

MOTIVATIONAL
STORIES AND ADVICE
TO HELP FIND YOUR
PASSION & LEGACY

1#
Seasoned
Citizen
Motivational
Book

*DON'T LET THE
GRAY HAIR FOOL YA!!!*



PLEASE
FORGIVE
MY
40 YEAR
DELAY

ACHIEVING YOUR DREAMS AT ANY AGE

IT'S
NEVER
TOO
LATE

SENIOR PRODIGY
SIR ROD PATTERSON

FORGIVE MY DELAY

———— **IT'S** ————
NEVER TOO LATE

ACHIEVING YOUR DREAMS AT ANY AGE

SIR ROD PATTERSON

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It's
**Never
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Late**

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THANK YOU

A heartfelt thank you to all the amazing individuals who have ever purchased a ticket, supported me through merchandise, or offered their encouragement in any way. From the depths of my heart, I extend my gratitude for helping me turn my dreams into reality.

I'd also like to extend my appreciation to what I fondly refer to as the "angels" – those incredible souls who tirelessly work with the senior community. To anyone with a heart for seniors, you have my utmost respect and admiration. Your compassion resonates deeply with me.

A special shoutout to the seniors who have shared words of wisdom, offered kind hugs and smiles, or simply showered me with encouragement. Your gestures have never gone unnoticed, and they've meant the world to me. I cherish every clap, every word of praise, and all the accolades bestowed upon me by the senior community. Please know that I don't take any of it for granted.

My gratitude extends to my cherished family – my loving wife and my patient son. They've endured countless hours of my rehearsals and have supported my dreams without falter. Your unwavering patience and support mean everything to me.

Lastly, but certainly not least, I want to express my profound thanks to God. It is through His boundless grace that I've been blessed with so many talents. At the age of 57, I'm still able to perform splits, hit the high notes, dance with vigor, and connect deeply with my audiences. Truly, I am a blessed man.

Once again, thank you to everyone who has played a part in my journey. Your presence and support have filled my life with immeasurable joy and fulfillment.

DEDICATION

I would like to dedicate this book to my father, Robert Patterson. You are my very first mentor and superhero. The old saying, “more is caught than taught,” is so very true. Many times when you were not looking, I was looking at you. The times you would take care of all the bills and navigate our family, you showed me what true strength and responsibility look like. You surprised me by sneaking in to watch me run track and keeping all the news clippings, never letting me know that you were secretly a fan. Later in life, you became an outwardly fan with all your encouraging words and smiles from the audience, watching me do my thing.

I am truly blessed to still have you in my life, and I don't take it for granted. You have always been strong, a positive influence and most importantly, my dad. Love you, Pop's, this one's for you. Your unwavering support and love have shaped me into the person I am today. Thank you for being my rock and my inspiration.

WHY DID I WRITE THIS BOOK?

For the last 10 years, I've been honored, or a better word, blessed to be a nurturing artist. A nurturing artist is someone, like a musician or entertainer, who goes into nursing homes, assisted living facilities, and rehabilitation centers to provide music or entertainment for the residents of these establishments. In these places, you encounter a gamut of people from all walks of life – rich, poor, black, white – and a variety of mental faculties. Some are completely coherent, fully aware of what's going on, while others in memory care are starting to lose some normal functioning in social situations. I often joke that memory care is like a box of chocolates – you never know what you 're going to get when you perform for that audience.

But all jokes aside, I truly love the work I do, and I feel blessed and privileged to be able to put a smile on the faces of these seniors, even if only for a little while.

Now, as I write this book, I've come to realize through all the years of doing this work that the cliché “age is just a number” holds a great deal of truth. How you perceive your age in your mind can significantly impact your body. If you convince yourself that you are old, then you will feel old. However, if you ignore the number or your age and focus on your dreams, goals, or achievements, that number seems to just dissipate or become less of an obstacle. I've witnessed this time and time again, having met so many different senior citizens in the work that I do.

I've seen seniors in their mid-70s who can go down and do a full split better than me. I've encountered strong, smart, and agile seniors. I've seen seniors who can out-run me and compete in marathons. I've also met incredibly funny seniors with brilliant minds that make you laugh and astound you with their wisdom.

So, I wrote this book to give examples of these super seniors and share my own story, hoping to ignite a spark in the reader. I want to encourage them to go out, inspire others and themselves, and realize that there are no limitations. The only limitations they face are the typical ones that any person encounters, such as obstacles, challenges, bad and good times, financial concerns, and more – except for one thing, and that is age. Age is just a number, not a defining situation.

To the seniors who may have embraced the notion that they are old, I want to challenge them to question who told them they were old. The only one who can establish that is you and you alone. You don't have to embrace someone else's opinion of you. The sky's the limit, and it's up to you how you want to finish your book because your life is a book, and the fact that you're reading my book means that your story has not ended yet.

In the following pages, I will provide more examples of super seniors and share my own experiences in the hopes of inspiring the reader to go out, inspire others, and themselves. Remember, there are no limitations except for the typical ones that everyone faces, but age should never hold you back because age is just a number, not an obstacle.

WHO SAID THAT YOU'RE OLD?



What is old? The definition of old varies, with different sources suggesting ages between 50 to 74, 60 to 75, or 65 and older. However, one could argue that the concept of age has evolved over time. When I was a kid, people who were 50 appeared much older, resembling 70-year-olds, due to different lifestyles and living conditions. But now, advancements in diet, exercise, and healthcare allow people to live longer and maintain better health for an extended period.

Jeanne Calment, a French woman, holds the record for the world's longest living person, having lived to be 122 years old. As our understanding of science and technology grows, it is believed that the first person to live to 150 has already been born. Research from institutions like Yale and Harvard suggests that we are aging slower than previous generations.

This is great news as it means we have more time, which is far more valuable than money. With a focus on diet, exercise, and overall well-being, the possibilities are endless. My hope with this book is to ignite the desire to pursue dreams that may have been set aside. I encourage readers to dust off their long-held aspirations and go after them. Through this book, I want people to realize that it is truly never too late to make a change and achieve their dreams.

It's
Never
Too
Late

*“You are never too old to set another
goal or to dream a new dream.”
– C.S. Lewis*



DILYS PRICE

DILYS PRICE

*Oldest woman skydiver in the world
at the age of 84*

Dilys Price was a spirited woman who loved dancing so much that she eventually took her passion to the skies, becoming the oldest woman skydiver in the world at the age of 81, with an astounding 1136 jumps under her belt. Her life motto was “it’s never too late,” and she lived by it with unwavering determination.

In a TEDTalk, Dilys shared that her life wasn’t always filled with adventure. At 54, she felt disconnected, anxious, and without a real sense of purpose. As a single parent with a stressful job, she believed that life was passing her by and that she was getting old. The weight of fear and stress made her feel isolated and alone, which she recognized as dangerous signs, especially for seniors. Dilys knew she had to do something about it.

Her journey towards change began with the simple act of searching for a passion. Dilys started filling her mind with positive affirmations and reading uplifting books. One quote that deeply resonated with her was a paraphrased line from Goethe: “Fill your life with beauty for five minutes a day. Look at something beautiful, listen to some-

thing beautiful, and think of something beautiful every day.” Dilys embraced this advice, and after six months of committing to positivity, her life began to transform.

By serendipity, Dilys got involved in a charity event organized by her students to support disabled children. They arranged a skydiving fundraiser, and that’s when Dilys discovered her true calling. Skydiving was more than just an adrenaline rush for her; it was a way to confront the demons of her past. At 54, the same age her mother had tragically committed suicide, Dilys found courage and purpose through conquering her fears and pursuing her passion.

At the age of 65, Dilys founded a charity called Touch Trust, dedicated to helping disabled children. She firmly believed in living a life filled with love, fun, and fearlessness while also extending a helping hand to others. Dilys was living proof that finding your purpose and passion can serve as a powerful antidote to stress and fear. Her inspiring story reminds us that it’s never too late to pursue our dreams, to face our fears, and to find our purpose. Dilys Price taught us that age should never be a barrier to discovering new passions and making a positive impact on the world.

It's
Never
Too
Late

*“It’s never too late to be what
you might have been.”
- George Eliot*



STOP STEALING

STOP STEALING

Your gifts and talents are given to enrich the lives of others.

Imagine someone hands you \$200 with strict instructions to give it to Susie, Barbara, Ric, or Steve, to then pass it on to someone in need. You take the money and coincidentally run into Susie, Barbara, Ric, and Stephen on the street. You greet them, talk with them briefly, and then keep walking, slipping the money into your pocket. Is this not stealing? This question arises because you were entrusted with something that rightfully belongs to someone else, and you did not fulfill the intended purpose by giving it to them. This act could be seen as stealing.

Likewise, consider your gifts, talents, and abilities. Do you hold onto them without sharing with others? It's as if you are holding onto something that belongs to someone else. These gifts were given to you not just for your benefit but to enrich the lives of others. It may seem selfish to withhold your talents, and yet many people do so without realizing the impact they could have on others.

So, why hold back? Whether it's writing a book, dancing, or pursuing any passion, don't let the doubts or crit-

icism of others deter you. Everyone starts somewhere, and not everyone will be pleased with what you do. Just like Martin Luther King Jr.'s iconic "I Have a Dream" speech, not everyone liked it, but it still left a profound impact.

The goal is not to please everyone but to touch someone's life positively. Even if you only touch one person with your talent, your purpose is fulfilled. However, you might be surprised to discover a multitude of talents within you. Embrace them, share them generously, and let them enrich the lives of those around you.

The message is clear: stop holding onto your gifts and talents and start sharing them. Don't carry them to the grave; instead, go ahead and pursue your passions without worrying about what others might say. Let your talents shine and impact the world around you. Share your gifts, and in doing so, you'll find fulfillment and purpose.

It's
Never
Too
Late

*“You are never too old to become the person
you have always wanted to be.”*

- Mae West



GRANDMA MOSES

GRANDMA MOSES

*Didn't pick up a paintbrush until
she was 78 years old*

What I find truly fascinating about the story of Grandma Moses is that she didn't pick up a paintbrush until she was 78 years old. Her journey into the world of painting was a result of her desire to knit. However, due to developing arthritis in her hands, she couldn't hold the knitting tools anymore. It was her sister who suggested she give painting a try instead. So, she did, and little did she know that her talent would go on to change the world.

Born in 1860 as Anna Mary Robertson in a small town near Albany, New York, Grandma Moses discovered her artistic abilities from her father, who dabbled in painting. However, her mother held the belief that painting was not a significant or practical pursuit. Despite her mother's disapproval, young Anna Mary loved to draw, and her father encouraged her talent by gifting her charcoal pencils and paper, believing it to be a more lasting and meaningful gift than candy. Anna Mary's teachers recognized her artistic potential and praised her drawings, but her mother remained

unconvinced, considering it a mere waste of time. However, this didn't deter Grandma Moses from following her passion for art, and it was later in life, at the age of 78, that she finally embraced painting and began her remarkable journey as a celebrated artist. Her talent, passion, and dedication to art would go on to leave a lasting legacy, inspiring generations to come.

Life was incredibly challenging for Anna Mary in the early 19th century. Tragically, three of her ten siblings died at a young age, and her parents seemed to hold a matter-of-fact attitude towards life and death.

When Anna Mary was just 12 years old, her family's poverty forced her to work on other farms. For the next 15 years, she continued this laborious work to support herself. At 27, she married Thomas Moses, which was considered old for that time. Throughout their marriage, Anna Mary and Thomas worked hard on their farm, trying to make ends meet by producing items like potato chips.

Anna Mary's life was marked by heartache as she had ten children, but half of them were either stillborn or succumbed to tuberculosis and other diseases. In 1927, tragedy struck again when Thomas passed

away from a heart attack, leaving Anna Mary to care for their remaining children alone. Faced with the responsibility of raising her children and managing the farm, Anna Mary turned to art as a practical means to beautify her surroundings. She began with embroidery, fulfilling a request from one of her sick children to create an embroidery picture. People admired her work and asked her to make more pictures.

However, arthritis made it difficult for her to continue embroidery due to the stiffness in her hands. At the age of 78, her sister suggested she try painting instead, as it would be easier on her hands. Anna Mary reluctantly began painting, initially considering it nothing more than a pastime. But as she produced more and more paintings, she realized she had amassed quite a collection.

Despite her initial hesitation, her talent and passion for painting eventually garnered recognition and acclaim, catapulting her to fame as “Grandma Moses.” Her art captured the simplicity and charm of rural life, resonating with people from all walks of life. What started as a practical way to pass the time became an iconic and lasting legacy in the art world, proving that it’s never too late to discover one’s true calling and achieve greatness.

Anna Mary decided to take a few of her paintings, along with some other goods she normally sold, to the county fair. At the fair, a patron saw her paintings and was so impressed that they asked her to contribute to a nonprofit organization to display her artwork in their building. An art collector happened to visit the organization and saw Anna Mary's paintings. He was so captivated by her talent that he offered to buy all of her paintings and even provided her with paint brushes and canvases to encourage her to create more.

Despite the collector's enthusiasm, Anna Mary remained skeptical about painting, still believing it was a waste of time and somewhat useless. However, the collector persisted, encouraging her to continue and expressing his belief that her artwork deserved to be seen in galleries worldwide. He managed to secure an opportunity for her paintings to be exhibited in a New York museum.

Ultimately, Anna Mary was granted a one-woman exhibit in New York, and she was invited to speak at the event. Interestingly, instead of talking about her paintings, she spoke about her jars of fruit, jelly, and jams. The audience found her speech endearing and charming,

and they realized that she was the real deal. From that moment, the legend of Grandma Moses was born.

The name “Grandma Moses” was given to her by a journalist who learned it was one of her family nicknames. The journalist used the name in an article, and it stuck, becoming the moniker by which she would be forever known in the art world. Anna Mary Robertson Moses, the woman who had never picked up a paintbrush until she was 78, became an iconic figure in American art history, leaving behind a timeless legacy with her charming, folk-inspired paintings.

Six years after her one-woman show, Grandma Moses’s artwork gained widespread attention when her Christmas cards became a national sensation, followed by the success of her best-selling book, which once again captured the nation’s imagination. Her fame transcended borders, and she soon became an international celebrity. Even the President of the United States at the time met her, and she was interviewed on national television, making her the first artist to achieve media superstardom and grace the cover of Time magazine. Despite her newfound fame, Grandma Moses remained grounded and humble. She continued to live a simple lifestyle, rarely making public appearances.

Remarkably, she lived to the age of 101, and her fame only grew with each passing year. The entire nation celebrated her 100th birthday like a national holiday, recognizing the impact she had made on the world of art.

When she passed away in 1961, eulogies poured in from across the nation and the world, acknowledging her significant accomplishments in the world of art. Over 55 years since her passing, Grandma Moses is still revered as one of the top influences in modern art history.

Her incredible journey and the recognition she received prove that it's never too late to share your gifts and talents with the world. Grandma Moses's story serves as a powerful reminder that age should never be a barrier to pursuing one's passion and making a lasting impact on the world. So, when is it too late? The answer is clear - it's never too late to share your unique talents and make a difference.

It's
Never
Too
Late

*“Age is no barrier. It’s a limitation
you put on your mind.”
- Jackie Joyner-Kersey*

**What's Your
THING?**

WHAT'S YOUR THING

My personal goal is to go to my grave with empty pockets.

What is your thing? When I visit schools and speak to students, I always emphasize that each and every one of them was born with a unique gift, talent, or special ability. Something that they can do better than anyone else in the whole wide world. So, I ask again, what is your thing?

For some people, discovering their thing comes easily, and it has probably been a part of their life since the beginning. But for others, it may not be so simple. When identifying your thing, it's important not to confuse talents with gifts. You might have a talent for something, like painting or drawing, but if you hate it, it may not be your true gift. For instance, I have a family member with an incredible talent for doing hair, but she despises it and only does it when absolutely necessary.

Sometimes, your thing might be a hidden talent that you aren't even aware of. Take myself as an example: I never thought of myself as a writer in the traditional sense, picturing someone typing away at a desk with

piles of paper. However, I came to realize that writing is indeed my thing. I am constantly jotting down my thoughts, scribbling in notebooks, recording ideas on my phone, or dictating thoughts to my phone. It became clear that I am a writer, and this is my fifth book.

So, I encourage you to explore and discover your thing, your unique gift, or talent. Embrace it, nurture it, and let it shine. It may lead you to wonderful places and opportunities you never imagined. Remember, you have something special to offer the world, and it's never too late to embrace and share your gift with others.

Gifts and talents are different, and they play distinct roles in your life. Gifts are inherent qualities that are a part of you, whether you realize it or not. These gifts can manifest in various forms, such as having charisma, making people laugh, being a good listener, or providing counseling. Your gifts often align with your true passion and purpose.

I possess a range of talents and skills, including art and graphic design. While I excel in certain areas, such as art graphics and fine arts, I don't have the same level of passion for them as I do for my music. Painting and

drawing, for instance, require patience, which I lack, so I only engage in those activities when necessary.

My strongest talent lies in art graphics, but my true gift is in communication and charisma. Despite some people assuming that singing and dancing might be my primary gift, I use those talents to support and enhance my communication skills. I have harnessed my ability to connect with others and captivate audiences, much like how politicians use charisma, but my intention is always to use these traits for positive purposes.

This combination of skills has opened doors for me in various areas, whether it's singing, motivational speaking, writing, artwork, or communicating with clients. In every endeavor, I infuse my charisma and communication skills to create a unique and meaningful experience for others. This synergy of gifts and talents has allowed me to make a difference in various aspects of my life, and I continue to apply these skills to everything I do.

So, let me ask the question again: What is your thing? The fact that you have purchased this book suggests that you have some interest or talent in mind. Some may feel that they are too old to pursue their passion,

and while that may be true for certain physical activities, there's always a way to pass on knowledge.

Many people go through life holding onto valuable knowledge that should be shared with others. Why keep it to yourself? My personal goal is to go to my grave with empty pockets, having shared and given away all my gifts and talents. I want to sing every song I can, write every book I can, shake every hand I can, and hug everyone I can. My hope is that you'll do the same and share your gifts and talents with the world.

There's no need to hoard your abilities; rather, let them shine and benefit others. As the saying goes, "You can't get out of this world alive, so you might as well have some fun!" Embrace your passions and make the most of every opportunity to share your knowledge and talents with those around you. Your contributions can make a significant impact and leave a lasting legacy. So, go ahead, pursue your thing, and enjoy the journey of sharing your unique gifts with the world.

It's
Never
Too
Late

“It’s never too late to start over. If you weren’t happy with yesterday, try something different today. Don’t stay stuck. Do better.”
- Alex Elle



KFC

COLONEL SANDERS

COLONEL SANDERS

*He didn't achieve his
big break until age 65.*

One of my favorite “never too late” stories is that of Colonel Sanders. What makes it so inspiring is that he didn’t achieve his big break until he was 65 years old, after facing over 1000 rejections.

Colonel Sanders’ journey began at a young age, learning to cook at 6 after his father’s sudden passing. With his mother working long hours to support the family, young Sanders became a skilled cook by the age of 7 and later worked on a farm at 10. Unfortunately, his home life turned difficult as he faced an abusive stepfather and left home at 13. At 15, he joined the army, and at 18, he got married and started a family. However, tragedy struck when his son passed away, leading to the breakdown of his marriage.

Throughout his life, Sanders worked numerous odd jobs, from selling insurance to being a steamboat pilot, lawyer, and farmer, but he struggled to hold onto employment due to his reputation for not sticking with jobs for long periods. It wasn’t until he was 40 that Sanders began sell-

ing his chicken dishes from a gas station, which turned into a thriving restaurant with 140 seats. Over the next decade, he developed his secret recipe for fried chicken.

However, at age 65, Colonel Sanders faced bankruptcy as his restaurant went under. With only a \$105 Social Security check, he hit the road, tirelessly traveling across the US, seeking potential business partners for his secret recipe. Enduring countless rejections, living in his car, and surviving on little food, giving up was not an option for him. Finally, after over 1000 rejections, he found one yes.

That one yes turned into 600 franchises, and Colonel Sanders' world-famous Kentucky Fried Chicken took off. While the company grew too fast for him to handle, he sold his share for \$2 million but remained a spokesperson. Colonel Sanders passed away at age 90, leaving a legacy that now includes over 20,000 KFC outlets worldwide.

Colonel Sanders' story teaches us that failure can be a steppingstone to greater achievements. He had to climb 1009 steppingstones to reach his dreams, demonstrating that persistence and determination are key to success.

It's
Never
Too
Late

“Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use.”

- Earl Nightingale



NELSON MEDELA

NELSON MEDELA

Sentenced 27 years in prison, at age 46.

“It’s never too late,” one of my favorite motivational phrases, finds its embodiment in the remarkable life of Nelson Mandela. The story of Nelson Mandela is widely known for his tireless fight against apartheid and the great impact he had on South Africa. However, delving deeper into his journey reveals a powerful tale of resilience and determination that is often overlooked.

When Nelson Mandela was arrested, convicted, and sentenced to prison, he was already 46 years old. As fate would have it, he turned 50 while still behind bars, a significant milestone age that many people celebrate by pursuing adventurous endeavors or embracing midlife changes. Yet, there he was, confined and breaking rocks, unable to savor the freedom that most people take for granted on their 50th birthday. It’s a heartbreaking realization that such an influential leader endured such circumstances.

But the challenges did not end there; life had more in store for him. As Nelson Mandela turned 60, an age when many people usually would lose their loved ones, he experienced the pain of losing his mother and other cherished family members. Tragically, even one of his sons lost his life in a car accident, adding to his profound grief. Imagine being 60 years old, surrounded by loss, and still confined within prison walls, breaking rocks day after day. It's an unimaginably distressing situation that would have broken the spirit of most people.

And yet, Nelson Mandela's spirit remained unbroken. As if fate was relentless in its trials, he turned 70 while still in prison. At an age when many people are retired and enjoying their twilight years, Nelson Mandela's never giving up spirit continued to shine. Most of us would have given up, wanting to throw in the towel, but not him. He faced his aging reflection in the mirror, with white hair, wrinkled skin, and arthritic pains, knowing that much of his life and many loved ones had been taken away from him. Despite all the reasons to feel bitter and defeated, he refused to surrender.

Finally, at the age of 73, after nearly three long decades of imprisonment, Nelson Mandela was released. Most people his age would be seeking the comfort of

a nursing home or a quiet spot to sit and relax, but not him. Instead, he emerged from that South African prison with a steadfast spirit and a determination that would lead him to become the President of South Africa. His story is a testament to the fact that it is never too late to turn one's life around and make a difference.

Nelson Mandela's journey stands as an inspiring reminder that age, setbacks, and adversities are not insurmountable barriers. His resilience, forgiveness, and dedication to the greater good allowed him to rise above his circumstances and serve his nation for 22 more years after his release. His life story serves as a beacon of hope, proving that the human spirit can endure, overcome, and achieve greatness, regardless of the challenges faced.

So, when you find yourself doubting the possibilities that lie ahead or considering whether it's too late to pursue your dreams, remember the story of Nelson Mandela. Let his indomitable spirit remind you that it's never too late to turn things around, to find strength in adversity, and to make a difference. As long as there is determination, resilience, and an unwavering belief in oneself, age and time become mere numbers in the pursuit of greatness.

Many people give up too soon after facing a few rejections or believing they are too old to achieve their goals. But stories like Sanders, Grandma Moses, Dilys Price, Nelson Mandela, and Sir Rod prove that age and past failures should never limit our aspirations.

Don't let negative feedback or discouraging people hold you back. Believe in yourself and have faith that everything will work out for the best. Learn from your failures and use them as reminders of what not to do. Your past doesn't define your future. Keep moving forward, and never forget that it's never too late to pursue your dreams.

It's
Never
Too
Late

*“You’re never too old to chase your
dreams. If it’s what you really want,
do it now. Don’t wait.”
- Michelle C. Ustaszewski*

Jackson Five



Tito



Marlon



Michael



Jackie



Jermaine

MICHAEL JACKSON

*I was forced to go
to a Jackson 5 Concert.*

Initially, I really didn't want to be at the concert. My mother forced me to go because our next-door neighbor's son had won two tickets. I had often heard preachers say from the pulpit that no single sermon, event, or speech can truly change a person's life, but for some reason, I always disagreed with those statements without really knowing why. However, my unconscious disagreement was soon revealed.

As we were dropped off at the concert, I felt nervous and scared. I had never been in such a large and dense crowd, and I suspected my neighbor hadn't either. We were both like fish out of water. Despite that, we managed to navigate our way through the bustling crowd and enter the coliseum. We must have stood out like sore thumbs as we awkwardly made our way to our seats, and I couldn't help but be grateful for the ushers who guided us. Without their help, we might have wandered around like lost tourists and missed the concert entirely. Finally seated, we waited with restless anticipation for what was about to unfold. And then the screaming started...

To put it shortly, I was completely and utterly blown away from the very first scream when the laser lights danced across the crowd, and Michael Jackson and his brothers took the stage until the last note of the concert. It was like being caught in an intense dream where the beginning and end were hazy, but the experience itself was profound. Throughout most of the concert, I stood motionless with my mouth wide open, utterly mesmerized by Michael Jackson's performance. I don't recall even blinking during his time on stage. The sea of screams, lights, and sounds all faded away as I was captivated by his artistry. To this day, I've never encountered anything as enthralling, and I doubt I ever will. It was as if I had seen the light.

The overwhelming feeling that filled me reminded me of the scene in the movie "The Blues Brothers" when John Belushi did backflips up and down the church aisles after being hit by the Holy Spirit during James Brown's sermon. If I had been acrobatic, I might have made the local news by executing a series of backflips across the stadium. I had become a witness to that one event that changed my life forever. The concert was a turning point that shattered my previous beliefs about the impact of singular moments. Indeed, that night, I experienced

firsthand the transformative power of a remarkable performance, and I knew that my life would never be the same again.

Michael Jackson never knew the impact he had on me that night, as he effortlessly delivered another sold-out performance. To him, it was likely just business as usual, and I was merely another unfamiliar face among the sea of screaming fans. But for me, that concert was nothing short of a religious experience. My spirit was electrified, and from the depths of my heart and soul, I knew that music would forever be intertwined with my life. At that moment, I couldn't be certain of my singing or dancing abilities, or if I possessed any musical talent at all. All I knew was that the music had left an indelible mark on me, becoming an inseparable part of my being.

After returning home from the concert, I immediately began practicing Michael Jackson's dance moves. Prior to this, my musical repertoire consisted of singing along to my favorite tunes and swaying to the rhythm. Singing and dancing had never held much interest for me until that transformative "Michael Jackson experience." Suddenly, I was not only interested; I had a burning desire to dance and sing like him. I aspired to be just like the King of Pop himself.

In the confines of my small bedroom, I spent hours daily, standing before the mirror, honing my skills. Michael Jackson had become my ultimate inspiration and my new idol. I was determined to imitate his moves, even if my attempts at singing initially resembled more of a series of screams and whines than actual singing. But determination fueled my efforts, and I persevered.

But my commitment didn't stop there. I wasn't content with merely half-stepping into my newfound passion. I meticulously observed all the outfits Michael would wear and soon found myself sporting a huge afro. I did my best to mimic the distinctive butterfly collars and paisley shirts he favored. After watching his "Beat It" music video, I managed to get my hands on a red leather zipper jacket and some high-water black slacks to complete my look. While I couldn't afford a professional hairdresser to style my hair like his, generous amounts of grease and hair gel helped me achieve the loose baby curl look that he made famous. In my mind, I felt like an exact replica of Michael Jackson, and from afar, I'm sure at least a handful of people mistook me for him, but that didn't matter to me. My drive and determination were unshakeable.

However, as time passed, I came to realize that imitating the outfits and hair was the easier part of my journey... As time went on, I realized that while I was a natural and surprisingly good dancer, my singing abilities were far from stellar. Whenever I attempted to hit those high notes like Michael Jackson, the neighborhood dogs would start howling in unison, thinking there was a canine chorus audition going on.

It's
Never
Too
Late

“Age is just a number. It’s never too late to follow your heart and pursue your dreams.”

- Anonymous



SIR ROD THE ENTERTAINER

*I didn't think anyone would
like my singing voice.*

Now Sir Rod The Entertainer is currently a big blues sensation, serving as the frontman for a blues band trio called Sir Rod & The Blues Doctors. It's like a dream come true for me. Surprisingly, I have only been singing professionally for about 7 years.

30 long years Before reaching this point, my history of singing was me in different vocal groups and bands. Let's go back to 1978 when I was just a 12-year-old kid. After attending that Michael Jackson concert, I was super inspired to sing and dance, trying to imitate the iconic performer. However, at that young age, as I said earlier my singing was more like screaming, which made my poor parents, especially my mom, say to me one day "Rod stick to dancing instead of the singing". This had a lasting impact on me, and I developed a phobia about singing.

Despite this setback, I continued singing and screaming in private for about 30 years. With time, my vocal skills improved significantly. Flash back to my 30s, life hap-

pened, and I began working for a record label in Atlanta, which became a part of my long and diverse journey filled with many experiences. Along the way, I pursued a career as a motivational speaker, rehearsing speeches daily for years. As a treat to myself, I enjoyed singing karaoke songs by artists like Sam Cook, Marvin Gaye, and the Jacksons. Singing became a recreational activity that I indulged in for two to three hours at times. My family would playfully compare it to a concert due to the noise I made while rehearsing in my room.

I honestly didn't think anyone would like my singing voice... so I kept it hidden because of my mother's advice to focus on dancing. One day, while attending a singing event at a nursing home to take pictures, I was asked to sing a song. Feeling comfortable in the relaxed atmosphere and older crowd, I played some Sam Cook on my iPod and sang for the elderly audience, who turned the nursing home into a nightclub with their enthusiasm. That senior crowd woke up, and despite some being unable to walk or with no legs, they were singing and dancing in their wheel chairs. The energy and enthusiasm of the elderly audience surprised me. When I sang another song, this time by Marvin Gaye, even the doctors and nurses joined in, dancing and singing along.

This experience made me realize I might have something special.

After speaking with the lady who invited me to the nursing home event, I discovered that she worked for a hospice organization, which focused on bringing nurturing artists and music to patients in nursing homes. I auditioned for her organization and was offered the job. Initially, they expected me to perform about 8 times in a month, but I surpassed their expectations, doing 15, and then 20 performances in the first months. The demand for my performances grew rapidly, with requests coming in from doctors, private residents for their parties, anniversaries, and various nursing homes.

As a result of this success, Sir Rod the Entertainer was born, and I found a beautiful purpose for my passion for singing – bringing joy and comfort to hospice patients and their caregivers.

Fast forward to now, it is mind-blowing for me, after all these years, to hear my voice on the radio and receive high praises from seasoned music magazine writers for my vocal talent. Moreover, being the frontman of one of the top blues trios in the nation, Sir Rod & The Blues Doc-

tors, has brought me great success and recognition in the blues music scene. All of these achievements lead me to believe two things: Firstly, my mother was wrong about my singing voice, and secondly, you can achieve anything if you set your mind to it. **IT'S NEVER TO LATE!**

It's
Never
Too
Late

*“It’s never too late to dream a new dream,
take another path, or live the
life you’ve always imagined.”
- Catherine Pulsifer*



SIR ROD & THE BLUES DOCTORS

*From the first note sung.
I felt a sense of belonging, as if
I were with family.*

About six months before Covid hit in 2020, I reached out to my current bandmate, Adam Gussow, who had been playing on the streets of New York with my famous blues legend uncle, Sterling Magee, also known as Mr. Satan, for over 20 years. They gained fame due to a chance encounter when members of the band U2 happened to stop by while they were busking on the streets of New York. U2 fell in love with a song they were playing, called “Freedom From My People,” which they ended up including as a 37-second snippet on their album “Rattle and Hum,” released in 1988. Those 37 seconds changed my uncle’s and Adam’s lives. Some 20 years later, this story would be told in a Netflix documentary about my uncle’s life, titled “Satan and Adam.”

The powerful Netflix documentary, which was even considered for an Oscar, prompted me to email Adam. I was unaware of how famous they had become and all the achievements of my uncle, who was now in his 80s and suffering from the after-effects of a stroke and dementia.

After watching the documentary, I was deeply moved and felt it was a shame that the music had to end.

Consequently, I decided to email Adam and inquire about the possibility of paying tribute to my uncle. I informed Adam that I saw similarities in my voice and my uncle's voice, than I expressed my eagerness to honor my uncle's legacy through music.

Adam responded positively, considering it a wonderful idea. We made plans to record a demo and try to secure some gigs, with purely innocent intentions. A couple of months later, Adam arranged studio time, and I traveled to Watervalley, Mississippi, for the recording session. This session turned into much more than just recording music. It became a life-changing moment from the instant I shook Adam's hand until the first note was sung. I felt a sense of belonging, as if I were with family. As I began to sing, the expressions on everyone's faces revealed their astonishment at the sound. Singing blues isn't easy; it requires conveying emotions and stories, which my uncle was a master at. Surprisingly, blues seemed to fit me perfectly, and I loved it from the very first note. Coincidentally, this marked my debut singing with a band in a studio. The session went so well that instead of recording just 3 or 4 songs, we ended up

recording eight, thanks to my familiarity with the material. Adam suggested that recording a few more songs in another session would allow us to create a complete album. I agreed, and a month later, I returned for another recording session, resulting in four additional songs and Sir Rod & The Blues Doctors very first album, titled “Come Together.”

Due to the association with my uncle’s blues persona, Mr. Satan, I earned the nickname “Satan’s Nephew.” The blues community warmly embraced my band, Sir Rod & The Blues Doctors, particularly in the United Kingdom. The UK has showered us with love, and DJs have been enthusiastically playing our songs across the pond. We’ve had numerous interviews, radio features, festival gigs, bar performances, and phone interviews since releasing the album. It’s truly a dream come true. This success underscores the theme of this book: it’s never too late. A thousand-mile journey begins with a single step. Don’t dwell on how it will happen; just remain focused, consistent, and positive. In line with this sentiment, Sir Rod and the Blues Doctors have already recorded a second album—a live recording in Philadelphia—earning great reviews and airplay. Indeed, IT’S NEVER TOO LATE.

It's
Never
Too
Late

You're never too old to become younger.”
- Mae West



DEPRESSION & STRESS

DEPRESSION & STRESS

Self-bullying is a disease most people don't know that they are infected with.

For over 10 years, I've been visiting schools and speaking to kids about bullying. For my high school students, I informed them that they might think, when they graduate and enter the adult world, that they will leave bullying behind in school. However, I also informed them that unfortunately, bullying doesn't ever go away; it only transforms. You can see it in the evening news or reality TV shows—bullying is alive and well.

The most alarming form of bullying is something I call “self-bullying.” Self-bullying is more like a disease than anything else, and what makes it so terrifying is that the people infected with the self-bully disease often don't even realize they have it. Here are some symptoms of self-bully disease: if you've ever said to yourself or thought that nobody cares or that you don't really matter, if you're excessively hard on yourself when you make a mistake, if you call yourself dumb or stupid—some people even go so far as to hurt themselves. Another symptom is if you've ever told

yourself that the world might be better off without you. If you've experienced, thought, or done anything like the above, you might be infected with self-bully disease.

In the senior community, self-bully disease is referred to as depression and anxiety, and just like in youth, you might be affected by it. Even worse, you might think that feeling the way you do is normal, when it's not.

I've compiled seven solutions to help combat depression, stress, and anxiety, or what I call self-bully disease. Please review this carefully, as it is very important. If you don't seek help and cure yourself from this insidious disease, it can lead to several awful outcomes: you might hurt someone, hurt yourself, or, worst of all, succumb to suicide.



1. Seeking Help

By 2034, there will be more adults aged 65 and older than children under the age of 18. The senior community is the fastest-growing demographic in the USA. While it's well-known that many seniors become tougher and more resilient with age, approximately 20% of seniors may struggle with mental health issues such as stress, depression, and dementia. Sadly, a significant number of these seniors do not seek help from professionals, which exacerbates their problems and can lead to hospitalizations and an increased risk of suicide. Surprisingly, the senior community has the highest suicide rate in the USA.

The good news is that mental health care is beneficial for seniors, just as it is for younger individuals.

However, there are several reasons why many seniors do not seek help from mental health professionals:

1. **Lack of Information:** Some seniors may believe that feelings of depression, excessive sleep, or anxiety are normal aspects of aging, and thus never consider seeking help. A healthcare professional can differentiate between typical aging-related changes and those that require attention.

2. **Misconceptions about Aging:** Some seniors were raised to believe that depression, dementia, or other mental health issues are just a normal part of getting older. This perspective hinders their ability to recognize abnormal changes in their mental well-being.

3. **Limited Access:** Finding a mental health provider can be overwhelming. Most seniors don't even know where to start looking for help, and the various types of mental health care, such as therapists, neuro psychologists, and psychiatrists, can be confusing and costly.

These are just a few reasons why many seniors do not engage with mental healthcare professionals who could significantly improve their quality of life. Fortunately-

ly, there are now online mental health directories and resources on platforms like YouTube that can help seniors vet mental health professionals and gather the information needed to make informed decisions.



2. Staying Connected

Research shows that connected seniors are healthier seniors. Staying connected helps seniors feel less depressed, anxious, and isolated. Here are some tips for maintaining connections:

- Write letters or cards and include a self-addressed envelope for a response. Pose questions in your letters to elicit meaningful responses.
- Make phone calls and get creative. You can watch movies together over the phone or engage in activities like crossword puzzles or even Zoom calls, using phone cameras for face-to-face interaction.
- Social media platforms like Facebook and Instagram can help seniors stay connected with friends and family across the nation.



3. Exercise

My father used to say, “You’re quicker to rust out before you wear out.” Exercise is a vital component of maintaining mental health. I personally run 2 miles three times a week and practice my hour-long show 4-5 times a week. Here are some other exercise tips:

- Park your car farther away from your destination to incorporate more walking into your routine.
- Walk briskly wherever you go, not only for exercise but also to deter unnecessary interruptions.
- Learning from Nelson Mandela, who exercised regularly even during his time in prison, demonstrates the long-lasting benefits of physical activity. He lived into his 90s as a result.

- Low-impact exercises such as yoga, Pilates, walking, and swimming are excellent options for seniors to maintain their physical and mental well-being.



4. Meditation

Meditation holds significant importance, especially during moments of stress or depression. Engaging in meditation can provide clarity and relaxation, fostering a stronger connection with oneself. This practice also aids in managing physical and emotional challenges. Through meditation, one can cleanse their thoughts and achieve a sense of calm. It's worth noting that an estimated 20 - 22% of older adults grapple with some form of mental disorder, a number projected to double in New York by 2030.

Meditation, focusing on the present moment, is universally beneficial, regardless of age. Although some individuals may have tried meditation unsuccessfully, it's essential to recognize the various approaches

available. For instance, therapists utilize simple practices like mindful eating—a class exercise involving savoring a piece of chocolate. This example underscores the simplicity of meditation, which revolves around being present in the moment. Meditation can be practiced at any time; therefore, it's advisable to explore different styles to uncover its numerous positive outcomes for you.



5. Pursuing Hobbies

Discovering and nurturing a passion or hobby is an effective means of combating depression. Immersing oneself in a beloved pursuit leaves little room for negative emotions. Engaging in hobbies can provide relaxation, exercise, and support for one's main passion. Consider adopting three hobbies: one for creation, another for exercise, and a third to potentially generate income. For instance, learning a musical instrument or selling handmade crafts online can prove not only fulfilling but financially rewarding. Engaging in physical activities like cycling, hiking, swimming, or practicing yoga ensures the body remains active and healthy. Creative hobbies, such as learning languages, playing musical instruments, or indulging in brain-stimulating crossword puzzles, contribute to mental well-being.



6. Volunteering

Volunteering offers a powerful way to combat depression by forging connections with others. Organizations like Habitat for Humanity and local churches engage in activities that benefit the community while providing a sense of purpose to volunteers. Volunteering also alleviates depression and anxiety by promoting a feeling of connection to something greater than oneself. Networking, forming new friendships, and even discovering life's purpose can result from volunteering.



7. Healthy Diet

A nutritious diet doesn't just benefit the body; it also plays a pivotal role in alleviating depression and anxiety. Transitioning to a vegetarian diet, I've witnessed remarkable changes in energy levels, aches, blood pressure, skin, and overall well-being.

- Reading food labels to identify hidden sodium and sugar content is crucial.
- While an immediate dietary overhaul might not be feasible, gradually substituting unhealthy foods with wholesome alternatives is a viable approach. Incorporate complex carbohydrates, proteins, and fiber from fruits and vegetables into your diet.

- Adequate hydration through water consumption is vital. Depending on individual needs, vitamin supplements can also enhance dietary intake.
- Sharing meals with friends and family not only fosters a sense of community but also contributes to mental wellness by increasing nutritional intake and promoting social bonding.

By adopting these practices, seniors can significantly enhance their mental well-being, finding fulfillment and joy in their daily lives.

It's
Never
Too
Late

*“The only time you run out of chances is
when you stop taking them.”*

- Anonymous



SHARE YOUR STORY

SHARE YOUR STORY

Sharing Your Story

Could Save a Life!

Tell your story and save a life – this isn't just hyperbole, it's the truth. Share your narrative and make a difference. My company, Sounds of Knowledge, into schools across the USA, carrying a powerful message. We use music to captivate young minds, and once we've got their attention, we weave in positive messages about anti-bullying and staying away from drugs. It's very good thing – it's my passion. In fact, actually stop some kids from committing suicide.

Ever watch the news and think something's missing in the world? It's like people forgot how to care, how to show apathy. But that's where you come in. Your story, your experiences – they're like gold in a world longing for meaning. You might think no one would care about your story, but trust me, you could be the lifeline someone's been looking for. Especially some young soul who thinks they're all alone in their struggles.

Your story could wield the power to prevent someone from teetering over the edge, or to guide a young soul back from a nervous breakdown. Such influence is powerful.

A wise artist friend once shared a perspective that beautifully resonates with the act of sharing stories. He explained that you don't sell a painting; you wait for the person who connects with it. Just as someone may stand before a painting, allowing emotions to swell, your story can evoke feelings, kindle memories, and foster introspection and growth.

Sounds of Knowledge, Wants to hear your story. Share it with us on our website, shoot us an email, or send it snail mail. We're gathering a collection of stories to share with schools and the young crowd. Our goal is to dish out wisdom and guidance that's been missing.

Our contact info is on our social media page at the end of this book. Got questions? Feel free to hit us up with an email. We're here for you.

One last thing – whatever dreams you’re chasing, whatever your passion, we’re here to lend a hand. Need a logo? Seeking some advice? Just shoot us an email, and if I can help, I will. And if I can’t, no worries – I’ll point you in the right direction:)

It's
Never
Too
Late

*“Age is not a limit to your dreams, it’s a
reminder that you have the experience
to achieve them.”
- Anonymous*



MARTIN LUTHER KING

MARTIN LUTHER KING

*Life for none of us has
been a crystal stair.*

I find this message by Martin Luther King very powerful, like a mantra. I'll leave it as a final thought in closing and a reminder to never give up!

“This is the most important and crucial period of your lives. What you do now and the decisions you make at this age may well determine the direction of your life. The question is, do you have a proper, solid, and sound blueprint? Let me suggest some things that should be in your life’s blueprint. Number one, your life’s blueprint should have a deep belief in your own dignity, worth, and uniqueness. Never allow anyone to make you feel like you are nobody. Always know that you count and that your life has ultimate significance.

Secondly, in your life’s blueprint, you must have a basic principle of determination to achieve excellence in your various fields of endeavor. As the days and years unfold, you will decide what you want to do in life. Once you discover your purpose, set out to do it well. Be content

being a bush if you can't be a tree, if you can't be a highway, just be a trail. If you can't be the sun, be a star. Whatever you choose, strive for excellence.

Lastly, your final movement must be a commitment to the eternal principles of beauty, love, and justice. Embrace these principles and let them guide your actions and decisions.

Life for none of us has been a crystal stair. We must keep moving, keep going. If you can't fly, run; if you can't run, walk; if you can't walk, crawl. Whatever it takes, keep moving forward.

So, remember, this powerful message encourages us to have a strong life blueprint, believe in our worth, strive for excellence, and be committed to eternal principles. Let's keep moving forward and never give up, no matter the challenges we face.”

Before I sign off, I want to express my heartfelt gratitude. Thank you for your time, your attention, and most importantly, for reading my book. My name is Roderick Patterson, a.k.a Sir Rod The Entertainer, the one and only son of Robert and Ollie Patterson. I like to end my

performances by telling the audience this: “ You keep rolling! Don’t ever let anyone stop you. You keep rollin’ until the wheels fall off! Keep that smile on your face, the joy in your heart, and that twinkle in your eye until I see you again. Keep rolling, don’t stop! Wishing you love and blessings. Peace.”

It's
Never
Too
Late

For immediate release – April 25, 2023

Sir Rod & The Blues Doctors

"Patterson's husky, insinuating vocals are ideally suited to the blues, soul, and rock chestnuts spotlighted on this recording...Gross anchors the pace for this set with effortless authority..Gussow's high-speed technical virtuosity and melodic invention on ['Thunky Fing Rides Again'] and throughout the recording are simply staggering....[I]t makes the heart glad that by joining forces with Patterson and Gross, the memorable music he created as one half of Satan and Adam lives on."

-- *Living Blues Magazine*



Founded in the winter of 2020, just before the COVID-19 pandemic washed across America and the rest of the world, Sir Rod & the Blues Doctors are a joyous, unlikely ensemble--a three-man brotherhood dedicated to the project of keeping alive the vibrant sounds and spirit of blues master Sterling "Mr. Satan" Magee.

Atlanta-based singer "Sir Rod" Patterson is Magee's nephew; harmonicist / percussionist Adam Gussow was Magee's partner for more than three decades (1986-2018) in the Harlem blues duo Satan & Adam, featured in a Netflix-screened documentary by the same name.

With Mississippi blues veteran Alan Gross on guitar (and his homemade cigar-box guitars), Sir Rod & the Blues Doctors released their debut CD, *Come Together*, to rave reviews in the summer of 2020.

Now they're back with a live album, *Keeping It in the Family*. Can blues be fun? They'll have you dancing with "Shake, Rattle & Roll," "Mustang Sally," and "Hot Tamale Baby." Can blues be original? Check out Patterson's slow blues, "The Perfect Crime," along with the Patterson/Gussow collabs, "Brother Sterling" and "Come Together," and the Satan & Adam favorites "Seventh Avenue" and "Thunky Fing Rides Again."

Rounding out the live set are homages to James Brown ("I Got You (I Feel Good)"), Bobbie Gentry ("Ode to Billie Joe"), and Joe Williams ("Every Day I Have the Blues"), plus several interludes in which Patterson and Gussow share their story as unlikely inheritors of the same master musician who have forged a new partnership out of a shared desire to carry on the flame.

Keeping It in the Family. Available in all digital formats and as CDs.

Rod Patterson, an award-winning dancer specializing in the fancy footwork of James Brown and Michael Jackson, brings his one-of-a-kind talents to the blues stage. Based in Oxford, Mississippi for the past twenty years, **Adam Gussow**, whom WXPN blues DJ Jonny Meister has called "one of the world's finest blues harmonica players" and *Blues Blast* has called "one of the most intriguing individuals in the blues world" in a recent cover story, is a contemporary master; his one-man-band version of "Crossroads Blues" has drawn raves (and more than 5 million views) on YouTube. Anchoring the rhythm section, guitarist **Alan Gross** is known for his tasty playing and homemade cigar-box guitars.

"Sir Rod and the Blues Doctors have captured lightning in a bottle once again with *Keeping it in the Family*...a live thirteen track delight featuring new original songs, fresh covers, and past favorites"

--PhillyCheeze's Rock & Blues Reviews

What the critics are saying about *Come Together* (2020), the debut release by Sir Rod & The Blues Doctors

"[They] found magic in the studio, producing some sizzling tunes that honor Mr. Satan and promising more great blues movers from the trio."

--*Living Blues*

"Rod...proves his worth as front-man with a commanding performance on a down home country blues take on 'Little Red Rooster'...The trio...closes the album with a great version of 'What'd I Say,' again demonstrating the Blues Doctors' ability to adapt to different styles of music. Adam plays brilliantly and Alan's guitar is very clear in the mix...A thoroughly enjoyable album, well worth hearing."

--*Blues Blast* magazine

(New Artist Debut Recording nominee)

"*Come Together* is a remarkable recording from beginning to end. Blues fans will surely want to give this a listen."

--Philly Cheeze's Rock and Blues Reviews

"A hugely enjoyable and energetic, harmonica-driven blues celebration."

--Down at the Crossroads blog (Ireland)

"Wonderfully swinging blues...Sterling [Magee] can be proud of his nephew [Rod Patterson] and the blues world can be happy that Satan & Adam's legacy continues with this very fine album."

--Norman Darwen, *Blues & Rhythm*



ABOUT THE AUTHOR

There is no man more fitting of the description “A Man On A Mission” than Roderick “Sir Rod” Patterson, aka Sir Rod The Entertainer.

His unwavering positive outlook has led him to achieve remarkable success over the years. Hailing from Atlanta, GA, he has established several organizations. Notably, he is the founder of Sounds of Knowledge, a company that undertakes school tours, visiting local and regional schools to convey uplifting messages to our youth through the medium of music. Prior to this, Sir Rod served as the head of Diversity Showcase Assemblies, one of the country’s largest school assembly companies. His efforts touched the lives of over a million children nationwide. He has also contributed his talents as an art director for So-So Def Recordings and Georgia Music Industry Association (GMIA).

In addition to his roles as an entertainer, artist, and motivational speaker, Sir Rod ventured into authorship for the past decade, viewing his life as a positive exemplar, especially for young people. He has authored four self-motivating books: “333 and Me:

10 Commandments of The Stage” and “10 Commandments of Child Support,” along with “Book of 150 Anti-Bullying Solutions.”

Currently, Sir Rod is actively working towards the launch of the Sounds of Knowledge Foundation, a non-profit organization dedicated to empowering underserved children and senior citizen communities by providing constructive programs and media.

To connect with Sir Rod, please visit:



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