

e: laughter guaranteed



Graphic taken from Microsoft Internet Files

and Laugh

Just one person laughing can get a whole room full of people to do the same.

Though many people don't realize it, laughing is actually a healthy activity. A tiny laugh will burn a few calories, but a hearty laugh will burn a whole lot more! So, if you're looking to loose weight, feel free to laugh about it.

Whether a laugh is sunny and light or heavy with a darker side, it can do much for us, and for those around us. It seems to invade our soul and lift it up. So, the next time you're feeling any emotion, try laughing and see what happens to your soul... You might even be surprised.

**rush that sweeps
bs of the heart.**

Silly Citables

If you keep your ears open, comedy might find its way to you. People say funny things all the time, but they are often forgotten after a short chuckle or, in some cases, are nearly unnoticed. Here are some interesting comments that have been heard throughout RCHS.

"Does this coat smell like dead cows and Pine-Sol, or just dead cows?"

--Tom Mills, Jr.

"Mrs. Debbie Cash come to the office." (Moments later) "Pardon that interruption. Mrs. Debbie Cash is not here today."

--Mr. Noble, over the intercom

"Did somebody shoot a rabbit?"

--Tara Abney and Angie Ford

"Y'all, my clothes are out of style."

--Mr. Wilson

"Ms. Quigley, did your goat break down?"

--Matt McClure

"Next time a German shepherd comes at you, bite him. Your teeth are stronger."

--Mr. Ryan Riddle

"It hurts like a dill."

--Mindy Bullock

(for details see "Ready to Run", page 12)

"I can't no hick."

--undentified RCHS student

"Hello, Mr. Bulletin Board. I'm going to teach you Geometry today!"

--Ms. Quigley

From our archives...



Reprinted from the 1988 Rockcastle County High School yearbook.

Missy and Anthony are Nuttiest

The nuttiest boy and girl are Melessia Lear and Anthony Ennis. How silly can you get? You know only spiderman can climb walls that way.

That's right! Our very own secretary, Ms. Melessia McKinney was once a class clown! She was one of those comedians who kept others laughing and shocked them with her silly antics.

According to several RCHS staff members, Ms. Melessia is still quite a joker!

Who doesn't love those funny pranksters who always seem to know a joke? They keep things interesting when class drifts into boredom, and they're sure to help you find a smile on the most awful days.

If you haven't had your daily dose of humor, get out some old yearbooks and recall those goofballs from way back when or find someone you know to be a clown. That's where the guaranteed laugh comes in!

Editors note: If you enjoy this section, you are sure to love what The Rocket staff has planned for the April-2000 edition. Don't miss the surprise!!!

Listen to:

How Big'a Boy Are Ya? Vol. 1

The first in a series of comedy albums by Roy D. Mercer contains recording such as Dead Rooster, Dead Hamster, and Bad Pager.

I'm Telling You For the Last Time

Recorded from Jerry Seinfeld's HBO special, this recording was taped just months after Seinfeld went off the air.

Let's Get Small

The best of Steve Martin's comedy records features plenty of his fantastic banjo playing and his classic jokes and songs.

Watch:

The 'Burbs

Anything with Adam Sandler in it.

The Full Monty

National Lampoon's Vacation

Dumb and Dumber

Books and CDs taken from Amazon.com