

Expanding business



Darrell Hoss (center, on the floor) and son-in-law Chris Dorn (right) get help from T.J. Yarger (left) on an addition to the Total Look, 691 E. 25th St., to house a shower, laundry and extra space for Deedi Hoss-Dorn's facial services. Helping, but not in the picture, were Darrell's son Clayton and Mike Yarger, who operated the crane. Photo by Jordie Mann/The Goodland Star-News

Laughter best medicine



high plains
mental health
• plain sense

For many years, research in the medical and mental health fields has supported the proverb that "laughter is the best medicine." Not only has science proven the wisdom of this proverb, but has also issued an update. According to a recent report in "Science Daily" (April 10, 2008), over the last two years scientists have discovered that simply anticipating a good laugh will boost health-protecting hormones and at the same time reduce potentially detrimental stress hormones.

In 2006, researchers found that the anticipation of "mirthful laughter" increases a person's beta-endorphins and human growth hormones. The first is within the family of chemicals that help alleviate depression, and the other helps stimulate the immune system of the body. So it appears that the physical act of laughing is not only good for you, but also the anticipation of some laugh-out-loud or knee-slapping moments can help you stay healthy.

This year scientists using a similar protocol discovered that the anticipation of laughter also reduced the levels of three stress hormones: cortisol (commonly referred to as "the stress hormone") decreased 39 percent; epinephrine (also known as adrenaline) decreased 70 percent; and dopac (a brain chemical that helps to produce epinephrine) decreased 38 percent. Therefore, the significance of anticipating a good laugh (whether looking forward to a funny movie, a favorite comic or simply a get-together with friends) increases the level of "good" hor-

mones and decreases the level of "negative" hormones. Talk about a "win-win" situation!

Stress and change, both positive and negative, are inherently a part of life and are not going to go away. Previous research has clearly shown the dangers a person may face when under chronic levels of stress. High stress hormone levels contribute to a general weakening of the immune system, increased risk of heart attack, sleep disturbances and digestive problems. Individuals under chronic stress also show an increase in the use of alcohol, drugs or nicotine. Increases in aggression, moodiness and ultimately higher rates of depression and anxiety have also been implicated as direct results of long-term stress.

Through the research and studies noted here, science has now provided us with another good reason to "lighten up." Seeking out healthy and humorous situations and taking the time to anticipate genuine laughter appears to be a relatively easy way to reduce stress and maintain good physical and emotional health.

Contributed by Ken Loos, MS, LMLP, Prevention, Education and Outreach Department of High Plains Mental Health Center. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

matters of record

District Traffic

The following fines have been paid in the Sherman County District Court. All ages are at the time of the ticket.

Sept. 6, 2004: Aaron M. Carlson, 18, Lithia Springs, Ga., \$490 for speeding, 117/70.

Jan. 19, 2005: Adam N. Stuhl-miller, \$291.50 for driving with a suspended or revoked license, \$60 for driving without a valid license, \$60 for unlawful acts with vehicles and \$300 for not having liability insurance.

May 8, 2006: Andrew T. Russell, 20, Dallas, \$205 for speeding and \$30 for not wearing a seat belt.

July 20, 2006: Gloria M. Cruz, 32, Denver, \$224 for speeding.

Aug. 27, 2006: Jaehae Hwang, 30, Buena Park, Calif., \$219 for speeding.

Oct. 4, 2006: Christopher L. Sunday, 21, Spring, Texas, \$174 for speeding.

Jan. 13, 2007: Jeremy R. Schuy-ler, 20, Lawrence, \$416 for driving while suspended, first conviction.

March 16, 2007: Christian A.

Foley, 26, Roswell, Ga., \$366 for driving while suspended, first conviction.

April 20, 2007: Bryson A. De-witty, 23, Colorado Springs, \$132 for speeding.

May 7, 2007: Mark L. Killpack, 43, Lehi, Utah, \$366 for driving while suspended, first conviction.

May 30, 2007: Jimmy C. Smith, 37, Timmath, Colo., \$120 for being over weight limits on wheels and axles.

June 12: Otrell L. Law, 27, Eunice, La., \$301 for not having liability insurance.

July 5: Nicole R. Watson, 22, Arlington, Texas, \$501 for speeding and \$60 for not having a child in a safety restraint.

July 13: Antwon M. Austin, 17, Colorado Springs, \$192 for speeding.

Oct. 15: Jordan M. Costa, 25, Fort Collins, Colo., \$156 for speeding.

Nov. 13: Justin N. McCarville, 20, House Springs, Mo., \$351 for speeding.

Nov. 24: John A. Sprague Sr., 50, Phoenix, \$201 for speeding, 95/70.

Dec. 23: Alejandro Viviano-Gonzalez, 36, Brusham, Okla., \$146 for unlawful use of driver's license.

Jan. 8: Darleen S. Schmidt, 48, Parker, Colo., \$138 for speeding, 87/70.

Jan. 12: Marshall A. Bryant, 19, Lake Worth, Fla., \$261 for speeding, 101/70.

Jan. 13: Andrew A. Roberts, 23, Fort Sill, Okla., \$471 for speeding.

Jan. 23: Thomas C. Madewell, 22, Council Hill, Okla., \$96 for speeding.

Jan. 31: Christopher A. Deo, 36, Shawnee, \$166 for violating motor carrier safety rules and regulations, not having seven days' log.

Feb. 3: Timothy D. Holt Jr., 34, Oklahoma City, \$126 for speeding, 85/70.

Feb. 16: Jennifer E. Clark, 27, Somerville, Mass., \$126 for speeding, 85/70.

Feb. 22: Joshua R. Dorsey, 20, Colorado Springs, \$132 for improper parking.

Feb. 24: Mark B. Zimmer Jr., 19, St. Albans, Mo., \$126 for speeding, 85/70.

Feb. 27: Michelle K. Davis, 21, Andalusia, Ala., \$120 for speeding, 84/70.

Feb. 28: Lydian K. Malhiot, 39, Henrietta, Okla., \$183 for speeding.

March 6: Joshua M. Webb, 22, Olathe, \$140 for speeding, 87/70.

March 11: Michael M. Buck, 46, Visalia, Calif., \$166 for violating motor carrier safety rules and regulations, not having seven days' log.

Glyn J. Hartman, 47, Homedale, Idaho, \$93 for being over weight limits on wheels and axles.

March 13: Blake T. Leavitt, 23, Burlington, Vt., \$165 for speeding, 91/70.

March 14: Russell L. Perkins, 40, Sedalia, Mo., \$126 for speeding, 85/70.

March 15: James R. Birmingham, 28, Gillette, Wyo., \$130 for improper parking.

Christopher P. Gann, 41, Dallas, \$120 for speeding, 84/70.

Matthew Macormic, 20, Rock Springs, Wyo., \$220 for speeding, 92/65.

March 17: Jessie J. Williams, 50, El Dorado, Ark., \$126 for speeding, 85/70.

March 18: Sean R. Lafaver, 27, Avon, Colo., \$138 for improper parking.

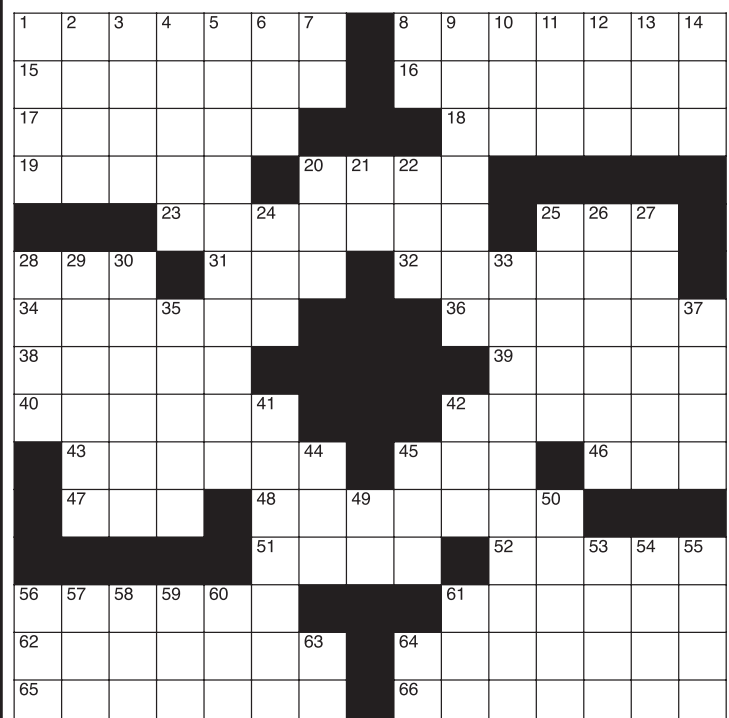
Sean S. Williams, 23, Littleton, Colo., \$165 for speeding, 91/70.

March 19: Matthew C. Bonebrake, 21, Topeka, \$126 for speeding, 80/70.

March 20: Alexander T. Gavin, 20, Dallas, \$150 for speeding, 89/70.

Drayden Kuhre, 22, Lakewood, Colo., \$126 for speeding, 85/70.

Crossword Puzzle



CLUES ACROSS

1. Griseus dolphin genus
8. Breed of riding horse
15. Tinged with gold
16. A nomadic Arabian tribe
17. A sculpture of a human
18. French dog
19. South Dravidian
20. About aviation
23. Babies' bed that rocks
25. Actor comedian DeLuise
28. A fragment of cloth
31. Electronic data processing
32. Be on one's guard
34. A way to split apart
36. Wage
38. Put up with something
39. Musical notation
40. A type of skating
42. The Pequot
43. Spiral staircase centers
45. People of southern Yun-nan, China
46. Before
47. Several os
48. New Guinea monotreme
51. N. Central African country
52. Libreville is it's capital
56. Subtract
61. The distance covered by a step
62. Feeling uneasily self-conscious
64. Decides upon
65. Ahead
66. Evildoers

5. Midnight rider
6. Shoshonean language
7. Between S and E
8. Blood group
9. Reclines
10. Rapid bustling movement
11. Ghostly exclamation
12. Inst. for Urban Development
13. Be unwell
14. Point between N and NE
20. Large payroll company
21. Overhead railway
22. Confederate soldier
24. Turns into noun
25. Indigo bush
26. Any person who divines the future
27. Deals in fabrics
28. Canadian flyers
29. A person with albinism
30. ___ counter, measures radiation
33. Father to the USA
35. No. Ethiopian town
37. Past
41. Chosen by popular election
42. Small mass of soft material
44. ___enectady - 12300
45. Have already done
49. Expresses surprise
50. Moses' elder brother
53. A dry cold north wind in SE France
54. River into the Baltic Sea
55. Famous Scottish Loch
56. Data access object

CLUES DOWN

1. American Progress painter John
2. ___baga: root vegetable
3. ___co: Saudi energy co.
4. Noncitizen in ancient Greece
57. One point north of due east
58. Corvus monedula
59. 50 state republic
60. Chronicles, abbr. (Biblical)
61. ___h-tzu: fluffy dog
63. Set of data
64. Symbol for cesium

The crossword puzzle brought to you by:

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Thank You

After 20 plus years in business,
The Prints and The Paper
will be closing its doors
June 27, 2008.
Thank you for your years of patronage.
Kay

*All scrapbooking supplies are 50% off

IMPROVEMENT GRANTS Available

The Sherman County Economic Development Office is offering 2 separate grants for Sherman County residents for exterior improvements to housing or businesses. If you are interested in this program, please stop by the office at 104 E. 10th for an application. Applications must be received by 4:30 p.m. on June 20th. For questions, please call 785-890-3743

Need a Ride?

Call General Public Transportation Bus Services are available within the City limits of Goodland, Kansas

To schedule a ride call:
Monday thru Friday
9:00 am to 3:00 pm MST
785-899-5082

Donations are accepted
Handicap Accessible

"Project Funded in part by the KDOT Public Transit Program"

Opening on Economic Development Board

Sherman County Resident to fill position on Sherman County Economic Development Board of Directors. If you or someone you know is interested in this position, please call 890-3743, or stop by the Office at 104 E. 10th in Goodland prior to June 17th.

ROSEWOOD RESOURCES

While remaining active in Kansas effective
May 12, 2008

Rosewood Resources is moving its Goodland office to:

**423 Main Street, Suite D
Wray, Colorado**

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT
Dean Jarrett @ 970-630-3378
Ginny Burchard @ 303-991-4690 ext 107

ROSEWOOD RESOURCES