



# LOOKING



# UP

(Formerly "LaughLines")

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Look for the HUMOR!

The World is full of humor, and if we only look around us, we will see it. And, now, of course it is even more essential for us to look around, to find the humor as our 401K's have turned into 101K's.

## Integrity? What's that?

I had a startling thing happen to me a couple of months ago. I was involved in an accident with my little Prius. Yes, I was heading South on Harvard Avenue here in Tulsa, approaching a stop light when a Porsche Cayenne SUV, which was in the right hand turn lane passed me and then suddenly swerved in front of me clipping my front passenger fender. We both stopped, I jumped out of my car, went up to his, and as he was getting out of his vehicle, I exclaimed, "What are you doing?!"

He replied, "You hit my car."

He denied hitting me. At the time, he admitted being in the right turn lane, but later, in his "official statement", he denied being in that lane and said that I swerved into him.

I was amazed. I simply could not believe that he would make such a lie over what was really such a minor accident, that he would not take responsibility for his mistake. He was no "bum", but on all appearances seemed to be a highly successful individual.

Then the reality of our country's economic situation reminded me that the primary reason that we are in such a mess is because too many people, in their greed and lack of integrity had no problem with lying, cheating and stealing.

Even after being convicted of fraud, and bilking thousands of billions of

"We must be the change we wish to see in the World."

Mahatma Gandhi

dollars, Bernard L. Madoff still believes that he is entitled to his multi-million dollar condominium.

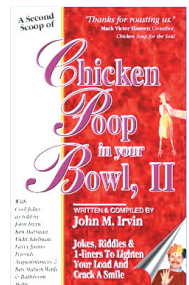
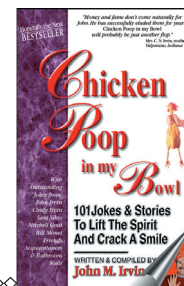
What can we do? Practice personal integrity. Tell the truth, do the next right thing, do what you say you are going to do. Admit mistakes.

Here are some rather funny things I've run across lately and since April is National Humor Month, I thought it would be appropriate to share:

In Modesto, California, Steven Richard King was arrested for trying to hold up a Bank of America branch without a weapon. King used a thumb and finger to simulate a gun but unfortunately he failed to keep his hand in his pocket!

A man in Los Angeles spoke frantically into the phone, "My wife is pregnant and her contractions are only two minutes apart!" "Is this her first child?" the doctor asked. "No!", the man shouted "This is her husband!".

see "humor" page 2



Books, CDs and Phun Stuff Available, see P.3

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## "Integrity"

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We are masters of deception. Especially that of self-deception. We are masters of lying to ourselves and believing those lies. We take home the pencils and pens and paperclips from our work and convince ourselves that this isn't really stealing. We keep the extra change we get from the store clerk and say to ourselves that it's okay, after all, it was his mistake. We tell someone, "I'll call you," and we never do. We tell someone else, "I'll take care of it," and we don't.

These are such little things, we quibble. They don't really count. Self-deception. Yes, they do count. And we are lying and stealing and cheating.

I believe that it is this graying of morality has led to the economic and many (most) of the social problems of our society and World today.

Yes, in order for us to have a better World, we must be the ones who guide and lead. As Mahatma Gandhi said, "We must be the change we wish to see in the World."

Model honesty. Lead by example. Be honest in your communication and be honest in your action. Live with integrity. 😊

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## "Humor"

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A man walked into a Topeka, Kansas Kwik Stop, and asked for all the money in the cash drawer. Apparently, the take was too little so he tied up the store clerk and worked the counter himself for three hours until police showed up and grabbed him.

An Illinois man, pretending to have gun, kidnapped a motorist and forced him to drive to two different automated teller machines, where the kidnapper proceeded to withdraw money from his own bank accounts.

Police in Los Angeles had good luck with a robbery suspect who just couldn't control himself during a lineup. When detectives asked each man in the lineup to repeat the words "Give me all your money or I'll shoot" the man shouted "That's not what I said!"

Police in Oakland, California spent two hours attempting to subdue a gunman who had barricaded himself inside his home. After firing ten tear gas canisters, officers discovered that the man was standing beside them in the police line, shouting "Please come out and give yourself out."




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## Programs by John Irvin

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cont. from p. 4

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Joyce Martin at the Oklahoma Cooperative Extension Services Secretaries Conference in Stillwater, Oklahoma



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*The Power Play Set: Directory of Games and A Guide To Facilitating Games* - These two workbooks make for a fantastic collection of fun activities used for team building.

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**NEW!!!**  **DEEP MUSCLE RELAXATION** - For some time people have asked me about a relaxation tape. Here it is! Four deep muscle relaxation exercises led by Sarah Conley. CD only.
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1 dozen (12) Clown Noses!  
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John Irvin

John Irvin, C.S.P. (Certified Speaking Professional), speaker, trainer, wellness educator and author holds a degree from the University of Tulsa and has been active in creating opportunities for professional and personal growth for over twenty five years. Today, as creator of Lifestyle Enhancement Services, Inc., John shares from his work in corporate training, mental health, leisure sciences and health and wellness. Each program that he presents sends the clear message that each of us is capable of achieving great things, that we can do more and be more than what we currently are, and most importantly, we can have great fun while doing it!

**SPECIALIZING IN:**



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**DISCOVERING OPTIONS**

You can enhance your ability to work and communicate with others through an understanding of yourself and others in this powerful program based on the work of Dr. William Marston and the Personal Profile System®.



For information on these or other program topics, please contact John.

more programs highlighted inside on P. 2!

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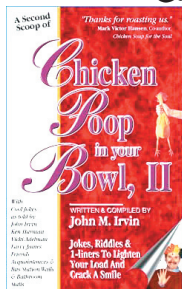
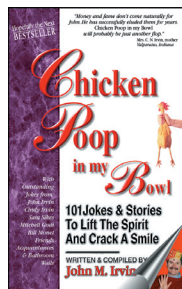
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"Look for the Humor"

& "Phun Stuff"

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