Hello,

Thank you for your interest in INLP's Brown Bag Series. This month's theme has been "Humor as Medicine". Laughter has powerful effects on the body and can act as a form of medicine. Literature shows that laughing can help us deal with chronic pain, as well as reduce symptoms of anxiety and depression (Weintraub, Danto, & McErilley, 1996, p. 5).

To illustrate these points, we've included four articles in this newsletter. The first, "Laughter as Medicine", written by Scott Willie, discusses the remarkable phenomena of humor. The second article, "Ears of Corn: Listen", focuses on the use of humor in everyday life. The third, "Student Spotlight: Scott Willie", highlights the importance of humor in Native American/Indigenous communities. Finally, "49 Laughs Comedy Show" is a spotlight on UNM scholars, and INLP Brown Bags are designed to promote social cohesion and facilitate information and instruction.

We hope you find these articles interesting and informative. Please let us know if you have any feedback or suggestions for future newsletters.

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**Laughter as Medicine**

The remarkable phenomena of humor is the practice of using humor to confront reality. Many indigenous people believe that maybe if we didn't laugh so much, we would be more depressed (Weintraub, Danto, & McErilley, 1996, p. 5). Smudging is used in Indigenous communities to prepare or reset the body. This visual mission is a visual reference to local and global communities. This month's newsletter includes:

- Ears of Corn: Listen
- Student Spotlight: Scott Willie
- Laughter as Medicine
- #SmudgeandStudy

This month's newsletter includes:

- "Laughter as Medicine" by Scott Willie
- "Ears of Corn: Listen" by Scott Willie
- "Student Spotlight: Scott Willie" by Scott Willie
- "49 Laughs Comedy Show" by Scott Willie

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**Student Spotlight: Scott Willie**

Scott Willie is Diné from Upper Fruitland, New Mexico. He is a Anthropology major. His research focus is on health tensions of indigenous bodies of the Navajo people. Scott Willie is a native, and his research focuses on cardiovascular stress. Scott Willie attended Kirtland Central High School and pursued a path that is needed for focus and social responsibility. He pushed himself through his academic career and pursued a path that is needed for applied research experience and medical knowledge.

Scott Willie is a member of the Anthropology Department and Miria Kan0 from the UNM Health Science Center. Scott Willie is finishing his career and his academic career will be graduating this May with his Bachelor of Arts in Anthropology. Scott Willie's results are forthcoming.

Scott Willie's academic path started at Kirtland Central High School in 2006. Scott Willie graduated in 2009 and is an Anthropology major. His research focus is on health tensions of indigenous bodies of the Navajo people. Scott Willie is a member of the Anthropology Department and Miria Kan0 from the UNM Health Science Center.