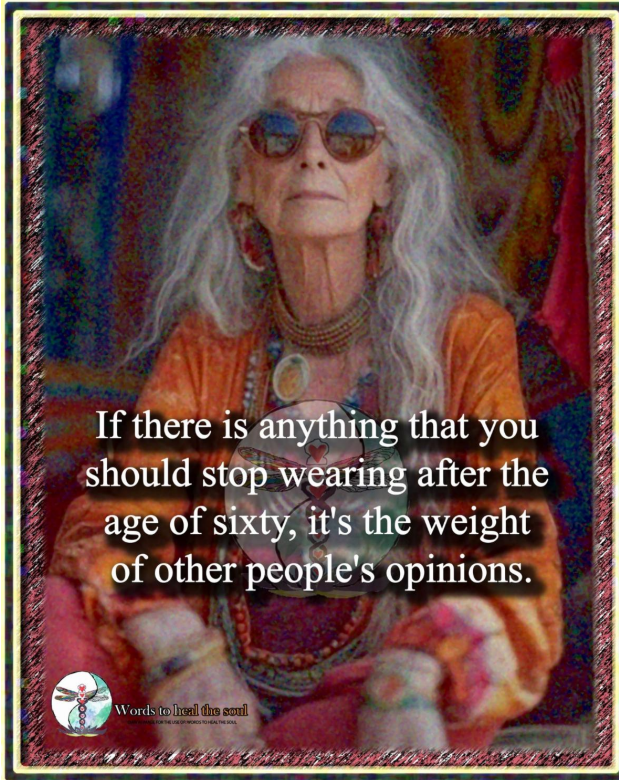
"The direction of a melodic line, the stringency and resolution of a harmony — they were riddles to me that I wanted to spend my whole life solving."--Charles Strouse



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### 13. Thought For The Day

Amen--and awomen too. (Thanks. Ellen Pappas. for sharina.)



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

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