

Laughter Magazine



Laughter Medicine

Laugh to Lose Weight

Humor Can Increase Hope

Clowning Around in Hospitals

Muscle Memory and Laughter

Original Jokes and Cartoons

Laughter Clubs

Editor's Notes

The "Laughter Magazine" magazine had its humble beginnings as an advertising flier for the Traveling Laughter Club which was being showcased at Jimmy Tingle's OFFBROADWAY Theater. I was passing a four-page flier on the subway. To let people know what I was passing out I made a one-page sign. People going by kept grabbing my advertising sign and getting upset when I told them, "This is just an ad!" I decided that since people wanted the one-page sign so badly it had to be the front cover for a future magazine. That magazine is now a reality, showcasing published articles about the benefits of laughter by University Medical Center research groups, information about laughter clubs and original jokes, one liners and cartoons. With each published magazine we hope to further increase the readers' scope of what laughter can do for you and where you can go to be with like-minded individuals who also love to laugh.

Walter Ness

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For more information: www.joyofkidding.com/tlc

email us: TravelingLaughterClub@msn.com
Let us know what you think about the magazine.

Tel: 617-628-0908

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All jokes and cartoons are original material created by
Walter Ness, www.joyofkidding.com, for your pleasure.



Introducing Mr. Excuse

Mr. Excuse agreed with his girlfriend, rather foolishly, to make the bed if he was the last one out of it.

The problem started when he realized he was always the last one out of bed. One morning he got up and didn't feel like doing the same old morning routine. His girlfriend, seeing the bed all messed up, ran to him and said plaintively, "But you promised to make the bed!" To which he replied, "But I did make the bed. I made it just the way it is."



Two Irishmen, Donal and Kieran, went to America during the great potato famine. Once in America they got a modest apartment from some relatives.

Kieran decided to go for a walk and see what America was really like. When he returned he said, "You would not be believing what I saw. I came across a store that had chicken, fish of every variety, steak, lamb and other types of meat, canned food, packaged food, dried food, I've never seen anything like it." Donal asked, "Did you happen to see any potatoes in that store?" Kieran, after thinking about it, said, "No I did not, I did not see any potatoes in that store." Donal replied, "Looks like we'll be starving in America, too."



After thousands of years of medical research on various methods that assist healing of the physical body, the best find is still chicken soup. It's made with love, it's given with love and it's eaten with love. That's why it works. It's the ideal recipe, except for the chicken, which is an unwilling participant in the whole process.



**This time the impossible got done easier
than last time.**

10,000 people gathered in Copenhagen, Denmark, to celebrate World Laughter Day in 2000, at Town Hall Square, creating a Guinness Book record.



There are now over 2,500 laughter clubs throughout the world.

The first Laughter Club was started in a public park by Dr. Madan Kataria in Bombay, India on March 13, 1995. Dr. Kataria, a physician, developed a new concept of group laughter based on yoga.

After studying with Dr. Kataria, in October of 2004 Lynn Caesar Ph.D. started the Arlington Laughter Club. She provides support for those seeking a creative outlet for their emotional and physical expression through the medium of laughter. Her example has encouraged others to become laughter leaders and take this concept to their community.

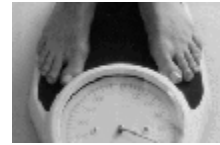
Since its creation the Arlington Laughter Club has been featured on CBS-Channel 4, Good Morning America—Weekend Edition, Arlington Advocate and Boston Globe.

For info www.joyofkidding.com/laughterclub or just Google for “Arlington Laughter Club.”



Dr. Kataria visiting the Arlington Laughter Club. Dr. Kataria (left) and Lynn Caesar (right), during one of the laughter club exercises.

Laugh to Lose Weight



When your eyes open wide as you are listening to something you're either getting an extraordinary deal or you're having a hard time believing what you just heard.

“You can lose 300 calories just by laughing for 15 minutes.” Two different people told me this same story in one day. 300 calories seemed a lot. If this was true I could finally eat all the pizza I ever wanted. It was time to verify this street rumor by going on the internet.

It's true, you can burn calories by laughing out loud. Dr. Macey Buchowski, of Vanderbilt University Medical Center in Nashville, claims that he is able to measure how much energy it takes to laugh by studying volunteers in a metabolic chamber.

The metabolic chamber is a sealed room where scientists can measure physical body energy expenditures as well as the heart rate of those laughing. Dr. Buchowski believes he and his colleagues are the first to measure how much energy it takes to laugh.

Dr. Buchowski and his group also found out that laughing increases the metabolic rate by 20% and that laughing out loud for 15 minutes burns up to 20 - 40 calories.

Not the pizza gorging promise I was envisioning but enough to justify eating a brownie and laughing it off. The longest laughter of the volunteers in the experiment was 40 seconds in a minute.

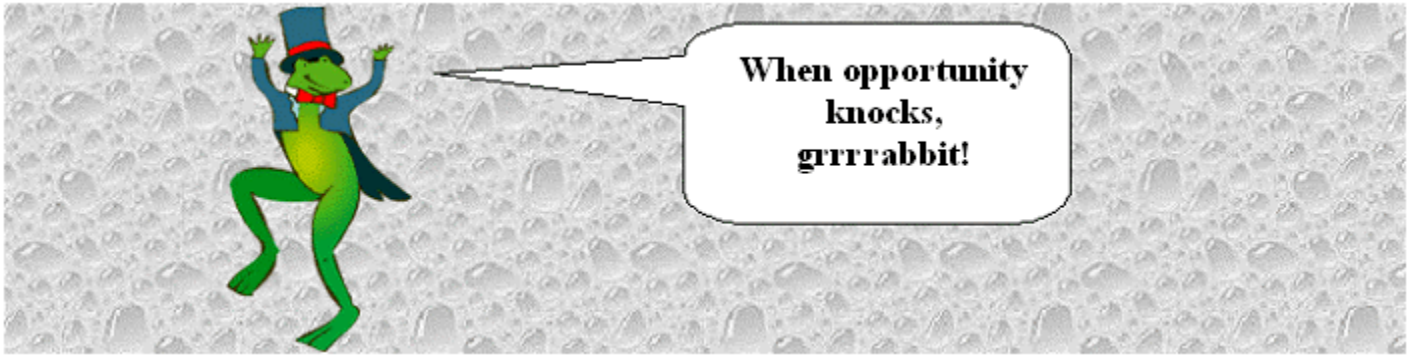
Typically the longest recommended duration of laughter in a laughter club is around 10 minutes after half-an-hour of laughter warm-ups. That's at least fifteen times longer than a laugh caused by seeing something funny.

For more info about the original article go to the MS-NBC news web page: www.msnbc.msn.com/id/8092720

As much as the desire to share laughter with others is what brings people to a laughter club, it is the aftereffects that are important to notice. When the laughter ends, the physical, creative and emotional sensations continue. Participants find themselves being very insightful during this time period. If possible people should take time to express themselves with others in the room.

**Thoughts are sound
when you say them out loud**

Mark Duane



Kermit as an adult and working for the Power of Positive Thinking Movement

What Happens in a Laughter Club?

If they are new, the people who show up have uncertain looks on their faces. After all it is a new environment and it's natural not to be sure of what to expect. The returning members are relaxed and excited at the same time.

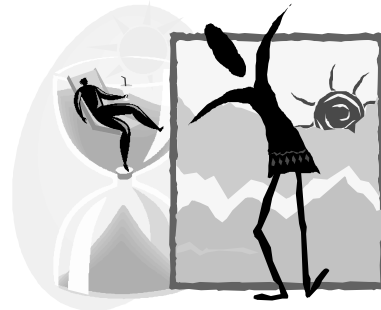
While the laughter clubs advertise that no jokes are told, audacious statements during introductions are welcomed. You say your name and something about yourself. "My name is Kneel, I'm a Catholic. They ask people to kneel a lot during church service." Everyone laughs.

Unlike the Traveling Laughter Club which is a theater experience and everyone laughs while sitting in their chairs, a laughter club is a movement experience in a large enough room to accommodate all the members. A humor exercise is shown by the laughter leader and everyone starts having fun moving and laughing.

Because the laughter is very aerobic the laughter leader signals the group to stop after a few minutes and gives everyone a chance to catch their breath. If you laugh as hard as I do you appreciate the brief respite during this time period. The laughter leader sets the pace and rhythm of the laughter experience.

At the end of an hour of laughing, people are encouraged to stay and share their thoughts about what they found useful or beneficial. This is a very exciting time, as you get to hear people share a wide range of life experience and observation.

A Personal Ad We'd Love to See



**Brilliant man, looking for a brilliant woman.
Let's get together without blinding each other.**

My Brother, a sibling rivalry



My brother prides himself on being an "A" student. Absent, Absent, Absent, Absent, Absent, Absent.



My brother says his word is always good, but he never says for what.



My brother doesn't like it when I have invisible friends because he can't figure out how to take advantage of them.



I used to drive my brother crazy by telling him that people can spot his dark side because he casts a shadow.



My brother says he's the answer to someone's prayers. I say he's a problem for anyone who doesn't know how to pray.



My brother says he knows all the secrets of the Universe, yet knowing how to clean his room will always be a mystery to him.

Muscle Memory and Laughter

by Walter Ness

It was a story about Michael Jordan where I first heard the concept of muscle memory. A trainer told Michael that the new muscles he was building by weightlifting did not have the memory to shoot hoops and because of this his scoring accuracy would suffer. Michael found out that what the trainer said was in fact true and that the new muscle had to be educated through repetition.

Isn't it the brain and not the body that holds muscle memory? Daily we are receiving scientific reports of how different parts of the brain control different functions. It's safe to come to the theory that the part of the brain that interacts with muscles is responsible for muscle memory.

When you do micro movements, those are small movements controlled by a select muscle group, you can feel the part of the body you are causing movement in come alive. You can feel how the muscles seem to communicate with the brain for greater awareness of movement.

In the traveling laughter club it becomes very noticeable that people find it easier and easier to laugh after every exercise. Just as quickly individual participants can lose the connection to the ability to laugh by becoming, for better words, judgmental.

It doesn't take much to conclude that the laughter exercises shift you to that part of the brain that allows you to laugh, and if you disconnect by moving to another brain part for a more rational function you will lose your laughter ability.

When someone says, "I love to laugh!" this can mean that they have an easy access to that part of the brain that allows an easy access to laughter. The laughter clubs are about stimulating the laughter-to-brain connection through exercises, which is another way of saying, repetition.

There is a simple philosophy in laughter clubs that teaches you to develop the brain-to-laughter connection, "Fake it till you make it." If you pretend to laugh, that automatically connects the laughter muscles to the appropriate brain connections. Each new time you start to laugh the laughter becomes more and more natural till one day it's all natural laughter.

For more information about muscle memory go to the Howard Hughes Medical Research website www.hhmi.org/cgi-bin/askascientist/highlight.pl?kw=&file=answers%2Fstructure%2Fans_015.html

SOMAKATOLIGON

Art-Mind-Body Physics

* Haven't the foggiest idea is an idea without a fog.
* Every litter bit helps the person who needs a job pickup up litter. * Good fortune follows those that are looking for it. * You have to stop to catch up to yourself. * The early bird has to eat worms. * A handshake is a joint experience between minds that have no better way of communicating. * Thinking and feeling is a meeting of two minds. * You're proof a mother knows how to deliver a miracle. * A father shows his love best by spending his hard-earned free time on you. * If the shoe fits Mother Goose will move her whole family in. * A shoe repairperson knows how to heel your shoes. * Kissing smacks of intimacy. * Wake me up only if you have proof if I'm asleep. * A mirror is a good reflection of what you have to face. * My Tooth Fairy offers stock options. * I believe in seconds that give you another chance. * I have two eyes, two ears, two brains, two arms, two legs and two seconds to brush my teeth and go to bed. * The sun goes up, the sun goes down, proves you can have sunny mood swings. * Gratitude is the easiest way to take inventory of your life. * I'm too small to carry all my parents' ambitions. * Free-running kids are as healthy as free-running chickens. * A good yoga instructor will help you stretch your imagination. * Fables are subtle instructions on how to deal with the facts of life.

A stranger is a friend you haven't met. We pass each other waiting for someone to introduce us. The Theosophical Society, 21 Maple Street, Arlington, MA offers a place where a variety of thoughts and views are presented as lectures or workshops.

The **Traveling Laughter Club**
will be at the Theosophical Society
see website for dates.

www.tsboston.org

**I play with my food because
my school can't afford art supplies.**

An inexpensive present worth a million

The acronym can be the ideal subject matter for creative and artistic expression. I make them whenever there is a birthday coming and I am short on funds. Here are some examples of what you can do with a name. Make a card and give it as a present to friends or coworkers.

Linda (visual artist www.lindaclavearts.com)

Living
Invites
New
Delightful
Art

Stan (an English Teacher)

Superb
Thinking
Admires
Normality

PERKINS (temp job school for the blind)

People
Everywhere
Relate
Knowing
Individuality
Nourishes
Society

Diana (theology professor)

Divine
Insights
Acknowledge
New
Appetites

HARVARD (temp job)

Humanities
Articulate
Rights
Veritas
Allows
Resourceful
Debate

SAY What?

“Some people like to catch fish without a pole.”
“How’s that a problem?”
“I’m a Pole.”

“Do you come from a large family?”
“No, they’re all on a diet.”

“I wanted to grow up to be a good kid. Now they are redefining good.”

“Were you a good kid?”

“That all depends on what you mean by good.”

“How does one come to terms with the seriousness of life?”
“Ask your shadow, maybe it has a lighter view of life.”

“What’s your wife doing?”

“She’s out buying cat food.”

“You should give her more money each week. She really deserves to eat better than that.”

“Our church serves weekend coffee?”

“Why weakened coffee?”

“What else do you expect on Sunday?”

“Do you have enough leg room?”

“Not really, I wish I was taller.”

“Do you have the time?”

“Yes, I do.”

“Can I have the sixties back?”

“God, why don’t you answer my prayers?”

“Because every time I do you stop praying!”

“I don’t want you to waste your opinions.”

“I like wasting opinions, it makes me feel extravagant.”

“Do you think that I am overenthusiastic?”

“Only over and over and over and over.”

“Ummm, the day sure smells good all of a sudden.”

“What do you think? Is it the fresh air or the smell of freshly brewed coffee?”



A patient being examined said to his doctor, "I believe animals have healing powers. I had a cat. Whenever I had a fever the cat would sleep on my chest overnight and when I woke up in the morning the fever was gone." A week later the same patient called the doctor in the middle of the night complaining, "I've got a headache, what should I do?" The doctor said, "Take two cats and call me in the morning."



A man, sitting at a bar was crying over his drink and talking to himself, "She cheated on me!"

I can't believe she cheated on me!" The bartender, feeling sorry for the man, came by and offered his sympathy: "So your wife is cheating on you?" The man looked up at the bartender and said, "Her too?"



His girlfriend was taking a long time getting dressed for a nudist weekend retreat. Finally he yelled out, "What taking you so long?" She yelled back, "I got nothing to wear!"



Two friends were walking down the street. One of them instinctively scooped up a dime he saw lying on the sidewalk and gave it to his friend. He said, "Whenever I find money on the

street I give it to the person I'm walking with. If at this very minute I were to find a million dollars I would give it to you." After walking a couple more steps, he looked up at the sky and said, "Go ahead God, test me!"



"Before I can marry you, you have to prove to me you know how to iron clothes," said the bachelor. "Of course I know how to iron clothes," she said.

"First you wash the clothes in the washing machine." Her boyfriend shook his head up and down with pleasure that he liked what she was saying. "Then you dry them in the dryer." Again the boyfriend shook his head up and down with pleasure of what he was hearing. "Then you take the clothes to the nearest train station, throw the them on the rail and let a train run over them."

I sneezed and a voice said, "Gesundheit!" I miss religious people. A religious person would have said, "Bless you!" Gesundheit! What a waste of a good sneeze.

Never Seen Before, Anywhere

Hippies Digging Ditches!!!



When Animals Have Identity Crises



"Every night before I go to sleep, I put a check underneath my pillow with a note to the tooth fairy asking her to give me back my teeth."



For organic farmers
the turd time
is the charm

Humor Can Increase Hope, Research Shows

The experience of humor can positively influence a person's state of hopefulness, says Texas A&M psychologist David H. Rosen who, along with colleagues Alexander P. Vilaythong, Randolph C. Arnau and Nathan Mascaro, studied nearly 200 subjects ranging in age from 18 to 42.

As part of the study, which appeared in the International Journal of Humor Research, select participants viewed a 15-minute comedy video. Those that viewed the video had statistically significant increases in their scores for hopefulness after watching it as compared with those that did not view the video, Rosen notes.

The finding, he says, is important because it underscores how humor can be a legitimate strategy for relieving stress and maintaining a general sense of well-being while increasing a person's hope. Previous studies have found that as high as 94 percent of people deem lightheartedness as a necessary factor in dealing with difficulties associated with stressful life events, he says.

Rosen says humor may competitively inhibit negative thoughts with positive ones, and in so doing, foster hope in people. Positive emotions, such as those arising from experiencing humor, can stimulate thought and prompt people to discard automatic behavioral responses and pursue more creative paths of thought and action, he explains.

Such a process, Rosen says, could lead to a person experiencing a greater sense of self-worth when dealing with specific problems or stressful events. He says these positive emotions could, in turn, lead to an increase in a person's ability to develop a "plan of attack" for a specific problem as well as increase a person's perceived ability to overcome obstacles in dealing with that problem – two aspects that psychologists believe comprise hope.

To see the rest of the article go to
www.tamu.edu/univrel/aggiedaily/news/stories/05/021005-11.html



Generic Astrology

Having a bad day with the influence of the stars for all you do? Here's something for you. Just choose the reading you like, put your sign next to it, and plug it into your life as if it was a mantra.

Your sign is _____

You finally get your chance to be different and not run with the herd. Just keep in mind that differences may be the spice of life but some spices are easier to swallow than others.

Your sign is _____

You'll turn in a brilliant and outstanding performance at the next meeting. However, soon a new job will show you where you will be appreciated for your talent and not your acting.

Your sign is _____

What will transpire over the next week in some ways relates to events which took place in the last couple of month. If you find yourself not knowing what's happening now, it's because you didn't understand what was happening then. Clarity always follows confusion.

Your sign is _____

The current planetary alignment will give you a chance to realize why your trust is often misplaced and that your problem is one of judgment. You see greater potential in others than they see in themselves.

Your sign is _____

Be prepared to play the waiting game. Tomorrow won't show up any faster than yesterday left. Taking deep breaths will help you relax.

Your sign is _____

Find ways to cause cooperation around you. Competition does not create good will. When a fish gets eaten by a bigger fish, only one fish can feel happy.

Your sign is _____

Potential lover succumbs to romance after a good meal. Food is still the best barometer for a successful relationship. Someone who doesn't have enough time to enjoy a good meal won't have time to enjoy a fine romance. Trust response of their stomach as well as your own heart.

Your sign is _____

Someone comes into your life because they want to and not because of any gimmicks you have to get them. Adjustment is necessary to get used to being liked just for yourself.

Clowning Around in the Hospital

By Bettina Velona

Laughter and giggles fill the room as a little toy cube spits out *Moooooos* and *Baaaaaahs*. No, you're not in a toy store, but at the outpatient chemotherapy/infusion area of Massachusetts General Hospital Cancer Center. You might wonder what there is to laugh about. Well, volunteers cheer up patients as they receive their treatments in an attempt to balance unpleasant medical procedures with some pleasant distractions.

MGH is among an increasing number of hospitals that are adding humor therapy to their care. The Cancer Center's HOPES Program in collaboration with the MGH Making a Difference Grant Program and the Volunteer Department, introduced the "Humor Cart" in April 2005. Patients can pick jokes out of a fish bowl, play with interactive toys and puppets, listen to funny tapes and soon will be able to watch old TV comedy shows.

Humor provides a human connection in an otherwise sterile environment. Laughing with the hospital staff not only helps pass the time, it helps patients release stress and anxiety about their illnesses and treatments. "Patients experience that regardless of what happened to them, they still have the ability to laugh," says Maureen Ward, Program Manager of the Volunteer Department. Less occupied with a stress response, the body can concentrate on healing. Research has shown that laughter also boosts the immune system and helps our bodies produce more endorphin, a natural painkiller.

In many hospitals nationwide, cheering up patients on inpatient floors has become a daily occurrence. The hope is to bring the Humor Cart to other areas of the Cancer Center within the next year.

Hey, we've always known that laughter is the best medicine. We know about the powerful interaction of body and mind. It's nice to see hospitals humanize their care by balancing conventional medicine with emotional support. Bravo, MGH!

Bettina Velona is a freelance writer living in Arlington

Jebena69@aol.com

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Traveling Laughter Club Takes OFF

on a Flying Carpet
at Jimmy Tingle's OFFBROADWAY



It can be magic, to show up as an audience and allow yourself to be swept away with laughter.

Don't know what to expect? Neither does Walter, your laughter leader. "For it to be fresh each time, the outcome has to be unexpected. It is those in the audience and their willingness to participate that makes each show unique," he says.

The first part of the experience is the traditional laughter club laughter exercises. This is the warmup, the chance to activate that part of your brain that allows your body to rock and roll with laughter.

For each laughter exercise audience members are asked to volunteer to share stage time with the laughter leader. As a volunteer it's your moment to shine and you don't have to worry about being nervous. If you are, just laugh yourself silly to make it go away.

Next come positional laughter exercises, how using body posture, the way you present yourself, can affect the way you laugh. This is followed by ten minutes of non-stop laughter. The final experience is the voice of Sharon.



The most important part of laughter is introspection, the noticing of how the laughter affected you. Sharon of the amazing voice has taken the audience by surprise with her angelic singing. After forty minutes of laughter by the audience her voice rounds out the experience by sending people's minds into a deep place of serenity for which they continue to feel grateful long after the singing has stopped.



Bee



Back



Getting a cup of laughs at the Traveling Laughter Club



Chakra Laughter

The Laughter From Within



Walter Ness discovered a way to use chi-energy to stimulate the various chakras that would cause laughter to occur. This technique is ideal for people who are sensitive enough to chi-energy to feel it as a tactile sensation.

For more information see the website www.joyofkidding.com/tlc

Chakras are energy centers in the body. Traditionally, people use toning to balance their chakra centers.

The usage of chakra laughter works much differently than chakra toning. The techniques in the chakra laughter exercises teach you how to use chi-energy to enter an individual chakra and stimulate it to create laughter.

Singers learn to change the tones of the sound they are creating depending on where in the body the sound comes from. In a similar way, instead of using breath you use chi-energy to activate different chakras to affect and change the sound of the laughter coming out of your body.

Individuals who first start learning chakra laughter gag a lot, the sound resists coming out, they feel like they have something stuck in their throat. In order for a person to create laughter using chi-energy to stimulate a chakra you have to totally relax into the experience. If you try too hard the laughter becomes more demanding physically.

Chakra laughter training teaches you to energetically travel within your body and selectively create bursts of laughter. Just like a singer creating sounds, your body becomes the instrument you wind up playing.

Extra Special Possibilities

Whimsical humor by Walter Ness

A woman went to see a psychic for advice on how to lose weight. She went with a friend and while she went inside a tent for a reading her friend waited outside. When she came out her friend asked, "What advice did the psychic give you?" After taking a deep breath she said, "You're not going to believe this but the psychic told me that to lose weight I should go sell men." It seemed like a crazy idea but she decided to do it. Before long she had her own male escort business, which she also expanded to a modeling agency. In a short period of time she was rich beyond belief. As she and her friend were walking in the city they ran across the psychic that gave her the original advice. The psychic seeing her asked, "And how's that fish diet I suggested for you?"



Two friends, Fred and Jim, were arguing about their past life experiences in Renaissance Italy. Jim said, "I used to be Leonardo DaVinci and I painted that picture of Mona Lisa!" To which Fred replied, "You may have painted her picture, but I was the one who put a smile on her face."



Sharon was told that in England, chi-energy sensitive people are referred to as fairies. While visiting London when someone asked her, "Are you one of them fairy people?" she would reply, "I'm one of them fairy nice people."



Whenever Ted was asked, "Are you a New Ager?" he would reply, "I'm a middle ager." When pressed further he would elaborate, "I am reading books on spirituality, it's helped me to give up my fixation for junk food. Now I eat only healthy food and I have healthy fat."



Life is short, but only this lifetime.

Mark Duane



Commentaries by Mark Duane

An observer of life's many ironies.

Paris Hilton, she looks like Barbie, acts like Ken.

Finally a weight loss program that works. It's the Dr. Phil diet. You spend so much time telling people how to live their lives that you have no time to eat. I lost twenty pounds, gained back ten while I was replacing all the friends I lost due to my new behavior. That's the problem with any new system -- always some side effects.

I had a complaint, so I called the Complaint Department. Each person I talked to transferred me to someone else, who transferred me to someone else, till I got transferred to someone who refused to answer the phone. Now I'm experiencing manic-compulsive behavior. Some part of my mind is wondering non-stop if that last phone number was a paid position. Is there really a want ad out there that says, "Now hiring, must know how Not to answer the phone!"

I read that what makes us human beings similar to computers is the "baud rate." The baud rate for computers is how fast they can communicate through a medium such as a modem. It was implied that the baud rate for a woman is how fast she can talk, while the baud rate for a man is how fast he can listen. Without deliberating on how valid such a hypothesis is that compares human beings to computers, I would like to make one correction, -- that the baud rate for a human male actually means three things:

- How fast he can listen.
- How fast he can ignore what he is listening to.
- How fast he can forget what he just heard.

No one has done themselves greater harm than the person who has lived up to my expectations.

Mark Duane

Q: Why are photographers the best marriage material?

A: Because they like picture-perfect babies and they don't mind being kept in the dark.

Recipe for **Lovers' Delight**



Romance entitles you to be appreciated for the richness of your personality.



What you desire shows good taste; what fulfills you shows good judgment.



The time in between desire and fulfillment should be a pleasure in itself.



A happy meal for lovers is a small portion of food and a big portion of each other.



A menu is like a lover when it shows endless possibilities for satisfaction.



Flowers compliment better than words and get better results than all the words in the dictionary.



Holding hands warms two people; hands in pockets just warm pockets.



The fruit of labor is the offspring of love.

The Sweetest Part of Arlington – for those of you who don't know the secret, it's the Lakota Bakery, 1375 Massachusetts Ave. in Arlington Heights. It's hard to imagine when you enter through their door that you are entering Cookie Paradise. The people working there are always in a good mood and you can taste that in each cookie. The price for each piece of sweetness is more than reasonable. If you can't laugh but you need to put a smile on your face, or on someone else's face, try a Lakota cookie.



Soy sauce on lips turns kissing into an appetizer.

Sayings are from the book "Recipe for Lovers Delight" Copyright © 2002 by Walter Ness and Leyva

Arlington Laughter Club

Meets Second and Fourth Monday of each month, 11:30am-12:30pm

Meetings take place at the Church of our Savior 21, Marathon Street in East Arlington, Massachusetts

www.joyofkidding.com/laughterclub Tel: 781-641-1353



Put yourself in the picture and start laughing



“Dear Walter,
I enjoyed your
newsletter,
it’s funny!”

Dr. Patch Adams

Humor

Jokes and cartoons are courtesy of
Joyofkidding.com



It's a cookie
formed in an
image of an
idea. We can
sell them
half-baked.

911, I'm in
trouble, I
just heard a
conversation
I'm not
allowed to
repeat.

