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Laughter, Life, Friends

By BERTHA PARSONS

Did you know laughter can extend your life by helping us to be less stressful, stay healthier and have fewer diseases? Sign me up! I'm going to find something to laugh about every day.

You may have heard that laughter is the best medicine, but if I broke my hip I'd really rather have a good doctor. In the times we live today I'm finding laughter, jokes and crazy questions every time I read a paper or listen to news or have coffee with friends. I almost fall off my chair with laughter at some of the things I hear daily.

There are many ways to laugh. You may chuckle, giggle, snicker, snort or just laugh. It is always in response to a joke, a family story, or silly things people do. It tickles our minds and catches our hearts off guard. For instance, the Sunday I went to church with a roller left in my hair.

Did my husband or anyone mention it? No, not even the family sitting behind us. There was chuckling. I'm sure the whole church got a good laugh, but they still love me.

We all have life luggage. Maybe one little case, maybe a matching set. No matter what kind of baggage we've got, it can be heavy. Hearing a joke or seeing something that makes us giggle really helps lighten our load. It's worked for me, especially now with grandchildren who think I'm the craziest lady they know. Just the other day after receiving a card from me they told their Mother, "Gramma is a real hoot." I laughed and hoped that's good?

When life gets rough and crazy like it will, having a little help makes all the difference! That's where friends come in. Friends are like those little wheels on the bottom that let us run to where we need to be through life. Friends tell us everything will be OK, they help us along our journey to see the funny in it.

If you catch me laughing in a restaurant or grocery store know that I'm doing it to stay healthy and maybe not laugh-in at you.

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Program to provide children's dental screenings at park

Danville—HALO Project, a Healthy Community Initiative sponsored by Presence United Samaritans Medical Center, in partnership with Colgate-Bright Smiles Bright Futures and Orland Park Dental Services, will host "Smiling Faces Dental Days" on June 21 & 22.

Children ages 3–18 will receive a free dental screening as well as a goody bag with dental supplies to use for proper oral hygiene at home. Parents/ guardians must accompany children.

The Colgate-Bright Smiles Bright Futures Dental Van will be available:

June 21

9-11 am – Hoopeston - McFerren Park
1-4 pm - Danville – Fair Oaks Housing Complex
June 22

9-11 am - Westville – St. Mary's Church
1-4 pm - Danville – Vermilion Garden Apartments

Children and their parent/guardian from all cities and towns in Vermilion County are welcome at any of the four sites. Services are provided on a "first come first served" basis.

Screenings satisfy all Vermilion County School District's dental screening requirement for children in kin-

See SCREENINGS on other side

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Lightning a real danger in Illinois; NOAA lists safety tips

Illinois ranks in the top 10 when it comes to lightning. In the east north central section of the Midwest, Illinois ranks second for most lightning fatalities from 1959-2013, according to geology.com. Illinois had 104 fatalities in that time, second to Michigan, with 107.

In 2014, Illinois ranked seventh among the state for the most claims related to lightning damage, according to the Insurance Information Institute.

Thoughtco.com ranks Illinois ninth of 10 when it comes to cloud-to-ground lightning flashes, with an average 792,479 annually or 14.1 flashes per square mile.

This is Lightning Safety Awareness Week and the NOAA.gov has tips to avoid becoming a lightning statistic. They include:

- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, immediately move to a safe shelter: a substantial building with electricity or plumbing or a metal-topped vehicle with windows up.
- Remain sheltered until at least 30 minutes after you hear the last sound of thunder.
- Stay off corded phones and other electrical equipment.
- Avoid plumbing, including sinks, baths and faucets.

Screenings continued from other side

dergarten, second, and sixth grades. Forms will be completed and given to the parent/guardian at the time of the screening.

Colgate-Bright Smiles Bright Futures will provide the dental van, supplies, and goody bags, while Orland Park Dental Services will provide the dentist and hygienist who will be completing the dental screenings. "Dental health is directly related to other overall health, and there is now medical proof that gum disease is directly linked to developing cardiovascular disease," states Kathy Richard, Director of HALO Project. "It is extremely important that children receive appropriate dental care and that they are taught how to properly take care of their teeth now in order to avoid the risk of disease later in life."

Many children and their families in Vermilion County do not have access to or cannot afford dental care. Many families admit to not having enough dental supplies for each member of their family to practice healthy oral hygiene.

- Stay away from windows and doors and off porches.
- Do not lie on concrete floors or lean against concrete walls.

If you are outside with no safe shelter near, the following may reduce your risk:

- Get off elevated areas such as hills or peaks.
- Never lie flat on the ground or shelter under an isolated tree.
- Get away from bodies of water.
- Stay away from objects that conduct electricity (barbed wire fences, power lines, etc.).
- When Thunder Roars, Go Indoors.

For more information, visit lightningsafety.noaa.gov.

From the Blotter

No tickets or injuries were reported in an accident at 7:13 p.m. Sunday at Main and Market. Police said Verne Williams, of Rossville, in a 2014 Dodge van, stopped, then entered the intersection, hitting a 2002 E-Z Go golf cart driven by Heather Lane, of Hoopeston.

Williams said he was unable to see the golf cart due to bright sunlight.

"If you know of family, friends, church members, acquaintances, coworkers, or neighbors who do not have transportation to one of the dental van sites, please be a good Samaritan and provide transportation for them," adds Richard.

If children needing screenings are unavailable to attend the upcoming dates, local dentists will provide dental screenings at the Children's Health Safety & Activity Fair on August 26 from 10 am to 2 pm at the Village Mall in Danville.

For more information about Smiling Faces Dental Days or the HALO Project, call Kathy Richards at 217.442.6587 or visit presencehealth.org/halo.

Weather

Partly sunny, chance of isolated thunderstorms today. High 81. Tonight, partly cloudy. Low 58. Tomorrow, sunny. High 84, low 67.

Briefly

Library to hold summer teen meeting

Local kids in grades 6-12 are invited to get involved in a variety of fun activities at Hoopeston Public Library this summer. A planning gathering will be held at 3 p.m., Wednesday, June 21, to discuss ideas which including painting projects (rocks, CDs, bookends), geocaching and crime scene investigation.

Bring your ideas and your friends. Refreshments will be served.

The Gathering

Rossville area senior citizens will meet at 1 p.m. Thursday at Rossville Fire Station for a monthly get-together sponsored by Rossville Community Organization.

Grahams to mark 50th

The children of Dale and Lou Graham wish everyone to a 50th anniversary open house dessert buffet from 2-4 p.m. Sunday, June 25. The celebration will be in the fellowship hall at Hoopeston First United Methodist Church, 403 E. Main St.

In lieu of gifts, please bring peanut butter, fruit cups, granola bars, cheese crackers or brown lunch bags for the Feed The Lambs Summer Lunch program.

Classifieds

HELP WANTED

The Pit Stop at Fast Lanes accepting applications for part time cooks, prep workers. 20 hrs a week. Must have or be able to get food sanitation license .Evening work. No phone calls accepted.

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