



MAKING YOUR WEEK **Happier** JAN 19-25



From Our Readers

"Hello, Friend!"



Think of your neighbors as friends and not just neighbors. Sometimes, neighbors are the best friends ever, yet, people won't say that. I think it's sad because neighbors will often help you more than most. Some of my neighbors are terrific. Being older, I depend on them, and they never let me down. So, if you have a neighbor who is special, make sure when you see them to say, "Hello, Friend!" You can even give them a slice of pie too! I know they will really appreciate it. I've done that. It cements our friendship even more.

— Thanks, Suzan Wiener, Spring Hill, FL

Days Gone By

An Old Granny By Now



I love those platters and dishes with finishes all browned and 'crazed' from time spent in the warming closet of an old black cook stove. I remember when a slice of leftover hog jowl and a cold biscuit tasted mighty good to a hungry youngen who'd worked or played too hard to wait for supper.

I found one of those platters at a shop just lately and brought it home to add to my old kitchen shelf, full of old time treasures. I set it along side of my old iron skillet and rolling pin. I often wonder how many biscuits and pie crusts that old roller had seen. There's knives so worn that they're shadows of their new self, and an old measuring cup, dented and marked with tiny tooth prints from some toddler who's an old Granny by now, I reckon.

Someday scientists may learn how to make these keepsakes talk, and won't it be wonderful to listen to their tales?

— Thanks, Jeannie Travis, Clarksville, TN

Riddle



I have keys but no doors. I have space but no rooms, I allow you to enter but you are never able to leave. What am I?
A keyboard.
Answer:

I Just Have to Share This One

In Garden City, Kansas, at age seven, I was lucky to have a sweet little girl my age live down the street. I still remember that close, maybe "puppy love" feeling I had toward her. But I messed up! Electricity was new. Mom had warned me, "Don't put your finger in the electric socket. It will shock you." I wondered what a shock was. "Put your finger into that socket," I said to my little sweetheart.

I learned real quick what an electric shock was. She ran to her mama screaming. I heard her mama's words, "You get out of this house right now," which I did.

I still relive that "puppy love" closeness and I'm lucky I don't remember the screaming. I bet you, reading this, never messed up. If you did share it with The Happier Family.

You deserve a happier-happiest week. Go for it! — Gilbert Wilks, publisher



Let's Go Fishin'!

One of my fondest memories as a kid growing up in Wisconsin, was when my Grandpa and I would sit out at the end of the pier on Fox Lake and go fishin'. It was always the best of times! We would head out after supper, grabbing our two cane poles, some worms, and some bobbers, and don't forget the Coleman lantern as it would be getting dark soon. On the bench we would sit, sometimes talking, sometimes quietly. But every once in a while, we would pull in a big bullhead and put it in the bucket.

The best part was after it was dark, Gramps would clean the bullheads and we would go into the house to cook 'em up. Roll them in flour, and melt some butter in a pan...they were so fresh they would even flop in the frying pan! Then we would sit with a plate full of bullheads and a bottle of grape Nehi. Me and Gramps. Priceless. One day, I hope to see Gramps again. But in the meantime, I still like to go fishin'. — Thanks, Perry Bell, Greeley, CO

Happier Happenings

Today's Happier Tip



I Love Sunday

A big thanks to teachers for having the patients to teach others.



We Love Our Hometown

Blake Pharmacy Is Making West Union, Ohio Happier



Blake Pharmacy is a wonderful little pharmacy. It's like stepping back in time with a old fashioned soda fountain and old-fashioned prices. The staff is friendly and helpful and do a lot to help the community. Blake Pharmacy is truly making their community a happier place.

There are many things to do near West Union, Ohio, including museums, parks, and other attractions.



Adams Lake State Park is a public recreation area that surrounds Adams Lake on the far northern edge of the village of West Union. Enjoy scenic hiking, canoeing, kayaking, fishing and cycling. There are so many fun and inexpensive activities to do in the area, we just can't name them all.



Yes!
Big Monday

Today's Happier Tip

The most important thing in life is to live it.

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Happier

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Favorite Crossword

- ACROSS**

 - 1 A step in walking
 - 3 Covers
 - 8 Leave and neglect
 - 9 Exterior
 - 12 Be in debt for
 - 13 Take a breath
 - 14 The letter "N"
 - 15 Transparent
 - 18 Pal
 - 20 Mind
 - 23 Make happy
 - 25 Fundamental
 - 28 ___ and board
 - 30 Wealthy
 - 31 Paddle
 - 33 Anglo-Saxon, abbr.
 - 34 Brittle
 - 35 Decorate
 - 37 Type of bug
 - 39 Created
 - 40 A ___ between thorns
 - 41 Mischievous person
 - 43 Negative answer
 - 45 A greeting
 - 46 Allied Security Trust, abbr.
 - 47 First woman
 - 48 Water vessel
 - 50 A dessert
 - 51 Cast ballot
 - 53 Tilt
 - 54 Mother ___
 - 55 Not she
 - 56 Legend
 - 57 Type of fish
- DOWN**

 - 1 A searching exam
 - 2 Pretty
 - 3 Bar soap, plural
 - 4 Upon
 - 5 Love greatly
 - 6 Haul
 - 7 Mock
 - 8 King's name
 - 10 Large vase
 - 11 Each, abbr.
 - 16 Raspy
 - 17 Long, narrative poem
 - 18 Chief executive officer
 - 19 Skirt's edge
 - 21 Flock of chicks
 - 22 Used for knitting
 - 23 Water creature
 - 24 Stockings
 - 26 A way to drink
 - 27 Champion, slang
 - 29 Brand of toothpaste
 - 32 Amphitheater
 - 34 Shut
 - 36 District Attorney, abbr.
 - 38 Instruct
 - 41 Off-white
 - 42 Allot
 - 44 Type of animal
 - 45 Pit
 - 47 Always
 - 49 Expression of surprise
 - 50 Tablet
 - 52 Especially, abbr.
 - 54 Toward
 - 55 Sound of laughter

Answers on page 8.

Sharing Happiness

Let the sponsor know you love Happier!

Happier Kitchen

Pizza Biscuits

- 2 pkg. homestyle biscuits
- 1 can pizza sauce
- 1 large pkg. Mozzarella cheese
- 1 pkg. pepperoni, diced
- 1/2 lb. sausage, cooked
- 1 pkg. Canadian bacon, diced onion, salt and pepper to taste

Preheat oven according to biscuit directions. Grease muffin tins. Roll biscuits out and drop in tins pushing up sides. Spoon up and up the sides to cover. Place meat, onions, peppers, and top with cheese filling about 3/4 full. Bake according to biscuit directions. Biscuits will cover topping. — **Enjoy!**

HIDE and SEEK

Can you help round-up five more popsicles?

Answers on page 8.

the day.

Find the missing blocks throughout Happier to make the word.

I ♥ "LOVE" SUDOKU

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

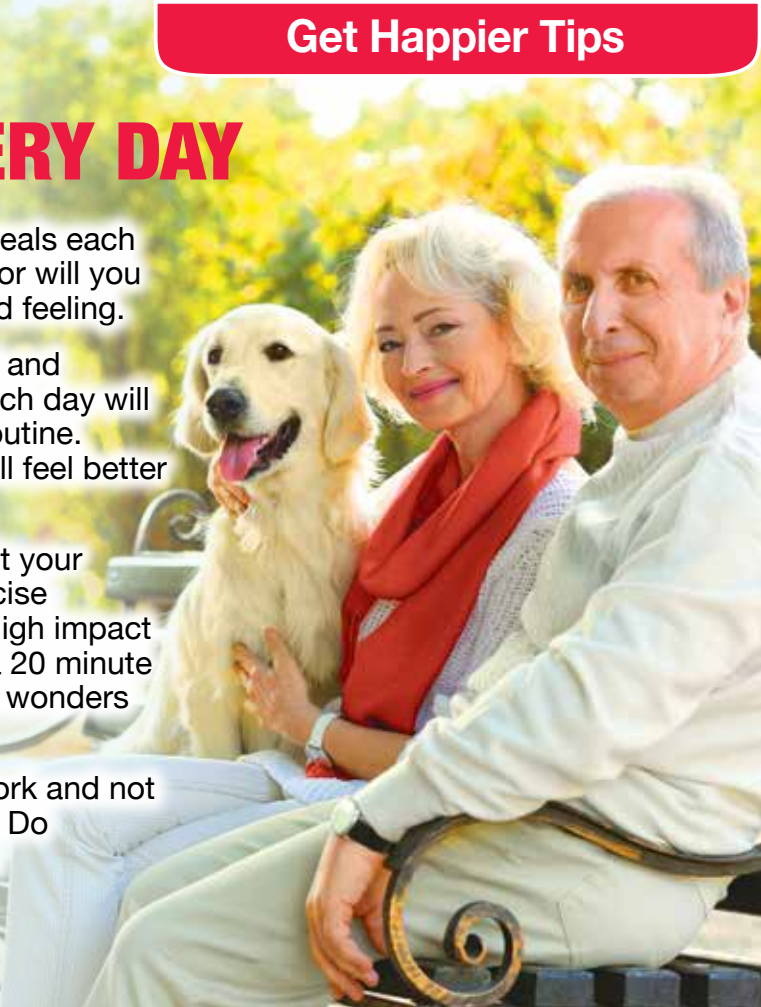
Answers on page 8.

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

DO SOMETHING YOU ENJOY EVERY DAY

- 1. Eat several small and healthy meals each day. You won't feel overly full, nor will you have that weighed down packed feeling.
- 2. Get plenty of rest. Going to bed and getting up at the same times each day will help you get your body into a routine. Sleep will come easier and you'll feel better each day.
- 3. Get your body moving... Consult your doctor before you start an exercise program. We don't have to do high impact weight-lifting to exercise. Just a 20 minute walk around the block will work wonders for your health.
- 4. Do something fun. Too much work and not enough play will age us quickly. Do something you enjoy every day.

— By Nancy Gibbs



Get Happier Tips

Health Tip

Being Inspired



Take time for yourself to reduce stress and refocus. Whether it's quiet time in a busy house, or simply going shopping at your favorite store. Being inspired is also a helpful tool whether reading a book, going to a museum, attending a concert or trying a new restaurant. Stay moving and be social with friends and family.

Handy Hints

Cleaning Windows



Vinegar is one of natures miracle. It's non-toxic and also a anti-bacterial. It safely kills germs and is much safer then chemical solutions. Mix one part hot water to one part distilled vinegar. Moisten the window, using the solution, then clean. Rinse and dry the window frames immediately to avoid any damage.

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

Happier Poem

Frost on the Land

When frost is in the farmland,
With pumpkins on bales of hay,
It's a blessing to wake up,
To a colorful chilly day!

Leaves of different colors,
Attached to many trees,
Beautiful mums to smell and see,
And bushels of apples to eat!

There's lots of corn mazes,
Treats, fests, and football,
And everybody happy.

With the wind and wolves a howlin'
And scarecrows and
Sunflowers all aground,
There's lots of sights and smells,
And merry makin' all around!

You know that winter's here,
And holidays are on the way,
When frost and deer is in the land,
Thank God for seasons.

— Chris Moore, Verona, MO

Laugh A Little

The FAMILY CIRCUS



Dennis the Menace



"Can I have a root beer and a mop?"

It's **REAL**
Martin Luther King Jr started college at age 15 after skipping two grades in high school.

NOW THAT'S FUNNY!

A fellow was not allowed to go into a restaurant because he wasn't wearing a tie. After searching his car, he finally found some jumper cables in his trunk. He put them around his neck and tried again to enter the restaurant. He was told, "Ok, you can come in, but don't try to start anything."



Hello Tuesday!

Today's Happier Tip

Getting ready for a new week always inspires me to do better than the last.

Secret Words

"THE OLD HOME PLACE"

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!**

- | | |
|--------------|--------------|
| BARN | KITTENS |
| BICYCLE | MOTHER |
| BROTHER | PICKET FENCE |
| CHAIRS | PUPPIES |
| CHIMNEY | ROAD |
| CHORES | SHADE |
| CLOTHES LINE | SHUTTERS |
| COAL STOVE | SISTER |
| COOKIE JAR | STREET |
| FARM | SUN |
| FATHER | SWING |
| FEATHER BED | TREES |
| FIREPLACE | WEEDS |
| FRIENDS | WELL |
| FUN | WOOD PILE |
| GARDEN | YARD |
| HOUSE | |

Bonus Words:

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

Answer on page 8

BILLBOARD of HAPPINESS

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

| | | | | | | | | | |
|--|---|---|---|--|---|---|---|---|---|
| | E | E | | | | S | I | I | E |
| | H | | N | | | | | | |
| | A | D | | | I | S | | | |
| | O | E | | | O | U | | | A |

C E H H K M O P P P
R R S T V W W Y Y

Say 'please' and 'thank you.'



Get Up Happier

PREVENT IT

Bring the sunshine of life into your heart even during the winter. Instead of letting the weather bring your attitude down, do things to concentrate on the brightness and love of life. Relish in all that you do have in your life and concentrate on the good points. Make your home a haven of happiness where you, your friends, and family can experience the joy of today. Good luck! —Diane Wilks Nolan

TRIPLETS

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.

Age Eat Ism Sea
Ant Ego Let Ted
Are Eho Nay Tic
Asu Ere Pin Tre
Awe Ess Rac Uct
Bar Est Red War
Bet Eye Rel Yes
Cot Hap Rse
Cri Ima Rye

ANSWER:

Yea! It's Wednesday!

Today's Happier Tip

You can find happiness all around you, you just have to look.

Grab a Friend . . .

Who can get the most squares? Draw a line, box in a square and put your initial in it.

Write a letter to a friend.

Page

19 SUNDAY
JAN

National Popcorn Day

20 MONDAY
JAN

Martin Luther King Day

21 TUESDAY
JAN

National Hugging Day

22 WEDNESDAY
JAN

National Pie Day

23 THURSDAY
JAN

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.

AFGHAN
AIRDALE
BASENJI
BOXER
CHIHUAHUA
CHOW
COLLIE
CORGI
DASHUND
GREAT DANE
HUSKY
KEESHOND
LARGE
LHASA APSO
LOVE
MALAMUTE

MASTIFF
PAPILLON
PEKINGESE
PLAY
POINTER
POMERANIAN
POODLE
ROTTWEILER
RUN
SALUKI
SHARPEI
SHELTIE
SMALL
TAIL
TERRIER

“MAN’S BEST FRIEND”

Bonus words:

Happier Across America

Reanna, happy to help mom out.
—Thanks Dennis Wipf, Iroquois, SD

God gave us the gift of life; it is up to us to give ourselves the gift of living well.
— Voltaire

Quick & Easy Crossword

BREAKFAST IN BED


ACROSS:
1 Prop yourself up on the ____.
2 A ____ holds your breakfast.
3 Pour milk on your ____.
4 Pour ____ on the pancakes.
5 Have ____ or fried eggs.
6 Enjoy a ____ breakfast.
7 Put cream or ____ in your coffee or tea.

DOWN:
1 The tray has ____ on it.
2 Enjoy maple or cinnamon flavored ____.
3 Have jam or ____ on your biscuit.
4 Be treated to a special ____.
5 Return the favor to ____ one day.
6 Spread ____ on your toast.
7 Drink your ____ or grape juice.

ANSWERS: Across 1-Pillows 2-Tray 3-Cereal 4-Syrup 5-Scrambled 6-Relaxing 7-Sugar Down 1-Napkins 2-Oatmeal 3-Jelly 4-Morning 5-Someone 6-Butter 7-Orange

24 JAN

FRIDAY



National Fun at Work Day

25 JAN

SATURDAY



Cutest Kids

My Granddaughter brings us so much happiness.

— Pam Trueblood, Garrison, ND



I dream of painting and then I paint my dream.

— Vincent Van Gogh

Word Search

AT THE POST OFFICE –A busy place when you take your letters and packages to be sent. Looking in all directions, using the clues, find the related “post office” words.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

| | | |
|-------|-------|-------|
| DE... | ME... | WO... |
| BU... | BU... | RA... |
| VE... | OF... | FL... |
| SO... | SC... | CA... |
| SN... | RU... | |
| ST... | RA... | |
| RA... | LE... | |

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

This n' That



Jim's FBI Happenings

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


My Friends In the Grand Ole Opry

In the mid-70's, a concert featuring The Statler Brothers and Barbara Mandrell was held at the Memphis Tennessee Coliseum. I attended and as usual, went back stage as a visitor. Barbara's dad, Irby, thought I was a security officer. From that time on we became good friends. We had a lot in common, as he used to be a police officer in Corpus Cristi, Texas. Irby and his wife, Mary—their wedding anniversary was the same week in November as mine and my wife Verna. For the next 17 years. we traveled together to many places in America. Next week I'll tell you more. See you next week. —Jim.



Barbara and her loved dad, Irby

Dear Dave



Can They Handle It?

Dear Dave,

My husband and I began your plan a few months ago. We love the process of living on a budget, and how it has helped us gain control of our finances. Our kids are 14 and 13 now. Do you think it's a good idea to include teenagers in budget meetings and financial discussions? — Paula


Dear Paula,

This is a great question! As long as you're not in an extreme situation, like you're looking at foreclosure or bankruptcy, or you're on the opposite end of the spectrum sitting on a pile of wealth, I think it's a wonderful idea. Teaching kids about money with a standard, regular, monthly budget is one thing. But as a parent, you don't want to put your kids into situations they aren't emotionally equipped to handle. As long as mom and dad are having a discussion and making decisions—not fighting—it's good for kids to hear the give and take where handling money is concerned. Parents who never let their kids handle money, and never teach them proper money management techniques, run a high risk of turning financially irresponsible adults loose in the world. And that's no good for anyone. But walking through a typical, normal budget will show them how much money is coming in and how much things cost. They'll see on paper exactly how much groceries or the electric bill costs. Then, when it's right there in front of their eyes, they'll begin to realize why mom and dad always tell them not to waste food, and to turn off the lights when they leave a room! — Dave

Hidden Puzzle

GROWING UP

Lucy Ostrich stands on her toes when it's time to measure up! In this picture find the ice-cream cone, paper clip, golf club, boomerang, baseball, baseball bat, triceritops' head, banana, crescent moon, dragonfly, two fried eggs, and a cat's head.



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Answers on page 8

This Week In History

Jan. 19, 1929 – Acadia National Park, Maine established.

Jan. 20, 1996 – U.S. Female Figure Skating championship won by Michelle Kwan.

Jan. 21, 1984 – U.S. male Figure Skating championship won by Scott Hamilton.

Jan. 22, 1997 – Space Shuttle Atlantis Returns to Earth, Successful.

Jan. 23, 1988 – 45th Golden Globes: Last Emperor, Sally Kirkland, Michael Douglas.

Jan. 24, 1902 – Denmark sells Virgin Islands to USA.

Jan. 25, 1955 – United States and Panama sign canal treaty.

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...

Martin Luther King Jr. was a paper boy and wanted to be a fireman when he grew up.



Be thankful for all you have.

Page 5

Words Of Wisdom



I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death. —Leonardo da Vinci

This Week’s Scrambles

- 1. A trienw itwh wosn samke revengyh it oklo galicam.
- 2. A fidnre si neo ot rseatreu.
- 3. I ikle ot gusglen nerud a letanbk hnwe oldc.

Answers on Page 8

Happy Thursday!

Today's Happier Tip

Believing in yourself is the first step to being successful.

Laugh A Lot

Why couldn't the sesame seed leave the casino?

Because it was on a roll

"I'm starting to wonder if we should have asked for feet warmers for Christmas instead of the snow cone machine."

What Am I ?

- 1. I'm unique, we all have them but no two are alike.
- 2. I'm created before you are born.
- 3. I'm on your hands and feet.
- 4. You can also find me at the police station.

Answers on Page 8

Help others by listening.

Cruisin’ Around



Jersey City New Jersey

1. Jersey City is home to many historical sites, including _____ Island National Park.

2. The first recorded organized baseball game in the United States was played in 1846 at _____ Fields, New Jersey.

3. Drinking _____ chlorination was first used in Jersey City, New Jersey in 1908 to eliminate deadly waterborne diseases.

4. The Hudson tubes are a pair of tunnels that run under the _____ River.

5. New Jersey shares its borders with three states: Pennsylvania, New York and _____.

6. New Jersey flag colors were chosen by George _____.

Answers: 1. Liberty 2. Elysian 3. Water 4. Hudson 5. Delaware 6. Washington

Seeing Eye Dog

SCRAMBLE

1. LAED
2. ECVSIER
3. RATESM
4. GIDUE
5. DRBEES
6. TALVRE
7. LOALY
8. RATPENR
9. TEDNIAR
10. AIERS

Unscramble the letters below to find the names of ten things having to do with seeing eye dogs. Then discover the hidden theme word made up from the circled letters.

Hidden Words: _____

1 _ _ () _
2 () _ _ _ _
3 _ _ () _ _
4 _ _ () _ _
5 _ _ _ _ ()
6 () _ _ _ _
7 _ _ _ () _
8 _ _ _ _ () _
9 () _ _ _ _
10 _ _ _ () _

Answers: 1-LEAD 2-SERVICE 3-MASTER 4-GUIDE 5-BREEDS 6-TRAVEL 7-LOYAL 8-PARTNER 9-TRAINED 10-RAISE
Hidden Word: ASSISTANTS

For the Love of **PETS**

Puppies have 28 teeth and normal adult dogs have 42.

How quickly can you say?

R getting

Answers on Page 8

GUESS WHAT I AM

Brown Bag
Caramel Corn

- 3 qts. popped corn (¾ c. unpopped corn)
- 1½ cups salted Spanish peanuts
- 1 cup firmly packed brown sugar
- ½ cup butter
- ¼ cup light corn syrup
- ½ tsp. salt
- ½ tsp. baking soda

Place popped corn and peanuts in large brown paper bag; set aside. In a 2 quart micro-waveable dish, combine brown sugar, butter, corn syrup and salt. Microwave on high for 3-4 minutes, stirring after each minute till mixture comes to boil; microwave 2 minutes more. Stir in baking soda. Pour syrup mixture over popcorn and peanuts in bag. Close bag; shake well. Microwave on high for 1½ minutes. Shake bag; pour into large bowl. Yield: 3 quarts. **Enjoy!**



Precious Pets



Stella Jean, catcher of leaves and all things that move.
—Thanks, Jackie Reeves

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”



A LITTLE KING

Kingfisher birds are widespread, especially in central and southern England. Kingfishers inhabit clear, slow-flowing streams and rivers and lakes with well-vegetated banks.

Find This Week's . . .

“CHOCOLATE CAKE” WORDS



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

- COCOA
- SUGAR
- EGGS
- FLOUR
- VANILLA
- MILK

Answer on page 8

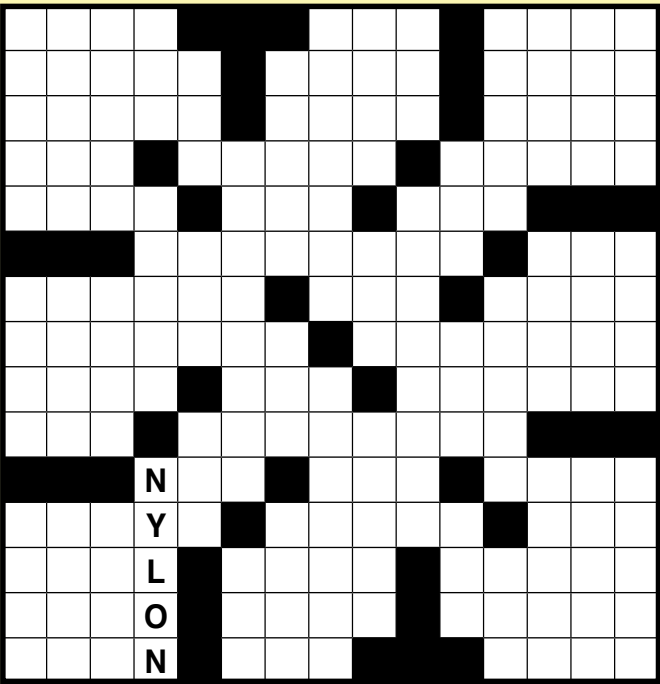
Get A Kick

At breakfast,
I asked my four-year-old
what he wanted to be when
he grew up. He replied,
“Bigger”.



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**
- AAA
 - BOS
 - DNA
 - EUR
 - GIL
 - HOB
 - ILA
 - JIB
 - LBS
 - LED
 - LES
 - LID
 - NAG
 - NER
 - RID
 - SEA
 - SGT
 - SLY
 - SSE
 - TAI
 - TEN
 - TES
 - TIM
 - YEA
- 4 LETTERS**
- ARTE
 - DATE
 - DITS
- 5 LETTERS**
- ABNER
- 6 LETTERS**
- HUGEST
 - PLAINS
- 7 LETTERS**
- AWNINGS
 - HURRAHS
 - SOMEDAY
 - STEELES
- 8 LETTERS**
- ANYWHERE
 - BLUSHING
 - EDUCATED
 - LEATHERY
- 9 LETTERS**
- ANYWHERE
 - BLUSHING
 - EDUCATED
 - LEATHERY
- 10 LETTERS**
- ANYWHERE
 - BLUSHING
 - EDUCATED
 - LEATHERY



ANSWER:



Look and **LEARN**

The tiny pocket in jeans was designed to store pocket watches.



Trivia Fun

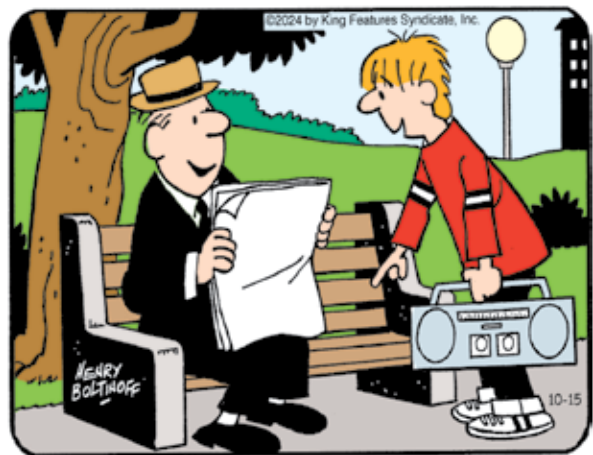
Answers on page 8

1. In what year did the federal income tax begin?
2. Is it true or false that lightning does not hit flying aircraft?
3. Does water cover less or more than half of Earth?

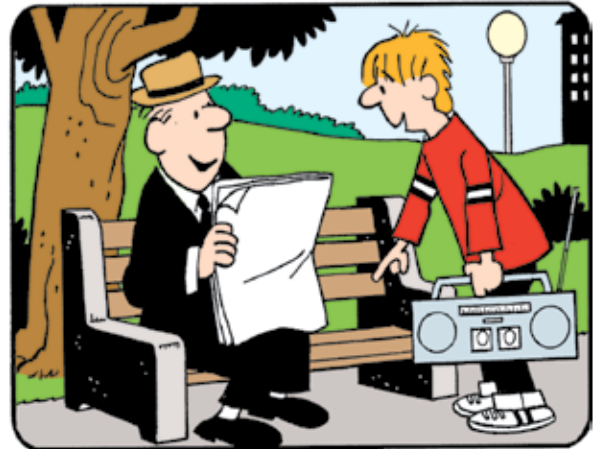


We're
Gettin' **HAPPIER!**

Find the Differences



Find at least six differences in details between panels.



Differences: 1. Side of bench is different. 2. Radio speakers are added. 3. Star is missing from back of bench. 4. Windows are different. 5. Antenna is added to radio. 6. Fingers are not showing.

Weekly Safety Tips

Increasing the Humidity

Cold air holds less moisture, so your skin has a harder time retaining moisture. This can lead to dry, itchy skin and cracked lips. Using space heaters, fireplaces, and central heating to warm your home can decrease the humidity inside the home. One thing that could help is using a humidifier in your bedroom to increase the humidity.



Thank God for Saturday!

Today's Happier Tip

Every moment you decide to be happy is a win for you.

Fun Facts

- KEEPING UP WITH THE KIDS...** A baby caribou is so swift, it can easily outrun its mother when it is only three days old.
- PASS ON THE SALT...** There is about one quarter pound of salt in every gallon of sea water.
- READING AND WRITING...** There are 65 alphabets in use throughout the world.
- WANT TO LIVE THERE?** Because of its size, the Pentagon operates much like a small city. It has its own shopping mall, bank, power plant, water, sewage facilities, fire station, police force, fast food restaurants, and "mayor".



Get **HAPPIER** Tips

Doing good for others means doing good for yourself.

Doctor Mike Says . . .

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

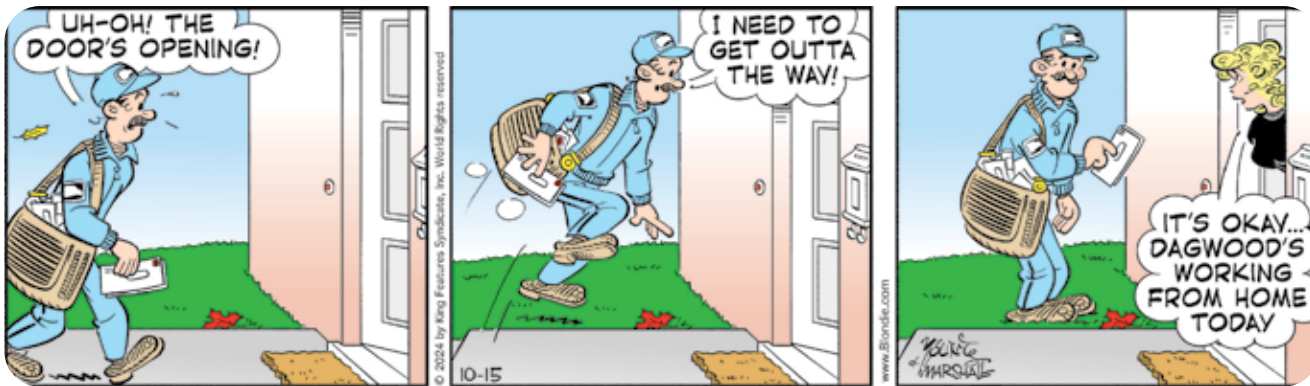
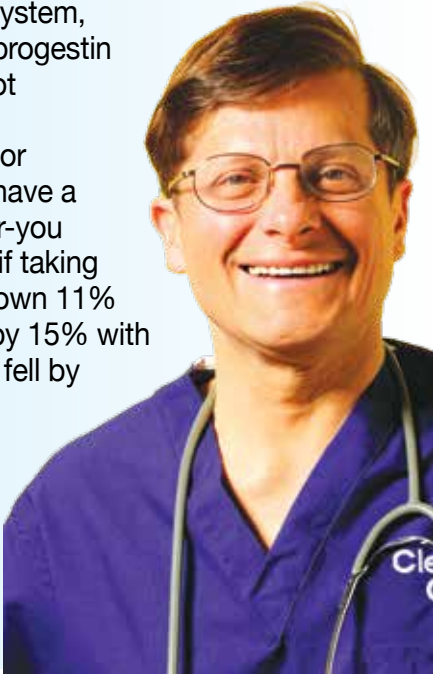
More Good News About Hormone Therapy for Menopause

Remember in 2002 when “results” from the Women’s Health Initiative (WHI) brought the use of hormone therapy (HT) for menopausal symptoms to a screeching halt? Fortunately, subsequent reanalysis of the data revealed that when hormone replacement was taken within 10 years of the start of menopause symptoms, it was not risky for most women.

Then there was more good news: After that revised opinion emerged, it was also discovered that HT is especially beneficial for the cardiovascular system, although women who hadn’t had a hysterectomy needed to take progesterin along with estrogen and there were questions about whether or not progesterin muted estrogen’s benefits.

Now, a study that looked at the impact of taking estrogen alone or estrogen and progesterone together found that both approaches have a “favorable influence” on heart health. With extended use, good-for-you HDL cholesterol went up 13% in women taking estrogen and 7% if taking the estrogen-progesterone combo. Lousy LDL cholesterol went down 11% with both treatments. Lipoprotein(a), a variant of LDL, decreased by 15% with estrogen-only and 20% with the two hormones. Insulin resistance fell by 14% for those on estrogen and 8% for those on the combo.

So, if you’re battling menopause symptoms, ask your doctor if hormone therapy is right for you. And if you do go on HT, take it with a half a low-dose aspirin morning and night to super-protect yourself from blood clots — if your doc says that’s okay. Also, check out “The Best 9 Supplements and Herbs for Managing Menopause Symptoms” at iHerb.com/com.



Answer Section

PG. 7

“CHOCOLATE CAKE” WORDS

Hidden Word:

BAKE A YUMMY CHOCOLATE CAKE

PG. 7

Trivia Fun

1. 1913

2. FALSE

3. MORE THAN 70 PERCENT OF EARTH IS COVERED WITH WATER.

PG. 5

WORD SEARCH

B U N D L E M F L A G

U X N I A R O E T E R

S R A T E S T Y N L E

I P E T P C N L C V

N H R M E A E A I I

E Q A R R M R F L H L

S T S D O U F Q U E E

S N O W R O M N H V D



Toy Blocks:

On Pages: 4,5,6,7,8
ENJOY THE DAY

Hide & Seek:

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

PG. 5

Brain Teasers

THIRD ONE

PG. 6

What Am I

FINGERPRINTS

PG. 2

Crossword

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

PG. 4

Circle Words: MAKES A GOOD FAMILY PET

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

PG. 3

Secret Words: CHILDHOOD MEMORIES

PG. 6

Guess What I Am? PIMENTO STUFFED OLIVES

PG. 3

Billboard of Happiness:

KEEP POSITIVE WHEN HARDSHIPS COME YOUR WAY

PG. 6

How Quickly Can You Say?

I SEE YOU ARE GETTING STRONG

PG. 6

This Week's Scrambles:

1. A WINTER WITH SNOW MAKES EVERYTHING LOOK MAGICAL

2. A FRIEND IS ONE TO TREASURE

3. I LIKE TO SNUGGLE UNDER A BLANKET WHEN COLD

SUDOKU

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