



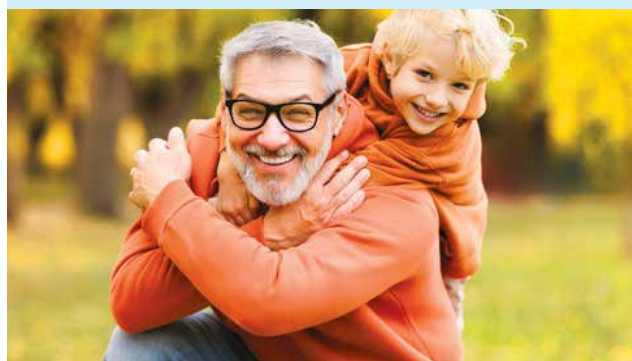
MAKING YOUR WEEK **Happier** OCT 27-NOV 2



Happy Halloween

From Our Readers

Kids are Awesome!



Today, I'm at my son and daughter-in-law's house, spending the day with my grandson and granddaughter for "adult" supervision. (Although I am not sure who will actually be the "adult" here because we are planning a fun day!)

The older I get, the more I like spending time with the kids in my family. They fill my heart with excitement, joy and are always fun to be with! God truly blesses us with children and grandchildren and families all around.

If God has blessed you with children or grandchildren, enjoy them to their fullest extent! Give them hugs and lots of love, and be a kid again and play with them!

If you don't have children and grandchildren, know that God has still blessed you with the children you see in church or wherever you have the chance! —Perry Wm. Bell, Greeley, CO

Days Gone By

Slow Down



How often do we slow down long enough to remember the 'good old days'? I oftentimes sit quietly in my study and think about all the people who have made a difference in my life. We can focus on the good things we experienced as we grew older.

Some special memories that I have are when I sat with my grandmother at the dining room table and listened as she told me things that happened when she was a little girl. And the funny television shows that my grandfather watched with me after he retired.

I enjoyed the Saturday mornings my daddy took me with him as he did his weekly chores. I remember my mom tirelessly at her old sewing machine making me a lacy dress. Also when my brother and I dug deep holes in the backyard in search of treasure. —Thanks, Nancy Gibbs

Riddle



What has one eye but cannot see?

Answer: A needle

Halloween! A Step Back In Time

Lets you and I go back to those younger days when we got to participate in Halloween. I can remember some of them well.

When I, our young son and daughter, went with their Uncle Dick in the little town of Otis, Kansas, door-to-door. It was cold, but that didn't stop the good feelings we felt towards each other.

I shouldn't tell you this one, but I'll do it anyhow. At the age of 15, my friend Bob Gaede, and I decided it would be fun to go down an alley and push a toilet over. As Bob and I begin to push, I felt what I thought was a large pipe pushed into my chest.

MAN!! It wasn't a large pipe. It was the end of a loaded shotgun. I took off running as fast as I could until I was exhausted and had to sit down. My friend Bob didn't come for 15 minutes. I was sure he was really in trouble. But no, he comes walking up with all kinds of smiles, "I made friends with him!"

Now, those of you reading this, go back in time and laugh about some of the things you may have done.

—Happy Halloween, Gilbert Wilks



Keep Love and Good Will In Mind

I just wanted to share some sound advice when we speak to each other. "And words are a lot like birds, once they fly out of your mouth they're never coming back. So my friend, choose your words carefully and whenever possible keep love and good will in mind."

I also wanted to share my first total solar eclipse with you all. It was on April 8th in Gatesville, Texas, It was so magical.

Thanks again for the Happier newspaper, It gives me something to look forward to on my Wednesdays.

—Thanks, Felix Vitandi, Coleman, TX



Happier Happenings

I Love Sunday

Halloween and the fun it brings to the children, running around in costumes and candy in hand.



Today's Happier Tip



We Love Our Hometown

Mohler Co-Op Is Making Nehalem, OR Happier



Mohler Co-Op is a small town general store with a variety of items such as local eggs, milk, produce and a fresh selection of meats. They also have a grill where they serve up burgers, chicken strips and delicious jojo's. They have a great staff, always a friendly hello and a happy to help.



Nehalem Bay State Park is situated on a 4-mile sand spit with campgrounds just a sand dune away from the beach. And not far in is a forested bike path that provides beautiful views of the bay. It's possible to see deer, elk and a variety of birds. Kayaking, crabbing, fishing and clamming are also popular activities to this area.

Tillamook Creamery is only 30 minutes away and is a great place for ice cream, pizza, and many other dishes. The cheese-making tour is interesting with all the large equipment and all the steps from milk entry to packaging of the cheeses.

Favorite Crossword

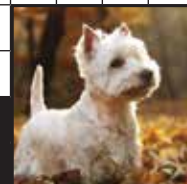
Answers on page 8.

ACROSS

- 1 Droop
- 4 Location
- 6 A store
- 10 Great wonder
- 12 Calm
- 13 Light brown
- 15 One time only
- 16 Act
- 17 Stein
- 18 Place
- 19 Following
- 22 Large fruit
- 24 A perfect type
- 25 Biblical "you"
- 26 Duck's down
- 28 Angry
- 29 A ruler
- 31 Eagle nest
- 32 At North Pole
- 34 Type of soil
- 37 Name of a state
- 38 ___ Little Pigs
- 41 Exclamation of surprise
- 42 Fire crime
- 44 Sermonize
- 47 Doctor, abbr.
- 48 Once more
- 49 Company, abbr.
- 50 Noisy mobs
- 51 Make known
- 54 Word of choice
- 55 Male turkey
- 57 Adam's grandson (Gen. 5)
- 58 Conceit

DOWN

- 1 Appear
- 2 A deep valley
- 3 Mother
- 4 Mailed
- 5 Walk heavily
- 6 "Cold as ___"
- 7 A greeting
- 8 Aged
- 9 Cultivated
- 11 A sore
- 14 An orange fruit
- 18 The tip
- 20 Cats
- 21 Child's word "thanks"
- 23 Worm w/suckers
- 24 Anger
- 25 Tall tale
- 27 Every
- 30 Rub out mistakes
- 33 Feel prickly
- 34 A melody
- 35 Expression of pity
- 36 Mend
- 37 Referee
- 39 Way of communication
- 40 Blunder
- 43 Type of kiln
- 45 An expert
- 46 Covers
- 52 Type of vehicle
- 53 Behold
- 56 I



Sharing Happiness



Let the sponsor know you love Happier!

Happier Kitchen

Pineapple Mandarin Orange Cake

Cake Ingredients:

- 1 box Duncan Hines butter cake mix
- 1/4 c oil
- 4 eggs
- 1 can mandarin oranges cut into small pieces keep juice

Frosting Ingredients:

- 1 (9-oz) Cool Whip
- 1 (5 3/4-oz) vanilla instant pudding mix
- 1 (20-oz) crushed pineapple and juice



Preheat oven to 375°F. Mix cake ingredients together in a bowl. Pour into a prepared baking dish. Bake for 35-40 minutes at 375°F. Let cake cool in pan. Make topping by mixing together Cool Whip, pineapple, and pineapple juice. Spread over cooled cake in pan. Sprinkle with coconut. **Enjoy!**

Yes! Big Monday

Today's Happier Tip

Being thankful allows me to be very happy.

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Happier

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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.

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

Can you help round-up five more candy corns?



Answers on page 8.



Halloween

Find the missing blocks throughout Happier to make the word.

SAFE WAY TO GATHER TREATS FOR THE LITTLE ONES

Children love Halloween, but sometimes it can be dangerous. While it is a great time to celebrate there are some ways we can make it fun without the problems.

1. Seek out local churches that offer "trunk or treat." The kiddies go from one trunk to the next gathering up treats and goodies. These are usually in lighted church parking lots free from traffic.
2. Go trick or treating at local businesses. This is another safe way to gather treats for the little ones.
3. Have your own fall party. There are many festive decorations and themes that can be followed online.

— By Nancy Gibbs



Get Happier Tips

Health Tip

Are Blood Tests Necessary?



Regular blood testing is one of the most important ways to keep track of your overall physical well-being. Blood tests can help your doctor diagnose or monitor your condition. This will help monitor organ function for your kidneys, liver, thyroid, heart and measure cholesterol levels.

Handy Hints

Quick and Easy



A useful tool to have in the kitchen is the immersion blender. They are great for puréeing soup, getting rid of lumps in cheese sauce, gravy, making whipped cream and so much more. Make sure you have one with a plastic guard so it won't scratch your pots.

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

Happier Poem

"Happiness!"

It's true that happiness
Comes from within.
And when you're happy,
Everyone really wins.
It makes for better days;
It makes for better nights.
The angels sing brightly
'Cause everything is right.
I'm so happy because
You are always with me,
And I know for sure,
The best is yet to be!



—By Suzan L. Wiener,
Spring Hill, FL

Laugh A Little

The **FAMILY CIRCUS**



"I wonder how much a TV commercial would cost?"

Dennis the Menace



"I know he can't help being a little boy, but couldn't he at least stay home?"

It's REAL

Kansas and Nebraska has the largest population of wild Prairie Chickens.

NOW THAT'S FUNNY!

I have one of those doctors who doesn't take anything seriously. One time I went to see him with chills and a fever. I said, "What would you call this?" He looked over his glasses and asked me, "Do you want the technical name?" I replied, "Of course, I want the technical name." He said, "You have the Shake N Bake."



Hello Tuesday!



Today's Happier Tip

You can be very happy, and enjoy the scenery, even though you made a wrong turn.

Secret Words

"LOVE AND MARRIAGE"

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 12 letters leftover. **Have fun!**

- | | |
|-----------|------------|
| ALTAR | LOVE |
| BAND | MARRY |
| BRIDE | MEN |
| CAKE | NUPTIALS |
| CATERER | PARENTS |
| CEREMONY | PROPOSE |
| CHEERS | RECEPTION |
| COURT | RELATIVES |
| DATE | RICE |
| DEAR | RING |
| DIAMOND | ROMANCE |
| EMBRACE | SHOWERS |
| ENGAGED | STEADY |
| FLOWERS | SWEETHEART |
| FRIENDS | VOWS |
| GIFTS | WEDDING |
| GOWN | WOMEN |
| GROOM | |
| HONEYMOON | |
| HUG | |

Bonus Words:

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

BILLBOARD of HAPPINESS

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



		O	D			
I	E	T				E
A			A	E		
R		T				
E	E	I	S			

A A B C E F F G G H
L L N N O S T V Y

YES! It's Halloween time!



Get Up Happier

Halloween Safety Tips!

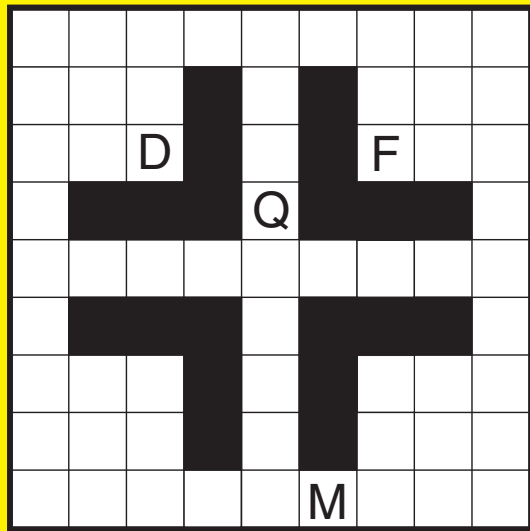
- Always have an adult with you while trick-or-treating.
- Trick-or-treat with a couple of your best friends.
- Be aware of your surroundings. Stay close to your parent.
- Bring a trick-or-treat basket large enough to carry all the candy you collect!
- Take a flashlight with you so you don't stumble or fall. But most of all have fun!

— Diane Wilks Nolan

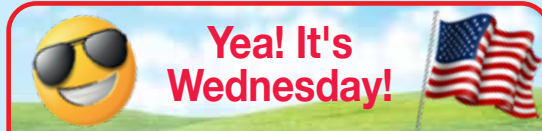


TRIPLETS **Lovatts**

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.



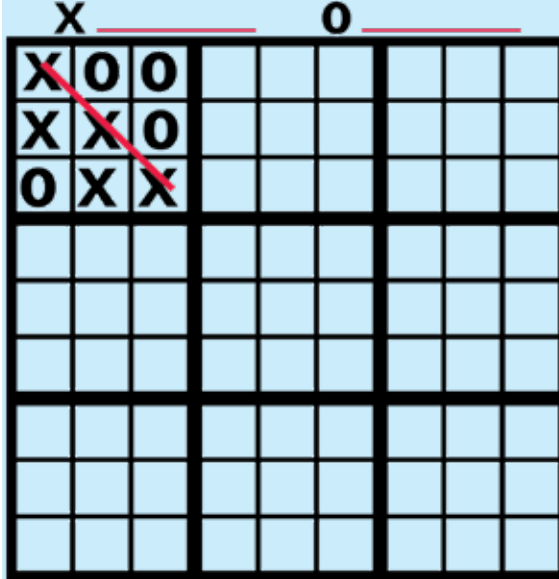
Ace	Ers	Lea	Ste	W R E S T L E R S H E N U L O T H E N U N T O D D E D D O G S U N T O U T T U R K I E S S T E E M E N T S T A T E M E N T T E E M E N T I L L I N E S I L L I N E S I L L I N E S
Adi	Est	Let	Stl	
Awe	Fee	Lot	Tee	
Can	Hed	Odd	Tem	
Dun	Hen	Ouc	Tur	
Elf	Ill	Quo	Unt	
End	Ise	Red	Was	
Ent	Its	Roe	Who	
		Sta	Wre	



Yea! It's Wednesday!

Today's Happier Tip Be happy, not because everything is good; but you can see the good in everything.

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



I run from door to door

27 OCT SUNDAY National Mother-in-Law Day	28 OCT MONDAY National Chocolate Day	29 OCT TUESDAY National Cat Day	30 OCT WEDNESDAY National Candy Corn Day	31 OCT THURSDAY Halloween
---	---	--	---	--

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.

- | | | |
|-----------|---------|----------|
| ACCESSORY | FRUITS | ROLL |
| ADORN | FUNNY | ROUND |
| ANIMALS | GEESE | SAUCER |
| APRON | GIFT | SIDE |
| BREAKFAST | GLOSSY | SIZE |
| CLOTH | KITCHEN | SQUARE |
| COLOR | LACY | TABLE |
| COVER | LUNCH | TRIANGLE |
| CUP | MEALS | TURN |
| DESIGN | PAIR | USE |
| DINNER | PAPER | VINYL |
| FLAT | PATTERN | WIPE OFF |
| FLOWERS | PLATE | WOVEN |
| FOLD | PRETTY | |
| FOOD | PRINT | |

"PLACE MATS"

Bonus words: _____

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

Happier Across America

Having coffee on vacation in San Juan Capistrano with my daughter Brittney.

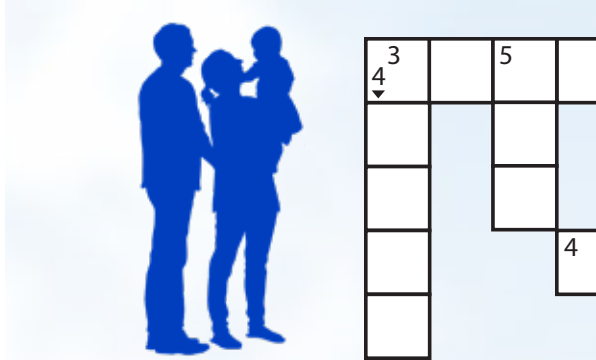
— Thanks Shawna Vasconcelles, Pasco WA

Write it on your heart that every day is the best day in the year.

— Ralph Waldo Emerson

Quick & Easy Crossword

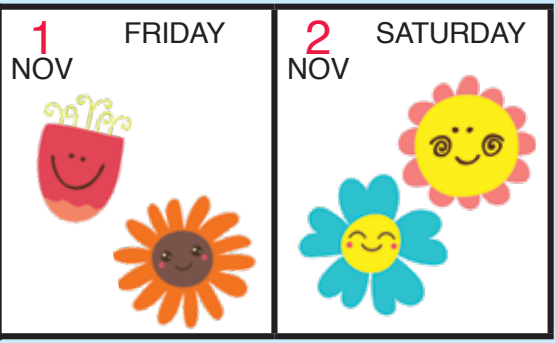
- ACROSS:**
- 1 A silhouette was a ___ of someone.
 - 2 It took ___ to cut out a silhouette.
 - 3 Silhouettes began in the country of ___.
 - 4 Silhouettes were cut from paper or ___.
 - 5 Silhouettes could be ___ or small.
 - 6 Some silhouettes were ___ by the artist.
 - 7 Silhouettes show the outline of the ___.



- DOWN:**
- 1 ___ the silhouette on paper first.
 - 2 Silhouettes were a ___.
 - 3 Silhouettes were cut from ___ paper.
 - 4 Place the silhouette in a picture ___.
 - 5 Silhouettes are an ___ form.
 - 6 The silhouette may be of the head and ___.
 - 7 Silhouettes were given as ___.

SILHOUETTES

ANSWERS: Across 1-Portrait 2-Skill 3-France 4-Cardboard 5-Large 6-Signed 7-Face Down 1-Outline 2-Souvenir 3-Black 4-Frame 5-Art 6-Shoulders 7-Gifts



Cutest Kids

Vanessa is so excited to take pictures.

— Camie Wipf, Lake Andes, SD

This n' That



Jim's FBI Happenings

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

Whatever you are, be a good one. — Abraham Lincoln

Word Search

HALLOWEEN –Fun for children under the watchful eyes of parents. Looking in all directions and using the clues, find "Halloween" words.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

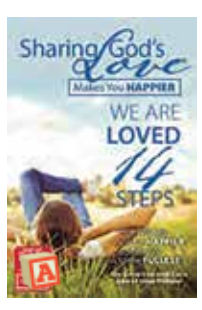
PU...	BO...	TR...
CA...	CA...	HO...
SC...	CA...	GI...
FU...	LI...	
TR...	F..M..	
OC...	SC...	

Answers on page 8

Share It

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A Problem Child

During a past selective service investigation an agent of the Cincinnati Office went to the registrant's only known address in an effort to locate him for failure to report for induction.

At the address, the subject's mother verified through a birth certificate that the subject was only 15 years old at the time of his registration. When the agent asked the mother why she had not notified the draft board of her son's correct age, she replied, "I was sure hoping they would take him into the army."

Always check and obey the laws, life is a lot better that way.

See you next week. —Jim.

Dear Dave

Don't Crack the Foundation



Dave Ramsey

Dear Dave,
Do you think it's a good idea for a small business, one that's very young but growing, to seek out investors? — Trey

Dear Trey,
My advice to someone in this position is to grow their business with organic cash. That may sound like a fancy phrase, but it just means you earn the money with which you'll grow. This may mean growing a little bit slower, and it might even mean passing on a few "big deals" you thought were going to be the best things ever to happen to you and your business. But you want to know something? That's okay. I've turned down plenty of deals like that over the years, and it's left me firmly convinced it's better to be the tortoise than the hare.

Think about this. When you sell a piece of your ownership to people who are looking for a return, instead of caring about your dream, you're creating the potential for a big mess. A lot of times, these folks will seem like silent partners—which is an oxymoron in small business. They might even present themselves that way in the beginning. But the truth is most people who've put money into your business won't keep silent. They're all going to have different opinions and ideas, and there's a strong possibility these are going to clash at some point with the vision you have for your company.

In short, I would not recommend a fledgling small business, even one that's doing well, to seek out investors. Period. Cash flow your growth, Trey. Cash flow your equipment purchases, and the markets you enter, also. Does this mean you might miss a good opportunity here and there? Sure, it does. But it also means you'll be missing opportunities to fail. Too much success too soon is one of the biggest reasons why small businesses shut down. When you grow too quickly, you run the risk of outgrowing your financial resources, your infrastructure and your human resources.

Do what you can to ensure growth is steady, but play it smart. Don't grow so fast that you crack the foundation of your company.
— Dave



This Week In History

- Oct. 27, 1972** – Golden Gate National Recreation Area created.
- Oct. 28, 1965** – 630 foot high Gateway Arch completed in St. Louis.
- Oct. 29, 1942** – Alaska highway completed.
- Oct. 30, 1990** – England and France complete Channel.
- Oct. 31, 1941** – Mount Rushmore is completed.
- Nov. 1, 1931** – Dupont introduces synthetic rubber.
- Nov. 2, 2004** – George W. Bush wins a second term as U.S. president, winning 51% of the popular vote.

Hidden Puzzle

TRICK OR TREAT

Getting dressed up and ready to go trick or treating makes Clio and Dawn miss all the hidden objects around them. Search for a spoon, question mark, apple, cane, bell, golf club, balloon, tack, bow, pennant, carrot, rose, comb, needle, and a baseball bat.

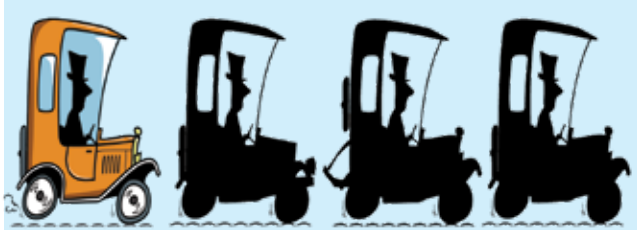


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Answers on page 8

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...

In Europe, the longest town name is Llanfair-pwllgwyngyll-gogery-chwyrn-drobwll-llan-tysilio-gogo-goch, which is located in Wales.



A smile on my face from cheek to cheek

Words Of Wisdom



To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living.

—Herman Melville

This Week's Scrambles

1. I elfe teh ssnoea fo mantuu ta ym pestoord.
2. ml' oinngg ot ducedl ni a awrm anketb.
3. papyH llaoeenwH.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

Here's a secret to happiness. Let every happening be what it is, instead of what you think it should be.

Laugh A Lot



What word can you make shorter by adding two letters?

Short.

A little girl with blonde hair walked up to the fireplace. Her dad said, "don't get too close or you'll burn your hair." She looked at dad and said, "is that why you're bald daddy?"

—Janie Peltier, Dover, TN



What Am I ?

1. I can be made with stiff bundles of twigs, reeds, or stiff grasses.
2. I help keep the area tidy.
3. I have a long pole for convenience.
4. During Halloween, people pretend to fly on me.

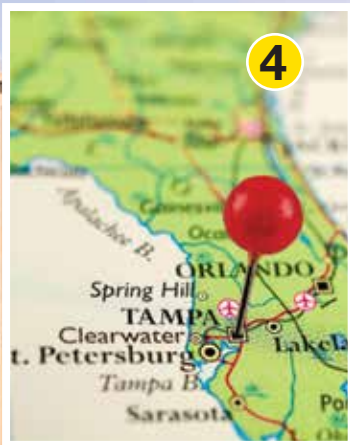
Answers on Page 8

Trick or treat I say,
I prefer the treat.



Cruisin' Around

Tallahassee Florida



6

1. Tallahassee city is the _____ capital of Florida.
2. "Tallahassee" is a Indian word meaning "_____ town" or "abandoned fields."
3. Tallahassee is a trade and distribution point for the surrounding lumbering, agriculture, and _____ region.
4. Alabama and _____ are the only two states that border Florida.
5. The woman on the state flag is a member of the Seminole native American _____.
6. Prince Achille Murat and his wife, Catherine Willis, great-grandniece of _____ Washington, were early residents of the city.

Answers: 1. State 2. Old 3. Livestock 4. Georgia 5. Tribe 6. George



AUTUMN CELEBRATION SCRAMBLE

1. NROAC
2. TOBOERC
3. AVELES
4. RWNBO
5. VANARLIC
6. WCSRO
7. RHATVSE
8. CERALAM
9. KUNMPIP
10. ORDGU
11. PLAESP
12. SATWR

Unscramble the letters below to find the names of twelve things having to do with the fall season. 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. _ _ _ _ ○
12. ○ _ _ _ _

Answers: 1-ACORN 2-OCTOBER 3-LEAVES 4-BROWN 5-CARNIVAL 6-CROWS 7-HARVEST 8-CARAMEL 9-PUMPKIN 10-GOURD 11-APPLES 12-STRAW Hidden words: COLOR CHANGES



For the Love of PETS

Alexander the Great is said to have founded and named a city Peritas, in memory of his dog.



How quickly can you say?



m+

Answers on Page 8



GUESS WHAT I AM

Holiday Pickles

- 80 fl oz whole kosher dill pickles, cut into 1/2" chunks
- 1 medium onion, chopped
- 2 c white granulated sugar
- 24 cloves
- 12 sticks cinnamon



Drain all the juice from the pickle jar. Cut the pickles into 1/2" chunks and return half of them to the jar. Add half of the chopped onion, 1 cup of sugar, 12 cloves and 6 sticks of cinnamon. Repeat. Put the lid on end and refrigerate. Turn the jar end over end every 4 to 5 days for 2 months keeping it stored in the refrigerator. In 2 months, they're ready for any special occasion or even every day. **Enjoy!**

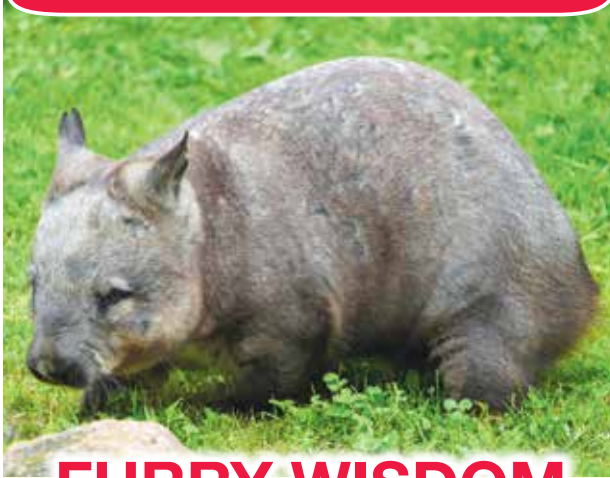
Precious Pets



This is Buddy, my oversized lapdog.
—Thanks, Malia Hagmann, Kaneohe, HI

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"

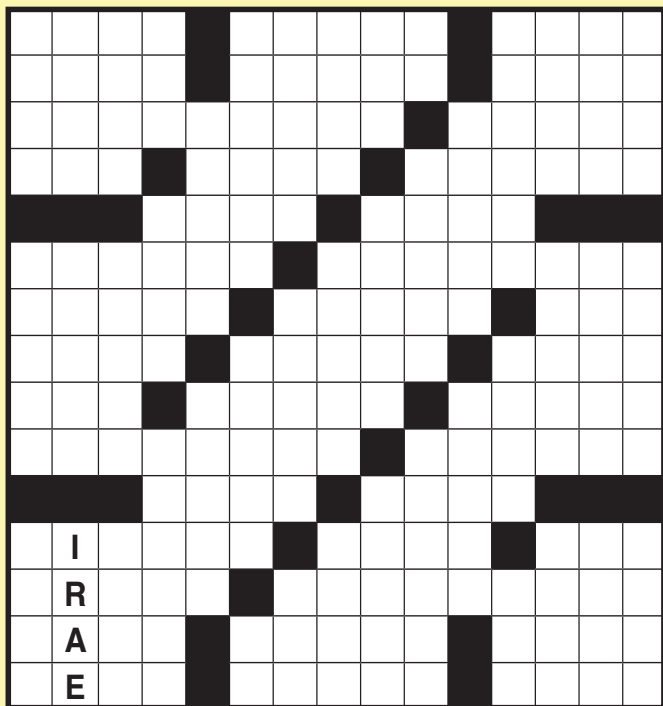


FURRY WISDOM

Wombats are vegetarians with a diet of grasses, tree bark, and roots. Wombats are found in Australia and are among the largest burrowing mammals in the world. They live underground in tunnels and can live up to 30 years in the wild. Did you know that a group of wombats is called a 'wisdom'?

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** AW, RD.
- 3 LETTERS** AMT., GER, MAL, ROI, ROZ, SRI, UGH, WEB
- 4 LETTERS** ADAR, ANNE, BIDE, BRET, BRIO, BRUT, EARN, EGON, GURU, IDEM, IGOR, IRAE, ISN'T, ITAL, KAVA
- 5 LETTERS** ABHOR, AGILE, AILEY, ARROW, ASTER, CROSS, DEBRA, DHOLE, DRAYS, E-BOAT
- 6 LETTERS** ANGLES, AUDREY, DACHAS, GEODES, NOISES, REDYES, SEDGES, VISITS
- 8 LETTERS** FELDSPAR, STENO PAD
- 9 LETTERS** GOLLIWOGS, SANTA CRUZ



ANSWER:

"HALLOWEEN" WORDS



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

Find the words below. They may zig and zag but don't cross any lines or objects. You will be left with five words, one per line. They need to be unscrambled to reveal the hidden message.

- APPLE
- NICKEL
- PENCIL
- GUM
- CHOCOLATE
- CANDY CORN

Answer on page 8

Get A Kick

When my granddaughter was about three years old, I said to her, do you know how much I love you?" She replied, "yes I do, a bushel and a peck."

—Elaine Carver, Portland, ME



Oh My Goodness It's Friday!

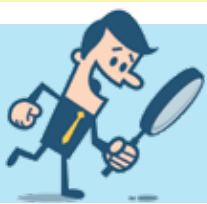
Today's Happier Tip Happy are those who take life day by day, complain very little, and are thankful for the little things in life.

Thank You Mail

Dear Happier,
I wanna say I look forward to my Happier every Monday. The puzzles keep my mind sharp and I enjoy the articles. Would like more of the, "days gone by." Really like the old stories.
— Thanks T. Johnston

Please send in your old stories from your past and if published, get paid \$25.

We're Gettin' **HAPPIER!**



Look and LEARN

The first silent film, The Great Train Robbery, debuts in 1903.



Trivia Fun

Answers on page 8

1. "Peeler" is an old name for what in England?
2. Is most of Greenland above or below the Arctic Circle?
3. What is an "argali"?



Find the Differences

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Stripe is missing from sleeve. 2. Pants have a different pattern. 3. Finger is moved. 4. Boy's collar is missing. 5. Bow is moved. 6. Picture is moved.

Fun Facts

- * **UNCHARTED TERRITORY...** Twenty eight percent of Africa is wilderness.
- * **DRINK YOUR WATER...** Seventy five percent of Americans are chronically dehydrated. Even mild dehydration will slow down one's metabolism as much as 3%.
- * **THAT'S NOT GOOD...** The amount of tropical rainforest cut down each year is an area the size of Tennessee.
- * **PUCKER UP...** Hershey's kisses are called that because the machine that makes them looks like it's kissing the conveyor belt.



Get HAPPIER Tips

Having a positive mood will also help you become more resilient.



Doctor Mike Says . . .

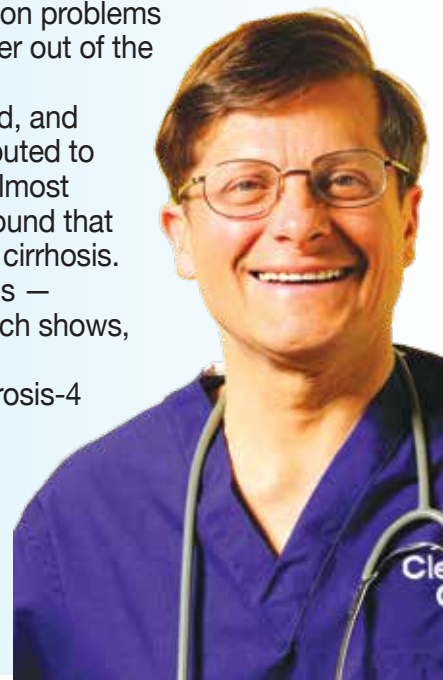
—by Doctor Mike Roizen, M.D. Cleveland Clinic

Dementia and Undiagnosed Liver Disease

Cirrhosis of the liver can develop from excess alcohol consumption, other substance-use disorders, hepatitis, organic solvent exposure or from something as common as fatty liver disease, which the American Liver Foundation says affects 80 to 100 million Americans. Whatever the cause, over time, cirrhosis can trigger a wide range of potentially life-altering symptoms, including easy bruising, internal bleeding and swelling of the legs and abdomen. It can also cause hepatic encephalopathy (HE), which leads to memory and cognition problems as a result of the build-up of toxins that the liver can no longer filter out of the bloodstream.

Unfortunately, around half of folks with cirrhosis go undiagnosed, and their struggles with memory and concentration are often misattributed to Alzheimer's or other forms of dementia. A new 10-year study of almost 70,000 veterans published in the American Journal of Medicine found that up to 13% of diagnoses for dementia should be for undiagnosed cirrhosis. The good news? If caught early, HE is reversible with medications — lactulose, a synthetic sugar, and certain antibiotics — and, research shows, with coffee!

So, if you are told you may have dementia, ask for a simple Fibrosis-4 Index test to check your liver enzyme levels and your platelet count, which can signal liver disease. And to learn how to avoid or reverse fatty liver disease, check out the iHerb.com blog "7 Natural Approaches to Boosting Liver Health" and Dr. Mike's book "The Great Age Reboot." And to protect your cognition, follow the lifestyle do-overs outlined in the free LongevityPlaybook.com newsletter.



Weekly Safety Tips

Seal the Gaps Around Doors

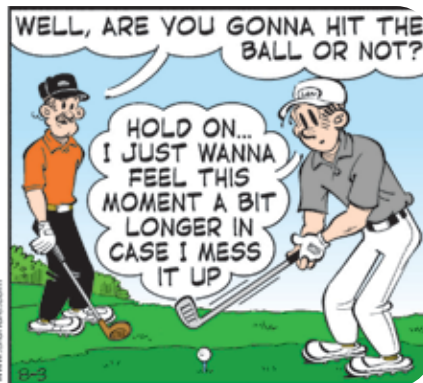
It's important to minimize the gaps around your doors, especially external doors. Sealing these gaps will help stop cold air from getting in during winter and stop hot air from getting out. Just look all around your door during the day and see if any sunlight comes through the gaps.



Thank God for Saturday!

Today's Happier Tip

We hope we are making you happier and bringing a smile to your face.

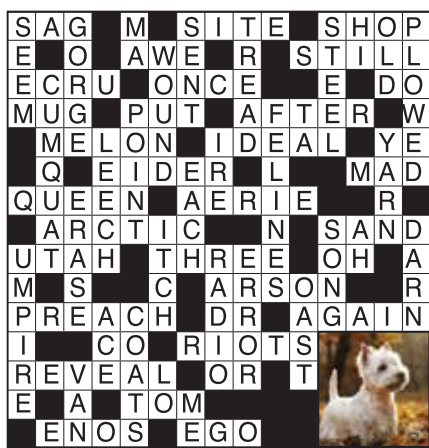


Answer Section

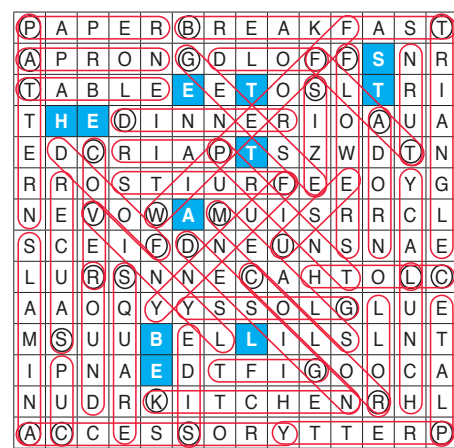
PG. 5 **Hidden Puzzle**



PG. 2 **Crossword**



PG. 4 **Circle Words: SET THE TABLE**



PG. 7

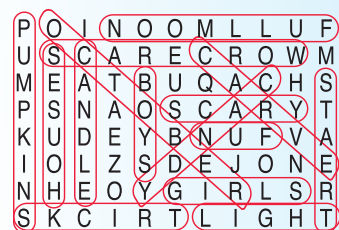
"Halloween" WORDS

Hidden Word: WHAT IS IN THE SACK?

PG. 7 **Trivia Fun**

1. POLICEMAN. ROBERT PEEL FOUNDED THE LONDON METROPOLITAN POLICE. "BOBBY" FOR POLICEMAN IS ALSO FROM HIS NAME.
2. ABOVE
3. A WILD SHEEP

PG. 5 **WORD SEARCH**



Toy Blocks:

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

Hide & Seek:

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

PG. 5 **Brain Teasers**
THIRD ONE

PG. 6 **What Am I**
BROOM

PG. 3 **Secret Words:** A JUNE WEDDING

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

PG. 3 **Billboard of Happiness:**

A GOOD LIFESTYLE CAN HAVE GREAT BENEFITS
PG. 6 **How Quickly Can You Say?**
WOULD YOU BE MY SWEETHEART?

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

1. I FEEL THE SEASON OF AUTUMN AT MY DOORSTEP
2. I'M GOING TO CUDDLE IN A WARM BLANKET
3. HAPPY HALLOWEEN

SUDOKU

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