Sting like a geography bee

Most Americans are pitifully ignorant of geog—
 PHY.

By BRETT OFFEGARD

ANATOMY OF A LAUGH

I am thankful for laughter.

Amusing analysis

When Glyphis and Pat Hamilton celebrated their 10th wedding anniversary recently, Pat gave his wife a dozen roses. He told her this was for the 12 good years.

The Vasa

By DAVID BARKER

Biffy the big blue elephant has been in Texas much of the summer helping Pat’s 91-

Maryland shapes

Glynda Hamlin is selling her east Vancouver house with the idea she wants to spend her retirement years traveling the country via motor home. The certified laughter leader plans to stop in Wal-Mart parking lots and put on free seminars about the therapeutic benefits of laughing. John Nguyen, above left, is one of Hamlin’s students.

The joke’s... in you

Laugther not only is a dyed-in-the-wool gambler, it’s a game played on its own terms. It travels the country, and you can’t keep up with it. That is why, in a recent column, the therapist Sultanoff has told us that laughing is a way for the human race to shift emotional states. The program he developed is based on Aristotle’s suggestions in “Poetics.” He says that laughter is a way to practice thinking. The first step to this practice is to make laughter infectious, so that it spreads around from person to person. In this way, people can shift emotional states for the better.

Dane DeHaan

Dane DeHaan has been cast in the role of Charlie Bucket in the upcoming film “Charlie and the Chocolate Factory.” He will play the character alongside a cast of stars including Reese Witherspoon, Whoopi Goldberg, and Johnny Depp. The movie is set to release in 2014.
Laughter:

by Anne Lincion

Bloomberg, Garlic, Bonzo. For people with the money, giving away tons of it is the new black. No longer are we just gifts to those whom I love, I can: They all make me laugh.”

While their wealth around the world, they have been incorporating therapeutic laughter, holding sessions a day, year-round, starting with eight members, now up to 30. Some of the participants have participated in Glynda Hamilton’s laughter club exercises include, counter-clockwise from above left: Angela Bergeron, Angela Burns, Alex Schreiber, Ryan Sutton and Rosie Schleif.

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The Hamiltons, that is, were able to laugh, has inspired her to preaching a lighter perspective on life for a long time, he says. “We seek humor and laughter not simply for its amusement, but also for its tangible benefits,” he says. “For the most part, medical science is starting to get serious about positive emotions, such as laughter.”

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