



Happy Mother's Day

MAKING YOUR WEEK **Happier** MAY 12-18



Happy Mothers Day!

From Our Readers

Dawn of Another Day



Every morning when I first open my eyes, I see light peeking in through the curtains. Another night has passed, and I send up thanks for bringing me through the night.

Then it is off to the kitchen to grab a bowl of cereal and on to the couch. I turn on the TV to see what happened in the world overnight.

I do this with great anticipation, thinking something, anything, may have happened overnight that would be some good news, some really good way to start the morning, to welcome in the new day.

It is a new day, a day full of possibilities! How will you greet it and what can you do, will you do, to make it a day to remember... to remember all the good things that happened to you do, all the things you are thankful for.

—Thanks, Perry Wm. Bell, Greeley, CO

Days Gone By

I'm 101 Years Young

I'm Lillian Johnson, I was born December 1922 and had one brother and sister. We rode in a horse and buggy to town when we had to shop. Then in 1928, mom got a car and at that time, women didn't drive but mom did. At this time we just used the horses for field work and getting around the farm.



We had one school with one teacher, from grade one to eight. We also had two outhouses, one for the girls and one for the boys.

The school gave us a week off when it was time to plant potatoes. Mom dug holes in rows and we planted the potatoes. We reaped the rewards of working hard throughout our time on the farm.

—Thanks, Lillian Johnson, Waupaca, WI



Riddle



What is on its way but never arrives?

Answer: Tomorrow

WOW! That's A Lot of New Babies to Mother

How many new babies came into our world in 2023, as stated on the Internet? The answer is upside down at the bottom of this editorial.

Now that's a lot of love that has to be given to make our world happier. New mothers in Alaska, new mothers in Hawaii, maybe even the Antarctica.

I'm so glad my mother, Helen, went out of her way to give me love. Life can be tough for all of us, and some mothers have a lot to go through. Let's, men or women, help make those cute little ones who just got to planet earth as happy as can be. Especially mothers.

—Your friend, Gilbert Wilks, publisher

Answer: UN estimated 140,000,000.



Camping Fun

Despite the questionable weather forecast, we decided to go ahead with our camping plans on the Susquehanna River Water Trail. After arriving at our campsite, we meet up with my sister and her family. They already had a fire started and started to prepare the hamburgers to cook on the grill. They had already put up a tent and tarp, just in case we had rain. Thunder started to rumble in the distance and we were sure we were going to get drenched. The burgers were done just in time, we all gathered under the tarp to eat and watch the storm pass over us. After the storm had passed, we went for a boat ride, enjoying the beautiful evening. The next morning we awakened to the sounds of birds singing and had a wonderful vacation. —Thanks, Lynette Zimmerman, Port Trevortn, PA



Happier Happenings

Today's Happier Tip



I Love Sunday

Make plans to do something special, either with family, friends or just with yourself.



We Love Our Hometown

C&R Supermarket is Making Macon, Missouri Happier



In 1957, the very first C&R Supermarket was opened in La Plata, Missouri by Holland Clem and Richard Ramsey. Hard work and innovative ideas have guided another generation to grow C&R to include thirteen stores across Northeast and Central Missouri. Our Freshness Guarantee is just one of the ways we have continued to provide the highest quality foods for your family, and our superior customer service is experienced each time you shop at C&R.

Macon County offers some wonderful restaurants and shops. We are also known for having some of the best antique shops in Missouri. People travel from all over to shop and browse through the different craft, antique and collectible shops in Macon County.



Macon County is also known for its excellent hunting, fishing, and water sports. Long Branch State Park is not too far away and has a beautiful lake. It's great for fishing, lots of nature trails, amazing sandy beach, roped off areas for swimming, and spectacular views everywhere.

Favorite Crossword

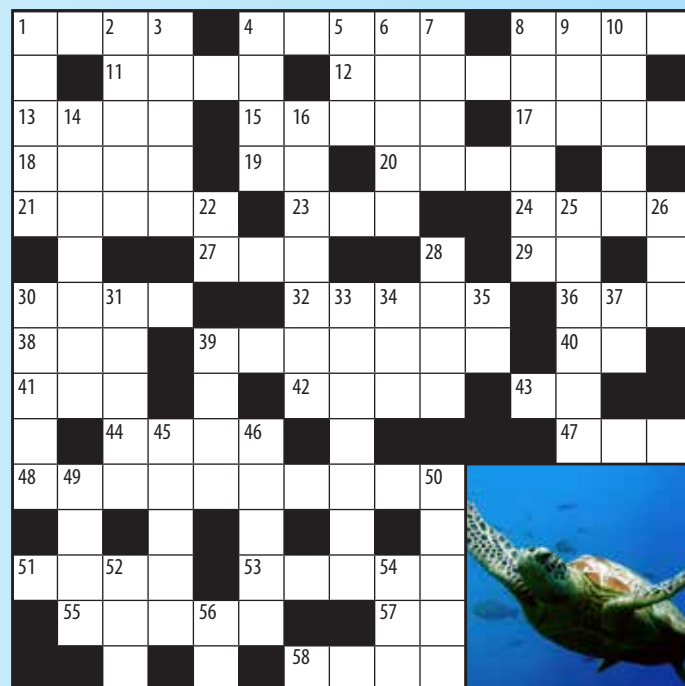
Answers on page 8.

ACROSS

- 1 Box-shape
- 4 Walrus tusks
- 8 Cabbage dish
- 11 Eager & enthusiastic
- 12 Nature's alarm clock
- 13 Create
- 15 Work
- 17 Small particle
- 18 Level
- 19 The letter "M"
- 20 Jump over
- 21 Exams
- 23 Devour
- 24 Be idle
- 27 Paddle
- 29 The letter "N"
- 30 Sloped walkway
- 32 The main subject
- 36 False hair
- 38 "Many years ____"
- 39 Photo
- 40 In; on; by
- 41 Gamble
- 42 U.S. service branch
- 43 Word of choice
- 44 Soothe
- 47 Faded
- 48 Draw picture of
- 51 Two of them
- 53 CDs
- 55 Name
- 57 Old English, abbr.
- 58 Hammer

DOWN

- 1 Heavenly body
- 2 Way of cooking (plural)
- 3 Happening
- 4 Not working
- 5 A sphere
- 6 Perch
- 7 New ____
- 8 Metal fastener
- 9 Permit
- 10 A smell
- 14 The norm
- 16 Our country
- 22 In this way
- 25 Forward
- 26 A fruit
- 28 Part of system of justice
- 30 A Jewish teacher
- 31 Public sleeping place
- 33 Window marks
- 34 Total
- 35 Electrical engineer, abbr.
- 37 Neither he nor she
- 39 Go by
- 45 A zero
- 46 Musical study
- 49 Booty
- 50 Artist's stand
- 52 "____ Lizzie"
- 54 Baby's sound
- 56 Behold



Sharing Happiness



Let the sponsor know you love Happier!

Mulligan Stew

- ¼ c. all-purpose flour
- 1 (3 oz.) pkg. dry onion soup mix
- 3 c. water
- 2 c. carrots, diced
- 1 c. potatoes, sliced
- 1 c. canned green peas, drained
- 1 c. celery, sliced
- 1 c. bell pepper, sliced
- 1 c. onion, diced
- 3 c. beef, cooked and diced
- 1 tsp. black pepper

Combine flour and soup mix in a large soup pan. Add water to mixture and heat to a boil, stirring constantly. Add vegetables and beef. Cover and cook over low heat 1 to 1 1/2 hours or until vegetables are tender. **Enjoy!**

Happier Kitchen



HIDE and SEEK

Can you help round-up five more babies?



Answers on page 8.



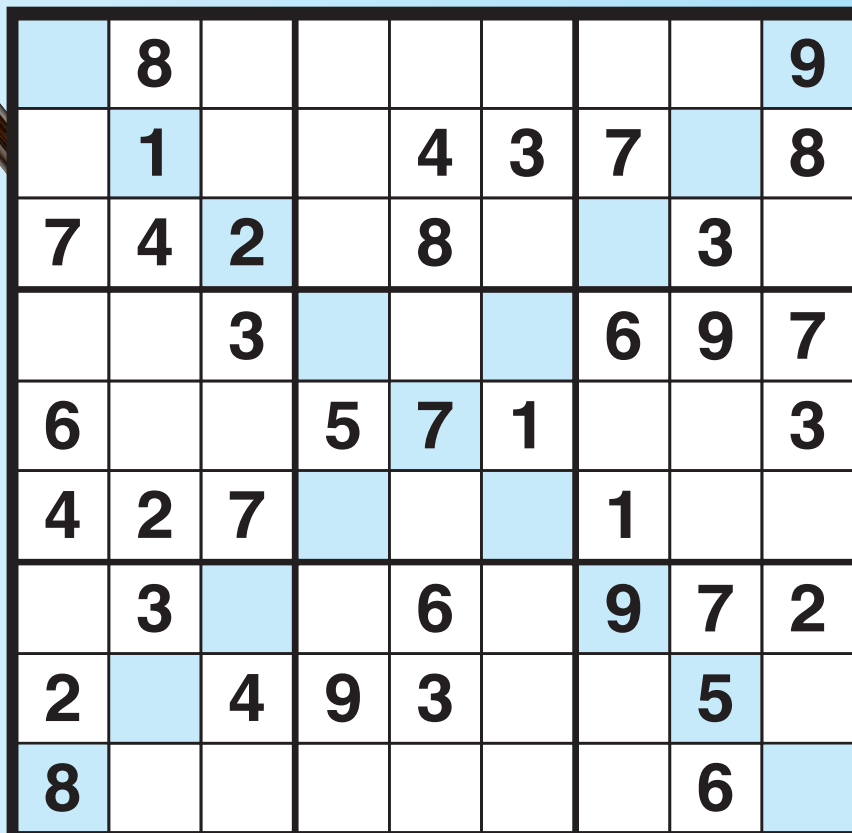
My special

Find the missing blocks throughout Happier 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.



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Yes! Big Monday



Today's Happier Tip

Let us take a moment, to give thanks to all the mothers and everything they do for us.

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My Dear Mother

I have so much respect for all the mother's out there and the bond that they share with their siblings. As for myself, my mother was one that I could go and talk with throughout my childhood and into adulthood. She made sure I had everything I needed to stay warm and dry in the winter and kept me fed for a lifetime. Money was tight, but she saved what she could and would spend it on my brother and I. Even now, as a 55 year old man, she sends me socks and wants to know if I need new shoes or a jacket. How lucky I am to have a mother that still cares for me the way she did when I was younger.

I see the same love in my wife as she tends to the needs of our own children. Our children are in there twenties but that doesn't matter to her. She is always helping them out in whatever way she can.

I hope one day, my children will understand the true meaning of sacrifice and unconditional love. I'm sure we all learn by the examples we put forth, and I thank all the mothers out there. —(Photo) Evelyn and Keith Vasconcelles, editor, Pasco, WA



Get Happier Tips

Health Tip

Let's Stretch for Health



Stretching keeps the muscles flexible, strong, and healthy. Flexibility is important to maintain range of motion in the joints. For example, sitting in a chair for long periods of time can result in tight hamstrings. Muscles shorten and become tight when not used but regular stretching will keep muscles flexible.

Handy Hints

Saving Money



Our family makes turkey chili every month for one of our dinners. We have found that we can save a good chunk of change throughout the year by buying the large containers of ground meat. We portion out the meat in freezer bags depending on the recipes. We found the best way to thaw the meat is to put it in the refrigerator a day before you use it.

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

Happier Poem

Smile

When you are praying for sunshine
And you get rain,
Put a smile on your face
And Keep going

When you are wearing new shoes
And you step in a mud puddle
When you just had your hair done
And you go out in the wind

You are trying to lose a pound or two
Your scales say you have gained
You are waiting for a check in the mail
And all you get is bills,
Put a smile on your face
And keep going,

When you are in the midst of your
Shopping and realize you don't
Have enough money,
Put a smile on your face and keep going.
But no matter the problems
That knock on your door
Jesus is there to care for you more
So put a smile on your face
And keep on going.

—Martha Glerup,
Springfield, TN

Laugh A Little

The FAMILY CIRCUS



"The new couch came."

Dennis the Menace



"We all make mistakes. I guess mine just happen to be the punishable kind."

It's REAL

Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914.

NOW THAT'S FUNNY!

Little Billy's kindergarten class was on a field trip to the local police station. They saw a bulletin board with pictures of wanted men. One of the youngsters pointed to a picture and asked if it was really a photo of a wanted person. "Yes," said the policeman. "and the police want him very badly." "Well, then," asked the little boy, "Why didn't you keep him when you took his picture?"

Secret Words

"GIVING DIRECTIONS"

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 20 letters leftover. **Have fun!**

Bonus Words: _____

- ABOVE
- AFTER
- ALONG
- BEFORE
- BELOW
- BESIDE
- BEYOND
- BLOCKS
- BOTTOM
- CLIMB
- CLOSE TO
- COMMON
- CORNER
- CROSS
- CURVE
- DOWN
- EAST
- FOLLOW
- HILL
- LAKE
- LAND-MARKS
- LEFT
- LIGHTS
- MILES
- MONUMENT
- NEAR
- NORTH
- PAST
- PATH
- POND
- RIGHT
- ROAD
- ROUTE
- SCHOOL
- SIGN
- SOUTH
- STATUE
- STREET
- TOWER
- TURN
- WEST
- WIND
- ZOO

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

Answer on page 8

Hello Tuesday!

Today's Happier Tip

Tuesday is a good day to start getting things done.

BILLBOARD of HAPPINESS

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

	N	T			R	G	T
T			T	P			N
S			T				
		U	T	Y			
	R	U	N				U

A A A B D D D E E E E E
F H O O O O O S Y

You keep me warm in winter

Page

Get Up Happier

I REALLY LOVE MY MOTHER

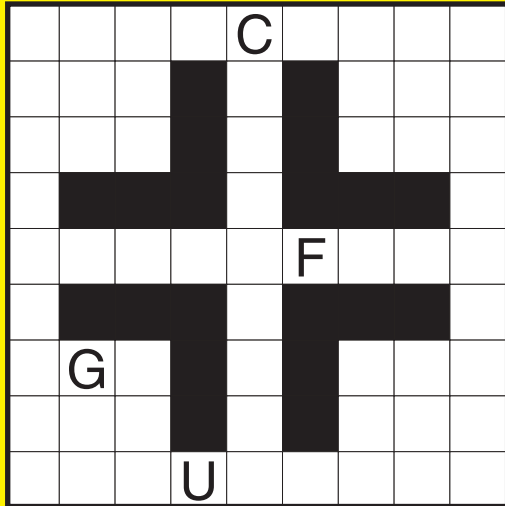


I was born first out of four boys. Mother decided to give it all she had, raising us boys to be loving and trust in God. I had a little printing press when I was seven. She and I would kneel at my bedside and she would pray that I would print good things for people to read. God answered mother's simple prayers. There has been over a billion Happiness magazines printed since that prayer.



— Gilbert Wilks, President

TRIPLETS

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.

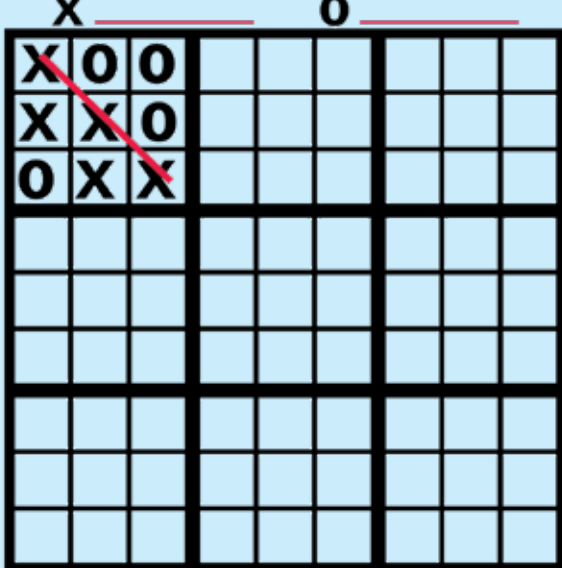


Abd	Bye	Ica	Ref	E	P	A	V	L	E	T	E
Age	Cat	Itr	Tar	T	A	R	A	V	A	R	A
Apt	Des	Opt	Ted	A	G	E	B	O	A	R	D
Arb	Dye	Ore	The	R	D	R	E	F	O	R	E
Ate	Epa	Ore	Toy	T	H	E	R	E	F	O	R
Ate	Era	Per	Tte	P	H	T	H	E	R	E	F
Bat	Ere	Ral	Ule	R	A	Y	E	T	A	V	A
Bay	Gap	Ray	Yes	O	R	E	A	V	A	R	D
Boa	Hed			A	B	D	I	C	A	T	E

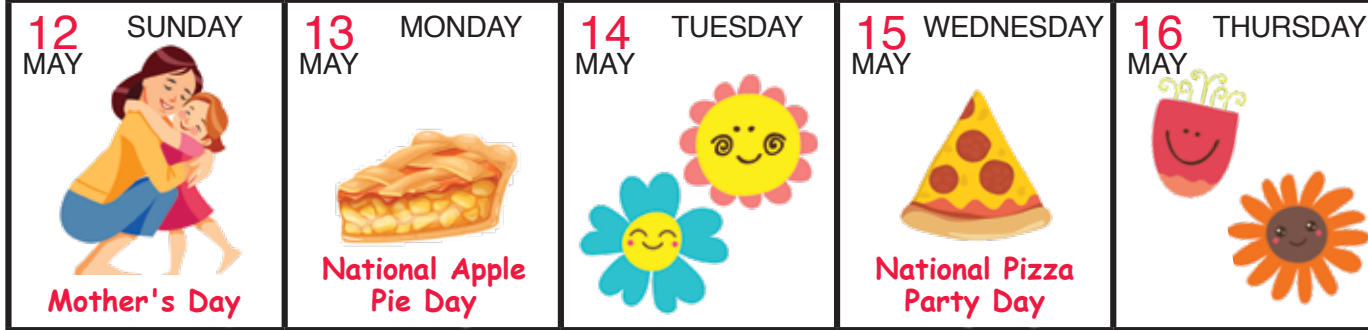
 **Yea! It's Wednesday!** 

Today's Happier Tip **Men are what their mothers made them.**
— Ralph Waldo Emerson

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



You keep me dry in spring



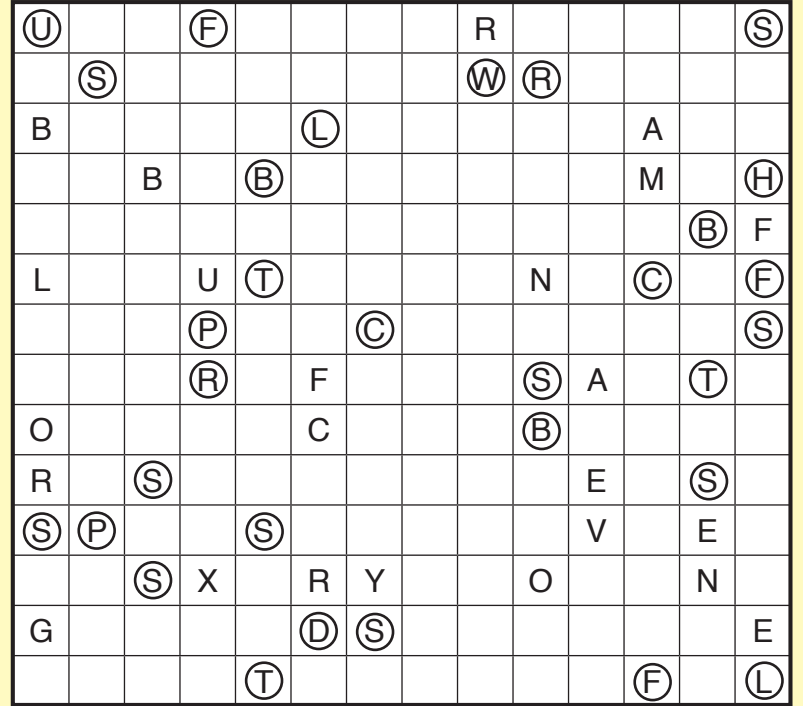
Circle Words

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 | |

"AT THE BEACH"

Bonus words:



Happier Across America



These two brothers are excited about their new dirt bikes.
—Thanks Don Trulson, Elbow Lake, MN



Let's Give A Big Thanks to All the Mothers.

Quick & Easy Crossword

ICE CREAM

ACROSS:

- Enjoy your treat in an ice cream ____.
- Have your ice cream treat in a cup or ____.
- Ice cream is a cool ____.
- Have a milk ____ made with ice cream.
- There are many ____ of ice cream to enjoy.
- Enjoy pineapple, lime or orange ____.
- Buy ice cream in ____, quarts or gallons.

DOWN:

- Choose multi-colored ____ for an ice cream topping.
- Choose three flavors of ice cream for a banana ____.
- Some like ____ as a topping.
- Have an ice cream ____ for a birthday party.
- Have a single or ____ dip ice cream cone.
- A ____ is made with ice cream and soda.
- Lick the ice cream cone fast or it will ____.



ANSWERS: Across: 1-Parlor 2-Cone 3-Treat 4-Shake 5-Flavors 6-Sherbet 7-Pints Down: 1-Sprinkles 2-Split 3-Nuts 4-Cake 5-Double 6-Float 7-Drip



Cutest Kids



We have 3 beautiful grandchildren Matt, Jr., Aretha Rose and Etta Mary. — Geneva Miller, Opelousas, LA

This n' That



Jim's FBI Happenings

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

“FBI—The Clouds Are Following Me!”

It Really Happened . . .

A sweet, elderly lady contacted the Denver FBI Office on a rainy, stormy night. She advised the FBI Agent that the roof of her apartment was leaking very badly, but the manager refused to repair it.

Since she had recently attended a speech about the jurisdiction of the FBI, given by the Special-Agent-in-Charge, she felt she could refer the problem to the FBI, especially since the rain clouds were traveling the interstate exactly as she was.

We FBI officers are trained to solve crime problems, but we get involved accidentally in others. *See you next week.* —Jim.



When planting flowers you add beauty to life.

Word Search

ALL ABOUT BABY —With a new baby in the house everyone has to pitch in and help. But they are more than worth any inconvenience. Searching in all directions, using the clues, find the baby related words.

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

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

BO... RA... RA...
SH... CE... BO...
BA... BU... SL...
DI... MO... CR...
SO... CO... CR...
MI... TO...
NA... BU...

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



Dear Dave

My Wife Thinks She Owes Me Money

Dear Dave,

My wife and I have been married for nine months, and we've been following your Baby Steps plan for three months. We have about \$50,000 in debt, and I recently cashed out an old whole life policy that enabled us to pay off \$22,000 of our debt. My wife still feels weird about us doing that, since the money paid off all the student loan debt she accumulated before we got married but none of the debt I brought to the marriage. I look at everything as ours, not mine and hers. What can I do about her sense of guilt and feeling indebted to me? — Anonymous

Dear Anonymous,

This isn't an uncommon thing in situations like yours. But more than feeling indebted to someone or experiencing a sense of guilt or shame, it's really a discussion about differing views of marriage.

You're never in debt to your spouse. You should be all in where your husband or wife is concerned. Remember the vows? For richer, for poorer. In sickness and in health. If she makes you chicken soup when you're sick, does she charge you for it? Of course not. When you get married, you agree to take on each other's burdens. Once you walk down the aisle with someone, you're choosing to serve each other. You're also choosing to take on each other's debt, each other's income, each other's assets and each other's crazy parents. Everything!

It all boils down to having a shared view of a proper marriage relationship. And the proper (and biblical) view is we own everything. There's no mine and yours anymore. Now, you can't make her feel—or not feel—a certain way. But you can ask her questions to understand where she's coming from and what blockers are keeping her from being totally together in this. Talk about it. Put your heads together and practice thinking about your marriage as a union.

It will take some encouragement from you and some getting used to on her part, but if you work together, it's a muscle you can grow and develop together! — Dave

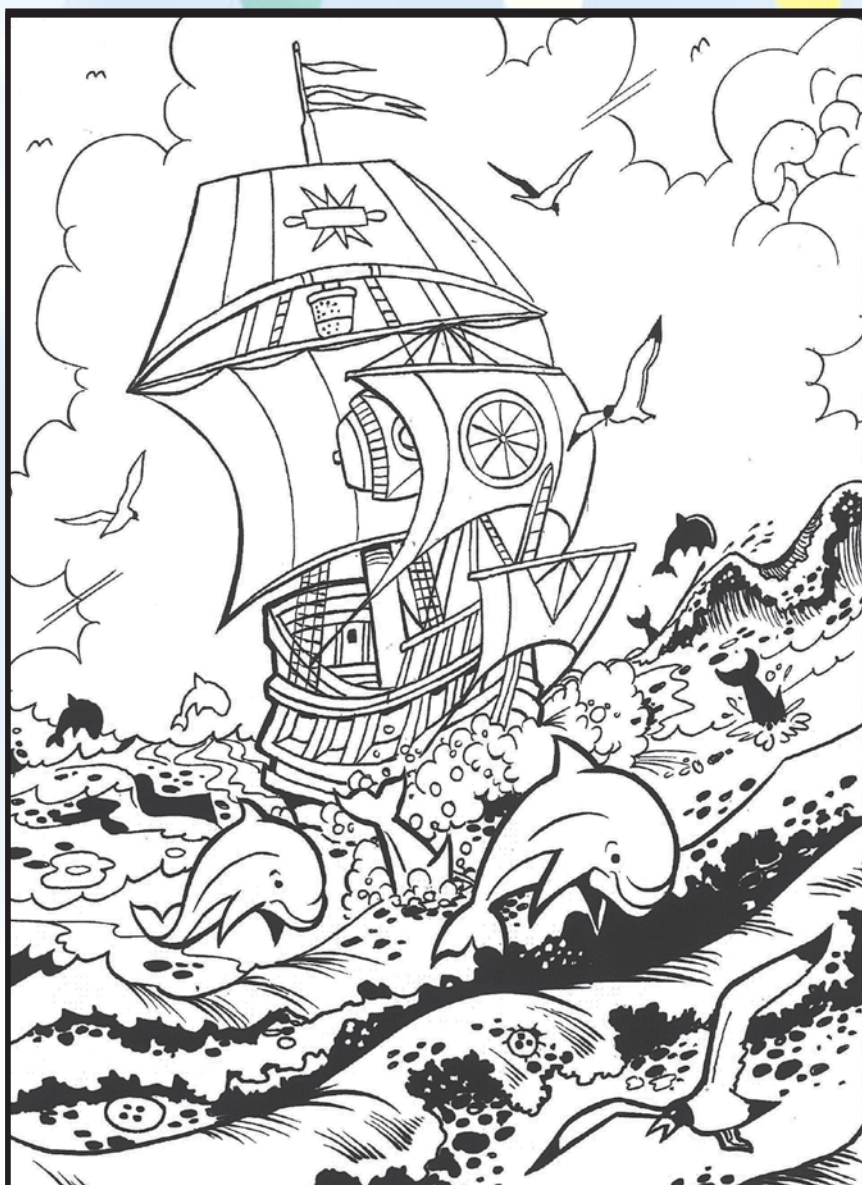


Dave Ramsey

Hidden Puzzle

RIDING THE WAVES!

The big ships like to ride the waves. Try to find the following hidden items: button, fried egg, ladybug, thimble, mushroom, archery bow, slice of orange, ladder, sock, rolling pin, knitted hat, and a fork.



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Answers on page 8

This Week In History

- May 12, 1993** – Last broadcast of “Cheers” on NBC-TV.
- May 13, 1950** – Diner’s Club issues its 1st credit cards.
- May 14, 1904** – 1st Olympics in US are held in St. Louis.
- May 15, 1980** – 1st trans-U.S. balloon crossing.
- May 16, 1971** – 1st class postage now costs 8 cents (was 6 cents).
- May 17, 1993** – Intel’s new Pentium processor is unveiled.
- May 18, 1927** – Ritz Hotel opens in Boston.

Brain Teasers

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



Answers on page 8

Did You Know...

In the 16th century Dutch growers took purple carrots and gradually developed them into the sweet, plump, orange carrots we have today.



You keep me safe at night

Words Of Wisdom

Set
Your
Goals!

Dream small dreams. If you make them too big, you get overwhelmed and you don't do anything. If you make small goals and accomplish them, it gives you the confidence to go on to higher goals.

— John H. Johnson

This Week's Scrambles

Answers on Page 8

1. I oneyj hte iutqe fo normngsi.
2. ohtaolCce upsyr si saylwa cnei no cie meacr.
3. payHp roesthm dya.



Happy Thursday!



Today's Happier Tip

Did you notice anything beautiful in your day today? If not, look harder.

Laugh A Lot

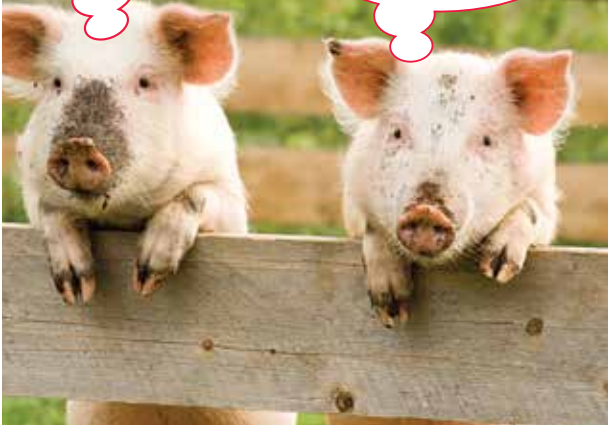


What job did the frog have at the Hotel?

A Bellhop.

Why did the farmer call his pig "Ink"?

Because it was always running out of the pen.



What Am I ?

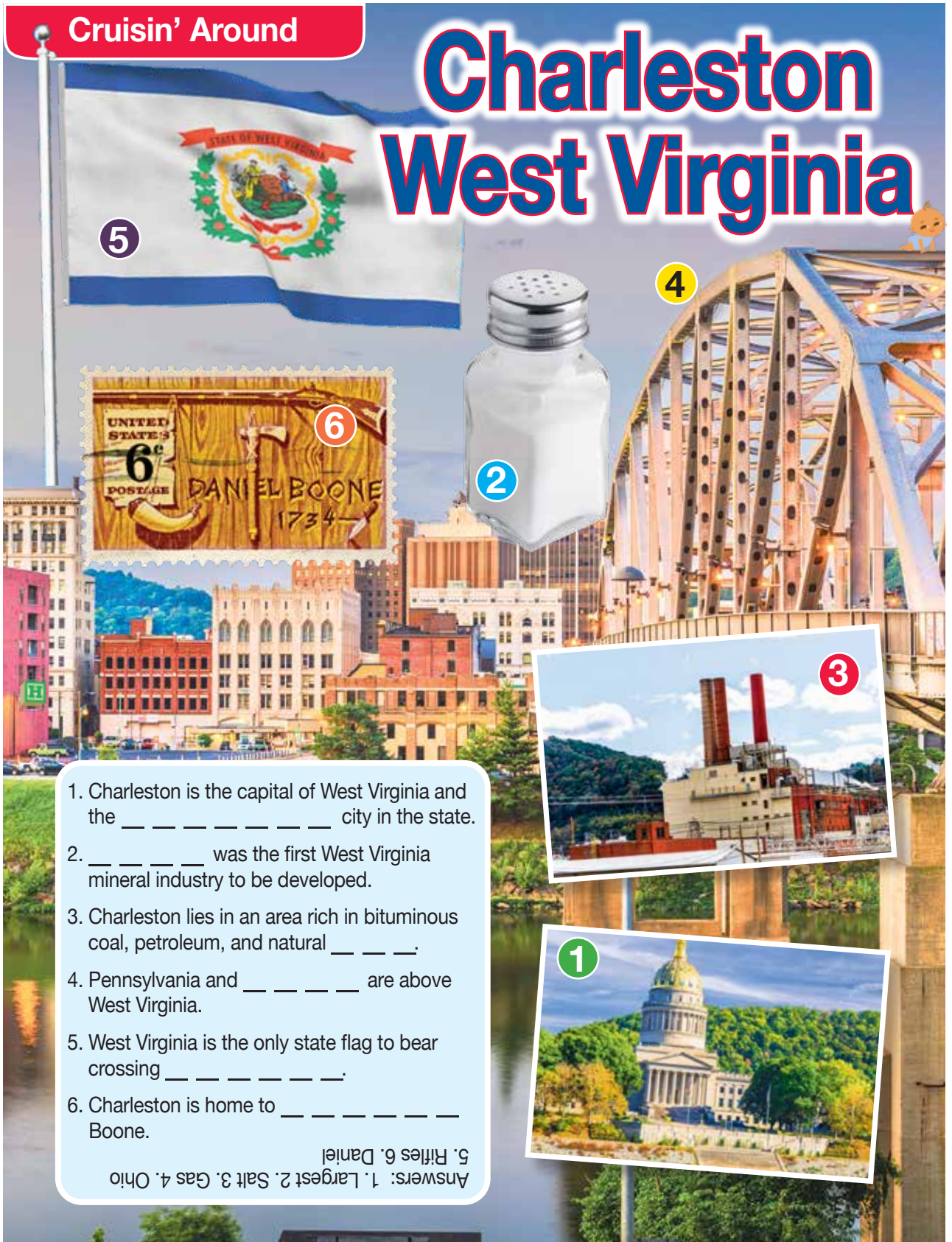
1. My job can take me all over the world.
2. My job is to serve you and keep you safe.
3. You will find me in a aisle.
4. When you leave me, I will say, "thanks for flying with us."

Answers on Page 8

You are my sweetheart mother.

Cruisin' Around

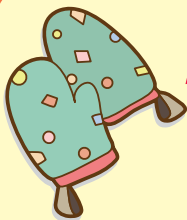
Charleston West Virginia



1. Charleston is the capital of West Virginia and the _____ city in the state.
2. _____ was the first West Virginia mineral industry to be developed.
3. Charleston lies in an area rich in bituminous coal, petroleum, and natural _____.
4. Pennsylvania and _____ are above West Virginia.
5. West Virginia is the only state flag to bear crossing _____.
6. Charleston is home to _____ Boone.

Answers: 1. Largest 2. Salt 3. Gas 4. Ohio 5. Rifles 6. Daniel

A BAKER'S TOOLS SCRAMBLE



1. RENBELD
2. OEVN
3. RNOLIGL NPI
4. ERMXI
5. LSCEAS
6. WKSHI
7. SOLBW
8. UASTAPL
9. PNSA

Unscramble the letters below to find the names of nine different tools a baker needs. Then discover the hidden theme word made up from the circled letters.

Hidden Words:

1. _ _ _ _ _
2. _ () _ _ _
3. _ () _ _ _ _ _
4. _ () _ _ _
5. _ () _ _ _ _
6. _ () _ _ _
7. _ () _ _ _
8. _ _ _ _ () _
9. _ _ _ () _ _

Answers: 1- BLENDER 2- OVEN 3- ROLLING PIN 4- MIXER 5- SCALES 6- WHISK 7- BOWLS 8- SPATULA 9- PANS Hidden Word: DELICIOUS



For the Love of PETS



The Basenji, an African wolf dog, does not bark in a normal way but may yodel or scream when excited!

How quickly can you say?



When



+M working.



GUESS WHAT I AM

Answers on Page 8

Seven Layer Dip

- 1 (16-oz) can refried beans
- 1 Tbsp jalapeno peppers, diced
- 1 c sour cream
- 1 Tbsp bean dip
- 1 c ranch salad dressing mix
- 1 c fresh tomatoes, diced
- 1 (4-oz) can green chilies, diced and drained
- ¼ c Longhorn cheese, shredded
- Avocado, chopped (optional)



Spread refried beans on a 9 x 9 pan. Blend together sour cream, bean dip, and salad dressing mix; spread over beans. Layer tomatoes, green chilies, jalapeno peppers (drained) and cheese on top of sour cream mixture. Garnish with chopped avocados. Chill, olives and serve with tortilla chips. **Enjoy!**

"CALENDAR" WORDS



D N T H U T S J Y S E E O
 A O A E C A D E R U T C N
 Y M A D T T R M A E N O R
 F O R E T E E E K E N D U
 M I N U Y W I T M E C H O

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.

- | | | |
|------|--------|---------|
| DAY | MONTH | SECOND |
| EON | MINUTE | CENTURY |
| HOUR | DECADE | YEAR |
| WEEK | | |

Answer on page 8

Precious Pets



Our family has always loved animals, especially dogs. This is "Moose" our German Shepard loving up my grandchild, Will.

—Thanks, Ginny English, Newville, PA

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"



MOTHERLY LOVE

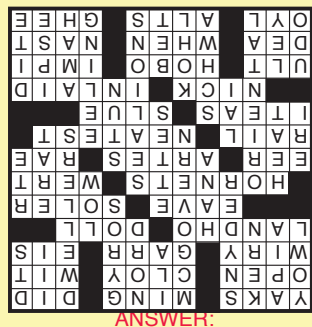
Mother elephants are extremely affectionate and love their babies by their side. Elephants are also known to stay with their mothers for up to 16 years. During a drought, the oldest elephants can lead their herd hundreds of miles to water that they visited years before.

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 | APIA | STUN | 6 LETTERS |
| BET | CLOY | WERT | EELING |
| DEA | DITE | WHEN | INLAID |
| DID | DOLL | WIRY | LAND HO |
| D.T.'S | EAVE | YAKS | SNYDER |
| E'ER | ERAT | YOWL | |
| EIS | GARR | | 7 LETTERS |
| ERI | GHEE | | HORNETS |
| III | HANA | | NEATEST |
| ILA | HEAT | | |
| LAI | HOBO | | 8 LETTERS |
| LEY | IMPI | | DWELLERS |
| LOW | IPSE | | MCGOVERN |
| OYL | KERN | | ORIENTAL |
| RAE | KOHL | | SEA LIONS |
| RTE. | MING | | |
| UDO | NAST | | |
| ULT. | NICK | | |
| WIT | NORD | | |
| | OPEN | | |
| | RAIL | | |
| | SLUE | | |
| 4 LETTERS | | | |
| ALTS. | | | |
| AMAH | | | |



ANSWER:

Get A Kick



Little Joey held the bell so it wouldn't ring. Joey thought the squirrel feeder was hard enough to get into without the farmer running out with his broom.

Oh My Goodness It's Friday!

Today's Happier Tip

We made it to Friday, Let's do something special for someone this weekend.

Thank You Mail

Dear Happier,
 We love your publication and look forward to getting a copy every week at Saylor's Grocery Store in Newville.
 — Ginny English, Newville, PA



We Love you Mom!



Look and LEARN

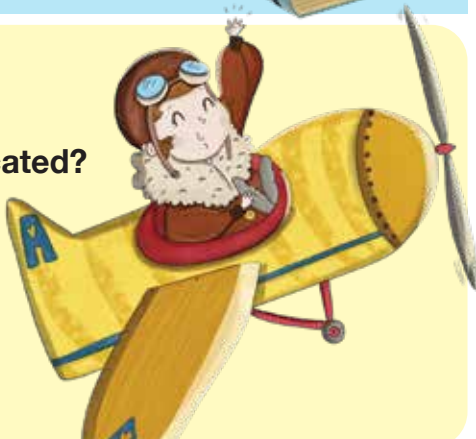
Tsundoku is the act of acquiring books and not reading them.



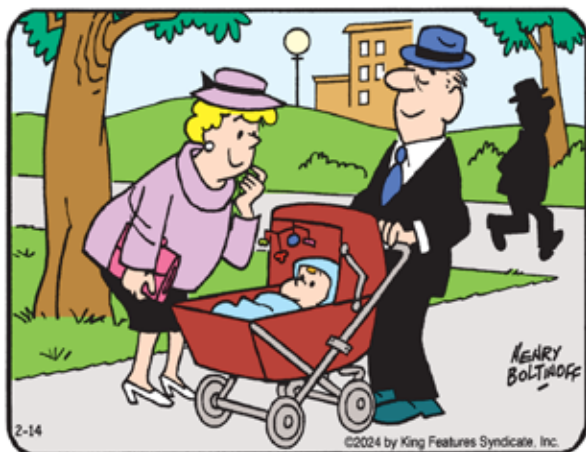
Trivia Fun

Answers on page 8

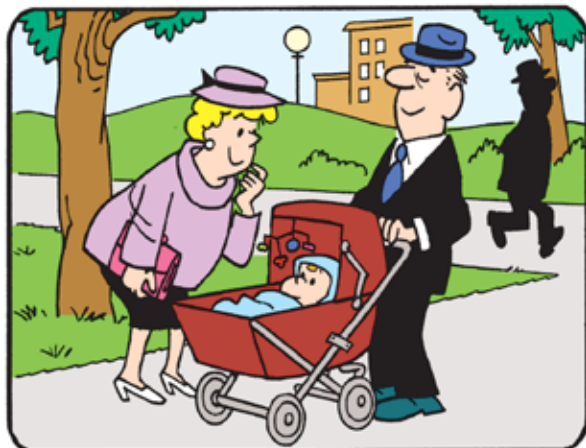
1. Where is the longest Main Street in America located?
2. Mrs. George Palmer Putnam was better known by what name?
3. How much liquid does a ten-gallon hat hold?
4. What two colors make purple?



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Mobile is lower. 2. Woman's leg is taller. 3. Some leaves are missing. 4. Tree trunk is different. 5. Rear wheel is missing. 6. Man in background is taller.

Weekly Safety Tips

Did you know?



Did you know that over 30,000 adults over the age of 60 fall every year due to rugs and carpets. The fall would occur from throw rugs with non stick backings, or a non-carpet area to where the carpet begins. Keep this in mind if you start to see your carpet start to curl or not lay flat.

Fun Facts

- * **I SEE YOU AND YOU AND YOU...** Chameleons can move their eyes in two different directions at the same time.
- * **GOOD NIGHT!** Dolphins sleep at night just below the surface of the water.
- * **WATCH THE SPEED LIMIT...** Dragonflies are one of the fastest insects, flying 50 to 60 MPH.
- * **FADING...** Goldfish lose their color if they are kept in dim light or placed in a body of running water, such as a stream.



Get HAPPIER Tips

Don't go to bed angry, forgive any resentment towards others and you will sleep better and wake up happier.



Doctor Mike Says . . .

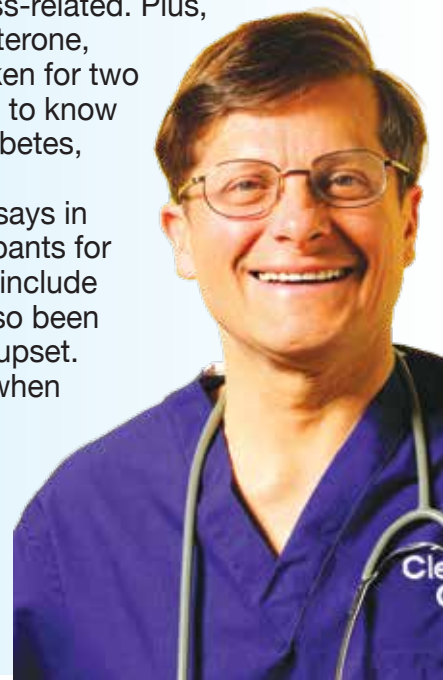
—by Doctor Mike Roizan, M.D. Cleveland Clinic

The Pros and Cons of a Popular Herb for Insomnia and Stress

Ashwagandha, also called Indian ginseng or winter cherry, is a Sanskrit word used to describe the smell of its root — “like a horse.” Used in traditional Ayurvedic and Unani medicine systems of India, the National Institute for Complementary and Integrative Health (NICIH) says there is research showing that some preparations of the herb may be useful in relieving insomnia and stress. For example, a 2021 study published in PlosOne indicates that it may be effective in easing insomnia, which can be stress-related. Plus, limited evidence shows it might increase the release of testosterone, increasing free testosterone levels and sperm quality, if it's taken for two to four months. But, says the NICIH, there isn't solid evidence to know if it can help with asthma, athletic performance, cognition, diabetes, menopause or female infertility.

So, is it safe to try? The NIH Office of Dietary Supplements says in studies that “ashwagandha has been well tolerated by participants for up to about three months. Common side effects are mild and include stomach upset, loose stools, nausea, and drowsiness.” It's also been found that overly large doses can cause vomiting and gastro-upset. There are no long-term studies to evaluate if the herb is safe when used for many months or years. We do know that since it can increase testosterone levels, men with hormone-sensitive prostate cancer should avoid it; and it can interact with benzodiazepines or anticonvulsants, increasing drowsiness.

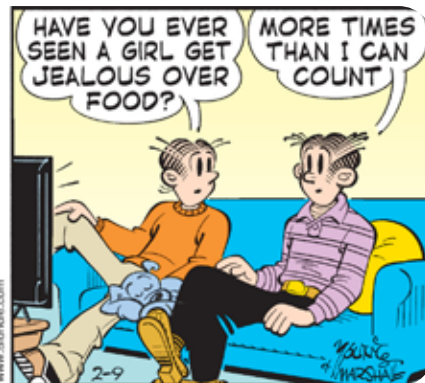
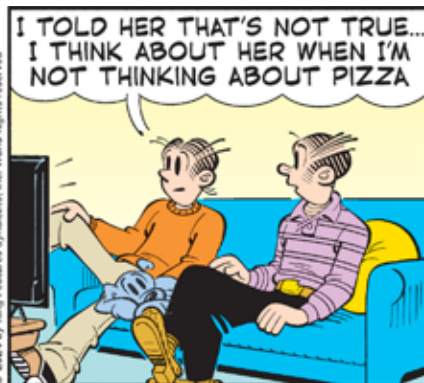
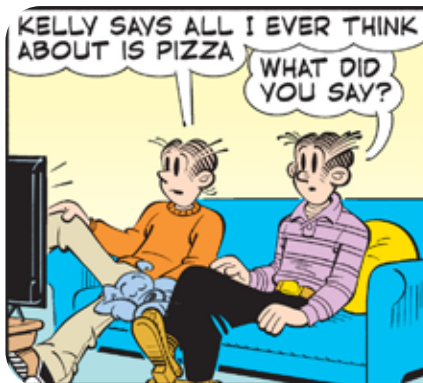
The bottom line: Talk to your doctor about using it and check out iHerb.com's blog, “Ashwagandha — The Best Supplement for Stress Support.”



Thank God for Saturday!

Today's Happier Tip

Saturday is a good day to rest and give thanks for everything in our lives.

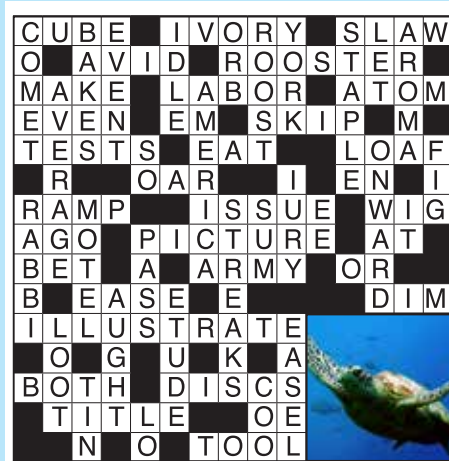


Answer Section

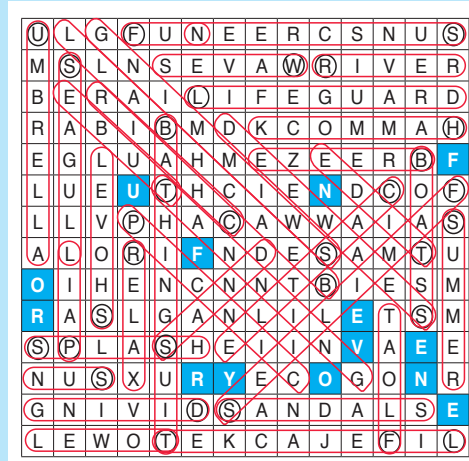
PG. 5 **Hidden Puzzle**



PG. 2 **Crossword**



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



PG. 7

“CALENDAR”

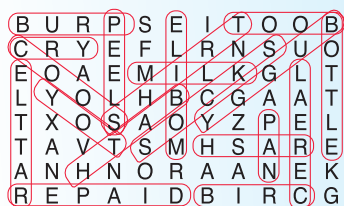
Words Hidden Word:
JUST A MATTER OF TIME

PG. 7

Trivia Fun

1. ISLAND PARK, IDAHO. IT IS 33 MILES LONG.
2. AMELIA EARHART, FAMED AVIATRIX
3. 3 QUARTS
4. BLUE AND RED

PG. 5 **WORD SEARCH**



Toy Blocks:

On Pages: 3,4,5,6,7,8
MY SPECIAL MOTHER

Hide & Seek:

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

PG. 5 Brain Teasers

LAST ONE

PG. 6 What Am I

FLIGHT ATTENDANT

PG. 3 Secret Words: FINDING YOUR WAY AROUND

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

PG. 3 Billboard of Happiness:

DON'T FORGET TO STOP AND SEE THE BEAUTY AROUND YOU

PG. 6 How Quickly Can You Say?

I WHISTLE WHEN I'M WORKING

PG. 6 This Week's Scrambles:

1. I ENJOY THE QUIET OF MORNINGS
2. CHOCOLATE SYRUP IS ALWAYS NICE ON ICE CREAM
3. HAPPY MOTHERS DAY

SUDOKU

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