



MAKING YOUR WEEK **Happier** SEP 29-OCT 5



Remembering The Summer Fun

From Our Readers Renewed Faith



I'm so glad to say that there are still some wonderful people out in the world who are very helpful and want nothing in return. Like yesterday, my 85-year-old friend and I took a walk to Dollar General. It was 91 degrees and very hot. We got there okay, but on the way home we went the wrong way and walked a half mile out of our way. To make matters worse we didn't have any water with us! We finally found our way back to the store, and was going to call a taxi, but then I saw a car in the parking lot with a very sweet looking lady in it. I asked if she would please take us to where we lived. I was surprised I did that, but just had a feeling she was very kind. It was just a short drive down the road, but we were too tired to go anymore. She put our walkers and groceries in the trunk of her car. She then took us back to where we lived. She wouldn't take any money! When we arrived, she then took out the walkers, and put the groceries back on it, leaving us at our front door. God bless her for doing that for us.

—Thanks, Suzan Wiener, Spring Hill, FL

Days Gone By Seeing Family



This is my grandmother's brother, "Luther." He got married in Ohio and we had family come all the way from Birmingham, Alabama to celebrate. It's always fun to see family that lives so far away. Family is precious to me and I pray that all of our family grows in grace.

—Thanks, Wanza Coleman, Marion, AL

Riddle



Shawna's father has 5 daughters – Shelly, Barbara, Dian, and Britney. What is the fifth daughters name?

Answer:
Shawna

That Garden City, Kansas Swimming Pool

I don't know why, but when I was a little boy, probably between ages six and 10, I wanted to do everything. Garden City had what they called world's largest swimming pool. They also had a big zoo and Jaycee's baseball team.

Mom would've whipped me if she knew I would slip down at nights from my second floor bedroom onto a tree, get on my bike, and ride a mile to stand in front of the lion cages and hear them roar.

I also loved that swimming pool and the 10' diving board.

Mom always said "if you want any money you have to work for it!" So I sold pop at the ballgames. "Ice Cold Pop" I would yell.

Writing this made me happier. Lets you and I do everything we can to be happier. —by Gilbert Wilks, publisher



Hay Bale Contest

In the summer of 2021 Franklin, KY had a community contest, "The Hay Bale Trail," that resulted in some outstanding imaginative displays. All had to use hay to form their designs.

—Thanks, Betty Parker, Franklin, KY



Happier Happenings

I Love Sunday

Now is the time to get happier.
Put a big smile on right now.



Today's
Happier
Tip



We Love Our Hometown

Downings Market Is Making Beaver, Oklahoma Happier



Downings Market has a friendly atmosphere with a great assortment of items. The shelves are always stocked and clean with good prices. The staff is very friendly and you can tell that they care about their store and the people who support it.

Here are some other fun things to do in and around Beaver, OK. Beaver Dunes Park offers many acres of dune buggy riding, fishing, hiking, and campgrounds. Beaver Lake is stocked with perch and largemouth bass for the fishermen. Campers may see deer, possum and herons throughout the area. The campground offers water and electric hookups, as well as tent sites.



About an hour away in the town of Liberal is the Mid-America Air Museum. The museum has more than 100 aircraft and 80,000 square feet of exhibit space. The collection spans over 90 years of aircraft design and development.

Favorite Crossword

Answers on page 8.

ACROSS

- 1 Wiggle
- 5 Not caged
- 9 Weird
- 11 Horse's sound
- 13 Curved entrance
- 16 Received wages
- 17 District attorney, abbr.
- 18 Pretty
- 19 Body part
- 20 Idol
- 23 A tool
- 24 To turn around
- 26 Small child
- 27 Georgia, abbr.
- 29 A winter ride
- 30 In; on; by
- 32 Stockings
- 35 Totals
- 37 Equally
- 39 One on list
- 40 Famous river
- 42 Smell
- 44 Dried
- 45 Place
- 47 Toward
- 48 To make merry
- 49 A sailing vessel
- 51 Court
- 53 A cake
- 56 In
- 58 Not shy
- 59 Strong breeze
- 62 A hoofed animal
- 63 Storm's center
- 65 Completed
- 66 Comforts

DOWN

- 1 Hut
- 2 Act of anointing
- 3 Regarding, abbr.
- 4 ___ & mild
- 5 Terminates
- 6 Makes fresh
- 7 Type of greens
- 8 Large wave
- 10 Went fast
- 12 A joke
- 14 Smallest
- 15 Big and strong
- 21 An award
- 22 Food (slang)
- 25 Sickness
- 27 Obtained
- 28 Once more
- 30 Advertisement
- 31 Speedy
- 33 Human existence
- 34 Happy sign
- 36 Train station
- 38 It's white stuff
- 41 Sitting still
- 43 Palm leaf
- 46 Toward the top
- 50 Word of choice
- 52 Lubricated
- 54 Agrees with
- 55 Capable
- 57 Type of bird
- 60 A president's nickname
- 61 Affirmative answer
- 62 Mr. ___ (horse)
- 64 Biblical you



Sharing Happiness



Let the sponsor know you love Happier!

Happier Kitchen

Cherry Angel Food Cake

- 1 (16 oz) pkg. angel food cake mix
- 1 (8 oz) bar Kraft® Philadelphia cream cheese
- 1 (7 oz) jar Kraft® marshmallow creme
- 1 (21 oz) can cherry pie filling
- 1 (3 oz) box cherry Jello



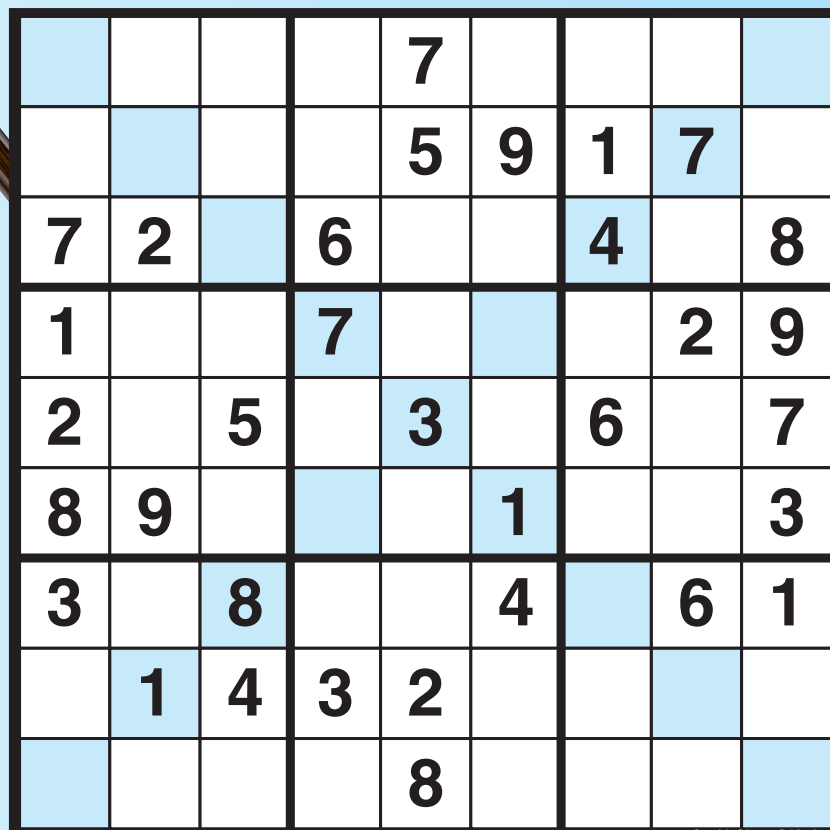
Bake angel food cake mix as directed; cool. Place cream cheese and marshmallow creme in a mixing bowl. Beat with electric mixer until smooth; set aside to use as frosting. Cook cherry Jello as directed. Let cool but do not refrigerate. Place angel food cake on cake plate and poke holes in top of the angel food cake with a straw. Pour cherry Jello into holes. Ice with cream cheese frosting. Spoon cherry pie filling on top. Let the juice drizzle down the sides and serve. **Enjoy!**

HIDE and SEEK

I ♥ "LOVE" SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the digits 1 to 9. The diagonal squares must also contain the numbers 1-9.

Answers on page 8.



Can you help round-up five more autumn leaves?

Answers on page 8.



is here.

Find the missing blocks throughout Happier to make the word.

Yes! Big Monday

Today's Happier Tip

Make your home say "I'm happier!"

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ADVICE THAT COUNTS

We have all met people who feel the need to share their advice about things that are not relevant to them. Most of the time we resent that kind of advice. But, in turn, we appreciate constructive advice, as long as it is given with love.

I have learned that while giving advice we must be careful, especially with family members. It's much better to give it in a way that the one to whom we are speaking does not feel threatened or criticized.

The next time you feel the need to share advice, won't you share the kind that counts? Share advice with a loving and happy spirit using kind words that will build up and not tear down. If you can't do that it would be better to keep your advice to yourself.

— By Nancy Gibbs



Get Happier Tips

Health Tip

For Better Sleep



- Go to sleep and get up at the same time each day and only use your bedroom for sleeping.
- Avoid napping in the late afternoon or evening.
- Avoid television, using your computer, cell phone, or tablet in the bedroom. Don't exercise or eat within three hours of your bedtime.

Handy Hints

Cupcake Liner



Do you ever feel, the only safe place for a kid to eat a popsicle is outside. Well try this, just get a cupcake liner and poke the popsicle stick through to catch all the drips.

**Making Your Week Happier newspaper does not guarantee any results of our features. Use at your own discretion.*

Happier Poem

My Pony

Age 8

— Trista Martin, from Port Trevorton, PA

I have a little pony,
He's little, cute and smart.
I like to get pony out,
And drive him in the cart.

I have a little pony,
I put the saddle on,
And then I jump on Pony,
And ride him in the lawn.

I have a little pony,
And he likes to eat hay.
He likes to eat grass too,
He will eat grass all day.

When evening comes I call him,
To his stall to be fed.
And then I get the shavings,
To make him a nice bed.



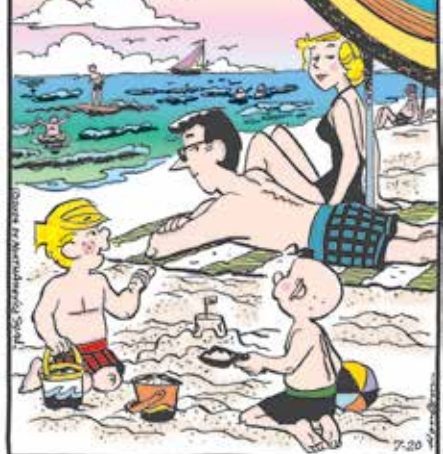
Laugh A Little

The FAMILY CIRCUS



"Who dealt this mess?"

Dennis the Menace



"Y'know what my dad likes best about being at the beach? There's no grass to mow!"

It's REAL

President Lincoln tucked important papers inside his top hat.

NOW THAT'S FUNNY!

A skunk family was trapped in a thicket surrounded by a pack of wolves that kept getting closer. The mother skunk calmly said to her family, "Quickly, children, let's put our heads together." The young skunks obeyed and immediately formed a circle. The mother skunk then said, "Now, let's spray!"



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 23 letters leftover. **Have fun!**

- | | |
|-------------|----------|
| ARMOR | MOTTE |
| BAILEYS | QUEEN |
| BEAUTIFUL | RITUAL |
| BERKSHIRE | ROOMS |
| BRITISH | SILKS |
| CEREMONIES | STONE |
| CROWN | SUN |
| ENGLAND | TERRACE |
| ESTATE | TOURISTS |
| GARDENS | TOWERS |
| GATES | TREES |
| GOLD | TURRETS |
| GOTHIC | VIEW |
| GUARDS | WALL |
| HALL | WARDS |
| HISTORIC | WINGS |
| LADY CHAPEL | |
| LANDMARKS | |

Answer on page 8

"WINDSOR CASTLE"

Bonus Words:

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

BILLBOARD of HAPPINESS

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



		'T		O		E	T
T				I	T	E	
	I	N	S	I			
	I	E					

D E F F G G H H L L
 L N N O R T T

I can see the ice cream man



Get Up Happier

Collect Your Thoughts

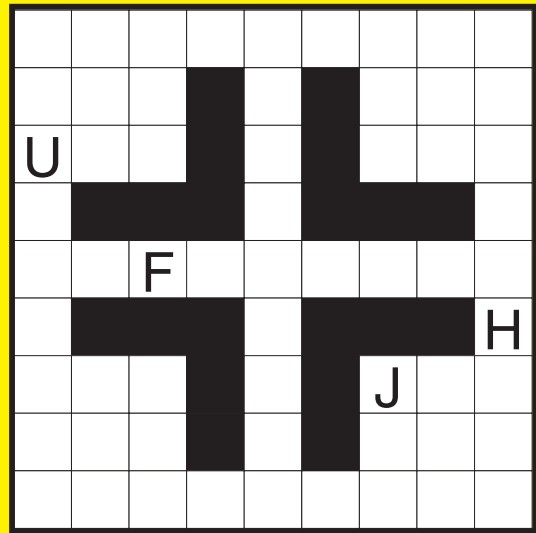


When you're faced with challenging situations, where do you derive your strength from? Do you have that special place you can go and collect your thoughts before reacting? When we're grounded in our strength of character we are truly strong. So, the next time a frustrating situation arises, derive strength from your character—who you know you are and what you stand for.

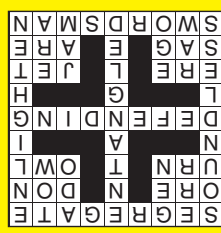
— Diane Wilks Nolan

TRIPLETS Lovatts

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



- Ado
- Ang
- Are
- Ate
- Def
- Don
- Ego
- End
- Enl
- Ent
- Era
- Ere
- Err
- Ess
- Gen
- Igh
- Ing
- Jam
- Jet
- Led
- Man
- Ndl
- Ore
- Owl
- Raw
- Rds
- Reg
- Sag
- Seg
- Sou
- Swo
- Ten
- Tow
- Urn

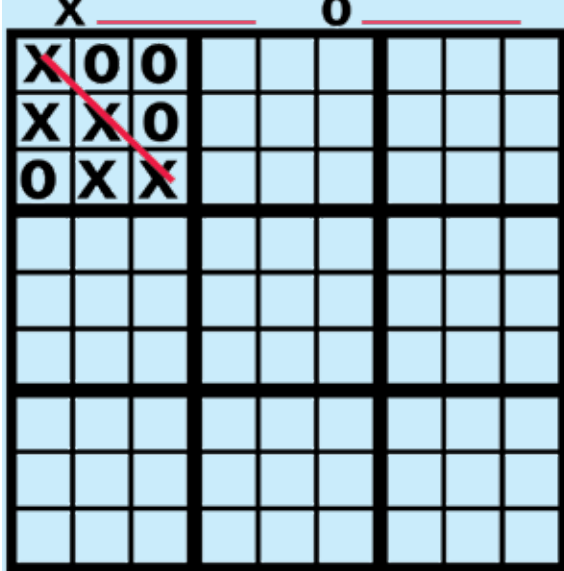


Yea! It's Wednesday!

Today's Happier Tip

Life isn't predictable, that's what makes it exciting.

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



From my window, and run out side

29 SEP SUNDAY World Heart Day	30 SEP MONDAY National Love People Day	1 OCT TUESDAY National Home-made Cookies Day	2 OCT WEDNESDAY National Kale Day
		3 OCT THURSDAY 	

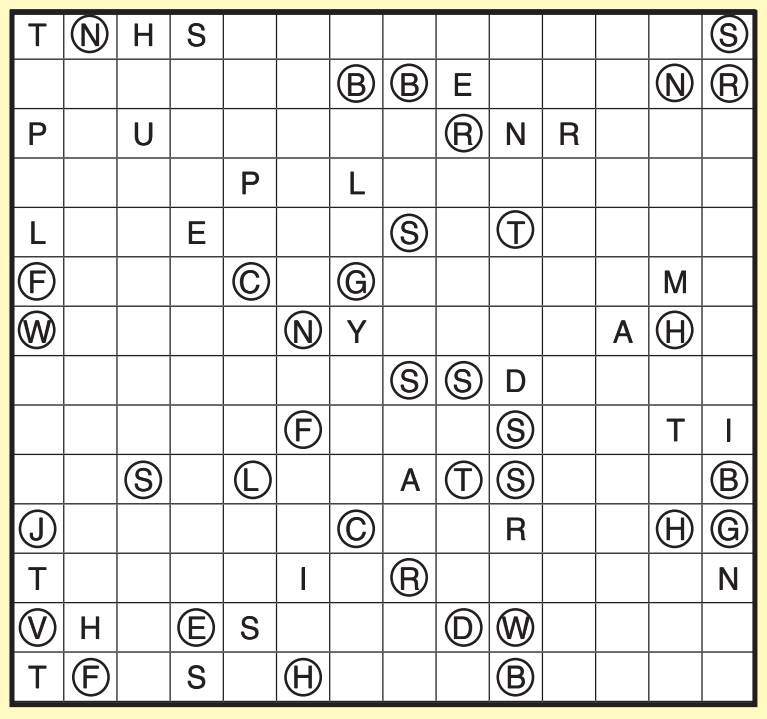
Circle Words

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.

- BATHS
- BEEPS
- BERRIES
- BINOCULARS
- BLUE JAYS
- CAGE
- CARDINAL
- DOVES
- EGGS
- FALCON
- FLIGHT
- FLOWERS
- FOUNTAINS
- FOWL
- GARDENS
- GULL
- HATCH
- HAWK
- HOUSE
- JUNCO
- LARK
- NAME
- NATURE
- NEST
- RAINS
- ROBIN
- ROCKS
- SANCTUARIES
- SEEDS
- SHOW
- SKY
- SONGS
- SPARROW
- SPECIES
- SUN
- TREES
- TUNE
- VARIETY
- WEATHER
- WINGS

"BIRD WATCHER"

Bonus words: _____



Happier Across America



I love my great-grandkids
—Thanks Martha Gleerup, Springfield, TN

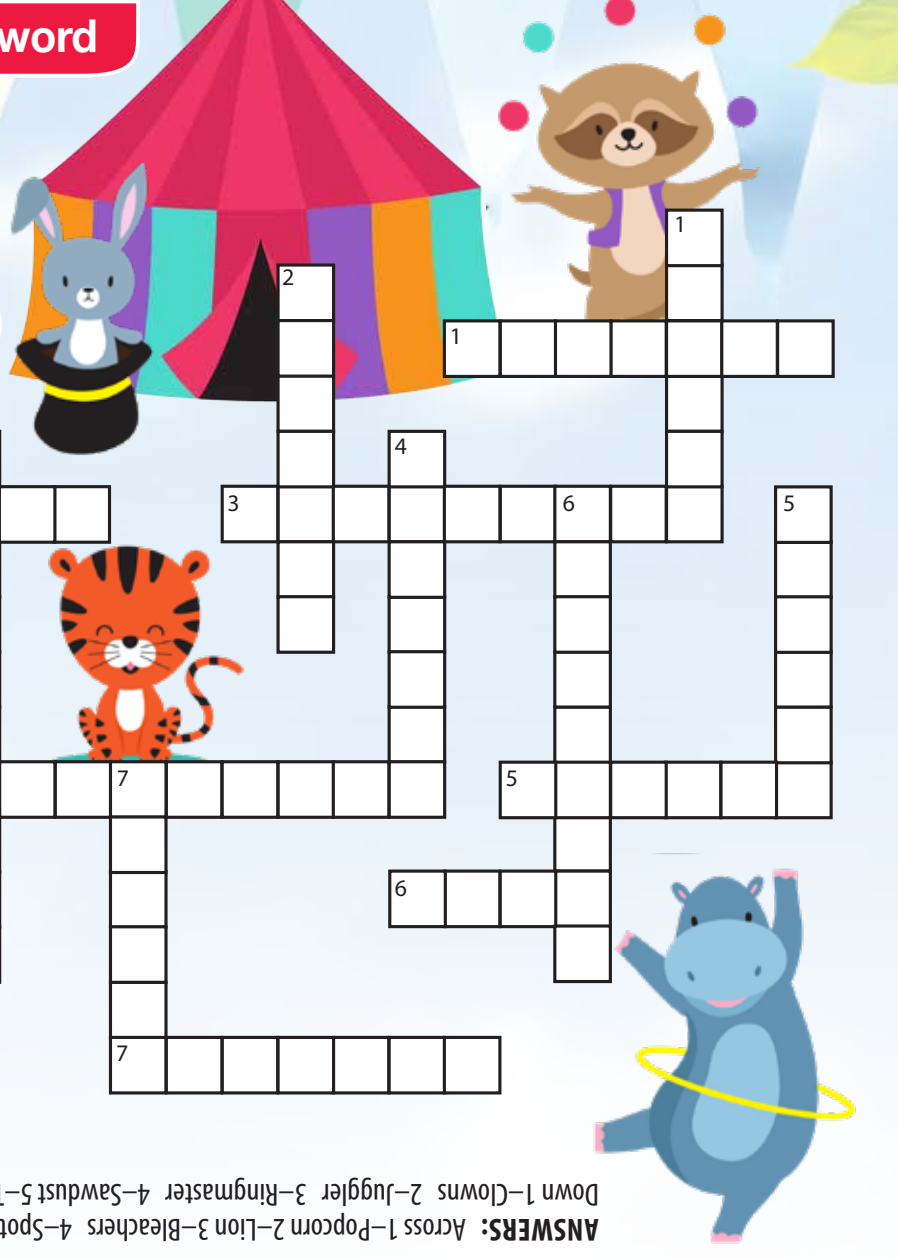


Quick & Easy Crossword

AT THE CIRCUS

- ACROSS**
- Enjoy a snack of peanuts or ____.
 - A ____ performs with a roar.
 - Find a seat in the ____.
 - A ____ shines on the performers.
 - See the circus ____ march through town.
 - The circus is held in a large ____.
 - A ____ works with the tigers.

- DOWN**
- Laugh at the silly acting ____.
 - The ____ throws balls or rings into the air.
 - The ____ announces the circus acts.
 - There is ____ on the ground.
 - The acrobats jump, twist, and ____.
 - The large ____ also do tricks.
 - Buy a ____ to see the circus.



ANSWERS: Across 1-Popcorn 2-Lion 3-Bleachers 4-Spotlight 5-Tumble 6-Elephants 7-Ticket
Down 1-Clowns 2-Juggler 3-Ringmaster 4-Sawdust 5-Tumble 6-Elephants 7-Ticket

4 FRIDAY
OCT

National Golf Lovers Day

5 SATURDAY
OCT

World Teachers' Day

Cutest Kids

Enjoying the warm summer day at the river to its fullest.

— Thanks Jodi Hofer, Lake Andes, SD

This n' That

Jim's FBI Happenings

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

Responsibility is the price of freedom. — Elbert Hubbard

Word Search

HOME SWEET HOME —Whether a mansion or a humble cottage, we all love our 'home sweet home.' Looking in all directions and using the clues, find some homes.

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

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

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

Dave Ramsey

Right Heart, Wrong Actions

Dear Dave,
I'm beginning to feel some bitterness and resentment towards my parents for their recent decisions and financial irresponsibility. Fifteen years ago, while I was still in school, they left good-paying jobs to enter the ministry. They both took pay cuts when they made this decision, and they've been regularly asking for money for living expenses from my husband and I ever since. Sometimes, they even try to make us feel guilty if we can't give them the amount they ask for. My mom, especially, constantly brings up their call to the ministry, adding that we should want to help them. We believe in their calling, but we also feel they knew they would have to live on less money, and they're being irresponsible with the money they make. What should we do? —Abigail

Dear Abigail,
What I'm hearing is giving money to your parents isn't necessarily a financial hardship for you and your husband, but that by consistently giving or loaning your parents money you're losing respect for them. This is not a healthy situation. Your relationship has become strained, and that's a tough thing for anyone to deal with—especially in a parent-child scenario.
Make no mistake, going into the ministry with the right heart is an admirable thing. However, in the Bible, Paul made tents while he conducted his ministry. I'm paraphrasing, of course, but his line was to the effect of, "If you don't work, you don't eat." He had a job. So, I don't think suggesting your folks think about working outside the ministry while trying to do God's work is unfair in a situation like this.
I'm sure your mom is a good person, but no one should do this to their child. On top of it all, she sounds like a travel agent for guilt trips—like she's working you over while implying it's all really for God. That's not only toxic, it's just plain wrong.
It's going to be hard to unravel it all and turn this into a respectable situation where they're not constantly asking for money, and you're not feeling pressure and falling victim to the guilty feelings that enable this behavior. I hope all of you will consider sitting down with a reasonable, objective third party and talking things through. I also hope you'll take some time to read a book called Boundaries by Dr. Henry Cloud. It will open your eyes to a few things. God bless you and your family, Abigail. —Dave

We FBI Agents Love America And Go The Extra Mile

I want to tell you about some of my friends in the FBI, years ago, who really cared and would go the extra mile to be helpful.

FBI HEADQUARTERS—FRANK STILL, Jr.
Frank Still, Jr., was serving in the Domestic Intelligence Division. One evening, he heard a scream, "stop that man!"
A police officer was chasing a man toward his direction. Frank positioned himself and shouted at the man—"stop!"
The man made several motions as if he had a weapon in his hand and walked directly toward Frank. Frank knocked him to the ground and assisted the officer in handcuffing the individual. The man had a loaded .45 caliber automatic pistol with him.
It was later learned that the arrested man was an escape murderer from Lorton Reformatory.
Thank You Frank. Next week I'll tell you about FBI Charles Paul Rose going the extra mile in Atlanta.
Have a safe happy week, Jim

Frank still, jr.

- This Week In History**
- Sept. 29, 1987** — "Didn't We Almost Have It All," by Whitney Houston hits #1.
 - Sept. 30, 1968** — 1st Boeing 747 rolls out.
 - Oct. 1, 1896** — Yosemite becomes a National Park.
 - Oct. 2, 1916** — San Diego Zoo founded.
 - Oct. 3, 1945** — Elvis Presley's 1st public appearance, he is 10.
 - Oct. 4, 1915** — Dinosaur National Monument in Colorado and Utah is established.
 - Oct. 5, 1953** — Earl Warren sworn in as 14th chief justice of U.S.

Hidden Puzzle

DOWNTOWN ADVENTURE

Julie and Mike are being careful as they walk downtown. Being safe is smart! Always obey all the safety rules. See if you can find the 13 bicycle helmets hidden downtown.

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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...
The average person's daily water consumption is estimated to be over 80 gallons per day. This is for drinking, toilets, showers, washing machines, washing dishes and washing hands.

I wave my hand and jump in the air

Page 5

Words Of Wisdom



The most interesting information comes from children, for they tell all they know and then stop.

— Mark Twain

This Week's Scrambles

1. oD moes gjupmin kacsj.
2. A sstune si a drefonuwI ywa ot ned teh nieengv.
3. rowleFs ni het redang rea fautulbei.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

With appreciation and kindness, we can lift others up.

Laugh A Lot



Why are balloons so expensive?

Inflation!

How do you fix a cracked pumpkin?

With a pumpkin patch!



What Am I ?

1. I am made of rubber and can be different colors.
2. I start off small but can grow in size.
3. I have air or helium in me.
4. I love to be at parties.

Answers on Page 8

And I see him stop



Cruisin' Around

Baton Rouge Louisiana



1. The current Louisiana State Capitol is the tallest capitol building in the United States.
2. Baton Rouge is the fifth largest city on the Mississippi River.
3. French explorers discovered the area where Baton Rouge is now located.
4. Baton Rouge means "Red Stick" in French, named after a red cypress pole that marked the boundaries between two Native American tribes.
5. The Louisiana state flag features a pelican feeding her young.
6. The state of Mississippi is to the left of Louisiana.

Answers: 1. States 2. Mississippi 3. French 4. Red 5. Pelican 6. Texas

CAFETERIA SCRAMBLE



1. BSETAL
2. APTLE
3. ARYT
4. ESLVEAETBG
5. ISTOHPAL
6. NCHLU
7. EABRUMGHR
8. OCHLSO
9. CSHIAR
10. NRDSKI
11. FEFUTB

Unscramble the letters below to find the names of eleven things you would find in a cafeteria. Then discover the hidden theme words made up from the circled letters.

Hidden Words:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

Answers: 1-TABLES 2-PLATE 3-TRAY 4-VEGETABLES 5-HOSPITAL 6-LUNCH 7-HAMBURGER 8-SCHOOL 9-CHAIRS 10-DRINKS 11-BUFFET Hidden Words: SERVING LINE



For the Love of PETS

The best way to determine the age of a horse is by examining its teeth.



How quickly can you say?



+hind



+p



GUESS WHAT I AM

Answers on Page 8

Happier Kitchen

Cabbage Soup

- 1/2 medium head of cabbage, chopped
- 1 c water
- 1 c onion, chopped
- 1 lb cooked ground beef
- 2 (6-oz) cans tomato paste
- 3 tbsp sugar
- 1 tsp salt
- 1 bay leaf, optional
- 2 tsp worcester sauce

Combine all ingredients except for tomato paste. Bring to a boil and simmer for one hour. Add tomato paste and cook for fifteen minutes more. Remove the bay leaf before serving. **Enjoy!**



Precious Pets



"Nemo," our little baby, sleeps wherever she is comfortable.

—Thanks, Cathy Lindell Fort Morgan, CO

We wish we could answer and publish all the wonderful mail we receive. Here's a **BIG THANK YOU** to every one of you who write.

Amazing "Animals"



PEEK A BOO!

The Pallid-scorpion owl is well camouflaged against tree-trunks and rocks. Nests are usually constructed in a hollow tree, old woodpecker hole, or a cavity in a bank, wall, cliff or building.

Go play hide-and-seek. Can you hide better than he does?

Find This Week's . . .

"SCHOOL" WORDS



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

- BOYS
- TEACHER
- TALK
- LIKE
- GIRLS
- SHARE
- ROOM

Answer on page 8

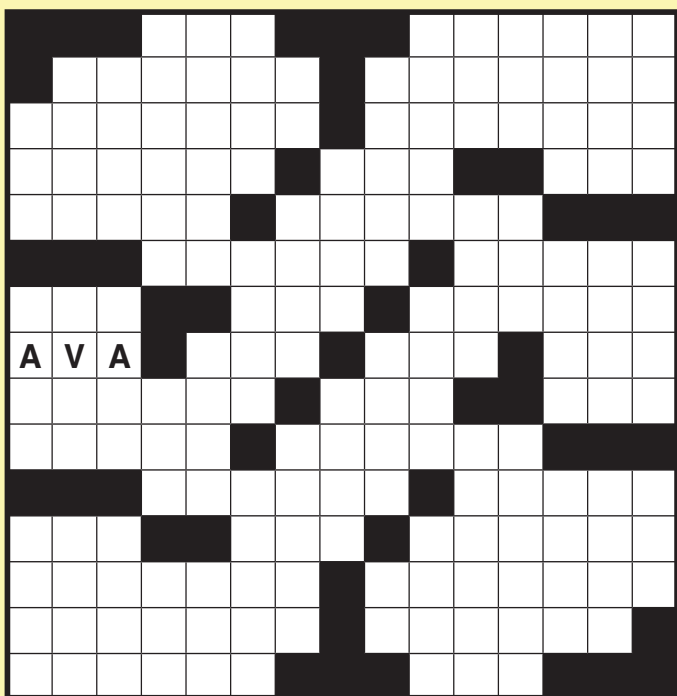
Get A Kick

Two hats were hanging on a hat rack in a clothing store. One hat said to the other, "You stay here, I'll go on a head."



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!**



- 2 LETTERS**
HR
PI
- 3 LETTERS**
ADM
AER
ATT
AVA
CAL
DAB
EDD
EIS
ELY
FTD
GAT
HER
ISO
KEG
NEA
NIP
ORT
PIP
SIT
SLR
TNT
ZED
- 4 LETTERS**
ACNE
- 5 LETTERS**
AS ONE
ASPEN
BLIND
- 6 LETTERS**
AERI
ARNI
CATT
DIRS
ELON
GLAD
HALO
INEE
ISN'T
IVAS
KETT
LIED
NARD
NASA
OMNI
PALP
PORE
RETA
REVS
RUED
SLUE
TEGS
WRIT
YSER
ZENO
- 7 LETTERS**
SPLASH
STARRY
TERESA
TURNER
WIRERS
- 6 LETTERS**
ARNICA
BENSON
ELANDS
GAPING
INSIDE
LATEST
NUNCIO
OGRESS
ON SALE
RIALTO
SALAMI
- 7 LETTERS**
ALENCON
FLOATER
LOVE AND
ORDINAL
PRESENT
TEMPERA



Look and LEARN

There are over 20,000 species of edible plants in the world. However, just 20 species provide 90% of human food.



Trivia Fun

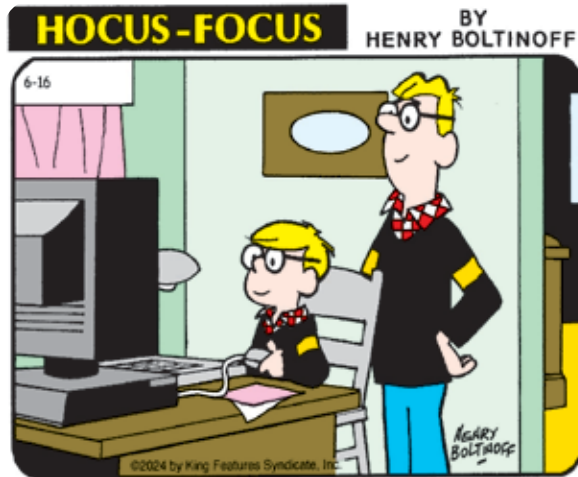
Answers on page 8

1. On what television network originally was the "I Love Lucy" series?
2. What does a tachometer measure?
3. Name the planet of our solar system that is larger than the other planets combined.

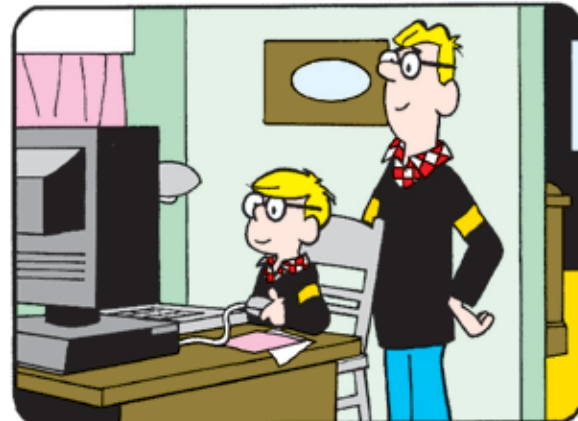


We're Gettin' Ice Cream

Find the Differences



Find at least six differences in details between panels.



Differences: 1. Arm is moved. 2. Back of chair is different. 3. Light is higher. 4. Paper is different. 5. Back of computer is different. 6. Sweater is longer.

Weekly Safety Tips

Let There Be Light



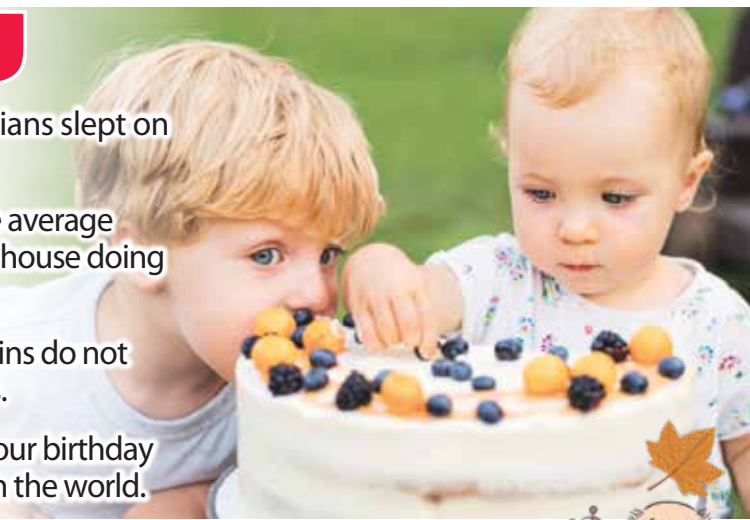
It's a good idea to have some outdoor lighting around your home for safety. Motion sensor lighting is a good choice and will allow you and your neighbors to see what's going on around your home.

Today's Happier Tip

Thank God for Saturday!
We hope we have brought a smile to your face and maybe a few giggles on the way.

Fun Facts

- * **A TOUGH PILLOW...** Ancient Egyptians slept on pillows made of stone.
- * **WALK AROUND THE HOUSE...** The average housewife walks 10 miles around the house doing her chores.
- * **NOT EXACTLY ALIKE...** Identical twins do not necessarily have identical fingerprints.
- * **YOU'RE NOT ALONE...** You share your birthday with at least 9,000,000 other people in the world.



Get HAPPIER Tips

Honor your values and hold true to what you know is fair.



Doctor Mike Says . . .

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

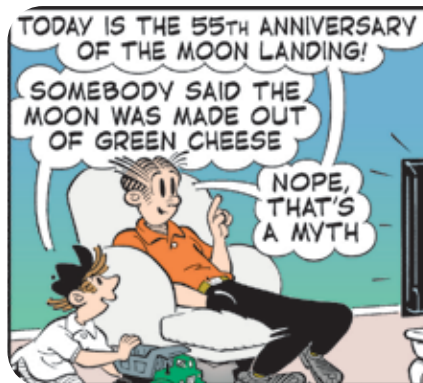
Another Unsweet Tale About Artificial Sweeteners

Artificial sweeteners were heralded as a solution to American's sugar addiction. After all, the average person consumes 17 teaspoons of added sugar a day, according to the American Heart Association — and that spells an epidemic of chronic inflammation, overweight, Type 2 diabetes, cardiovascular disease, high blood pressure, and even psoriasis, rheumatoid arthritis and inflammatory bowel disease.

Unfortunately, we now know that artificial sweeteners come with their own risks. They can alter the bacteria in your gut biome, changing how they function, and making glucose control difficult. Research also indicates that women who drink more than 24 ounces of artificially sweetened beverages a day are at increased risk for stroke. And the most recent findings come from a series of studies out of the Cleveland Clinic that found that xylitol — a common artificial sweetener in diabetic treats, gums and toothpastes — raises the risk of blood clots and heart attack.

Giving up added sugars and artificial sweeteners can be hard. Our recommendation: Start by ditching sweetened beverages of all kinds. Substitute water, coffee and tea, hot or iced — with no added sugar. Try using lemon or non-dairy “milk.” Once you master that, you can begin substituting fresh fruit — strawberries, mangoes, apples — for sweet snacks. You'll be amazed at how satisfying fresh fruit flavors are, and you'll help repair your gut biome.

To learn more about how to bring healthy sweetness into your life, check out the recipes in Dr. Mike's “What to Eat When Cookbook” (Chocolate Chunk and Nut Chewies!) and the iHerb.com blog, “Tips for Curbing Sugar Cravings.”



Answer Section

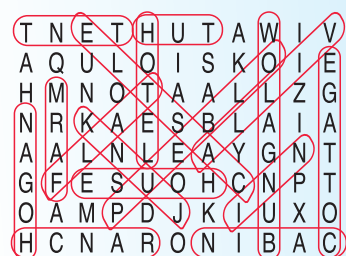
PG. 7 “SCHOOL” WORDS

Hidden Word:
MAKE NEW FRIENDS AT SCHOOL

PG. 7 Trivia Fun

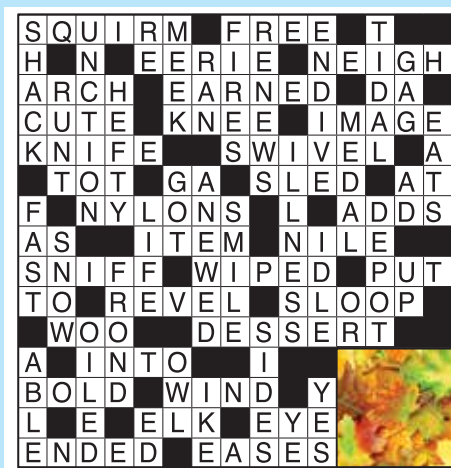
1. CBS, IN THE 1950S
2. REVOLUTIONS OF A REVOLVING SHAFT
3. JUPITER. ALL OF THE OTHER PLANETS WOULD FIT INSIDE JUPITER.

PG. 5 WORD SEARCH

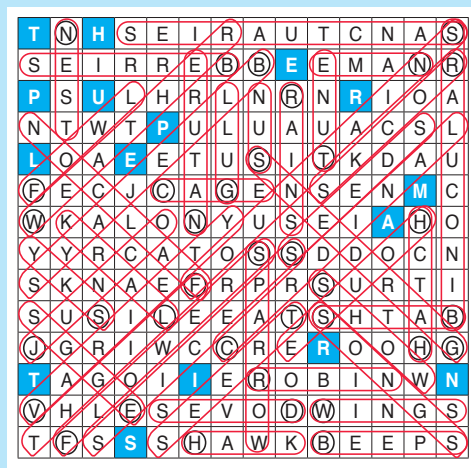


PG. 5 Hidden Puzzle

PG. 2 Crossword



PG. 4 Circle Words: THE PURPLE MARTINS



Toy Blocks:

On Pages: 3,4,5,6,7,8
AUTUMN IS HERE

Hide & Seek:

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

PG. 5 Brain Teasers

SECOND ONE

PG. 6 What Am I

BALLOON

PG. 3 Secret Words: THE ROYAL FAMILY RESIDENCE

PG. 6 Guess What I Am? MAPLE LEAF

PG. 3 Billboard of Happiness:

DON'T FORGET THE LITTLE THINGS IN LIFE

PG. 6 How Quickly Can You Say?

FALL BEHIND OR KEEP UP

PG. 6 This Week's Scrambles:

1. DO SOME JUMPING JACKS
2. A SUNSET IS A WONDERFUL WAY TO END THE EVENING
3. FLOWERS IN THE GARDEN ARE BEAUTIFUL

SUDOKU

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