



August 2008

Did you hear about this guy, Kim Jong-su, a North Korean who won two Olympic medals in shooting. He was then stripped of his medals for failing his drug test.

It's good to know, that even in the Olympics, there are people running around shooting guns while jacked up on drugs.

Maybe they could make that a new X-Games event, Shooting Guns While on Drugs ...

Speaking of the Olympics, do you think you could swim 50 meters before Michael Phelps finished 100 meters?

Maybe Phelps could make it more fair for the other swimmers by **wearing** all 8 gold medals when he is swimming. He'd probably still kick all their asses.

Here is a new trend I've noticed on city streets these days: homeless guys with cell phones.

Harder to reach into your pocket when the guy asking for change is carrying an iPhone.

I heard that Vern 'Mini-Me' Troyer has a sex tape. Is that something we really need to see? So does Dustin Diamond, Screech, from Saved by the Bell. Shit, does Urkel have one?

I don't know if I am more surprised that these guys have sex tapes or that chicks actually fuck them.

My kids like these American Idol take off shows, like Dancing With the Stars, America Can Dance, So You Think You have Talent ... you know, all these new shows ... and I noticed one thing: they all have three judges. One guy with an accent, some ditzy chick and one talking head.

Every one of 'em. What a copy cat society we live in ...

Original ideas in Hollywood are harder to find than D-Listers who **don't** have sex tapes.

I was at Chevron the other day, and at the counter they have Caffeinated Cookies. Brilliant! Hey, cookies aren't bad enough for us, how can we make them even worse? Fat **and** Speed!

What, they couldn't get some nicotine in there?

That's right up there with the mofo who decided to deep fry cheese ...

What's next, french fries smothered in chocolate sauce?

I was watching Jonny Quest the other day on Cartoon Network, and I never really noticed as a kid, but there is some crazy, homo-erotic, things going on there.

Let's see, the older, wealthy, distinguished, Dr. Quest, travels with his 'partner' ... single, hunky, and often shirtless, Race Bannon ... who is usually alone watching the two adolescent boys ...

At least in Scooby-Doo, Freddie always made sure that Velma took off with the dog and the Beatnik so he could sneak off with Daphne for awhile ... but the whole 'Jonny Quest' scenario is a tad creepy ...

Who wrote that fucking show?

You know, I spend a lot of my spare time watching these shows like MonsterQuest, UFO Hunters, Ghost Hunters, Destination Truth, you know, crap like that ... and I was realizing, after yet another hour of my life that I will never get back ... I realized that they NEVER FIND SHIT!!!

NEVER, EVER, EVER ... no Big Foot, no Loch Ness Monster, no aliens, no Yeti ... not even Casper the motherfucking friendly ghost!

Shit ... lie to me ... I'll believe it ... I promise ... c'mon ... give me something ...

Hell, I might as well be watching Land of the Lost reruns. I'll bet they find a Sleestak ...

I never miss the show Intervention, and a couple weeks ago they had this guy on there who was a crack addict from Sacramento. (Of course a sense of pride came over me for the hometown boy)

And they have this shot of him on a dope run, peddling his mountain bike and he goes right by the Pancake Circus!

Nice to see the Pancake Circus getting some love and some free advertising on a nice little show about junkies.

You want this country to go 'Green'? Just take all the carpool lanes and make them hybrid lanes.

Apparently Steve Smith has been consulting Michael Westbrook about teammate relations.

Brett Favre is on the cover of Madden 09 ... just throwing that out there ... in a Packer jersey ... cover of Madden ...

Man, that thing has become quite the little Ouija Board hasn't it?

You know, I retired from fist-fighting (funny how that goes along with getting sober) ... anyway, I hung 'em up, but I'll tell you what, if I come out of retirement, I would like a piece of that Sham Wow! guy.

Anyone seen this infomercial jackass with the headset? Man, you know a commercial is annoying when you run in from the next room just to mute the fuckin thing.

Another guy who really needs an ass-kicking is Joe Francis. That smarmy, greasy, creepy, pedophile looking, STD housing unit, who started Girls Gone Wild.

Maybe I should start a SINacle, 'who needs their ass kicked' list ... well put those two mofos on it. I am taking suggestions.

Speaking of classic SINacle lists ... we bring back this favorite: Black Guy in a 'White' Jersey:

This courtesy of Mark Pitman, who saw a teenage black kid in Sac, walking around in a Jeff Garcia jersey. Which isn't all that weird, except it was a Cleveland Browns Garcia jersey. Odd.

So there was this great scene in my new favorite show, The Two Coreys, where Feldman wants to have this 'intervention' for Haim and he has Todd Bridges and Paulie Shore there to help talk to Haim.

Just priceless ... I couldn't make this shit up if I tried. And the best part was that it got all heated and the claming influence of the bunch, the voice of reason if you will, comes from Todd Bridges!

I love this shit ... I'm glued to it like it's porn.

So this one has been bothering me for awhile ... where does Hugh Hefner go when he dies?

I mean, what Heaven? Wouldn't that be a bit of a let down? Is there any way that Heaven could possibly be better than the man's actual life here on Earth?

Maybe God will just let him stay at the Mansion.

And on that subject, a big SINacle shout out to Isaac Hayes, The Duke of New York, who passed away.

"You're the Duke ... You're the Duke of New York ... You're A-Number One ... You're the Duke ..."

- **Until Next Time** - *SEM*



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