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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](#).

#1512  
9.1.2025

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## 1. Reflections

A. Cynthia, my beautiful bride, and I always enjoy our oh-so tasty pizza at Standard Pizza Co. There are plenty of toppings for choose from, and the portions are generous. We usually go to the one on Biltmore Ave. (There is also a location on Haywood Road.)



B. Getting in shape for the Yawn Olympics.



C. I hosted two BLAINESWORLD webcasts this past week. They can both be seen by clicking:  
[www.blaineworl.net](http://www.blaineworl.net).

(1) 8.25.2025 - AJ Hardie--Executive Director, Asheville Greenworks



(2) 8.26.2025 - George Pappas, Attorney



D. Congratulations to Krystin Ezzell for attaining her Reiki 2 certification.

E. Announcing this week's ....

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

It goes to Laura Fuller, Box Office Manager for HART Theatre who has also served as Head of Costuming, Co-head of Props, Stage Manager, Intimacy Choreographer, Light Board Operator, and Sound Board Operator.

She can always be seen with a big smile and a great desire to help others.

But I'll most remember Laura for her help with a recent problem I had with a ticket purchase, in that I had to change it at the last minute. I sent her an email one night at 11:55 p.m. and was amazed that she not only took care of the problem, but she also did so before midnight.

In addition, Laura has served in many capacities with Dogged Utopia, including Stage Manager, Set Painter, Costume Designer, Prop Designer, Intimacy Choreographer, Light Board Operator, and Sound Operator.

And she has been an Assistant Stage Manager at Asheville Community Theatre.



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## 2. Cynthia's Corner

Let It Out, Let It Go

As children, we're taught to suppress our feelings: Don't scream when you're angry. Be polite, even if someone is unfair to you. We learn to fit in and be "appropriate." But where does that leave our true feelings? Too often, suppressed.

Then we "grow up."

We all carry emotions we don't often speak out loud, sometimes not even to ourselves. Maybe someone has made you feel small. Maybe you're angry at an unfair situation. Maybe you're even angry with God. Or maybe you feel uncomfortable in certain social settings. These feelings are real and ignoring them doesn't make them go away. They can turn into anxiety or depression, into anger issues, or even into physical pain and other symptoms.

Here's an invitation for you to try today: Write it all out.

Grab a piece of paper, set a timer for ten minutes, and let your thoughts flow. Don't censor yourself. Don't worry about whether the words are "right" or "reasonable." Write exactly what you feel—raw, unfiltered, and honest. Nothing is off limits. It doesn't have to make sense. And when you are done, tear it up. Don't keep it. Don't reread it. The point isn't to analyze or revisit these words, it's to release them.

Afterward, notice how you feel. Notice if your body pain is less, or if your mind or spirit feels more at peace.

Then please watch this beautiful video that speaks about the topic:

<https://www.youtube.com/watch?v=b7k0a5hYnSl>.

Warmly,  
Cynthia (Greenfield)  
[Cgreenfield1001@aol.com](mailto:Cgreenfield1001@aol.com)

PS. If you would like to respond to this with your own personal experience or just a reaction, I'd love to hear from you.



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### 3. Invites

A. To a reception for the 2nd year at CCLD (Center for Conscious Living and Dying) on September 7th supporting many RAD artists. Don't know if you are aware of this amazing community, but you should be – the information can be found at: [www.CCLD.community](http://www.CCLD.community).

It will be an amazing day of art, music and connection at this magnificent property in Swannanoa.

(Thanks, Shela Anmuuth, for sharing.)

B. Reminder about ...

\*\*\*\*\* **CONTEST #10** \*\*\*\*\*

One lucky reader will win a copy of Political, my friend Howard Richard Deb's chapbook.

To quote one reviewer:

Howard Richard Debs' chapbook Political is a modern-day potpourri of Americana, comprised of a collection of experimental work including prose poetry and a short script. His works explore modern America and Americans through lyricism, finding beauty in what can often seem hideous and always seeking to understand. In some ways reminiscent of Whitman, Debs seeks to uncover America's poetic nature through our time of political strife and division.--Emily Jo Scalzo, Assistant Teaching Professor, Ball State University, author of The Politics of Division, a 2018 Eric Hoffer Book Awards chapbook category honorable mention

To enter the contest, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put CONTEST #10 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, Sept. 1.

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.

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](mailto:bginbc@aol.com), if interested, and put WEBCAST in the subject line. And for more information click:

the subject matter and for more information, check [www.blainesworld.net](http://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.

You can also find me by clicking:

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

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>.

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#### 4. FYI

A. This warning (below) was said by Sgt. Phil Esterhaus, played by actor Michael Conrad, in the classic TV series Hill Street Blues (NBC, 1981–1987). He delivered it at the end of the daily roll call to the officers, and it became one of the show's most memorable catchphrases.

I share it now with you because of the fact that many of our friends have recently gotten sick. One wound up with double pneumonia. Another two had Covid. In addition, there was a whole lot of coughing going on.

Unfortunately, we were in close proximity to them, and I came down with something that left me with a sore throat and lots of sneezing. I also ran a temperature of 101.7, but that has since gone away. And I just took a Covid test that came out positive.

This also meant I had to miss the last performance of Cake at Hart Theatre--a show had really wanted to see because of the fact that my talented friends Lynn Donley and David Spivey were in it.

So here are my requests for y'all:

1. If you are coughing and/or sneezing, wear a mask.
2. Stay away from people who are sick.
3. Please don't spread anything that you may have.



B. When I have a sore throat or cough, I like using HALLS lozenges.

But it pays to shop for the best prices. On Amazon, they were \$9.21 to \$11.65 for 70 (left) \$14.89 for 225 (right). Quite a difference!

After I made my purchase, I saw that Amazon also offered a similar product at an even better price. So I'll definitely look for that the next time around.





C. Are Allergy Shots Worth It?

[https://time.com/7281508/do-allergy-shots-work/?utm\\_source=beehiv&utm\\_medium=email&utm\\_campaign=newsletter-health-matters&\\_bhlid=ff6ff656926d14eea08e8d31b0e442f5a9508372](https://time.com/7281508/do-allergy-shots-work/?utm_source=beehiv&utm_medium=email&utm_campaign=newsletter-health-matters&_bhlid=ff6ff656926d14eea08e8d31b0e442f5a9508372)

D. I'm 78-years-old—my memory is 'razor sharp': 5 things I do every day for a healthy brain

<https://www.cnbc.com/2025/08/30/im-78-years-old-and-my-memory-is-razor-sharp-i-do-5-things-every-day.html>

E. Stop telling kids these 6 common lies—here's what parents can do instead to raise successful kids, says psychologist

<https://www.cnbc.com/2025/07/29/lies-parents-tell-their-kids-like-if-you-put-your-mind-to-it-you-can-accomplish-anything-says-psychologist.html>

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## 5. Joke 1

Just out: His latest single, "Born to Clean." (Thanks, Dave Miller, for sharing.)



## 6. Reviews

### A. Random Harvest(1942) on Max

This film is a sweeping, romantic classic that completely swept me away—I absolutely loved it! Ronald Colman and Greer Garson give heartfelt, luminous performances in this story of love, memory, and fate, and the film balances tenderness with a deep sense of longing that lingers long after the credits roll. The cinematography and score add to its timeless charm, making it one of those rare films that feels both grand and deeply intimate. For anyone who loves old Hollywood romance, this is pure magic. It is rated Passed/Approved under the old Production Code system, which is roughly equivalent to today's G rating. But methinks it is best suited for teens and adults who can appreciate its romance and dramatic storytelling.

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

### B. My Oxford Year (2025) on Netflix

It is a glossy, heartfelt rom-com that delivers plenty of postcard-perfect Oxford scenery and a sweet performance from Sofia Carson, but the story itself feels predictable and heavily formulaic, following a familiar arc of culture clash, romance, and inevitable heartbreak without adding much originality. It's perfectly watchable—easy background viewing for those who enjoy tear-tinged love stories set against academic backdrops—but it never quite rises above being “comfort cinema.” Rated PG-13 (mild language, romantic content, and some emotionally heavy themes such as illness, but nothing graphic).

### C. Book:

Review: Ultimate Beginner's Guide to AI by Morgan Hale (Kindle Edition)  
by Blaine Greenfield — Chief Encouragement Officer (CEO), BLAINESWORLD

Overall, I liked this book. It's a clear and practical introduction to AI for newcomers.

#### Strengths:

Helpful key takeaways at the end of each chapter

A wide range of useful prompts (I especially appreciated those for life transitions, like adapting to retirement)

Accessible introductions to creative uses of AI, such as generating illustrations or writing songs

A handy glossary that makes the terminology less intimidating

#### Room for improvement:

The book cites many websites, but I wish the Kindle version had included clickable links for easier access.

All in all, a solid beginner's guide that balances explanation with hands-on examples.

Note: For a free copy of this book, click:

[Here.](#)

All you're asked to do is leave an honest review on Amazon after reading. It only takes a few minutes and really helps the author.

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## 7. TV Alert

### A. Two Graves (Netflix)

Kiti Manver, 72 (*Women on the Verge of a Nervous Breakdown*) stars in a miniseries about a woman in Malaga, Spain, who will stop at nothing to hunt down the killer of her 16-year-old granddaughter.

### B. Thursday Murder Club (Netflix)

British mysteries don't get any cozier than this adaptation of a page-turning bestseller about a retirement home resembling Downton Abbey whose residents investigate the apparent murder of the place's co-owner — which frees the nasty surviving owner (Broadchurch's David Tennant, 54) to sell the place for condos and boot everybody out. And casts don't get any starrier. Helen Mirren, 80, Ben Kingsley, 81, Pierce Brosnan, 72, and Celia Imrie, 73, have a blast playing the amateur detectives, as does Gosford Park's Richard E. Grant, 68, as a shady associate of the deceased.

C The Boy, do sourpuss critics hate this shamelessly tear-jerking rom-com by triple-Oscar-nominated director Lasse Hallström, 79 (*My Life As a Dog*, *The Cider House Rules*,) about a type A woman (Madelyn Cline) traveling through Europe who meets a free-spirited cutie (KJ Apa) charting a peripatetic course following his grandpa's old European travel journey (and harboring a secret). But audiences made it Prime Video's smash No. 1 hit.

### D. Pat and Mike (TCM on Monday, Sept. 1, at 2 p.m.)

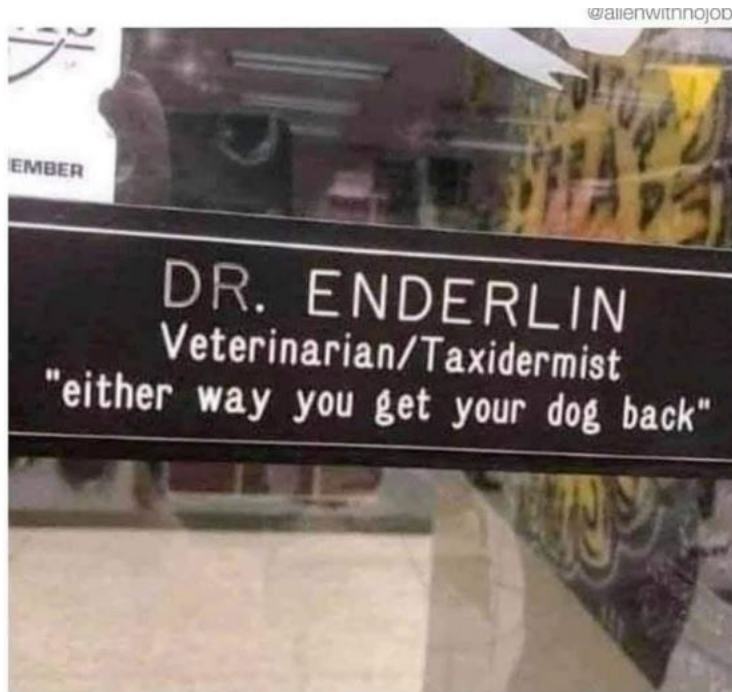
A Katherine Hepburn–Spender Tracy gem, blending sports comedy with romantic banter—charming and

energetic.

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## 8. Joke 2

Sounds legit. And methinks this is one smart vet--she's going to get paid, no matter what happens during the visit. (Thanks, JP Reavely, for sharing.)



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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 about them and/or others singing this classic song. For example, this week, you can see watch What Happened to The Turtles by clicking:

<https://www.youtube.com/watch?v=kz6Kik1kHCg>.

(Thanks, Pat Hannigan for sharing.)

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

Doctor My Eyes | Jackson Browne | Song Around The World

<https://www.facebook.com/PlayingForChange/videos/1091007389117342>

(Thanks, Carol Leslie Duermit, for sharing.)

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

(1) Teresa Brower, "Music, Music, Music," one of my favorites:

<https://www.youtube.com/watch?v=XFDZTCue3jQ>

(2) Howard Smith Jr.: Hymns (8.31.2025):

<https://www.facebook.com/reel/811572874567951>

(3) Neil Ratner Rock Doc: Michael Jackson

<https://www.facebook.com/reel/1672627856645523>

(4) What a cool story, Neil. Thanks for sharing it and getting

me to revisit "Wanna Be Startin' Somethin' " if your many fans and friends want to join me, they can do so

me to visit. Wanna be certain someone? If your many fans and friends want to join me, they can do so by clicking:

<https://www.facebook.com/watch/?v=756638026189496>.

(5) Rick Pine with grandson Zachary:  
"It's late in the Evening"

<https://www.facebook.com/richardpine830/videos/1256216109340970>

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

Zoomquilt brings back the mesmerizing effect of the classic Windows 3D Maze screensaver. It continuously zooms into the center of the page, revealing fantasy-like scenes within scenes. To access it, click:

<https://zzz.zoomquilt.org/>.

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

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

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## 10. Technology Tip

How to easily add an optical DVD drive to virtually any computer

If you've been checking out the latest laptops and desktop computers you've probably noticed that most of them no longer come with an optical (DVD/CD) drive.

There are three primary reasons why computer manufacturers have started skipping the optical drives when designing new computers.

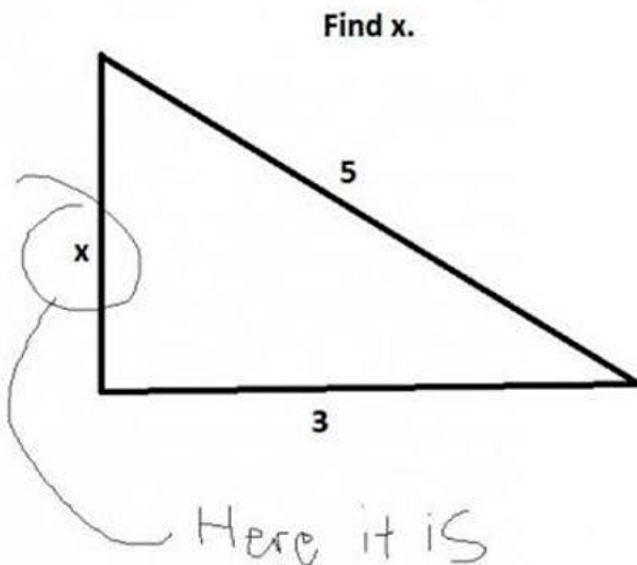
For the rest of this informative article, click:

[https://www.ricksdailytips.com/external-usb-optical-drive/?utm\\_source=substack&utm\\_medium=email](https://www.ricksdailytips.com/external-usb-optical-drive/?utm_source=substack&utm_medium=email).

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## 11. Joke 3

Flunked test, nailed joke. (Thanks, Cyd Dawson, for sharing.)



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## 12. Two Quotes I Like

A. Thanks, Jim Murray (1938-2025), for your career as an American professional football executive who was the co-founder of the Ronald McDonald House and a general manager of the Philadelphia Eagles of the National Football League. He was the recipient of President Ronald Reagan's Medal for Volunteers of America in 1987. For more information about his life, click:

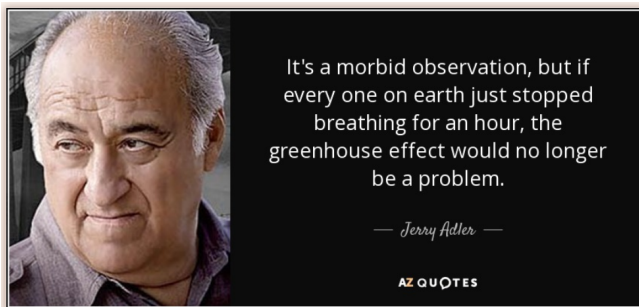
<https://sports.yahoo.com/article/jim-murray-former-eagles-gm-035916120.html>.

**[Founding the Ronald McDonald House was no more than]  
“putting people together that can hold hands, hold hearts  
and say, you know what, we’re on defense, but you can’t win  
without a good defense.”--Jim Murray**



B. Thanks, Jerry Adler (1929-2025), for your career as an American actor, theatrical producer, and director. He was known for his films *Manhattan Murder Mystery*, *The Public Eye*, *In Her Shoes*, and *Prime*, and for his television work as Herman "Hesh" Rabkin on *The Sopranos*, Howard Lyman on *The Good Wife* and *The Good Fight*, building maintenance man Mr. Wicker on *Mad About You*, Bob Saget's father Sam Stewart on *Raising Dad*, Fire Chief Sidney Feinberg on *Rescue Me*, Moshe Pfefferman on *Transparent*, Saul Horowitz on *Broad City*, and Hillston on *Living with Yourself* with Paul Rudd. For more information about his life, click:

<https://playbill.com/article/jerry-adler-has-died-at-96>.



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### 13. Thought For The Day

One afternoon in the late 1980s, Henry Winkler was at LAX, standing near the check-in counter. His days of playing the leather-jacketed "Fonz" from *Happy Days* were behind him, but he still had a presence that caught people's attention. Nearby, a young man was clearly struggling. He looked flustered and stressed as he fumbled through a pile of paperwork, his face red, and his hands shaking. The airline agent, growing impatient, wasn't helping matters, and the line behind him was getting longer.

Winkler, observing quietly, saw the man's distress and decided to step in. He walked over, gently placed a hand on the man's shoulder, and spoke calmly, "Take a deep breath. Everything's going to be okay." His voice was soothing, and it seemed to calm the young man's nerves. With a quiet word to the airline agent, Winkler asked if they could go over the details of the reservation one more time. The young man was then able to organize his documents, and in no time, the situation was resolved. The man, too embarrassed to make eye contact, muttered a soft "thank you" before he disappeared into the crowd.

Winkler didn't think much of it. To him, it was just a small act of kindness. He had grown up with immigrant parents who fled Nazi Germany, and they had always taught him that how you treat others, especially when no one is watching, speaks to your true character. Having faced his own challenges growing up, including a struggle with dyslexia, Winkler always felt a deep empathy for those who seemed lost or invisible.

Years later, in the early 1990s, Winkler was in the middle of pitching a project he truly believed in. Despite producing hits like *MacGyver*, his new idea wasn't gaining any traction. Each meeting seemed to end with polite

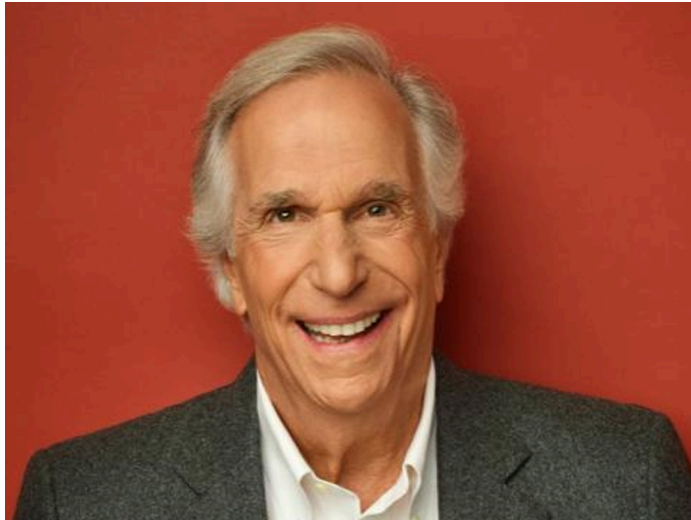
pressing into his mind, for the new idea wasn't gaining any traction. Each meeting seemed to end with polite but vague responses, leaving him feeling frustrated. But one day, he found himself sitting across from a young studio executive, who greeted him warmly and gave him the space to fully pitch his idea. After listening carefully, the executive leaned in with a small grin and asked, "You don't remember me, do you?" Winkler was taken aback. The executive continued, "LAX. You helped me with my flight when I was a mess. I'll never forget that. Now, I get to return the favor. The project's approved. Let's do this."

Winkler was stunned. The kindness he had shown to a stranger years ago had come full circle, and it was that very act that helped open a door for him when he needed it the most.

Winkler often shared this story, not to boast, but to make a simple point: acts of kindness, offered without expecting anything in return, are never wasted. Sometimes, the good you do for others comes back to you when you least expect it.

Source;

Source: Author unknown (If you know who wrote this and/or where it came from, please let me know.)



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

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