



Photo by Theresa Dama-Douglas

Kickin' it with K-von | Why So Serious?

When was the last time you made it a priority to laugh? Can't remember? It sure seems like the world would rather surround us with negativity. Everyday we are inundated with news (most of it bad), stressed at our jobs, and forced to be formal... you know, an "adult"... So, to quote the Joker from Batman... "Why so serious?!"

Not long ago, I started spending my nights in the world famous comedy clubs of Los Angeles. This proved to be a life-changing experience. Night after night, I witnessed comics of all different ages, backgrounds, and ethnicities entertaining crowds large and small. I loved that their job was to look for the funny things in our everyday life we sometimes miss, to act silly, to say things people aren't supposed to say, and to stay forever young at heart. These people had dedicated their lives to getting giggles. I became addicted to these nights out. Soon I was following comedians the way sports fans profile their favorite teams. It was so much fun I decided to get up there and try it myself.

Now, you don't have to become a comedian, but how about putting laughter on the top of your "To-Do" list? I'm talking about

both giving and receiving. It's amazing how everyone loves to laugh, but ask most people their favorite joke and the reaction you'll get is, "Uhhh, well, hmmm? I don't know any." If you are ready to add more laughter to your life here are three easy ways to do it:

- First, head to your local comedy club for some inspiration. It will be one of the best nights out you can have for under \$30.
- Next, get to the video store and rent a few comedies; however, don't just watch for passive enjoyment. Take an active approach. Think about the funny parts and why you found them humorous. Did a situation hit close to home, take you by surprise, or appeal to the kid in you? A few recommendations to get you started: Forgetting Sarah Marshall, Tropic Thunder, Superhero Movie.
- Research time is over. Here is your chance to share the wealth. Make it a goal to make three people laugh each day. Surely we run into more than that, so whether it's a cashier, security guard, coworker, family member, or complete stranger... catch them

by surprise and tell them something funny you've seen recently or even tell a good old-fashioned joke. You can find an unlimited supply online. (Please make it appropriate, wouldn't want you to lose your job.)

If you aren't good at telling a joke right off the bat, it's okay. It takes some practice; so don't give up too soon. Here are some of the great things that happened right after I made someone laugh:

1. Got the girl's phone number
2. Landed the job
3. Made the sale
4. Didn't get the speeding ticket
5. Received the employee discount

Try it out and see where the laughter leads you. I think it's time we were all a little less serious!

K-von '03 (marketing) is both a Nevada alum and comedian. He is currently on a national tour with Maz Jobrani and Jamie Kennedy. Look for him coming to a town near you. Check out his schedule at www.K-vonComedy.com



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