

# Local woman looks at everyday life with a humorous spin

Their eight feet surround the grave on an October morning. Slowly, as the lifeless body is lowered into the ground, everyone in the family bows their head.

“And you wanted to feed him to a snake,” says her husband of the deceased rat. So goes an autobiographical blog written about another day in the life of local humorist author, Vicky DeCoster.

DeCoster, an Omaha native, has published two books and numerous articles for many publications, including *Her Magazine*. Her humor spans from daily life events (such as the burial of family pet rat Max,) to saying no to a date offer.

Her start with humor wasn't such a positive experience, however.

“When I was a kid...picture Frankenstein with cat glasses was kind of what I looked like,” she said. “My mom cut my hair for me and I had this awful pair of glasses and as a result, I was made fun of a lot in grade school. I learned that if I made people laugh, they liked me and quit teasing me. That's how I started developing my sense of humor even though it's kind of a sad little story.”

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Humor as a career on the side wasn't always a part of DeCoster's life. For about 20 years, she worked in accounting firms. She got her start in writing humor in the early nineties. DeCoster was asked to do a piece for *Omaha Magazine* on declining a date.

“It (*How to Just Say 'No' to a Date*) was a big hit, they read it on the radio and I thought ‘Hmm, maybe I should be turning in this direction with my writing,’” she said. “So I kind of started pursuing it more in my spare time after that.”



Vicky DeCoster

Since then, DeCoster has had articles published in various publications, including two full collections of essays. Her first book, *Wacky World of Womanhood: Essays on Girlhood, Dating, Motherhood, and the Loss of Matching Underwear*, came out in 2003 with rave reviews from various people nationwide.

“For women, I think humor bonds us to each other,” she said.

In Sept. 2006, her second book, *Husbands, Hot Flashes and All That Hullabaloo: Menopausal Musings from a Midlife Mama*, came out. Her second book is geared towards baby boomer-aged women.

“With over 40 million women currently in the throes of menopause, is it no wonder we are experiencing global warming?” DeCoster jokes on her website. Both books were self-published. Currently, both books are available on DeCoster's website at [www.wackywomanhood.com](http://www.wackywomanhood.com) or in various libraries around the metro area. She also has various appearances at her book signings around Omaha.

“People are really craving humor these days,” she said. “There are so many health benefits with laughing...it reduces stress, blood pressure and all of those things. It's a definite necessity in all of our lives, I think. The news is so depressing, it's just good to pick up a book where you can read just one story before you go to sleep and make you feel good.”

For more information on Vicky DeCoster's books and signings, go to her website at [www.wackywomanhood.com](http://www.wackywomanhood.com). ❧