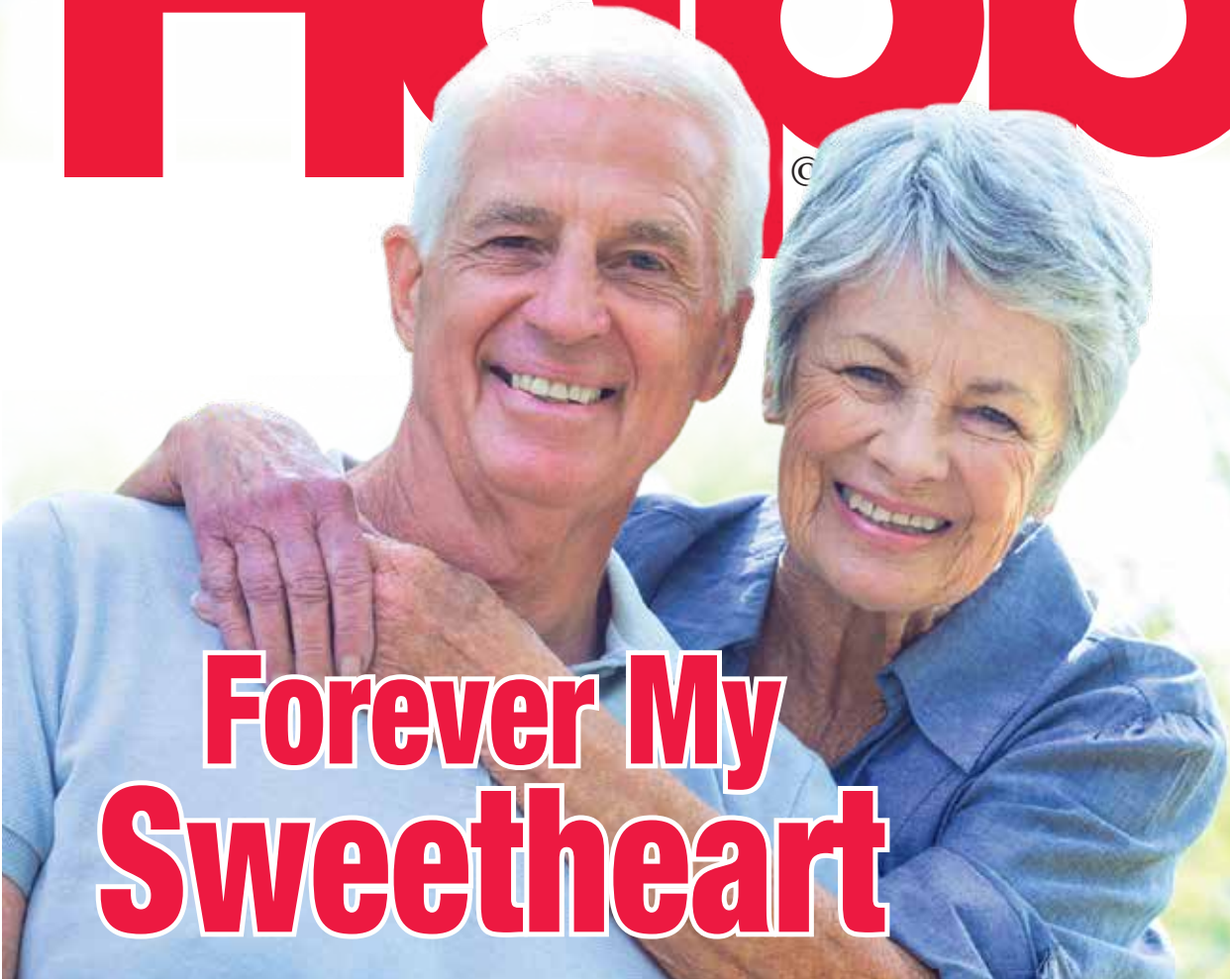




# MAKING YOUR WEEK **Happier** APR 14-20



## Forever My Sweetheart

### The Perfect Example of Love Rises Again

When I was a little boy, and later a young man, Easter Sunday wasn't a big thing. I feel that I missed out on some precious memories that could have been made. But life has dealt me good experiences that make Easter weekend very meaningful and special to me.

I realize Easter was March 31, but maybe this year, let's remember the occasion every day.

Just to think, the Creator of this world stepped down and lived as we do. A lot of times He wasn't accepted. When I don't feel accepted it hurts, maybe worse than a slap in the face.

I've helped improve my life by remembering that while He was dying on the cross with criminals, He said, "Father, forgive them, for they know not what they do." Also, "love your enemies" and "be willing to lay down your life for someone."

Let's all, including myself, have the attitude our Creator has. Maybe we'll grow from Happier to Happiest.

Enjoy this week. All of you are loved very much.  
—by Gilbert Wilks, publisher



### Riddle



What has a bed but never sleeps?

Answer: A river.

### Mud Pies and Eggs

In the summer of 48, I was spending some time with my Grandma on her farm and keeping her company. I pretty much had free range if I finished my chores and stayed where she could see me.

One afternoon I decided to make mud pies, so I pumped water into a can and found a shady place in front of the house. As I was working on the mud pies, I thought to myself, I bet if I added eggs to the mixture, it would hold better. There were eggs in the nests, so I helped myself to a few. I was inspired to use the shells as decorations on the mud pies.

They dried nicely in the sunshine and I was proud to show grandma my creation. As Grandma came out she said, "Oh my, what have you done!" She was not happy with my creation and I was sent to the house. When I was much older I came to realize that her eggs were used for her grocery money.

—Thanks, Deanna Forsythe, St. Francis, KS



### Happier Happenings

### From Our Readers

#### Five Words

My friend Tamara, now age 27, has always called me "gramma" and, likewise, I've always thought of her as my granddaughter.

When I phoned Tamara recently to say "happy birthday," she barely let me get the words out, before asking about the company T.R.Y. "Gramma, What exactly does T.R.Y stand for?"

Good question, and although I was sure Tamara already knew the answer, I understood why she wanted to hear it again. As I sat at the piano that day frustrated because I couldn't play the song "Jesus Loves Me" the way I wanted to, five-year-old Tamara smiled at me and said, "You have to try again."

Those five words motivated me to do just that, and I later officially named the company T.R.Y., "Thinking Reasonably Young."

After having started taking piano lessons at age 47, I also considered this a fitting example of "thinking reasonably young."

Tamara's words definitely encouraged me, and it's still the same 22 years later. Also, as I continue with the premise of "thinking reasonably young" in the operation of T.R.Y., I'm happy to say I'm continually "thinking" of the one who inspired it, Tamara Young!

—Thanks, Jimmie Oliver Fleming, Chester, VA



### Days Gone By

#### Playing Under the Weeping Willow Tree



My best friend, Jenny Mabrey lived across the street from us in a house that had a large weeping willow tree in the back yard, its thick, leafy fronds reaching nearly to the ground.

In the summer, Jenny and I (both 8) would play under that tree, pretending we were being stalked by a vicious tiger. It was her cat Jingles. We'd play school, it was our house when we played dolls. Jenny's mom would bring out cookies and Kool-aid for our picnic.

Those hours became a treasured memory for me when Jenny and her family moved away.

—Thanks, Lynda Vandiver, Madisonville, KY

### Today's Happier Tip



#### I Love Sunday

It makes me happy to see the flowers waking up and poking through the ground.



## We Love Our Hometown

### Thank You Stone's Health Mart Pharmacy In Mayfield, Kentucky



Stone's Health Mart Pharmacy is a locally owned pharmacy that has a personal commitment to the community. There's nothing more important to us than your family's well-being. You'll always work with somebody at our pharmacy who greets you by name, and our pharmacists take the time to get to know you, explain your medication, and answer questions you may have. Our pharmacy is a trusted healthcare resource. Stone's Health Mart Pharmacy also shares the, Happier Newspaper with its community.

Mayfield is known for some of its popular attractions, which include, Wooldridge Monuments, Cartwright Grove, Kess Creek Park, and a number of restaurants.



The City of Mayfield dates back to the early 19th century. The city has been a successful industrial area over the years, while it still manufactures many goods that are sold here in the community.

## Favorite Crossword

Answers on page 8.

### ACROSS

- 1 Face covering
- 4 Young woman
- 7 On exterior
- 9 Comforts
- 12 Bends in a hose
- 14 Way in
- 16 Certain
- 17 Toward
- 18 Blacksmith tool
- 20 Salamanders
- 22 Refuse permission
- 23 Notch
- 25 Us
- 26 Rims
- 28 Floats on air
- 31 Type of deer
- 33 Seamstress tools
- 35 Small quantity
- 37 Gentleman
- 38 Child's word "thanks"
- 39 Merciful
- 41 Eye part
- 44 Type of flower
- 45 Stare at
- 47 Tall
- 48 A trap
- 49 Recline
- 50 Devour
- 53 Hostility
- 55 Picture with many pieces
- 57 A sign
- 58 Expressions of pity
- 59 What covers corn
- 61 Supposing that
- 62 Sticky substance
- 63 Inquires

### DOWN

- 1 Confront
- 2 A collection
- 3 Methods of self defense
- 5 Forest animal
- 6 To father
- 7 Correct
- 8 Employs
- 10 Church council
- 11 Glitter
- 13 Never used
- 15 Unique
- 19 To itemize
- 21 Back end
- 24 Literary composition
- 25 Faint
- 27 The "Holy \_\_\_"
- 28 Small amount
- 29 Patriarch in Bible
- 30 Allows
- 32 Relatives
- 34 "Where \_\_\_ he?"
- 36 A smell
- 40 A small hotel
- 42 A condiment
- 43 Timid
- 46 Brings disease
- 51 Parasites
- 52 Affirmative answer
- 53 Repeating sound
- 54 Found on walrus
- 56 Clumsy man
- 60 South America, abbr.



## Sharing Happiness



## Happier Kitchen

### Delicious Pancakes

- 1½ c. pancake mix
- 1 Tbsp. sugar
- 1½ c. buttermilk
- 1 large egg, lightly beaten
- 1 Tbsp. vegetable oil



Combine pancake mix and sugar in a medium bowl. In another bowl, whisk together buttermilk, egg, and oil; add to dry ingredients, stirring just until lumps disappear. Pour about 1/4 c. batter for each pancake onto a hot, lightly greased griddle or large nonstick skillet. Cook pancakes 2 minutes or until tops are covered with bubbles and edges begin to look cooked; turn and cook 2 more minutes or until done. **Enjoy!**

## HIDE and SEEK

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

Can you help round-up five more cats?



Answers on page 8.



for joy.

Find the missing blocks throughout Happier to make the word.

**Yes! Big Monday**

**Today's Happier Tip**

I thank God everyday for my friends and family that surrounds me.

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# Happier

Apr 14-20

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# I Miss Yesterday and How Special It Was

I remember growing up as a child and having dinner every day exactly at five p.m. My father would get home from work a half hour before that and the only rule was, that I be home by five. When we sat at the table, we all would share our daily events. It was a time when no one had cell phones and the only way to catch up with each other was in person.

As of today, I have noticed that the gathering around the dinner table is not as prevalent as before. And when people do share their day at the table with the family, the phone is often sitting out next to them buzzing or chirping with incoming messages.

Maybe this is the new normal and I'm just holding onto a older way of thinking. I feel privileged to have grown up in a time when I could interact with others on a personal level.

If you are lucky enough to have dinner as a family in this day and age, enjoy it and share with the younger kids why family dinner is special.

— Keith Vasconcelles

## Get Happier Tips



## Health Tip

### Let's Take A Walk



With the weather warming up, it's a good time to think about walking. If you can find a friend or family member that is willing to get out and walk, that would be good. Walk around the block or at a park or in the mall. And remember, having the right shoes will help out a lot.

## Handy Hints

### Are You Short An Egg?



Eggs are a key ingredient in mayonnaise, so if you are out of eggs, you can substitute 3 tablespoons of mayo, equaling one egg.

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

## Happier Poem

### My Garden Friends

Hi there, little birdie  
Perched high in the myrtle tree.  
I thank God for sending  
You to visit me.

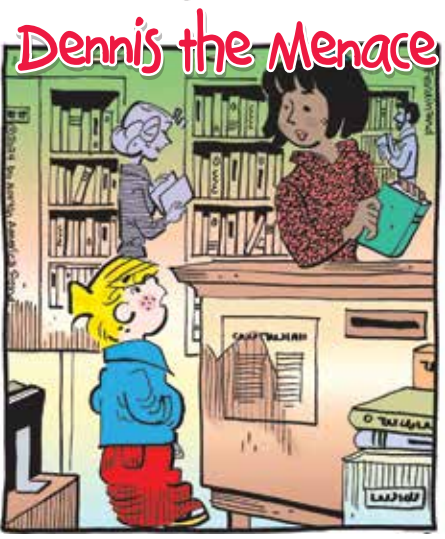
In fact, I thank God for all of my  
Garden friends, those who visit  
Often, and those who only visit  
Now and then.

And, of course, one thing is certain,  
Welcoming you is never a burden.  
For I too have been sent by God,  
And know it to be undeniably true,  
Our Heavenly Father  
Always knows best, in whatever  
He tells us to do.

— Jimmie Fleming, Chester, VA



## Laugh A Little



It's **REAL**  
The number of payphones in the United States has declined by more than 45%.

### NOW THAT'S FUNNY!

The Sunday school teacher was describing how Lot's wife looked back and turned into a pillar of salt. Little Timmy suddenly interrupted, "My mom looked back once while she was driving." "She looked back and she turned into a telephone pole."



## 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 13 letters leftover. **Have fun!**

- ADAPTABLE
- ATTACK
- BEAST
- BIG
- CARNIVORE
- CLIMB
- ENDANGERED
- FAST
- FEMALE
- FEROCIOUS
- GRACEFUL
- GROWL
- MALE
- NOCTURNAL
- PANTHER
- PROWL
- REST IN TREES
- ROAM
- RUN
- SEVEN FEET
- LONG
- SHARP
- CLAWS
- SHARP TEETH
- SLEEP
- SNOW
- LEOPARD
- SOLITARY
- SPEED
- SPOTS
- STALK
- STRONG
- SUN
- WATER
- ZOO

### Bonus Words:

**"LEOPARDS"**

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

Answer on page 8

**Hello Tuesday!**

**Today's Happier Tip**

Every small win in your life adds up Exponentially.

**BILLBOARD** of **HAPPINESS**

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

	A	I	N	G		O	U
I	E		W	I			
T	E	S		I			
	E	I	U				

**C H H H M O O P**  
**R R R R S S S T T Y**

**I wake up and what do I smell?**

Page 3

### Get Up Happier

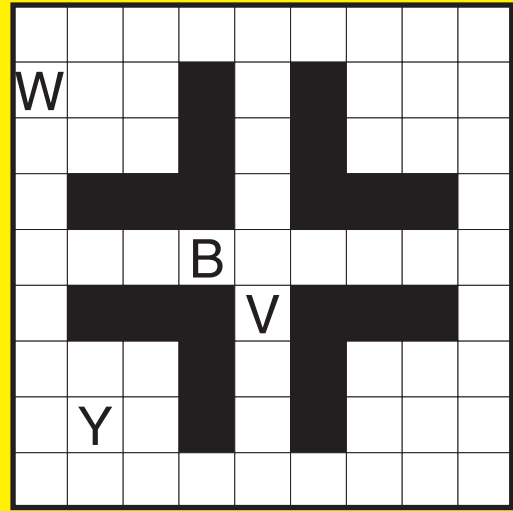
## Family & Friends First



There was a time when I was much younger and possessions meant the world to me. They were the center of my life for awhile. Then as the years passed, I soon began to learn something very interesting. My possessions also began to age—not being in style! Having had enough, I decided to make the most important things in life count! And, of course, they had to be made up of things that last. Helping friends and family became my first priority. They are the zest of my life—for they never fade or go away! — *Diane Wilks Nolan*

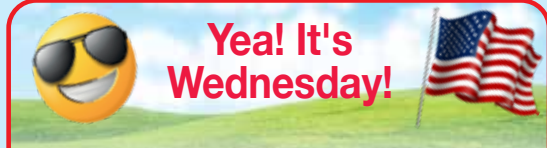
### TRIPLETS *Lovatts*

The words from the crossword have been taken out and broken down into groups of three letters. Place the triplets into the grid with the help of the starter letters.



Agg Era Nap Res  
Ant Ete Ner Rod  
Are Eye Pea Str  
Aye Gra Pep Swe  
Bes Ine Pev Ton  
Dad Ion Pie Tri  
End Lad Red Und  
Ent Ler Rep Woo  
Eon Man

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

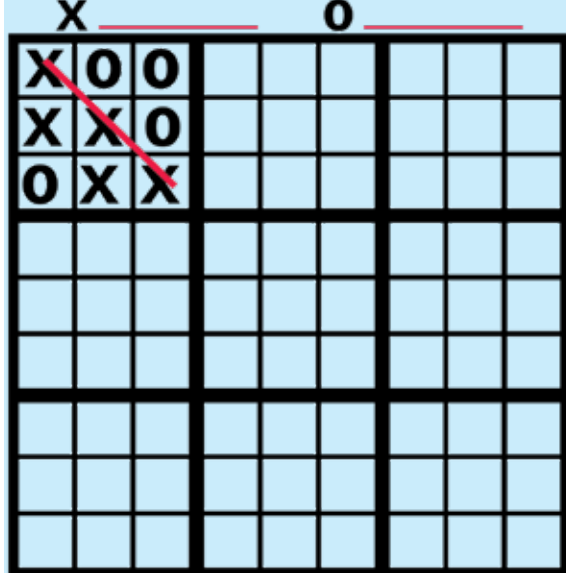


Yea! It's Wednesday!

**Today's Happier Tip**

No explanation is necessary when you have faith.

**Come Here Friend . . .**  
Who can win the most . . .



**Eggs, pancakes and hash browns?**

14 SUNDAY  
APR



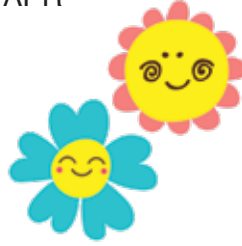
International Laughter Day

15 MONDAY  
APR



World Art Day

16 TUESDAY  
APR



17 WEDNESDAY  
APR



Administrative Professionals Day

18 THURSDAY  
APR



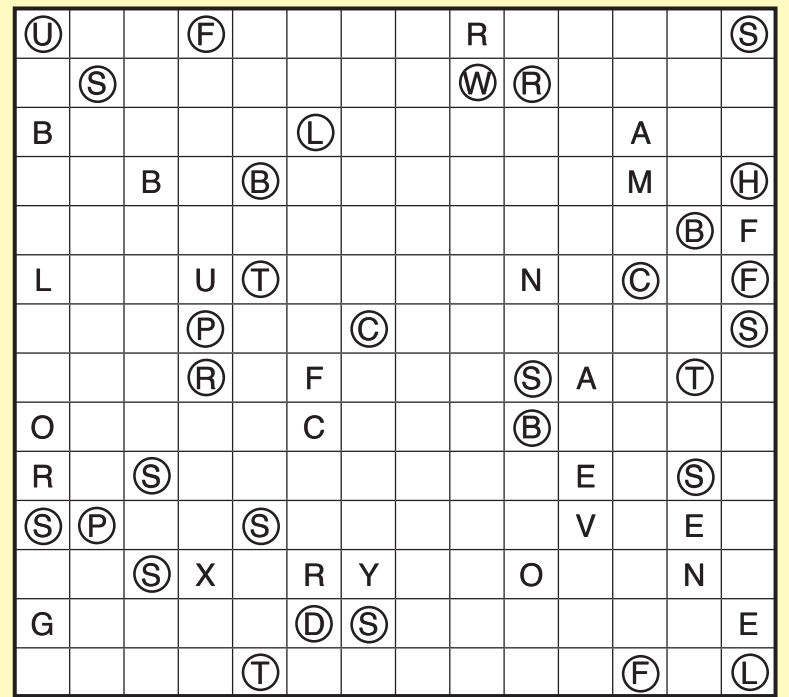
National High Five Day

### 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.

BATHING SUIT SAND  
BEACH BALL SANDALS  
BOATS SEAGULL  
BREEZE SEAWEED  
CASTLE SHOVEL  
CHAIR SPLASH  
DIVING SUMMER  
FAMILIES SUN  
FLOAT SUNSCREEN  
FUN SWIMMING  
HAMMOCK TANNING  
LIFE GUARD TIDE  
LIFE JACKET TOWEL  
PAIL TUBE  
PICNIC UMBRELLA  
RELAX WAVES  
RIVER

Bonus words: \_\_\_\_\_



### Happier Across America



**My children celebrating my 91st birthday.**  
—Thanks Martha Gleeurup, Springfield, TN  
And Happy Birthday!

### See the Beauty of Spring?



### Quick & Easy Crossword

## WHEN THE GRAND KIDS VISIT

#### ACROSS:

- Grandma may bake \_\_\_ with the kids.
- Grandma \_\_\_ the baby to sleep.
- Make \_\_\_ and jelly sandwiches.
- Take the kids to the \_\_\_ to play.
- There are safety \_\_\_ at grandparent's house.
- Grandparents \_\_\_ for the kids to come for a visit.
- Grandmas read \_\_\_ to the grandkids.

#### DOWN:

- Go to town for ice cream \_\_\_.
- Grandparents make \_\_\_ with the grandchildren.
- Grandparents give the kids hugs and \_\_\_.
- There's lots of love and \_\_\_ at grandparent's house.
- Grandparents take lots of \_\_\_ of the grandchildren.
- Grandparents give the grandchildren special \_\_\_.
- Fill the wading \_\_\_.



**ANSWERS:** Across 1-Cookies 2-Rocks 3-Peanut Butter 4-Park 5-Rules 6-Love 7-Stories Down 1-Cones 2-Memories 3-Kisses 4-Laughter 5-Pictures 6-Treats 7-Pool



## Cutest Kids

The little ones making homemade lemonade, "yum."  
— Thanks Wanda Roll, Belton, MO



## This n' That



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

Take a deep breath and be calm with pleasant thoughts.

## Word Search

**JAM MAKING** —Remember the delicious aroma in the kitchen when Mom or Grandma was making jam? Looking in all directions, using the clues, find related words.

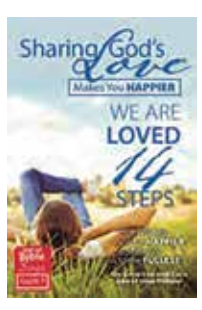
M	E	X	N	R	N	I	S	I	A	R	<b>THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW</b>		
R	U	G	O	A	E	P	K	S	B	K	BE...	LI...	FI...
A	S	L	N	J	P	M	E	O	S	G	CO...	PA...	JA...
E	L	P	P	A	A	I	I	K	U	P	OR...	SE...	SU...
P	G	I	F	X	R	L	O	L	G	T	AP...	CH...	PE...
N	A	S	D	R	G	O	G	N	A	M	RA...	MA...	GR...
Y	R	R	E	H	C	A	E	P	R	X	MI...	PE...	BO...
O	H	B	W	T	N	I	M	V	W	R	LI...	PL...	

Answers on page 8

## Share It

If published, get paid \$25.  
Send to: **SHARE**,  
PO Box 99, Portland, TN 37148  
or happierweek@gmail.com

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



## Our Helicopter Search Crew Loved to Tease Me

They would say, "Jim goes out on a mission and a little boy, instead of our helicopter crew, leads Jim to the evidence," is what I would jokingly hear over and over from the search helicopter crew.

Years ago our mission was to search fields in Tennessee to find illegal marijuana growing. When we set our helicopter down in those little towns, it always caused excitement.

We were having lunch. One little boy came running up to me, "what are you looking for?" "Marijuana," I said. "My mom smokes Prince Albert, come see," he said.

As I followed him into his home, he proudly showed me two tubs of young marijuana his mom told him was Prince Albert.

That's the only time it's been that easy to enforce the laws that protect us. Have a happy week.

See you next week. —Jim.

## Dear Dave



Dave Ramsey

## I Understand You Wanting to Help

Dear Dave,

Our 21-year-old son is in college, and we've always warned him to stay away from credit cards. Despite our warnings, we recently learned he got a store-branded credit card. The good news is he has stayed under the credit limit. The bad news is he has never made any payments on the purchases he made, and now he owes about \$3,800. He's a good student, and my husband and I want to look at this as a young person's one-time mistake. Do you think we should pay off the card for him just this once? —Melinda

Dear Melinda,

Believe me, I understand you wanting to help him out. It means you've got a good heart, and you love him. No parent likes seeing their child in a bad situation. There's a reality here, though, I hope you won't overlook. It's his debt, not yours. He knew what he was doing when he signed up for that credit card. He knew what it meant, what was expected, and he's the one who should make good on the repayment. There's nothing unfair about that.

Now, you're right. This is a typical young person's mistake. And like a lot of mistakes our kids make, it's one that's bad and wonderful at the same time. It's bad because if he had just listened to you and his dad, he would've avoided the whole mess. It's wonderful, though, because it gives you two the opportunity to provide him with a real world, teachable moment.

At this point, my advice is for both of you to give him a great big hug, and lovingly explain where he went wrong and why it was a bad idea. If you want, you can even go a step further, and help him find a part-time job if he doesn't have one right now, so he can pay off his debt and get out of this mess. It'll take some planning and discipline on his part, but leave the payments to him. Hopefully, by the time he finishes working his tail off—and scrimping and saving to pay this debt—he will have learned a lesson he'll remember for the rest of his life.

— Dave

## This Week In History

- April 14, 1828** – 1st edition of Noah Webster's dictionary published.
- April 15, 1850** – City of San Francisco incorporated.
- April 16, 1972** – 2 giant pandas arrive in U.S., from China.
- April 17, 1964** – Ford Mustang formally introduced (\$2,368 base).
- April 18, 1950** – 1st transatlantic jet passenger trip.
- April 19, 1951** – General Douglas MacArthur ends his military career.
- April 20, 1939** – New York World's Fair opens.

## Hidden Puzzle

### CHIPMUNK POWER

This little elf has a unique way to get around. See if you can find fourteen "unique" hidden objects. Look for a book, football, trowel, hockey stick, muffin, ostrich, pigeon, sailboat, cane, pencil, fish, wolf, envelope, and a baseball cap.

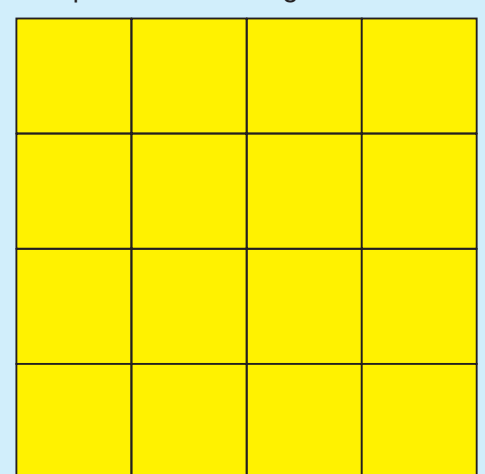


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Answers on page 8

## Brain Teasers

Brain teasers help keep our brains in tip top shape by using our brain power in different ways. Find 30 squares within this grid?



Answers on page 8

**Maybe coffee or orange juice?**

Page 5

## Words Of Wisdom



The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. —Helen Keller

## This Week's Scrambles

1. I onyej a dogo thiryadb.
2. A obrainw singrb a mseil ot ym feca.
3. eB odog ot ache terho.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

Family never gives up on each other.

## Laugh A Lot



Where do you go to learn about banana splits?

Sundae school.

Traveling on a trip to the southwest, we stopped in Texas for lunch. My little daughter went to the bathroom but came back quickly and said, "Mom, am I a steer or a heifer?"



## What Am I ?

1. I get shorter when you use me.
2. When I'm being made, I'm as thin as string.
3. You can find me at birthdays.
4. I can be used for light.

Answers on Page 8

It must be a special day today.

## Cruisin' Around



1



# Newark New Jersey

1. Newark is the \_\_\_\_\_ city in New Jersey.
2. Newark International Airport is one of the world's busiest \_\_\_\_\_.
3. Newark was settled in 1666 by Connecticut \_\_\_\_\_.
4. Newark is known as both the "Brick \_\_\_\_\_" for its beautiful brickwork and the "Gateway City."
5. Newark is a transportation center and a major \_\_\_\_\_ Coast distributing point.
6. In 1935, \_\_\_\_\_ Earhart led the dedication of Liberty International-Airport terminal building in Newark.

Answers: 1. Largest 2. Airports 3. Puritans 4. City 5. East 6. Amelia

## WASHINGTON, D.C. SCRAMBLE

1. RUTOC
2. UMUESM
3. RBLRIAY
4. EAYRMCTE
5. ESRNTAO
6. PSETDREIN
7. REIMOAML
8. TNUMOEMN
9. SPRKA
10. RLAGELY

Unscramble the letters below to find the names of ten different things you would find in Washington, D.C. Then discover the hidden theme words made up from the circled letters.

Hidden Words:

\_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Answers: 1-COURT 2-MUSEUM 3-LIBRARY 4-CEMETARY 5-SENATOR 6-PRESIDENT 7-MEMORIAL 8-MONUMENT 9-PARKS 10-GALLERY  
Hidden Words: OUR CAPITAL



## For the Love of PETS

Did you know that sheep are among the friendliest animals in the world.



## How quickly can you say?



@ the



GUESS WHAT I AM

# LOW-CALORIE CHOCOLATE BANANA SMOOTHIE

- 1 medium banana, sliced
- 1 c. fat free chocolate milk
- 1 c. vanilla fat free yogurt
- 1 c. ice cubes

Put all ingredients in a blender and puree. Pour into four chilled glasses and serve at once. **Enjoy!**



## "COOKING" WORDS



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

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.

- MESS      FUN      YUMMY  
BAKE      BOWL      INGREDIENTS  
OVEN      RECIPE

Answer on page 8

## Precious Pets



**My cats Fancy and her sister Shadow, enjoying the day.**

—Thanks, June Martin, Fort Morgan, CO

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"

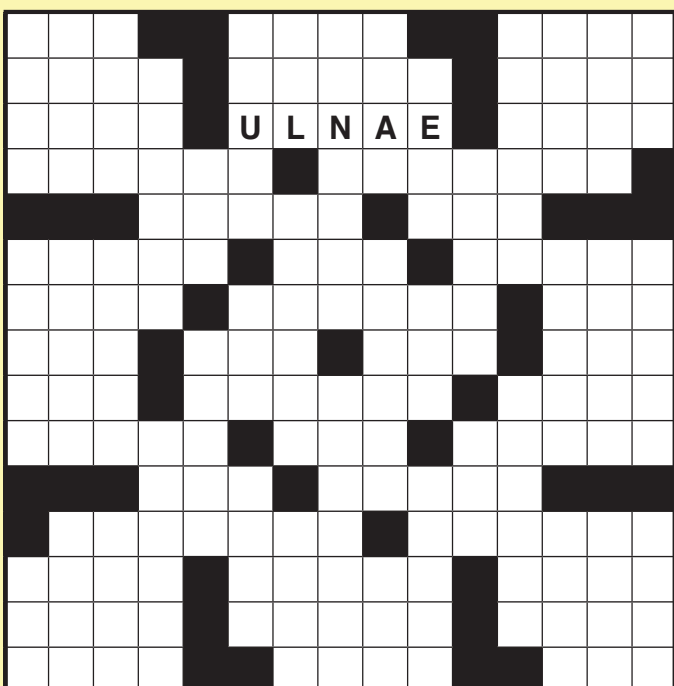


### TAKING IT EASY

Turtles are one of the oldest reptile groups in the world. They can hold their breath for hours underwater by slowing their heart rate to down to nine minutes between beats. They are known to live up to 100 years old and have a excellent sense of direction.

## 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!**



- 3 LETTERS**  
CHE  
EAR  
EAU  
EHS  
FRA  
HAE  
HET  
ICE  
ION  
LOM  
MIA  
NAN  
NHL  
NNE  
OHS  
OWN  
PEL  
SCI.  
UNI  
YAW
- 4 LETTERS**  
AIDA  
AMID  
ANTE  
ARTE  
DEER  
EDDS
- 5 LETTERS**  
APACE  
ASORS  
AYAHS  
BLUER  
EMILY
- 6 LETTERS**  
EILEEN
- 7 LETTERS**  
ANAGRAM  
ELAPSES  
ERASING  
IONESCO
- 3 LETTERS**  
EENY  
ERST  
EURO  
EYED  
HIRE  
HUAC  
LIMA  
NAPA  
NEIL  
NETS  
O'DAY  
ORAL  
RASE  
RE-UP  
RUTA  
SPEW  
TEAM  
TOES  
UNIO  
URDU  
WERE  
WHEE
- ESTES**  
**EUBIE**  
**FORAY**  
**GENET**  
**HAGEN**  
**HENCE**  
**HOSES**  
**IONIA**  
**MARSH**  
**OOHED**  
**PIERS**  
**SHORT**  
**TOPE**  
**ULNAE**  
**USURP**
- ELOPER**  
**EPACTS**  
**EPODES**  
**NOSTRA**  
**OATERS**  
**OREADS**  
**RESTED**  
**WAUSAU**  
**YES SIR**



ANSWER:

## Get A Kick

My younger brother was giggling in church when my mother leaned over and said, "You're not supposed to talk in church." Brother replies, "What will happen?" Mother said, "Look behind you at the two men standing by the door, they are hushers."



Oh My Goodness It's Friday!

Today's Happier Tip

May everyday give us the chance to make others happier.

## Thank You Mail

Dear Happier,  
I get the "Happier" at the Edward's Market in Fort Morgan, Colorado. I look forward to getting the "Happier" newspaper every week.  
— Thanks, June Martin,  
Fort Morgan, CO



## Look and LEARN

The first animal to orbital the Earth was a dog named Laika, in November 1957.



## Trivia Fun

Answers on page 8

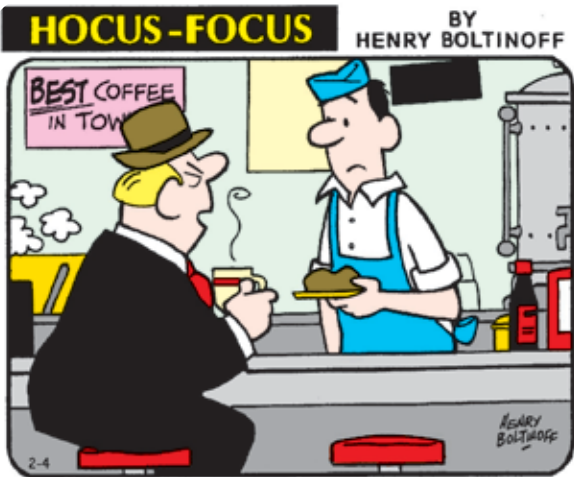
1. The pupil of what sea creature is rectangular?
2. How much is spent per year on chocolate?
3. Hair grows slower at night or during the day?



We're Gettin' **HAPPIER!**



## Find the Differences



Find at least six differences in details between panels.



Differences: 1. Front of apron is different. 2. Hat is different. 3. Man's nose is different. 4. Stool is moved. 5. Nose is different. 6. Man's hair is thinner.

## Weekly Safety Tips

### Use Caution

Scammers use email or text messages to trick you into giving them your personal and financial information. If you get an email or a text message asking for person information, use caution. If you are affiliated with this company, it's best to contact them using a phone number from their official website and not the phone number within the email that was sent to you.



## Fun Facts

- \* **EVEN WITH TEXTING?** The average person speaks about 31,500 words per day.
- \* **DOES IT SNORE?** One species of antelope, the Sitatunga, can sleep underwater.
- \* **HEAD AND HEART!** Everyone believed in the Middle Ages—as Aristotle had—that the heart was the seat of intelligence.
- \* **COLD, HARD FACTS...** Rubber bands last longer when refrigerated.
- \* **I SEE...** Lyndon B. Johnson was the first president of the United States to wear contact lenses.



## Get **HAPPIER** Tips

Make a special dinner from your childhood and rejoice in the memories it brings.



## Doctor Mike Says . . .

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

### Improving Your Circulation

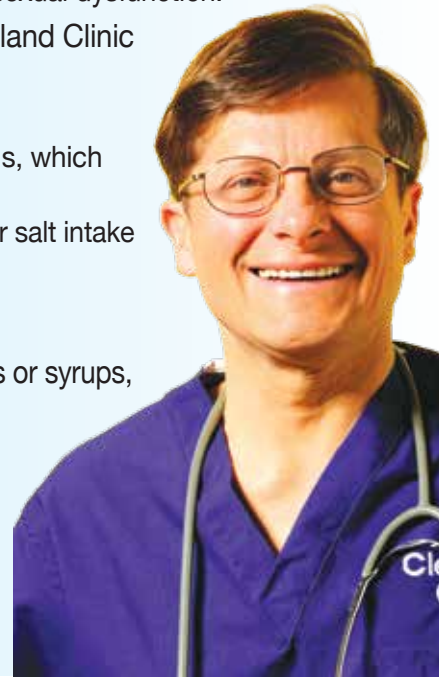
Earth's exosphere extends at least 60,000 miles up from earth's surface to the edge of interplanetary space. And you have around 60,000 miles of blood vessels in your body! They transport blood carrying oxygen, nutrients, hormones, immune system cells, and platelets (for clotting) and deliver these necessities to your cells and organs, as they help transport waste and toxins out of the body. Big job. But sometimes, your circulation becomes obstructed or slowed down because of heart disease or blocked arteries. You may have chronically cold feet or fingers, lack of breath or fatigue, or sexual dysfunction.

To ease poor circulation or prevent it from happening, the Cleveland Clinic suggests you:

- Try low-impact exercise such as walking or pool exercise classes
- Skip red meat and full-fat dairy to reduce or prevent atherosclerosis, which can lead to peripheral artery disease
- Maintain a healthy blood pressure and, if recommended, reduce your salt intake
- Elevate your legs about hip level whenever possible
- Wear compression socks & Don't smoke

In addition, you want to eat a plant-based diet with no simple sugars or syrups, get 150 to 300 minutes of physical activity a week, stay hydrated, and try dry brushing before showering (never on moles or irritated skin). It increases blood circulation.

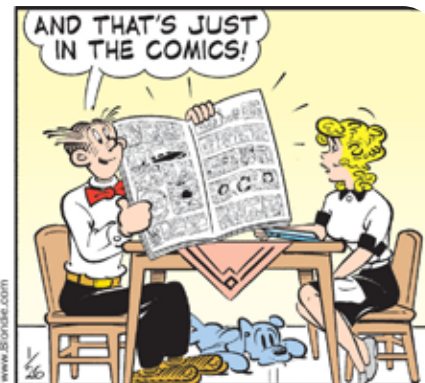
Some foods and supplements also promote healthy blood flow. They include vasodilating cayenne pepper and pomegranates, and garlic, which contains allicin. Studies show that it relaxes blood vessels. Other foods to add to your diet to combat restricted blood flow include cooked tomatoes, beets, onions and berries.



Thank God for Saturday!

Today's Happier Tip

Laughter is the best gift throughout our day.

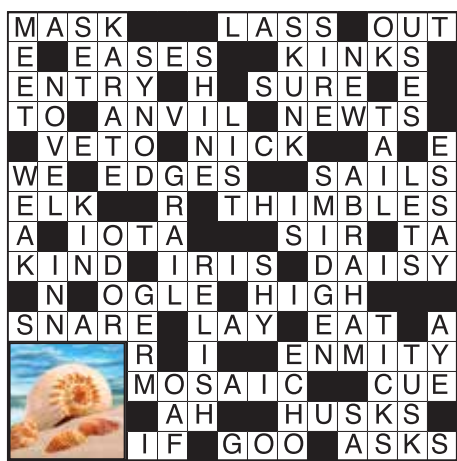


## Answer Section

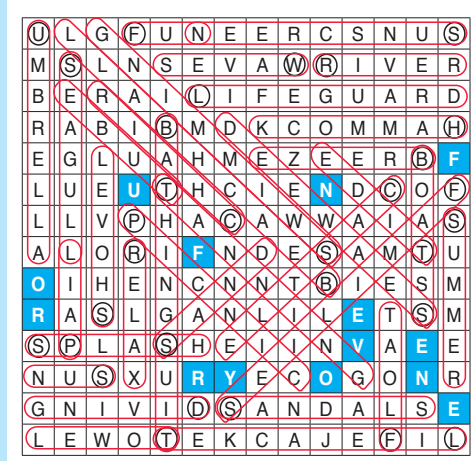
PG. 5 **Hidden Puzzle**



PG. 2 **Crossword**



PG. 4 **Circle Words: FUN FOR EVERYONE**



PG. 7

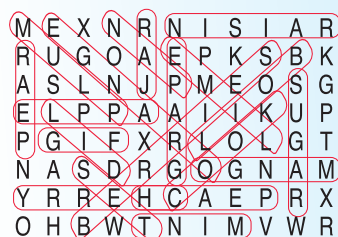
### "COOKING" WORDS

**Hidden Word:**  
MAKING COOKIES  
WITH YOUR MOM

PG. 7 **Trivia Fun**

1. THE OCTOPUS
2. OVER \$14 BILLION
3. AT NIGHT

PG. 5 **WORD SEARCH**



### Toy Blocks:

On Pages: 4,5,6,7  
JUMP FOR JOY

### Hide & Seek:

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

PG. 5 **Brain Teasers**  
30

PG. 6 **What Am I**  
CANDLE

PG. 3 **Secret Words:** A BIG JUNGLE CAT

PG. 6 **Guess What I Am?** SCISSOR

PG. 3 **Billboard of Happiness:**

SHARING YOUR TIME WITH OTHERS IS PRECIOUS

PG. 6 **How Quickly Can You Say?**

I SAW YOU DOWN AT THE DONUT SHOP

PG. 6 **This Week's Scrambles:**

1. I ENJOY A GOOD BIRTHDAY.
2. A RAINBOW BRINGS A SMILE TO MY FACE.
3. BE GOOD TO EACH OTHER.

## S U D O K U

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