



# MAKING YOUR WEEK Happier

MAR 17-23



“Mama, I Love You!”

## Riddle



Who has married many people and doesn't have a spouse?

Answer: A priest

## I Loved My Mom, “A Whole Lot!”

Born a boy, 1938—But my first memory was when I was around two, and it sticks with me. “Mama!” my desperate tearful cry, “My teddy bear lost his eye, it fell off, he has to have his eye,” crying profusely, I said.

We stood in that nice green grass surrounding great grandpa’s Garden City, Kansas, home. Mom, dad, myself and baby brother lived in a one bedroom coal-stove heated 400-500 sq. ft. house, behind his house; with the luxury of a galvanized tub we all took a bath in on Friday night. Lucked out and had a two-hole toilet 30’ away.

Now back to Teddy Bear. “Let’s kneel down right here in the grass and ask God to help us find Teddy’s eye,” and then mom prayed. After her prayer, we walked about 10 feet in that green grass. “There it is mom! God helped us,” I joyfully shouted.

In the last 80 years, my prayers haven’t always been answered that quick and that good, but I’ve gained a better relationship with my Creator from “A Lost Teddy Bear’s Eye.”

Let’s humble ourselves and share love like our Creator did when he visited earth and let’s talk to God His father often.

—by Gilbert Wilks, publisher



## I’m so lucky

I’m so lucky. I have a wonderful daughter Diane, and a great friend, Keith, Happier editor, who will be Sharing God’s Love, bringing you more love and happiness during 2024.

Get out there and share love and happiness. You just might reach a new level of happiness you’ve never felt before. —Love you all. Gilbert Wilks



—Diane Wilks Nolan



—Keith Vasconcelles

## Happier Happenings

Today's Happier Tip



## I Love Sunday

Have faith in everything you do, this will be a good start to a happier life.



## From Our Readers

### 90th Birthday and OFF the GROUND



—by Martha Gleerup, Springfield, TN

“For my 90th birthday, my daughter, right, and I went up in a helicopter and flew over Nashville, Tennessee. It was an amazing and happy trip. Guess I’ll start planning my 100th birthday experience.”

—Thanks Martha Gleerup, Springfield, TN

## From Our Readers

### Pot of GOLD?



—Shared by Betty Parker, Franklin, Tennessee

Not this time . . . It’s a SILO OF GOLD! “HAPPIER is he or she who gets to the SILO first!”

—Thanks Betty Parker, Franklin, TN



Page





We Love Our Hometown

We Love the Community of Wendell, Idaho



We love the community of Wendell, Idaho and enjoy the thrill we get as our customers come to us for all of their grocery and sporting goods needs. Simerly's has a rich history that has seen the building of our company from humble roots starting in 1952, to a small family store that thrives off the great community that we serve. Whether we were battling fires, burglaries, or financial difficulties, we have always persevered and look forward to serving our community for years to come.



There is a lot to see and do around Wendell, Idaho. You can visit Thousand Springs State Park and Hagerman Fossil Beds National Monument. Balanced Rock Park is another unique place with hiking and incredible rock formations. There's also a State Park camping area nearby with swimming, fishing and a nice place for a picnic.



Yes!  
Big Monday

Today's Happier Tip

If you want to be happy, start with a smile.

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# Happier

Mar 17-23

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Favorite Crossword

- ACROSS

  - 1 Be homesick for
  - 4 Sickness
  - 9 Exist
  - 11 Type of dog
  - 13 The letter "N"
  - 14 Begin
  - 16 Garden greens
  - 18 Impel onward
  - 19 Soil
  - 20 Morning dessert
  - 21 I
  - 22 Period in history
  - 25 Sanctified
  - 28 Towards the top
  - 29 Small piece of food
  - 31 From
  - 33 Rhode Island, abbr.
  - 34 Rip
  - 36 A sightseeing trip
  - 38 Anxious
  - 40 A favor
  - 41 Employ
  - 42 Registered nurse, abbr.
  - 43 Horn
  - 45 At this present time
  - 47 Evergreen shrub
  - 49 In; on; by
  - 50 Fire remains
  - 52 Ancient sun god
  - 54 Short pencil
  - 55 Neither he nor she
  - 57 Tap lightly
  - 60 "Yes, \_\_\_\_"
  - 61 A smell
  - 63 A season
  - 64 Rim
  - 65 Electrical engineer, abbr.
  - 66 Gather leftovers
  - 68 Completes
  - 70 Satisfy
  - 71 Sound
  - 72 Old Testament, abbr.
- DOWN

  - 1 Ponder
  - 2 Extra
  - 3 Arrange by size
  - 4 Advertisement
  - 5 Kind; sort
  - 6 Guide
  - 7 Level
  - 8 Not rumor
  - 9 Plead
  - 10 Foe
  - 12 One or the \_\_\_\_
  - 15 Mess with
  - 17 Many
  - 23 Groove
  - 24 The total (bill)
  - 26 Body parts
  - 27 A false statement
  - 28 Speak
  - 29 Water bird
  - 30 Upper body statue
  - 32 Be afraid of
  - 35 Eagle nest
  - 37 Tell
  - 39 Not cooked
  - 44 Musical study
  - 46 Buckeye State
  - 48 Twists
  - 51 Part of suit
  - 53 Slant of something
  - 54 Type of car
  - 56 Have faith in
  - 57 Postscript, abbr.
  - 59 Large plant
  - 61 "S" shaped curve (molding)
  - 62 Animal home
  - 67 Negative answer
  - 69 Act

Answers on page 8.

1		2	3		4	5	6		7		8		9	10
			11		12								13	
14	15					16		17			18			
19							20							
	21				22	23	24				25	26	27	
28			29				30		31	32		33		
34		35			36			37		38				39
40						41								
		42			43				44			45	46	
			47		48			49			50			
	51				52	53		54					55	56
57	58	59			60						61	62		
63								64						
	65				66				67			68	69	
70								71					72	



## Happier Kitchen

# Corn Pudding

- 3 eggs, beaten
- 1 (8 oz) carton sour cream
- 1 can whole kernel gold and white corn, drained
- 1 can cream style corn
- ½ cup butter, melted
- ½ cup onions, chopped
- ½ tsp salt
- 1 (8 ½ oz) pkg. Jiffy® corn muffin mix

Preheat oven to 350°F. Prepare by greasing a 13" x 9" baking dish. Combine in a large mixing bowl: eggs, sour cream, whole kernel gold and white corn, cream style corn, butter, onions, and salt; stirring until well blended. Next, stir in Jiffy® corn muffin mix until just blended. Pour into prepared baking dish. Bake uncovered at 350°F for approximately 60 minutes or until top becomes golden. **Enjoy!**



## HIDE and SEEK

Can you help round-up five more animal faces?

Answers on page 8.

## TOY BLOCKS

I'm \_\_\_\_\_ of you.

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.

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

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# A Simple Way to Brighten Your Day

I grew up in the big city until I was in my early 20's when I moved to a small town in Washington called Walla Walla. I'm a avid walker and got a surprising welcome on my first walk in this little town. Everyone I passed would say with a smile, hi, good day, or how are you doing. In the big city I had never ran across hospitality like this. How simple a smile and a few words can change your outlook on the day.

I'm in my 50's now and my wife and I went to the big city to visit our daughter. About two days into our visit, my daughter and I got into a elevator at her apartment and on the way down we stopped at another floor to pick up more people. A couple got on with a small dog, I smiled at them and said, "how are you doing today?" They replied, "doing well" with a smile. I went on to say that I was visiting from Washington, which led to a nice conversation down to the main floor. As my daughter walks out of the elevator, she laughs and says to me, "I noticed that you always greet people that are around you, thats really neat." She then said, that she's going to start greeting others in the same fashion.

—Keith Vasconcelles

## Get Happier Tips



## Health Tip

### Think Green



Leafy greens are full of vitamins, minerals, and disease-fighting properties. Vitamin E in green leafy vegetables works with vitamin C to keep skin healthy as you age. Green foods are rich in anti-inflammatory nutrients. Eating plenty of greens lowers the risk for heart disease and are a cancer fighting nutrient.

## Handy Hints

### Mushroom Cutting



If you have to cut mushrooms into smaller pieces, try this. Leave the mushrooms in the container they came in. Slice in a grid pattern and try not to cut through the container. You may also want to put the container on a cutting board just in case you cut through the container. Most important, always be careful when using a knife. This will probably not work with whole mushrooms.

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

## Happier Poem

### Winter

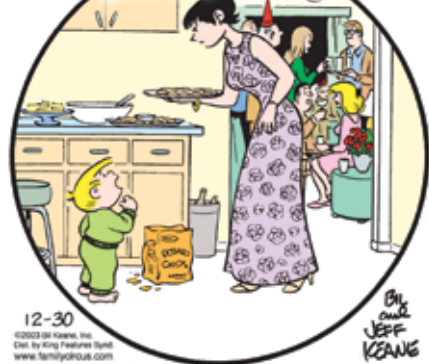
Written by Stanton, age 9  
from Port Trevorton, PA

Winter is a time of snow  
We have a lot of fun  
As on the ice we go  
Skating is very much fun.

And we can even  
Sometimes sled  
Down the hill we go flying  
Then up to the top we return  
And down again all smiling.

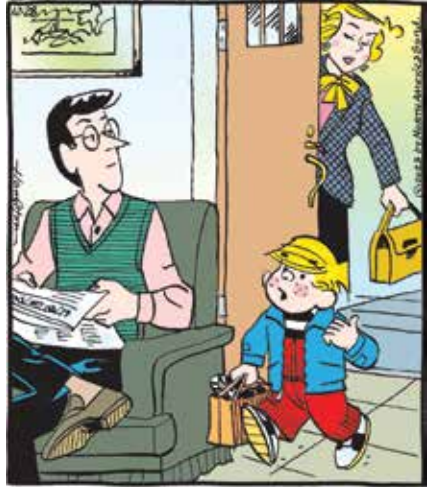
## Laugh A Little

### The FAMILY CIRCUS



"I CAN'T go to bed. Mr. Yost is sleeping in it."

### Dennis the Menace



"Mom got a new credit card today. She burned through the old one!"

### It's REAL

Strawberries and raspberries wear their seeds on the outside.

### NOW THAT'S FUNNY!

A man was doing a presentation for elementary school kids when a young boy raised his hand. The man called on him and the boy told him, "I'm going to fly a space shuttle to the sun when I grow up!" The man replied, "It's pretty hot there." The boy replied, "Well I would be going at night."



## Secret Words

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 16 letters leftover. **Have fun!**

- |            |               |
|------------|---------------|
| BABY       | PASS          |
| BOWLS      | PEPPER        |
| BREAD      | PLATE         |
| BROTHER    | PLATTER       |
| BUTTER     | SALT          |
| CHAIRS     | SERVING SPOON |
| COOKED     | SHAKERS       |
| CUP        | SHARE         |
| EAT        | SISTER        |
| EVENING    | SPECIAL       |
| FATHER     | SPOON         |
| FORK       | SUGAR BOWL    |
| GLASSES    | TABLE         |
| HIGH CHAIR | TABLECLOTH    |
| LAUGH      | TALK          |
| LID        | TEA           |
| MILK       | VEGETABLES    |
| MOTHER     | WATER         |
| NAPKINS    |               |
| NICE       |               |

Answer on page 8

## "AT THE SUPPER TABLE"

Bonus Words: \_ \_ \_ \_ \_

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

Hello Tuesday!



Today's Happier Tip

Enjoy everyday with laughter and friendship.

## BILLBOARD of HAPPINESS

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



		E			I	F	U		
	A	Y		S		O	U		E
	N			Y	E			O	M
T				U	S	I	E		

A A B B D D D D E E F  
H H J L L O O R T T U

I look around and I give a smile.



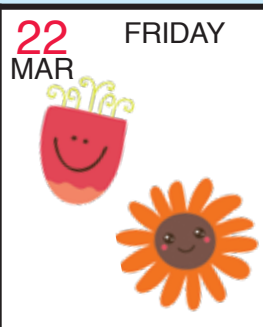
Page











### Cutest Kids

**Our Loved 1-year-old Saylor, and her buddy, Bixby**  
— Thanks for sharing Grandma Brenda Wehrheim, Red Bud, Illinois



### This n' That



**Jim's FBI Happenings**  
— by Jim Brady  
Your Good Friend  
Retired FBI Agent,  
Hendersonville, TN

**One today is worth two tomorrows.** — Benjamin Franklin

### Word Search

**BEST FRIENDS** –We wouldn't trade them for anything in the world. We share secrets, hopes, fears, joys and many other things in our lives with our best friends. Looking in all directions and using the clues, find the words about best friends.

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

**THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW**

LO...	AL...	LA...
GA...	GI...	GI...
SH...	SC...	FR...
HO...	FU...	SE...
TR...	BO...	BO...
WA...	TA...	LO...
PL...	CR...	

Answers on page 8

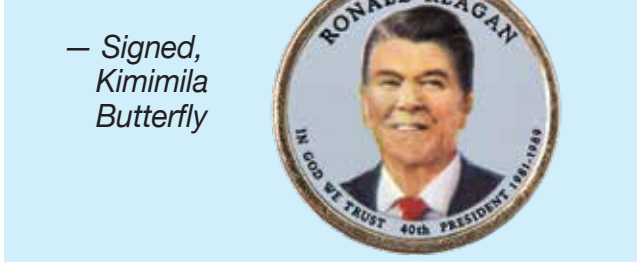
### Share It

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or happierweek@gmail.com

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

### Here's A Reader's Letter to Jim

"I enjoy reading the FBI Happenings and Happier. Are you the Jim Brady that worked with President Reagan?"  
From Jim:  
"No, this Jim Brady isn't the Jim Brady that got shot when President Reagan did. "But as soon as it was learned that President Reagan and Jim Brady had been shot, I received a FBI call to get on the plane immediately and head for Washington DC. I arrived and was 15 minutes away from the shooting."  
From Happier Reader:  
"President Ronald Reagan was a very good president. Thank you, Jim Brady for your service; we need more like you today. Pray for our nation, only God can heal and give love."



### This Week In History

- Mar. 17, 1963** – Bob Cousy plays his last NBA game.
- Mar. 18, 1992** – Donna Summer gets a star on Hollywood's Walk of Fame.
- Mar. 19, 1915** – Pluto photographed for 1st time.
- Mar. 20, 1991** – U.S. forgives \$2 billion in loans to Poland.
- Mar. 21, 1982** – Movie "Annie" premieres.
- Mar. 22, 1997** – Comet Hale-Bopp Closest Approach to Earth.
- Mar. 23, 1992** – Florida Marlins begin selling tickets.

### Dear Dave



### An Emergency Fund Isn't About Instant Gratification

Dear Dave,  
We've all our debts paid off, except for our home, and our fully funded emergency fund of six months of expenses is in place. In talking to people, it seems there are lots of different opinions as to what constitutes an emergency. What guidelines do you suggest when deciding whether to use our emergency fund? — Ingrid

Dear Ingrid,  
There are three things to ask yourself when you're tempted to dip into your emergency fund. One, is it unexpected? Things like Christmas, birthdays and even certain bills come around at the same time every year. If you're not already budgeting for these things, it's time to start. Otherwise, you might use your emergency fund for something that's just the result of poor planning.

Number two, is it absolutely necessary? Most of us think we know the difference between needs and wants, but sometimes the line gets a little blurry. If your car goes completely kaput, and you need transportation, use your emergency fund to buy something affordable and reliable you can pay cash for. But don't dip into your emergency fund just to upgrade your good car for one with a million bells and whistles. That's a want, not a need.

And three, is it urgent? Sometimes, you have to act like a grown-up. Every idea that pops into your mind isn't unexpected, necessary or urgent. You can live that way if you want, but the result will be a quickly depleted emergency fund. Then, what're you going to do when a real emergency comes along?

Practice the art of patience. Avoid impulse buys. Urgent things include stuff like a broken air conditioner in the middle of summer, a busted transmission or sudden, unexpected medical expenses. A big sale at Walmart? No. Concert tickets? Definitely not. That great new pair of shoes you just saw in a store window? Give me a break!

Your emergency fund is about long-term security, not instant gratification. Don't use it on a whim. But don't be afraid to use it when you really need to!

— Dave

### Hidden Puzzle

## LOST IN THE FOREST

Try to find the following hidden items: olive, banana, apple core, acorn, pretzel, carrot, slice of bread, chili pepper, wishbone, lollipop, teacup, doughnut, grapes, and a peanut.



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Answers on page 8

### Brain Teasers

Brain teasers help keep our brains in tip top shape by using our brain power in different ways. Find two the same.



### Did You Know...

A planet's day is the time it takes to rotate once on its axis. A day on Venus lasts for 243 Earth days.

**How simple it is to share happiness.**

Page 5



Words Of Wisdom



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.  
—John F. Kennedy

This Week's Scrambles

- 1. eB ingueen ni fiel.
- 2. odoG hcere ot lla.
- 3. l ese sliems lal runaod ym ihbhgoodoner.

Answers on Page 8



**Today's Happier Tip**  
A bad day reminds us how special a good day is.

Laugh A Lot



For some reason, she was drawn to jewelry, just as a boy is drawn to dirt.



What Am I ?

- 1. I'm heavy and smooth.
- 2. I'm a game but stay out of the gutter.
- 3. I have three holes in me.
- 4. I'm round.

Answers on Page 8

Now I will smile and say good day.

Cruisin' Around

# Boston Massachusetts

1

2

3

4

5

6

1. \_\_\_\_\_ is one of the oldest cities in the United States, established in the year 1630.

2. The Boston Red \_\_\_\_\_, one of the most historic baseball teams in the country.

3. The Boston Tea \_\_\_\_\_ took place in the city of Boston.

4. Boston is the capital and \_\_\_\_\_ city in Massachusetts.

5. The first \_\_\_\_\_ in the United States was built in Boston.

6. Harvard was founded in 1636 and is one of the oldest and most prestigious universities in the \_\_\_\_\_ States.

Answers: 1. Boston 2. Sox 3. Party 4. Largest 5. Lighthouse 6. United

## ENGINE PARTS SCRAMBLE

- 1. PUSM
- 2. SVVALE
- 3. NSAAKTHCRF
- 4. EFUL
- 5. STEARRT
- 6. IELCNRYD
- 7. IROAARTD
- 8. RASKP UGLP
- 9. IPSNOT

Unscramble the letters below to find the names of nine things having to do with engines. Then discover the hidden theme words made up from the circled letters.

**Hidden Words:** \_\_\_\_\_

Answers: 1-SUMP 2-VALVES 3-CRANKSHAFT 4-FUEL 5-STARTER 6-CYLINDER 7-RADIATOR 8-SPARK PLUG 9-PISTON

Hidden Words: MAKES IT GO

For the Love of **PETS**

African elephants are pregnant for an average of 22 months.

### How quickly can you say?

+ning will the same place

Answers on Page 8

### GUESS WHAT I AM



Delicious Fudge

- 1 c granulated sugar
- 1 c brown sugar
- 2 Tbsp butter
- 2 baking squares unsweetened chocolate
- 2 1/3 c milk
- 1/8 tsp salt
- 1 tsp vanilla
- 1/4 c walnuts, chopped



Put all ingredients except vanilla and walnuts into a saucepan. Stir until chocolate is melted and sugar is dissolved. Boil, without stirring, until mixture forms a soft ball when dropped into cold water. Cool and beat until creamy. Add vanilla and walnuts. Pour into greased pan. Cut into squares while fudge cools in pan. **Enjoy!**

Precious Pets



Juno getting back from the vet. This will make the doggy door interesting. —Thanks, Dalton Stenz, Rochester, New York

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”



WHATS A CASSOWARY

The Cassowary birds live across Northern Australia, New Guinea, and surrounding islands. The Cassowary is one of the closest living species to a dinosaurs. They have muscular legs and three sharp large toes used for fighting. They have been named the most dangerous bird in the world.

Find This Week’s . . .

“REPAIR” WORDS



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

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.

- |       |       |        |
|-------|-------|--------|
| FIX   | TUNE  | ADJUST |
| OIL   | WORK  | MOTOR  |
| PARTS | TOOLS | BELTS  |
| PLUGS |       |        |

Answer on page 8

Get A Kick

An elderly couple were holding hands as they walked in the mall. As they walked into a store the clerk commented on how romantic it was holding hands. The husband replied, “If I let her go, she shops!”



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!**



- |                  |                  |        |                   |
|------------------|------------------|--------|-------------------|
| <b>3 LETTERS</b> | <b>4 LETTERS</b> | IMAGO  | XYSTS             |
| ALB              | A ONE            | IONIC  | YAHOO             |
| ARS              | BROW             | ISLES  | ZORRO             |
| BLT              | CLAN             | KOPEK  | <b>6 LETTERS</b>  |
| CAB              | DRAM             | LEARS  | INRUSH            |
| CPO              | ERST             | LOOPS  | NEWEST            |
| CRO              | ESME             | MARIO  | ODONTO            |
| CRY              | FAME             | MIAOU  | SARTOR            |
| D.D.S.           | FORK             | NITRO  | TENURE            |
| EDE              | GEAR             | NO ONE | <del>THROWN</del> |
| ERR              | NOSE             | OOHED  | TOKENS            |
| IER              | OHIO             | OPALS  | UPROOT            |
| IRE              | OOPS             | ROUND  | <b>7 LETTERS</b>  |
| KOO              | ORAN             | SINEW  | EMPTIES           |
| MIK              | ORIG.            | UHURA  | LORELEI           |
| NOS.             | ORLE             | WEBER  |                   |
| NUT              | PEKE             | XENIA  |                   |
| NYC              | RIGS             |        |                   |
| OSE              | WOES             |        |                   |
| OTT              | <b>5 LETTERS</b> |        |                   |
| RAT              | ABBIE            |        |                   |
| RCA              | ANODE            |        |                   |
| REX              | BONET            |        |                   |
| TNT              | EERIE            |        |                   |
| TSK              | ETONS            |        |                   |
| YEP              | EXIST            |        |                   |
| ZOE              | HIRER            |        |                   |
|                  | HYPER            |        |                   |



ANSWER:



Look and LEARN

The US holds several territories: Puerto Rico, Guam, U.S. Virgin Islands, American Samoa, and the Northern Mariana Islands.

Answers on page 8

1. Which language is the most popular foreign language in schools in China?
2. How much does the screw cap on most brands of vanilla extract measure?
3. Which gemstone is only made from one element?
4. From which country did America purchase Alaska?



Trivia Fun

We’re Gettin’ **HAPPIER!**





Find the Differences



Find at least six differences in details between panels.



Differences: 1. Arm is raised. 2. Leg is missing. 3. Window is different. 4. Snow on branch is missing. 5. Window is different. 6. Laces are missing from skate.

Weekly Safety Tips

Don't Find Out the Hard Way



Flushing a clogged toilet repeatedly can cause the water to overflow, making a mess. A lot of us know this already but there's some that don't. It's a good idea to share this with people that are not appliance savvy or younger family members.

**Thank God for Saturday!**

**Today's Happier Tip**

We should all have goals, lets make sure happiness is one of them.

Fun Facts

- \* **EDGY...** The ridges on the sides of coins are called reeding or milling. A dime has 118 ridges around the edge. A quarter has 119 ridges.
- \* **WHERE ARE YOU?** Bacteria, the tiniest free-living cell, are so small that a single drop of liquid contains as many as fifty million of them.
- \* **DON'T CRY ABOUT IT-** Onions get their distinctive smell by soaking up sulfur from the soil.
- \* **DID YOU KNOW?** The average person speaks about 31,500 words per day.



Get **HAPPIER** Tips

Think positive when talking with others and be respectful.

Doctor Mike Says . . .

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

Three Ways to Protect Your Heart Health

- More than 30% of folks won't get a flu shot this year.
  - U.S. adults spend nine and a half hours a day sitting or lying down.
  - A full 33% of American adults sleep six hours or less a night.
- That's the trifecta for heart woes. Below, a look at how reversing those common behaviors can protect you from cardiovascular disease and heart attack.
1. Get your flu shot, especially if you have a chronic condition such as heart disease. It may reduce your risk of heart attack by 26% and the risk of cardiovascular death by 33% according to three studies, the latest in Nature. The benefits may come from a reduction in inflammation, prevention of secondary infections associated with the flu, and ensuring stability of plaque in the arteries, which can become destabilized during the flu.
  2. Stand — and walk — in protest against sitting down. The international Prospective Physical Activity, Sitting and Sleep (ProPASS) consortium looked at data on more than 15,000 folks and found that replacing 30 minutes a day of sitting time with moderate to vigorous exercise significantly reduces your BMI and waist circumference, and lowers A1C readings — all important ways to protect your heart health.
  3. Plan on sleeping more than six hours a night (but not more than eight). The Mayo Clinic says data on 3,000 adults ages 45 and older shows that folks who sleep fewer than six hours a night are at around double the risk for stroke or heart attack compared with people who sleep six to eight hours per night.



Answer Section

PG. 7

**“REPAIR” Words**

**Hidden Word:**

DO CAR  
REPAIR WITH DAD

PG. 7

**Trivia Fun**

1. ENGLISH, BUT IT USED TO BE RUSSIAN
2. 1 TEASPOON
3. THE DIAMOND, IT'S MADE ONLY FROM CARBON
4. RUSSIA, FOR \$7,200,000

PG. 5

**WORD SEARCH**

PG. 5

**Hidden Puzzle**

**Toy Blocks:**

On Pages: 4,5,6,7,8

I'M PROUD OF YOU

**Hide & Seek:**

On Pages: 4,5,6,7,8

PG. 5

**Brain Teasers**

FIRST AND LAST ONE

PG. 6

**What Am I**

BOWLING BALL

PG. 2

**Crossword**

PG. 4

**Circle Words:** HIGHLY FUNCTIONAL