# Allendale Lifelong Learners

September 2022

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- Calendar of events
- Rambling Thoughts
- Just to Warm your heart
- Did you Know?



Sign up for the listed activities, but if you sign up, show up!! Or let me know that you can't make it. We have had some number issues lately and need to crack down on this. Thanks for understanding!



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.

### **VOLUNTARY MEMBERSHIP DUES-\$20.00**

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** and are applied to the coming year. You can pay anytime during the year. 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. Plus it gets you member pricing on trips and other events. So when you see \$\$/\$\$, the first price is for members and the second is for non members. Dues paid after September 1 will be applied to the following year. As always, if you have any questions, please give me a call (Kathy, 616-843-0572). Thank you!!

Are you looking for some extra trips? Suitcase Dreams is an affordable option that we have booked with and enjoyed. Visit their website at: <u>www.suitcasedreams.com.</u> Or call Julie at 231-519-1389. You can also email her at suitcasedreamstravel@gmail.com. I would encourage you to check them out—mention you're with the Lifelong Learners too!

There are day trips to Chicago and Shipshewana. Plus there are overnight trips to NYC, Pennsylvania, The Ark and Cape Cod. You deal directly with Suitcase Dreams for booking these trips, and I highly recommend them, since John and I traveled with them to Cape Cod recently.



### **Community Opportunities**

- <u>**Ripple Effect**</u>—6561 Lake Michigan Drive. The proceeds are used to support mission work in our community and abroad. They are in need of volunteers to help sort store donations and to work in the store. If you are interested in helping, please stop by and let them know.
- <u>Love INC</u>—Volunteers are needed for this ministry as they continue to supply help to our community. You can work in their "New to You" store or in the office. Contact them directly at 895-5629 for more information or email– info@allendalelove.org
- <u>Allendale American Legion</u>—We meet every second Monday of the month at Life Stream Church. Door A, Room 119. Sea, air, and land stories are told at 6:30 pm, meeting at 7:00pm. If you are a Veteran, come by and check us out.

## 😔 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!

- I just found out that Gen Z kids are calling the 90's the late 1900's and I feel like I just drank from the wrong glass in Indiana Jones!
- Procrastination is totally a good thing. You always have something to do tomorrow, plus you have nothing to do today!
- Until further notice the days of the week are now called, thisday, thatday, otherday, someday, yesterday, today and nextday!
- I need to find a hobby that doesn't include eating or buying things!
- I'll never use my GPS again when going to the cemetery...It's too scary to hear, "you've reached your destination!"
- If you boil a funny bone, it becomes a laughing stock...that's humerous!
- Tell me that you haven't done that walk when someone's mopping a floor and you know you're going to walk over it, but you want them to see how sorry you are to be walking over it, so you make yourself look like you're walking over hot lava! And now you're laughing because you know exactly what I mean!
- My ancestors navigated the ocean using the stars. I'm over here missing my exits with a GPS!
- I was thrown out of the break room of my local Walmart yesterday. They asked me what I was doing there. I told them I was on a break. They said, "You don't work here!" I said, "I just finished using the self checkout, so clearly I do!"
- Bacon is 73% fat and very salty...Me too bacon, me too!
- Why couldn't the bicycle stand up by itself? It was two tired!I've come to the conclusion that I have a memory like an Etch-A-
- Sketch...I shake my head and forget everything!
- When I was little, my parents always fed me alphabet soup, claiming that I like it, but they were just...putting words in my mouth!
- A friend is someone who thinks you're a good egg, even though they know that you're slightly cracked. Or at times even scrambled!
- I dreamt that I was a muffler last night...woke up exhausted!
- Cow farts come from the Dairy Air!...I'll see myself out!
- I'm not so sure about an inner child, but I have an inner idiot that surfaces every now and then.
- I'm doing crunches twice a day now. Captain in the morning, Nestle in the afternoon!
- I accidentally drank a bottle of disappearing ink...Now, I'm sitting in the ER, waiting to be seen!
- Life is like a helicopter...I don't know how to operate a helicopter!
- You don't actually wash your hands. They wash each other while you stand there looking at them like a creep!
- When I was eighteen, I used to touch my toes twenty times each morning, these days I have a cup of coffee and wave at them!

We read five words on the first page of a really good novel and we begin to forget that we are reading printed words on a page; we begin to see images. Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.

Advice from a tree

- Stand tall and proud
- Go out on a limb
- Remember your roots
- Drink plenty of water
- Be content with your natural beauty
- Enjoy the view

There are some people who could hear you speak a thousand words, and still not understand you.

And there are others who will **understand** – without you even speaking a word.

The phrase: "The quick brown fox jumps over the lazy dog" contains every letter of the alphabet.



This is for you ladies!!! I recently ate at a restaurant where a table of girlfriends of a certain age were having a wonderful time, and came home and wrote this. You may recognize somebody, maybe yourself...

> Lunch With Girlfriends Elaine's vertigo has never been worse Kay can't recall where she left her purse Rhonda's about to replace her knees Linda's breathing is tinged with a wheeze Donna's left boob has a troublesome lump Diane's on her third trip to take a dump Lorraine's husband can't remember a thing Nine years a widow, Marge still wears her ring Marlene is dealing with another UTI Sally's giving a hearing aid another try Marie has decided she can't drive at night Sharon still wears clothes two sizes too tight They've been through divorces and babies and wakes They do for each other whatever it takes They've already buried Marcia and Kate And truthfully, Lizzie's not looking so great So whenever they can, they get out to eat Open bottles of wine and forget their sore feet There's laughing and crying and letting down guards And when the bill comes, there's ten credit cards So here's to the waiters who keep orders straight And to the places that let lunches run three hours late And here's to the girlfriends, those near and those far Here's to the girlfriends, you know who you are!!!"

When I was in my younger days, I weighed a few pounds less, I needn't hold my tummy in to wear a belted dress.

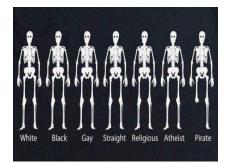
But now that I am older, I've set my body free; There's the comfort of elastic Where once my waist would be.

Inventor of those high-heeled shoes My feet have not forgiven; I have to wear a nine now, But used to wear a seven.

And how about those pantyhose-They're sized by weight, you see, So how come when I put them on The crotch is at my knee?

I need to wear these glasses As the print's been getting smaller; And it wasn't very long ago I know that I was taller.

Though my hair has turned to gray and my skin no longer fits, On the inside, I'm the same old me, It's the outside's changed a bit. ~ Maya Angelou



### **Mum's Clothes Line Rules**

The clothes line must be wiped before hanging clothes.

Socks must be hung by their toes.

Hang sheets and towels on the outside line so you can hide your 'unmentionables'.

Clothes must hang in order - whites with whites and hung first.

Shirts must always hang by the tail - never the shoulders.

Lining up the clothes so that each item shares one of the clothes pegs with another item.

It doesn't matter if it is sub-zero outside, the clothes will go out and just freeze.

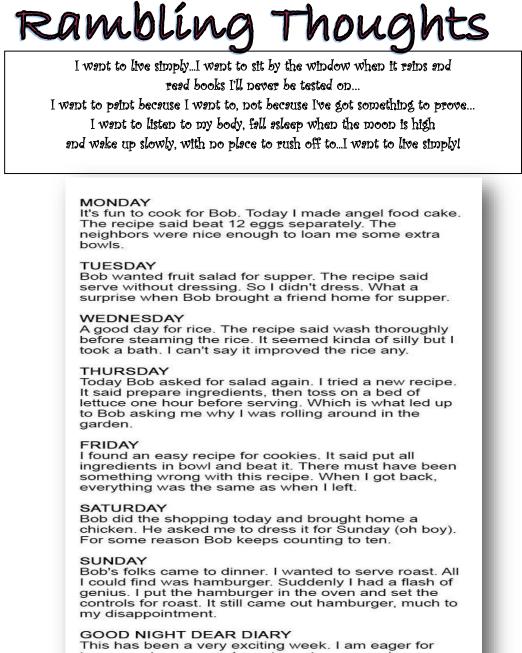
Pegs must be gathered up when taking down clothes - never leave them on the line



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

- <u>SNAP FITNESS</u>—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/
- <u>Silver and Fit</u> is a program that promotes exercise for the healthy, aging population. If interested, reach out to our professional staff at <u>Northern PT of Allendale at</u> <u>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 Northern PT by 5:00 PM

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

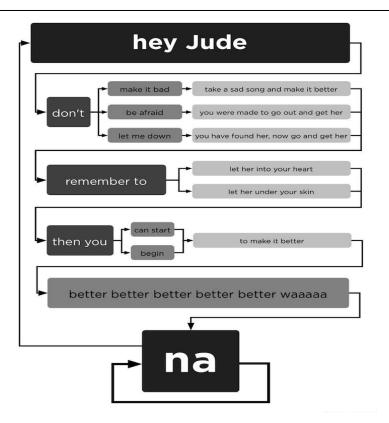


This has been a very exciting week. I am eager for tomorrow to come so I can try out a new recipe on Bob. If we could just get a bigger oven, I would like to surprise him with Chocolate Moose.

I went to my nearby Pharmacy and went straight to the back, where the Pharmacists' high counter is located. I took out my little brown bottle, along with a teaspoon, and set them up on the counter. The Pharma-cist came over, smiled, and asked if he could help me. I said, "Yes! Could you please taste this for me? Seeing a senior citizen, the Pharmacist went along with my request.

He took the spoon, put a tiny bit of the liquid on it, put it on his tongue and swilled it around. Then, with a stomach-churning look on his face, he spat it out on the floor and began coughing. When he was finally finished, I looked him right in the eye and asked: "Now, does that taste sweet to you?" The Pharmacist, shaking his head back and forth with a venomous look in his eyes yelled: "HELL NO!!!" I said, "Oh, thank God! That's a real relief!

My doctor told me to have a Pharmacist test my urine for sugar!" I'm not allowed to go back to that Pharmacy, but I really don't care, because they aren't very friendly there anymore!



All things Michigan

80 years ago, On July 20, 1942, Mitchell Jack "Mickey" Stanley was born in Grand Rapids. Stanley graduated from Ottawa Hills High School where he played baseball, football, and basketball. He led the Grand Rapids City League with a .524 batting average.

In June 1960, Stanley signed a contract with the Detroit Tigers, with whom he would play four years in the Tigers' minor league organization, and then 15 years (1964-78) with the Detroit Tigers, with whom he was a fan favorite. In 1968, Stanley was a key player in getting the Tigers into the World Series; he played 153 games, including 131 at center field, 15 at first base, and one inning at second base.



center field, 15 at first base, and one inning at second base. Notably, before the 1968 World Series against the world champion Cardinals in October, manager Mayo Smith switched Stanley to shortstop, replacing Ray Oyler (who was hitting .135). The move allowed Al Kaline to play in the outfield after recovering from an injury, joining power hitters Jim Northrup and Willie Horton. The result was that Stanley played very well at shortstop and Kaline, Northrup, and Horton all had key hits and plays in the Tigers World Series victory. A number of sports experts have called Stanley's move to shortstop one of the gutsiest moves in sports history.

Most of the '68 Tigers agreed that Stanley was the best athlete on the team. (A tall order on a team that had players like college five-sport letter winner Jim Northrup from Alma and University of Michigan baseball catcher and football tight end Bill Freehan.) Stanley earned four Gold Gloves with his defense and compiled a .991 fielding average.

He married his high school girlfriend, Ellen Ann Terrell, in 1961, and they had three children together. Mickey was inducted into the Michigan Sports Hall of Fame in 1994.

Ready to brush up on your Michigan etymology? Here are some of Michigan's most unusual names, what they mean, and where they came from.

Keweenaw-The Keweenaw Peninsula is known not only for its legendary lakeshore beauty, but also as the Upper Peninsula's oldest rock formation and the heart of Copper Country. The Keweenaw name, however, is most likely derived from the water formations of Waterway, the Keweenaw where freighters traversed the waters to bring copper to the rest of the world. The name is derived from the Ojibwe word 'gakiiwe-wewaning" which means "portage" or "where portage is made." Considering the heart of the Keweenaw Waterway is Portage Lake, it's likely these names have been used for hundreds of years, even pre-dating the European settlers.

- 1. The Packard Motor Car Company in Detroit manufactured the first air-conditioned car in 1939.
- 2. The oldest county (based on date of incorporation) is Wayne in 1815.
- **3**.Sault Ste. Marie was founded by Father Jacques Marquette in 1668. It is the third oldest remaining settlement in the United States.
- 4.In 1817 the University of Michigan was the first university established by any of the states. Originally named Cathelepistemian and located in Detroit the name was changed in 1821. The university moved to Ann Arbor in 1841.
- 5. The city of Novi was named from its designation as Stagecoach Stop # 6 or No.VI.
- 6.Michigan State University has the largest single campus student body of any Michigan university. It is the largest institution of higher learning in the state and one of the largest universities in the country.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 11:00 AM— Exercise Class	2	3
4	5 Labor Day	6 5:30 PM— Walking Fit class	7 5:30 PM—Bunco at the Library. Cost is \$3.00	8 11:00 AM— Exercise Class 5:00 PM— Master Arts The- atre	9	10
11	12 8:30 AM— Breakfast Club at Murphy's. Join us as we celebrate your birthday this month.	13 2:00 PM— Hand and Foot at the Allendale Township library., 5:30 PM— Walking Fit	14 9:00 AM—9:00 PM Day Trip to Shipshe- wana	15 11:00 AM— Exercise Class 5:00 PM— Supper club. Meet at the res- taurant for dinner and fellowship.	16	17
18	19	20 5:30 PM— Walking Fit class	21 12:-00 Noon— Potluck Lunch. Bring table service and a dish to pass. Card Bingo after lunch. 2:00 PM—Cops and Cones at Affagato's	22 11:00 AM— Exercise Class 3:00 PM—Smart Phone Tech Class	23	24
25	26 6:00 PM— Root Beer Float Night at the Hanes NEW to us Condo.	27 2:00 PM— Euchre at the Allendale Township Library. 5:30 PM— Walking Fit class	28 12 Noon—Monthly luncheon. Meet at Main St. Pub and enjoy a delicious lunch and catch up with one another.	29 11:00 AM— Exercise Class	30	

Thursdays at 11:00 AM—Exercise class!!! Join the group as we will be meeting in the Allendale Township Park by the blue equipment. Get fit and have fun!

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Join our Walking Fit Class! Enjoy some social interaction and exercise out in the natural elements. Every Tuesday from 5:30-6:30pm. Meet in front of the Ivy Rehab Allendale Clinic • 6173 Lake Michigan Drive

- <u>Wednesday, September 7 at 5:30 PM—BUNCO!</u> We are going to play Bunco at the <u>LIBRARY</u> and want you join us! <u>Eat before you come</u> and play Bunco with the AFD guys, who are ready to serve you a delicious dessert. Cost is \$3 at the door! Prizes given!
- <u>Thursday, September 8 at 5 PM to 10 PM</u> Master Arts Theatre to see Quilters. Combining music, dance and scenes of vivid dramatic intensity, this play pays eloquent tribute to the courage and spirit of our nation's pioneer woman. Cost is \$22 per person. There is a supper stop on our way to the theatre.
- <u>Monday, September 12 at 8:30 AM, Breakfast</u>—Join the group as we gather for breakfast at Murphy's restaurant in Allendale. Warm your heart and tummy with good food, fellowship and hot coffee! No need to call, just show up!
- <u>Tuesday, September 13 at 2:00 PM—Hand and Foot at the Library!!!</u>—We all know a version of this game, but follow our own house rules. FREE! <u>Starting this month, we will be meeting at the Library for cards.</u>
- <u>Wednesday, September 14, 9AM to 9PM</u>—Shipshewana Day Trip. Shopping, Food, Play at the Blue Gate Theatre (Dear Soldier Boy), Food and fun! <u>This trip is closed—if you missed</u> the sign-up, you missed going with us.
- **Thursday, September 15 at 5:00 PM, Supper Club** at **Vitale's in Hudsonville (5779 Bal-<u>sam</u>)** We're bringing back our anniversary dessert also, so if you have an anniversary this month, and join us this night, you will receive a free dessert to share with your spouse!
- <u>Wednesday. September 21. Potluck Luncheon at 12 noon</u>—Bring a dish to share (9x13 or equivalent) and your own table service. Or pay \$5 and omit the dish to pass. Drink is provided. We will play Card Bingo following lunch.
- Bring a white elephant gift, no need to wrap it, but something of value (\$5 or below) that you don't need anymore and somebody else could use. We will add those items to our prize table for Bingo.
- <u>Wednesday, September 21 at 2 PM—Cops and Cones!</u> Let's switch up our meeting place and meet at Affagato's for Ice Cream with some our local law enforcement members. Bring your questions!
- <u>Thursday, September 22 at 3:00 PM</u><u>Smart Phone Tech class</u>—We have been working to perfect this class, so that your questions get answered by knowledgeable pros...students! Come out and learn some tips, solutions and how to really use your phone. Make sure to sign up!
- Monday, September 26 at 6:00 PM—Root Beer Float night at the Hanes NEW to us <u>Condo—</u>If you know the place, please come join us. If you need the address, please contact me and I will share that with you. Snacks, fun and Root Beer floats for all, just let me know if you plan to be there!
- <u>Tuesday, September 27 at 2:00 PM, Euchre at the Library!!</u>—Euchre game day. Bring your own foursome or meet some new people and play the afternoon away. FREE! Starting this month, we will be meeting at the Library for cards.
- <u>Wednesday, September 28 from 12:00 to 1:30 PM</u> Monthly luncheon at Main St. Pub. Purchase your lunch from the menu. We will have our annual pie baking contest. Bring a pie to share with the group and we will vote for a winner who gets a **FREE** dinner! Call to sign up!



I was thrift shopping for dorm stuff. The cashier appeared to be one of the most unhappy, maddest people ever. I was six people deep in the line and it seemed like she got more and more exasperated with each passing customer.

She was especially incensed when one of my unmarked items needed a price check. It sent this poor woman toppling right over the edge and I bore the brunt of her fall.

But as she rang up my items, I felt a little tingle in my spirit. A soul nudge.

I tried to bargain with Jesus and told him that the extra little bit of cash in the back side of my wallet was not meant for her. It surely should go to someone sweeter and kinder, more deserving, or at least appreciative maybe. Not someone downright mean and angry.

But God did not budge. Nor did the tingle.

The human heart is our very best compass. It rarely leads us astray.

So I paid my bill and reluctantly found the backside of my wallet. I slipped her some cash as she handed me my receipt.

She was caught off-guard by the gesture.

She gripped the folded bill with one hand and paused. Then slid her mask down with the other hand. Her loud, stern voice got quiet when she whispered a single word: "Why?" To which I answered two words back: "Soul nudge."

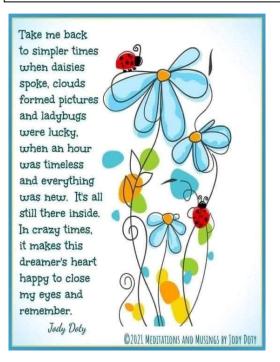
There was another pause. A brief reckoning of sorts. When she grabbed my hand and held on, I was the one caught off-guard. "Today's my 75th birthday and ain't nobody called me. Not my sister. Not none of my kids. None these people here. Nobody. Nothing. I don't think I can remember ever being so sad. Ain't nobody even remember it's my birthday." body even remember it's my birthday.

I felt the tingle again. And looked up into the buzzing, broken ballast of the light fixture above us in this old warehouse. Like Jesus is some pie-in-the-sky that we might see if we look hard enough. The light flickered. "Somebody remembered," I said. While I did not see Jesus, that small soul nudge told me that He saw her. She bit her bottom lip when her eyes threatened to leak. And I noticed a deep hurt and sweet humility under the figurative and physical mask she wore underneath her chin. We all have our masks, don't we?

The birthday news had made its way beside me and two more customers connected. Talk is cheap and words seem too few—until they aren't. There was a small chorus of chirping happy birthdays. She just stood there, patting her heart and taking it all in. The words penetrated. Anger dissipated. Hope manifested. The tingle became tangible.

We just never know what someone else may be navigating or battling. Things are not always as they seem. We are living in an upside down world right now. We may be tempted to return hatefulness with hate. To retaliate. To alienate. To trade out judgment for Grace. But there's a better way.

I thought I needed dorm stuff today. Turns out I needed reminding - maybe you do too? Let's be slow to judge. And quick to obey. Trust the Holy Spirit to lead the way. The human heart, guided by Love, will not lead you astray.



I want to age like sea glass. Smoothed by tides but not broken. I want my hard edges to soften. I want to ride the waves and go with the flow. I want to catch a wave and let it carry me to where I belong. I want to be picked up and held gently by those who delight in my well earned patina and appreciate the changes I went through to achieve that beauty. I want to enjoy the journey and always remember that if you give the ocean something breakable it will turn it into something beautiful. I want to age like sea glass.

Why do we close our eyes when we pray, when we cry, when we kiss, when we dream? Because the most beautiful things in our life are not seen, but felt only by the heart...

Wife: I love you! Husband: I love you, too. Wife: Prove it, scream it to the world. Husband: (whispers in her ear) "I love you"

Wife: Why did you whisper it? Husband: Because you are my world!



"I took this photo at Longwood Gardens. I loved watching the woman in front of me with her daughter and felt moved to quickly snap a photo. What I didn't realize until I pulled the image off my camera was that coming toward us was a daughter pushing her mother in a wheelchair. It was like these two end points on a continuum were heading toward each other, ready to cross in the middle. We are loved when we are carried, and loved when we are the carriers."





1.What were donuts called when they were first brought to America?

2.I am always in risk, yet never in danger. You may find me in the sun, but I am always in darkness. What am I?

3. Guess the next three letters in the series GTNTL...

It is only a short trip, enjoy it! Dust if you must, but wouldn't it be better To paint a picture, or write a letter, Bake a cake, or plant a seed; Ponder the difference between want and need? Dust if you must, but there's not much time, With rivers to swim, and mountains to climb; Music to hear, and books to read; Friends to cherish, and life to lead. Dust if you must, but the world's out there Humility is not thinking less With the sun in your eyes, and the wind in your hair; A flutter of snow, a shower of rain, of yourself, it's thinking of This day will not come around again. yourself less. C.S. Lewis, Irish wri h writer Dust if you must, but bear in mind, Old age will come and it's not kind. And when you go (and go you must) You, yourself, will make more dust.

Don't fake it until you make it. That's garbage advice! Face it until you make it. Get up. Work hard. Fail. Stand back up. Face it again. You can do it! I am pretty sure that Triscuits are made From the shavings of failed Longaberger baskets!



Why is it that some birds and fish and animals as well, Are given such peculiar names, so VERY hard to spell? The 'h' that's in rhinoceros, is plainly QUITE absurd; Three 'p's in hippopotamus, when two's enough for ANY word. We know that pigeon needs a 'd', while lamb does not require that 'b'. One 'd' in haddock we would write; that 'l' in salmon is not right. Such names as pheasant, let us veto; and also oyster and mosquito. Then in hyena there's a 'y', When it should surely be an 'l'. There's zebra and there's jag-u-ar, You can never tell where you are. Why do they start a gnat with 'g'? It makes it hard for you and me! Why is it that some birds and fish and animals as well, Are given such peculiar names, so VERY hard to spell?

In 2013's underrated The Secret Life of Walter Mitty, famous photographer Sean O'Connell (played by Sean Penn) watches a rare snow leopard in the Afghan Himalayas, camera in hand. Walter Mitty-who's traveled literally halfway around the world to find Sean-wonders why he's not actually taking a picture of the elusive creature. After all, that's why Sean is in Afghanistan: to capture these beautiful creatures on film.

"If I like a moment, for me, personally, I don't like to have the dis-traction of the camera," Sean says. "I just want to stay in it." It's a beautiful moment. And thankfully, we all know about it be cause someone caught it on film.



In some ways, that paradox gets to the heart of one of the great joys and most vexing challenges of our modern age: our ability to capture every precious moment on our

phones. Color me guilty: My wife and I recently took a trip to Acadia National Park in Maine, where scenic vistas and bucolic walks lurked around every bend. And I took pictures of pretty much all of them. I'm not going to say that I have pictures of every square foot of the place (given that Acadia encompasses nearly 2.2 billion of 'em), but Cadillac Mountain? Yeah, have that pretty well documented.

But experts say that taking a bunch of photos probably isn't the best use of my vacation time. "We get so focused on picture-taking, we miss the experience itself," says Robyn LeBoeuf, who teaches marketing at Washington University and coauthored a large study on how taking pictures impacts our experiences. The answer, according to this five-survey study? Doesn't look great for picture-taking. One survey had participants watch a "highly enjoyable video," with half of the participants allowed to

One survey had participants watch a "highly enjoyable video," with half of the participants allowed to just watch while the other half was instructed to take photos of their favorite moments ("Like we often do on, say, vacations," LeBoeuf said) using an onscreen button. Those who didn't take photos said they'd give the experience about 73 points out of 100 on an enjoyability scale. Those who took pictures? Their enjoyment was down to fewer than 64 points out of a 100-point scale. "When you take pictures, you tend to enjoy [the moments] less," LeBoeuf said. "Taking pictures hurts." Another study found that the enjoyment level went down even further when participants were taking photoe mostly.

photos mostly for social media instead of their own personal enjoyment. Participants who just enjoyed the survey's given experience pegged their enjoyment level at around 83.7 points out of 100. Those who took photos for themselves: 76.2. And those who were taking photos to share? Down to 73.5 points.

Researchers say that we're often so preoccupied with what we're seeing through our screens that we forget about what's going on right in front of our eyeballs. We take pics of our friends to prove to the world we're having a good time, but sometimes those pics can prevent us from actually having a good time.

Now, naturally, we do want to preserve some precious memories for ourselves and others. There's nothing inherently wrong with taking pictures. I love going back through time and seeing my kids when they were younger, enjoying moments long gone.

But for kids who've grown up with camera-endowed phones-especially kids who may be inclined to document their lives on camera and disseminate each and every moment to their online followers-Sean O'Connell's message might be one to mention. It's great to have a document of our most precious memories-but not at the expense of the memories themselves.

Things that used to hurt my back: Jumping off garages Crashing my bike Falling out of trees Diving into the shallow end Contact sports

Things that hurt my back now: Sneezing Mopping the floor Washing the dishes Brushing my teeth Tying my shoes Rolling over in bed

#### PAUL HARVEY'S LETTER TO HIS GRANDCHILDREN We tried so hard to make things better for our kids that we made them worse. For my grandchildren, I'd like better. I'd really like for them to know about hand me down clothes and homemade ice cream and leftover meat loaf sandwiches.. I really would.

I hope you learn humility by being humiliated, and that you learn honesty by being cheated. I hope you learn to make your own bed and mow the lawn and wash the car.

And I really hope nobody gives you a brand new car when you are sixteen.

It will be good if at least one time you can see puppies born and your old dog put to sleep. I hope you get a black eye fighting for something you believe in.

I hope you have to share a bedroom with your younger brother/sister. And it's all right if you have to draw a line down the middle of the room,

but when he wants to crawl under the covers with you because he's scared, I hope you let him.

When you want to see a movie and your little brother/sister wants to tag along, I hope you'll let him/her. I hope you have to walk uphill to school with your friends and that you live in a town where you can do it safely.

On rainy days when you have to catch a ride, I hope you don't ask your driver to drop you two blocks away so you won't be seen riding with someone as uncool as your Mom. If you want a slingshot, I hope your Dad teaches you how to make one instead of buying one. I hope you learn to dig in the dirt and read books.

When you learn to use computers, I hope you also learn to add and subtract in your head. I hope you get teased by your friends when you have your first crush on a boy/girl, and when you talk back to your mother that you learn what ivory soap tastes like. May you skin your knee climbing a mountain, burn your hand on a stove and stick your tongue on

a frozen flagpole. I don't care if you try a beer once, but I hope you don't like it ... And if a friend offers you dope or a joint, I hope you realize he/she is not your friend.

I sure hope you make time to sit on a porch with your Grandma/Grandpa and go fishing with your Uncle.

May you feel sorrow at a funeral and joy during the holidays.

I hope your mother punishes you when you throw a baseball through your neighbor's window and that she hugs you and kisses you at Christmas time when you give her a plaster mold of your hand.

These things I wish for you - tough times and disappointment, hard work and happiness. To me, it's the only way to appreciate life.

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

