



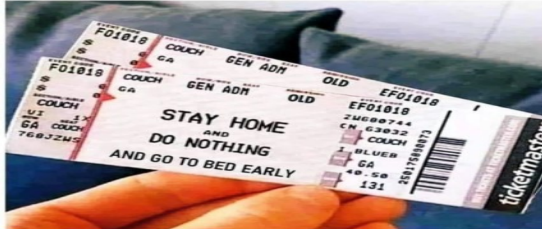
The Golden Brick Road

How I Feel Affects Other People!!!

FEBRUARY 2024

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

Got my tickets for the New Year's event



There's no need to drive me crazy, I'm close enough to walk.

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!!!
FEBRUARY is 2nd of the 12 best months for loving, living & laughing...

HEALTH WATCH

When 'i' is replaced By 'we'
Even 'illness' Becomes 'Wellness'

~ Thank you Renee Twilley/NC

Dear paranoid people who check behind shower curtains for murderers: if you find one, what's your plan?

HILARIOUS NEW SCAM HERE IS THE EMAIL I RECEIVED:

Dear Ryspodii King,
I am writing to address the claim connecting you to my late client, Mr. Jeffery Rutberg King, who shares the same last name as you. I kindly request your prompt response in this matter. Thank you for your attention.
Best regards, Ivar Sandström

**DO NOT RESPOND TO THIS PERSON
HAVE SOMEONE SHOW YOU HOW TO BLOCK EMAIL**

A pastor asked an older farmer, decked out in bib overalls, to say grace for the morning breakfast.
"Lord, I hate buttermilk", the farmer began. The visiting pastor opened one eye to glance at the farmer and wonder where this was going.
The farmer loudly proclaimed, "Lord, I hate lard." Now the pastor was growing concerned.
Without missing a beat, the farmer continued, "And Lord, you know I don't much care for raw white flour". The pastor once again opened an eye to glance around the room and saw that he wasn't the only one to feel uncomfortable.
Then the farmer added, "But Lord, when you mix them all together and bake them, I do love warm fresh biscuits. So Lord, when things come up that we don't like, when life gets hard, when we don't understand what you're saying to us, help us to just relax and wait until you are done mixing. It will probably be even better than biscuits. Amen."

~ Unknown

~ Thanks Lorenzo C/Chi

How I feel affects other people!!!
~ Sporty King
Intimidation is internal... which means you have it surrounded. What you have surrounded you can defeat.

"What's on your mind?"
And that is the key... how you see things makes all the difference in your peace.

Hear how you may be the victim, then SEE how you can be the victor.

FEBRUARY

Feeling Everyone Believes in
Recognizing Unconditional love's
Ability to Remember Yesterday

When older people say,
"Enjoy them while they are young."
They are talking about your knees and hips not your kids.

2024 won't be my year. It'll a repeat of 1 of my years.
God has always been good to me. Sometimes I didn't know until I looked back.

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

12 Symptoms of Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen
2. Frequent attacks of smiling
3. Feelings of being connected with others and nature
4. Frequent overwhelming episodes of appreciation
5. A tendency to think and act spontaneously rather than from fears based on past experience
6. An unmistakable ability to enjoy each moment
7. A loss of ability to worry
8. A loss of interest in conflict
9. A loss of interest in interpreting the actions of others
10. A loss of interest in judging others
11. A loss of interest in judging self
12. Gaining the ability to love without expecting anything

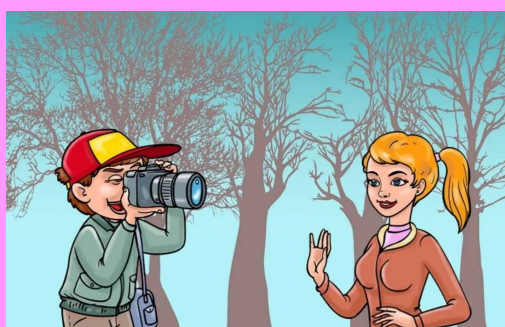
~ www.recoverytradepublications.com

Imagine your joy when you find your symptoms.

Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats have turned into prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, where is it?
7. It is easier to get older than it is to get wiser.
8. Some days, you're the dog; some days you're the hydrant.
9. I wish the buck stopped here; I sure could use a few.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. The only time the world beats a path to your door is when you're in the bathroom.
13. If God wanted me to touch my toes, he'd have put them on my knees.
14. When I'm finally holding all the cards, why does everyone want to play chess?
15. It's not hard to meet expenses... they're everywhere.
16. The only difference between a rut and a grave is the depth.
17. Funny, I don't remember being absent-minded.
18. I'M UNABLE TO REMEMBER WHETHER I'VE SENT YOU THIS BEFORE.

~ Thanks Wayne G (RIP)



Find the missing person. Answer pg 5

A woman was telling her friend, "After marrying me, my husband became a millionaire." "And what was he before you married him?" asked the friend. The woman replied, "A billionaire."



SUBJECT: THE RIDDLE.....

A young law student, having failed his law exam, goes up to his crusty old professor, who is renowned for his razor-sharp legal mind.

Student: Sir, do you really understand everything about this subject?

Professor: Actually, I probably do. Otherwise I wouldn't be a professor, would I?

Student: OK. So I'd like to ask you a question. If you can give me the correct answer, I will accept my mark as it is. If you can't give me the correct answer, however, you'll have to give me an "A."

Professor: Hmmmm, alright. So what's the question?

Student: What is legal but not logical, logical but not legal, and neither logical nor legal?

The professor wracks his famous brain, but just can't crack the answer. Finally he gives up and changes the student's failing mark into an "A" as agreed, and the student goes away, very pleased.

The professor continues to wrack his brain over the question all afternoon, but still can't get the answer. So finally he calls in a group of his brightest students and tells them he has a really, really tough question to answer: "What is legal but not logical, logical but not legal, and neither logical nor legal?"

To the professor's surprise (and embarrassment), all the students immediately raise their hands.

"All right," says the professor, and asks his favorite student to answer the question.

"It's quite easy, sir", says the student. "You see, you are 75 years old and married to a 30-year-old woman, which is legal, but not logical. Your wife has a 22-year-old lover, which is logical, but not legal. And your wife's lover failed his exam but you've just given him an "A," which is neither legal nor logical."

~ Unknown Student (... *and that's logical and legal!*)

QUICKIE IN THE BUSHES

There are two statues in a park; one of a nude man and one of a nude woman. They had been facing each other across a pathway for a hundred years, when one day an angel comes down from the sky and, with a single gesture, brings the two to life. The angel tells them, 'As a reward for being so patient through a hundred blazing summers and dismal winters, you have been given life for thirty minutes to do what you've wished to do the most.'

He looks at her, she looks at him, and they go running behind the shrubbery. The angel waits patiently as the bushes rustle and giggling ensues. After fifteen minutes, the two return, out of breath and laughing. The angel tells them, 'Um, you have fifteen minutes left, would you care to do it again?'

He asks her, 'Shall we?'

She eagerly replies, 'Oh, yes, let's! But let's change positions. This time, I'll hold the pigeon down and you crap on its head.'

~ (*And what were you thinking???*)

The Golden Brick Road

... How I feel affects other people!!!
 ~ Sporty King
I understand you can slow me down. I don't believe you can stop me. Neither do you!

Give yourself credit with a clear message to those who THINK
 ← they are your competition.

 You have succeeded more than you've failed. Continue to have the right attitude... make the adjustments to your path... and allow yourself to grow. You MUST pat yourself on the back, as the only one who truly knows what you've overcome. →

How I feel affects other people!!!
 ~ Sporty King
I've learned to stop counting how many fires I've gone through. I just keep my gear ready.

How I feel affects other people!!!
 ~ Sporty King
Today marks my 49th Year Anniversary of having started working at The Wall Street Journal as a Messenger in Advertising Production. I would retire in 1995 to continue my journey as a Messenger in your life.

We may call them 'stops & starts' yet each step in our lives is a 'continuation' of the
 ← blessing we were born to share.

How I Feel Affects Other People!!!
 ~ Sporty King
When you're willing to have the faith and patience it takes to be you, your reward will welcome you!!!
 Continually marvel at what God has for you.

RISK (Recognition Is Success' Key). When you decide to be you, you have to believe what you're doing is for the higher good... and that it and YOU are worth the risk. Pace and enjoy your ascension. Celebrate yourself along the way.

How I Feel Affects Other People!!!
 ~ Sporty King
Many times people will call you selfish because you are doing something for yourself, instead of what they want done for them. Let that sink in.

Surround yourself with as many people as possible who WANT you to do something for your personal success. Because they are not afraid of or threatened by your success you are on your way. →

No matter what puzzle piece size you see yourself as, without you that puzzle is incomplete. →

Life is about going from one puzzle to the next. And in every puzzle of our family, social and business relationships we are either a small, medium or large piece.

How I feel affects other people!!!
 ~ Sporty King
Keep making a silent difference and knowing that you do.

We must have a mix of things we do out loud and those we support behind the scenes in reaching our full capacity of blessing. Thank you for sharing your balance however you do. ←

How I feel affects other people!!!
 ~ Sporty King
Don't fear the moment! Create it!!!

When you become more proactive in your own life you have less and less room for doubting your moves. Trust your instincts. You won't be able to do anything God doesn't want for you.

How I feel affects other people!!!
 ~ Sporty King
Can you imagine what today would be like without you? Don't bother. I can't. You're important to me.

Trust your pace with grace and positivity. You are making memories while learning lessons about what it takes for YOU to get where you're going. Believe in the healing of the bumps along the way.

How I feel affects other people!!!
 ~ Sporty King
All roads lead away from regret. Whatever steps you've taken have been good, because they've been yours.

... How I feel affects other people!!!
 ~ Sporty King
Your consciousness changes your scenery!

How I feel affects other people!!!
 ~ Sporty King
Talents don't wither away. They reseed and resurface in a form more manageable for where you are in your life.

How I feel affects other people!!!
 ~ Sporty King
Just because my answers are quick doesn't mean I'm fast on my feet. I'm strong in what I believe in and stand for.

Who you are shows up in every connection, personal or business. Don't fight yourself about the ones you're not a part of. Wait and see why, then grow into them or away from them.

How I feel affects other people!!!
 ~ Sporty King
Relationships aren't so much about finding the right person, as they are about being found as the right person.

How I feel affects other people!!!
 ~ Sporty King
My favorite time of day is breathing.

How I feel affects other people!!!
 ~ Sporty King
You've already done the hardest thing to do each day: waking up. I've learned to consider the rest of the day as downhill... with bumps!

How I Feel Affects Other People!!!
 ~ Sporty King
If you hate Haters, then you become one of them!!! 😊 Understand that negativity is their job. Make them work by staying positive.

There's a difference between how you're being treated and how you react to your treatment. Every moment is an opportunity to exercise YOUR positive attitude. No one said it would be easy. You shouldn't forget it can be done.

... How I feel affects other people!!!
 ~ Sporty King
The world is treating me like I'm just a number but I'm making every moment count.

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



A woman with a salad walked past me in the restaurant and said you know a cow died so you could eat that beefburger. I said if you weren't eating its food it might have lived. 😊

WE IS FRIENDS!
Me and You is friends
You smile, I smile...
You hurt, I hurt...
You cry, I cry...
You jump off a Bridge
I gonna miss your E-Mails.

A bus of politicians is driving by a farm where a man lives alone. The bus driver, caught up in the beautiful scenery, loses control and crashes into the ditch. The man comes out and finding the politicians, buries them.

The next day, the police are at the farm questioning the man. "So you buried all the politicians?" asked the police officer. "Were they all dead?" To which the man replied, "Some said they weren't, but you know how politicians lie."

~ Unknown (*No lie...*)

How I feel affects other people!!!

~ Sporty King

If you only show strength you only teach strength. We talk so much about how the next generation doesn't express their emotions, however we're not giving them the examples they need to know how to express them.

I share this advice with my Military Families when they're preparing for the separation of Deployment... encouraging the parent who stays at home to not

refrain from letting their child see them shed a tear or know they're having a tough time and missing the other parent. Children mimic & mirror adults, so there's a good chance the child is having a tough time as well yet wants to show the parent that they can be strong too. There's another good chance the child will say as they've been taught, "Everything is going to be alright." Or, they may even be relieved to say, "Me too!" Imagine the weight lifted from their shoulders... and the lesson that no emotion is wrong. Imagine that that lesson is not only for Military Families.

TEXAS BEER JOINT SUES A CHURCH...!

In a small Texas town, (Mount Vernon) Drummond's bar began construction on a new building to increase their business.

The local Baptist church started a campaign to block the bar from opening with petitions and prayers.

Work progressed right up till the week before opening when lightning struck the bar and it burned to the ground. The church folks were rather smug in their outlook after that, until the bar owner sued the church on the grounds that the church was ultimately responsible for the demise of his building, either through direct or indirect actions or means.

The church vehemently denied all responsibility or any connection to the building's demise in its reply to the court.

As the case made its way into court, the judge looked over the paperwork... At the hearing he commented, 'I don't know how I'm going to decide this, but as it appears from the paperwork, we have a bar owner who believes in the power of prayer, and an entire church congregation that does not.'

~ internet author unknown (*I believe...*)

Two nuns went out of the convent to sell cookies. One of them is known as Sister Mathematical (SM) and the other one is known as Sister Logical (SL). It is getting dark and they are still far away from the convent.

SL: Have you noticed that a man has been following us for the past half-hour?

SM: Yes, I wonder what he wants.

SL: It's logical. He wants to rape us.

SM: Oh, no! At this rate he will reach us in 15 minutes at the most. What can we do?

SL: The only logical thing to do of course is that we have to start walking faster.

SM: It is not working.

SL: Of course it is not working. The man did the only obvious thing to do. He started to walk faster too.

SM: So, what shall we do? At this rate he will reach us in one minute.

SL: The only logical thing we can do is split. You go that way and I'll go this way. He cannot follow both of us.

So the man decided to go after Sister Logical.

Sister Mathematical arrives at the convent and is worried because Sister Logical has not yet arrived. Finally, Sister Logical arrives.

SM: Sister Logical! Thank God you are here! Tell us what happened!

SL: The only logical thing happened. The man could not follow both of us, so he followed me.

SM: So, what happened? Please tell us.

SL: The only logical thing to happen. I started to run as fast as I could.

SM: So what happened?

SL: The only logical thing to happen. The man also started to run as fast as he could.

SM: And what else?

SL: The only logical thing to happen. He reached me.

SM: Oh, no! What did you do then?

SL: The only logical thing to do. I lifted my dress up.

SM: Oh, Sister. What did the man do?

SL: The only logical thing to do. He pulled down his pants.

SM: Oh, no! What happened then?

SL: Isn't it logical, Sister? A nun with her dress up can run faster than a man with his pants down.

~ Jokester Unknown (... which is logical.)

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

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

Most people have heard of Karl Marx, but few know of his sister Onya, an Olympic runner. Her name is still mentioned at the start of every race.

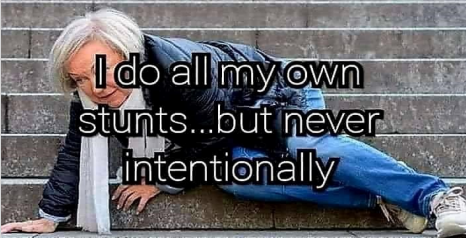
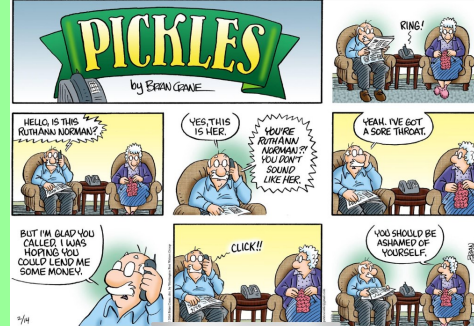


It's been a long time since I slammed a phone down good and hard. LOL



Guaranteed to wrench a Gen-Z's shoulder out of alignment.

I FOUND A PHOTO OF ME IN HIGH SCHOOL



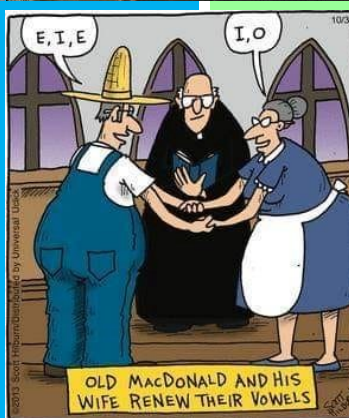
I do all my own stunts...but never intentionally



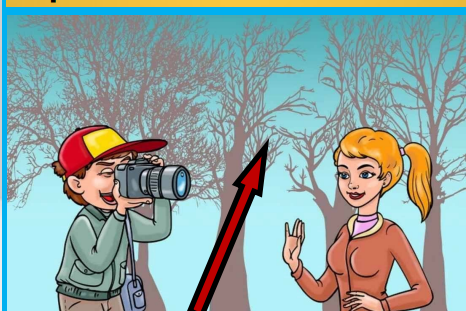
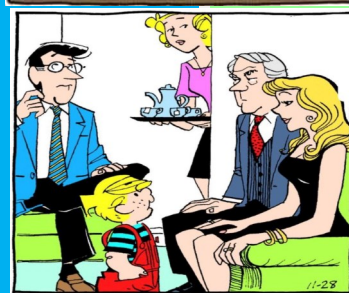
"I can't go on living with such lousy depth perception!"



Nude photos of the Sesame Street muppets have been leaked online.



I'm at the age where I recognize more songs at the supermarket than on the radio



Missing person



Why do bees have sticky hair?



Because they use honey combs!

I just paid for a 12-month membership to the gym and my bank called to see if my credit card was stolen.

Finally the fourth ape! He is the sum of the first three. He sees nobody, hears nobody, and speaks to nobody!



... 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 YOU)!

My mother always said,
"You have one BirthDAY.
Every year after that is the
Anniversary...."

Each year I change the greeting
on MY Anniversary.

Here it is for those not listed on FB or
LI. If you're on FB or LI with your
DATE listed [Spoiler Alert] you'll
receive this greeting:

*Celebrating you today is not
unusual, yet it IS unavoidable.*

*Under no circumstances are you to think
you're only worthy of being celebrated
one day on a manmade calendar.*

*In fact... should someone wish you a
Happy Belated...*

*tell them they're not late,
you'll be this blessing all year.*



13yr olds today are
having relationship
stress. When I was
that age, I closed
the fridge door
slowly to see how
the light goes off

Though I wish you an informative Black History Month and introspective Valentines' Day... Remember to never reduce celebration into Calendar Annuals, when you can celebrate LIFE Moments. Find and retain reasons to enjoy this gift of life as often as possible.

THERE SITS YOUR ROSE

Not withered,
but seasoned like the
memory that guards it

And what might seem old
to others is obvious to me
That the flavor of the leaves
proclaim maturity...

So my wait is worthwhile,
rather than lengthy
And my vision of you
is refreshed
by the circle that points us
equally apart
while willing to see
our connection
as the shortest distance
between two dreams.

© 1996

MY HEART HURTS

... not because of what you've
done to it,
But because of what
it does for you....

Reaching for you when you're
out of touch...
Beating for you
near or far...

Pumping... Pulsating... Feel-
ing...

Wishing upon your star.
Your breath
rekindles its rhythm,
Your voice
activates its throb.
Your smile, your touch,
your kiss...

The love I long for and miss....

© 2001

Fred was locked out, he banged on
the door and yelled, why didn't
he just go in through the window?



HISTORY IS OURSTORY

For some, Black History is a daily occurrence
For still others, a daily experience.
It's in hearts and smiles that remind us
That life today is omnipotent.

Black History is a celebration of America
Through its African decent
It aligns us with God's vision
Of the melting pot he's sent. . . .

See, it's a part of a bigger picture
Far beyond one month a year
For even that month is a short one
While our heritage speaks boldly of care.

We cared about one another,
rouped and in chains,
Expanded our language to survive.
Plotted and coaxed,
demanded and fought back
Like each hyphenated American,
we've made big strides. . .

We've been nurses and nannies,
Farmers and cattle, athletes,
inventors, musicians.
Students and teachers, Privates and Generals,
And, finally, key politicians.

We've lost and we've won
Been known for having fun
Our actions have always outspoken our words.

We've improvised and "made do"
Tap danced and done a soft shoe
Our pride has been our strength,
haven't you heard?

So count me in your tomorrow
Acknowledge my yesterday
Help me eclipse negative stereotypes
Because I'm here and I'm here to stay.

Each of us is a descendent of a survivor
We're a part of the soil, the air and the sea.
Black History is a celebration of America
I'm a part of you. . . you're a part of me.

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