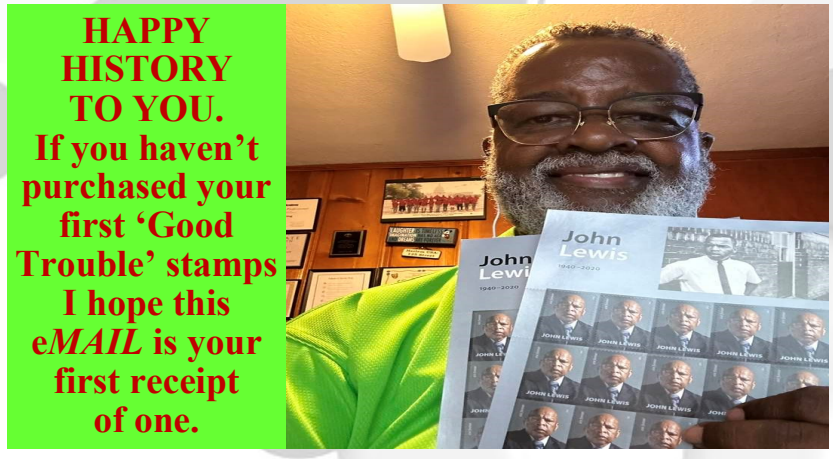
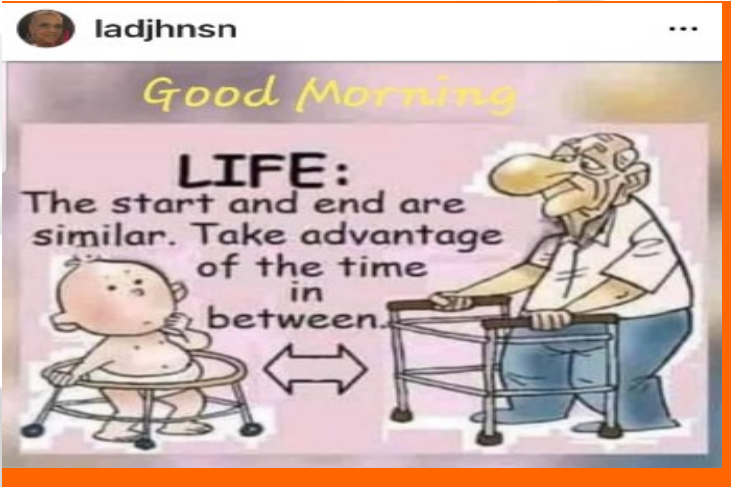


# The Golden Brick Road

## How I Feel Affects Other People!!!

## AUGUST 2023

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



To book Sporty to share his powerful and joy-filled message with your group: [www.sportyking.com](http://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](mailto:Sporty@sportyking.com)

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




The aging process could be slowed down if it had to work its way through Congress.

### SCAM SEQUENCE & SOMETIME SOLUTION

+1 (856) 617-47...  
How are you?

How are you?

Today 5:52 PM



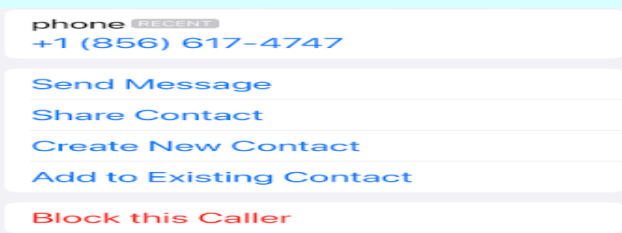
I'm Mia and I wonder if this number is Tina's?

Nope. Bye.

Sorry, maybe your number is very similar to Tina's. I entered the wrong number.

I hope I'm not disturbing you.

Received text message and sent abrasive response. They don't care because it ain't personal... it's a scam. So (gentlemen beware) she'll send a picture and hope to start a conversation. Again, I sent an abrupt response, this time dismissive. She ignores that and sends 'shy damsel in distress' response... to start a conversation. If you don't know how, have someone show you how to click on "Info" (without sending a response), then go to the bottom and block.



phone RECENT  
+1 (856) 617-4747

Send Message  
Share Contact  
Create New Contact  
Add to Existing Contact  
Block this Caller

**Here are some similar opening lines for scams**

+1 (315) 818-0585

Text Message Today 1:07 PM

Nina, let's go to the cinema to watch a movie at night, today is a hard day off!

Wrong number.

Excuse me, isn't this Nina's phone?

**REMEMBER: SCAMMERS SEND TEXTS THAT SOUND FAMILIAR AND IT'S USUALLY OK TO OPEN A TEXT! DON'T CLICK ON THE LINK!**

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

## SEVEN UP

A man wakes up and looks at his clock. It is 7:07 am. He gets out of bed, goes downstairs and glances at his calendar. It says it is July 7, the seventh day of the seventh month.

As he steps outside he notices Bus #7 going by. He walks to a coffee shop and orders a coffee and a bite to eat and the bill comes to \$7.77.

The man thinks "hmmmm... all these sevens... I think the universe is trying to tell me something."

So feeling that maybe this is his lucky day, the man cuts out early from work and goes to the race track. He reads the racing schedule and sees that in the seventh race horse #7 is called "Lucky Universe". The man can't believe it. He runs up to the teller and bets all his money on the horse.

The horse came in seventh.

~ Unknown (... *eighth*...)

## The ABC's of Teacher Stress Management

by Mary Zabolio McGrath, Ph.D.

(Reflections Resources, Ltd.)

**A**sk for help when and where you need it. **B**e positive whenever possible. **C**are for yourself as well as for your students. **D**on't let negative people dominate your thoughts or space. **E**at a nutritious lunch daily with pleasant people or alone if it's more peaceful. **F**ind at least one co-worker with whom you can freely and confidentially share your feelings about school matters. **G**et enough sleep. **H**ave a life of your own apart from school. **I**nitiate conversations about subjects other than school in order to maintain a broader perspective of life. **J**oin a support group. **K**eeep your mind on the job when in school and off the job during personal time. **L**isten to your needs and meet them as best you can. **M**ake time for your family and friends. **N**ever go through a day without a good laugh. **O**pen yourself to new educational ideas and practices. **P**ause for a deep breath when things get busy or intense. **Q**uiet your mind in a solitary place when pressure builds. **R**emember the value of your skill and experience. **S**peak up for your needs and concerns. **T**ake time to talk to co-workers about their interests and hobbies. **U**tilize your support network for on and off the job concerns. **V**iew problems as a challenge leading to growth. **W**ork out to release stress. **X**-out habits injurious to your health (eg. smoking, excessive use of alcohol and caffeine). **Y**ou are a worthy member of a fine profession. Remember that! **Z**oom ahead with less stress to a healthier more fulfilling career.

\*\*ADAPTABLE TO YOUR PROFESSION/LIFE\*\*

## Gramps and the Biker

Already half drunk, an old guy walks into a biker bar, sits down at the bar and orders a drink. Looking around, he sees three men sitting at a corner table. He gets up, staggers to the table, leans over, looks the biggest, meanest, biker in the face and says: "I went by your grandma's house today and I saw her in the hallway buck naked. Man, she is one fine looking woman!"

The biker looks at him and doesn't say a word. His buddies are confused, because he is one bad biker and would fight at the drop of a hat. The drunk leans on the table again and says: "I got it on with your grandma and she is good, the best I ever had!"

The biker's buddies are starting to get really mad but the biker still says nothing. The drunk leans on the table one more time and says "I'll tell you something else, boy, your grandma liked it!"

At this point the biker stands up, takes the drunk by the shoulders looks him square in the eyes and says, "Go home, Grandpa, you're drunk."

~ Author Unknown (... *and sober!*)

A little girl asks her mum, 'Mum, can I take the dog for a walk around the block?'

Her mum replies 'No, because she is in heat.'

'What does that mean?' asked the child.

'Go and ask your father. I think he's in the garage.'

The little girl goes out to the garage and says, 'Dad, can I take Lulu for a walk around the block? I asked Mum, but she said the dog was on the heat, and to come ask you.'

He took a rag, soaked it in petrol, and scrubbed the dog's backside with it to disguise the scent, and said, 'Ok, you can go now, but keep Lulu on the leash and only go one time around the block.'

The little girl left and returned a few minutes later with no dog on the leash..

Surprised, Dad asked, 'Where's Lulu?'

The little girl said, 'She ran out of petrol about halfway round the block, so another dog is pushing her home!'

~ Unknown (*ruff...*)

An older, tired-looking dog wandered into my yard; I could tell from his collar and well-fed belly that he had a home and was well taken care of. He calmly came over to me, I gave him a few pats on his head; he then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep. An hour later, he went to the door, and I let him out.

The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued off and on for several weeks.

Curious I pinned a note to his collar: 'I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.'

The next day he arrived for his nap, with a different note pinned to his collar: 'He lives in a home with 6 children, 2 under the age of 3 - he's trying to catch up on his sleep. Can I come with him tomorrow?'

~ Unknown (*Well rested...*)

# 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

Making the hard decision is not always popular. More important, and overlooked, is the probability that it is not a rash reaction. It is more likely the "straw that broke the camel's back" in a

How I feel affects other people!!!  
**Just because you saw the last straw doesn't mean you know what went on in the barn.**  
~ Sporty King

Practice positive self talk. Instead of saying "I'm not good at that" or "I cant do that" think and say "I'm working on that" or "I'm getting better at this." So you have to know what you're working on and give yourself credit with each baby step. Be true to yourself and others will confirm what you know: that you ARE working on you.

How I feel affects other people!!!  
**PRACTICE POSITIVE SELF TALK**  
~ Sporty King

series of occurrence or interaction. Because others don't know the history or track record, they categorize/judge you as being 'cold,' etc. What matters is that you are at peace with the moves you make, knowing that peace may not always be immediate. Remind yourself of that by equating it to 'peace of mind.' THAT is an ongoing process laden with rewards in retrospect.  
\*\*\*\*\*

How I feel affects other people!!!  
**I accept you for who you are does not mean I welcome you into my life.**  
~ Sporty King

Know the difference and clear YOUR conscience. Sometimes we allow others to misread our decisions as bad-spirited choices. They'll tell us we're "wrong... cold... unforgiving..." etc. and gloss over how we've been wronged, mistreated or disrespected... allowing the other person to be the victim. Then they'll share or click "like" on a Maya Angelou post about, "When people show you who they are, believe them the first time." It's kinda like "Live n Let Live." Not "Let Live With."

How I Feel Affects Other People!!!  
**When I focus on myself, it doesn't mean I'm selfish. It means I understand the battle for my spirit needs me to strengthen from within!!!**  
~ Sporty King

← What the world needs most from you is that you take care of your PMS (Physical, Mental and Spiritual self)... so that you CAN take care of the ones you love.

How I feel affects other people!!!  
**When you let people waste their time trying to figure you out you get time to enjoy yourself.**  
~ Sporty King

← Just don't forget they'll do the same when you waste your time trying to figure them out. Ask what you don't know. And accept that sometimes you won't get to know.

How I feel affects other people!!!  
**Practice makes Purpose... not Perfect. Beware the cliché you can't live up to. Everything is possible when excellence is the goal!!!**  
~ Sporty King

How I feel affects other people!!!  
**Most challenges are solved by deciding to put them in the Need or Want category. That's a real challenge.**  
~ Sporty King

How I feel affects other people!!!  
**Don't get mad at the seeds! Plant them!! Prosperity is a pace... not a place. We need your patience in our puzzle!!!**  
~ Sporty King

How I feel affects other people!!!  
**We're not all SUPPOSED to be strong. It's OK!!!**  
~ Sporty King

How I feel affects other people!!!  
**Kids/people are sponges. How they flourish, expand, and what they absorb depends on the water you serve!!!**  
~ Sporty King

How I feel affects other people!!!  
**I can be patient, because I know I'm going to live until the day I die!!!**  
~ Sporty King

How I feel affects other people!!!  
**You made a great choice today!!!**  
~ Sporty King

Go ahead! Make another one while you're on a roll. We can spend so much time lamenting and cursing the bad choices that we miss the celebration that offsets them. Have you noticed the bad choices haven't killed you? And even as you realize the good ones may, choose to go out with another victory... that will help those who mourn you find another way to smile. What you focus on, you ferment. Continue to allow happiness to grow inside you. It's your choice.

How I feel affects other people!!!  
**My life is in pencil! Because my ideas & body are erasable. My spirit is in pen!!!**  
~ Sporty King

How I feel affects other people!!!  
**I made no contribution to my waking up today. That's why I smile!!!**  
~ 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

My wish is that you also see who has the power in this post.

How I feel affects other people!!!  
**If you do what you do, you won't have to remember what you said. You just have to remember what you did. That's hard enough.**  
~ Sporty King

How I feel affects other people!!!  
**Some people not only need you to feel bad about yourself... they need you to be down, so they can stand on your back and see what their options are.**  
~ Sporty King

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



## 100 Years Old

When a grandmother was in her late 80s, she decided to move to Israel. As part of the preparations, she went to see her doctor and get all her charts. The doctor asked her how she was doing, so she gave him the litany of complaints, "This hurts, that's stiff, I'm tired, slower..." He responded with, "Mrs. Siegel, you have to expect things to start deteriorating. After all, who wants to live to 100?" The grandmother looked him straight in the eye and replied, "Anyone who's 99."

~ Internet Jokester (*wink*)

### (OK... Grandpa's Turn)

An elderly gent was invited to an old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms such as: Honey, My Love, Darling, Sweetheart, Pumpkin, etc. The couple had been married almost 70 years and clearly, they were still very much in love.

While the wife was in the kitchen, the man leaned over and said to his host, 'I think it's wonderful that, after all these years, you still call your wife those loving pet names.'

The old man hung his head. 'I have to tell you the truth,' he said, 'Her name slipped my mind about 10 years ago and I'm scared to death to ask her what it is!'

~ Jokester unknown (*or unheard of... or not sure... or exercising the right to forget*)

## STOLEN

Lord, please don't return my heart to me.  
Since you've taken over it I see you doing things  
I would never have thought to do with it

As for the 'stolen' part...

Hey, you've never taken away my sense of humor

© December 2012

## Sporty's Clean Fifteen

1. Rumor has it that God has only made one mistake. Rumor has no idea what it is.
2. Hold onto the fun moments, to create the funniest messages. You know that feeling you get when you remember/share certain times? YEAHHH!!!
3. I'm living proof that I'm alive! There's something someone said couldn't be done... especially not by you. BAMB & HOLLA!
4. I'm proud to be a SeenYa Citizen. I think I SeenYa in NY, DC, Chicago, Charlotte...
5. I'm blessed, and I'm used to it! As long as you're taking waking up for granted, have a great time. Seeya "tomorrow!" YEAHHH!!!
6. It's not easy being you, but it's OK. Find a pace that you like, then sit back and check yourself out.
7. M&M's (Mirrors & Memories) (Moves in your Mind) When we look at and into ourselves we find a track record of joy worth celebrating.
8. You don't understand God. You reflect on him afterwards. His love must intersect with his purpose for you.
9. Children enjoy learning because we start out rewarding them. When we stop....
10. You can't anticipate who God will save, and you never know who his spies are.
11. Don't let your pride overshadow how proud you are to be worthy of asking for anything!!!
12. Your actions support or change a child's mind about who they are.
13. I can complain about overextending myself, or I can extend my farewell to something on my list.
14. "Not everyone deserves a full Chapter, or more than a mention, for the purpose they serve in your life." ~ Judas 1:1-12
15. Open your mouth. Say, "I Love You!" not, "I La U." Make a statement, not a salutation.

*Finally, as the new school year approaches, let's pray for and support the dedicated educators, wishing them the best.*



**A.U.G.U.S.T.**  
Always Understand  
God Understands.  
Stay True!

## *(never mind!!!)*

When the people from the tribe of Dan were quite a distance from Micah's home, Micah and some of his neighbors came chasing after them. They were shouting as they caught up with them. The men of Dan turned around and said, "What do you want? Why have you called these men together and chased after us like this?" "What do you mean, what do I want?" Micah replied. "You've taken away all my gods and my priest, and I have nothing left!" The men of Dan said, "Watch what you say! Some of us are short-tempered, and they might get angry and kill you and your family." So the men of Dan went on their way. When Micah saw that there were too many of them for him to attack, he turned around and went home.

~ Judges 18:22-26

Have you ever looked at the odds and said, "*never mind*"? (LOL) In the heat of anger or passion, we may sometimes over-react to things that happen to us. I remember being in my 20's, visiting my girlfriend, when we heard glass break... looked out the window and saw that someone had broken into my car, and taken my gym bag. It was early evening and the street lights were on. I rushed downstairs and began to pursue the vandal(s) in the direction I guessed they would run. I think I had a bat or stick with me. And I angrily walked up and down the alleys in Brooklyn, NY in hot pursuit of the unseen enemy.

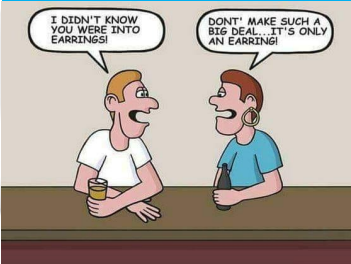
Suddenly, many minutes into my search, I found myself standing in an alley between streets I did not know (I was from Manhattan, NY), and it dawned on me that IF I did catch THEM I could likely get beaten or killed... having no idea where I was, nor who I was up against. I cautiously retraced the bold steps I had taken on my path back to my girlfriend's house, praying that nothing would happen to me because she would not know where to find me after not knowing when to begin or give up looking.... (LOL)

Like Micah, I've matured and learned not to let anger control my moves. I've learned to put my life first and use it as a guiding principle toward making decisions. I ask, "How will this affect my life... does it really matter... can I replace what was lost?" (or something like that). You're mature enough to be reading this. You're mature enough to learn from Micah, and be a little quicker in saying, "*never mind*!"

~ Sporty King

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

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



**Wanted: Caretaker for my beach house**

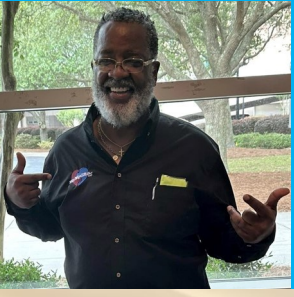
Also: beach house  
Also: money for beach house

**My wife caught me standing on the bathroom scales, sucking in my stomach.** "Ha! That's not going to help!" she laughed.

"Sure, it does." I said.

"It's the only way I can see the numbers."

**IN THE MIDST OF IT ALL I HAD GR8 MOMENTS FIRST TIME WEARING MY NEW COMPANY EMBROIDERED-LOGO SHIRTS**



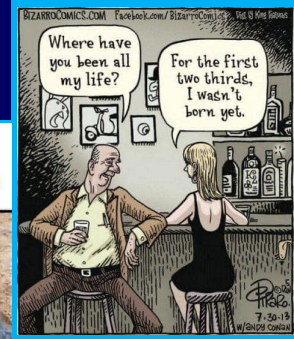
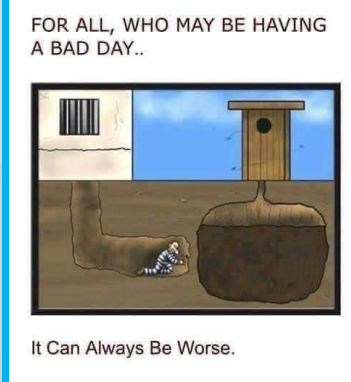
**I went for a job interview and the manager said, "We're looking for someone who is responsible."**

"Well I'm your man," I replied. "In my last job, whenever anything went wrong they said I was responsible."

**My neighbour just banged on the wall at 4:20am, can you believe that? Lucky I was still up playing music.**

He banged and shouted, "Can we have a little respect please?"

So I shouted back, "I'm not a big Aretha Franklin fan, but ok this one's for you".



**Recycled blessings have no ending.**

**This was on a bathroom stall. Can't stop laughing...**

😂😂😂

Scotty, don't beam me up yet. I'm taking a sh

**God gives us unique challenges even when the circumstances seem the same.**

~ Sporty King



preventbullyingnow h... Jul 1  
to preventbullyingnow

**Ten plus ten is the same as eleven plus eleven ..** 😊

I'll show you .... 😊

Ten plus ten equals ..... twenty .... 😊

Eleven plus eleven equals ..... 😊... go ahead .. say it ... SAY IT !!!!



**For her birthday, I took my wife to an orchard and we stood there looking at the trees for half an hour.**

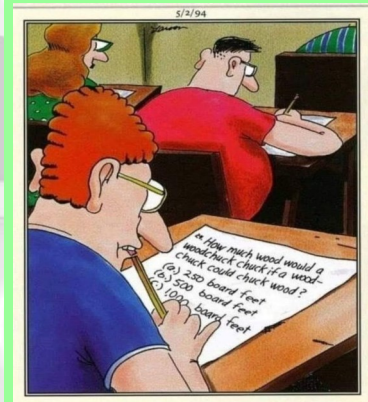
**Not the Apple Watch she was expecting apparently.**

Farmers writing romance novels

Her body tensed and quivered as she felt wave after wave surge through it.

I probably should have told her about the new electric fence.

**Nobody likes being around the one-up friend. Your day was hard, their day was harder. You got a good job, their job is better. You got 5 bands, they got 6. You went to Tennessee, they went to Eilevensee**



The Wildlife Management finals

I asked my 4 yr old if he was excited to be in his Uncle's wedding. To which he responded "yeah and I can't wait to be the ring bear I have been practicing" and then proceeded to get on all fours and growl loudly at me. No plans to correct his understanding of his role

**If you listen to the right people, it won't cost you a thing. All you have to pay... is attention.**

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

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



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.

**HAPPY THIS YEAR!!!**

*I love you and I'll see you!!!*

*Happy LIFE Moments!!!*

### HAPPY BIRTHDATE ANNIVERSARY (TO ME)!

In the Top 5 on my Goal List is  
reaching my 68th on August 27.

My mother always said,  
"You have one BirthDAY.

Every year after that is the  
Anniversary...."

If you're on FB or LI with your  
DATE listed you've received my  
greeting: *With this new "366" may  
you remember that God is having  
you leap and try some new things  
so that he can help you see what  
you'll be doing. Really. Enjoy.  
Celebrating. Yourself. You'll help  
us enjoy celebrating you.*

Each year I change the greeting on  
MY Anniversary. When I figure  
out what it'll be this year I'll start  
adding it here in the GBR, for  
those not listed on FB or LI. Either  
way, next year is a Leap Year.  
However, your EXTRA day is  
TODAY... if you'll let it be! 😊

**Some stranger somewhere  
still remembers you because  
you were kind to them when  
no one else was.**

### THE RED SEA HAS ALREADY PARTED

The birds sing to praise Him.  
How could you dare not fly?

The waters run to praise Him.  
How could you dare not get wet?

The air circulates... flowers, trees and grass grow...  
Mountains wait patiently to praise Him.  
How could you dare not inhale your blessing...  
See your beauty... enjoy your glory?

You've already been saved.  
Yet you choose to go back.  
You attach your heart to your slavery  
And allow the past to keep you off track.

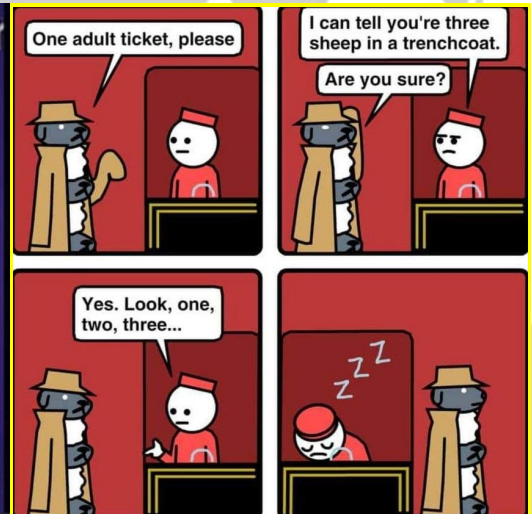
You surrender your thoughts as inferior,  
Call yourself names, live up to stereotypes.  
Work at jobs you can't stand  
To legitimize your foul moods and your gripes.

You've already been saved.  
You can choose to look back, breathe deep,  
Think about all your ancestors went through  
That you don't have to experience, and weep...

Allow your tears to water your blessing.  
Expect a miracle and marvel at how God works.  
Dare to live.

© Sporty King (a poet in every PrOphET)

**Last Night, My Neighbor  
Came Home Drunk &  
Banged On His Own  
Door For Like 5 Mins.  
Problem Is, He Lives  
Alone, So I Went  
Outside And Told Him  
He Wasn't There & He  
Left!!! 😂😂😂**



Wins, Birthdays, Promotions, Children, Weddings,  
Vacations... We think we don't like change... but we do.