

FRIDAY FOLLIES

Hey!

August 1, 2003

What a week! They just keep getting more packed! That's OK, though. Like I told JP, we have so much on our plates right now that it almost gets overwhelming at times. But, thank the Good Lord our plates are full. They could be empty! Sometimes we come home from work, sit at the kitchen table, and after just staring at each other in a daze for a few minutes, we start to "download" about all that is going on and all that there is to do. No matter how tired we get, we try not to complain. We know this happened for a reason. Of that, I am sure. We are not sure where all of this is headed just yet, but we sure are enjoying the ride. Why would we question it?

For example, one of our "Friday Follies" is a missionary in Indonesia. I have watched his website over the past year and am so proud of what he and his family are doing. (He is from West Virginia and was JP's pastor when he was in high school.) The kind of strength he and his family have, I can only dream about.

Here is a photo from their website

<http://www.rogerdoriot.com/>

If you get a chance, look it up and send them an encouraging note. They are doing amazing work at the Irian Jaya Church Planting/Bible Translation Ministry.

And they are so thoughtful! Roger sends me a note almost every week, and this week he took the time to attach these verses, all which contain the word "Happy."

Psalms 19:8a The laws of the LORD are right, and those who obey them are happy!

Psalms 41:1 Happy are those who are concerned for the poor; the LORD will help them when they are in trouble.

Psalms 106:3 Happy are those who obey his commands, who always do what is right.

Proverbs 14:21 If you want to be happy, be kind to the poor; it is a sin to despise anyone.

Proverbs 15:30 Smiling faces make you happy, and good news makes you feel better.

Proverbs 28:20a Honest people will lead a full, happy life.

Matthew 5:6 Happy are those whose greatest desire is to do what God requires; God will satisfy them fully!

Romans 12:15 Be happy with those who are happy, weep with those who weep.

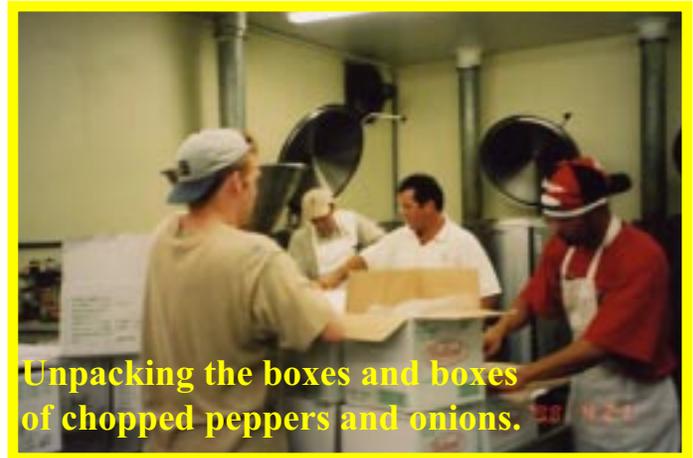
Revelations 1:3 Happy is the one who reads this book, and happy are those who listen to the words of this prophetic message and obey what is written in this book! For the time is near when all these things will happen.



How cool is that? Thanks, Roger. You know how much we love hearing from you.

Well, we did it! We manufactured out “Gus and Judi’s Sunshine Pasta Sauce” this past week. It was honestly one of the coolest things I have ever been involved with in my life. I mean, I used to have a record label with two other friends, and we went to Nashville on business often...even shot a music video...but this experience topped that!

Can you imagine creating a recipe and writing it down by hand, then scientifically measuring it, and then multiplying it to make 95 gallons, and then going to the factory and watching them make it in enormous vats? It was almost scary! I told you last week that we finalized the label and even took a jar to the market and placed it on the shelf next to the others to see how it would look. Being the only yellow pasta sauce around, it stood out like a neon sign! “Gus and Judi’s Sunshine Pasta Sauce” is already in the Fresh Markets in Williamsburg and at Hilltop, Virginia Beach. It is also being sold at Bella Monte on Laskin Rd. in Virginia Beach. JP and I are doing a tasting of the sauce and autographing of the jars at the Hilltop location of Fresh Market from 10:30 to 1:00 p.m. this Saturday. For those of you in the Virginia Beach area, please come by, buy a jar, and say, “Hi!”



Unpacking the boxes and boxes of chopped peppers and onions.

The sauce is pending at several other stores, so please ask the store managers (only the store managers count, not the register people) to stock the sauce if they do not have it. Pending stores right now are Taste Unlimited and Harris Teeter. We are in the process of getting the “Virginia’s Finest” designation, too, so that should place us in more stores throughout the state.



Uncrating the flats of Yellow Roma Tomatoes from Southern California.

It will retail between \$5.95 and \$6.95. Ordered on our website, or personally through us it will be \$5.95 per jar, or the discount case price - buy ten jars - get two free for \$59.95 a case. (16 oz jars.)

AND...More good news - The pasta kickoffs are set for August 18-21

Monday 18

Aldo's on Laskin Rd.—491-1111

Tuesday 19

Bella Monte on Laskin Rd.—425-6290

Wednesday 20

**Frederico's on Independence Blvd. at
Pembroke—497-1445**

Thursday 21

La Gallaria (Norfolk)—623-3939

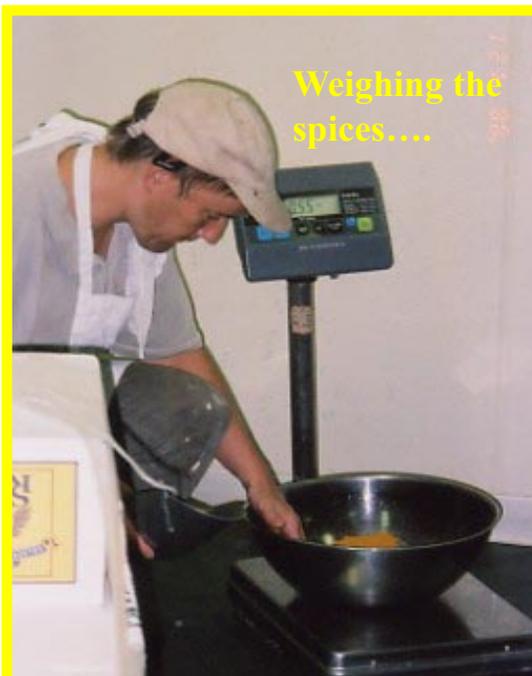


All the events will be from 6-9 P.M. with a glass of complimentary wine at some spots and discounted dinner specials at others. All locations will feature free tastings of “Gus and Judi’s *Sunshine*

Pasta Sauce”.

But WAIT! There’s MORE!

Each of the chefs at these fine restaurants will be featuring dinner specials using “Gus and Judi’s *Sunshine* Pasta Sauce.” Some may have fresh rockfish or salmon, others veal or chicken, while still others may have old fashioned sausage and meatballs. All are sure to be good and all the events should be a lot of fun. Please call ahead for reservations if you are planning on having dinner. Jars of the sauce will be available at all locations. We hope to see you there!



FRIDAY FOLLIES

Then, can after can
can after can
after can of to-
matoes...



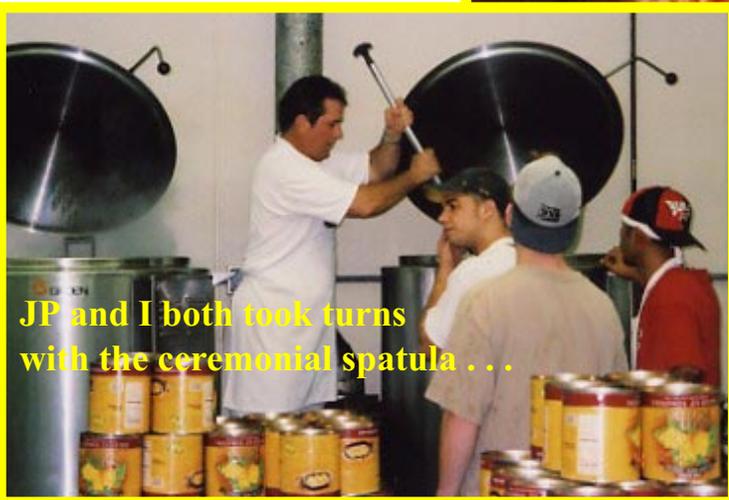
Very hot and tired, we posed for a
shot of this historic moment. (Smile)



Everything is in... Now it cooks...



JP and I both took turns
with the ceremonial spatula...



5

Here we pose with our very first jar of “Gus and Judi’s Sunshine Pasta Sauce” along with Tim Ashman, the President of Ashman Manufacturing. What a BLAST!



We break out the labels...

And...Tada!!!



The neat thing is, we have already sold several cases at the golf tournament and just by word of mouth. (pun intended) Everyone seems to really like it. We KNOW it is good, but when it is something you are used to making in a small pan in your kitchen and all of a sudden you are making a 95 gallon batch, well, it gets a bit intimidating.

The ad for the cruise came out locally this week, too. The Radisson Seven Seas is also doing some brochures and ads, but I have not seen those yet. I was amazed at how many people saw it in the paper and mentioned it. I think the caricature we use for JP’s MrHappyUSA logo causes more people to notice it than an actual photograph would. It just jumps off the page at you. Check the dates and call Bill and Babs to join us. Man, wouldn’t we all have fun! I’ll keep you up to date on this.

A black and white advertisement for a 7 Day Cruise to Bermuda. It features a caricature of J.P. "Gus" Godsey, the "Happiest Man In America". The text includes: "7 Day Cruise to Bermuda", "Guest Speaker J.P. 'Gus' Godsey 'Happiest Man In America'", "RADISSON SEVEN SEAS Navigator Sailing September 9 From Norfolk VA", "Call for Reservations B&B Travel • Bill & Babs Lyons 757-721-5827", and "blyonsvabeach@mindspring.com". The MrHappyUSA logo is also present.

7 Day Cruise to Bermuda

Guest Speaker
J.P. "Gus" Godsey
"Happiest Man In America"

RADISSON SEVEN SEAS
Navigator
Sailing September 9
From Norfolk VA

Call for Reservations
B&B Travel • Bill & Babs Lyons
757-721-5827
blyonsvabeach@mindspring.com

We went to another one of Roman Gabriel's Celebrity Golf Tournaments this weekend. This one was in Danville, Virginia and benefited the Big Brothers and Big Sisters of the area. Here are a few shots. The guys were "fighting" over a chance to have their pictures taken for the Follies. They even kidded each other about, "Well, So-and-so has been in the Follies more than I have."

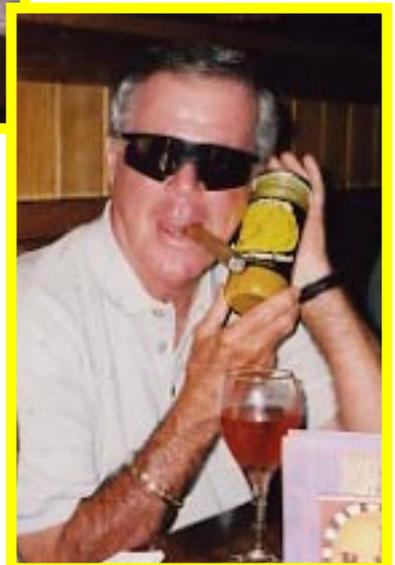
And "Why was I not in the Follies?" Too funny.

(L to R) - Bill Greene who holds his own golf tournaments in North Carolina and has raised over \$850,000 for his charity over the years, Roman "Of course you can be in my Follies anytime you want to" Gabriel, "Bones" - Roman's lifelong friend from Wilmington, and Steve Fine - World Cyclist.



Benny Snipe - NFL Dolphins, me - "Mrs. Happy," and Billy Ray Barnes - NFL Eagles.

(I told you guys I would put you in the Follies this week)

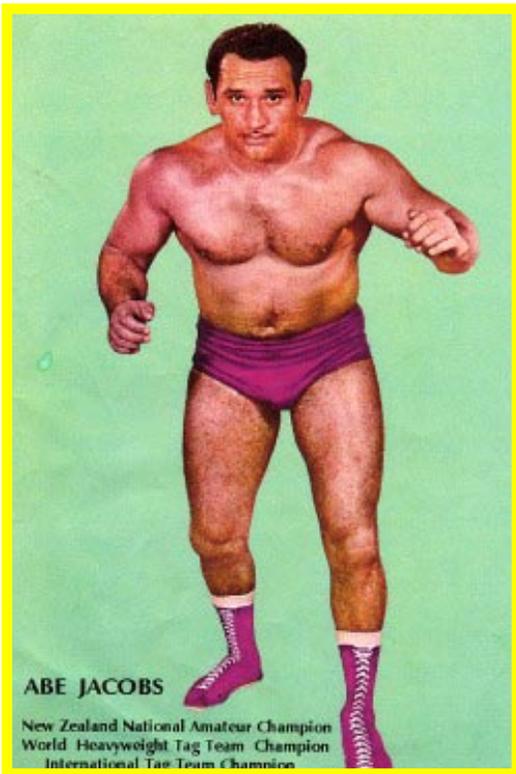


Paul Housman - NBL basketball referee - doing his endorsement of "Gus and Judi's Sunshine Pasta Sauce."





A Late night crew - (L to R) Paul, JP, Benny, Bill, and Billy Ray, and in the front, Jim Nelmeth - NFL Colts.



Abe Jacobs was also with us last weekend. I did not get a photo of Abe...so maybe this will suffice.

It was a great time, guys . . . Even last weekend when you were serenading, “Mr. And Mrs. Happy, Come out to play!” at 3:30 a.m. outside our condo window! You are all such gentlemen. Those of you who arrived later....well...we will just have to get you in another edition of the Follies. (Many of these guys are going to try to make it to the Mills Brothers International Convention here in Virginia Beach this September 5 and 6.)

And I will end with this cute story . . .

Our dear friends Chip and Cynthia just returned from a week in Aruba. Cynthia had never gambled before, and one night while trying her luck, Chip spotted a “Mr. Happy” (Smiley Face) slot machine. Cynthia started playing and within minutes...she rang up three “Mr. Happy” Faces...to the tune of \$1,500!!! They couldn’t wait to tell us about it. See! There is something to this “Happy Stuff.”

To all of you on my Friday Follies List, whether you are in Manila, Singapore, Kuwait, Bermuda, Virginia Beach, Mississippi, Los Angeles, San Francisco, Minnesota, Indiana, Colorado, Philadelphia, Key West, New Jersey, North Carolina, Indonesia, Washington D.C., Maryland, West (By-God) Virginia, Nashville, New York, Oregon, Maine or Europe, have a wonderful, wonderful weekend, and . . .

God bless.

Remember, life is short...we need to make it a good one.

Grow in peace and wisdom.

Your Friday Friend,

JUDI GODSEY

"The Happiest Man in America," J.P. "Gus" Godsey, and his wife, Judi, have put together an absolutely dazzling "Pasta Sauce" made with only the freshest, Yellow Roma tomatoes, sweet Vidalia onions, red and orange bell peppers, and a slew of secret herbs and spices that would make even the "Colonel" proud. This is the "Good Stuff." It's perfect with beef, pork, sausage, chicken, fish or any type of pasta...or eat it right out of the jar. We guarantee it will leave your mouth "HAPPY."

J.P. "Gus" Godsey
named "The Happiest Man in America"
by USA Weekly's *Wapoposee*
www.thehappiestman.com

Manufactured by
Johnson Manufacturing &
Distributing Company, Inc.
P.O. Box 1888 Sea Pines Station,
Virginia Beach, VA 23451



Gus and Judi's



Sunshine Pasta Sauce

made with Yellow Roma Tomatoes

NI WT 16oz (453g)

Nutrition Facts
Serving Size 1/2 cup (125g)
Servings Per Container 4

Amount Per Serving	
Calories 170 Calories from Fat 140	
	% Daily Value*
Total Fat 15g	30%
Saturated Fat 2g	11%
Cholesterol 5mg	0%
Sodium 280mg	11%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 1g	
Vitamin A 25%	Vitamin C 80%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 15g	30%
Saturated Fat	Less than 8g	16%
Cholesterol	Less than 30mg	60%
Sodium	Less than 2,400mg	11.7%
Total Carbohydrate	30g	60%
Dietary Fiber	25g	50%

*Calcium from green; Fat 6; Carbohydrate 4; Protein 4

Yellow tomatoes, yellow tomato puree, vidalia onions, extra virgin olive oil, red bell peppers, orange bell peppers, garlic, salt, spices, crushed red pepper flakes, calcium chloride, ascorbic acid.

P.S. NOTE OF CAUTION... 20 employees were fired from The New York Times here in Norfolk for sending lewd and indecent e-mails. (To my knowledge, none of the 20 were on our joke list - even though some of the attorneys who represent the company were!) I have asked each and every one of you on this list to tell me if the jokes that accompany these "Follies" place you in jeopardy, or even if they offend you. Please understand that they are intended to be light-hearted and are not mean-spirited in any way. If you are ever offended, do not hesitate to ask to be taken off the Friday Follies Joke List.

PSS. If you send a joke and I don't use it, it is because it has been used before, and I try not to repeat. Remember, I have been sending these since August of 1997. One tends to go through huge numbers of jokes that way.

Disclaimer: When anyone asks if I type all of these jokes, the answer is, "No!" I cut and paste one evening during the week (30 minutes, TOPS). Obviously I don't have time to sit, read, and retype jokes all day!