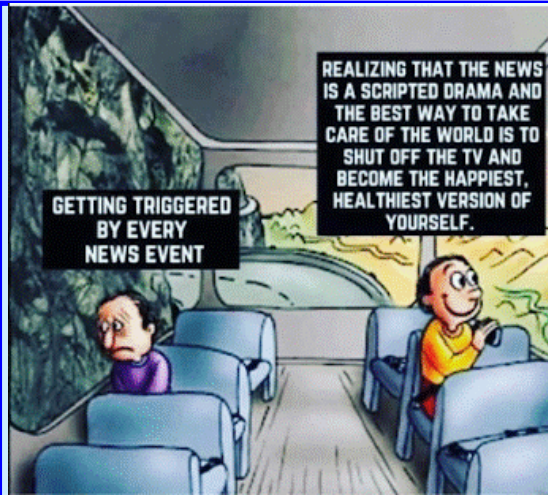


The Golden Brick Road

How I Feel Affects Other People!!!

July 2022

Reminding "Seasoned Citizens" to continue to laugh, learn and love their lives...



ARE YOU READY TO DECIDE HOW YOU'LL ENJOY THIS DAY? WELL, GET STARTED BY ENJOYING THIS GOLDEN BRICK ROAD AND SHARING IT WITH SOMEONE WHO NEEDS A LIFT. IT'S MY

FIRST DOZEN IN da CLT ANNIVERSARY ISSUE

MY FIRST POST JULY 2010

Challenges are God's way of letting you know he's got bigger plans for you. As you eclipse them you become more confident and believe you can handle the *Plan*. Then the *Plan* unfolds... sometimes making you wish you had enjoyed the challenge more.

I'm excited to say that I have consistently gotten to the point where I don't get that knot in my stomach when an obstacle pops up. As I was relocating from Chicago to Charlotte on Tuesday, July 6... my car cut off (while driving)

on the Interstate in Corbin, Kentucky. Since it was early evening, all the tow truck could do was drop my 1993 Toyota Camry at the mechanic for an overnight stay. I did my part toward helping fix the problem:

I went and had a margarita.

Shortly after getting the word (on Wednesday) that my car's motor was no good, and while considering the cost in the option to replace or fix it... the electrical power went out in the area. That shut down 4 hotels, 1 gas station, 3 restaurants, 3 fast food restaurants, a movie theatre, and the phone lines. I sat and wrote, "My challenge is small in comparison. Somewhere, something else is making this AREA smaller... Anger is not a good use of time."

Find a way to reconnect to the joy and beauty of being blessed enough to get bumped. I went and had a margarita.

Wednesday morning my high school roommate, Marvin (who lives in New Jersey) called me from Knoxville, Tennessee, where he was visiting his family. Knoxville is 85 miles from Corbin, KY. He came and picked me up that night. On Thursday his brother, Horace, used his connections to help me purchase a car at the auto auction. OK, not just a car... a 1998 Toyota Camry... for \$1,500.

On Friday I got the radiator and windshield fixed, got a haircut, had a celebratory margarita, and played pool with Marvin and his 3 brothers. Saturday at 6:30am I headed back to Corbin to transfer my belongings from one Camry to the other, while the mechanic switched the wheels from the old to the new. I left him the car to sell for parts, and headed for Charlotte (once again). I'm here now awaiting the next challenge....

(at least, that's the *Plan*...)

Meanwhile, no, I'm not promoting alcohol (nor working on a tequila sponsorship). I'm reminding you that operating within your limits is the best road to travel. When you get bumped from your path, don't get angry or frustrated.

What do you do to activate your gift for overcoming challenges and reconnecting to your *Plan*?

To book Sporty to share his powerful and joy-filled message with your group: www.sportyking.com If you or someone you know would like to receive a copy of this newsletter by email, send request to Sporty@sportyking.com

**So NOW it's time to take a seat...
Clean yourself up... Enjoy!!!
JULY is 1 of the 12 best months
for loving, living and laughing...
Even in a Third Pandemic Year!!!**

HEALTH WATCH

Heads up: If you are feeling sick and sweating while filling up your vehicle with gas, you may have CAROWNERVIRUS.

**Some days you're the pigeon,
and some days you're the statue!
Since it's the early worm that gets
eaten by the bird, sleep late.
The second mouse gets the cheese.**

You're not getting senile. You're exercising your right to forget!

One of the affirmations I taught while contracted with the Chicago Dept on Aging, speaking with 'Seasoned' Citizens:
I'M NOT GETTING SENILE.
I'M EXERCISING MY RIGHT TO FORGET!
 Do not embrace memory loss with fear.
 It is a natural progression of aging
 from one day to the next.
 Expect memory loss as wisdom intake.

How I feel affects other people!!!

**There once was no internet;
 no online certificates,
 government funding,
 scholarships, newspapers,
 stock market, S&P ratings...**

**People had to trust
 and be trusted.**

~ Sporty King

How I feel affects other people!!!

**Stuff has to get
 pushed out as new
 information comes in.
 Computers lose
 memory...**

why shouldn't we???

~ Sporty King

An older man was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia, he asked to speak to his son.
 "Yes Dad, what is it?"
 "Don't be nervous son. Do your best, and just remember, if it doesn't go well... if something happens to me... your mother is going to come and live with you and your wife."

Some people try to turn back their odometers. Not me! I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When I was a kid I used to pray every night for a new bike. Then I realized that The Lord doesn't work that way, so I stole one and asked him to forgive me.

Aging: eventually you will reach a point when you stop lying about your age and start bragging about it.

A young boy asks his Dad, "What is the difference between confident and confidential?"
 Dad says, "You are my son, I'm confident about that. Your friend over there is also my son, that's confidential."

I dialed a number and got the following message:
 "I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes."

"WHERE is my SUNDAY paper?!" the irate customer calling the newspaper office loudly demanded to know.
 "Madam," said the newspaper employee, "today is Saturday. The Sunday paper is not delivered until tomorrow, on SUNDAY."
 There was quite a long pause on the other end of the phone, followed by a ray of recognition as she was heard to mutter, "Well, damn, that explains why no one was at church either."

***Laughter is an important part of your daily exercise
 Stay in shape***

THE TRAIN

At birth we boarded the train and met our parents, and we believe they will always travel on our side. However, at some station our parents will step down from the train, leaving us on this journey alone. As time goes by, other people will board the train; and they will be significant i.e. our siblings, friends, children, and even the love of our life. Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize that they vacated their seats! This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all passengers... requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way - love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty -- we should leave behind beautiful memories for those who will continue to travel on the train of life. I wish you a joyful journey for each coming moment on the train of life. Gather success and give lots of love. More importantly, thank God for the journey!

Lastly, I thank you for being one of the passengers on my train!
 ~ Conductor Unknown (*yet driving well*)

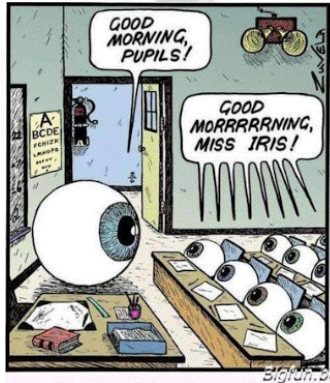
NINE OUT OF TEN?

I was meeting a friend in a bar and as I went in, I noticed two pretty girls at me. "Nine," I heard one whisper as I passed. pleased with myself, I swaggered over to my buddy and told him a girl just rated me a nine out of ten.
 "I don't want to ruin it for you," he said, "but when I walked in, they were German."

You're not getting senile. You're exercising your right to forget!

YOU ARE NOT ALONE! EVERYONE'S GOT SOME KIND OF CHALLENGE & VICTORY!

Don't be worried about your smartphone and TV spying on you. Your vacuum cleaner has been gathering dirt on you for years.



Don't allow a **JOB** to stress you to **Death**, because that job will be posted online **BEFORE** your obituary.



I Thought The Dryer Made My Clothes Shrink. Turns Out It Was The Refrigerator.

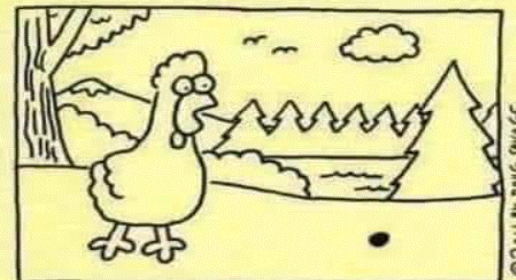
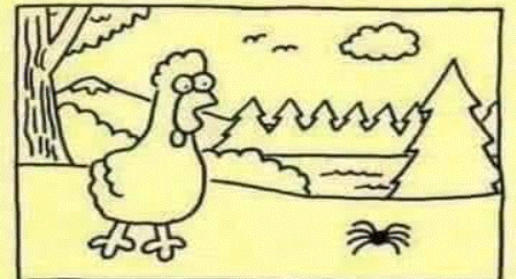


It's 6 months since I joined the gym and no progress. I'm going there in person tomorrow to find out what's really going on.

I had this delicious omlette this morning. I seasoned the eggs with sugar, oil, and chocolate, and threw in a little flour for texture...



SPOT THE 8 DIFFERENCES BETWEEN THESE TWO PICTURES

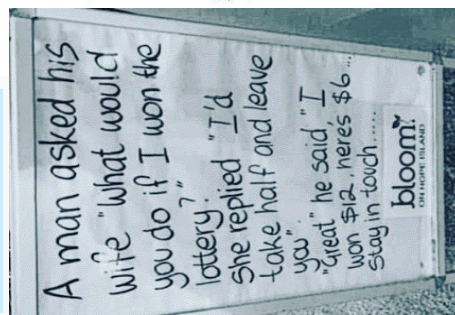


Some mistakes are too much fun to only make once.

A truly happy person is one who can enjoy the scenery on a detour.

3

Never buy a car you can't push.



Answer on Pg 5

The Golden Brick Road

How I feel affects other people!!!

Some would say I move-on too fast. I say I recognize the option & need quicker than most.

~ Sporty King

Taking care of yourself is not a cliché. It is a decision and a commitment. Sure, you could move quickly and be wrong. Yet why do you consider the negative outcome as your first option? You could move quickly and be right. Sure, some will argue that you should be cautious, patient, etc. I agree! Yet your caution should not restart with each new person that comes into your life space. There

must be things about you that you already know you will not accept, or even that others won't accept about you. In fact, their thinking you move-on too fast may be one of them... because they don't know how long it took you to get to that point.

You won't thank or be thanked by everyone you touch. You will touch and be touched by those you thank. Choose your messengers carefully and recognize that you have been carefully chosen as someone's messenger. The messenger is rarely responsible for the results. **DELIVER!**

How I feel affects other people!!!

None of us really see the full fruit of our labor. Stay excited about delivering it.

~ Sporty King

How I feel affects other people!!!

The Battle is NOT yours. Yet, sometimes you are the Lord's main weapon.

~ Sporty King

Beware that trusting in God does not mean sitting back and doing nothing. What you can trust in is that he has patiently been putting you in position to shine on his behalf. Continue to trust that he WILL win.

How I feel affects other people!!!

I don't live in fear. I live with the realization that I will encounter challenges and tough times.

~ Sporty King

How I feel affects other people!!!

If I can't talk about my storm while I'm in it, I've already given in.

~ Sporty King

How I feel affects other people!!!

Sometimes I wake up and my body totally agrees with me

~ Sporty King

How I feel affects other people!!!

You never know how secure an individual is until there's an opportunity for them to be insecure. Yet all you need to know is how secure you are.

~ Sporty King

How I feel affects other people!!!

You may be the piece of the puzzle closer to the middle of the puzzle. Wait for your connections!

~ Sporty King

How I feel affects other people!!!

I'm ok with people who don't believe in God. They seem to be ok with my not believing in whatever else they don't believe in.

~ Sporty King

How I feel affects other people!!!

I enjoy replacing 'light' with 'life' when I speak, hear or read it. Even when talking about beer. Enjoy your light.

~ Sporty King

How I feel affects other people!!!

Feeling swamped? There's a bank at the end of each swamp. Wade over and catch your breath.

~ Sporty King

How I feel affects other people!!!

Ultimately the only way we are going to be able to live is together. Wanna start today?

~ Sporty King

How I feel affects other people!!!

There once was no internet; no online certificates, government funding, scholarships, newspapers, stock market, S&P ratings... People had to trust and be trusted.

~ Sporty King

How I Feel Affects Other People!!!

Your enemies won't betray you.

~ Sporty King

How I feel affects other people!!!

Storms aren't new. They're NEXT!

~ Sporty King

ALGEBRA FLASHBACK: WHAT IS THE RESULT?
 $(1 + 2 - 3 + 9 - 4 \times 2 + 9 - 4 \times 16 + 5 - 7 \times 4 - 10 + 16 \times 1 \times 6 + 2 - 4 + 2 + 4 \times 6 + 5 - 4) \times 0 + 8$
 ~ BrainFans.com
 (at least) guess an answer before checking pg 6

... How I feel affects other people!!!



TWO TRAVELING ANGELS

Two traveling angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the angels stay in the mansion's guest room. Instead the angels were given a small space in the cold basement. As they made their bed on the hard floor, the older angel saw a hole in the wall and repaired it. When the younger angel asked why, the older angel replied, "Things aren't always what they seem."

The next night the pair came to rest at the house of a very poor, but very hospitable farmer and his wife. After sharing what little food they had, the couple let the angels sleep in their bed where they could have a good night's rest. When the sun came up the next morning the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field.

The younger angel was infuriated and asked the older angel, "How could you have let this happen? *The first man had everything, yet you helped him.*" *She accused.* "The second family had little but was willing to share everything, and you let the cow die."

"*Things aren't always what they seem.*" *The older angel replied.* "When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall. Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he wouldn't find it. Then last night as we slept in the farmer's bed, the angel of death came for his wife. I gave him the cow instead. Things aren't always what they seem."

*Sometimes that is exactly what happens when things don't turn out the way they should.
If you have faith, you just need to trust that every outcome is always to your advantage.
You might not know it until sometime later.*

Should you find it hard to get to sleep tonight, remember the homeless family who has no bed to lie in.

*Should you notice a new gray hair in the mirror,
think of the cancer patient in chemo who wishes she had hair to examine.*

*Should you find yourself stuck in traffic, don't despair;
there are people in this world for whom driving is an unheard-of privilege.*

*Should you have a bad day at work, think of the man who has been out of work for many months
struggling to feed his family.*

*Should you find yourself at a loss and pondering what is life all about, asking,
"What is my purpose?" be thankful,
there are those who didn't live long enough to get that opportunity.*

~ Unknown (or so it seems...)

J.U.L.Y. (Joy Ultimately means Loving Yourself)

Think about it... when you love yourself you can deal with anything that comes your way... maybe not right away, but certainly over time.

Negativity... conflict... adversaries... health...grieving...
each requires an inward perspective and determination to overcome.
Self-love prepares you for the journey.

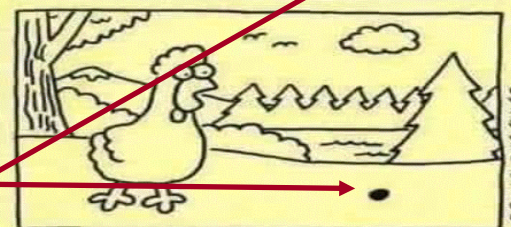
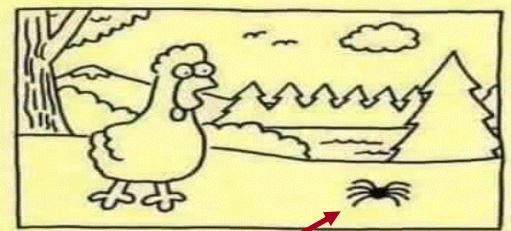
And when we consider that J.O.Y. translates to **Just One You**
it's easier to connect the two and truly celebrate.

So take your time and enjoy the JOY of JULY:

Joy Ultimately means Loving Yourself ... because there's **Just One You**

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SPOT THE 8 DIFFERENCES BETWEEN THESE TWO PICTURES



**Answer from Pg 3:
8 legs on the spider**

... How I feel affects other people!!!

www.sportyking.com 708-805-9279 Sporty@SportyKing.com



DON'T BE THE ALIBI

Though your spirit will influence many decisions
Try not to let your words dictate them
On other people's lives

Though your support will be offered
with unintentional ulterior motives
Try not to let your actions mandate the outcome
On other people's lives

Though your sensitivity to a one-sided story
will breed bias
Try not to let your feelings erase options
In other people's lives

Through your spirit offer compassion
Try to let your words console and counsel
In other people's lives

Through your support offer insight
Try to let your actions encourage an outcome
In other people's lives

Through your sensitivity offer understanding
Try to let your feelings expand the vision
In other people's lives

You see, in the end
you don't want them to blame you
When they do what they want to do anyway.

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Coming next. The Amish limo hauling us while our cars sit out of gas.



6

 <p>The only bird that dares to Peck at an eagle is a crow. He sits on his back and bites his neck. The eagle does not respond, waste time or energy on the crow. It simply opens its wings and begins to rise. The higher the flight the harder for the crow to hold on. The crow falls due to lack of oxygen.</p> <p>Stop wasting your time with the crows! Just take them to new heights and they will fall off.</p>	<p>What people think Self Care means</p>  <p>What it actually means</p> 
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PAGE 4 PUZZLE ANSWER: EIGHT!
Whatever number you frustrated yourself to come up with
inside the parenthesis... times zero = 0... plus 8 = 8.
~ BrainFans.com

LATE RENT

Franklin had lived in his loft for six months and by now. He worked day and night, stopping only occasionally something to eat. He thought little about food and less about sleep. But what he thought about least of all was his rent. As a result, his landlord now stood before him, demanding the three months rent owed on the loft.

"Give me a couple of weeks," Franklin pleaded. "I know I'm on the verge of some sales."

"Absolutely not," the landlord said. "You gave me that story last month. You won't get another day's credit from me."

"Look," Franklin said, "think of it as an investment. Someday this loft will be famous and you'll be able to charge a fortune for it. In a few years, people come into this disgusting loft and whisper, Franklin used to paint here."

"Pay your rent now," the landlord said, "or they'll be able to say it tomorrow!"

ONLINE BROADCASTS

FACEBOOK ... LINKEDIN ... YOUTUBE

Monday Morning Moment 8:00am EDT

1-2 minute inspirational message.

GLUE (God's Love Undoes Everything)

Wednesday 1:00pm EDT

30-45 minute interactive inspirational message.

GIFT (God Is For Today) Friday 11:00am EDT

8-12 minute sharing of my original poetry and how to use it to inspire others... and yourself.

WHETHER YOU'RE ON SOCIAL MEDIA OR NOT IF YOU HAVE ACCESS TO EMAIL I SEND THE 3 TOGETHER AT THE END OF EACH WEEK. EMAIL ME