

# Humor IS My Lifeline

HUMOR IS MY LIFELINE. I USE IT LIKE A MEDICINE. IT'S KIND OF HARD TO FEEL DEPRESSED WHEN YOU'RE LAUGHING. NO MATTER HOW HEAVY YOUR BURDENS: THERE'S ALWAYS A LIGHT SIDE. NO MATTER HOW DARK YOUR SITUATION: THERE'S A BRIGHT SIDE. HUMOR GENERATES HAPPINESS, AND HAPPINESS IS THE ELIXIR OF LIFE.

WHEN THE JUDGE SENTENCED ME TO LIFE (THIRTY-SEVEN YEARS AGO), I THOUGHT IT WAS FUNNY. FIVE YEARS IN PRISON, I FAILED TO SEE THE HUMOR. 99% OF THIS ENVIRONMENT IS DESIGNED TO BREED DEPRESSION (THE "MAN" GAVE IT TO US AS A REMINDER THAT WE ARE HERE TO BE PUNISHED; NOT TO ENJOY OURSELVES) THE OTHER 1% OF THIS ENVIRONMENT IS PRODUCT OF SOME CRIMINOLOGIST'S MORBID SENSE OF HUMOR, FOR IT REWARDS OUR GOOD BEHAVIOR WITH VERY TEMPORARY TIDBITS OF SEVERELY DAMAGED PLEASURES THAT WE NEVER SHOULD HAVE BEEN GIVEN IN THE FIRST PLACE IF, INDEED, WE'RE HERE TO BE PUNISHED...AND I FAIL TO SEE ANY HUMOR IN ~~THAT~~ AT ALL!

BUT LOOKING BETWEEN THOSE PRISON BARS IS KIND OF LIKE "READING BETWEEN THE LINES": THERE'S ALWAYS SOME HUMOR THERE SOMEWHERE AMID ALL THE LONG FACES AND SHORT TEMPER.

A FAMOUS TV PERSONALITY ONCE SAID: "CHILDREN SAY THE DARNDDEST THINGS." HE SHOULD HAVE BEEN INTERVIEWING SOME OF THESE INMATES UP IN HERE.

I WAS A TEACHER'S AIDE A FEW YEARS BACK. THE TEACHER INSTRUCTED THE CLASSROOM OF PRISONERS TO WRITE A SHORT PAPER ON SOME EXPERIENCE THEY HAD OUT THERE IN THE FREE WORLD. AN OLD CONVICT RAISES HIS HAND AND ASKS THE TEACHER: "HOW DO YOU SPELL THE WORD: 'NECROPHILIAC'?" NOW ~~THAT~~ WAS FUNNY!

HAPPINESS BREEDS CONTENT. CHEERFUL INMATES ARE FAR MORE LIKELY TO BE SUCCESSFUL ON PAROLE.

SCIENTIFIC STUDIES SHOW THAT PEOPLE WHO FEED ON HUMOR ARE APT TO BE HEALTHIER, AND LIVE LONGER THAN IF THEY WENT AROUND SAD AND DEPRESSED ALL THE TIME.

SO, I TICKLE MY OLD FUNNY-BONE AT EVERY OPPORTUNITY. THIRTY-SEVEN YEARS AGO WHEN I FIRST STEPPED OFF INTO THIS PRISON WORLD I LIVE IN; I TOLD EVERYONE: "THEY MIGHT TAKE MY BODY... BUT THEY'LL NEVER TAKE MY SPIRIT. I WILL NOT BE BROKEN!"

STAY COOL, DEAR READER.

STAY HAPPY

LAUGH OFTEN

AND I'LL CATCH YA LATER .....