

From: Blainesworld blaine@blainesworld.net
Subject: blainesworld 1503 (See Sect. 11 on how to save 5% on every Amazon purchase.)
Date: June 29, 2025 at 9:42 PM
To: hank@hankeder.com



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](#).

#1503
6.30.2025

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1. Reflections

A. Cynthia, my beautiful bride, and I try to go out for a bite to eat every time we go to a doctor, especially after we've had good news. That was the case when we recently had delicious burgers at Auction House Food Hall in Fletcher.

The good news from my urologist is that my PSA reading has actually gone down to a very respectable 4.7.

Note: For tips on reducing PSA levels, read this article:
<https://www.byramhealthcare.com/blogs/things-to-avoid-before-a-psa-test>.





B. We also had a good checkup at the dermatologist, so we celebrated over a delicious dinner at Vinnie's on Hendersonville Road with our friends Tom and Marcy Gallagher. While there, we received terrific service from Ashley.

In case you're wondering what would happen if we ever received bad news at a doctor's visit we'd probably go out for ice cream and double the size of our normal orders.



C. During the week, we went to an educational balance workshop conducted by Dr. April Kevern (pictured below) and Dr. Alex Lallier from Compass Physical Therapy.



D. Kismet, our amazing cat, loves networking. Here, he can be seen meeting our friend Hara Sitnick for the first time. He also loves posing for the camera--even if it means cutting off part of somebody's face.





E. REVIEW: The Stinky Cheese Man & Other Fairly Stupid Tales at SART
by Blaine Greenfield—Chief Encouragement Officer (CEO), BLAINESWORLD

Now playing through June 29, this laugh-out-loud adaptation of the beloved book by Jon Scieszka and Lane Smith is a hilarious, high-energy treat for kids and adults alike.

Standout performances include:

Amanda Hargen as Jack--nailing her very first play as the frantic, fourth-wall-breaking narrator.

Cody Eugene, who delivered laugh after laugh, especially in his hysterically deadpan performance as The Legal Guy.

Leif Brodersen, who rocked as The Giant despite stepping into the role with just one day's notice.

Adkins Edward Long Parkinson, the youngest actor on stage, who stole scenes as the mischievous Cow Patty Kid.

All 13 cast members shined--each taking on multiple roles, with many also working behind the scenes. In addition, six of the performers were part of SART's 2025 College Internship Program, adding fresh talent and energy to the stage.

Directed with flair by Janice Vertucci-Schreiber and with musical direction by Patricia Sands, the show is a fast-paced joyride through twisted fairy tales and theatrical fun.

For tickets, visit:

[https://sartplays.ludus.com/index.php?](https://sartplays.ludus.com/index.php?fbclid=IwY2xjawLOTM9leHRuA2FibQIxMABicmlkETFJbTQxTHRZMm1hUzI4OVFMAR5R9ppoeSX4tdx6OPzNFRbchpdsbCsHdUkBgJ9dFGxUqGk56ad0DW1C0FDPvw_aem_5IV8iLt9O_VFj9gd8GyDzQ)

[fbclid=IwY2xjawLOTM9leHRuA2FibQIxMABicmlkETFJbTQxTHRZMm1hUzI4OVFMAR5R9ppoeSX4tdx6OPzNFRbchpdsbCsHdUkBgJ9dFGxUqGk56ad0DW1C0FDPvw_aem_5IV8iLt9O_VFj9gd8GyDzQ.](https://sartplays.ludus.com/index.php?fbclid=IwY2xjawLOTM9leHRuA2FibQIxMABicmlkETFJbTQxTHRZMm1hUzI4OVFMAR5R9ppoeSX4tdx6OPzNFRbchpdsbCsHdUkBgJ9dFGxUqGk56ad0DW1C0FDPvw_aem_5IV8iLt9O_VFj9gd8GyDzQ)





Pictured: Cody Eugene (left) and Amanda Hergen (right)

F. I hosted two BLAINESWORLD webcasts this past week. They can be found at:

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

(1) Top: 6.23.2025 - Dada Maheshvarananda, Director of the Prout Research Institute & President of the Asheville Storytelling Circle

(2) Bottom: 6.24.2025 - Emily Dake--Costumer, Voice Coach, Actor, Health Researcher



G. Condolences to:

(1) The family of Walter Wiesenhutter, a longtime friend and teaching colleague of mine when were both at Bucks County Community College. For his obituary, click:

<https://plunkettfuneralhome.com/tribute/details/587/Walter-Wiesenhutter/obituary.html>

(2) Linda McLean and family on the passing of Peter, Linda's brother

(3) Jeff Rossman and family on the passing of Marty, Jeff's brother.

(4) Rodney Richards and family on the passing of Janet, Rodney's wife.

H. Congratulations to:

(1) Brian Biro on being featured by Humans of Fuzia in their brand new article about leading speakers for 2025-2026. To read it, click:

<https://humansoffuzia.com/interview/brian-biro-empowering-others-to-discover-their-inner-potential-through-presence-purpose-and-passion/>.

(2) Stephen Dolginoff on the opening of his musical FLAMES in Seoul, South Korea.

I. Announcing this week's

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

It goes to the Prime Visa credit card that gives you a whopping 5% back on all Amazon and Whole Food purchases (and/or 3% if you don't have Prime). It also gives you 2% at gas stations, restaurants, and drug stores.

What I like about it: Whenever you make an Amazon purchase, it automatically gives you the option to pay off the bill with points you've earned. It often feels like you are getting stuff for free.

Among the other rewards and benefits are the following:
2% Back at Restaurants, Gas Stations, and Drugstores.
1% Back on All Other Purchases.
No Annual Fee (with Prime Membership)
No Foreign Transaction Fees.
Points Never Expire & No Redemption Minimums.
Enhanced Shopping Protections.

Note: Depending on when you open your account, you'll often get a gift card. The specific amount of it can vary but is often around \$50, \$100, or even \$200.

And from time to time, you'll get a special offer for a limited time. For example, I recently saw this one: Earn 7% with No-Rush Delivery and Prime Visa on eligible products during Prime Days (July 8-July 11).

I think it is the best deal in town—at least when it comes to credit cards.

To sign-up for the card and to get a \$200 Amazon Gift Card (if you are already a Prime member), click: <https://www.amazon.com/Prime-Visa/dp/BT00LN946S>.



2. Cynthia's Corner

Letting Go... and Letting Be

This week, I'm sharing a personal reflection on a season you may or may not be familiar with—a time of learning to simply let go and let be.

Inspired by recent loss, aging, and the softening that comes with both, this piece is an invitation to gentle acceptance—and the peace that can come when we release striving and allow ourselves to simply be.

At 72, my body doesn't bounce back like it used to. There's pain I carry now—physical, emotional—and some mornings I wake up wondering what the day will ask of me... and what I still have to give.

The idea of new activities or acts of service feels appealing in my imagination, but energetically out of reach. One part of me dreams of getting a dog and visiting elders or children, or exploring some new kind of service.

But I'm learning that opening up to new life isn't always about pushing forward or doing something—anything—just for the sake of movement.

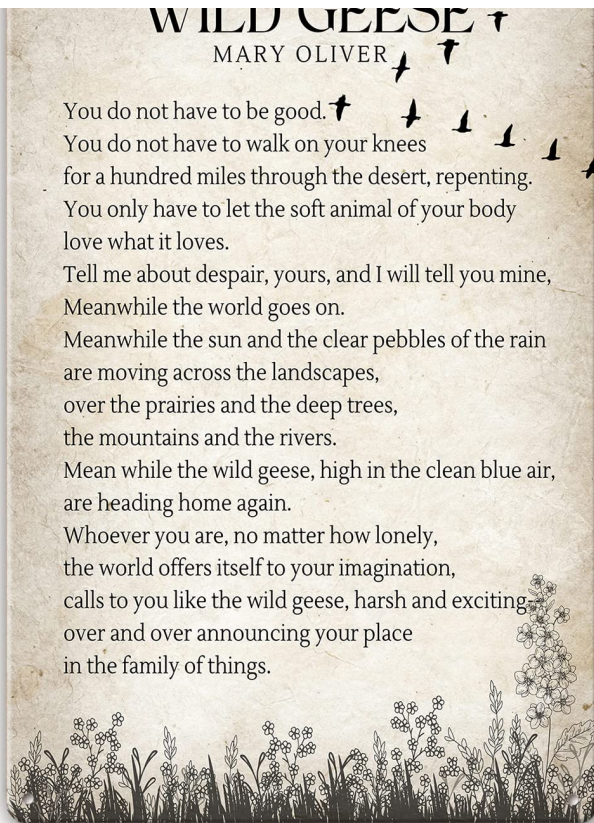
Letting go is not giving up.

Letting be is not apathy.

It's asking: What is this moment asking of me?

I love the following poem:





A gentle reminder to let life unfold can also be found in the Beatles song "Let It Be":
<https://www.youtube.com/watch?v=CGj85pVzRJs>.

And here's Paul McCartney explaining the inspiration behind the song:
<https://www.youtube.com/shorts/T8846EfbnU>.

Reflection:

What are you being invited to release today?
Where might letting go create space for peace?

Warmly,
Cynthia (Greenfield)
cgreenfield1001@aol.com



3. Invites

A. Last chance to enter ...

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

One lucky reader will win a copy of Poems of The Laughing Buddha by Jane Mala Robbins.

To quote from the Amazon description about the book:

This unique, funny and inspiring book of poems documents the poet's journey into greater and greater joy as she spends more time with her statue of the Laughing Buddha. "She practically dares the universe to bring her down, and it cannot do so. In poem after poem, laughter triumphs over whatever comes her way. It is a literate, knowing laughter," that will set the reader "smiling, then laughing, then seeing, then smiling a deeper kind of smile." Jane Marla Robbins is a National Endowment of the Arts Poetry Grant finalist.

To enter the contest, send an email to: bginbc@aol.com and put CONTEST #8 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., June 30.

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. Send an email to: bginbc@aol.com, if interested, and put WEBCAST in the subject line. And for more information, click: <https://www.blaineworld.net/>.

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.

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

4. FYI

A. Should You Take Daily Aspirin? Here's the Latest Research: <https://superage.com/should-you-take-daily-aspirin-after-50/>

B. Be the One They Call First: How to Think Like a Trusted Advisor and Build Client Loyalty: <https://www.yermikurkus.com/blog/trusted-advisor-client-loyalty>

(Thanks, Yermi Kurkus, for sharing.)

C. I'm 79 years old and the 'father of functional medicine': Here's my daily routine for a healthy life: <https://www.cNBC.com/2025/06/28/jeffrey-blands-daily-routine-as-the-father-of-functional-medicine.html>

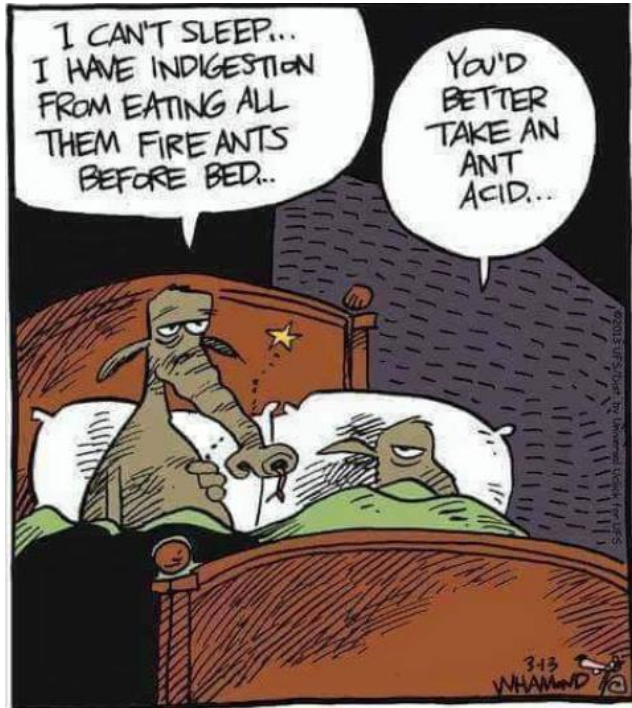
D. How Often Should You Really Go to the Dentist?: https://time.com/7289262/how-often-should-you-go-to-dentist/?utm_source=beehiv&utm_medium=email&utm_campaign=newsletter-health-matters&_bhlid=350aacab12d8cda01c02b26d1b8a38a1526501d8

E. 7 genius responses to 'put rude people in their place,' according to communication experts <https://www.cNBC.com/2025/06/20/use-these-phrases-to-put-a-rude-person-in-their-place-say-communication-and-psychology-experts.html>

5. Joke 1

The moral here is short but clear:

The moral here is short but clear.
Don't eat what bites and brings you fear.



6. Reviews

A. *Plane* (2023) on Netflix is a tense, action-packed thriller starring Gerard Butler as a pilot who crash-lands on a dangerous island—only to find the real turbulence begins on the ground. Gritty, fast-paced, and surprisingly gripping, it's a solid ride for fans of high-stakes survival flicks. Rated R.

B. *Upgrade* (2018) on Netflix is a slick, futuristic revenge thriller that blends sci-fi with brutal action. When a man is paralyzed and loses his wife in a mugging, a mysterious tech implant gives him a second chance—with a dark twist. Smart, stylish, and satisfyingly intense. Rated R.

7. TV Alert

A. *Smoke*: Apple TV+

In Dennis Lehane's miniseries inspired by the popular true-crime podcast *Firebug*, Taron Egerton plays Dave, a lone-wolf fire investigator whose boss (Greg Kinnear, 62) orders him to team up with police detective Michell (Jurnee Smollett, *Lovecraft Country*, *The Order*), a touchy ex-Marine, to hunt down two arsonists in the Pacific Northwest. John Leguizamo, 64, costars.

B. *Squid Game*, Season 3: Netflix

After his Season 2 rebellion failed to stop the wicked, sadistic *Squid Games* that killed his best friend and others, our hero Seong Gi-hun (Lee Jung-jae) is in handcuffs and despair.

C. *We Were Liars*, Season 1: Prime Video

If you liked *Big Little Lies* and *The Summer I Turned Pretty*, you may want to try *We Were Liars*, Amazon's new No. 1 hit show about a 16-year-old (Emily Alyn Lind) who washes up on a beach after a brain injury with no memory of how she got there.

D. *America's Got Talent*, Season 20: NBC on Tuesdays at 8 p.m.

Mel B returns as a judge in this series that's as good as ever. See for yourself by clicking this one act that was on recently:

<https://www.youtube.com/watch?v=oyACLihMZl&t=49s>.

8. Joke 2

Mental pabulum. (Thanks, Randy Hagan, for sharing.)

**Do they have
restaurants in Japan
where American people
cook in front of you with
lawn chairs and a grill?**

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. But they are in a classic clip:

Before Flo & Eddie joined the Mothers in 1970, they were founding members of The Turtles, who had disbanded that same year. Here are the Mothers performing "Happy Together" at The Fillmore West: <https://www.facebook.com/watch/?v=449840887823720>.

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

OB-LA-DI, OB-LA-DA - GABRIELA BEE (Beatles Cover):
<https://www.facebook.com/watch/?v=2373916102715401>

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

(1) Billy Joel - Lullabye (Goodnight, My Angel), one of my favorites:
<https://www.youtube.com/watch?v=dcnd55tLCv8>

(2) Howard Smith Jr.: Hymns (6.29.2025):
<https://www.facebook.com/hs.smith.73/videos/1390936091955972>

(3) Neil Ratner Rock Doc: Todd Rundgren
<https://www.facebook.com/neilratnerrockdoc/videos/1433163801211639>

(4) Thanks, Neil, for getting me to revisit "Bang The Drum All Day." Your many fans and friends can do the same by clicking:
<https://www.youtube.com/watch?v=P7Tcggo45TQ>.

And when they do, they'll get to see Flo & Eddie (founding members of The Turtles) on backup vocals!

(5) At the dentist:
<https://www.instagram.com/p/DKxN8sMRDXU/>

(Thanks, JP Reavely, for sharing.)

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

Akinator

This web-based game features a genie who can guess virtually any character you can think of, real or fictional, through a series of questions. The Akinator's ability to narrow down through seemingly unrelated questions and eventually guess your character is both uncanny and a bit weird. It's a fun test of the genie's vast database and algorithmic predictions.

To play it, click:

<https://www.elpassion.com/blog/weird-websites-and-web-apps#listItem-1>

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 looking for "Blaine Greenfield" or by clicking:

<https://www.facebook.com/blaine.greenfield.2025/>.

10. Technology Tip

How To Use Your iPhone for Laundry Care
by Carol Bratt

Yes, you read that correctly! I know, I know! It sounds crazy, but yes, that's yet another cool thing you can use your iPhone for! Who knew? Certainly not me! But when I found out, I had to try it. It works! And since it does work and it actually comes in handy, I thought I would share it with you. I have always hated those icons they put on a nice sweater, dress, etc. I can never remember what they stand for, and I find them very confusing. Hopefully, this will help you out like it did for me!

For the rest of this informative article, click:

https://davescomputertips.com/how-to-use-your-iphone-for-laundry-care/?utm_source=mailpoet&utm_medium=email&utm_source_platform=mailpoet&utm_campaign=dave-s-computer-tips-weekly-recap-for-date-custom-or-format-l-js-f-y_1.

11. Joke 3

A teacher said to her class, "Give me a sentence about a public servant."

One young boy wrote: "The fireman came down the ladder pregnant."

The teacher took him aside and asked, "Don't you know what pregnant means?"

"Sure," said the lad confidently. "It means carrying a child."



12. Two Quotes I Like

A. Top: Thanks, Bill Moyers (1934-2025), for your career as an American journalist and political commentator who served as the eleventh White House Press Secretary from 1965 to 1967. Moyers also

worked as a network TV news commentator for ten years, and he was extensively involved with public broadcasting. The National Academy of Television Arts and Sciences awarded him the Lifetime Achievement Award. And He received 26 Emmy nominations, winning 13 times, along with virtually every other major television journalism prize. For more information about his life, click: <https://www.cnn.com/2025/06/26/media/bill-moyers-pbs-dead-obituary>.

B. Bottom: Thanks, Bobby Sherman (1943-2025), for your career as an American singer and actor who was a teen idol in the late 1960s and early 1970s. He had a series of successful singles, notably the million-seller "Little Woman" (1969). Sherman left show business in the 1970s for a career as a paramedic and a deputy sheriff, but performed occasionally into the 1990s. For more information about his life, click: <https://apnews.com/article/bobby-sherman-dies-d4cbbcc4bac0697754e82dde6afe155a>.

"Creativity is piercing the mundane to find the marvelous."—Bill Moyers

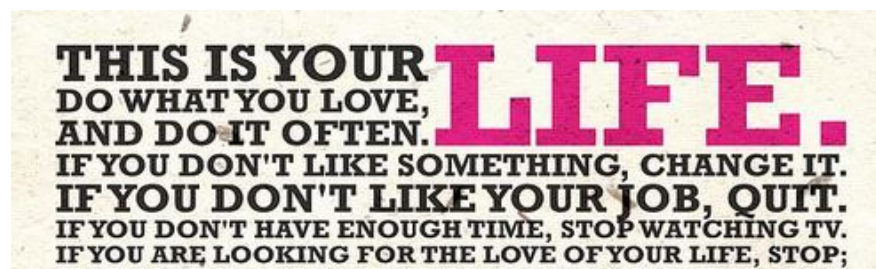


"I must say I had the best of times, because the concerts were great, the fans were great. It was the proverbial love-in."--Bobby Sherman



13. Thought For The Day

We write our stories not in years, but in choices.



THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.
LIFE IS SIMPLE. EVERY LAST BITE. WHEN YOU EAT, APPRECIATE
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,
AND SHARE YOUR INSPIRING DREAM WITH THEM.
TRAVEL OFTEN; GETTING LOST WILL
SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM. HELP YOU FIND YOURSELF
LIFE IS ABOUT THE PEOPLE YOU MEET, AND
THE THINGS YOU CREATE WITH THEM
SO GO OUT AND START CREATING.
LIFE IS LIVE YOUR DREAM
SHORT. AND SHARE
STAY HAPPY & YOUR PASSION.
BE POSITIVE
LIFE IS A JOURNEY
ENJOY IT

PS. Make it a great week!

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