

BLAINES WORLD

#1244
7.20.2020

In this issue

- [1. Reflections](#)
- [2. FYI](#)
- [3. Joke 1](#)
- [4. Reviews](#)
- [5. TV alert](#)
- [6. Joke 2](#)
- [7. Clips/Websites](#)
- [8. Technology tip](#)
- [9. Joke 3](#)
- [10. A quote I like](#)
- [11. Thought for the day](#)
- [12. Advance planning department](#)

1. Reflections

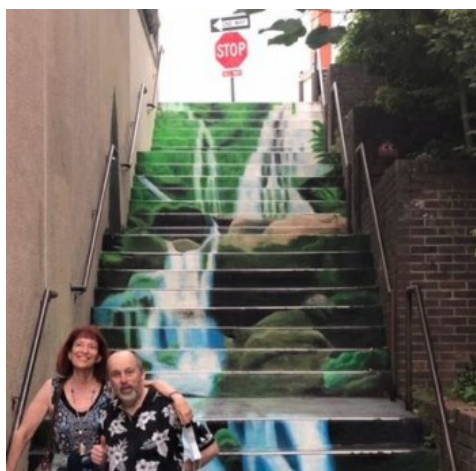
If you're reading this via Facebook or LinkedIn, please be advised that you will get it quicker if you get it via email. Another advantage: You'll never miss it that way because you may not have logged in for a day or two. And in the unlikely event you're not already a subscriber, all you need to do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

A. Cynthia, my beautiful bride, and I:

(1) Continued to hunker down in Week 19 of the corona pandemic, but did manage to get out for a delightful dinner at Hemingway's Cuba Restaurant and Bar. The food there is always excellent, as is the view.



(2) Afterward, we took a walk to enjoy these cool steps in downtown Asheville.





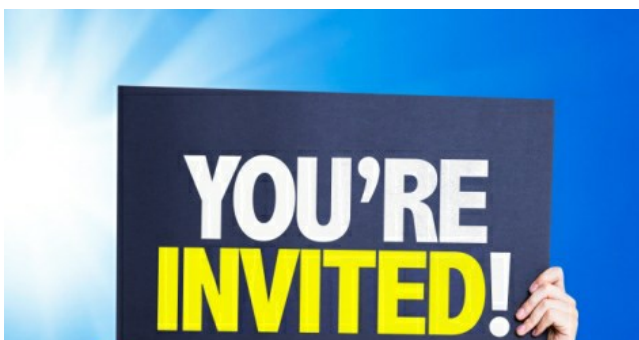
B. I had the pleasure of seeing a terrific Facebook Live performance of Rebecca and the Reckoning, a group comprised of Rebecca OQuinn, vocals/rhythm guitar; Matt Daniels, telecaster; Drayton Aldridge, fiddle; Brad Curtioff, keys; Craig Kellberg, bass; and Ben Falcon, drums/vocals. You can also view it by clicking: [Here](#). ... And if you enjoy it as much as I did, please consider showing your appreciation (and love) via: [PayPal.com](#) and then typing-in Rebecca's email address: Rebeccamariequinn@gmail.com.



C. BLAINESWORLD show: 7.22.20: (first half) Stephanie Hickling Beckman, Managing Artistic Director, Different Strokes; and (second half) James Love, Artist. To view it, please click: [Here](#).



D. If you have an upcoming event, story to tell or want others to see you perform (music, poetry, etc.), please accept my invitation to appear on the BLAINESWORLD show on WPVM. ... Your appearance will be heard on the radio, as well as seen via Facebook Live. ... Best of all: Shows are now taped in the evening from my Zoom studio, so you can do the same from your home and both practice social distancing and not miss any work. ... If interested, send an email to: wpvmfm@aol.com and put INTERESTED in the subject line. Include in the body of the email your: 1. Name, 2. Email address, 3. Phone number and 4. Topic you want to talk about. ... PS. for more information about the show, please click: [Here](#).





E. Condolences to:

- (1) Helaine Goldberg Fraser on the passing of Norm Avly, her beloved best friend and longtime partner.
- (2) Kathy Webb and family on the passing of Thomas F. Wynne, Jr, Kathy's brother.
- (3) Rebecca OQuinn and family on the passing of Rebecca's grandmother.
- (4) Cara Cotellese and family on the passing of Mark Schollenbeger, Cara's son.

F. Congratulations to:

- (1) Rose-Marie Grace Vieira on being named one of Asheville's Top 15 Wedding Photographers for 2020 (based on 2019).
- (2) Audrey Wells on completing her first triathlon.
- (3) Ashleigh Phillips on the official release of When The Rain Falls! For more information, click: [Here](#).
- (4) Gail Goldman and McRae Hilliard on being named Quarterly Sales Leaders for Beverly-Hanks.

F. Reminders:

- (1) You're invited to join Cynthia in either of the two courses she teaches for Arms Around ASD: Meditation on Mondays and Move Your Body on Wednesdays. To attend these and/or any of the others (that are open to the public), scroll down to Calendar when you click: [Here](#).
- (2) There's still time to enter ...

***** CONTEST #14 *****

One lucky winner will receive a copy of THE CASE FOR CULTURE: HOW TO STOP BEING A SLAVE TO YOUR LAW FIRM, GROW YOUR PRACTICE, AND ACTUALLY BE HAPPY by Eric Farber. To quote from the book's description on Amazon: Most lawyers don't set out to be business owners. They become business owners when they open their own law firm, and from that point forward, their work tends to become disconnected and chaotic. They're so busy with HR, bookkeeping, and marketing that they're lucky to have twenty minutes a day to work on cases. Many lawyers are drowning, which contributes to the profession's unsettling levels of alcoholism, drug addiction, and depression.

Note: If you're a lawyer (or you're friendly with a lawyer), you will want to read this book. But it is also a book that any business owner or entrepreneur will benefit from reading.

To enter the contest, send an email to: bginbc@aol.com and put CONTEST #14 in the subject line. In the body of the email, include both your name and mailing address. All entries must be received by 9 p.m. on Mon., July 27.

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

Thanks, Honor Moor, for the following nomination:
I want to recommend a cheerful, expert local appliance repair small business: ADF Appliance Repair, run by Adam Fay.

Adam is awesome! Our oven is fixed, and it no longer makes this horrible sound. Well worth the cost of a \$100 part and a \$100 fix. It would cost thousands to replace my large double oven.

He started in sales and installations of appliances at Drees Company in Carroll, Iowa. He later moved to service, where he went to Maytag school and learned how to repair most major household appliances. Adam has lived in North Carolina since 2002 and established his business in 2011 upon moving to Asheville.

He has a darling family with small children and his wife runs the business.

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





[Back to Top](#)

2. FYI

Cynthia has often struggled with irritating bug bites; i.e., until she recently discovered the Big Bite Thing suction tool and poison remover for bug bites and bee/wasp stings. It provides natural insect bite relief, and says it is fantastic.

It removes insect venom saliva, and other irritants left under the skin using suction. By removing the irritant, the body stops producing the reaction that is causing you to itch & swell. It works on mosquitoes, bees, wasps, biting flies, no-see-ums, chiggers, sea lice and more.

To order from Amazon, please click: [Here](#).



FYI, part 2

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

A. We all scream for ice cream. B. Kevin Jameson: Keep Your Brain Top of Mind During an Annual Checkup. C. 13 insider tips on how to wear a mask without your glasses fogging up. D. The Last Reporter in Town Hall Had One Big Question for His Rich Boss. E. When Brad Photographed Gwyneth.

[Back to Top](#)

3. Joke 1

Only good thing about it ... I check mine every morning to remember what day it is. ... Turns out I'm in good company. Nearly 60% of people now have trouble doing this during self-isolation, according to a survey conducted by OnePoll on behalf of RXBAR. (Thanks, Carole Aho Biro, for sharing.)



[Back to Top](#)

4. Reviews

Note: Both of the following films have made my list of all-time favorites. If you'd like to get a copy of this list, please send an email to: bginbc@aol.com and put FAVORITES in the subject line.

A. Loved HOW TO BE A LATIN LOVER, a very funny comedy on HBO about an aging gigolo who is kicked out by his 80-year-old millionaire wife and is forced to adjust his lifestyle. Eugenio Derbez is outstanding in the leading role, and I also liked the work of Raphael Alejandro as his nephew. Make sure you watch the ending credits. Rated PG-13.

B. If you are in the mood for a provocative documentary, watch AFTER TRUTH: DISINFORMATION AND THE COST OF FAKE NEWS now on Netflix. It takes a look at the ongoing threat caused by the phenomenon of "fake news" in the U.S., looking at the real-life consequences that disinformation, conspiracy theories and false news stories have on the average citizen. I found it eye-opening. Rated NR; methinks it would be appropriate for any mature teenager.

[Back to Top](#)

5. TV alert

A. INTO THE UNKNOWN: Series premiere on Mon., July 27, at 11 p.m. on Travel Channel

The show takes a look at some of America's greatest myths and legends. This episode features a solo night trek into the Louisiana bayou to search for the mysterious swamp monster Rougarou.

B. TCM REMEMBERS CARL REINER: Tues., July 28, at 8 p.m.

A marathon of his films starts with ENTER LAUGHING and also includes ALL OF ME, THE COMIC, WHERE'S POPPA? and OH, GOD!

C. AMERICA'S GOT TALENT: Tues., July 28, at 8 p.m. on NBC

The judges head outdoors to watch performances on a dive-in-style movie screen to choose the acts that will make it to the live shows.

D. THE WEIGHT OF GOLD: Documentary premiere on Wed., July 29, on HBO at 9 p.m.

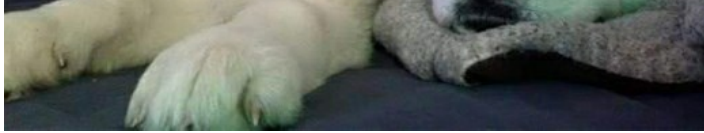
Michael Phelps narrates a look at the mental health struggles he and fellow Olympians faces.

[Back to Top](#)

6. Joke 2

What's missing is the reaction of the dog on the right: "I don't give two sh*ts." (Thanks, Lori Brown, for sharing.)





[Back to Top](#)

7. 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 find a performance from Weezer: [Here](#).

B. Video of the week

Bruce Lang: Here's a project I just completed for Richard Shulman, a wonderful musician, composer & friend. Also features Paula Hanke, and some other great local players, and used the "compound" for much of the footage.
Life Seasons Video: [Here](#).

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

(1) Frank Sinatra, "It Was a Very Good Year," one of my all-time favorites: [Here](#).

(2) Donna Suggs: This young man inspired multiple acts of kindness and reminds us there is a lot of good in the world. [Here](#).

(3) David Troy Francis: Somewhere In Time/Rhapsody On A Theme By Paganini - John Barry/Sergei Rachmaninoff. [Here](#).

(4) Gordon Pendarvis: GEE, ANTHONY FAUCI! - A Randy Rainbow Song Parody: [Here](#).

(5) Cynthia Greenfield: Bruno Mars: Count On Me: [Here](#).

(6) Bruce Lang: "You Can't Do That" (begins at the (0:40 mark): [Here](#).

(7) Sue Hinkle: Most Talented CAT in the WORLD lives in Australia: [Here](#).

(8) Ashleigh Phillips: "Angel from Montgomery": [Here](#).

D. Here's a website that you will also want to check out: Honest Slogans. Talented graphic artists take the logs of major corporations and change their slogans to be totally truthful. To view it, please click: [Here](#).

Some examples you'll find:

amazon
Firming Us to Never Leave the House

WD-40
NEVER AROUND WHEN YOU NEED IT.

BURGER KING
HAVE IT YOUR WAY: EAT SOMEWHERE ELSE

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](#).

[Back to Top](#)

8. Technology tip

How to Take a Screenshot or Picture of What's On Your Computer Screen
by Melanie Pinola, David Murphy and Emily Long

I can't go a day without taking a screenshot of something on my computer. Whether it's for work, some dumb snippet of a video I want to share with my friends or the incredible results of a rare Overwatch session gone well, there's always something.

Windows and macOS give you plenty of ways to take quick screenshots of anything you want, from quick keyboard shortcuts to built-in tools for capturing, annotating and saving screenshots and screen recordings. There are also plenty of third-party apps

you can use to level up your screenshot game if you need more firepower than what your operating system can provide.

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

Note: You can also do what I often do; i.e., just take your cellphone and take a picture of the screen.

[Back to Top](#)

9. Joke 3

"I saw a woman wearing a sweatshirt with Guess on it. I said, thyroid problem?"--
Arnold Schwarzenegger



[Back to Top](#)

10. A quote I like

Thanks, Regis Philbin (1931-2020), for the many years of enjoyment you provided as a host of talk and game shows. It is unlikely that your Guinness World Record for the most hours on U.S. television will be surpassed any time in the near future. For more about his life, please click: [Here](#).



[Back to Top](#)

11. Thought for the day

What a terrific reminder! (Thanks, Jimmy Ferraro, for sharing.)





[Back to Top](#)

12. Advance planning department

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

A. Chuck Fink: STORIES FROM HEAVEN AND EARTH. B. The next Asheville Movie Guys event will be at 7 p.m. on Monday, July 27, featuring a virtual discussion of Spike Lee's "Da 5 Bloods." C. Erinn Dearth: The Facebook Premier event of The Spring Theatre Variety Show will take place on Sunday, July 26 at 2 p.m.

PS. Make it a wonderful week!

[Back to Top](#)

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