

# Test topic: Role of environment

How much effect does your environment have on your mental and physical health?

How much do you know about this? Here’s a chance to find out.

1. Although we may complain about the weather, it actually has little effect on our moods or mental health.

True ( ) False ( )

2. Air pollution affects our physical health, but apart from that, there’s no evidence that it affects our feelings or emotions.

True ( ) False ( )

3. The smells in the air around us may be pleasant or unpleasant, but they are unrelated to our moods or our communication.

True ( ) False ( )

4. A good view, a walk in the park or being able to be close to nature is nice, but not necessary for our well-being.

True ( ) False ( )

5. Loud noises, whether in the street, in the home or in the workplace, can have a bad effect on our eardrums, but little on our temperament or attitude, because we learn to adjust.

True ( ) False ( )

6. Being able to be close to nature could affect our level of creativity.

True ( ) False ( )

7. Our sense of smell is so important that if you’re trying to sell your house, the smells coming from your kitchen can influence your success.

True ( ) False ( )

8. Changes in climate have been around throughout history, and we’ve come through it, we’ve survived, and man basically has little or no control over it.

True ( ) False ( )

Answers



Dr. Joyce Brothers

• Ask Dr. Brothers

1. **False.** Some people suffer from depression in the winter, so much so that there’s a name for it — SAD, or seasonal affective disorder — while others are exuberant in the snow and invigorated by the cold. It has a profound effect on our moods.

2. **False.** Air pollution has psychological as well as physical effects on our mood and temperament. It can be related to crime waves, divorce, even suicide.

3. **False.** Smell is actually a way of communication, and is a powerful way that nature has found of proving identity.

Our sense of smell travels to the brain more directly than any other sense.

4. **False.** Some scientists think this need for green, for a view of it, is as important to human well-being as forming human relationships and having friends are.

5. **False.** It’s true that loud noise can damage our eardrums, and it can also make us irritable or aggressive and prevent us from being able to work or concentrate. It can also diminish the quality of our sex life.

6. **True.** Psychological studies suggest that having an opportunity to be close to nature, whether in the country or in a city park, can lead to more positive emotional states and

creative thinking.

7. **True.** Our sense of smell can have both emotional and physical effects. The smell of certain foods cooking can bring back memories of our mother.

This is one reason real estate agents might suggest having bread or apple pie in the oven if you’re trying to sell your house.

8. **False.** In the distant past, we humans often didn’t survive it, and because of our carelessness about tending to the planet, we’ve lost and are continuing to lose both plant and animal species.

The majority of experts around the world feel that by working together, we can reduce global warming if we’re willing to make some sacrifices to save our environment.

If you answered six of these eight questions correctly, you’re better informed than most on this particular subject.

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## Conceptis Sudoku

by Dave Green

	5	2	8	6	9	1	4	
	7						6	
		4	3	7	5	8		
	3						7	
2					4			8
6				2		9		4
8					1			2
	2						1	
		1	2	4	3	7		

Difficulty Level ★★ ★

6/06

*This is a logic-based number placement puzzle. The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral. The solution to today’s Sudoku puzzle is at the bottom of this page.*

## For the Record

The following arrests or incidents have been provided by either the Thomas County Sheriff’s office or the Colby Police Department. All suspects were booked into the county jail and are presumed innocent until proven guilty.

The Thomas County Jail is used by the towns of Colby and Oakley and Logan and Thomas counties.

**Thomas County Sheriff  
Monday, May 7**

• **Traffic complaint:** The police were advised at 1:10 a.m. of an erratic driver on I-70.

• **Parking complaint:** An indi-

vidual called police at 8:39 a.m. in reference to a Brewster High School student parked in her driveway.

• **Service rendered:** At 3:08 p.m. police escorted a vehicle from Walnut and Country Club Drive to west of Colby on College Drive.

**Tuesday, May 8**

• **Suspicious incident:** A person advised police at 12:54 p.m. of elderly female walking on Highway 24 by Ron’s Automotive.

The subject was located and the

SEE “RECORD,” Page 6

## Today’s Sudoku answer

3	5	2	8	6	9	1	4	7
9	7	8	4	1	2	5	6	3
1	6	4	3	7	5	8	2	9
4	3	9	5	8	6	2	7	1
2	1	7	9	3	4	6	5	8
6	8	5	1	2	7	9	3	4
8	4	6	7	5	1	3	9	2
7	2	3	6	9	8	4	1	5
5	9	1	2	4	3	7	8	6

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