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- for the absurd and silly activities that go on around you each day.
- Observe infants and young children to learn how to find delight and amusement in the most ordinary things.
- Hang around funny friends.
- Increase your exposure to comedies, comic sitcoms, joke books, comedy clubs, etc.
- Take a 5 to 10 minute humor break each day. Read jokes, add to a humor notebook, and listen to funny tapes.
- If you hear a joke you really like, write it down or tell it to someone else to help you remember it.
- Remind yourself to have fun.
- Spend time with those who help you see the bright side. Whenever possible, avoid negative people.
- Avoid conversations, news, entertainment, etc., that frightens, upsets or distresses you, or makes you feel sad and unhappy.
- Be mindful of just "lightening up".

For the full bulletin go to:

<http://www2.ca.uky.edu/hes/fcs/factshts/hsw-caw-807.pdf>



Brunch on the Farm

Please join us for the 32nd Annual Shawano County Brunch on the Farm. This year's brunch will be hosted by Beran's Dairy in Birnamwood. The Shawano County Farm Bureau in collaboration with Al, Vicky, Jeremy, Jason, Stacy and the rest of the Beran family would like to invite you to the brunch and encourage you and your family to spend the day with us on the farm.

This event draws over 2,500 people each year and is full of family-fun events where people get to learn about the local dairy industry and of course eat a great brunch! Enjoy a hearty breakfast of eggs, sausage, cheese, pickles, milk, ice cream, cinnamon bread, and much more! Brunch will be served from 9am until 1pm and tickets for breakfast can be purchased at the farm on Sunday, June 28th, adults are \$7, children 5-12 are \$4, and children 4 and under are free.

This event will start off with the Dairy Dash & Stroll 5K at 7:30am and a Worship Service at 8am. Other events at the brunch that will run all day include wagon ride tours of the farm pulled by antique tractors, a petting zoo, children's games with prizes, take a picture with a calf, pedal tractor pulls for children and adults, barrel train rides, ice cream sundaes, a bouncy house, music by the KNX Party Band, and a sample tent where you can get a new taste of Wisconsin. We encourage everyone to come and interact with our local farmers to learn more about agriculture and how our food goes from the farm to your plate.

Dreams of Green Gardens

The garden is located at the corner of Lincoln and Zingler Streets next to Zion Lutheran Church in Shawano. Water is provided on site and there is a \$8.00 fee for a basic 10 ft. x 10 ft. plot. Larger plots are available for an additional charge. The fee covers the cost of water and tilling. Contact the Shawano County UWEX offices for more information or stop in to sign up for the plot. 715-526-6136.



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

May-June 2015

The Connection between Laughter, Humor, and Good Health

Author: Carol Whipple & Susan Calvert

Facts and Figures

Laughter is the biological reaction of humans to moments or occasions of humor. It is an outward expressions of amusement.

- On Average, a child laughs 300 times a day while an adult laughs only 17 times a day.
- The majority of men report that their laughter is a chuckle, and the majority of women report that theirs is a giggle.
- Adults between the ages of 18 and 34 report laughing the most.
- Most laughter does not come from listening to jokes; it comes from spending time with family and friends.
- People tend to laugh more when in groups. People should surround themselves with others who laugh, because laughter is contagious.
- Smiling is a mild, silent form of laughing.
- Babies start to laugh at about four months of age.



Other Interesting Laughter Information

- Studies from around the world have shown that an atmosphere of humor results in better patient care, less anesthesia time, less operating time, and shorter hospital stays.
- Laughter is not confined to humans.
- Chimpanzees show laughter-like behavior in response to physical contact, such as wrestling, chasing, or tickling; and rat pups emit short, high-frequency, ultrasonic vocalization during rough-and-tumble play and when tickled.
- Rat pups "laugh" far more than older rats.
- Laughter can also make you more attractive to your friends, loved ones, and the opposite sex.
- John Morreall, editor of both *Humor: International Journal of Humor Research* and *The International Journal for Humor and Health*, theorizes that human laughter may help inhibit the fight or flight response, making laughter a behavioral sign of trust in one's companions.
- Laughter sounds the same across cultures, leading some researchers to believe that laughter helped bond our ancestors together. In fact, the sound of laughter is so common and familiar that it can be recognized if played backwards on tape.

EDUCATIONAL OPPORTUNITIES

For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

- Laughing burns calories. In fact, laughing for 10 minutes each day can burn the same number of calories as a half-hour workout.
- Laughter can be infectious. It can make others smile and feel happier. We are more likely to remember and want to be around the people who cheer us up and make us laugh.

The Health Benefits of Humor and Laughter

- Blood Pressure – People who laugh heartily, on a regular basis, have a lower standing blood pressure than does the average person. When people have a good laugh, initially the blood pressure increases, but then it decreases to levels below normal.
- Hormones – Laughter reduces at least four of the neuro-endocrine hormones associated with stress. These are epinephrine, cortisol, dopamine, and growth hormone.
- Immune System – Clinical studies by Lee Berk at Loma Linda University have shown that laughter strengthens the immune system by increasing infection-fighting antibodies.
- Muscle Relaxation – Belly laughs result in muscle relaxation. While you laugh, the muscles that do not participate in the belly laugh relax. After you finish laughing, those muscles involved in the laughter start to relax. Therefore, the action takes place in two stages.
- Pain Reduction – Laughter allows a person

to “forget” about pains such as those associated with aches, arthritis, etc. In 1987, Texas Tech psychologist Rosemary Cogan used the discomfort of a pressure cuff to test the medical benefits of laughter on pain management. Subjects who watched a 20-minute Lily Tomlin routine could tolerate a tighter cuff than those who had watched an informational tape or no tape at all.

- Brain Function – Laughter stimulates both sides of the brain to enhance learning. It eases muscle tension and psychological stress, which keeps the brain alert and allows people to retain more information.
- Respiration – Frequent belly laughter empties your lungs of more air than it takes in, resulting in a cleansing effect - similar to deep-breathing. This deep breathing sends more oxygen-enriched blood and nutrients through out the body.
- The Heart – Laughter, along with an active sense of humor, may help protect you against a heart attack, according to a study at the University of Maryland Medical Center. The study, which is the first to indicate that laughter may help prevent heart disease, found that people with heart disease were 40 percent less likely to laugh in a variety of situations compared to people of the same age without heart disease.

How You Can Expand Your Sense of Humor

- Look for the everyday humor. Start looking **See back page.**

Shawano Community Education

The Shawano Community Education will be offering 5 preservation classes starting in May and running through October. The fee for the preservation classes will be \$8 per session. Instructors will be Linda Olson and Sandi Kane both of whom are Master Food Preservers and Nancy Schultz, Shawano County UWEX Family Living Educator. Topics will include:

- Intro to Canning and Food Preservation
Wednesday, May 20th, 6 to 8 pm

This class will provide an overview of canning procedures and the science behind them. Learn the difference between water bath and pressure canners and when to use each. A brief overview of pickling and dehydrating will also be discussed. This is a great “introduction” class for new canners or those who may need a refresher.

- Jams and Jellies
Wednesday, June 17th, 6 to 8:30 pm

This class will provide information and tips for making jams, jellies, preserves, conserves, and marmalades. These are all fruit products that are jellied or thickened. These soft spreads are fun to prepare and add class, as well as character, to any meal. They also make excellent gifts anytime of the year.

- Pickling Vegetables
Wednesday, July 22nd, 6 to 8:30 pm

You will be making Dilly Beans. This boiling water canner method preserving green beans is a quick, fun food preservation method.

- Canning Tomato Products
Tuesday, August 18th, 6 to 8:30 pm

Tomatoes are probably the most popular home canned food. Canned tomatoes are excellent for preparing chili suppers, spaghetti sauces, casseroles and an endless variety of meal accompaniments. Information will be shared on canning tomatoes and salsa.

- Canning Meats, Poultry and Fish
Thursday, October 1st, 6 to 8:30 pm

Ever thought about canning this year's venison? Learn how to pack using either hot or raw pack method for meats, poultry and fish. Learn how to use a pressure canner.

All classes will be held at the SCMS in Room 1001.



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A Healthy Workforce

When: July 22, 2015 from 9am to 11am

Where: CRI—Conference Room Main and Green Bay

The panel will explain the importance of soft skills in the workplace and the value that they have.

Teachers for the morning will be Jay Moynihan & Nancy Schultz, both from the UW-Extension Shawano County, Jaime Bodden, Director/Health Officer of the Shawano-Menominee Counties Health Department.

Alcohol and Drug Abuse

What employers should look for in the workplace.

When: Thursday, May 7th, 2015 from 8 am to 10:30 am

Where: Boarders Inn and Suites, W7393 River Bend Rd

Join business leaders from the Shawano and Menominee County area for this quarterly breakfast workshop. This workshop will help address alcohol and drug use and abuse in the workplace. These sessions are intended for business owners of small and large organizations, corporate executives, human resource personnel, and management.

The program is free of charge, but please register at:

www.thedacare.org/employer-workshops or call 715-526-5839.

Bike to School Day

National Bike Month is being celebrated in May and is a great opportunity to promote the positive aspects of the activity. Biking can be a fun way to increase physical activity, reduce traffic, help the environment, and improve both mental and physical health. By teaching students bicycle safety at a young age it will be giving them the opportunity to have a fun and healthy activity that could last a lifetime.

Bike to School Day will be on Wednesday May 6th. Have your child ride their bike to school.

For more information on the WWF: Contact the Shawano County UW-Extension Office, Room 101—311 North Main Street, Shawano

• 715-526-6136 • <http://shawano.uwex.edu/> •