



**JUL 7-13** 

# MAKING YOUR WEEK Friendship and Laughter Brings Forever Memories

#### **From Our Readers** Let's Play a Game



One day while my then 7-year-old granddaughter Elizabeth was visiting me, and I noticed she was just sitting on the couch without really doing anything. I asked her if she would like to play a board game. I couldn't help but chuckle when she said seriously, "No, thanks, Grandma Susie, I'm already bored!"

-Thanks, Suzan Wiener, Spring hill, FL

#### **Days Gone By**

#### **The Indian Trading Post**





About 30 years years ago, just after my wife and I got married, we went on a road trip. My wife said we will be going to New Mexico, Colorado, Utah and Arizona. She also said we will be visiting her aunt and uncle who own a trading post just outside a Indian reservation in New Mexico. When we got to the trading post, I noticed the store sign that read, "Savage's Trading Co." I was a bit concerned that the name would be offensive to the local tribes in the area. I asked my wife's uncle about the name and how the locals felt about it. He said, "Savages is my last name."

Once the town found out that it was his last name, he was excepted with open arms. He helps the locals sell their pottery, tapestry and Indian crafts through his shop. He said he had to add tables and chairs because so many of the people from the reservation would gather at his shop.

My favorite thing about the trip was the Indian Fry Bread with sugar and honey. I would make everyone stop throughout our trip at the local bread stands, so delicious.

-Keith Vasconcelles, Pasco, WA

## Ridgle



What is easy to lift but hard to throw?

> A feather. :yewerA

#### I Love My Friends

I hope, right now, just seeing the words "I love my friends," brings up a lot of good memories with a lot of your friends. I am 85, and I'm still learning the value of making friends. Even though we get caught up in the cares of this world, I wish I would have taken more time to enjoy my friends.

My wife, Myrna, and myself, married for 66 years, are fortunate, that my Best Man, in our wedding, Kenneth, and my wife's Maid-of-Honor, Carlene, are still with us. Carlene, recently spent a weekend with us. I spent a weekend at our high school reunion with Kenneth.

This week, less all put forth a special effort to enjoy our friends more. And have fun, laughing together.

-by Gilbert Wilks, publisher

#### Happier Happenings **Laughter is the Best Medicine**

I am sending this photo of my mother and her four friends playing dominoes. They play every Wednesday and enjoy each other's company.

#### Quote from my mother:

We are 5 friends from 90-94 years old that play dominoes every Wednesday night. We do a lot of laughing! We all make many of the same mistakes but laugh at and with each other. Laughter is the best medicine! — Thanks Hilda Scheirling, Inman, KS



Today's **Happier** Tip



#### **I Love Sunday**

Keep your face always toward the sunshine and shadows will fall behind you. - Walt Whitman



#### We Love Our Hometown

#### **Fairway Drug** Is Making Lynden, **Washington A Happier Place**



Fairway Drug is independently owned and operated with old-fashioned customer service at its finest! The staff is friendly, intelligent and accurate. They even sell fun gifts throughout the store.

Lynden is a city in Whatcom County, Washington, United States. It is the second largest city in Whatcom County and approximately 5 miles south of the Canada-US Border. Lynden is home to one of the largest Dutch settlement, and loves to celebrate the Raspberry Festival and the Farmers Day Parade.



Lynden and the surrounding areas, also have golfing, biking, swimming, skiing, running and so much more. Another option is the Art Center, Lynden Heritage Museum and the Claire vg Thomas Theater. And if vou like outdoor activities, Whatcom County is home to Bellingham Bay and a number of lakes to paddle board or kayak.





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#### **Favorite Crossword**

#### **ACROSS**

- 1 Peculiar trait
- 5 Smells 8 Not either
- 10 Place games
- played 12 Prepare recording
- 14 Twist
- 15 Bank's slope 17 A ship term
- 18 Toward
- 19 Rage
- 25 Affirmative answer 16 Small particle
- 27 Child's word "thanks"
- 29 Wailing whistles
- 30 Vapor
- 32 Broken
- 35 To turn informer 36 Striped animal
- 37 A drink
- 38 Feminine name
- 39 It's chewed 40 To free
- 42 Female deer
- 43 Word of choice 45 A small chop
- 47 A compass direction
- 48 Entreaty
- 51 Wide awake 52 Tares
- 53 Slide
- 54 Royal order, abbr. 55 A cereal
- 56 Revenge 58 Wooden nail
- 59 Type of snake
- 60 Not hers
- 64 Persons who allure 65 Causes sharp pain

#### **DOWN**

1 A fowl sound

Answers on page 8.

- 2 Grew
- 3 In fact
- 4 Child (slang)
- 5 Exclamation of surprise
- 6 Thing done
- 7 Demand
- 9 Exam
- 11 Regret 13 Shy
- 20 At sea
- 21 Public relations, abbr.
- 22 Hawk nest
- 23 An insect
- 24 Large property
- 26 Light tan
- 28 Movement
- 31 Sky-blue
- 33 Stale
- 34 Possess 38 Took notice of
- 39 Policeman
- 41 I want
- 42 Make very happy 44 Eat less
- 46 Body of water
- 47 Mighty 49 Turn
- 50 A golf term
- 53 Look secretly
- 56 Not he
- 57 It's sharp
- 59 Type of bread
- 61 Exist
- 62 To visit frequently 63 Artificial Intelligence,





#### **Happier Kitchen**

## Tangy Fruit Salad

- 1 (20-oz) can pineapple chunks, juice drained and reserved
- 1 (3.4-oz) pkg instant vanilla pudding mix
- ¼ c dry flavored orange drink mix such as Tang
- 1 (11-oz) can mandarin oranges, drained
- 1 (16-oz) can fruit cocktail, drained
- 2 bananas, sliced
- 1 c fresh strawberries, sliced
- 2 apples or pears, cut into chunks

In a small bowl, combine reserved juice, pudding mix, and orange drink mix; set aside. In a large bowl, combine all the fruit. Fold juice mixture into the fruit. Refrigerate before serving. Enjoy!



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.

5 6 8 9 3 5 9 8 6 6 8 4 6 2 9 6 9 8





Be Happy

Find the missing blocks throughout Happier to make the word.

### REMEMBERING THE GOOD OLE DAYS

The good ole days are those from way back yonder. I'm sixty-one years old, but I can still remember the days we went to the fair and rode the Merry-Go-Round. I remember my grandfather's tales and my grandmother's home-cooked meals.

I remember my parents taking us on vacation and swimming in the pools at the hotels. I remember plaving board games with my brother. And I remember writing in the sand, pretending to be a teacher.

Remembering the good ole days is therapeutic for us, but let us remember that our little ones today will look back tomorrow to the best days of their life. Let's give them something good to remember.

By Nancy Gibbs

**Happier Poem** 

Summer

Running in the sunshine Lemonade and sun made iced tea Catching fireflies at night

Such fun for you and for me.

Eating watermelon and spittin seeds

Flying kites within the breeze

Swinging as high as we can

Hearing the wind within the trees.

Racing bikes down a dirt road

And splashing in the lakes

Skippin rocks upon the water

O what a fun time this all makes.

**Get Happier Tips** 

"I'm glad we found something

Gathering seashells on the beach Building castles made of sand Running straight into the ocean, Side by side and hand in hand.

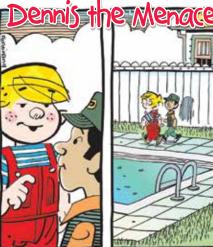
The best season of them all Is summertime for me Out within the sunshine And all the time to be free.



#### **Laugh A Little**



in our price range.'



"Y'know, I think we'll be really good friends!

Bonus **Words:** 

"And that has nothing to do with you

#### It's **REAL**

The center of the United States is located in Castle Rock South Dakota.

#### **NOW** THAT'S FUNNY!

A second-grader came home from school and sat next to her grandmother. The girl looks over to her grandmother and says "Grandma, guess what we learned today?... How to make babies." Grandma, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," the girl replied, "you just change 'y' to 'i' and add 'es'."

## **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

18 letters leftover. Have fun! BASKET **BED BELT BLANKET BLOUSE BOOKS BUREAU CHINA CLOTHES** COAT DISHES **DRESS FLATWARE FRAME FURNITURE** GAME HAT

HUTCH

**IRON JACKET JEWELRY KNICKNACKS LAMP** LINENS **LOAFERS PICTURE RADIO** SLACKS **SLIPPERS SWEATER** TABLE **TELEVISION TOASTER** TOY TREASURES VASE

S C Α N K C Α Ε S В C K S S 0 0 0 В В W 0 Ν Ε Т Ε R Ε 0 Н Ε G S 0 S Α K S Ε R MRΑ WU R Ε S Ε Ε Η Ν Τ G Ε R R K Ε R 0 0 Answer on page 8

#### **Health Tip**

#### **Five Ways to Increase Joy**



- 1. Do more than expected.
- 2. Reward yourself with good things occasionally. Don't wait for a special event to buy something you need.
- 3. Count your blessings. Write them down to review on a blue day.
- 4. Laugh out loud and pray every day.
- 5. Read a happy book or magazine. By Nancy Gibbs

#### **Handy Hints**

#### **A Good Soaking**



Have you ever wondered how much water your garden needs? Well a good soaking encourages deeper and stronger root growth. So I water my garden about 2 inches or so once a week. If you water more often but less time, it could lead to weaker root growth.

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



Today's **Happier** Tip

0

D

Ε

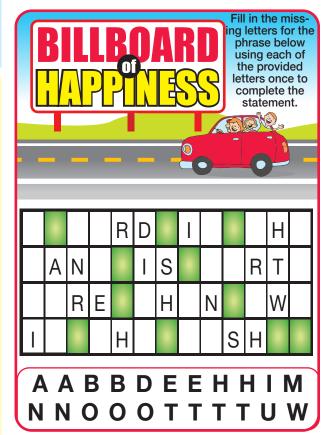
S

Α

R

that tears are prayers too. They travel to God and he will see you through.

-Janie Peltier, Dover, TN



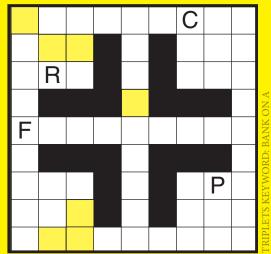


## **Get Up Happier**

#### 9 Ways to Connect with Family

- 1. Share your thoughts.
- 2. Give of yourself.
- 3. Go the extra mile.
- 4. Promote goodwill.
- Improve family atmosphere.
- 6. Display infectious positivity.
- Reduce drama.
- 8. Strengthen bonds.
- 9. Boost the self-esteem of family members.

down into groups of three letters. Replace the triplets into the grid with the help of the starter letters. The letters in the colored squares form the Keyword.



Ate	Fan	Kal	Pit
Boa	Gag	Keb	Ran
Boo	Goo	Kit	Reg
Bri	lke	Loo	Seg
Ces	lon	Ngs	Ski
Cog	Ire	Nib	Sna
Efi	lze	Oar	Spa
Era	lte	One	Tas
		Ore	Tla



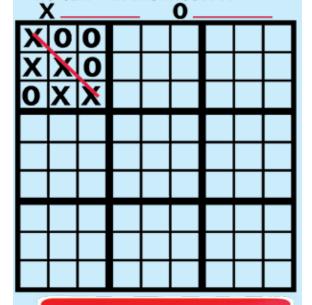


Today's **Happier** 

Page |

Doing a lot of little good deeds will add up over a lifetime.

#### Come Here Friend. Who can win the most $\dots$



Anything is possible.

#### **SUNDAY** JÚL



Chocolate Day

## 8 JUL **MONDAY**

National Video Game Day

#### **TUESDAY** JŬL

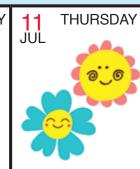


Appreciation Day



National Kitten Day

"ON GRANNY'S CANNING SHELF"

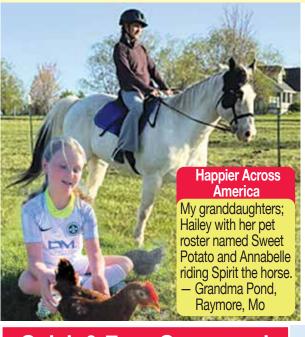


#### Circle Words

Fill in the words by starting each at the correct circled letter; go fórward, 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.

**OKRA APPLE BUTTER APPLE SAUCE PEACHES APRICOTS PEARS PEAS ASPARAGUS BEETS PLUMS BUTTER BEANS PRESERVES CARROTS RELISH CORN SAUERKRAUT EGGPLANT SPINACH GREEN BEANS SQUASH HOMINY TOMATOES** LIMA BEANS **TURNIPS KALE ZUCCHINI** 

**Bonus words:** (L)| S |S (T) (H)Ε Ν 0  $\mathbb{B}|\mathbb{O}$ ® (P) Ν J 0 Υ S U В M Ε M L Т 1 Ε  $\bigcirc$ Τ Ε R L S  $\bigcirc$ R В 0 U Ν Œ (G)  $\mathbb{K}$ Ν Т Ν PS Ε T Α Η  $\bigcirc$ W Ε  $\bigcirc$ R Ν Т (A) Ε  $\mathbb{P}|\mathbb{S}|\mathbb{A}$ **(B)** T R





#### **Quick & Easy Crossword**

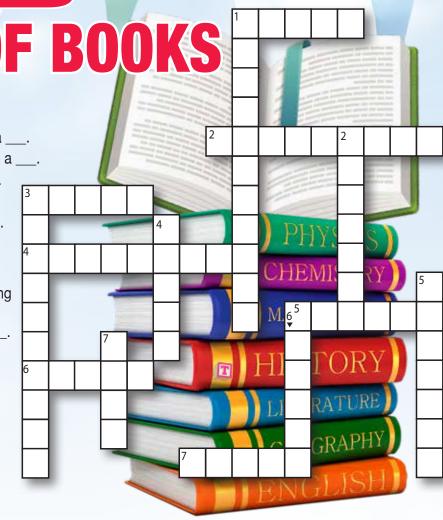
## YPES OF BOOKS

#### **ACROSS:**

- 1 Put pictures in an . .
- 2 Read about someone's life in a \_
- 3 Write down private thoughts in a \_\_\_\_.
- 4 Order merchandise from a
- 5 Check figures in a \_\_\_ book.
- 6 Read an exciting story in a \_\_\_\_.
- 7 The Good Book is the \_\_\_\_.

#### DOWN:

- 1 Write down the time of a meeting in an\_\_\_ book.
- 2 Read about weather lore in a . .
- 3 Find the meaning of a word in
- 4 Learn about fixing something from a \_\_\_ book.
- 5 Find where someone lives in an \_\_\_ book.
- 6 Prepare something tasty from a \_\_\_ book.
- 7 School children learn from a \_\_\_book.



Z-Almanac 3-Dictionary 4-How-to 5-Address 6-Recipe 7-Text





Submitted by Tessa Hofer, Milnor, ND

**Our little** 

following daddies1

footsteps.



#### Life is either a great adventure or nothing. — Helen Keller

#### **Word Search**

HERBS -We use herbs for flavoring and spicing up our foods and also for some natural medications and health benefits. Looking in all directions and using the clues, find the "herb" words. THE FIRST LETTERS OF

Ε	Υ	Р	Р	0	Р	В	D	S	Q	U	E
				V							
С	Q		Α	- 1	Ε	Ν	V	R	O	- 1	C
Α	Z	K	Ν	W	R	Ν	F	-1	0	Н	F
L	Ε	Ε	K	Α	S	Ε	V	0	L	С	C
L	M	L	Α	Р	G	0	D	Q	U	0	F
Α	- 1	Р	Т	Α	R	0	Υ	L	Z	Α	İ
M	W	O	S	Ρ	O	L	Α	J	Ε	M	

ACH WORD ARE LISTED BELOW

LE	SA	CA
OL	KE	TA
PA	AN	
CL	MI	
JA	EL	
PO	VI	

HA...

Answers on page 8

If published, get paid \$25. Send to: SHARE, PO Box 99, Portland, TN 37148

**Ask for** vour **FREE** 14-Steps To **Happiness** 



#### **Dear Dave**

#### Plug In or Promote from Within? Dear Dave,

I own a small business with about 20 team members, and we're doing pretty well. Last year, we had revenues of about \$1.2 million and profits of \$250,000. How do I find leadership within my company that cares about the vision and value of my company enough to help me grow it to the next level? I have two people in mind here who have impressed me a lot in the last two years, and I'd like for one of them to take a step up in the company. I'd like for this person to also challenge me and help me grow as a leader.

I want leaders on my team who aren't afraid to bring things to my attention. If there are things they feel I need to work on, or look at differently, I want them to let me know. I'm not perfect, that's for sure. And 've made plenty of mistakes during my 30-plus years in business. But when it comes right down to it, it's not their job to challenge me and help me grow. As a leader, that's on me. It's my responsibility to make sure I'm constantly challenging myself and growing as a leader and businessman.

Now, developing your team members and getting them to actually care and align with your mission? That is part of your job. You don't want leaders within your organization who aren't aligned with what you're trying to accomplish. When that happens, you've got a leader working a J-O-B. And at that point, they're no longer a leader. They're just a boss. Leaders lead. They show the way, they encourage and they lead by example. A boss just tells people what to do.

Over the years, I've had more luck promoting from within than I have bringing in someone new and plugging them in. Maybe there's someone there who's smart, already showing potential and demonstrating they care about the place and your mission. That's someone you can tap on the shoulder and start to move in a leadership direction. That kind of person is already fired up and wired up, so take the bridle off them and give them a chance to run.

Here's an easy first step: Find a really good small-business and leadership book, buy three copies and start a series of study sessions with you and the two team members you mentioned earlier. Let them know you feel they have real leadership potential, then read through the chapters together and discuss one or two over a lunch each week. Open up the discussions, and just let them talk. After a few weeks of this, it'll start to become clear really fast if either one is suited for a bigger role in the company. It'll become the ultimate interview process.

Great question, Troy. Best of luck to you and your company as you take this next big step! — Dave

#### **Hidden Puzzle**

### **BREEZING ALONG**

Ramsey

While Jack and Janet enjoy the mountain air, see if you can spot the twelve objects hidden on the car and along the road: a deer's head, bell, camel, fox, bird, mask, open book, purse, telephone receiver, pennant, bear, and a ghost.

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Answers on page 8



#### Share It

or happierweek@gmail.com

**Booklet** 



#### **Enjoying My Retirement Years**

Yes, I would rather be out there helping to keep our country safer. I enjoyed the last minute calls, not knowing where you're going. I was happy that I could come up with solutions that solved many important cases.

This n' That

Jim's FBI

**Happenings** 

- by Jim Brady

Your Good Friend

Retired FBI Agent.

Hendersonville, TN

Now, here at an assistant living home, we eat together, we live next-door to each other, play Bingo together, go back laugh and have fun.

Just a few days ago, my granddaughter was visiting me. I am so proud of her. I just have to show you a photo. She's my "darling."

Remember, friends and family can make you happier. Have a "blessed" week. Your friend—Jim



#### This Week In History

July 7, 1981 -1st solar-powered aircraft, Solar Challenger, crosses English Channel.

July 8, 1835 – Liberty Bell cracks, again.

July 9, 1953 – 1st helicopter passenger service in New York City.

July 10, 1892 – 1st concrete-paved street built in Bellefontaine, Ohio.

July 11, 1934 - Franklin D. Roosevelt became 1st President to travel through Panama Canal.

July 12, 1954 - President Eisenhower put forward a plan for an interstate highway system.

July 13, 1832 - Source of Mississippi River discovered, Henry R. Schoolcraft.

#### 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...

The Grand Canyon in Arizona/USA is one of the largest canyons in the world.





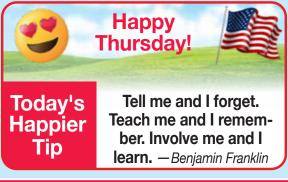
## Words Of Wisdom

Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek. - Mario Andretti

#### This Week's Scrambles

- 1. I neoyj a dogo halug.
- 2. I sawayl aehv a mlsei ot sareh hwti hserto.
- 3. aMek surfeyol a ssterde.

**Answers on Page 8** 



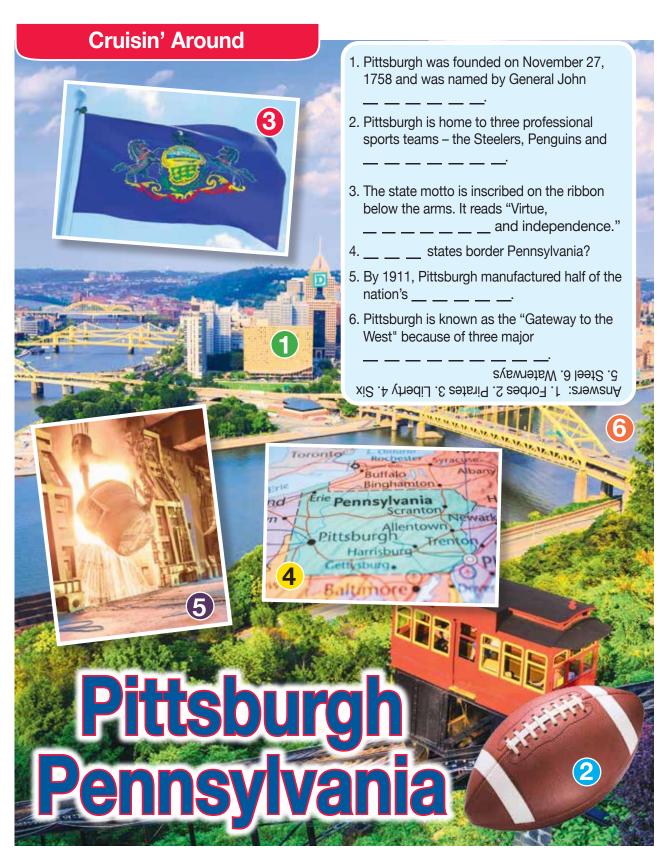


#### What Am I?

- 1. You call me when you have a problem.
- 2. The first four letters of my name, spells a fruit.
- 3. I work with water.
- 4. My goal is that everything flows.

**Answers on Page 8** 

Try! Page 6





1. OTLEWS



4. MWIIMGSN

5. CTESASL 6. RSDIFNE

7. DANS

8. RATWE

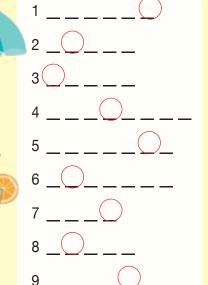
10. ESENRSCUN



Unscramble the letters below to find the names of ten different things you would find or do at the beach. Then discover the hidden theme words made up from the circled letters.

10

**Hidden Words:** 



Hidden Words: SUMMER DAYS Answers: 1-TOWELS 2-LUNCH 3-MUSIC 4-SWIMMING 5-CASTLES 6-FRIENDS 7-SAND 8-WATER 9-VOLLEYBALL 10-SUNSCREEN

For the Love of **PETS** 



You can tell if a horse is cold by feeling behind their ears. If that area is cold, so is the horse.

**Answers on Page 8** 





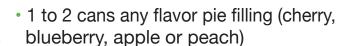


**GUESS WHAT I AM** 

#### **Happier Kitchen**

## **Angel Food Cake**

- 1 baked angel food cake
- 1 (3.4-oz) pkg vanilla instant puddina
- 1 (8-oz) pkg cream cheese
- 1 (8-oz) container Cool Whip



Tear angel food cake into bite-size pieces and place in a 13" x 9" cake pan. Prepare vanilla pudding according to directions; allow pudding to set. Mix cream cheese until softened. Add cream cheese to pudding and mix; combine with cool whip. Pour pudding mixture over the cake pieces in cake pan and spread evenly; chill for one hour. Next, top with a can(s) of pie filling spreading evenly. Enjoy!

#### **Precious Pets**



Meet little Joe. Anyone want a small cup of Joe?

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"



#### **RISE AND SHINE**

An adult male chicken is called a "rooster" and the adult female is a "hen." Chickens are heavy and can only fly about 200 ft. They have bad senses of smell and taste, but good hearing. Hens lay over 200 eggs in a year and baby chicks walk soon after hatching but still need help keeping warm.

**FILET** 

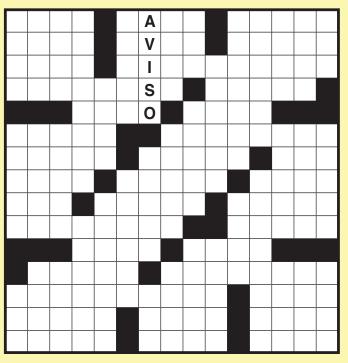
FIT IN

**3 LETTERS** NANS

ΛED

NEXT

Fill-lt-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!



AFK.	INLXI	I II IIN	ILAHLU				
ALB	RAYS	FRESH	7 LETTERS				
NET	REST	GIROS	CROUTON				
ORO	SARG	IONIA	DIGNITY				
RET	STAR	LUMET	O I FTTFDC				
SIG	TA-TA	LYRES	8 LETTERS				
	TORT	ORSON	ANTACIDS				
4 LETTERS	TROY	RANEE	HASTINGS				
ABIE	UNIE	REEDY	LEMONADE				
BCDE	VISA	ROODS	MEREDITH				
BRAN	VITO	TELOS	ORGANIST				
CATO		TONICC	SHREDDER				
CODE	5 LETTER	io .	10 LETTERS				
DANO	AMANA	6 LETTERS	ABOMINATES				
DORE	AROSE	GENOAN	MIXOLOGIST				
EGOS ·	AVISO	HAGMAN	MINOLOGIST				
ENNS	BESET	A N H E N S	REEDYBRR				
ETON	CHELA	Y O R T O L A	T A N I M O 8 A A 1 T E I I E I I T				
EVER	CHURN	HREDDER	S A N A M A				
HENS	CRESS	CODE	8 0 1 T 8 A H				
IOTA	DEMES	S B E S E T	SIGDENE				
IVAN	DEMIT	T 3 8 M N A J	E N N C D C I B				
IVOR	DENES	E M O N A D E	J N I T I A				
LALO	DINGS	T 3 M U J A T A T	1 2 1 N A D R O				
MOLE	DYLAN	T S I D O I O	X I M T H O T				
	ETATS	O C H U B N E E	V I S A D A N				
MOMA	LIAIS	O CHUBIN	N A G A S I V				

## Look and **LEARN**

The oldest public school was opened in 1635 in Boston Massachusetts.



LLAMAS

**TEAMED** 

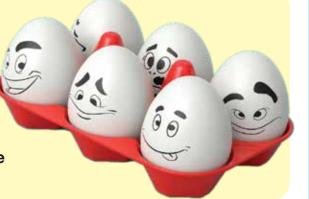
Trivia Fun

Answers on page 8

1. If an egg is placed in a glass of water and it floats near the top, is it fresh or stale?

2. Name the capital of Switzerland.

3. Name the movie cowboy who rode the horse named Champion.







KEARNHITE •

Y O U O R E S A M P T R T

I V • U Y E R V E S

● T E B T S P ● B E T T ●

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.

STRIVE AIM **ATTEMPT** TRY **LEARN WORK PUSH BETTER** 

GIVE Answer on page 8

#### **Get A Kick**

I see people my age running marathons, climbing mountains and I feel lucky getting my leg through my paints without losing my





#### **Thank You Mail**

Dear Happier,

I want to give a special thanks to Freeman Market in Freeman, Missouri where I get my Happier newspaper. I also wanted to submit a picture of my granddaughters.

- Grandma Pond in Raymore, MO



Thanks for sharing and see your granddaughters on page 4.

> We're **Gettin' HAPPIER!**



#### **Find the Differences**



Find at least six differences in details between panels.



is longer. 6. Skate wheels are missing. sleeve. 3. Back of chair is shorter. 4. Foot is moved. 5. Newspaper Differences: I. Hockey stick is longer. 2. Stripe is missing from

#### Weekly Safety Tips

#### **Inspect Your Fascia Boards**

It's a good idea to inspect your fascia boards around your house while the weather is good. The fascia boards are the front-facing panels that sit underneath your roof-line, typically under the gutters.

If you notice any cracks, splits, or holes, they may need to be replaced. Damage can occur due to weather and unpainted wood. Leaving damaged fascia boards can lead to even worse problems such as rots.



Saturday!



Everyday is a new opportunity to change for the better.

#### **Fun Facts**

- \* A LONG WAY! Australia's Great Barrier Reef is 1,250 miles long.
- \* TOGETHERNESS... The grapefruit is a hybrid between the pomelo and the orange.
- \* WALKING AND COUNTING... At a stride of 30 inches per step, you would have to take 2,112 steps to walk a distance of one mile.
- **GOT IT IN ORDER!** The number "forty" is the only number that has, in the English language, all of its letters in alphabetical order.



#### Get **HAPPIER** Tips

Move your furniture around and do some deep cleaning for a fresh change.

#### **Doctor Mike Says...**

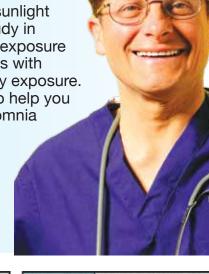
-by Doctor Mike Roizen, M.D. Cleveland Clinic

#### Let the Sun Shine — for Better Sleep and to Help Weight Loss

In 1973, when John Denver sang "Sunshine on my shoulders makes me happy," he was exactly right but probably didn't know the science behind that feeling. Since then, research has found that getting a good dose of sun on your skin in the early morning and without wearing sunglasses can help you sleep better, increase your ability to shed fat and reduce the risk of metabolic syndrome, which is associated with Type 2 diabetes. That should make you happy.

One study in the journal Cell found that two kinds of fat cells that provide energy to the body are regulated by light exposure. The researchers concluded that getting a dose of morning sunlight may shrink fat cells below the skin, promoting weight loss. In another study, women ages 65-plus with higher vitamin D levels (sunlight builds vitamin D) were less likely to gain weight. And a study in PLOS One, looking at the impact of early-in-the-day light exposure on weight, found a 34% difference in weight between folks with regular early light exposure and those with little or late-day exposure.

Tune into the power of 10-30 minutes of sunlight daily to help you achieve and maintain a healthy weight and overcome insomnia by regulating your circadian rhythm. For the rest of the day, wear sunscreen with an SPF of 35 and sunglasses to reduce the risk of skin cancer and cataracts. Need extra help to boost your vitamin D levels? Check out the benefits of supplements at iHerb.com's blog: "Vitamin D:





6 Researched Health Benefits.'





#### Answer Section

PG. 7 "EFFORT" WORDS Hidden Word: TO DO OUR **VERY BEST** 

#### Trivia Fun PG. 7

- 1. STALE
- 2. BERN
- 3. GENE AUTRY

#### PG. 5 Hidden Puzzle



PG. 2 Crossword

QUIRKODORS UNEITHER A|R|C|A|D|E E|D|I|T CURL SIDE IN COMPAGE

KEEL TO RAMPAGE

AYE TA SIRENS

GAS CRACKED RAT

ZEBRA TEANITA

CUD UNTIE DOE T

OR D CHOPLET SE

PETITION ALERT SKID RO PEGBBOA WEEDS SPITEE HIS B Y HAUNT ENTICERS STINGS

PG. 4 Circle Words: ENJOY SUMMER'S BOUNTY IN THE WINTER

SNAEBAMI (DSMULP) NTHENSEOTAMODE BOKBAQNJOPRNA UMCYESURUEE TITIMLMAQA NTNSURTIESOT EEYSEAPUSRHU ERLSRVRARHEBGARBBBAOARKUNSEES GENTWYEERIILNE TAHCANIPSEHPEL N I H C C U Q W E U P S P S T O R R A © N T R A E P B E E T S U G A R A P S A

#### PG. 5 WORD SEARCH



#### **Toy Blocks:**

On Pages: 4,5,6,7,8 **BE HAPPY TODAY** 

#### **Hide & Seek:**

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

PG. 5 Brain Teasers SECOND ONE

PG. 6 What Am I **PLUMBER** 

#### PG. 3 Secret Words: LOOKING FOR A BARGAIN

PG.6 Guess What I Am? GRATER

#### **PG.3 Billboard of Happiness:**

A BIRD IN THE HAND IS WORTH MORE THAN TWO IN THE BUSH PG. 6 How Quickly Can You Say? THANK YOU FOR BEING MY FRIEND

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

- 1. I ENJOY A GOOD LAUGH
- 2. I ALWAYS HAVE A SMILE TO SHARE WITH OTHERS
- 3. MAKE YOURSELF A DESSERT

S	3	5	1	7	4	6	2	9	8
- 11	2	4	9	8	3	5	7	1	6
U	7	8	6	9	1	2	5	4	3
D	1	7	3	5	2	4	8	6	9
	8	2	4	6	7	9	3	5	1
0	6	9	5	3	8	1	4	2	7
K	5	3	2	1	6	8	9	7	4
U	4	6	7	2	9	3	1	8	5
O	9	1	8	4	5	7	6	3	2

