



MAKING YOUR WEEK **Happier** NOV 24-30



Happy Thanksgiving

From Our Readers

First-Class Turkey



When I was much younger, I decided to fly to New York to see my mother. I would go with my sister Gail during the Thanksgiving holiday. We bought a eight pound frozen turkey, so we'd be all ready for Thanksgiving. Finally the day came that we were on the plane. Everyone looked at us and laughed because we were the only ones with a turkey instead of a child. Half-way through the trip Gail dropped something on the floor. When she bent down to pick it up, the turkey unfortunately, rolled right off her lap, and down the aisle. It landed right before the first-class section! Without hesitation, someone behind us said loudly, "I guess the turkey wanted to travel first-class!" The male server picked up the bird for us, and we got there on time. We all hugged and kissed all around with other family members there too, which surprised us. Soon it was time to eat, and our turkey was on the table with all the trimmings. —Thanks, Susan Wiener Spring Hill, FL

Days Gone By

Everyday People



My parents and I would visit our aunts and uncles in Malibu Hills California every Thanksgiving. My uncle had a business as a, "gaffer" which is a lighting crew for movies and films. We so enjoyed listening to his stories of all the famous people he had worked with. He mentioned that Elvis Presley was a kind young man and very humble. He also said that John Wayne is so much taller in real life and also a pleasure to work with. My uncle said that everyone he worked with were just everyday people. —Keith Vasconcelles, Pasco, WA

Riddle



How can you throw a ball as hard as you can, to only have it come back to you, even if it doesn't bounce off anything?
up in the air
Throw the ball straight up in the air.
Answer:

Ways to Enjoy the Simplicity in Life:

Sometimes our life can become dull and "the same" day after day. Why let that be our thought ruling our daily functioning? Why not think of something new to do each day that will change your life?

If there is something you've been wanting to change or do differently, plug it into your daily routine. Perhaps it can be something as simple as walking every morning, trying a new sport such as snow skiing, or like organizing a cabinet. One new thing each day will certainly add up and you'll be happier for it!

— Diane Wilks Nolan



The End of the Quarter

Happier Happenings

The woman couldn't deny her frustration with her husband's constant teasing in reference to her being a "penny pincher." Yet she also couldn't deny the penny was her favorite coin.

So the best thing was just to be a good sport about it, she decided. And to demonstrate this, she also chipped in \$200 for the new 60-inch TV her husband bought for his "ongoing" birthday celebration.

However, his celebration had come to a screeching halt tonight, because his favorite football team was clearly getting "slaughtered" on the field. In fact, she almost felt sorry for her husband as he suddenly clicked the TV off, and bounced up from the couch. "Are you leaving to go to another room?" she asked him. "It's the end of the quarter," he mumbled, letting out a loud sigh. "Oh," she said with a smile and a wink. "I'm sure glad it's not the end of the penny."

—Thanks, Jimmie Oliver Fleming, Chester, VA



Today's Happier Tip



I Love Sunday

Be happy without perfection. None of us ever reach perfection.



We Love Our Hometown

Vitality Living Hendersonville Is Making Their Community Happier



Good, old-fashioned Southern hospitality is what you find at Vitality Living Hendersonville. They have activities that allow the residents to maintain a healthy lifestyle by encouraging movement and socializing with their peers. The staff is friendly, kind and available 24 hours a day. You can tell that the workers really care about the residents and their comfort.

Hendersonville, Tennessee, the largest city in Sumner County is also known as the "city by the lake" due to its close proximity to Old Hickory Lake.



Old Hickory Lake is only 15 miles from Nashville and a popular recreation destination for many people. You have the opportunity to go boating, fishing, swimming, hiking, cycling and more. The fishing is world class, with a 25 pound world record walleye in 1960. Largemouth bass are the premier game fish in Old Hickory Lake.

Some of the other attractions include the Historic Rock Castle, Hendersonville Memory Gardens, restaurants and the many local stores.

Favorite Crossword

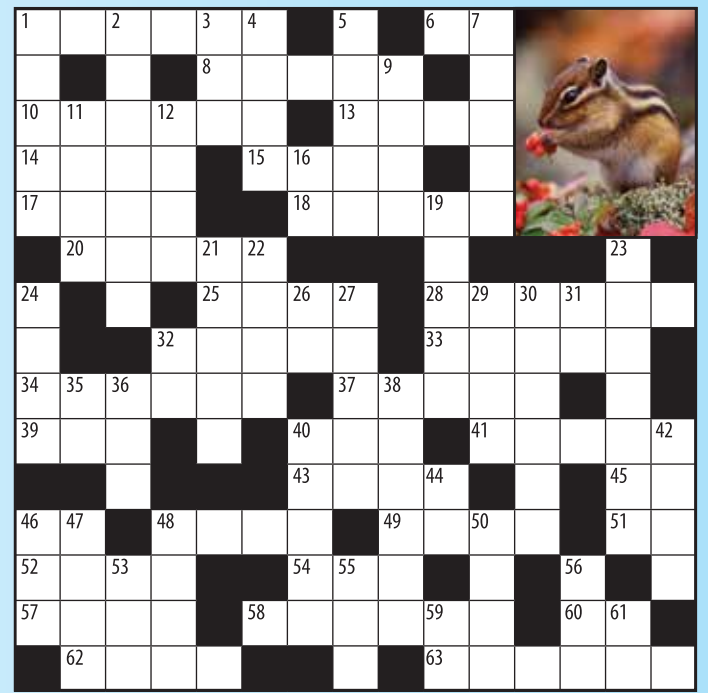
Answers on page 8.

ACROSS

- 1 Satisfy
- 6 Supposing that
- 8 Camera brand
- 10 Mischievous boy
- 13 A citrus fruit
- 14 Beast of burden
- 15 A graceful fowl
- 17 Farm tool
- 18 Rims
- 20 Literary composition
- 25 Brain division
- 28 Type of animal
- 32 Small keepsake
- 33 A constellation
- 34 Book's back
- 37 Type of bird
- 39 Put forth effort
- 40 Flightless bird
- 41 Book of maps
- 43 Stringed instrument
- 45 Leave
- 46 Sound of pity
- 48 Attire (slang)
- 49 Cog
- 51 The letter "N"
- 52 Wild pig
- 54 Night bird
- 57 A drink
- 58 Candles
- 60 "I __ going."
- 62 Rounded roof
- 63 Many

DOWN

- 1 Fat
- 2 Put inside
- 3 It's for water fun
- 4 Long periods of time
- 5 Mixed fruit
- 7 Touches
- 9 Noble person
- 11 Reign
- 12 Cuts
- 16 Us
- 19 Blunder
- 21 By oneself
- 22 It unites team
- 23 A particular crop of grapes
- 24 Throw
- 26 Exist
- 27 Foe
- 29 Amount of surface
- 30 Bad-tasting
- 31 Box office, abbr.
- 32 Sol, la, __
- 35 Public relations, abbr.
- 36 Soap ingredient
- 38 Water sound
- 40 Body part
- 42 Melody
- 44 Electrical engineer, abbr.
- 46 Stomach muscles
- 47 Car part
- 48 Medicine measurement
- 50 Too
- 53 Stir; bustle
- 55 Moist
- 56 Girl (slang)
- 59 Toward
- 61 I



Sharing Happiness



Let the sponsor know you love Happier!

Happier Kitchen

Broccoli Puff

- 1 (10-oz.) pkg. frozen broccoli cuts
- 1 can condensed cream of mushroom soup
- 1/2 c. shredded sharp process American cheese
- 1/4 c. milk
- 1/4 c. mayonnaise
- 1 egg, beaten
- 1/2 c. fine dry bread crumbs
- 1 Tbsp. butter, melted



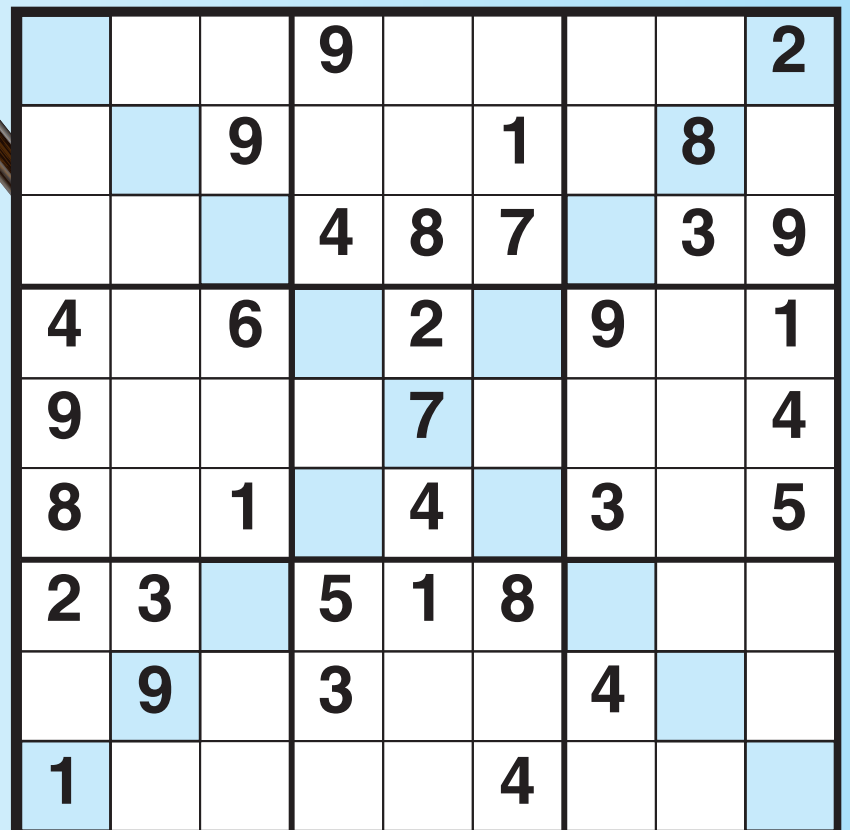
Cook frozen broccoli according to package directions, omitting salt, drain thoroughly. Place broccoli in a 10x6x1 1/2" baking dish. Preheat oven to 350°F. Stir together condensed soup and shredded cheese. Gradually add milk, mayonnaise and beaten egg to soup mixture, stirring until well blended. Pour over broccoli in baking dish. Combine bread crumbs and melted. Butter Sprinkle evenly over soup mixture. Bake for 45 minutes until crumbs are browned. Serves 6. **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 acorns?



Answers on page 8.



Turkey Day

Find the missing blocks throughout Happier to make the word.

Yes! Big Monday

Today's Happier Tip We can all use a dose of **WISDOM** every so often.

Vol. 57, #48 2024

Happier

Nov 24-30

Published by Happier Products dba Wilks Publications, Inc.

PO Box 99, Portland, TN 37148 • happierweek@gmail.com
 Gilbert Wilks, Publisher, Editor-In-Chief;
 Diane Wilks Nolan, Assistant Publisher
 Keith Vasconcelles, Editor and Designer;
 Sharon Ryan, Customer Service;
 Sales: Barbara Busch, Taylor Nolan, David Wilks

Contributing Editors:
 Lynda Vandiver, Nancy Gibbs

Single Subscription Price:
FIRST FOUR WEEKS FREE
 Only 99c per wk—Delivered to you or a loved one
 26 wks—\$25.74—52 wks—\$51.48

Make check to Wilks Publications, Inc.
 PO Box 99, Portland, TN 37148
 or pay online at gethappierweekly.com



SPREAD A LITTLE KINDNESS

Can we spread kindness every day of our lives? Yes we can. Our family members are oftentimes the ones we can neglect, yet see every day. Could we spread a little kindness to those we love the most? Absolutely.

1. We can cook a special meal for our spouse, making sure we remember all of his favorites.
2. We can help our kids with their homework. Kids love school when their parents help them.
3. We can smile while offering them a hug at the end of a hard day.
4. We can make an effort to not expect them to do anything strenuous until they have had a few minutes to rest and regroup.
5. We can plan a family project. Maybe our homes need a face-lift or help in the yard.

— By Nancy Gibbs



Get Happier Tips

Health Tip

Sharp As a Tack?



Here are some simple but helpful tips you can do each day to strengthen your brain: Challenge yourself by doing crossword puzzles, math puzzles, and playing solitaire. Keep learning new skills or hobbies has also proven to be beneficial. Regular exercise and getting enough sleep can help reduce stressful thoughts.

Handy Hints

Clean Shower Door's



How to get rid of hard water spots on the shower door. Add equal parts distilled white vinegar and water in a spray bottle with a teaspoon of dishwashing soap. Spritz solution onto shower door and let sit for 10 minutes and wipe clean.

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

Happier Poem

Winter Delight

We are sledding down the hill
Slipping, sliding, what a thrill!
In the sparkling fluffy snow
As the winds begin to blow.

Skating, skating, oh what fun
In the brightly shining sun
While the golden bells are ringing
And the children are all singing.

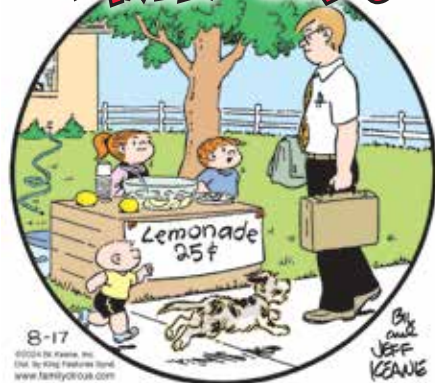
Pure white snow is falling fast
And I hope that it will last
Snow is flying all around
But still it does not make a sound.

— Angela Martin,
Port Trevorton, PA

Age 9

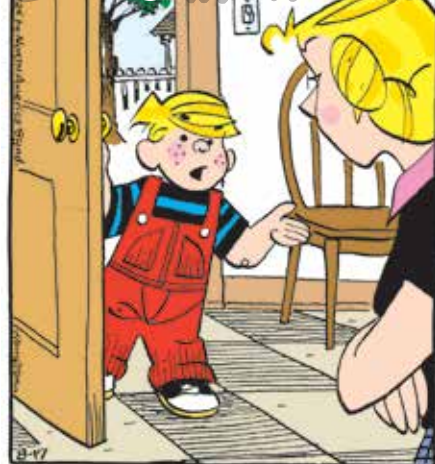
Laugh A Little

The FAMILY CIRCUS



"You can quit your job, Daddy. We made 75 cents."

Dennis the Menace



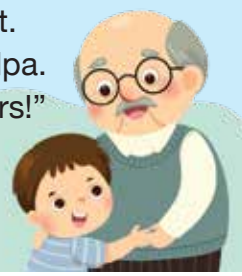
"But I didn't hear you the first two times you called me!"

It's REAL

The largest water park in the U.S.A. is Noah's Ark located in Wisconsin.

NOW THAT'S FUNNY!

One day my uncle was repairing a chair when he asked me to get him some glue. His three-year-old grandson jumped up and said he'd get it for him. Moments later, I heard my uncle ask, "Is this Elmer's glue?" We had to chuckle when a small voice promptly piped up. "Of course it's not. Grandpa. it's ours!"



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 17 letters leftover. **Have fun!**

- | | |
|----------|--------------|
| BABIES | HUMMINGBIRDS |
| BARNs | LADYBUGS |
| BICYCLES | LAKES |
| CABINs | LANDMARKS |
| CANYONs | LIGHTHOUSEs |
| CARs | OWLs |
| CATs | PARROTs |
| COINs | PIGs |
| COWs | PUPPIES |
| DOES | RIVERs |
| DOGs | ROSEs |
| DOLLs | SHOEs |
| EAGLEs | STATEs |
| FARM | SUNFLOWERs |
| FISH | TEDDY BEARs |
| FRUIT | TOYs |
| HOLIDAYs | TREEs |
| HORSEs | WATERFALLs |

Answer on page 8

"CALENDAR COVERS"

Bonus Words:

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

BILLBOARD of HAPPINESS

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



		I	N		O	R
T			O	E	O	E
	N		E	D		A
	E		E	P	U	L

A B C D D E F H I K L M
N N N O S W

I'm so grateful



Get Up Happier

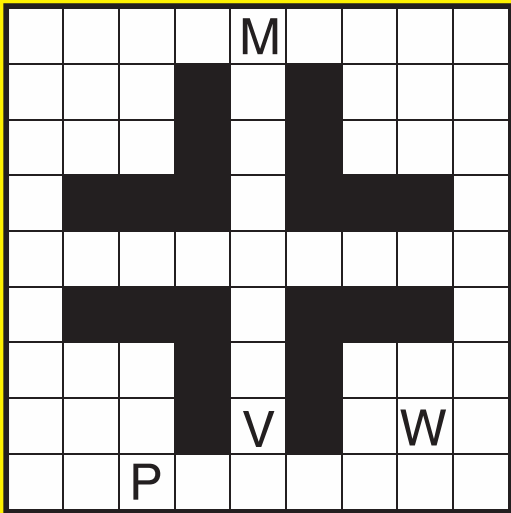
Live A Simple Life



We all will have days filled with worries and laden with troubles. However, in that moment, if we can choose to focus on the positive at hand, our lives will lead with simplistic bliss. So, live "simple" today and focus on being productive and positive—despite your circumstances!
Good luck! — 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.

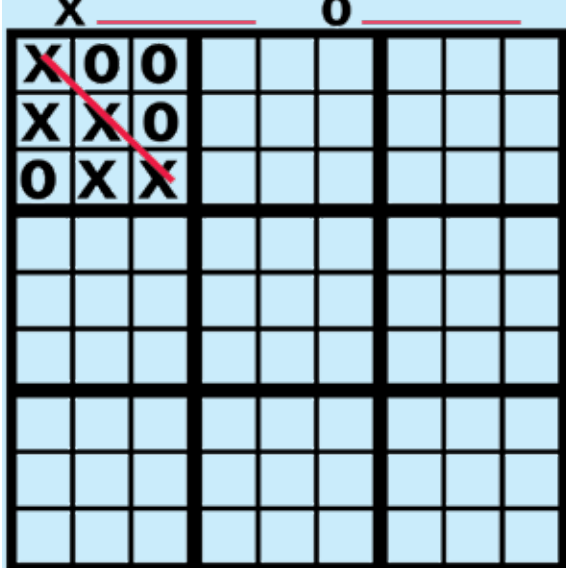


- | | | | |
|-----|-----|-----|-----|
| Add | Beh | Ina | Red |
| Age | Bla | Ler | Red |
| Aid | Dep | Lie | Res |
| Ave | Ego | Mis | Ret |
| Awe | Era | Ned | Rot |
| Bal | Ewe | Not | Sed |
| Bar | Has | Ome | Tan |
| Bbe | Hen | Ore | Tap |
| | | Rai | Ter |

Yea! It's Wednesday!

Today's Happier Tip If you treat others with love, then you too will be loved.

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



For friends and family



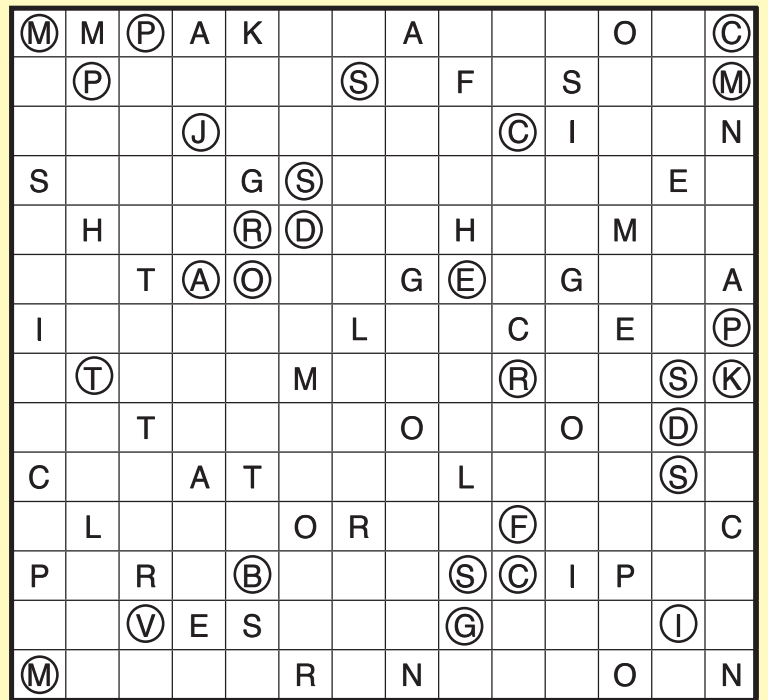
Circle Words

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.

- | | |
|-----------------|---------------|
| AROMA | MILK |
| BOWLS | MOIST |
| CHOCOLATE | OVEN |
| COOKIE CUTTERS | PANS |
| COOKIE JAR | PEANUT BUTTER |
| COOL | PECANS |
| DECORATE | PREHEAT |
| DOUGH | ROLL |
| EGGS | ROLLING PIN |
| GOOD | SHAPE |
| FLOUR | SIFT |
| ICING | SOFT |
| JAM | SPICES |
| KITCHEN | SPRINKLES |
| MEASURING CUPS | SUGAR |
| MEASURING SPOON | TABLE |
| | VANILLA |

"BAKE COOKIES"

Bonus words:



Happier Across America



This was at the Laura Ingalls Wilder Days in Pepin Wisconsin.
—Thanks Theone Seipil, Mondovi, WI



Love takes up where knowledge leaves off.
— Thomas Aquinas

Quick & Easy Crossword



FOOD

ACROSS:

- 1 Have a ___ and jelly sandwich.
- 2 Orange ___ is great anytime of day.
- 3 Cherry ___ is a tasty dessert.
- 4 Put in a variety of ___ to make a stew.
- 5 Use ___ to bake a cake.
- 6 Have a bowl of ___ for breakfast.
- 7 Eat a golden delicious ___.

DOWN:

- 1 Put ___ on your toast.
- 2 Have ___ with soup.
- 3 Drink tea or ___.
- 4 Mash or bake ___.
- 5 Use ___ in spaghetti sauce.
- 6 Have ___ at Thanksgiving.
- 7 Drink ___ to have strong bones.

ANSWERS: Across 1-Peanut Butter 2-Juice 3-Pie 4-Vegetables 5-Eggs 6-Cereal 7-Apple Down 1-Butter 2-Crackers 3-Coffee 4-Potatoes 5-Garlic 6-Turkey 7-Milk

29 NOV FRIDAY



Leftover Day

30 NOV SATURDAY



National Mason Jar Day

Cutest Kids

Raya is a strawberry and Remi is a pineapple but they are both the "apples" in grandmas eye.

— Susan Sanders, Chambers, NE



This n' That



Jim's FBI Happenings

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

Our life is what our thoughts make it. — Marcus Aurelius

Word Search

OPTIMISTIC OUTLOOK —Have a positive attitude every day. Looking in all directions and using the clues, find some "optimistic" words.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

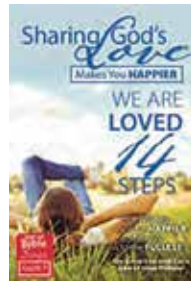
BR...	CH...	EN...
FR...	GL...	GO...
GR...	HE...	KI...
LI...	PE...	RO...
SP...	TR...	WI...

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



Going to FBI School

My wife, Verna, and I, were both accepted for FBI School in Washington DC. We reported March 27, 1954.

I learned to classify and identify fingerprints while Verna answered inquires from other agencies and recorded their communications. Included in the fingerprints were 73,000 suspected terrorists.

We had two children, Stan and Steve. One day I took the boys to the FBI offices for a tour. From that time on, they we're dedicated to law enforcement.

Below is a picture of the FBI School we attended.

See you next week. — Jim.



Dear Dave



Dave Ramsey

Planning Ahead

Dear Dave,

I was wondering if you recommend including future purchases, especially major purchases, into your monthly budget. If so, how far in advance should you do this? —Andie

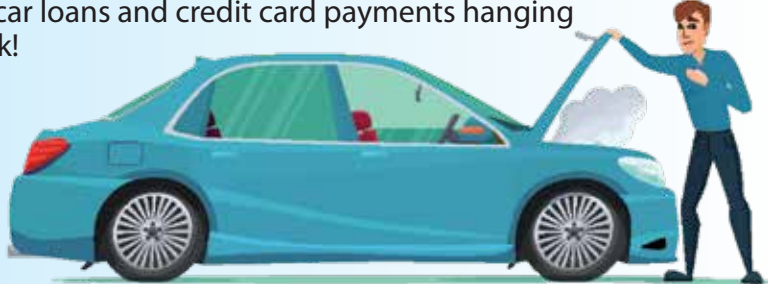
Dear Andie,,

When you wait until things go wrong or something breaks down, you'll find yourself in a mess and the victim of your own poor planning. That's why I'd start putting money aside in my budget as soon as I saw signs there would be a need for whatever item it may be.

Let's say you're pretty sure you'll need a newer vehicle in a couple of years. Go ahead and start putting the money aside now. Decide on a reasonable, affordable ballpark price, then do the math to see how much you'll have to save every month to make it happen. And if you can make it happen faster than two years? Great!

And remember, this kind of stuff is a whole lot easier when you don't have things like car loans and credit card payments hanging around your neck!

— Dave



Hidden Puzzle

EAR MUFFS

Chester Greenwood was the inventor of the earmuff, which he patented in 1877. Can you find the hidden objects around him? Look for a slice of pie, crown, tube of paint, sailboat, ghost, mushroom, paintbrush, open book, carrot, ice-cream cone, closed umbrella, toothbrush, muffin, sneaker, apple, nail, fish, flag, needle, snake, and a candle.

© Used by permission from **Highlights Inc.** Copyrighted material.

Answers on page 8



This Week In History

- Nov. 24, 1874** – Joseph F. Glidden patents barbed wire.
- Nov. 25, 1792** – Farmer's Almanac 1st published.
- Nov. 26, 1867** – Refrigerated railroad car patented by J. B. Sutherland.
- Nov. 27, 1895** – Alfred Nobel establishes the Nobel Prize.
- Nov. 28, 1983** – 9th Space Shuttle Mission Columbia 6 is launched.
- Nov. 29, 1987** – Joe Montana of 49ers completes NFL record 22 consecutive passes.
- Nov. 30, 1994** – Beatles' 1st album in 25 years, Live at BBC, is released in Britain.

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...

Considered to be the biggest gold nugget ever found, was over 2,520 troy ounces at Moliagul, Victoria, Australia in 1869.



But most of all

Words Of Wisdom



Get correct views of life, and learn to see the world in its true light. It will enable you to live pleasantly, to do good, and, when summoned away, to leave without regret.

—Robert E. Lee

This Week's Scrambles

1. pinkPmu diceps earbd si ym tirevfao.
2. ftrAe snakinggiThv I dneebri gge antsp.
3. I noyej a dogo glahu.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

Increase your happiness with knowledge and wisdom.

Laugh A Lot



Why did the pie go to the dentist?
It needed a filling.

How come the turkey didn't eat dinner?
He was already stuffed.

What is a turkey thankful for on Thanksgiving?

Vegetarians.



What Am I ?

1. This worker makes about 1/12th of a teaspoon of me in their lifetime.
2. I never spoil, I have been found in Egyptian tombs and still edible.
3. I can be used as a sweetener.
4. A famous bear would always have a pot of me.

Answers on Page 8

I'm thankful for pumpkin pie.

1. As many as six different Native Cultures have lived in the area of _____ Rock Canyon.
2. 45 minutes outside of Las Vegas is the _____ Dam.
3. A European named the valley "Las Vegas," which translates to, "The _____."
4. Over 40 million visitors come to Las Vegas every _____.
5. Oregon and _____ are above Nevada.
6. A Nevada Governor signed a bill legalizing all forms of _____ in 1931.

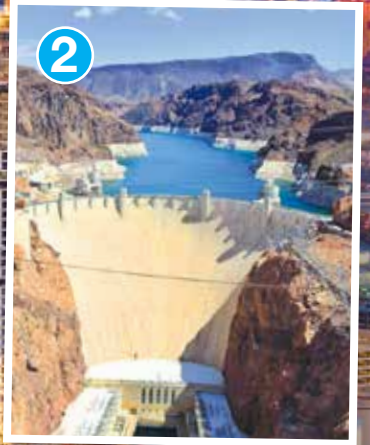
Answers: 1. Red 2. Hoover 3. Meadows 4. Year 5. Idaho 6. Gambling



Cruisin' Around



Las Vegas Nevada



CANDY SCRAMBLE

1. DCYAN
2. ECYHW
3. OLPOILPL
4. INCCIO
5. COOAC
6. OSFVALR
7. LASLM
8. IYUTFR
9. ENYNP

Unscramble the letters below to find the names of nine things having to do with Tootsie Rolls®. Then discover the hidden theme word made up from the circled letters.

Hidden Words:

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

Answers: 1-CANDY 2-CHEWY 3-TOLLIPOP 4-ICONIC 5-COCA 6-FLAVORS 7-SMALL 8-FRUITY 9-PENNY
Hidden Word: CHOCOLATE



For the Love of PETS

Wild turkeys spend most of their time on the ground, but when it's time to sleep, they fly up into trees.



How quickly can you say?



Answers on Page 8



GUESS WHAT I AM

BRAZILIAN BRIGADEIROS

- 2 cans sweetened condensed milk
- 4 Tbsp. butter
- Cocoa powder to taste—4 Tbsp. or more
- Chocolate sprinkles—about 5 (8-oz.) containers



Combine all ingredients in a saucepan. Cook on low heat until mixture thickens and pulls away from pan (approximately 20 minutes). Spread mixture thinly onto a couple of plates to cool. When cool, butter your hands and roll chocolate mixture into small balls and roll in chocolate sprinkles. Store in a sealed container in the refrigerator. **Enjoy!**

"PET" WORDS



H S I T R E U R O T A T
 F R O T S T E P C E
 R D R A E S M P U P R
 P A L O G A E Y R V P R
 L A C P E I S H F E Y

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.

- CAT
 - PUPPY
 - PARROT
 - HAMSTER
 - FERRET
 - GOLDFISH
- Answer on page 8

Precious Pets

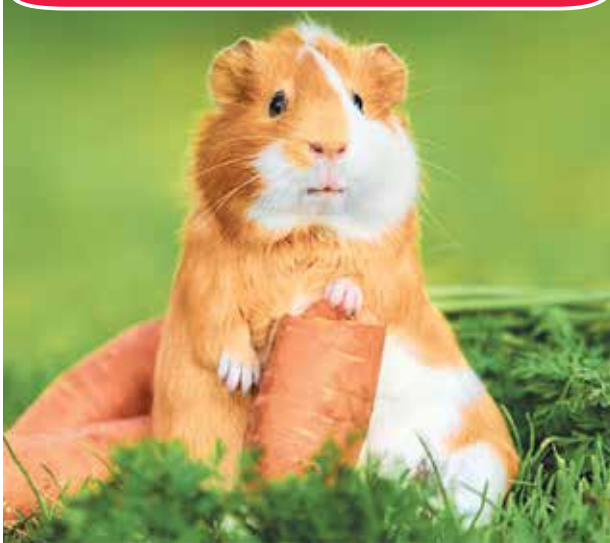


My Gladys loves showing off her sunbonnet.

—Thanks, M. Harrison, Clarksville, 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"

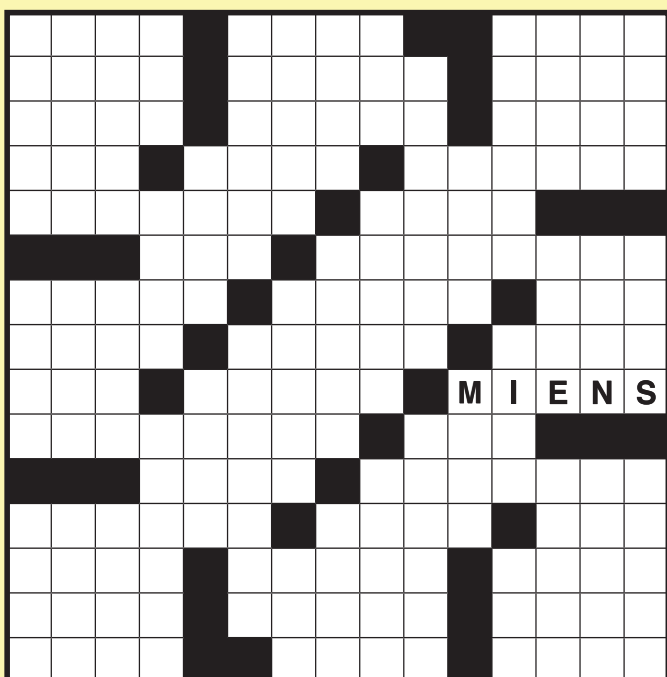


CUTE LITTLE FELLOW!

Guinea pigs spend their time grooming each other, making them very clean animals to keep as pets. They are very social animals and they are much happier when kept in pairs or groups.

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** GETS, HEEP, HIDE, INNS, ISLE, ITES, KITE, LAWS, LILT, LUCE, MONO, MUMS, NCO'S, POOL, RUDE, SHIV, STAG, STAR, TIRE, T-MAN, VENT, WAIL, YUMS, ZALE
- 4 LETTERS** ALAR, ATMO, CREE, DEAR, EDEN, EDER, EINE, ELAM, EPEE, ERAL, ESME, ESSO, ESTA, ESTE, ESTS, GAVE
- 5 LETTERS** ANILS, AORTA, ARNEE
- 6 LETTERS** BOWING, FEWEST, HEARER, ISRAEL, SKEWER, WHEELS
- 7 LETTERS** ASTARTE, COMEDIC, DEFILES, LA SCALA
- 8 LETTERS** POLARITY, RESISTER



ANSWER:

Get A Kick

I asked my 7-year-old granddaughter what she wanted to be when she grew up. She said, "a judge." I then asked her if it was because they made important decisions in court. She said, "Oh, no, it's because they get to wear robes to work!"

—Thanks Suzan Wiener
Spring Hill, FL



Oh My Goodness It's Friday!

Today's Happier Tip

With each new day comes new strength and new thoughts.

—Eleanor Roosevelt.

Thank You Mail

Dear Happier,

I want to give a big thanks to Hilltop Supermarket in Clarksville, TN where I pick up my Happier. You make me happy Hilltop Supermarket.

— M. Harrison, Clarksville, TN



Happy Thanksgiving!



Look and LEARN

If you feel tired after a Thanksgiving meal it's most likely due to eating a lot of high-fat and high-sugar foods.



Trivia Fun

Answers on page 8

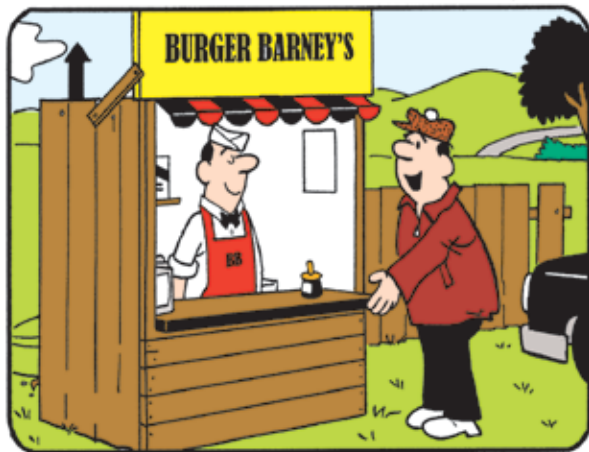
1. In geological terms, what is an "acre-foot"?
2. Name the only U.S. President born in New Jersey.
3. An Aesop Fable is about a fox and what fruit?



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Foot is moved. 2. Arm is longer. 3. Sleeve is longer. 4. Roof vent is moved. 5. Tree is larger. 6. Car's bumper is larger.

Weekly Safety Tips

Winterizing Your Grass

It's recommend that your grass height for winter should be between 2 inches and 2.5 inches. This helps the grass to resist disease spread and not to be overly stressed by cold temperatures.

Many experts recommend that if you choose to fertilize your cool-season lawn once a year, that it be done in fall. The lawn fertilizer typically available in fall is called winterizer fertilizer. If you do decide to use the fertilizer, make sure you read the instructions so you don't damage the grass. And if you have pets, make sure it's pet friendly.

Fun Facts

- * **THREE DAYS OF FUN!** The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included Pilgrims and Wampanoag Indians, and lasted three days.
- * **TURKEY TIME...** According to the National Turkey Federation, more than 46 million turkeys are eaten on Thanksgiving.
- * **TURKEY TOWN...** There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.
- * **NO TURKEY...** Turkey probably wasn't at the first Thanksgiving. The menu would have been deer, mussels, lobster, bass, pumpkins and cranberries.



Get HAPPIER Tips

Don't forget to see the simple things in life. A sunset, the stars, a warm day, birds, and the list goes on.



Doctor Mike Says . . .

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

The Remarkable Strawberry

Everyone from The Beatles ("Strawberry Fields Forever") to Tiny Tim ("Strawberry Tea") has sung the praises of the delicious red fruit. And now researchers from the Illinois Institute of Technology are singing its praises, too.

At Nutrition 2024, they shared their controlled, randomized study, funded by the California Strawberry Commission, that looked at the impact that four weeks of daily consumption of eight strawberries (1 cup) had on cardiovascular health. Thirty-six women and 32 men, ages 20 to 62, who were overweight participated. Those who ate a cup of strawberries a day had far healthier blood flow and blood pressure (measured by flow-mediated dilation of the artery in their arm) than those who didn't get a daily dose. In fact, their risk of cardiovascular problems, like heart attack and stroke, was calculated to be eight times less than folks in the control group.

What is it about strawberries that make them so heart-friendly? A cup a day provides more than the recommended daily value of vitamin C and a good dose of potassium, iron, calcium and magnesium. Those nutrients reduce inflammation and support healthy heart functions. And now a new study indicates that CoQ10, also found in strawberries, can improve how the heart pumps blood in folks with cardiovascular disease. Other studies have found that CoQ10 works as a polyphenol that protects cells from damage and helps prevent blood clots.

To find out more about the health benefits of strawberries, read the iHerb.com's blogs, "Freeze-Dried Strawberries and Cardiovascular Health" and "Coenzyme Q10 Health Benefits."



Thank God for Saturday!

Today's Happier Tip

People take different roads seeking fulfillment and happiness. What's your happy road?



Answer Section

PG. 5 **Hidden Puzzle**

PG. 2 **Crossword**

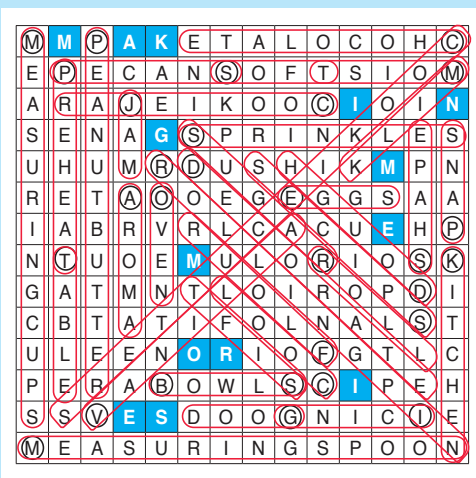
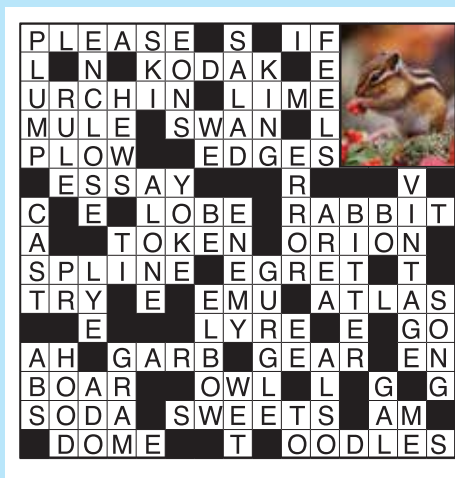
PG. 4 **Circle Words: MAKING MEMORIES**

PG. 7 "PET" WORDS

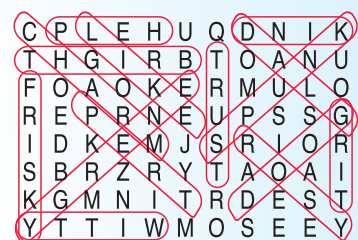
Hidden Word:
OUR PETS ARE VERY SPECIAL

PG. 7 Trivia Fun

1. VOLUME OF LIQUID OR SOLID REQUIRED TO COVER ONE ACRE TO THE DEPTH OF ONE FOOT.
2. GROVER CLEVELAND
3. GRAPES. THE FOX CAN'T REACH THE GRAPES AND THOUGHT THEY WERE SOUR.



PG. 5 WORD SEARCH



Toy Blocks:

On Pages: 4,5,6,7,8
HAPPY TURKEY DAY

Hide & Seek:

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

PG. 5 Brain Teasers

THIRD ONE

PG. 6 What Am I

HONEY

PG. 3 Secret Words: PHOTO FOR EACH MONTH

PG. 6 Guess What I Am? PIE

PG. 3 Billboard of Happiness:

A KIND WORD TO SOMEONE IN NEED CAN BE HELPFUL

PG. 6 How Quickly Can You Say?

TIME FOR TURKEY AND PUMPKIN PIE

PG. 6 This Week's Scrambles:

1. PUMPKIN SPICED BREAD IS MY FAVORITE
2. AFTER THANKSGIVING I NEED BIGGER PANTS
3. I ENJOY A GOOD LAUGH

SUDOKU

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