

BROOKLYN_BORN

 Change Banner Image

154,935
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

A Vacuum attracts Junk - What Choices Will I Make?

Friday, May 12, 2017



My vacuum cleaner picks up the dirt and junk that gathers daily on my floor.
That's the job it was designed for and it does it automatically.

Unfortunately, the same thing can happen in our daily lives unless we make a conscious effort to fill our life with valuable things instead of trivia or junk.

Is it human nature that more people follow the daily activities of celebrities than the accomplishments of those working to make a positive difference?

- Fast food attracts more people than farmers' markets
- Reality TV gets higher ratings than documentaries
- Processed food aisles occupy much more floor space than the produce section
- Watching sports vs. being active ourselves?
- Fake news or well researched analysis?
- Being part of the problem or part of the solution?

I don't mean to suggest that we must spend every minute of every day in "meaningful" pursuits. I eat ice cream and watch "The Amazing Race" (not at the same time though). I enjoy watching Sports too.

Occasionally indulging in the trivial junk is OK, just not as a steady diet. Still, it's difficult to seek out the valuable and the good when it's the junk and trivial nonsense that's shoved in our faces constantly.

Each morning I log into Spark. I need inspiration and motivation and I always find it.
On Wednesday I read this blog

"What Really Matters" (JStetser)

"Every day, it's up to me to decide how I spend my time. Will I waste my time here on earth, or spend it on what really matters to me"

www.sparkpeople.com/mypublic_journal_individual.asp?blog_id=6360021

Often it's hard to "do the right thing" both for ourselves and for others as well.
I've been preoccupied recently because I've been summoned to be a witness in a court case.
Do I WANT to put myself out there? No! Should I? Of course!

When my DD#2 was in college, she testified against a guy who grabbed her from behind while out running. She got away because of her excellent physical condition and helped the police find him. He plea bargained down to a misdemeanor because "she wasn't hurt," but he would have gotten off completely if she hadn't agreed to testify. She did the right thing and so will I.

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

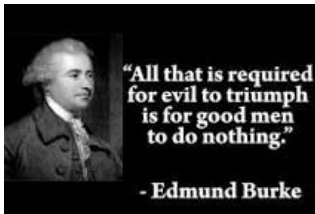
[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)



Edit for clarification:

My daughter was 18 at the time and a college freshman. The attack did not deter her from running. She will be 45 in September and has continued to run without a break ever since high school (even through 2 pregnancies). Younger sparkers take note that her best marathon time (3:08) was AFTER becoming a mother.

As for me, I'm a WITNESS to the crime not a member of the jury.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

Member Comments About This Blog Post



WHYTEBROWN

Well Said!

937 days ago



BOREDA

I'm losing my way at the moment with a potential court case (civil, not criminal, with me as the litigant); it's been going on for three months now and is all incredibly stressful, time-consuming, difficult and emotional. I've been keeping up the exercise levels, but succumbing too often to wine in the evening and sometimes pigging out on ice-cream. Your post was helpful, informative and encouraging – thank you.

1362 days ago



LORNE67

Thank you for inspiration! I am glad it worked out for both you and your daughter.

1400 days ago



PRNCSCUP1-2FULL

Good for you. Good for your daughter! Good for all of those who do and not just talk! Excellent blog! Thanks.

1473 days ago



SHARONKHARTER

Yes, it is great that you set such a great example of how a woman should act and react. I agree she did the right thing and sometimes that takes courage, so she was courageous and you

are too. I also loved the quote you posted and I live by that too!

1474 days ago

Well Said!



GRAMPIAN

Well done to you and your daughter!

1474 days ago



MARYM1962

wow - I waste a lot of time..... this has made me think and that is a good thing. Kudos to your daughter for standing up for what is right. being 45 she is 10 years younger than I am - I don't think I could have done that when I was 18.

1476 days ago





MCJULIEO

Astute observations.... thank you!
1477 days ago



CHERIRIDDELL

This was a fabulous blog.I am one of those anomalies who believe in standing up for what is right.I don't like reality TV but I do like documentaries and the list goes on.I admire your daughter,you taught her well!
1482 days ago



MISSLORIS

Vacuums may be designed to pick up dirt, we are not! Life is truly about choices! There is

never a moment that we are not making a decision!
1482 days ago



QUAIL75

Well Said!

1483 days ago



KACEYSW

Wow, Brooklyn! Bullseye on my heart right there! I needed that today. Thank you!
1484 days ago



YELLOW09RED

HUGS THANK YOU!

1485 days ago



CD13423552

So glad your daughter was brave enough to turn her attacker in and press charges AND brave enough to keep running! So many stories lately of women being attacked. Of course the unrealistic advice to never run alone! I like running with a group sometimes, but I often like to be alone with my thoughts and my own pace. I like to think I have a very safe route, but anything can happen. So, I keep the music low and stay aware of my surroundings and the people around me.
1485 days ago



FUNLOVEN

Yes indeed, we are only human, and, unfortunately it can be hard to always do the right thing



with all the world throws at us (you came up with some excellent examples!).

Just yesterday I was trying to come up with something that might help me be more resistant to the temptations that always seem to sabotage my weight loss efforts and make me less than the best version of myself in some other areas of my life. As we recited the Lord's Prayer at church a



went off in my head. How easy to remember "Lead us not into temptation, but deliver us from evil"! I think remembering that could help everyone to "do the right thing" more often!



Let's be the best we can be
1485 days ago



REMBRY

love your blog .. love it ..
so many have chosen to "not be involved"
my husband is one of them ..
people loose their spark .. their zeal and zip ..their fires go out ..
by booze , food , laziness , business .. hurts , abuse , neglect .. by their own hand and by the hands of others

I have always maintained .. be honest .. tell the truth regardless .. speak your mind .. and stick up for the underdog .. care for others and animals .. do what is right .. be a person of great integrity .. someone you can count on and so can others ..
what I see now is grey .. (50 or 5 thousand shades of it) that is another topic all together ..
there is no black and white in the right and wrong department .. everything is wishy washy ... no one takes a stand for what is true , just and right .. they turn their heads. walk away , ignore and gossip .. instead of setting things right ..

my recent example is: and I know it may be trivial to most but not to me .. I don't think anything or anyone should be hurt on purpose .. not you and I in any way .. or anyone else .. not any animal ..



the earth etc ..
I have mini donkeys ... 20 of them .. I got my first one 12 years ago .. (so this isn't my first rodeo so to speak ..)
I have hired lots of ferrier to trim their little hooves .. some in this field are better than others of course
recently I hired a fellow off of the internet ..

I should have asked for referrals .. I didn't ...
I should have been home when he was there .. but I wasn't
all the would have , should have , could have ..
long story short ..

my husband tells me later that night when I get home from work .. about the horrid method of trimming hooves this fellow has ...
he said he was great with the horses .. but when it came to the minis .. he used a device that he slipped each hoof into then cut .. even now it makes me shudder to think of the pain and agony he put my precious babies through .. (minis as quiet and kind .. sweet little babies .. never aggression unless it is the stud ..)

out of my herd .. I had 6 that could barely walk .. he had cut their little hooves to the flesh ..
my husband said there was blood everywhere ..
I was furious .. totally furious ..
"and you let him continue .. ??"
"well what was I to do ?? .. "
wow the fire was raging in me about then ..
after I went to feed and water the poor minis that couldn't get up to eat ..
I came back in ... even madder .. "that's it .. I'm getting a hold of this &&^^%\$ I said .. he wont be doing this to anyone elses minis !!" is what I said ..
OH JUST SHUT UP AND LEAVE WELL ENOUGH ALONE .. were the words that came out of my husbands mouth ..
NEVER .. was my response
YOU AND THE REST OF THE PEOPLE THAT NEVER DO WHAT IS RIGHT IS WHAT IS WRONG WITH THIS WOLRD TODAY .. !!
on and on I went ..
just be quiet and let this kind of treatment happen again ..
never ..
over my dead body were my last words to my husband ..
you got it .. for sure I called this fellow .. he knows exactly how I feel about him and his hoof trimming methods ..
I told him exactly what I thought of him .. as well that if I would have been home he would have never gotten the chance to even touch my minis ..
every day since then he has sent a text to ask me how my minis are .. I have ignored him ..
yesterday I texted back to him
"do my a favour and leave me alone ... just hearing from you makes my blood boil " .. one more text from you and I will report you .. got it !!

I believe we need keep things straight in our lives starting with us ..
my spark is a blazing ..

once again .. thank you for your blog ..
Donna

1486 days ago

Comment edited on: 5/15/2017 1:31:21 PM



BRIARGAL
Thanks for sharing!
1486 days ago



MJREIMERS
Wow! I'm so glad that your daughter could move on from such an experience and good for her and you for doing what is right!
1486 days ago



DJ4HEALTH
Well Said!
1486 days ago



DJ4HEALTH
Well Said!
1486 days ago



ARTJAC
Well Said!
1486 days ago





BEESHELL8

Wow. So glad your daughter continued to run. I've been stalked while running too, also in college. Very scary. I now carry pepper spray if I'm alone. Happy mother's day
1486 days ago



NANASUEH

Well Done! Thank you for being strong.



1487 days ago



PHHHISC

Well Said!

1487 days ago



BLUEJEAN99

Well Said!

1487 days ago



BLUEFOO

WAY TO GO Well Said!

1487 days ago



IDICEM

Well Said!

1487 days ago



CD11519434

I ♥ SP

1487 days ago



CD11519434

SALTED FIELD

1487 days ago



CD11519434

THANK YOU!

1487 days ago



CD11519434

Well Said!

1487 days ago



CD11519434

WAY TO GO

1487 days ago



JERICHO1991

Thank you.
1487 days ago





LIVELYGIRL2

I totally agree with you.. TV and other things of the sort steal from communication from spouses and friends, and the much of the other popular pastimes



Even when we go out to eat, most people are their phones..

It's hard to convince many of some of this.

I could say alot more, about this, but will re-frame.



I think we have to figure out ways to trick them to open their eyes.
1487 days ago



MAINEGIRL54

Always enjoy you perspectives.
1487 days ago



ROCKYCPA

Well Said! I Agree

1487 days ago



AMANDABOND0113

I Agree

1487 days ago



DANAPRIME

Well Said!

1487 days ago



BLPRETTYGIRL1

Well Said!

1487 days ago



THOMS1

Well Said! 🙌

1487 days ago



STEVIEBEE569

Well Said!

1487 days ago



CAROLJ35

Good thoughts in this blog! Thanks.
1487 days ago



DAN1_1987

Well Said!

I've always believed that we eventually become what we surround ourselves with; the only way to live a meaningful life is to be actively engaged with the things that matter most.

Also kudos to your daughter for turning the perp in! Many of us would have just dismissed him as a product of our sexist culture. Unfortunately with many perpetrators like this, their offenses continue to escalate if they aren't caught, so your daughter many have spared others from similar or worse assaults.

1487 days ago



GOULDSGRANITE

Well Said! AWESOME GREAT JOB!

★ to you both!

1487 days ago





SDEHNKE



1487 days ago



GREYDOLPHIN

I agreed to testify in behalf of a neighbor who was being tormented by his next door neighbor. I was a bit afraid as she was a very disturbed person. I sat in court for hours but they never got around to calling me up to testify. At least I know that I was doing the right thing.

1487 days ago



LINDA!



1487 days ago



EXERCISERAIDER



1487 days ago



NCFITCHICK



1487 days ago



CD13615216

thanks for doing this. Ineed to get an idea of what to write about

1487 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Member Comments Page (155 total):

1 2 3 [Next >](#) [Last >>](#)

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.