

# Coco'Nut' Funnies

## Evil Love Poems

Love may be beautiful, love may be bliss.  
But I only slept with you because I was pissed.

I thought that I could love no other.  
Until, that is, I met your brother.

Roses are red, violets are blue,  
sugar is sweet and so are you.  
But the roses are wilting, the violets are dead,  
the sugar bowl's empty and so is your head.

Of loving beauty you float with grace.  
If only you could hide your face.

Kind, intelligent, loving and hot.  
This describes everything you are not.

I want to feel your sweet embrace.  
But don't take that paper bag off your face.

I love your smile, your face, and your eyes.  
Damn, I'm good at telling lies!

My darling, my lover, my beautiful wife:  
Marrying you screwed up my life.

I see your face when I am dreaming.  
That's why I always wake up screaming.

My love, you take my breath away.  
Just what have you stepped in to smell this way?

My feelings for you no words can tell.  
Except for maybe "go to hell".

What inspired this amorous rhyme?  
Two parts vodka, one part lime.

Please Note:

New Email Address  
for the Coconut Telegraph:  
theconchtelegraph@gmail.com

### Overheard Conversation:

Lady: Do you drink?  
Man: Yes  
Lady: How much a day?  
Man: 3 six packs  
Lady: How much per six pack?  
Man: About \$10.00  
Lady: And how long have you been drinking?  
Man: 15 years  
Lady: So one six pack costs \$10.00 and you have 3 six packs a day, which puts your spending each month at \$900. In one year, it would be \$10,800 correct?  
Man: Correct  
Lady: If in 1 year you spend \$10,800 not accounting for inflation, the past 15 years puts your spending at \$162,000 correct?  
Man: Correct  
Lady: Do you know that if you hadn't drank, that money could have been put in a step-up interest savings account and after accounting for compound interest for the past 15 years, you could have now bought a Ferrari?  
Man: Do you drink?  
Lady: No  
Man: Where's your friggin' Ferrari?

## Left Field

by J.S. McKinna

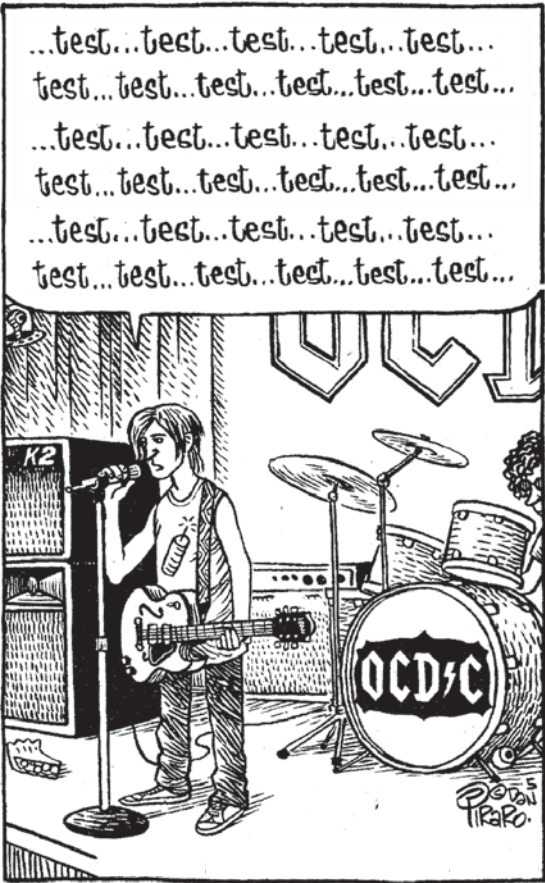
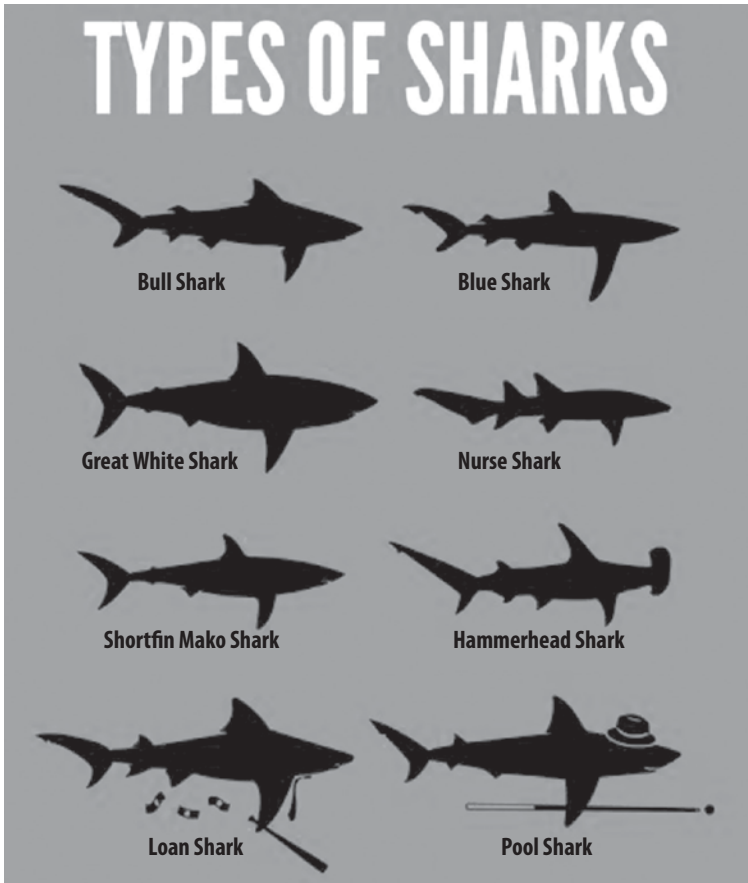


"Dang it, Stella, with a lifespan of thirty to forty days, you'd think you could clean this place up once in a while..."

While Tim was sunbathing naked at the beach in Florida, for the sake of civility and to keep it from getting sunburned, he had a hat over his private parts.

A woman walks past and says, snickering, "If you were a gentlemen you'd lift your hat."

He raises an eyebrow and replies, "If you were better looking it would lift itself."



## Will I Live Be 80?

I recently picked a new primary care doctor. After two visits and exhaustive lab tests, she said I was doing fairly well for my age.

A little concerned about that comment, I couldn't resist asking her, 'Do you think I'll live to be 80?'

She asked, 'Do you smoke tobacco, or drink beer, wine or hard liquor?'

'Oh no,' I replied. 'I'm not doing drugs, either!'

Then she asked, 'Do you eat rib-eye steaks and barbecued ribs?'

'I said, 'Not much... My former doctor said that all red meat is very unhealthy!'

'Do you spend a lot of time in the sun, like playing golf, boating, sailing, hiking, or bicycling?'

'No, I don't,' I said.

She asked, 'Do you gamble, drive fast cars, or have a lot of sex?'

'No,' I said...

She looked at me and said,

'Then, why do you even give a shit?'

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- ♦ Improves sleep

## Tending the Emotions Having a Breakdown

Having a breakdown is often the catharsis that is needed to keep our emotional life in balance.



Most of us have had the experience of holding back our emotions for such a long period of time that when they finally come out, we have something resembling a breakdown. For a certain period of time, the overwhelming flood of feelings coursing through our bodies consumes us, and we stop functioning. Often, these outbursts take us by surprise, welling up within us as we drive to or from work, watch a movie, or engage in some otherwise mundane task. We may feel like we do not know what triggered us, or if we do know, it does not make sense of our overpowering emotional response. This is because we are releasing feelings that have accumulated over a long period of time, and whatever inspired the release was just a catalyst for a much larger, much needed catharsis.

When we find ourselves in the midst of such an experience, it is important that we allow it to happen, rather than fight it or try to shut down. Wherever we are,

we can try to find a private, safe place in which to let our feelings out. If we can not access such a place immediately, we can promise to set aside some time for ourselves at our earliest possible convenience, perhaps taking a day off work. The important thing is that we need to give our emotional system some much-needed attention. It is essential that we allow ourselves to release the pent-up emotions inside ourselves so that they do not create imbalances in our bodies and minds.

When you are feeling better, make a plan to find a way to process your emotions more regularly. You can do this by employing a therapist or making a regular date to talk to a trusted friend. Journaling can also be a great way to acknowledge and release your emotions, as can certain forms of meditation. Making room in your life for tending your emotions on a regular basis will keep you healthy, balanced, and ready for life.

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