

From: Blaineworld bginbc-aol.com@shared1.ccsend.com
Subject: BLAINESWORLD 1528 (See Sec. 10 to read about the future of medicine.)
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To: hank@hankeder.com

B

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:

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#1528
12.22.2025

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1. Reflections

A. Cynthia, my beautiful bride, and I, along with Bodhi, had a blast at the Arms Around ASD's annual holiday party. We also enjoyed being joined by our friends Joe and Kat Mallon.





B. As always, we had a terrific dinner with our friends Tom and Marcy Gallagher. We met them at Texas Longhorn in Asheville, and were especially impressed by the size of Tom's rib dish. He said it was excellent. Cynthia and I also loved our delicious sides of macaroni and cheese with bacon.



C. I had the pleasure of hosting two BLAINESWORLD video podcasts this past week. They can be listed to and/or viewed at:

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

(1) 12.15.2025 - Stacy Friesland--Program Manager, Foster Grandparents Program (Land of Sky Regional Council)



(2) 12.16.2025 - Robyn Ziegler--Founder & Owner, Connected Kitchens



D. Condolences to:

(1) Sarah Gewanter and family on the passing of Sidney Gewanter, Sarah's father.

(2) Straw Stangler and family on the passing of Straw's mother.

E. Congratulations to:

(1) James Houston on his retirement from the Lyons VA Medical Center;

(2) Steve Lloyd for receiving the NCTC Marian A. Smith Distinguished Career Award and to Asheville Community Theatre for receiving the NCTC Community Theatre Award--both from the North Carolina Theatre Conference.

F. Announcing this week's

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

This week, it goes to Scott Socha--Owner and Lead Pedorthist at Foot RX.

Michelle Kuhnen, my personal trainer extraordinaire, had recommend that I see him. So did Cynthia (who had been a previous customer). I'm glad that I listened to the both of them.

Scott spent nearly an hour with me, making sure that I had just the right footwear for my walks with Bodhi.

He asked many questions, and he also answered my numerous questions.

I left impressed. In addition, I came away with two new pairs of shoes.

Not to be outdone, Cynthia then spent over an hour with him and left with three new pairs of shoes. Only Bodhi left empty-handed, but he told us that he had a nice visit.

For more information about both Scott and his excellent company (and its two locations in Western NC), click:

[Here](#)



2. Cynthia's Corner

Space, Stillness, Silence

I once saw a video of a qi gong teacher guiding himself through three simple yet profound practices, each adding a taste of an experience.

I haven't been able to find it since. Yet the impact of that video has stayed with me. I practice it daily.

First, he began with spaciousness. Seated and grounded, he slowly rolled his neck in gentle circles. As he did, he imagined spaciousness, a sense of expanding out into the infinite universe with each neck roll.

Then he moved into stillness. His shoulders softened as he made slow, deliberate rolls. Feeling the solid support of the core of his body underneath the neck rolls made him feel as if he were the Buddha himself.

Finally came silence. He turned his attention to the breath. Inhale. Exhale. With each breath, he imagined silence, the absence of thoughts running the show.

I notice this especially when I walk my dog Bodhi. Depending on the time of day, there can be a lot going on. Cars pass by. People walk wanting to speak. Dogs bark from all the stimulation. Workmen and their machines make noise. Children play and call out. It can feel like a steady wind stirring up the surface of a calm peaceful lake.

Then one night I was walking at ten o'clock in the evening. The contrast was striking. I became intensely aware of spaciousness itself. The absence of noise. No machines. No people. Fewer sounds. Fewer movements. Fewer interruptions. It was not something new. More the absence of something that was there in the day.

In that quiet, I also noticed stillness. The opposite of movement. The presence of non-activity.

And then I noticed silence. The silence created by not having people interrupt the calm. The silence of the workmen having gone home. The silence that feels rare, almost sacred. The kind of silence the nervous system needs.

Now, we do not want LIFE to stop. That is what is happening in the day. But, oh why don't we just experiment with the late evening when we get to rest in that precious moment of slow calm to restore us from our constant movement and chatter.

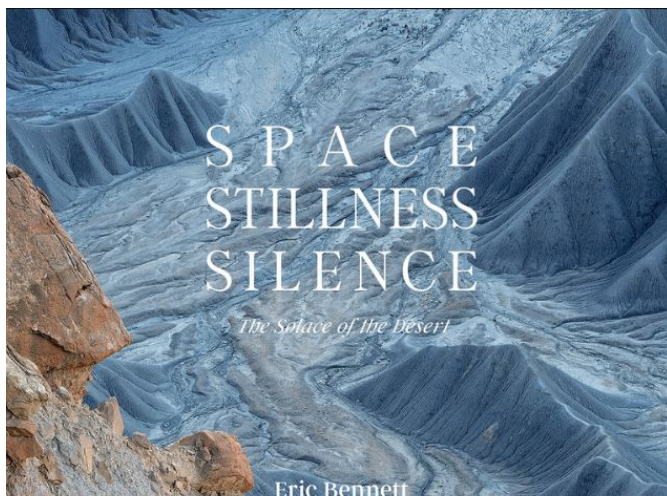
You might like to try it too:

- * Spaciousness. Gently roll your neck, slow and easy. Notice the space around you and within you.
- * Stillness. Roll your shoulders with softness. Feel the solidness of your body underneath.
- * Silence. Breathe deeply. Notice the quiet beneath sounds and between breaths.

Please respond if you'd like with any reactions to this exercise. I'd love to hear from you.

Warmly,
Cynthia (Greenfield)
cgreenfield1001@aol.com

PS. I just came across a book on the subject of today's column. (See below.) It can be obtained by clicking:
[Here](#)





3. Invites

A. Announcing

***** CONTEST #15 *****

One lucky reader will win a copy of FAOM A NOBODY TO THE SOMEBODY by my friend Melvin AC Howell.

To quote from the Amazon description:
FROM A NOBODY TO THE SOMEBODY is a raw and inspiring memoir about defying the odds, clinging to faith, and transforming struggle into purpose.

Raised in poverty and rejection, Melvin AC Howell learned early what it meant to be counted out. From sleeping in cars and navigating life on the margins to performing on world stages as a dancer and choreographer, his story is proof that resilience can rewrite reality.

This isn't a memoir written from the mountaintop - it's written mid-climb, in real time, with every bruise and breakthrough intact. Howell shares the pain of homelessness, the power of prayer, and the relentless decision to keep going when the world said "quit." His story is both intimate and universal - a testament that becoming somebody doesn't begin when the world notices you, but when you decide not to give up.

For anyone chasing a dream, fighting through setbacks, or searching for hope in the midst of struggle, this book is a reminder: your story isn't over.

To enter the contest, send an email to: bginbc@aol.com and put CONTEST #15 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 Monday, Jan. 6.

Note: Maria Medrano Armington won Contest #14, a copy of my friend Mark Lund's excellent book, CRITICAL LEADERSHIP PLAYBOOK: 10 HIGH STAKES SKILLS FROM THE ICU TO LEAD BOLDLY, BUILD THRIVING TEAMS, AND ACHIEVE WEALTH. All told, there were four entries.

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.

I typically feature guests involved with theater, non-profit organizations, authors, performers or who are just downright interesting.

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.blainesworld.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.

You can also find me by clicking:
<https://www.facebook.com/blaine.greenfield.2025/>

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. How Much Money You Should Really Keep in Your Checking Account — and Why
[Here](#)



B. AI says it's only 'a matter of time' before every single job is wiped out—even safer trade jobs like plumbing
[Here](#)

C. Is Zinc Good for Colds?
[Here](#)

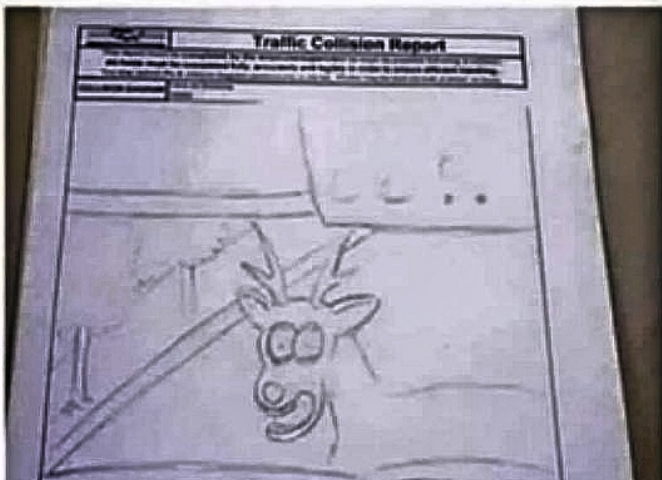
D. It's 43 hours from L.A. to Chicago. These train people like it that way
[Here](#)

E. 9 Signs You're Not Getting Enough Protein
[Here](#)

5. Joke 1

My report is a little sketchy.

**When the insurance company
wants a diagram of the accident**





6. Reviews

A. Movies

(1) THE HOUSEMAID (Carolinas Cinemark)

The film is a slick, tense psychological thriller that we liked, with a steady buildup that relies more on creeping unease than nonstop shocks. A young woman takes a job inside a wealthy household, only to discover that power, secrets, and manipulation run far deeper than she imagined, and as boundaries blur, control shifts in unsettling ways. The film stars Sydney Sweeney and Amanda Seyfried, and they are both great. It lands with a great ending that sharply recontextualizes what came before. MPAA rating: R.

(2) FRANKENSTEIN (Netflix)

We recently saw the best movie of the year, perhaps the decade and further. Surprisingly, the movie is Frankenstein. It was written, produced, and by Benicio Del Toro. He spent 3 decades putting it together. This one is unlike any other Frankenstein movie. The only sad thing was the creature did not sing "Putting on the Ritz."

It's on Netflix. Our son in L.A. recommended it to us. He and his girlfriend saw it in the theater. As good as it was on Netflix, it had to be amazing at the theater. (Thanks, Chuck Fink, for sharing.)

MY TWO CENTS: I may not be quite as swept away as Chuck, but I was definitely impressed by how visually stunning it is.

B. Book

DESI ARNAZ: THE MAN WHO INVENTED TELEVISION is a biography I heard as an audiobook and liked a lot. Written and narrated by the author Todd S. Purdum, it is engaging, clear, and full of insight into Arnaz's creativity, ambition, and cultural impact. The audiobook, published by Simon & Schuster Audio, benefits greatly from being read by Purdum himself who adds warmth and authority to the storytelling. A pleasant surprise was how interesting and worth listening to the acknowledgements were, something I rarely say. My only real disappointment is inherent to the audio format. I missed seeing the photographs that appear in the hardcover edition.

7. TV Alert

A. I sometimes get asked: Do you ever write about things you don't like? The answer is "Rarely," but I'll make an exception for the following program:
A MAN ON THE INSIDE, Season 2 (Netflix)

We loved Season 1 of this comedy starring Ted Danson. In particular, I thought Season 2 might be even better because of its higher education setting. But I should have listened to my brother Ken. He stopped watching after two episodes. Cynthia and I didn't even last that long. We turned it off after 15 minutes of the first episodes. It was as unfunny as anything we've ever seen.

(2) MAN VS. BABY (Netflix)

After a disastrous experience housesitting a high-tech mansion hampered by an inconvenient insect, Trevor Bingley is now looking after a luxurious London penthouse, with another unlikely, un-asked-for companion. Rowan Atkinson, the star, is an acquired taste for some. I happen to like him and enjoyed watching this 4-episode series with Cynthia.

(3) A PICKLEBALL CHRISTMAS ([premieres Dec. 20 on Lifetime)

Tennis star Luke (James Lafferty) heads home after a big win to Florida for Christmas only to discover his family's racket club is on the verge of being sold. Pairing up with pickleball coach Caroline (Zibby Allen), Luke reluctantly agrees to compete in a high-stakes holiday tournament that could save the club.

(4) 48TH ANNUAL KENNEDY CENTER HONORS (8-10:30 p.m. on Dec. 23)

The festivities honored actor Sylvester Stallone, Tony Award-winning stage actor Michael Crawford disco singer Gloria Gaynor, country music artist George Strait, and the rock band Kiss and featured tributes from

stars including Kurt Russell, Deniece Williams, and Garth Brooks.

Note: The annual honors event's name has not been officially changed to Trump-Kennedy Honors in law or longstanding usage.

(5) GOODBYE JUNE (Netflix, starting on Dec. 24)

Kate Winslet directs and stars in this moving drama about four adult siblings (including Toni Collette) who head home to see their dying mother (Helen Mirren), ho wants to say her goodbyes on her own strong-willed terms. "Goodbye June excels at plumbing the ensuing deep, conflicting emotions that arise but without sentimentality," says AARP critic Thelma M. Adams. "[It] brought me to tears by releasing pent-up emotions on the screen and in my heart."

8. Joke 2

We asked for flying cars; we got flying instructions.
(Thanks to JP Reavely for the laugh.)



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 my friend John Strauss and yours truly singing the song back in 2015 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

Los Damn Ramblers: Fill Your Heart With Christmas
[Here](#)

(Thanks to my friend Elsten Torres for sharing.)

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

(1) You've Gotta Love Millennials - Micah Tyler, one of my favorites
[Here](#)

(2) Howard Smith Jr.: Hymns (12.21.2025):
<https://www.facebook.com/hs.smith.73/videos/881269917749832>

(3) Make my day, Howard, with your rendition of "I Want A Hippopotamus For Christmas." For your many fans and friends who want to hear the words, click here to hear Gayla Peevy singing this classic song on The Ed Sullivan show, click:
<https://www.facebook.com/hs.smith.73/videos/881269917749832>

(4) Neil Ratner Rock Doc: The Clash
<https://www.facebook.com/reel/1271574654732208>

(5) Thanks, Neil, having me revisit "London Calling." Your many fans and friends can do the same by clicking:
https://www.youtube.com/watch?v=EfK-WX2pa8c&list=RDEfK-WX2pa8c&start_radio=1

(6) Eating Only Jewish Food for 24 Hours!
<https://www.facebook.com/reel/1218081806803850>
(Thanks to Donna Shapiro Goldberg for sharing.)

(7) What a deal!
<https://www.instagram.com/p/DPjQmxRkSLn/>
(Thanks to JP Reavely for sharing.)

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

What you always wanted to do: Unroll an entire roll of toilet paper!

This is a single-page site with a roll of toilet paper that you can pull down with your cursor. It's a surprisingly satisfying and strangely calming experience, and unlike its real-world counterpart, there's no mess to clean up.

See for yourself by clicking Paper Toilet:
[Here](#)

E. BLAINESWORLD, the website, remains up and running . To view it, please click:
<https://www.blaineworld.net/>

10. Technology Tip

Computer Chips in Our Bodies Could Be the Future of Medicine. These Patients Are Already There
By Jeffrey Kluger

It's been a long time since Alice Charton got a good look at a human face. There are plenty of people moving through her world, of course—her husband, her friends, her doctors, her neighbors—but judging just by what she can see, she'd have to take it as an article of faith that any one person was there at all. It was five years ago that the 87-year-old retired schoolteacher, living in a suburb of Paris, first noticed her eyesight failing, with a point in the middle of her field of vision going hazy, muddy, and dim. Soon that point grew into a spot, and the spot into a blotch—until it became impossible for her to recognize people, read a book, or navigate unfamiliar places on the streets.

The cause of the problem was age-related macular degeneration (AMD), a disease that afflicts some 200 million people worldwide and involves a breakdown of the cells in the retina, particularly in the area known as the macula, which is responsible for central vision. AMD does not typically cause blindness, but vision can be severely impaired. As for a cure for AMD? Nonexistent.

"I always worked with children, teaching them how to read," says Charton. "So it was especially devastating for me not to be able to read."

But three years ago, everything changed. After battling two years of slowly deteriorating vision, Charton was able to claw back a small portion of her lost world. Today, while she still can't see faces or walk the streets unassisted, she does read—not very much; just an hour in the morning and an hour in the afternoon. But restoring even that small portion of her lost sight was transformative. "This brought me hope," she says. "It literally changed my life."

For the rest of this eye-opening article, click:
[Here](#)



Photograph by Julien Pétré—MYOF for TIME

11. Joke 3

Unsinkable. Unwinkable. Unbelievable.
(Thanks to Jonathan Berg for the laugh.)



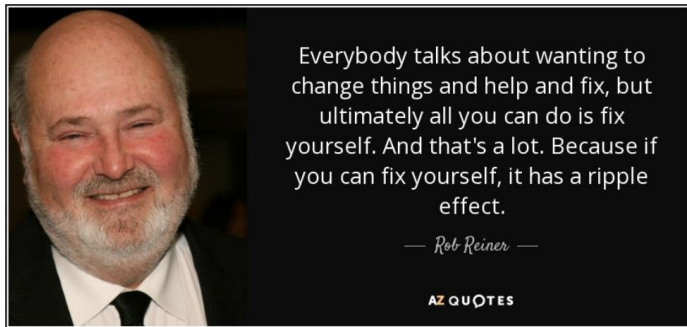
**AI shows what Jack Dawson would look like
if he hadn't died on the Titanic**

12. Two Quotes I Like

A. Thanks, Rob Reiner (1947-2025) for your careers as an American film director, producer, screenwriter, actor and political activist. He began his career as an actor before transitioning to filmmaking, directing a series of acclaimed American studio films across multiple genres. Reiner received numerous accolades,

including two Primetime Emmy Awards and a Hugo Award, and earned nominations for an Academy Award, a British Academy Film Award, and nine Golden Globe Awards. For more information about this life, click:

[Here](#)



B. Thanks, Jim Hunt (1937-2025), for your career an American politician and attorney who was the 69th and 71st governor of North Carolina. He was the longest-serving governor in the state's history. For more information about his life, click:

[Here](#)



"Teachers have the hardest and most important jobs in America. They're building our nation. And we should appreciate them, respect them, and pay them well."--Jim Hunt

13. Thought For The Day

Today is the beginning of the winter solstice, which makes it the perfect time to share how to predict the weather.

Go to your back door and look for the dog:

If the dog has snow on his back, it is probably snowing.

If the dog is wet, it is probably raining.

If the dog's fur looks like it has been rubbed the wrong way, it is probably windy.

If the dog is gone, it is a tornado.

Of course, to predict the weather this way, the dog has to stay outside at all times, especially when bad weather is coming.

Signed,
The Cat



PS. Make it a great week!

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