Allendale Lifelong Learners Allendale Charter Township est. 1849

October 2021

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2021 Michigan Peak Fall Color Map 9/12-9/26 9/26-10/10 10/3-10/17 10/10-10/24

⁼rom the Director's Desk

Hello all,

The month of October is upon us and I have been waiting for this almost all year! I signed up to do this thing and now it's here!! I'm doing a 1/2 marathon at the Amway River Bank Run on Sunday, October 23! Ahhh! It's part of my 60 by 60 by 60 plan. I'll share more about that after the run, but wanted to let you know that it's for a cause. I have cards with information, if you are interested. Just let me know and I'll share one of those with you. Plus, I'm going to need all the prayers and good thoughts that you can send my way as I continue to train and step wayyyyy out of my comfort zone! Thanks in advance!

So we have had a little snafu with our Bunco, but hope to try it again on the first Wednesday of October at 5:30. Make sure you sign up for all of the listed events, so we can save you a seat.

We have our last mystery trip coming up on Wednesday, October 20. This should be a really fun and memorable trip to wrap up this year. Sign up soon, as space is limited.

As always, I hope you have a beautiful month and look forward to seeing you at something in the near future. Take care and many Hugs,



For one week in September, I was blessed to travel to Chickaloon, Alaska for a week of service at Kingdom Air Corp. This is a flight training school that teaches STOL Short Take Off and Landing-to those who are heading to remote mission locations around the world. There were 10 of us from our church that went. We built, we cooked, we cleaned and we had such amazing views while we did it all! I love coming home, but I left a piece of my heart in the mountains of Alaska!

VOLUNTARY DUES—\$20.00 PER PERSON

Once again we are collecting voluntary dues for the Lifelong Learners. These dues go to help pay for some extras throughout the year. Door prizes, cards, newsletters and special events are just some of the things your dues help to cover the cost of. Dues are \$20.00 per person and can be paid in cash or a check made out to Allendale Lifelong Learners. Typically these dues are collected September through December, but you can pay anytime during the year.

As always, if you have any questions, please give me a call (Kathy, 616-843-0572) Thank you to all who help to keep our group going strong!!

Morty and Selma, an elderly couple, were driving across the country. The woman was driving when she got pulled over by the highway patrol. The officer said, "Ma'am did you know you were speeding?"

Selma, hard of hearing, turned to her husband and asked, "What did he say?"

Morty yelled, "He says you were speeding!" The patrolman said, "May I see your license?"

Selma turned to her husband once again and asked, "What did he say?"

Morty yelled, "He wants to see your license!" Selma gave the officer her license. The patrolman then said, "I see you are from New York. I spent some time there once and went on a blind date with the most annoying woman I've ever met."

Selma turned to her husband and asked, "What did he say?" Morty yells, "He said he thinks he knows you!"



Call Kathy at 616-843-0572 or email khanes@allendale-twp.org if you would like more information on the Allendale Lifelong Learners or any of the activities listed in this newsletter.

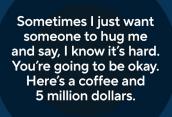
😔 A Little Bit of this and that... 😑

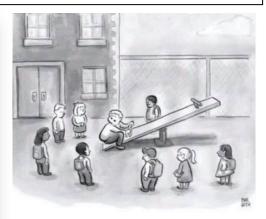
Give me a sense of humor, Lord—Give me the grace to see a joke. To get some humor out of life and pass it on to other folk!

- The more I get to know people, the more I realize why Noah only let animals on the boat!
- I don't always jump out of bed like a ninja. But when I do, it's because I have a leg cramp!
- Me: I'm still tired from all the crossfit this morning. My co-worker: It's pronounced 'Croissant' and you ate 4 of them!
- My husband and I took up woodworking recently. A friend said he didn't know we were carpenters. We told him, "We've only just begun!"
- If I was skinny and mentally stable, I'd be unstoppable. You all are lucky that I'm squishy and crazy!
- I need to teach my facial expressions how to use their inside voice.
- Is it just me or when you are checking out at the store and the machine asks, "Do you want cash back?" I always think, who wouldn't? There's Ring of Fire, I Walk The Line, and let's not forget Live at Folsom Prison!
- Next week has been exhausting!
- I bought a can of fly spray today and sprayed it all over me. Bummed, I still can't fly!
- One minute you're young and free and the next you're super excited that your grocery pickup order had no substitutions or out of stock items.
- So, I went to the doctor, just to talk about how bad I've been sleep-, ing and the dreams I've been having. I told him one night I dreamt of Wigwams and Teepees! He said to loosen up...you're two tents!
 - of Wigwams and Teepees! He said to loosen up...you're two tents! The kids have been throwing Scrabble tiles at each other again. It's all fun and games until someone loses an I.
- In a society that has you counting money, pounds, calories and steps, be a rebel and count your blessings instead!
- You come from dust, you will return to dust. That's why I don't dust. It could be someone I know.
- Age 12—Fell of my bike at high speed on a gravel road and rode 5 miles to home. Age 60—Used the wrong pillow and was non-functional for 2 days.
- Every flower that ever bloomed had to go through a lot of dirt to get there.You know you're getting old when you barely do anything all day, but still
- need to have a nap to continue to do barely anything!



THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES





"O.K., now, when a teacher comes out, everybody look straight up."



"THEY'RE GONNA TEACH US CURSIVE IN SCHOOL, BUT I TOLD 'EM I'M NOT ALLOWED TO TALK THAT WAY."

" BANANAS..." A very interesting FACTS Never, put your banana in the refrigerator!!!... This is interesting. After reading this, you'll never look at a banana in the same way again. **DEPRESSION:** According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier. PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood. ANEMIA: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia. **BLOOD PRESSURE:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke. **BRAIN POWER:** 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassiumpacked fruit can assist learning by making pupils more alert. CONSTIPATION: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives. HANGOVERS: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system. **HEARTBURN**: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief. MORNING SICKNESS: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness. MOSQUITO BITES: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation. NERVES: Bananas are high in B vitamins that help calm the nervous system.. ULCERS: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach. **TEMPERATURE** CONTROL: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature. PASS IT ON TO YOUR FRIENDS... PS: Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, and rub directly on the shoe...polish with dry cloth. Amazing fruit !!! Don't throw away pumpkins. Find When the right person woods near you and smash open hugs you, it's like medicine. for wild life to eat. Pumpkin is safe I'm so grateful for those for wildlife and the seeds are a few people in my life natural dewormer.

This newsletter is a service of the Allendale Charter Township Senior Citizens organization. If you know somebody who would benefit from the information included in this newsletter, please contact Kathy Hanes at 616-843-0572 or email khanes@allendale-twp.org

who are good for my soul.

Recycling plus

Win

food source. Win

You can text or call and leave a message (a) 616.843.0572 or send an email to khanes@allendale-twp.org

houghts Ramblina

"So the line had stuck in my head. "Sex," I was pretty sure, meant whether you were a boy or girl, and "sin" made Tante Jans very angry, but what the two together meant I could not imagine. And so, seated next to Father in the train compartment, I suddenly asked, "Father, what is sexsin?

He turned to look at me, as he always did when answering a question, but to my surprise he said nothing. At last he stood up, lifted his traveling case from the rack over our heads, and set it on the floor.

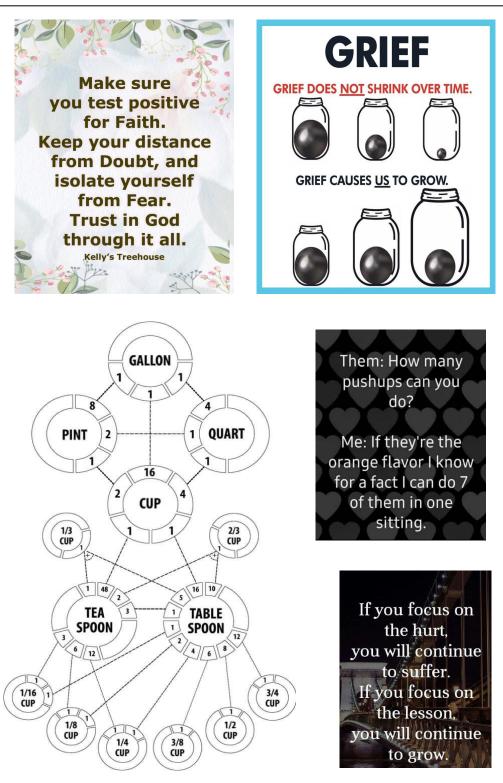
"Will you carry it off the train, Corrie?" he said.

I stood up and tugged at it. It was crammed with the

watches and spare parts he had purchased that morning.

"It's too heavy," I said. "Yes," he said. "And it would be a pretty poor father who would ask his little girl to carry such a load. It's the same way, Corrie, with knowledge. Some knowledge is too heavy for children. When you are older and stronger you can bear it. For now you must trust me to carry it for you." - from The Hiding Place: The Triumphant True Story of Corrie Ten Boom.

Sometimes it seems we are asking our children to carry loads that are way too heavy for them. They should not be forced, as children, to see and feel the world through the lens of adults. Innocence is worth protecting and worth fighting for. We need to do our part as parents and caregivers to carry certain things for them until they are old enough to bear the load.





All Things Michigan...



This beautiful quiet spring was discovered deep in the lush wilderness by John I. Bellaire, a Manistique businessman. He enjoyed looking down into the deep crystal clear pool and watching as the big spring presented untold wonders and fish swam deep in the water.

John Bellaire could have purchased the property for himself, but he wanted the spring preserved for all to enjoy. In 1926 he contacted Frank Book of the Palms Book Land Company and the purchase of almost 90 acres of land by the State of Mishigan was arranged for \$10. The deed

Michigan was arranged for \$10. The deed requires the property "to be forever used as a public park, bearing the name Palms Book State Park."

Additional land has been acquired by the State on Michigan so the park now encompasses 308 acres and the dream of John Bellaire and the many legends of Kitch-iti-kipi, the Indian chieftain, and the magical waters of the big spring live on.



God knit a mitten of sand, rock and lime. Made a foundation to last throughout time.

Michigan

He planted its plain with hemlock and pine. He blessed it with rain and golden sunshine.

He feathered its forests and flowered its fields, gave it a history of automobiles.

In all of the world there's no other land that God Himself patterned after His own left hand.



This is a beautiful sight indeed! I've tried all the others and the Windmill Cookies made in Michigan are the best.

The Steenstra family immigrated from the Netherlands to Grand Rapids in 1926. In 1947 they built a bakery to make their family's speculaas cookie recipe.

After fire burned the bakery in 1988, the family rebuilt in Hudsonville, where the cookies are still made today. In 1994, Steenstra Cookies were bought by Joanne and Harold Voorhees. They still use the exact traditional recipe. — in Hudsonville, Michigan.

Did You Know???



Room 201 at the Thunder Bay Inn in Big Bay is the room Henry Ford used to entertain when he was in the U.P.

You can book the room and feel like an auto mogul

Fun Facts: Michigan license plate

- Michigan license plates were first issued by individual cities beginning in 1903.
- The Michigan Secretary of State assumed the responsibility of statewide vehicle registration in 1905 with the enactment of Public Act 196
- Michigan was not the first state to require license plates. That honor goes to New York, which began mandating plates in 1901. On the world stage, however, it was the French who first began issuing license plates called "number plates" in 1893!
- Michigan's early plates were much different than what we see today. From 1905 to 1909, they were simply engraved aluminum discs, which were usually displayed on the dashboard.
- A registration number was added to the disc in 1907. It was the vehicle owner's responsibility to put the registration number on a plate that could be hung from the rear of a vehicle. Owners made plates out of leather, steel, wood or rubber.
- After June 28, 1907, homemade license plates were required on the front and back of a vehicle. National mail-order companies such as Sears Roebuck were selling license plate kits for motorists. That business enterprise lasted until Florida became the last state to issue statewide plates in 1918.
- Michigan issued its first actual license plate in 1910. The plate was made of cast iron and had a glazed-on porcelain-like finish. It also featured the Great Seal of Michigan, though the seal was not officially adopted until 1911.
- The look of Michigan's plates has varied over the years. Colors have ranged from the traditional blue and white to the lessconventional orange, magenta, maroon, cream, olive, black, light purple, dull silver, light gold, green, gray and chocolate brown. Some of the colors were used to pay tribute to various universities.
- Today, the Secretary of State registers more than 9 million vehicles and trailers.
- Michigan manufactures about 2 million plates a year.
- License plate fees are used for road construction and maintenance.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 8:30 AM— Breakfast Club at Mur- phy's. Join us as we cele- brate your birthday this month.	5	6 11:30 AM—Lunch Bunch. Meet at the restaurant we choose. Call if you would like to carpool 5:30 PM—Bunco Game Night. Come out for some Bunco and Dinner. Cost is \$6.00 at the door. Payment of \$40 due for Mystery Trip on October 20.	7 11:00 AM— Exercise in the Park.	8	9
10	11	12	13 5:00PM—Dinner with Friends at The Stable Inn in Grand Haven.	14 11:00 AM— Exercise in the Park.	15	16
17	18	19	20 8:30 AM—Mystery Trip. Join us as we venture out and visit places that are a little off the beaten path.	21 11:00 AM— Exercise in the Park. 5:00 PM— Supper club. Meet at the restaurant for dinner and dessert.	22	23
24	25	26	27 12 Noon—Monthly luncheon. Meet at Main St. Pub and enjoy a delicious lunch and catch up with one another.	28 11:00 AM— Exercise in the Park.	29	30
31					B	

There was a farmer who sold a pound of butter to a baker. One day the baker decided to weigh the butter to see if he was getting the right amount, which he wasn't. Angry about this, he took the farmer to court.

The judge asked the farmer if he was using any measure to weight the butter. The farmer replied, "Honor, I am primitive. I don't have a proper measure, but I do have a scale."

The judge asked, "Then how do you weigh the butter?" The farmer replied;

"YOUR HONOR, LONG BEFORE THE BAKER STARTED BUYING BUTTER FROM ME, I HAVE BEEN BUYING A POUND LOAF OF BREAD FROM HIM. EVERY DAY WHEN THE BAKER BRINGS THE BREAD, I PUT IT ON THE SCALE AND GIVE HIM THE SAME WEIGHT IN BUTTER. IF ANYONE IS TO BE BLAMED, IT IS THE BAKER."

Moral of the story: In life, you get what you give. Don't try and cheat others.





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8:30 AM-Monday, October 4 at 8:30 AM, Breakfast-Join the group as we gather for breakfast at Murphy's restaurant in Allendale. No more free breakfast, but warm your heart and tummy with good food, good fellowship and hot coffee! No need to call, just show up!

Wednesday, October 6 at 11:30 AM—Lunch Bunch will meet at Allendale's newest restaurant, Mr. Burger, near Covell on Lake Michigan Drive. for some lunch and trivia. Let me know if you can join us!

Wednesday, October 6 at 5:30 PM—Bunco and Supper! We are back with Bunco on the first Wednesday of each month! Cost is \$6.00 at the door. Sign up so we know how many to plan for! An easy to learn game that's good fun for all!

Thursdays at 11:00 AM—Exercise class!!! Join the group as we meet in the township park, by the blue exercise equipment, for exercise class led by Northern Ivy PT staff and interns. This class will continue into fall. Hope you can join us! FREE!! Class will continue at the park until weather turns colder.

Wednesday, October 20, 8:30 AM to 3:00 PM—Mystery Trip! This is one of those trips you don't want to miss. Always fun, always an adventure and always good people to travel with. Payment of \$40.00 is due by Wednesday, October 6th.

I'm not sure if this will still be going on by the 20th, but note, due to construction, please enter from the 68th Avenue park entrance and park in the Allendale Township Park parking lot. Look for the bus, or give me a call if you have questions.

Thursday, October 21, Supper Club at 5:00 PM at Vitale's Pizza in Zeeland — Meet with friends as we get together for dinner at one of our favorite places. Bring a friend and your appetite, it's so good! See you there.

Wednesday, October 27 at 12:00 noon—Luncheon at Main St. Pub. We will order off the menu, visit with one another and hand out next month's Newsletters. Let me know if you can join us! We will be bringing in some guests again, so let me know if you hear of something of interest to the rest of the group.

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Coming up...

- Wednesday, November 3 and December 1—Bunco at 5:30—Dinner and Bunco at the town hall. Call, text or email to sign up.
- Saturday, December 11-Day Trip to Middlebury, IN. Lunch at the Essenhaus, plus the play, 'A Very Mary Christmas' are included in the price. Leave at 9AM and return by 6PM. Cost is \$50.00 per person and due by Wednesday, November 17. We will visit a local bakery, bulk food store (cash only) and shops at the Essenhaus Complex.

Here is information on area businesses and individuals who provide classes or events for your needs.

- SNAP FITNESS—If you are members of a Medicare health plan, you may have access to the SilverSneakers® Fitness Program. Stop in and see for yourself or visit the website www.silversneakers.com/snap/
- Silver and Fit is a program that promotes exercise for the healthy, aging population. If interested, reach out to our professional staff at Northern PT of Allendale at
- tion. If interested, reach out to our professional staff at <u>Northern P1 of Allendale at 616-895-4050</u> to get set up on your individualized programming.
 <u>PICKLE BALL-Every Wednesday and Friday from 9:30 to 11:30</u> at the new and improved Pickle Ball courts in the township park in summer and at Life Stream (6561 Lake Michigan Drive) in winter. Not sure if you like to play? Stop by and check it out. There are many friendly people there to help! Equipment is provided.
 <u>Walking Fit—Tuesdays at 5:00 PM</u> —Join Terri, from Northern Ivy Physical Therapy and take a walk outside. Walking Fit is outside which hopefully will be attractive as gets a bit warmer. We walk at The Village Condos so it is safe, away from traffic, flat ground and a good space to visit, yet distance. Join as they go by or meet at North-
- flat ground and a good space to visit, yet distance. Join as they go by or meet at Northern PT by 5:00 PM



 \mathcal{I}_{\sim} Just to Warm your Heart...



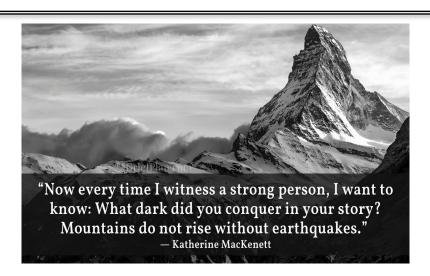
A good friend of mine unexpectedly lost her husband. A couple of months later, we were running together, chatting about nothing. She asked what my dinner plans were and I told her that my hubby wanted chili, but I didn't feel like stopping at the store. We ran a few more minutes when she quietly said, "make the chili."

It took me a few minutes to realize that we were no longer talking about the dinner. It was about going out of your way to do something for someone you love because at any moment they could unexpectedly be taken from you.

So today, I'm sharing with you that wisdom handed to me by my dear friend, that I've thought of many times since that day. Next time someone you love wants you to go for a walk or watch a football game or play a board game or just put your phone down and give them your undivided attention, just do it! Make the chili.



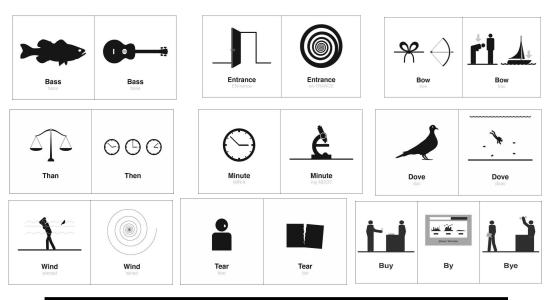
It's okay to Cry when there's too muCh on your mind... The clouds rain too when things get heavy.



If you feel like you're losing everything, remember that trees lose their leaves every year and they still stand tall and wait for better days to come!



Fun Illustrations Visualize of the "Same" Words With Different Meanings







Olympic gold medal for track and field. A few year later, in 1931, Schwartz was in a plane crash and mistakenly identified as dead. She was placed in the trunk of a car and driven to the morgue where it was discovered that she was still alive, but in a coma. It took years for her to walk normally again, but she returned to track and field and was part of the US relay team at the 1936 Summer Olympics where her team won gold.

Books you've never read!

Hot Dog! by Frank Furter Cry Wolf by Al Armist Wake Up! by Sal Ammoniac I'm Fine by Howard Yu Mensa Man by Gene Yuss May Flowers by April Showers Pain Relief by Ann L. Gesick It's Unfair! by Y. Me Armed Heists by Robin Banks How to Annoy by Aunt Agonize Racketeering by Dennis Court I Love Wills by Benny Fishery Stop Arguing by Xavier Breath Sofa so Good by Chester Field Riel Ambush! by May T. Surprise Monkey Shines by Bob Boone Why Cars Stop by M.T. Tank Military Rule by Marshall Law I Like Liquor by Ethyl Alcohol I Love Crowds by Morris Merrier Off To Market by Tobias A. Pigg A Great Plenty by E. Nuff Mosquito Bites by Ivan Itch My Lost Causes by Noah Veil







Bet you didn't know this about Maya Angelou

> HISTORY HUSTLE

Poet Maya Angelou wanted badly to be a streetcar operator when she was 16, but was turned away for being Black. Her mom told her not to give up and to go sit there every day and "read your big Russian books." After two weeks, they asked her why she wanted the job. She replied "Because I like the uniforms". Maya Angelou became San Francisco's first Black female streetcar operator.





I believe in the rest of the story. I believe there's still ink in the pen.... and someday all that's hazy through a clouded glass will be clear at last.

Before John Wayne passed away! Most of you know he as an actor. You may not know what happened to him before he died. This is that story!

Robert Schuller's teenage daughter, Cindy, was in a motorcycle accident and had to have her leg amputated. John Wayne is a big fan of Robert Schuller. He heard Dr. Schuller say on one of his programs that his daughter had been in an accident and had to have her leg amputated.

John Wayne wrote a note to her saying: Dear Cindy, sorry to hear about your accident. Hope you will be all right. Signed, John Wayne. The note was delivered to her and she decided she wanted to write John Wayne a note in reply

she wanted to write John Wayne a note in reply. She wrote: Dear Mr. Wayne, I got your note. Thanks for writing to me. I like you very much. I am going to be all right because Jesus is going to help me. Mr. Wayne, do you know Jesus? I sure hope you know Jesus, Mr. Wayne, because I cannot imagine heaven being complete without John Wayne being there. I hope, if you don't know Jesus, that you will give your heart to Jesus right now. See you in heaven. And she signed her name.

She had just put that letter in an envelope, sealed it, and written across the front of it "John Wayne" when a visitor came into her room to see her. He said to her: What are you doing? She said: I just wrote a letter to John Wayne, but I don't know how to get it to him. He said: That's funny, I am going to have dinner with John Wayne tonight at the Newport Club down at Newport Beach. Give it to me and I will give it to him. She gave him the letter and he put it in his coat pocket. There were twelve of them that night sitting around the table for dinner. They were laughing and cutting up and the guy happened to reach in his pocket and felt that letter and remembered.

John Wayne was seated at the end of the table and the guy took the letter out and said: Hey, Duke, I was in Schuller's daughter's room today and she wrote you a letter and wanted me to give it to you. Here it is. They passed it down to John Wayne and he opened it. They kept on laughing and

They passed it down to John Wayne and he opened it. They kept on laughing and cutting up and someone happened to look down at John Wayne. He was crying. One of them said: Hey, Duke, what is the matter? He said (and can't you hear him saying it?): I want to read you this letter. He read the letter.

Then he began to weep. He folded it, put it in his pocket, and he pointed to the man who delivered it to him and said: You go tell that little girl that right now, in this restaurant, right here, John Wayne gives his heart to Jesus Christ and I will see her in heaven. Three weeks later he died!



His mother was 40 years old when Jesse was born. Jesse grew up in a very rough home in Morgantown, West Virginia. Jesse's father, who was mentally ill, was a violent man and was abusive to Jesse. At 13, his father died leaving his mother to take care of him and his brothers. At the time, things weren't easy for Jesse and he didn't think life held much hope for him. While Jesse had his struggles, he had dreams too. He wanted to be a ventriloquist and he found books on ventriloquism. He practiced with sock puppets and saved his money until he could get a real ventriloquist dummy. When he was old enough, he joined the military. The military recognized his talents and placed him in the entertainment corp. He toured the western Pacific Islands as a comedian as part of a G.I. variety show called "Stars and Gripes." It was there he was able

to share his talents with fellow soldiers. In 1946, he discharged with rank of Technician Grade 5, which was the equivalent then of a Corporal. During his military service, Jesse was awarded the World War II Victory Medal, Philippine Liberation Medal, Asiatic-Pacific Campaign Medal (with 4 bronze service stars), Army Good Conduct Medal, Marksman Badge (with an M1 Carbine) and Honorable Service lapel pin. Through his military service, Jesse gained confidence and found that he had a talent for making people laugh. In spite of his early struggles, Jesse became one of the best-loved characters of all time. For it was Jesse,...Jesse Don Knotts who brought us Barney Fife!

I BELIEVE THE SECOND HALF OF ONE'S LIFE IS MEANT TO BE BET-TER THAN THE FIRST HALF. THE FIRST HALF IS FINDING OUT HOW TO DO IT. AND THE SECOND HALF IS ENJOYING IT!

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