

AUTUMN EDITORIAL

“When leaves grow old, they become really pretty. So do people, if funny or witty.” - Brian Chiasson

Forcing A Smile Can Change Your Mood



Brian Chiasson

Forcing yourself to smile can immediately take you out of a bad mood.

Ridiculous? Perhaps scientists are laughable.

They claim a forced smile relieves stress. You can relax as endorphins are released.

It also boosts your immune system, even if it's forced.

If all hospitals should force the inmates to smile, it might clear out the rooms and put doctors and nurses on unemployment.

Maybe Patch Adams was on to something.

Also, smiles can be contagious. People can't easily frown when others are smiling. Muscles will even twitch into a smile on their own.

Babies smile in their sleep as soon as they're born. They also laugh and cry when awake.

Boy babies smile less than girls, who also make more eye contact. In fact, women smile more than men when relaxed. However, when at work or socializing, they smile equally.

Smiles also reveal confidence, gaining promotions – 69% more attractive than makeup.

So, start having fun – smile, forced or not.



LIMERICKS

Masthead

Local City Fun needs to fill the vacant positions below. These roles are voluntary only because Local City Fun does not have the budget to pay people. That might change if we gain enough advertisers or subscribers.

While education and experience are important, hard work and excellence are far more valuable. Your ability to work beyond the level of mediocrity will be far more persuasive than your education and experience.

Mind you, education and experience facilitate exceptional results, even if most people have wasted theirs. Here are the positions Local City Fun needs to fill.

- Publisher: ▶ Brian Chiasson
 Editors: ▶ Megan Couche
 Features: ▶ Chris Bohren, Brian Chiasson
 Photographers: ▶ George Lomaga, Fotolia,
 ▶ Ziggy Siedlecza,
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 ▶ Brian Chiasson
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 Calendar: ▶ Brian Chiasson
 Web Design: ▶ Vacant
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Vacant volunteer writing and photo positions include:

- | | | |
|------------------------------------|----------------|------------|
| ▶ Teens | ▶ Young Adults | ▶ Family |
| ▶ 30-Plus | ▶ 50-Plus | ▶ Seniors |
| ▶ Artistic | ▶ Community | ▶ Food Fun |
| ▶ Educational (Focusing on Fun) | ▶ Musical | |
| ▶ Humour: It must be really funny. | ▶ Sports | |
| ▶ Faith (Focusing on Fun) | ▶ Theatrical | |
| ▶ Office (Must Have Experience) | ▶ Sales | |

Distribution & Subscription Sales

- ▶ Residential Subscriptions: \$5.15
 ▶ Corporate Subscriptions: \$189.00

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A FUNNY FABLE, TURNS THE TABLE

By Sylvia Lismore

Benny Marshall

who just
turned Ten.

In a farmyard
chased
a big hen

The hen turned
to attack,

And Bill ran
the way back,

Never seen in the barnyard again.

Write a letter or feature for publishing here

Two hundred words beats 300 and 100 words beats 200. More than 300 words is only preferred if the message or wording is exceptional.

Please include your name, address & phone number for verification purposes.

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