

Here, Judge Grey has stumbled across a new perspective on life—when people are doing things that make them happy, social, political, and economic frustrations do not carry the same weight. Whether it's issues with second hand smoke or with the environment, "none of this affects how much you need to have some little thing in every day that gives you pleasure. Eat a couple of jelly donuts a day. You'll feel better."

So, in this age when it's only acceptable to think politically correct thoughts and eat our vegetables, why not have a jelly donut? It tastes good. It feels good. And above all, it will help you lighten up!

JUDGE LAWRENCE GREY has been involved with the judicial system for over 26 years. He was a judge with the Fourth District Court of Appeals of Ohio from 1977-1995. Currently retired, he now remains there as a Judge with Senior Status. He is the author of numerous legal articles as well as the book, *How to Win a Local Election*. Judge Grey lives in Lexington, Ohio, with his wife.

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