



MAKING YOUR WEEK **Happier** JAN 21-27



Can You Feel Their Love for Each Other

Riddle



What kind of ship
has two mates
but no captain?

Answer:
A relationship.

He Just Couldn't Wait to Kiss Me

This sweet boxer lives in Walla Walla, Washington, about three blocks from our offices. His owner ran a key making shop close to downtown Walla Walla. As you walked in the door, he would be laying on the floor in a lazy way; look up and recognize you.

As soon as you sat down . . . fast, he was up in your lap giving you a slobbery kiss.

For some reason he seemed to become my buddy. The owner would just smile and tell him to get back on the floor. He seemed to never hear that order and just set there as long as he could.

This week let's make more friends, but don't tell your new friend that I said to give them a "slobbery kiss." And for sure, don't hang around too long. Do things that make you giggle and skip a bit.

— Yours for more happiness, Gilbert Wilks



From Our Readers



Puppy Love



I climbed the door and shut the stairs,
I said my shoes, took off my prayers,
Turned off the bed, climbed into the light,
All because he kissed me good night.

— THANK YOU! Wanda Spivey, Orinda, TN

Days Gone By

A Special Happy Lady



Growing up, I was a "Tomboy" who loved to play softball. When I was in Junior High, the "older married ladies" asked me to play on their team. (They were in their 20's.)

I'm 85 now, and I'll never forget how special I felt.

I pick up "Happier" every week at Haxtun Super, right here in Haxtun, Colorado. I look forward to reading the good articles sent in by readers and also doing all the puzzles.

— Thanks, Carol Scheel, Haxtun,

Page



This One Is So Cute and Funny!

Years ago, when my daughter was about three years old, she was playing with her toys. She happened to see the electrical plug outlet and started to put her finger in the outlet. I told her "don't touch that or you will get electrocuted."

So when I had my son, and he was learning to crawl, he started to touch the electrical outlet. My three-year-old daughter spoke up and said to him, "mama said not to touch that, or you will get barbecued."

I couldn't believe she could remember me telling her that and getting it mixed up with barbecued. It was "to funny and cute."

By the way, I love Happier.

— Thanks, Diane Barnhart, Sullivan, Missouri

Happier Happenings



Today's Happier Tip



I Love Sunday

Always remember to focus on being happier,
it determines your reality.



We Love Our Hometown

We Make Our Hometown Happier

Twin Falls Idaho, Home of Dick's Pharmacy



Dick's Pharmacy is happy to be part of the Twin Falls community. "They are a family owned business of 45 years. The pharmacy was started by Richard (Dick) Fuchs. It's currently owned by Dan, Ken and Doug."



Make sure you stop by the Shoshone Falls in Twin Falls Idaho, it's a must-see. Over 200 feet tall and 900 foot wide, Shoshone Falls is one of the largest natural waterfalls in the United States. Shoshone Falls is located on the Snake River as it carves its way through a deep basalt Canyon on its way to the Columbia River.



The historic old town covers multiple blocks and has boutique shops, dining, a restored theater, night life and lots of activities.

Yes! Big Monday

Today's Happier Tip

Inspiration and happiness usually comes during work, not before it.

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PO Box 99, Portland, TN 37148 • happierweek@gmail.com
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Diane Wilks Nolan, Assistant Publisher
Keith Vasconcelles, Assistant Editor and Designer;
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Favorite Crossword

- ACROSS**

 - 1 A step in walking
 - 3 Covers
 - 8 Leave and neglect
 - 9 Exterior
 - 12 Be in debt for
 - 13 Take a breath
 - 14 The letter "N"
 - 15 Transparent
 - 18 Pal
 - 20 Mind
 - 23 Make happy
 - 25 Fundamental
 - 28 ___ and board
 - 30 Wealthy
 - 31 Paddle
 - 33 Anglo-Saxon, abbr.
 - 34 Brittle
 - 35 Decorate
 - 37 Type of bug
 - 39 Created
 - 40 A ___ between thorns
 - 41 Mischievous person
 - 43 Negative answer
 - 45 A greeting
 - 46 Allied Security Trust, abbr.
 - 47 First woman
 - 48 Water vessel
 - 50 A dessert
 - 51 Cast ballot
 - 53 Tilt
 - 54 Mother ___
 - 55 Not she
 - 56 Legend
 - 57 Type of fish
- DOWN**

 - 1 A searching exam
 - 2 Pretty
 - 3 Bar soap, plural
 - 4 Upon
 - 5 Love greatly
 - 6 Haul
 - 7 Mock
 - 8 King's name
 - 10 Large vase
 - 11 Each, abbr.
 - 16 Raspy
 - 17 Long, narrative poem
 - 18 Chief executive officer
 - 19 Skirt's edge
 - 21 Flock of chicks
 - 22 Used for knitting
 - 23 Water creature
 - 24 Stockings
 - 26 A way to drink
 - 27 Champion, slang
 - 29 Brand of toothpaste
 - 32 Amphitheater
 - 34 Shut
 - 36 District Attorney, abbr.
 - 38 Instruct
 - 41 Off-white
 - 42 Allot
 - 44 Type of animal
 - 45 Pit
 - 47 Always
 - 49 Expression of surprise
 - 50 Tablet
 - 52 Especially, abbr.
 - 54 Toward
 - 55 Sound of laughter

Answers on page 8.

Sharing Happiness

Let's Say "THANK YOU" to the Sponsor

Happier Kitchen

Grilled Tuna with Herb Sauce

- ¼ cup extra virgin olive oil
- 2 tbsp fresh lemon juice
- 2 cloves garlic, sliced
- 1 tsp salt
- ½ tsp freshly ground black pepper
- ¼ tsp fresh mint leaves, chopped
- 2 tbsp fresh oregano leaves, chopped
- 4 tuna steaks, ½ inches thick about 2 lbs

In a small bowl make sauce by combining olive oil, lemon juice, garlic, ½ tsp salt, ¼ tsp pepper, mint, and oregano. Heat a grill pan or non-stick skillet over medium-high heat; spray with nonstick cooking spray. Sprinkle fish with the remaining ½ tsp salt and ¼ tsp pepper. Grill fish one to two minutes per side. Remove to a serving plate; spoon sauce over the top. Makes 4 servings. "Great with a tossed salad and toasted garlic bread!" **Enjoy!**

HIDE and SEEK

Can you help round-up five more fruit's and vegetables?
Answers on page 8.

Feeling

Find the missing blocks throughout the magazine to make the word.

I ♥ "LOVE" SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the digits 1 to 9. The diagonal squares must also contain the numbers 1-9.
Answers on page 8.

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

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What's In All Those Old Boxes?

Do you find yourself with to much stuff that you never use. The last time our family moved we had important boxes and boxes to deal with at a later time.

Well, it's five years later and we never opened the boxes that were labeled "Deal With Later." If I didn't need anything from those boxes in the last five years, do I need them? When was the last time you moved?

It seems like the older you get the more stuff you accumulate. It's good to cling to cherished items that were given as presents from loved ones years ago. And we all have favorite knick-knacks that remind us of vacations or places we like to remember. But it's also easy to get overrun with stuff we really don't need or use. Start thinking about clearing out an old closet or a corner of the garage. You'll feel less cluttered.

They say "you can't take it with you," but the one thing that you actually can take is your friends. And you can never have too many of those!



Get Happier Tips

Health Tip

Benefits of Beans



The American Heart Association recommends beans and other legumes as part of a healthy eating pattern. Beans contain amino acids, which are the protein building blocks to heal and to make new tissues, such as bone, muscle, hair, skin, and blood.

Handy Hints

Keep Cheese Longer



Touching cheese with your bare hands (even clean washed hands) will encourage the growth of mold. Always use a piece of plastic wrap or food grade hand gloves when handling cheese. If it's shredded cheese, try pouring it on. Another tip is to separate one bag of cheese into two bags. Exposure to air will also causes cheese to mold.

**Making Your Week Happier magazine does not guarantee the results of our handy hints. Use at your own discretion.*

Happier Poem

Midwinter dreams

Snow blankets the earth
as far as the eye can see,
Intricate snowflakes
become pure artistry;

Fir trees painted
with new fallen snow
Sleighs, drawn by horses,
with miles yet to go;

Children in galoshes
heavily layered in clothes,
Busy building snowmen as
“Jack Frost” nips at their nose;

Christmas card perfect
‘picturesque’ scenes
Wonderful n’ whimsical
midwinter dreams;

January’s overwhelming beauty
making hearts robust n’ full,
One of natures’ many wonders
one of God’s many miracles;

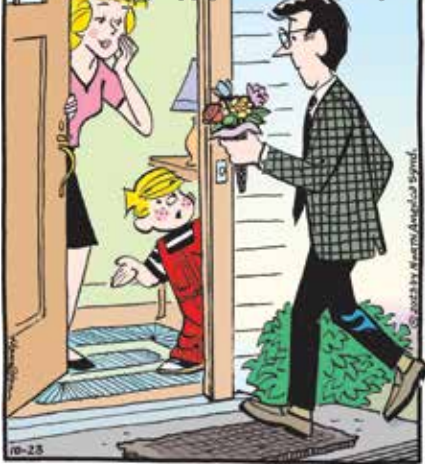
—Rosalind Rauschenberg,
Alford, Florida

Laugh A Little

The FAMILY CIRCUS



Dennis the Menace



"You never bring flowers or candy
when you're apologizing to me!"

It's REAL

Maine is the only state
that has a one-syllable
name.

NOW THAT'S FUNNY!

A farmer in Texas sent a twenty-five pound watermelon to a friend who had just moved to Alaska. “Just thought you’d like to see a sample of the cucumber crop this year.” His friend got a chuckle with that so he sent his friend in Texas a ten pound cabbage with a note attached. “Thanks for the cucumber, here is a Brussels sprout from my garden.”

Secret Words

“A Wedding Day”

Cross out all words listed below in the puzzle.
Words are in straight lines and all directions.
Your bonus words are made up from the 23 letters leftover. **Have fun!**

- aisle
- bride
- bouquet
- cake
- camera
- canopy
- ceremony
- church
- cruise
- cry
- dinner
- dress
- family
- father
- friends
- groom
- happy
- honeymoon
- in laws
- kiss
- love
- marriage
- minister
- music
- nuptials
- promise
- punch
- reception
- rings
- shower
- soloist
- trousseau
- tuxedo
- usher
- vows

Bonus Words:

A U S P E R E C E P T I O N
Y R S W O V F H C L I A U O
N R E H L D R U S S S P A O
O Y E N E D I R B S T I F M
M L Y W N R E C C I E A A Y
E I F M O I N H A K T R O E
R M N T O H D L K H R B D N
E A R I S O S T E I O O H O
C F E M S I R R A N U U E H
O D E X U T O G C L S Q S A
P R O M I S E L L A S U I P
O U Y S G N I R O W E E U P
P R Y P O N A C V S A T R Y
C A M E R A L E E P U N C H

Answer on page 8



Hello Tuesday!



Today's Happier Tip

Happiness is a guest that does not willingly visit the lazy.

BILLBOARD of HAPPINESS

Fill in the missing letters for the phrase below using each of the provided letters once to complete the statement.



	O	'T			R	E	T
		O	T		O	U	
	E			E	A	'S	
	E	O	U	I	O		

A B D F G L N N N O
R R R S S T U W Y Y

Whatever



Get Up Happier

How Wonderful Life Is



Time is just a measure of our life. But what truly measures the quality of one's life? Take time to remember the memories of family and friends and all you did together. Hang onto these memories and let them remind you how wonderful life is.

Who Found the Diamond

A maze puzzle with four pirate characters at the top and a diamond at the bottom. The pirates are: a purple pirate with a skull, a blue pirate with a mustache, a green pirate with a 'W' on his hat, and a red pirate with a skull. The diamond is pink and faceted. Three red crabs are at the bottom left.

Yea! It's Wednesday!

Today's Happier Tip

Sometimes it's hard to be happy, but try as hard as you can.

Grab a Friend . . .

Who can get the most squares? Draw a line, box in a square and put your initial in it.

You Do,

21 JAN SUNDAY National Hugging Day	22 JAN MONDAY Celebration of Life Day	23 JAN TUESDAY National Pie Day	24 JAN WEDNESDAY National Peanut Butter Day	25 JAN THURSDAY
---	--	--	--	-------------------------

Circle Words

Fill in the words by starting each at the correct circled letter; go forward, backward, up, down or diagonally. All squares will be full when you have completed the puzzle correctly. Mark through each word in the puzzle as you find it. The unused letters will spell the bonus words.

CABANA
COVE
CYCLING
EASE
ENTERTAIN
FISHING
FLOWERS
GENTLE BREEZES
GOLF
HOTEL
MUSIC
NICE
OCEAN
PALMS
PARTY
PICNIC
RAFT

RELAX
RIDING
SAILING
SANDY
SCENERY
SERENITY
SHELLS
STARRY NIGHTS
SUNNY
TAN
TENNIS
VIEW
VILLAGE
VISIT
WATERFALLS
WATER SKIING
WAVES

"ISLAND RESORT"

Bonus words: _____

W			E		F	A				G	E	R
			R	N				H	S	W	T	
		S		A			O				S	D
	O						W		E			
	G				A	F				A	N	
S				Y		C	S			R	C	
K		P			T				A	Y		O
							N					M
	V			L					C			
		T		N		V		S			P	
				R			A			P	R	N
H	G			A				D		V		C
I		T			S	T		R		E		S
E	S											G

Happier Across America

48 years Ago! My brother Terry and I couldn't wait until Uncle Dick came to visit us.
—Shared by Diane Wilks Nolan, Walla Walla, WA

Laughter is One of Many Benefits in a Friendship

Quick & Easy Crossword

THE END

ACROSS:

1 The ___ of a kite.

2 The ___ in a court case.

3 ___ at the end of a movie.

4 ___ from high school or college.

5 ___ in a chess game.

6 A ___ at the base of the mountains.

7 A ___ at the end of a day.

DOWN:

1 ___ at the end of a play.

2 The sharp ___ of a pencil.

3 ___ on a military base at night.

4 ___ at the end of a prayer.

5 Three ___ in a baseball game.

6 ___ when you leave after a visit.

7 A ___ finish at the end of a horse race.

ANSWERS: Across: 1-TAIL 2-VERDICT 3-CREDITS 4-GRADUATION 5-CHECKMATE 6-DESERT 7-SUNSET

Down: 1-APPLAUSE 2-END 3-TAPS 4-AMEN 5-STRIKES 6-GOOD BYE 7-PHOTO

26 JAN FRIDAY



National Spouses Day

27 JAN SATURDAY



National Fun at Work Day

Cutest Kids

Years Ago Our Previous Son Jeremy. Enjoying being at our city park.

— Thanks for sharing.
Lynda Vandiver,
Madisonville, KY



Our life is what our thoughts make it. — Marcus Aurelius

Word Search

NEWLYWED SHOPPING –There are still some things to buy after the wedding shower. Looking in all directions, using the clues, find some of those items.

P	D	O	K	I	S	T	S	M	Y	V
Q	I	L	L	C	A	G	I	O	F	S
M	S	L	N	B	O	R	U	S	F	N
D	H	O	L	T	R	L	L	R	A	A
J	E	E	I	O	S	E	C	I	L	P
F	S	S	R	D	W	E	L	A	M	P
W	E	J	K	O	A	S	H	H	I	Y
B	U	B	T	E	P	R	A	C	M	O

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

CA...	CH...	CH...
CL...	DE...	TO...
DI...	LA...	MI...
PA...	PI...	RA...
RU...	SO...	TA...

Answers on page 8


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Ask for your **FREE** 14-Steps To Happiness Booklet



This n' That



Jim's FBI Happenings

– by Jim Brady
Your Good Friend
Retired FBI Agent,
Hendersonville, TN

Eric Starvo Galt Fingerprints or James Earl Ray

(Last week Dr. Martian Luthier King dies after being shot. Jim and another FBI agent have the proposed gun that the bullet came from.)


Our FBI firearms instructor and a sergeant from the Shelby County Sheriff's Office prepared the gun for shipping to the FBI lab for processing it for bullet comparison and fingerprints.

An alert went out for Eric Starvo Galt, registered at the motel driving a white Mustang. The FBI lab, checking for fingerprints, determined the prints were of James Earl Ray.


A new alert was put out nationwide for James Earl Ray, because it was determined that he was an escapee from prison and now a suspect in the murder of Dr. King.

Two months later, James Earl Ray was apprehended at London Heathrow Airport. Ray pleaded guilty to King's murder and was sentenced to 99 years in prison. Ray died in prison in 1997 at the age of 70.

See you next week. — Jim.



Dear Dave



Dave Ramsey


Plan to Save for a Wedding

Dear Dave,
Our daughter's college education is pretty much paid for already through grants and scholarships, and my wife and I make good money. We just started your plan, so when we get to Baby Step 5, saving for college, can we substitute that with saving for a wedding? — Benton

Dear Benton,
I'm glad you're thinking ahead, buddy. And I don't have a problem with your idea. It's always a good plan to save for a wedding, if you have the financial resources to do so.

Did you know the average wedding in America this year, according to Zola.com, ran around \$29,000? Of course, you don't have to pay anything close to that amount to make a wedding a beautiful and memorable occasion. Your household income, debt, savings and other factors will all play a part in how much you can legitimately afford.


Sit down with your wife, crunch some numbers and see what makes sense in your situation. Just remember to pay cash for the wedding. If you have to go into debt to make it happen, you're spending way too much! — Dave



Hidden Puzzle

PIGS IN LOVE

Portia and Patrick Pig are so in love that they don't notice the seventeen objects hidden around them. Can you find a mouse, open umbrella, eyeglasses, gingerbread boy, baseball bat, flip-flop, paintbrush, teacup, bird, cupcake, spoon, pencil, salt-shaker, chef's head, mallet, sock and a cat's head.



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Answers on page 8

This Week In History

Jan. 21, 1970 – World's largest airplane, Boeing 747, makes 1st commercial flight.

Jan. 22, 1997 – Space Shuttle Atlantis Returns to Earth.

Jan. 23, 1983 – "A-Team" with Mr. T premieres on NBC.

Jan. 24, 1902 – Denmark sells Virgin Islands to USA.

Jan. 25, 1955 – United States and Panama sign canal treaty.

Jan. 26, 1954 – Ground breaking begins on Disneyland.

Jan. 27, 1888 – National Geographic Society organizes in Washington D.C.


Brain Teasers

Brain teasers help keep our brains in tip top shape by using our brain power in different ways. There are only four words in the English language which end in "dous": tremendous and horrendous. Can you figure out the last two?

st _ _ e _ _ ous
_ _ z _ r _ ous

Did You Know...

Otters prefer to sleep in groups and they hold hands so they don't drift apart.



Do it We'll!

Page 5

Words Of Wisdom



Know what you want to do, hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer to your goal. — *Elbert Hubbard*

This Week's Scrambles

- 1. I yjeno gainugh.
- 2. aCn ew vahe rseedst eorbfe nrndie?
- 3. dhripnesiFs rae a gsibesnl.

Answers on Page 8



Happy Thursday!

Today's Happier Tip

Always remember, if you focus on happiness, you will probably have more happiness.

Laugh A Lot



What does a pickle say when he wants to play cards?

"Dill me in!"

Why don't mosquito's bite clowns?

Because they taste funny.



What Am I ?


- 1. I'm bought as a pair.
- 2. I'm all sizes and colors.
- 3. I cover the phalanges.
- 4. I can start to stink if not changed.
- 5. You can find me in a shoe.

Answers on Page 8


Walt Disney Said It




Cruisin' Around




1




4



5



6




2

3

Bridgeport Connecticut

Answers: 1. Newfield 2. Tools 3. Park 4. Lincoln 5. Bush 6. Frisbee

In The Kitchen SCRAMBLE



1. CIESP
2. VESOT
3. DSUPCRBAO
4. NSLEIUTS
5. NRATPY
6. RWAIMCOEV
7. GRIDFE
8. ABELT
9. TPOS
10. TPALSE

Unscramble the letters below to find the names of ten different things you would find in the kitchen. Then, from the circled letters, discover the hidden word.

Hidden Words:

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

Answers: 1-SPICES 2-STOVE 3-CUPBOARDS 4-UTENSILS 5-PANTRY 6-MICROWAVE 7-FRIDGE 8-TABLE 9-POTS 10-PLATES
SECRET WORD: COUNTERTOP



For the Love of **PETS**

Giant squid have the largest eye in the animal kingdom, up to 10 inches in diameter,



How quickly can you say?

It's



+full

Answers on Page 8



GUESS WHAT I AM

Eggplant Fries

- Eggplants, any size
- Flour
- Cornmeal
- Salt and pepper



Wash and peel eggplant if desired. Cut into strips. Put into cold water for 10-15 minutes. Make a coating of equal parts of flour and cornmeal. Roll eggplant strips in cornmeal mixture. Next deep fry in vegetable oil until golden brown. Drain on paper towels. Salt and pepper to taste. **Enjoy!**

Precious Pets



They’re running toward you— wanting to jump up into your lap!

We wish we could answer and publish all the wonderful mail we receive. Here’s a **BIG THANK YOU** to every one of you who write.

Amazing “Animals”



HAPPY LITTLE GUY

The quokka are related to the kangaroos and wallabies. Because they’re marsupials, the mothers also carry baby quokkas, known as joeys, in little pouches! The largest population make their home on Rottnest Island and Bald Island in Western Australia.

Find This Week’s . . .

“YO-YO” WORDS



I W T / / / O D / P I N S
R / I C T K R S / S / T /
/ L A R C W I T W H I R H
/ D / / L A / / G N / A O
/ L E / K O Y Y O / / D L

Find the words below. They may zig and zag but don’t cross any lines or objects. You will be left with five words, one per line. They need to be unscrambled to reveal the hidden message.

- SPIN
CRADLE
TWIRL
- WALK
STRING
HOLD

Answer on page 8



Get A Kick

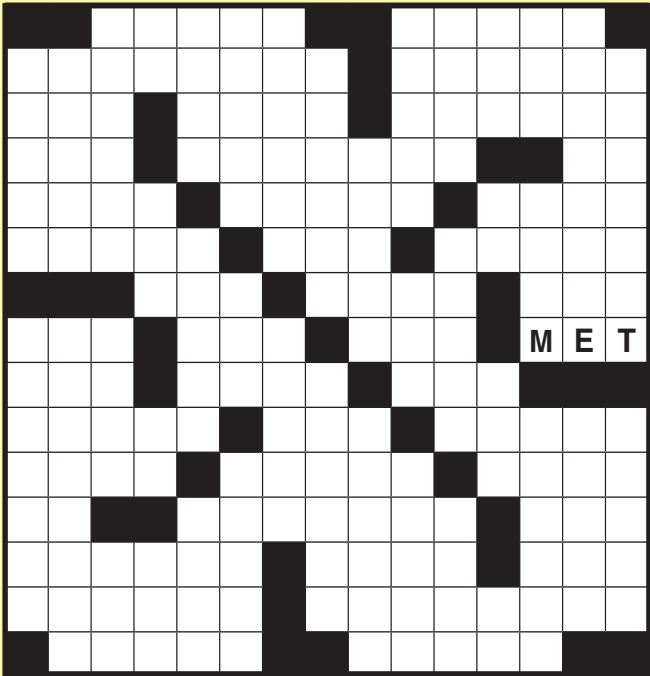
I hope you're okay, I heard a can fell on you.

Lucky for me it was a soft drink.



Fill-It-In

Use the word list to fill in the puzzle diagram. Words read across and down. When you have filled the diagram, you have solved the puzzle. **Have fun!**



- 2 LETTERS
NE
PE
SA
TI
TY
XI
- 3 LETTERS
AIL
ALD
ATE
DIP
EEK
E'EN
ETO
ETS
FEB
KAY
NER
NHL
PAR
RTE
RUR
TAJ
TEY
TIL
UTA
WRY
- 4 LETTERS
ACAD
AGRA
AHEM
AMEX
CRAM
ILSA
LIAM
LYME
MOAT
NE'ER
SAIL
SIDE
SNEE
STER
- 5 LETTERS
AFTRA
AITCH
ALATE
APERY
AXIOM
BAHAI
BREAK
BRYAN
DATER
ENTER
JAFFA
KOALA
- LANAI
LEERY
LEPER
NARDS
OLIVE
OOMPH
OUTGO
SEXES
STARE
TENET
- 6 LETTERS
AURORA
BRUINS
ECARTE
ECHINI
METTLE
MODINE
- NEATEN
PALLID
PATTER
ROUNDS
7 LETTERS
AVIATED
IDYLIST
SPATULA
TWO-STEP
8 LETTERS
BOUILLON
ENTENDRE
INITIATE
IRONICAL



ANSWER:



Look and LEARN

Movie trailers were originally shown after the movie, thats why they’re called “trailers.”



Trivia Fun

Answers on page 8

1. A bushel consists of how many pecks?
2. What is the largest city in Switzerland?
3. How wide is the net in ice hockey?



We’re Making You **HAPPIER!**



Find the Differences

HOCUS-FOCUS

BY HENRY BOLTINOFF

10-22

Find at least six differences in details between panels.

Differences: 1. Arm is moved. 2. Dog's paw is moved. 3. Spot on dog is missing. 4. Door panel is different. 5. Tree is moved. 6. Picture frame is different.

Fun Facts

- I CAN'T KEEP UP**
Around 4,000 new words are added to the English dictionary every year.
- TONGUE TWISTER**
'Pronunciation' is the word which is most mispronounced in the English language.
- AMAZING**
Elephants cry, play, have incredible memories, and laugh.
- I'LL KEEP MY EYE ON YOU**
Dolphins sleep with one eye open.



Get **HAPPIER** Tips

Making fresh bread will make your house smell wonderful.



Doctor Mike Says . . .

—by Doctor Mike Roizan, M.D. Cleveland Clinic

A Connection With Nature
Nurtures You, Body and Spirit

Some celebs put their money where their mouth is when it comes to protecting Mother Nature. The Leonardo DiCaprio Foundation has focused on the health of oceans, rainforests and Antarctica and access to clean water since 1998. That's a health-boost for all of us.

Plants, herbs and minerals have the power to protect and heal, and simply being “in nature” can transform a person’s physical and emotional well-being by lowering stress and improving cognition. Unfortunately, what one naturalist calls “nature deficit disorder” is a growing problem for urban kids and adults. Only 50% of the public say they’ve taken a hike in a natural setting in the past year, according to Pew Research. That’s just one time in one year.

What’s needed for optimal benefit? Three or four times a week, you need to work in a garden or yard, stroll in a park, bike by a river, gaze at the sky and birds, marvel at the weather. Every day is even better, according to Texas A&M’s Center for Health & Nature. Research backs that up: A 2019 study in Current Directions in Psychological Science found that being able to access nature improves cognitive flexibility, working memory and focus. But even bringing green plants into your home or office has been shown to help reduce your stress response.

So find a park to perch in or a trail to wander down, cultivate a windowsill garden, and consider taking your workout outdoors. Every mile and smile makes your ActualAge younger; discover yours at LongevityPlaybook.com.

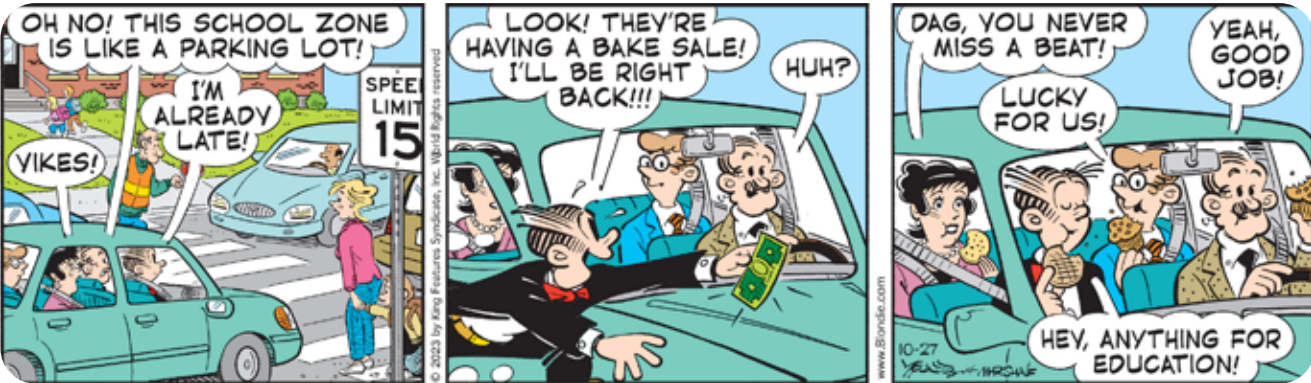


Weekly Safety Tips

Replacing the Home Air Filter



Your home air filter collects all kinds of dust, spores, hair, dander, and other particles. Cleaner indoor air can help improve allergies and asthma. Also, when the air filter is clogged with grime, your unit has to work twice as hard to move air through your home. The rule of thumb is to replace the air filters every three months.



Answer Section

PG. 7
“Yo-Yo” WORDS
Hidden Word:
DO TRICKS
WITH A YOYO

- PG. 7 **Trivia Fun**
- FOUR PECKS
 - ZURICH. ITS POPULATION IS MORE THAN 1.1 MILLION.
 - THE NET IS SIX FEET WIDE, AND ALSO 44 INCHES DEEP AND FOUR FEET HIGH.

PG. 5 **WORD SEARCH**

P D O K I X S M Y V
Q I L L C A G I O F S
M S L N B O R U S F N
D H O L T R L R A A
J E E I O S E C I L P
F S S R D W E L A M P
W E J K O A S H I Y
B U B T E P R A C M O

PG. 5 **Hidden Puzzle**

PG. 2 **Crossword**

P	A	C	E		C	O	A	T	S	
R	U	A	B	A	N	D	O	N		
O	U	T	E	R		K	O	W	E	
B	R	E	A	T	H	E	R	E		
E	N		H		S	H	E	E	R	
		C	H	U	M	O	P		O	B
C	H	E	E	R		B	A	S	I	C
R	O	O	M		C	R	I	C	H	O
A	S		C	R	I	S	P	A	D	O
B	E	E	T	L	E			M	A	D
			R	O	S	E		I	M	P
H	I		A	S	T		E	V	E	B
O	P	I	E		V	O	T	E	H	T
L	E	A	N		T	E	R	E	S	A
E	D		S	T	O	R	Y	P		G

PG. 4 **Circle Words:** GETAWAY TO PARADISE

W	A	T	E	R	F	A	L	L	S	E	G	E	
A	F	N	R	N	S	L	L	E	H	S	W	T	I
T	L	S	A	A	T	Y	O	C	E	A	N	S	D
E	O	M	F	B	T	E	W	W	V	E	T	U	I
R	G	L	T	R	A	F	P	E	E	H	A	N	N
S	W	A	A	Y	I	C	S	T	G	R	O	N	G
K	E	P	L	S	T	A	I	A	Y	S	Y	O	
I	I	R	H	L	I	T	N	C	I	S	U	M	
I	V	E	L	I	Y	I	L	C	I	N	X	Y	
N	N	T	I	N	R	V	I	S	N	I	A	P	D
G	O	N	I	R	I	N	A	N	I	L	P	R	
H	G	C	A	A	G	T	E	D	E	V	O	C	A
I	E	T	A	N	S	T	Y	R	E	N	E	C	S
E	S	E	Z	E	E	R	B	E	L	T	N	E	G

- Toy Blocks:**
On Pages: 4,5,6,7,8
FEELING LUCKY
- Hide & Seek:**
On Pages: 4,5,6,7,8
- PG. 5 **Brain Teasers**
STUPENDOUS, AND
HAZARDOUS
- PG. 6 **What Am I**
SOCKS

- PG. 3 **Secret Words:** A SPECIAL DAY FOR THE COUPLE
- PG. 6 **Guess What I Am?** CORN
- PG. 3 **Billboard of Happiness:**
DON'T FORGET ABOUT YOUR NEW YEAR'S RESOLUTIONS
- PG. 6 **How Quickly Can You Say?**
IT'S TIME TO BE CHEERFUL
- PG. 6 **This Week's Scrambles:**
- I ENJOY LAUGHING
 - CAN WE HAVE DESSERT BEFORE DINNER
 - FRIENDSHIPS ARE A BLESSING

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