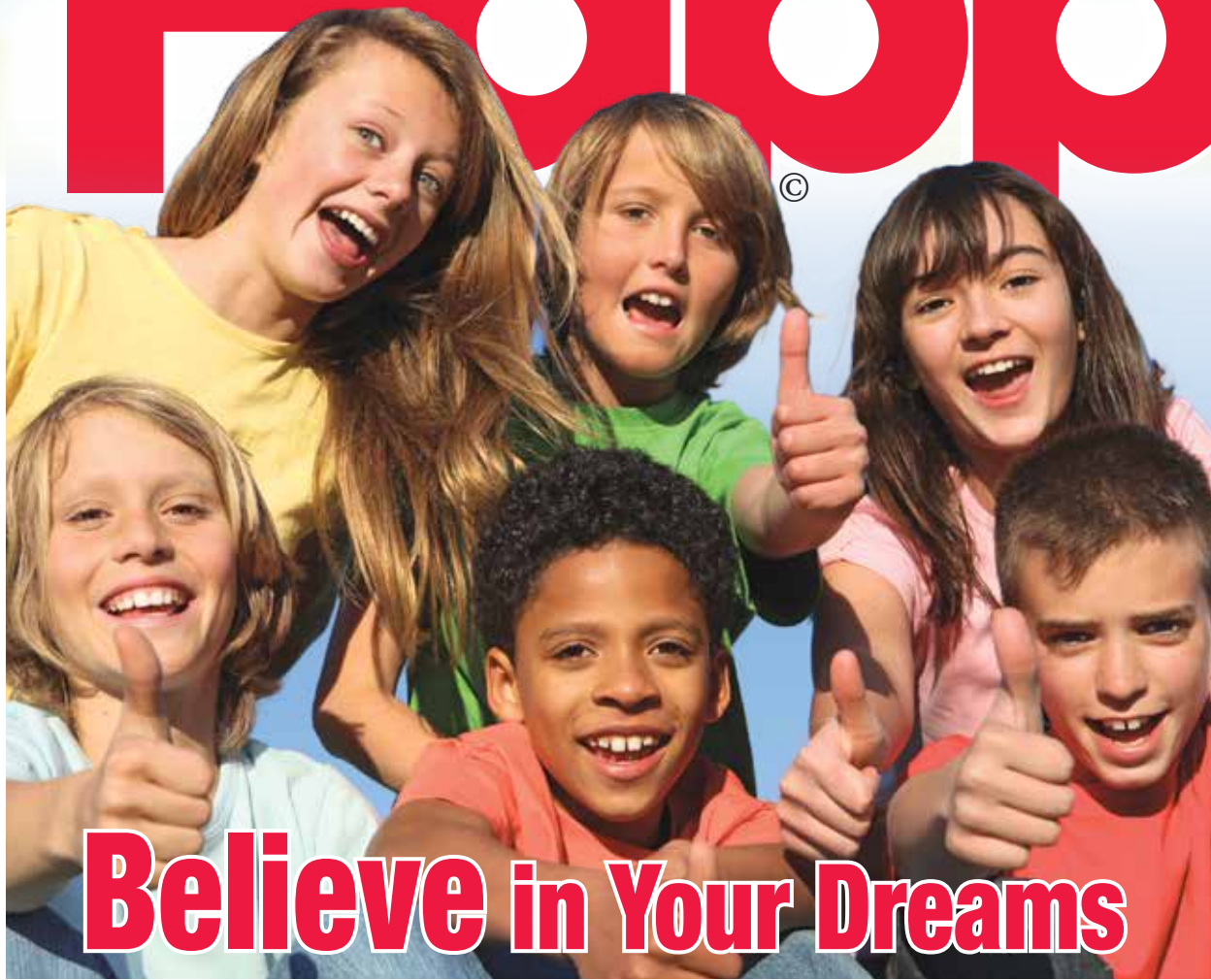




# MAKING YOUR WEEK **Happier** JUN 9-15



## Believe in Your Dreams

### Riddle



What do the numbers 11, 69, and 88 all have in common?

Answer: They read the same, right side up and upside down.

### You Can Make A Friend Everywhere

I'm so happy. I am on my way to see my classmates from the early 50s. Had to stop and get a few supplies in Ardmore, Oklahoma. Right as I walked into the store, there was two lovely ladies and their cute puppy. They were smiling, as if they wish that you'd come over and say "hello" to them.

So I got up the nerve and walked up and said "I love your puppy" with a lot of enthusiasm. They looked up to me and smiled, became happier, and we were friends immediately.

Did you know you can do that? Don't be afraid when you see someone, to put on the biggest smile you can; and you just watch their face light up.

The world needs more happiness, and you're the one that's going to create it. Not only for you, and your loved ones, but for those people you made happier, with their cute puppy.

So whenever you're out and about, turn those lips up as high as you can, and create the biggest smile. —by Gilbert Wilks, publisher



### Bees, Oh Lord Help Me!

I was on my way to my garden one Spring day when I heard a big swarm of bees heading my way! I'd read somewhere that you could tone them down by tapping on metal..AND I just happened to have an empty bee hive set up nearby....No time to get my 'Bee suit' on..they'd be a half mile away. So I began tapping on the metal cover of the hive with the trowel I had with me. It worked! The swarm started circling me and that tree, and there I stood in my shorts and flimsy blouse, trying to remember why I thought this was a good idea. Too late to run, too afraid to quit tapping; I just stood there praying "oh Lord! Oh Lord help me!

End of story? The swarm of bees circled tighter and tighter 'til they located the entrance and crawled into the hive. I fixed them up with a jar of sugar water to suck on then staggered back to the house...glad to be alive. Now, what was I going to the garden for? Beats me.

—Thanks, Jeannie Travis, Clarksville, TN

### Happier Happenings

#### Today's Happier Tip



#### I Love Sunday

Every thought of yesterday and those of today make the best memories for tomorrow. A happy memory never gets old, nor will ever wear out. —Thanks R.W. from Dayton, WA



#### From Our Readers

#### Age 12, My Summer



#### Age 12, Javen L. Sensening, Port Trevorton, PA

Summer is a happy season,  
Work and play for all good reasons.  
Playing in the large hay bales,  
Running in the near by hills.  
Planting flowers and sowing seeds,  
In the garden hoeing weeds.  
Feeding all the huge heifers,  
Milking cows with no big effort.  
This is why, summertime is so special.

#### Days Gone By

#### The Feather Disaster



We lived in a two-story house and my sister Tina and I (ages 6 & 12) loved having stair case races, sliding from the top to the bottom, when mom went to the store.

But, repeated bouncing down the steps hurt the part that bounced, so we decided to get a bed pillow. Ours flattened when sat on, so we got mom's fat, fluffy feather pillow.

All went well in our racing marathon, until a loud 'POP' stopped the race. Feathers flew everywhere. What were we going to do!?

I learned to sew that afternoon. After picking up all we could find, I stitched it together and placed it on mom's bed.

—Thanks, Lynda Vandiver, Madisonville, KY





We Love Our Hometown

Miller Rexall Drug Is Making Miller, South Dakota Happier

The staff of Miller Rexall Drug is excited about the opportunity to provide service to you. Miller Rexall Drug is located in Central South Dakota and has been serving patients in the Miller area for over seventy-five years. We bring back the pharmacy of the past where quality products and excellent service are the cornerstones of the true community pharmacy.



Stop in and don't miss out on our old fashioned malts, sandwiches and friendly people. We have a little bit of everything, including some cute gifts.



The City of Miller has nature and wild-life tours, pheasant hunting and wonderful lodging. Faulkton is just 45 minutes from Miller and has the Pickler Mansion tour. Pickler Mansion, the home of Major John A. Pickler, an American Civil War veteran and South Dakota's first member of the U.S. House of Representatives. The local Historical Society has done a wonderful job of restoring the Pickler Mansion and have tours available for those who are interested.



**Yes! Big Monday**



**Today's Happier Tip**

**A lot of little kindness adds up fast.**

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2024

# Happier

Jun 9-15

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Favorite Crossword

- ACROSS**

  - 1 A milk dish
  - 6 Limb
  - 10 Large vase
  - 11 Harsh trumpet tone
  - 13 Not she
  - 14 Type of fruit
  - 16 An arm bone
  - 17 Seedcase
  - 18 Position
  - 20 Trip
  - 23 Emblem
  - 26 Soft core
  - 27 Electrical engineer, abbr.
  - 28 Inside
  - 30 Supposing that
  - 31 Baby whale
  - 33 Level
  - 35 A secure room
  - 36 Flat container
  - 37 Baby toys
  - 39 Left end, abbr.
  - 40 The letter "N"
  - 42 A wig
  - 43 Makes cakes
  - 45 Frosted
  - 48 Literary composition
  - 49 A unit of weight
  - 50 Airplane driver
  - 53 African country
  - 55 Den
  - 56 Rhode Island, abbr.
  - 57 Wickedness
  - 59 In this way
  - 60 A danger signal
  - 63 The letter "M"
  - 65 A tiny particle
  - 66 Associate degree, abbr.
- DOWN**

  - 1 Affirmative answer (slang)
  - 2 Raw metals
  - 3 Small insect
  - 4 Corrosion
  - 5 The total
  - 6 Exclamation at achievement
  - 7 Regarding, abbr.
  - 8 Locomotive sounds
  - 9 The future
  - 11 Working hard
  - 12 One on a list
  - 15 Give official approval
  - 17 Rotten
  - 19 Guide to seat
  - 21 Oval fruit
  - 22 Statistic
  - 24 Unite
  - 25 Crooked
  - 26 Boards
  - 29 Tennessee's capital
  - 30 A state
  - 32 Amounts of surface
  - 34 Pride
  - 38 Boy
  - 41 Household appliance
  - 43 Exist
  - 44 Each, abbr.
  - 46 Policeman (slang)
  - 47 Go into
  - 51 Louisiana, abbr.
  - 52 Horse's pace
  - 54 Present
  - 58 Type of doctor
  - 61 Behold
  - 62 "I \_\_\_ going."
  - 64 Mom

Answers on page 8.



**Sharing Happiness**




**Let the sponsor know you love Happier!**

**Happier Kitchen**

## Chocolate Chip Pound Cake

- 1 (18.25-oz) pkg yellow cake mix with pudding
- 1 (3.9-oz) pkg chocolate instant pudding mix
- ½ c sugar
- ¾ c vegetable oil
- ¾ c water
- 4 large eggs
- 1 (8-oz) carton sour cream
- 1 (6-oz) pkg semisweet chocolate morsels
- Powdered sugar, sifted

Preheat oven to 350°F. Combine first three ingredients in a bowl, stirring with wire whisk to remove large lumps. Add oil and next three ingredients to mixture, stirring until smooth. Stir in chocolate morsels. Pour batter into a greased and floured 12-cup bundt pan. Bake at 350°F for 1 hour or until a wooden pick inserted in cake comes out clean. Cool in pan on wire rack for 10 minutes; remove cake from pan, and cool cake completely on wire rack. Sprinkle with powdered sugar. Yields: one 10 inch cake. — Enjoy!



**HIDE and SEEK**



Can you help round-up five more koala bears?

Answers on page 8.

**TOY BLOCKS**

**Looking at**

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.

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



GOOD FRIENDS ARE WILLING TO HELP

Recently my mother-in-law told me how a friend went to her garden, picked some greens, washed them and took them to her. She followed by saying, "Now that's what I call a good friend. "

Good friends think more highly of others than of themselves. Good friends are willing to help when we are troubled and burdened. They listen when we need to talk and cry along with us at times. We all need help at times, and true friends come when we need them and celebrate with us when we are happy.

Who is your good friend? Who would consider you a good friend? If you can't think of anyone today, won't you show kindness and do something nice for someone today?

— By Nancy Gibbs



Get Happier Tips

Health Tip

Flossing Investment



Research shows that regular flossing can add more years to your life. When you have chronic bacterial infection in your mouth, it harms your arteries by causing plaque (which in turn can cause your arteries to narrow). Flossing can have a significant impact on your overall health and lifespan.

Handy Hints

Sleeping with Back Pain?



To help relieve lower back pain, sleep with a pillow under your knees. This will help take the pressure off your lower back and help you go to sleep faster.

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

Happier Poem

"When I look up!"

When I look up,  
I am in awe  
I know God's love  
Is what I'm here for.  
The sky is azure blue,  
With white fluffy clouds  
That makes me want  
To shout 'Happier' out loud.

It's such a wonder  
For us to see.  
A beautiful place  
For you and for me.

— Thanks Suzan Wiener,  
Spring Hill, FL

Laugh A Little

The FAMILY CIRCUS



"Why do we hafta straighten up the house just because the cleaning lady is coming?"

Dennis the Menace



"Just take a little off the bottom, but leave the cowlick alone."

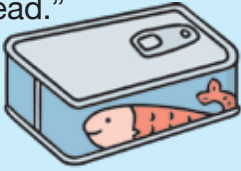
It's REAL

The first calculator, the Abacus, was invented in Babylonia in 2400 BC.

NOW THAT'S FUNNY!

A teacher was talking with his students about oil spills and how they effect the ocean. The students were asked to write about the harmful effects of a oil spill and what it could do to the fish.

A 12-year-old boy wrote, "when my mom opened a tin of sardines yesterday it was full of oil and all the sardines were dead."



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 15 letters leftover. Have fun!

- BAKING  
CAKE  
~~CAR~~  
CHOCOLATE  
CROCHETING  
DOLL  
FOOD  
FRIENDS  
GAME  
GARDENING  
GIFT  
HAT  
HOLIDAYS  
JELLYBEANS  
JOKES  
MAGAZINE  
MUSIC  
NOTEPAPER
- PET  
PHOTOS  
PUZZLES  
QUILT  
READING  
RESTAURANT  
ROBE  
SCRAP BOOKING  
SODA  
SPORTS  
SWEATER  
SWIMMING  
TEACHER  
TEAM  
TIE  
TOYS  
TV SHOW

Answer on page 8

"FAVORITE THINGS"

Bonus Words:

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

BILLBOARD of HAPPINESS

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



		E	R	T		N	
	R			N	D		S
I							
		R	A		E		

A A C E G H I I L  
M O S U U V Y

I wake up early





**Get Up Happier**

## True Blessings

Here's a prayer for you as you live each day to the fullest.

Here's a prayer for you as you live each day to the fullest.



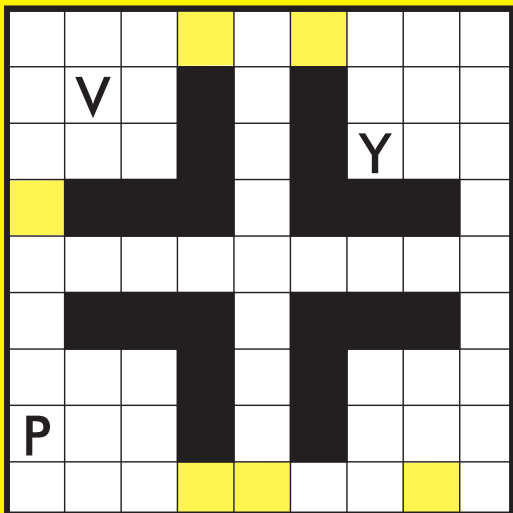
May God grant you always a sunbeam  
to warm you, a moonbeam to charm  
you, a sheltering angel so nothing can  
harm you, laughter to cheer you and  
whenever you pray, heaven to hear you.  
—*Thanks Janie Peltier, Dover, TN*

—Thanks Janie Peltier, Dover, TN

**TRIPLTS**  [www.lovattspuzzles.com](http://www.lovattspuzzles.com)

**TRIPLTS**  [www.lovattspuzzles.com](http://www.lovattspuzzles.com)

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. The letters in the colored squares then form two of the Keywords.



Any	Fro	Leg	Ova	S E R G E A N T S	TRIPLETS ANSWER: I'LL
Ate	Gad	Lem	Pea	P E A N I O N	
Ent	Gea	Lip	Pti	O F F I F R O	
Eru	Imp	Lol	Rel	I M P L E M E N T	
Eve	Ine	Nor	Rot	L E D O R	
Far	Ion	Nts	Ser	L E D O Y O U	
Fee	Isl	Off	Sho	O V A H N O R	
Fin	Led	Ons	Too	L E G I S L A T E	
		Ops	You		

S	E	R	G	E	A	N	T	S
P	E	A	N	I	O	N		
O	F	F	I	F	R	O		
			L					
			I	M	P	L	E	M
			P					
			L	R				
			O					
			L	E	D			
			H					
			N	O	R			
			L	A	T	E		
			S	I				
			L	E	G	I	S	

TRIPLETS ANSWER: I'LL GET

## Happier Across America



**Happiness is having matching pajamas, Mason and Grandpa.**  
—Thanks Jessica Martin, Twin Falls, ID

—Thanks Jessica Martin, Twin Falls, ID

## Quick & Easy Crossword



**ACROSS**

- 1 In the word *primary*, you find the name \_\_\_\_.
- 2 In the word *dough*, you find the name \_\_\_\_.
- 3 In the word *chalice*, you find the name \_\_\_\_.
- 4 In the word *hatchet*, you find the name \_\_\_\_.
- 5 In the word *normal*, you find the name \_\_\_\_.
- 6 In the word *jejune*, you find the name \_\_\_\_.
- 7 In the word *katydid*, you find the name \_\_\_\_.



7

Jein

Sing

# HIDDEN FIRST NAMES




**DOWN**

- 1 In the word warden, you find the name \_\_\_\_.
- 2 In the word vagrant, you find the name \_\_\_\_.
- 3 In the word seance, you find the name \_\_\_\_.
- 4 In the word declare, you find the name \_\_\_\_.
- 5 In the word ruthless, you find the name \_\_\_\_.
- 6 In the word jacket, you find the name \_\_\_\_.
- 7 In the word manner, you find the name \_\_\_\_.

**ANSWERS:** Across 1-Mary 2-Doug 3-Alice 4-Chet 5-Norm 6-June 7-Katy  
Down 1-Ward 2-Grant 3-Sean 4-Claire 5-Ruth 6-Jack 7-Ann



14 FRIDAY JUN



Flag Day

15 SATURDAY JUN



Cutest Kids

Happy Sophie is the first grandchild of Dan & Barb Fuch's owners of Dick's Pharmacy in Twin Falls ID, where everyone gets their happier paper!

— Jessica Martin, Twin Falls, ID



This n' That



Jim's FBI Happenings

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

Slow but steady wins the race. — Aesop

Word Search

MOM WANTS TO REDECORATE –Giving the whole house a new look can be exciting. Looking in all directions and using the clues, find the “redecorating” words.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

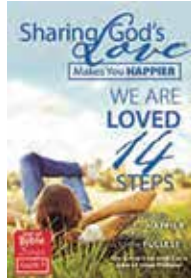
PA...	WO...	LA...
PO...	ST...	NE...
PA...	CA...	PL...
CH...	CO...	PR...
FA...	CH...	MI...
RU...	BO...	FE...
SH...	IM...	

Answers on page 8


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or happierweek@gmail.com

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



Dear Dave



**It's a Tough Situation for Both of You**

Dear Dave,

I'm worried about my younger brother, and I need some advice. He's divorced and has a son, and lately, it seems like he only wants to be a dad when it's convenient. On top of this, he's very irresponsible with money for someone in their thirties. Our mom and dad passed away several years ago, so I feel like this leaves me to be the big brother and parent at the same time. I'm not sure how to help him. Can you give me some advice, please? — Andy

Dear Andy

You're a good and caring big brother to be concerned and want to help. And it's a tough situation for you, especially with your parents no longer in the picture.

When I help people on my show, I have the benefit of them calling in and actually wanting help. These folks care about what I think, and in most cases, they realize things aren't working for them. I don't just walk up to people and say, "You know, what you're doing is really stupid. Let me fix you." I think that's kind of the situation you're in right now. So, before anything else, I'd begin to pray for him. Ask God to bring people into his life who will have a positive impact on him.

One of the worst things about these situations is watching people you love do bad things to themselves and the people around them. Honestly, I don't know there's really a lot you can do without becoming the enemy to some degree. You can always try to hold him to a higher standard, and refuse to tolerate immature, irresponsible behavior when you're around him. You might even look for opportunities to use yourself as an example. I'm not talking about puffing out your chest and pretending to be perfect. I'm just saying maybe point out areas in your life where you made mistakes in the past and how you fixed the problems. But going out and trying to actively intervene in his life without permission, or shaming him in hopes it'll make him grow up and be a man, would probably do more harm than good.

Approach him in a gentle, caring way. Again, not like some know-it-all, but just let him know you care and you're there to help if he's having difficulties. Take him out to lunch once in a while, or invite him over, and let him know you're there for him if he needs to talk.

And remember what I said earlier about prayer? Bringing God into the equation is never a bad idea. — Dave

This Week In History

**June 9, 1883** – 1st commercial electric railway line begins operation in Chicago.

**June 10, 1915** –Girl Scouts founded.

**June 11, 1770** –Captain James Cook discovers Great Barrier Reef off Australia.

**June 12, 2004** –Former President George H. W. Bush celebrates his 80th birthday by skydiving.

**June 13, 1970** –Beatles' "Let It Be," album goes #1 and stays #1 for 4 weeks.


**June 14, 1989** –Queen Elizabeth II knights Ronald Reagan.

**June 15, 1836** –Arkansas becomes 25th state.

Hidden Puzzle

**THREE-LEGGED RACE**

The kids can't wait to start their three-legged race. As they run, see if you can find a turtle, saltshaker, jump rope, artist's paintbrush, sailboat, toothbrush, hat, carrot, fish, butterfly, bird, hammer, and a lizard.

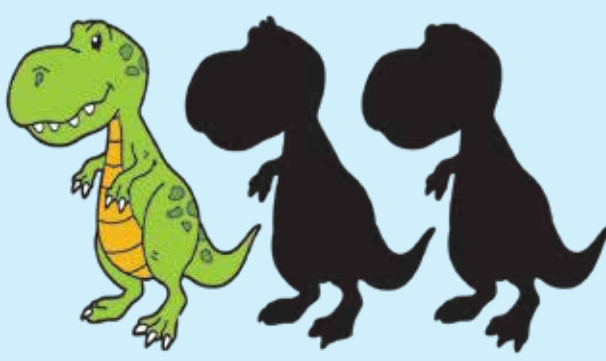


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Answers on page 8

Brain Teasers


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



Answers on page 8

**Did You Know...**

Seven has the highest probability of occurring as an addition when rolling dice.



And soon the birds start singing

Page 5



Words Of Wisdom



There is no royal flower strewn path to success. And if there is, I have not found it, for whatever success I have attained has been the result of much hard work and many sleepless nights.  
— Madam C. J. Walker

This Week's Scrambles

- 1. I anc ese ttah hte sarsg si eenrrg texn oodr.
- 2. itWh a itb fo tfoerf, ouy acn omev stounanmi.
- 3. A tillet deash no a oth dya, si lal yuo dene. **Answers on Page 8**



Happy Thursday!



Today's Happier Tip

I text my mom everyday, even if it's just a little text saying, "I wish you a wonderful day."

Laugh A Lot



What do you call a cat with no body and just a nose?  
Nobody nose.

A man was talking with his doctor and said, "I have been feeling old lately. Is there anything I can do?"

The Doctor replies, "Get yourself new friends much older than you."



What Am I ?

- 1. I'm a flat folding case.
- 2. You're happy when I'm full and frugal when empty.
- 3. I can be made of leather.
- 4. I'm in a man's pocket and in a women's purse.

Answers on Page 8

And then I know, it's a start to a new day.

Cruisin' Around

6

4

5

2

1

3

1. In 1867 Denver became the State \_\_\_\_\_.

2. Denver's citizens organized their own railway in 1870 to connect with the Union \_\_\_\_\_.

3. During the 1870s and '80s, \_\_\_\_\_ became more important economically than gold mining.

4. The state of \_\_\_\_\_ is to the left of Colorado.

5. Denver is only a hour away from the Rocky \_\_\_\_\_ National Park.

6. The state flag colors symbolize: Gold is for sunshine, white for snow, blue for skies and red for the \_\_\_\_\_.

Answers: 1. Capital 2. Pacific 3. Silver 4. Utah 5. Mountain 6. Soil

# Denver Colorado



PIANO RECITAL SCRAMBLE



- 1. AFOLMR
- 2. IUDACEEN
- 3. TGASE
- 4. EPARCICT
- 5. ERTVICAE
- 6. REROFMP
- 7. ITHGFR
- 8. ERVSEN
- 9. BULCIP
- 10. APEREPR

Unscramble the letters below to find the names of ten different words having to do with your child's piano recital. 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-FORMAL 2-AUDIENCE 3-STAGE 4-PRACTICE 5-CREATIVE 6-PERFORM 7-FRIGHT 8-NERVES 9-PUBLIC 10-PREPARE  
Hidden Words: MUSIC PIECE



For the Love of PETS



Cats have powerful night vision, allowing them to see at light levels six times lower than what a human needs in order to see.

How quickly can you say?



GUESS WHAT I AM

Answers on Page 8



One Pot Dinner

- 6-8 potatoes, peeled and diced
- 1 medium onion, chopped
- ½ green pepper, finely chopped
- 2 cans green beans with liquid
- Season to taste with desired seasonings
- 1 lb. smoked sausage, cut into bite size pieces



Cover bottom of Dutch oven or large pan with potatoes. Layer onion, green pepper, sausage and top with green beans and juice. Season and cover. Cook on stove top on medium to low heat until potatoes are done. Stir gently and serve. DELICIOUS! **Enjoy!**

Precious Pets



I wanted to submit a photo of my dog Finnegan playing in the snow  
—Thanks Shay Simpson, Hohenwald, TN

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”



I'M SMALL BUT STRONG

The Shetland pony is a breed of pony originating in the Shetland Isles. Shetlands range in size from 28 inches to 42 inches. Shetland ponies were first used for pulling carts, carrying peat, coal and other items, and plowing farm land.

Find This Week's . . .

“LIFE” WORDS



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

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.

- HOPE  
LOVE  
GOALS
- PLAN  
ENJOY  
FUN
- HOBBIES  
OUTLOOK

Answer on page 8

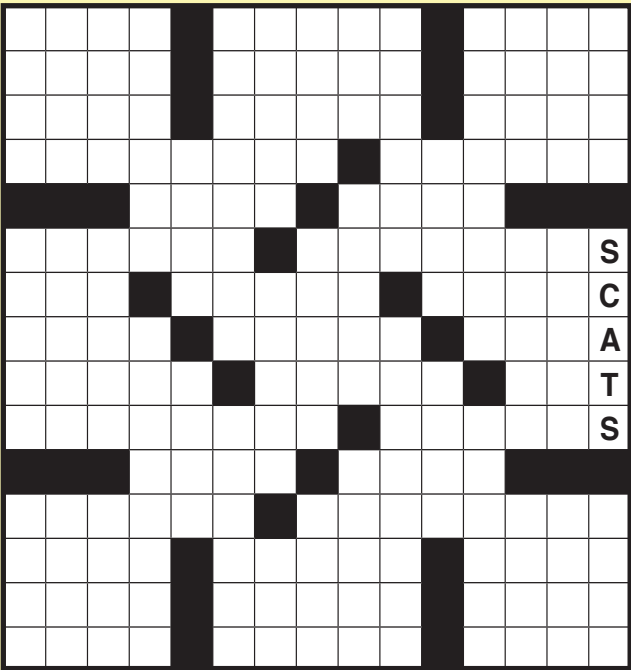
Get A Kick

My son was asked by his teacher, how long is a minute. He thought about it and asked, “Do you mean a real minute or a wait-a-minute?”



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  
CLU  
LEA  
NET  
OPT
- 4 LETTERS  
ACLU  
AGED  
ANOA  
ASAP  
AULD  
BRIO  
CABS  
CHAR  
DODO  
DOLT  
EATS  
EENY  
FLIC  
IDAS  
IDOL  
INRI  
IRAN  
KENO  
LIED  
LUGS
- MACS  
OCHO  
ONER  
PCTS.  
PEEN  
PTAH  
RIDS  
RIMS  
RIVE  
ROAM  
SOLA  
SONE  
TANS  
ULAN  
URGE  
VALE
- 5 LETTERS  
DELED  
EELER  
ELLAS  
ELSIE  
FILCH  
GOALS  
IVORY  
KANES  
LETUP
- MOGUL  
NEVIN  
OVULE  
PRANK  
REBEC  
SACKS  
SCATS  
SEINE  
STATE  
T-BONE  
TILLS  
UPSET  
VEERS
- 6 LETTERS  
ESTEES  
GUSSET
- HELTER  
MOUTHS  
OATERS  
OBSESS  
TOLEDO  
T-SHIRT
- 8 LETTERS  
ABALONES  
DIOCESES  
FOMENTED  
FRESH AIR  
PUNCTURE  
SLEEPERS  
STENTORS  
TARENTES
- ANSWER:



Look and LEARN

Alaska has 3 million lakes, 29 volcanoes and more than 100,000 glaciers.



Trivia Fun

Answers on page 8

1. The side of a right-angled triangle opposite the right angle is known as the \_\_\_\_.
2. Name the chief mate of the “Bounty” in the novel “Mutiny on the Bounty.”
3. From what opera is the soprano aria “Dido’s Lament”?



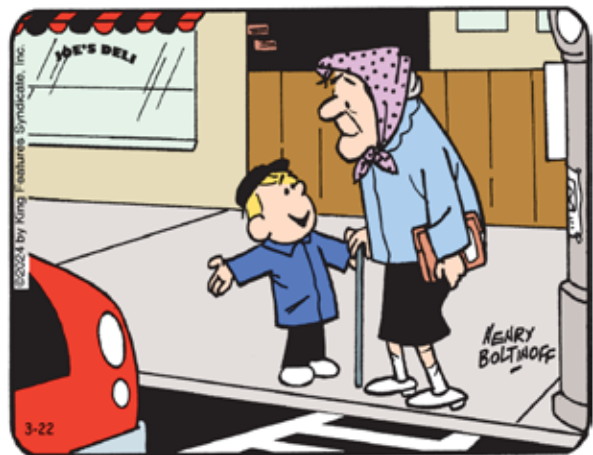
We're Gettin' **HAPPIER!**

— Yours in greatest respect,  
Cheryl Rape, Liberty, MS

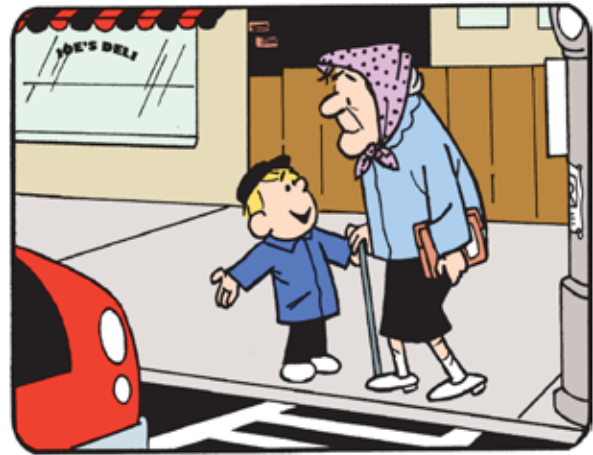




Find the Differences



Find at least six differences in details between panels.



Differences: 1. Cane is moved. 2. Leg is shorter. 3. Arm is moving is wider. 4. Crosswalk is wider. 5. Board in fence is wider. 6. Awning is wider.

Weekly Safety Tips

Toxic Chemicals

You may have a number of old cleaners, pesticides, paints and degreasers that need to be thrown away properly. Many products contain toxic chemicals that make them hazardous to the environment. Your city or state should have information on disposal sites in your area to drop off unwanted hazardous waste.



**Thank God for Saturday!**

**Today's Happier Tip**

We often forget to compliment or encourage those we see the most.

Fun Facts

- \* **MUNCH AND CRUNCH...** The number one selling snack food in the United States is potato chips.
- \* **DRINK UP...** Lack of water is the number one trigger of daytime fatigue.
- \* **I HAVE BEEN AROUND THE WORLD!** The average person walks the equivalent of twice around the world in a lifetime.
- \* **SING ALONE...** The term "karaoke" means "empty orchestra" in Japanese.



Get **HAPPIER** Tips

Enjoying your job has a lot to do with your well-being and happiness.

Doctor Mike Says . . .

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

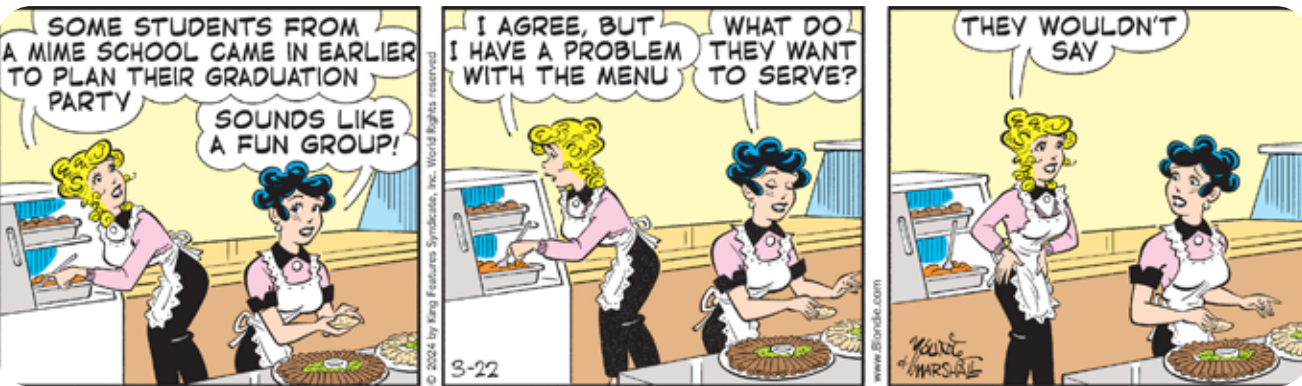
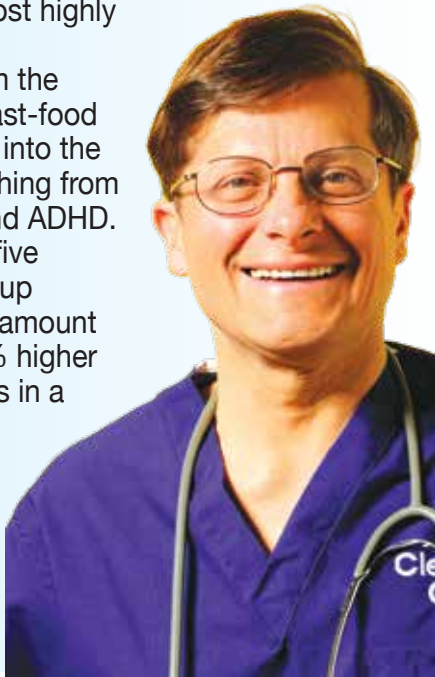
Avoid Ultra-processed Foods if You're Pregnant

It comes as no surprise that pregnant women — and all the rest of us — should avoid ultra-processed foods that are loaded with unhealthy fats, excess salt and sugar and a slew of coloring, preservatives, texturizers and other additives that Mother Nature never put into whole, healthy foods. But there's a new twist from researchers at the University of Washington. In their study published in Environment International, they're sounding an alarm about the dangers posed by the phthalates in the plastic packaging that most highly processed foods come in.

Turns out phthalate-containing plastics can leach into food from the wrapping and packaging and even from plastic gloves worn by fast-food handlers. The phthalates then travel through mom's bloodstream into the fetus's circulatory system. There, they increase the risk for everything from low birth weight and preterm birth to disorders such as autism and ADHD.

The researchers tracked more than 1,000 pregnant women for five years. They found that, on average, ultra-processed foods made up more than a third of the participants' diet and every 10% greater amount of ultra-processed foods that a pregnant woman ate led to a 13% higher concentration of one of the most common and harmful phthalates in a pregnant woman's urine.

To protect your fetus — and yourself — the smart move is to stick with minimally or unpackaged fresh fruits and vegetables and whole grains and to avoid plastic-packaged desserts and treats and prepared meals, fresh or frozen. For healthy, fresh and tasty recipes, check out iHerb.com's blog and LongevityPlaybook.com.



Answer Section

PG. 7

**"LIFE" WORDS**

**Hidden Word:**  
CHOOSE TO MAKE YOURSELF HAPPY

PG. 7

**Trivia Fun**

1. HYPOTENUSE  
2. FLETCHER CHRISTIAN  
3. "DIDO AND AENEAS"

PG. 5

**WORD SEARCH**

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



**Toy Blocks:**  
On Pages: 3,4,5,6,7,8  
LOOKING AT NATURE

**Hide & Seek:**  
On Pages: 4,5,6,7,8

PG. 5 **Brain Teasers**  
THE LAST ONE

PG. 6 **What Am I**  
WALLET

PG. 2

**Crossword**

YOGURT A BRANCH  
URN U BLARE HE  
PEARS ULNA BUR  
STATUS VOYAGE  
F T SYMBOL D A  
A PITH EE IN IF  
CALF EVEN VAULT  
TRAY RATTLES LE  
EN D N A HAIR  
BAKER ICED V N  
ESSAY TON PILOT  
EGYPT LAIR  
RI EVIL SO  
FLARE EM T  
ATOM T AS

PG. 4

**Circle Words:** ENJOY A LEISURELY MEAL

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

SUDOKU

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