

A few photos from the trip to NYC. I don't think they need captions.





Before we left, and once we got home!



Dennis McCafferty, the *USA Weekend Magazine* reporter.

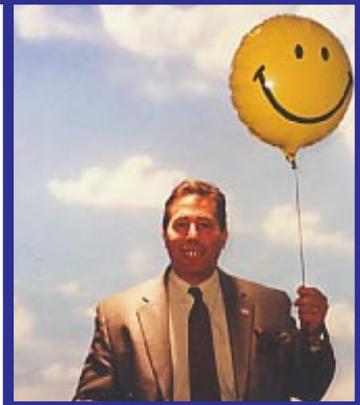
From the *USA Weekend Magazine* photo shoot here in Virginia Beach in early February.



Dr. Martin Seligman



Katherine Lambert, the photographer for *USA Weekend Magazine*.



And JP being silly . . .



# Beach man named nation's happiest

## Happiest: Volunteer work contributes

Continued from Page 11

work health care in teaching, including those that are full-time and less. He can hardly wait to leave.

"I'm not going to believe all the hype," Godsey said. "But I know if there are happy people, I know that some of them."

Godsey earned the distinction based on studies that rank the volunteer work and involvement activities in people's lives. Virginia Beach's quality of life also played the magazine's pick.

"It was a combination of volunteer, charitable and career," he said. "USA Weekend" story said.

The magazine set out to find the happiest man in Virginia Beach and Godsey's name came up. After several interviews, he was selected as a happy man — the only one — receiving his level of

commitment.

Dr. Martin E.P. Seligman, author of "Authentic Happiness" and a University of Pennsylvania professor, spent a day in Virginia Beach and interviewed some of the town.

Seligman visited happiness into three types: the pleasant life, the good life and the meaningful life.

"He did great in all three areas in the local area of the town in the second one. He's a great man," Seligman said.

Godsey is a member of the city's Human Rights Commission, founder of local Thanksgiving and holiday food and toy

drives, past chairman of the Republican Party of Virginia Beach and a coordinator of 50000 events.

He and his wife, Janet, have a 2000, a 2001, a 2002, a 2003, a 2004, a 2005, a 2006, a 2007, a 2008, a 2009, a 2010, a 2011, a 2012, a 2013, a 2014, a 2015, a 2016, a 2017, a 2018, a 2019, a 2020, a 2021, a 2022, a 2023, a 2024, a 2025, a 2026, a 2027, a 2028, a 2029, a 2030, a 2031, a 2032, a 2033, a 2034, a 2035, a 2036, a 2037, a 2038, a 2039, a 2040, a 2041, a 2042, a 2043, a 2044, a 2045, a 2046, a 2047, a 2048, a 2049, a 2050, a 2051, a 2052, a 2053, a 2054, a 2055, a 2056, a 2057, a 2058, a 2059, a 2060, a 2061, a 2062, a 2063, a 2064, a 2065, a 2066, a 2067, a 2068, a 2069, a 2070, a 2071, a 2072, a 2073, a 2074, a 2075, a 2076, a 2077, a 2078, a 2079, a 2080, a 2081, a 2082, a 2083, a 2084, a 2085, a 2086, a 2087, a 2088, a 2089, a 2090, a 2091, a 2092, a 2093, a 2094, a 2095, a 2096, a 2097, a 2098, a 2099, a 2100, a 2101, a 2102, a 2103, a 2104, a 2105, a 2106, a 2107, a 2108, a 2109, a 2110, a 2111, a 2112, a 2113, a 2114, a 2115, a 2116, a 2117, a 2118, a 2119, a 2120, a 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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, Philadelphia, Key West, New Jersey, Washington D.C., Maryland, West (By-God) Virginia, Nashville, New York, or Europe, have a wonderful, wonderful year, 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**

*Look up the website!*

*[WWW.mrhappyusa.com](http://WWW.mrhappyusa.com)*

*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 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 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 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!*

*Friday Follies*