

Some Sparkers write about their supportive family and friends.

Others describe support that is minimal, non-existent or even an environment of sabotage

The spark Community is one place we can create a level playing field.

We can support and encourage one another in their journey. We can cheer them on whether they are successfully approaching their own finish line or stuck in a pothole gasping for breath.

We can share our own spark journey with tips and advice if we think it will help. We can use the opportunity and platform we have been given to help others.

Finally, I want to add that team B swimmers did not look discouraged. They cheered their teammates like it was an Olympic final even when they were being lapped by the winners. They enthusiastically congratulated those who scored those 2 lone points (one individual and one relay) and from what I could tell they went home happy that they did their best.

That's all we can do here also. Seek out those who need support and try every day to do our best.

Note: Yes, the reference to Hemingway's novel and the "sparks" between Bogart and Bacall in the subsequent movie were intentional

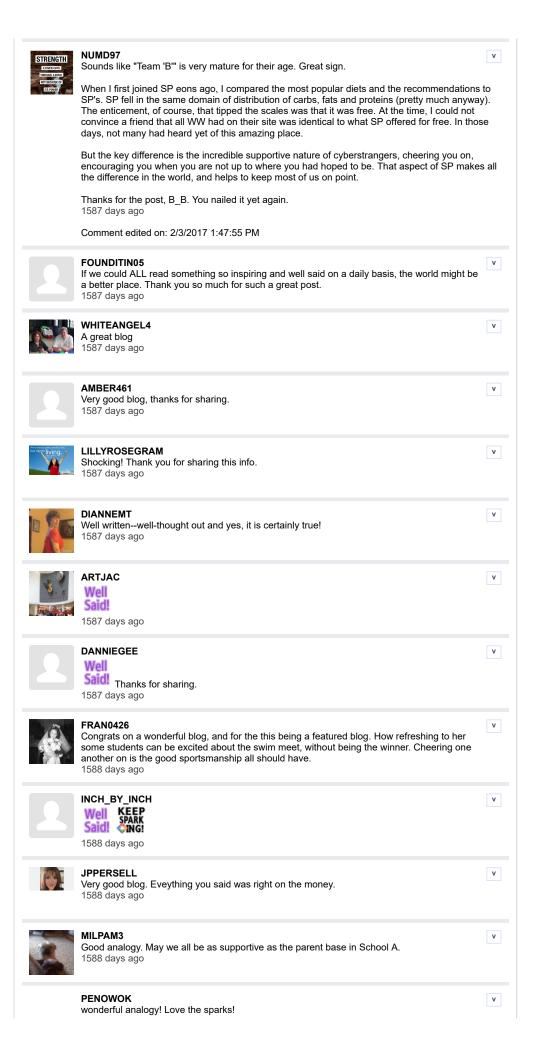


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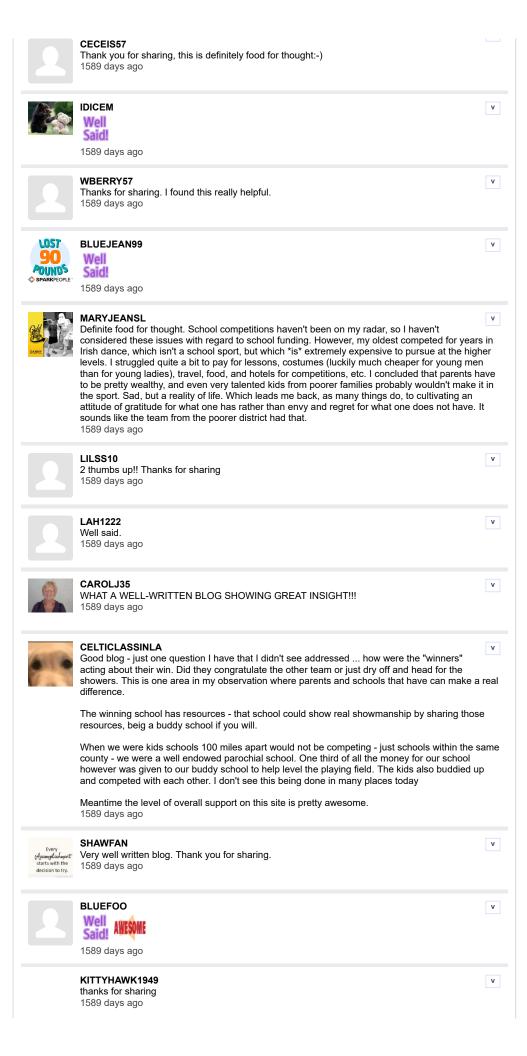
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| | KHALIA2 Well Said I just finished helping one of my granddaughters sell candy bars to help her school. As you can tell, she doesn't live in an affluent neighborhood. 1174 days ago | V | | |
| | BOREDA What a great way of explaining the benefits of the SP community. 1485 days ago | V | | |
| | ELSIE062 My son helps coach a"B" team for a school serving the deaf. See that kind of stuff there. Loved their attitude as they played schools so much better then they are. 1583 days ago | V | | |
| | LIVELYGIRL2 you always have something good to reflect about. Thank you for contributing to Spark in so many ways,If you weren't on the other coast, we'd probably meet. I cut my finger a few weeks ago. On Tuesday, I'll find out of they can repair it. Sound me challenging to pack and move God bless you! You live by our son. I wish we could go there. 1585 days ago | V | | |
| Q. | POLSKARENIA Great reading. Thank you! 1586 days ago | v | | |





| | CD12068097 Good one, thank you 1588 days ago | V |
|---|---|---|
| | SEAMUNKI What a sobering thought. Thank you for sharing. 1588 days ago | V |
| | MARYJOANNA IV SP We are all in the same boat at SP. 1588 days ago | V |
| 8 | STEVIEBEE569 Well Said! 1588 days ago | V |
| | JERICHO1991 Thanks for sharing. 1588 days ago | V |
| | LADYLUK Kudos to you my friend! This blog is awesome and serves as a reminder to always appreciate what we have. God bless you and keep you on your journey! Have a fabulous day! 1588 days ago | V |
| | NOLAHORSERIDER Well Said! Woohoo!! 1588 days ago | V |
| P. | MRDAUGH Agree Said! SP #887 1588 days ago | V |
| i JOINED THE 2021 SPRING 596 CHALLENGE!! | ROCKYCPA Thanks for sharing this story - it is a shame but true that you don't have to be the winner to have the support of your team. We all need to support each other. 1588 days ago | v |
| I BELIEVE IN MIKELF | PWILLOW1 VERY NICE ANALOGY AND A LESSON TO BE LEARNED 1588 days ago | V |
| 4. | SUTHRNWMN Well Said! Agree 1588 days ago | V |
| | PHHHISC Well Said! 1589 days ago | V |
| | DGRIFFITH51 Thanks for sharing Well Said Control THANK Said THANK 1589 days ago | V |
| | | v |



| | JSEATTLE Great job today, it is the story of life. Some days we Have and other days we always have our Inner Spark. What we choose to do with it is our own choice 1589 days ago | | | |
|--|---|--------------------|--|--|
| | STRNGNGRNDED This is a new phenomenon. I've been poor. I lived in a poor area and no one Of course this was back in the '80's and early '90's. It was still odd to see sor What has changed? A lot; food choices, kids not playing, etc. So how wonderful to hear the kids having a swim team that were from a lower I grew up that was unheard of. cheers. 1589 days ago | meone overweight. | | |
| Creating A NEW MEL SPARKPEOPLE | JIBBIE49 Hugs 1589 days ago | v | | |
| | HEALTHYANDFIT27 Well Said! Thanks for sharing. 1589 days ago | V | | |
| | KATHRYNGC Extremely well said.Anyone who reads this will be able to identify. Thank you 1589 days ago | v. | | |
| | KATHRYNGC Extremely well said.Anyone who reads this will be able to identify. Thank you 1589 days ago | ı! | | |
| | GWINNER1 Agree Said! 1589 days ago | v | | |
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| 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. | | | | |