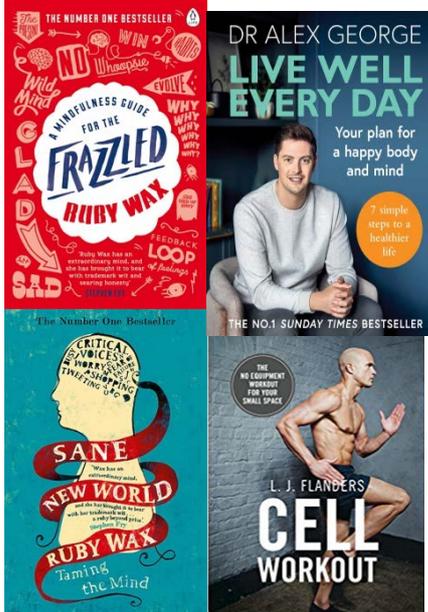


BOOK STUFF

#42



You'll Never Walk Alone

Every football fan knows it and which teams claim it, but do you know who wrote it and for which Broadway musical in 1945?

When you walk through a storm
Hold your chin up high
And don't be afraid of the dark.
At the end of a storm
Is a golden sky
And the sweet, silver song of a lark.
Walk on, through the wind,
Walk on, through the rain,
Though your dreams be tossed and blown.
Walk on, walk on with hope in your heart,
And you'll never walk alone,
You'll never walk alone.



May is Mental Health Awareness Month

Mental health problems affect as many as 25% of us at some point in our lives. They can take different forms – anxiety, depression, panic attacks, sleeplessness, loss of concentration or a sense of hopelessness. They interfere with the way we think, feel and behave. There are no quick fixes but it can help to talk with others – a cellmate or someone on the wing, a tutor, an officer or a Listener.

Exercise can help too. Look out '**Cell Workout**' in Inside Time every month or ask in the library about L J Flanders' book

And don't forget books, they're a great way to help you escape and reduce stress. So start with Bookstuff and then check out the library for a good read - maybe something about wellbeing or maybe the wildest fantasy novel you can lay your hands on.

Did you know?

Dr Alex George is the new Youth Mental Health Ambassador. He's a qualified doctor but found fame on what TV programme? He's also the author of a new book called *Live Well Every Day*. If your library doesn't already have it, ask if they can order it. Or have a browse through the health and wellbeing shelves for other similar books.

Another great writer on the subject is **Ruby Wax**, a performer and comedian who has also written a series of books on mental health that combine helpful insights with some great laughs. Titles to look out for:

Sane New World

A Mindfulness Guide for the Frazzled

How to Be Human



How to Avoid Werewolves - A logic puzzle to sharpen your wits – or drive you nuts

Suppose you are visiting a forest in which every inhabitant is either a knight or a knave. Remember that knights always tell the truth and knaves always lie. In addition, some of the inhabitants are werewolves and have the annoying habit of sometimes turning into wolves at night and devouring people. A werewolf can be either a knight or a knave.

You are interviewing three inhabitants, A, B and C.

They make the following statements:

A: At least one of the three of us is a knave.

B: C is a werewolf.



There is one werewolf among them and he is a knight. Who is he?

From Raymond Smullyan, *What Is the Name of This Book?*

Mandy Shupe

I'm thinking about you today, Mandy Shupe. Thinking about you dancing on a picnic table at Crystal Beach. Wondering about the true story and how that image often comes to mind when things are bad for me.

My mother told me about you when I was a little girl. Why, I don't know. Something to do with self-control?

What sank in was that Mandy Shupe, a Mennonite, left the church and danced naked on a picnic table at Crystal Beach. Crystal Beach, longest roller coaster in the world, so the sign said. Bright pink castle fun house and a crowded beach. Blacks from Buffalo, Negroes we called them then. Flashy clothes and an aura of perfume, though Mother said they were poor, lived in slums, weren't treated well. Didn't look poor to me. And the gangs of teenagers, slicked back, duck-tailed hair (duck's ass the less polite kids at school called it). The girls in short shorts or tight skirts showing off all they had as Mother would say. The smells of popcorn, dust, and sweat mixing with the screams from the roller coaster and loop-de-loop. The dance hall with its chandeliers, dance band, laughing couples.

I pictured you in your long gray clothes leaving the Mennonite church, walking the three miles to Crystal Beach with a man. Even then I knew somehow a man was involved. I saw you climbing up on the bench of the picnic table, the man giving you his hand.

You take off the big gray bonnet and the small white organdie underbonnet. Lay them neatly on the bench. With a shake of your head, uncoiling your dark hair. Removing the long gray dress, the chemise and the heavy flannel petticoat. Unlacing the corset. Slipping down the hand-sewn cotton bloomers. Folding each garment neatly there on the bench. Stepping from bench to table.

The dancing. Slowly at first, then faster and faster as the people cheer.

When I grew up I knew this story was preposterous and asked my mother what she had told me as a child.

The updated version was you had left the church several years before and had become a loose woman. You were drunk out at Crystal Beach, with a man, and you did dance naked on a picnic table.

Well, I had the 'with a man' part right, but I'm disappointed it took several years after you left the church. Though by now I can understand why it did. Disappointed by the drunk part, too, though I wonder about that. The people telling the story were teetotalers. If you'd had a drink, you'd be drunk.

I still see you, Mandy, in full control, with a little smile on your face as you take off your clothes, which maybe weren't really Mennonite clothes, but in your head I bet they were. I see you dancing, dancing through the warm, brightly lit night.

Kristen Andrychuk

ANSWERS

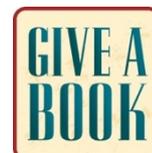
You'll Never Walk Alone: Rodgers and Hammerstein wrote it for their musical *Carousel*

Dr Alex George appeared on Love Island

Werewolves: because of A's statement, A must be a knight and there must be at least one knave.

If B were a knight then C would be a werewolf, hence also a knight, and we would have three knights.

Therefore B is a knave. Hence C is not a werewolf. Also B can't be a werewolf (since we are told that the werewolf is a knight). So again A is the werewolf.



Prison Reading Groups

