



MAKING YOUR WEEK **Happier** FEB 16-22



Friends Come In All Sizes

Meeting Friends You Didn't Know You Had

The last few weeks, I have had the privilege of working in Abilene, Kansas, where Happier got started and will relocate.

While meeting the wonderful people of Abilene, Heidi Anderson and Gregg Wilson, said "You must meet Sheldon Jones, don't leave town until you do."

I walked into his office. His smile, 6'8" structure and flashlight collection, blew me over.

"When your family lived here in the late 60s, I went to grade school with Diane and Terry, your children," Sheldon added. Right away, I remembered, Terry and Diane begging to go to Sheldon's house and play.

"Nice meeting you Sheldon — back then, I may have picked you up and held you in my arms."

A message of love to our 1000's of readers, all over America—find that friend that you didn't know you had.

—by Gilbert Wilks, publisher



—Sheldon Jones

Riddle



How is Europe like a frying pan?

Answer: Because it has Greece at the bottom.

Upon Reflection

John Mellencamp sings: "Well, I was born in a small town; educated in a small town; taught to fear Jesus in a small town; used to daydream in that small town." (As I will be heading to Wisconsin next month, my mind is pulling me back to that small town of Mayville where I grew up.) I used to say that Mayville was a great place to come "from," as in you have moved on out in the world and no longer live there. But lately, I have been reflecting on my 14 years there.

It was in that small town that I learned how to play well with others; learned how to read and write; how to respect people that were older than me. It is where I learned to stand for the flag and honor those who made America free; said the Pledge of Allegiance every morning in school. And probably most important of all, I learned that Jesus loves me.

It was where we hid under our desks in 2nd grade to practice an atomic attack: where I came in from lunch on November 22nd, 1963 and heard that President Kennedy was shot; where my brother went to Vietnam; and where I watched people walk on the moon. These things I remember still to this day. And although the nation seems to want to forget history, we should remember it so that we don't have to repeat the same mistakes again. History is important! Remembering and reflecting on it makes us who we are, and we are better for it! —Thanks, Perry Bell, Greeley, CO

Happier Happenings

I Love Sunday

I can lean on family and friends in times of need because they lean on me.



From Our Readers

Happiness Tip



Do these things as often as you can and you'll find happiness in the palm of your hand. Number one is, "smile easily," second is "give joyfully," third is "pray constantly," fourth is, "love always," and lastly, "sleep peacefully."

I hope this works for you, it really helps me.

—Thanks, Mr. Janie Peltier, Dover, TN

Days Gone By

Grandma Jenny



My Grandma Jenny was a gentle, caring soul. After her beloved husband passed, she moved in with us—my parents, sister, and me. To me, she was everything. But for my older sister Terri, didn't always get along with Grandma. Terri adored rock 'n roll, a loud rebellion that Grandma didn't appreciate. I often tried to bridge the gap, suggesting games or maybe even a little dancing, hoping to find some common ground. But Grandma was a tough nut, and nothing seemed to take.

Soon enough, Grandma's eyes began to fail, and she struggled to see clearly. One day, I decided to read to her. I'd sit by her side, book in hand, and she'd listen, calm and serene. And then, to my surprise, Terri wanted to join in, taking turns reading to Grandma, sharing that quiet time together. They grew close in those hours. I was happy with this outcome, truly—though maybe, just maybe, if I'd admit it, a little envious too.

—Thanks, Suzan Wiener, Spring Hill, FL



Today's Happier Tip

We Love Our Hometown

Osceola Food Mart Is Making Osceola, Nebraska Happier



Osceola Food Mart is a family-owned store that offers high quality foods, friendly service and great prices. This convenient one-stop shop has everything you need from the everyday essentials to specialty items from around the world. The friendly staff is here to help you find exactly what you're looking for.

If you're in the area, stop by the Andrew Jackson Higgins Memorial that honor those who served their country and the designing of the LCVPs. The memorial includes a full-size steel replica of the famous Higgins Boat. General Dwight Eisenhower called Higgins "the man who won the war for us . . . if Higgins had not designed and built those LCVPs (Landing Craft, Vehicle, Personnel), we never could have landed over an open beach. These crafts gave the military the ability to transport men and equipment safely to beaches during amphibious landings.



A nice little secluded lake with hiking trails and fishing is the Timber Point Lake. The lake has a boat ramp, camping sites, restrooms and picnic tables. This is a wonderful area for the family to get together and spend the day.

Favorite Crossword

Answers on page 8.

ACROSS

- 1 Go back and forth
- 5 Attract greatly
- 9 Jaw inset
- 11 ___ Grande
- 12 Is indebted
- 14 Animal sound
- 16 Italian capital
- 17 A drink
- 18 Southeast, abbr.
- 19 The letter "M"
- 20 Small island
- 21 Funny people
- 25 Awake
- 27 Owed as a debt
- 29 Artificial Intelligence, abbr.
- 30 Upon
- 31 Behold
- 33 Make nose noises
- 34 A light
- 36 Heavens
- 38 Body parts
- 40 Before two
- 42 Child's word thanks
- 44 Glide on ice
- 46 Married
- 47 Goes in moving vehicle
- 49 Soft, lustrous fabric
- 50 Silver, for one
- 52 Dad
- 53 Crumb
- 54 Critical person
- 55 Inquire
- 56 Auto
- 58 Sticky substance
- 60 Bar
- 63 Rip
- 65 Mischievous person
- 66 Melt
- 67 A tale

DOWN

- 1 Market
- 2 One on list
- 3 Body part
- 4 Leave
- 5 Get cold
- 6 Big boat
- 7 Rhode Island, abbr.
- 8 Small representation
- 10 Breakfast food
- 13 Female
- 15 Necessity
- 18 View
- 20 A hard metal
- 22 Paddle
- 23 Powers of thinking
- 24 Remain
- 26 It stretches
- 28 We
- 30 A cereal
- 32 Not fast
- 34 Halt
- 35 Foe
- 37 Possesses
- 39 Correct
- 41 Man's first home
- 42 Parcel of land
- 43 Be sick
- 45 Vote into office
- 48 For safety's ___
- 51 Fa, sol, la, ___
- 53 Portion
- 54 Stuff
- 55 Part of armed forces
- 57 Architectural engineer, abbr.
- 59 Atmosphere
- 61 Exclamation of surprise
- 62 District Attorney, abbr.
- 64 In; on; by



Sharing Happiness



Let the sponsor know you love Happier!

Happier Kitchen

POPCORN BALL TREATS

- 2 c. sugar
- 1/2 tsp. salt
- 1 c. light corn syrup
- 1 c. water
- 1 tsp. vinegar
- 3 Tbsp. butter
- 5 qts. popped corn
- Treats of your choice

Combine sugar, salt, corn syrup, water, vinegar, and butter. Cook to hard boil stage (250°F). Pour hot syrup slowly over popcorn and mix carefully to coat each kernel. Shape mixture into balls around gumdrops, marshmallows or semi-sweet chocolate pieces. (Greasy fingers makes handling easier.) Makes 15-20 balls. — Enjoy!



HIDE and SEEK



Can you help round-up five more pickles?

Answers on page 8.



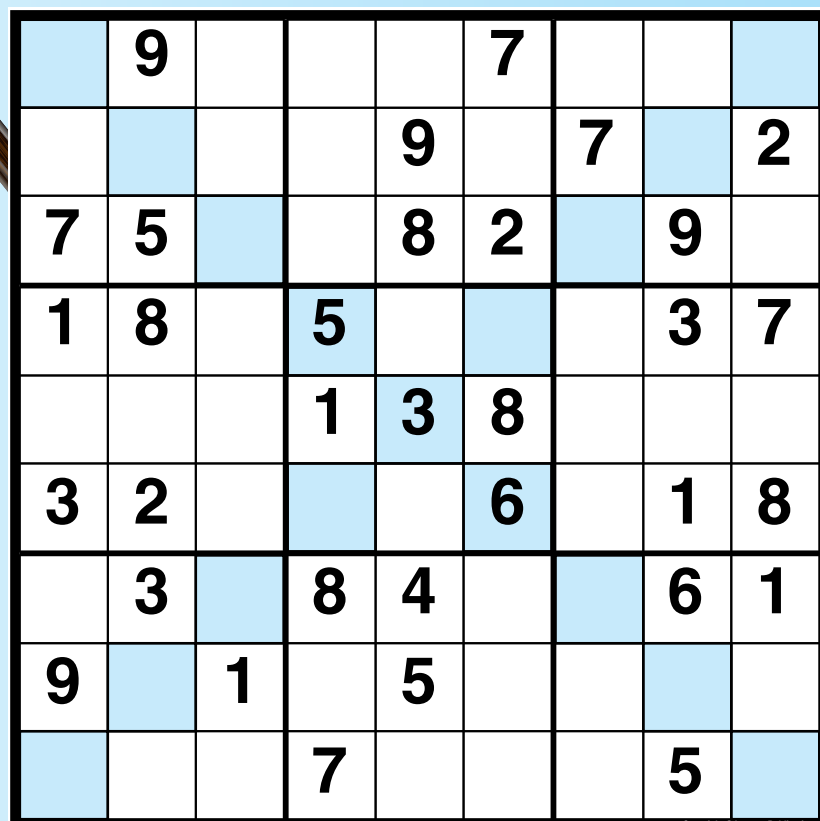
I'm

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.



Yes! Big Monday



Today's Happier Tip

Morals and good character are free in life, we just need to apply them.

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HOW TO STOP WORRYING AND START LIVING

I have the right to be named the world's worst worrier. My father gave me that title when I was just a year old. He oftentimes told me that my first sentence was "I'm worried." You are probably wondering what a one-year-old child could be so worried about. I would like to know the answer to that question myself. I was too young to remember, however. I do have to admit that I seldom remember a time that I wasn't a worrier.

One morning, I awoke and made up my mind that I was going to stop worrying and start living. "Is it just that easy?" I wondered. Well, several weeks have passed and I haven't worried about a thing. You may be asking how I did it. You will find that laughter is the perfect tool to stop worrying and start living.

— By Nancy Gibbs



Get Happier Tips

Health Tip

The Immune System



People often get sick when their immune system starts to weaken. Besides getting plenty of rest and reducing stress, let's look at food. A healthy diet can help support your immune system by providing nutrients like vitamins, minerals, and antioxidants. Eat fruits and vegetables, berries, yogurt, almonds, garlic and shiitake mushrooms. And if it's okay with your doctor, you can also consider taking a daily vitamin D supplement.

Handy Hints

Swollen hands



If you have a stuck ring on your finger, try this. Elevate your hand over your head for 3 minutes and then soak your hand in cold water with three ice cubes until the ring slips off.

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

Happier Poem

Love Is

Love is the reason for life, when
Love is gone, life has lost its zest.

Love is the creative
Force in creation.

Love is the life of the heart,
Love is the one thing in the

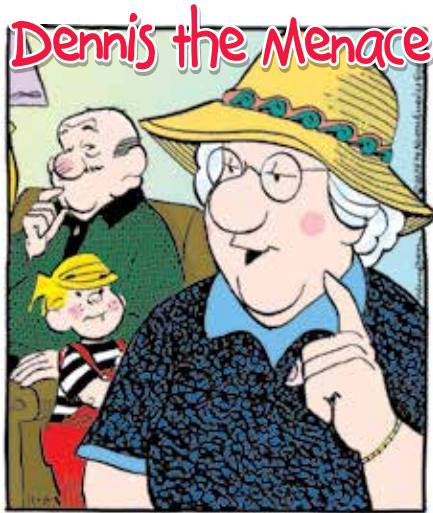
Human heart that
Never grows old or wears out.

*Beloved, let us love one another:
for love is of God; and every one that
loveth is born of God, and knoweth
God. He that loveth not knoweth not
God; for God is love. 1 John 4:7-8*

— Shared by Sharon Harvey,
Page, NE

Laugh A Little

The FAMILY CIRCUS



"Don't laugh, George, you paid for the hat!"

It's REAL

The Liberty Bell hasn't been heard since George Washington's Birthday in 1846.

NOW THAT'S FUNNY!

A man in a hurry taking his eight-year-old son to school made a turn at a red light where it was prohibited.

"Uh-oh, I think I just made an illegal turn!" the man said. "It's okay, Dad," the boy said, "the police car right behind us did the same thing!"



Today's Happier Tip

A good neighbor is one who can help out in a pinch.

BILLBOARD of HAPPINESS

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



E			S	D	
	M	E			E
A			O		
	E	C	I	E	

A D E E E F I R R S
S T T V X Y Y

I wake up to a fuzzy



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!**

- ARIZONA
- ARROWEED
- ASPIN
- BOBCATS
- CALCITE
- CHUCK
- WALLAS
- COLORADO
- RIVER
- EAGLE
- ROCK
- EROSION
- EXPLORATION
- FLOOR
- GORGE
- HIKING
- HOPi HOUSE
- LICHEN
- MOSS
- NATIONAL PARK
- NORTH RIM
- ONGTUPQA
- OTTERS
- PONDEROSA
- RAIN
- SEA LEVEL
- SLOPE
- SOUTH RIM
- SNOW
- TOURISTS
- YUCCA

"THE GRAND CANYON"

Bonus Words:

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

Get Up Happier

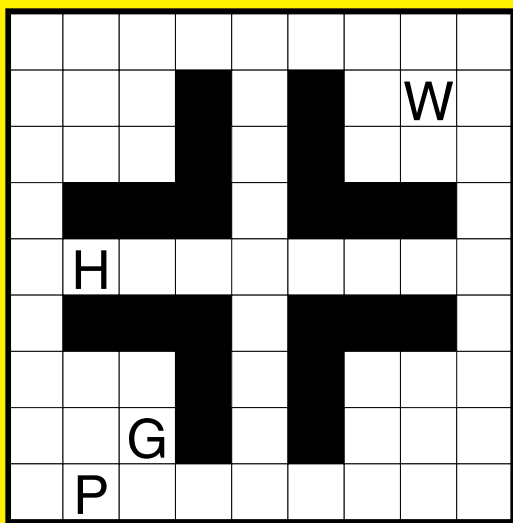
A SUCCESSFUL LIFE



Sometimes we just need a reminder of ways to pursue happiness and be successful. Try to seek new experiences while staying in your comfort zone. Also, keep learning, you can always learn something new. The most important thing is to stop worrying. It only causes fear and limits our opportunities and what we think and do.

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.



- Alo
- Are
- Aye
- Cti
- Des
- Ego
- Ere
- Err
- Ess
- Ewe
- Far
- Fry
- ler
- lft
- Nag
- Nap
- Nso
- Ofn
- One
- Ons
- Owe
- Rac
- Rea
- Red
- Rye
- Spo
- Ted
- Tee
- Thr
- Toy
- Tro
- Yed
- Yes

16 FEB National Almond Day	17 FEB Presidents' Day	18 FEB 	19 FEB National Chocolate Mint Day	20 FEB National Love Your Pet Day
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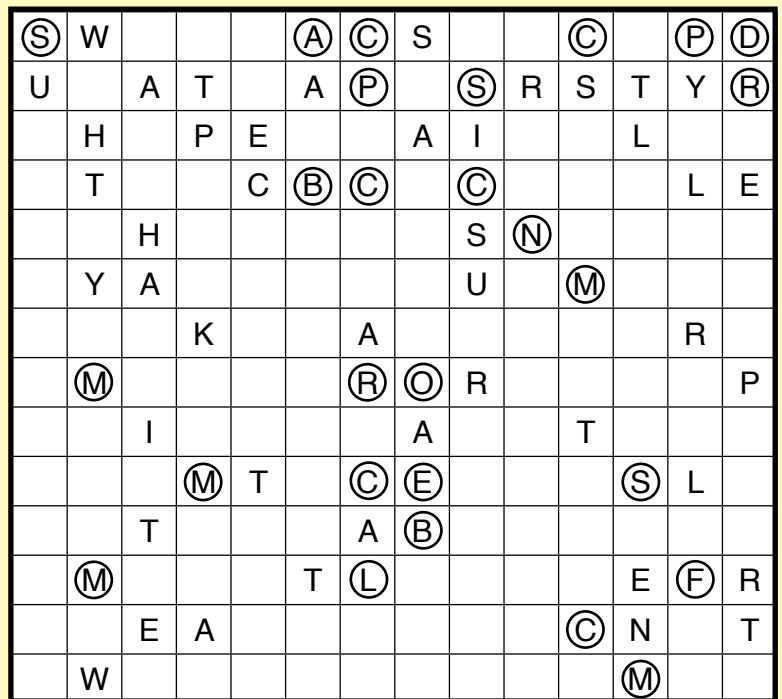
Circle Words

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.

- APPLE
- BARS
- BRAN
- CARAMEL
- CASHEWS
- CEREAL
- CHOCOLATE
- COOKIES
- CRISPED RICE
- CRUNCHY
- DRIED APPLES
- EAT
- FIBER
- FILBERTS
- LIKE
- MARSHMALLOWS
- MILK
- MINT
- MOIST
- MOLASSES
- NUTRITIOUS
- OATMEAL
- PACKAGE
- PECANS
- RAISINS
- ROLLED OATS
- SESAME
- SNACK
- SUNFLOWER SEEDS
- SWEET

"GRANOLA TREAT"

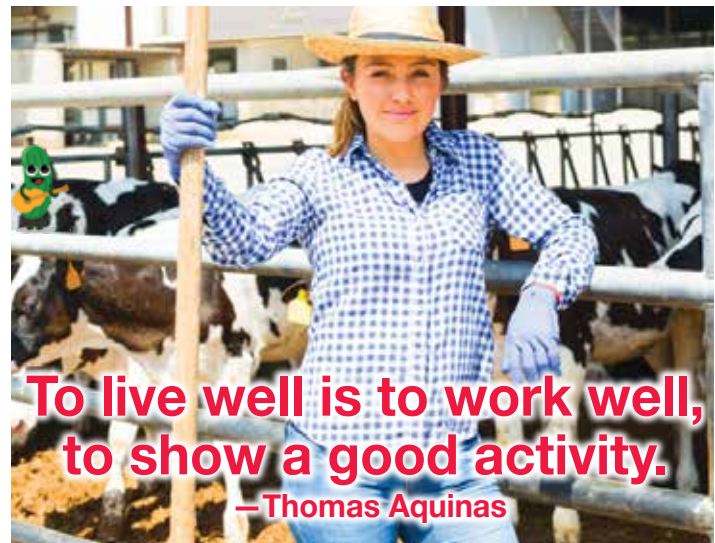
Bonus words:



Happier Across America



Happiness is waking up to realize you match your dad. Mason age 6 with dad Jacob.
— Thanks Jessica Martin, Twin Falls, ID



To live well is to work well, to show a good activity.
— Thomas Aquinas

Quick & Easy Crossword

FIND IT AT THE MALL

- ACROSS:**
- Rest on a ____.
 - Meet ____ at the mall to shop.
 - Buy a cake or ____ in the bakery.
 - Buy a gourmet candy or ____.
 - Have ____ at the food court.
 - Find dress, casual, or sports ____.
 - Buy birthday ____ at the mall.

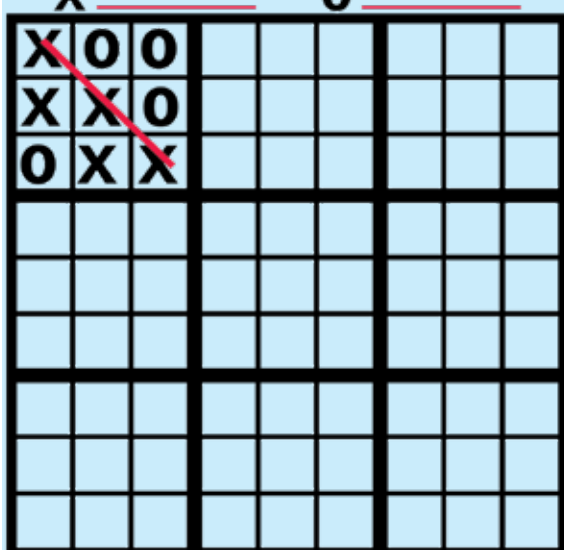
- DOWN:**
- Find ____ at the discount store.
 - Buy linens at the ____ store.
 - Find a ____ you like at the boutique.
 - Buy a novel at a ____ store.
 - Find children's ____.
 - Have your hair or ____ done at the salon.
 - Take in a ____ at the mall theater.



Yea! It's Wednesday!

Today's Happier Tip Today is a good day to rest and count my blessings.

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



Little cat, who sits on my chest.

21 FEB FRIDAY



National Sticky Bun Day

22 FEB SATURDAY



National Walking the Dog Day

Cutest Kids

Springtime is just around the corner.

— Thanks Gretchen Wehmeyer, Maryville, MO



This n' That



Jim's FBI Happenings

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

Everybody likes a compliment. — Abraham Lincoln

Word Search

PRESIDENTS DAY — Those who lead our country deserve our respect. Looking in all directions and using the clues, find the "President's Day" words.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

HO...	O..O...
CO...	FE...
HO...	GU...
SE...	SE...
LE...	FL...
SP...	PA...
VO...	HI...

Answers on page 8

Share It

If published, get paid \$25.
Send to: **SHARE**,
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or happierweek@gmail.com

Ask for your **FREE** 14-Steps To Happiness Booklet



FBI Family Weekend In Nashville

1969—Special FBI Agent Hank Hillin and myself discussed inviting FBI workers and their families to spend a weekend in Nashville, have a banquet meal together, with the grand finale being a visit to the Grand Ole Opry. Approximately 56 FBI employees plus their families attended.

In one of my conversation with then National FBI Director Clarence Kelly, I asked if I could continue this event and call it "FBI Family Weekend in Nashville." I explained that this would be a good way to keep FBI Agents, their families and friends in contact.

Clarence gave approval. The event continued for 15 years until 1986 when I retired. We averaged approximately 200 in attendance, with the most being 426.

During those years I made many personal friends with the Grand Ole Opry performers. I'll tell you more about those friendships.

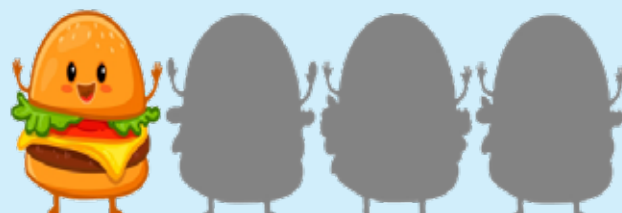
See you next week. —Jim.

This Week In History

- Feb. 16, 1932** – 1st patent issued for a tree, to James Markham for a peach tree.
- Feb. 17, 1867** – 1st ship passes through Suez Canal.
- Feb. 18, 1978** – 1st Iron Man Triathlon held in Hawaii.
- Feb. 19, 1912** – 1st prize inserted into a Cracker Jack box.
- Feb. 20, 1998** – Tara Lipinski wins Olympic figure skating gold medal.
- Feb. 21, 1992** – Kristi Yamaguchi wins Olympic gold medal in women's figure skating.
- Feb. 22, 1825** – Russia & Britain establish Alaska-Canada boundary.

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...

Lincoln was a licensed bartender and a world-class wrestler who lost only one of about 300 matches.



Dear Dave



Dave Ramsey

When You Hit Rock Bottom

Dear Dave,

I'm 20-years old, and I'm in a bad spot. I've been a jerk for the last year, not listening to my parents about anything. Now, I've got over \$10,000 in debt from running up bills on credit cards and writing some bad checks. Two weeks ago, I also lost my job and totaled my car. I'm about to lose my apartment, too, because I don't have the money for rent. A friend of mine said I could stay with him for a while, but I'm really scared. My parents say I created this situation all by myself, and I need to figure out a solution all by myself. Would you please give me some advice? I don't even know where to start. —Justin

Dear Justin,

It sounds like you're about as close to rock bottom as a person can get. I know it's a scary situation, especially for a young person. I've done stupid stuff, too. And the stupid things I did had lots more zeroes on the end than you're looking at right now. So, I've got some good news for you. There's hope! The simple fact that you're looking for help, and have realized the way you've been living is stupid, means you want to change. That's a good thing.

Still, when you do stupid things, you've got to pay what I call "stupid tax." I'm talking about the consequences of your actions. It sounds like you're going to have get two or three jobs, and find a really cheap car that will get you around for a while. If you do this for maybe 12 to 18 months, and live on a very strict monthly budget, you'll probably be able to pay off all that stupid tax you've accumulated.

I think you've also recognized the fact that you left your integrity and self-respect on the sidelines for way too long. That means doing the right things really needs to be a priority from now on. The cool thing about the practical issues you mentioned—finding another permanent place to live, something to drive and paying off the debt—is that all this will get better because you've made a conscious decision to be better.

You might want to think about finding and regularly attending a good church, too. Any understanding and caring pastor would be honored to pray with you, and walk with you as you get your life back together and headed in the right direction. — Dave

Hidden Puzzle

ELEPHANT'S SHOWER

A shower in the jungle is a refreshing treat. While the elephant sprays himself, find a glove, spoon, shoe, pair of pants, horn, boomerang, football, ice cream cone, egg, bird, shark, crown, eagle's head, teacup and a heart hidden around this scene.



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Answers on page 8

Words Of Wisdom



Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty. —Albert Einstein

This Week's Scrambles

1. Utterly nounfa, I dsmsie ym opepmintnta atoyd.
2. I veern rtun wdon serstde hewn i'st palep pei.
3. Singee oyu meils, rgibns pashpines ot em.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

The feeling of happiness can be contagious, I hope you catch it.

Laugh A Lot



What's in an astronaut's favorite food?

Launch meat

How do you get a mouse to smile?

Say cheese!

I wonder what vehicle is the most expensive to operate per mile?

A shopping cart!



What Am I ?

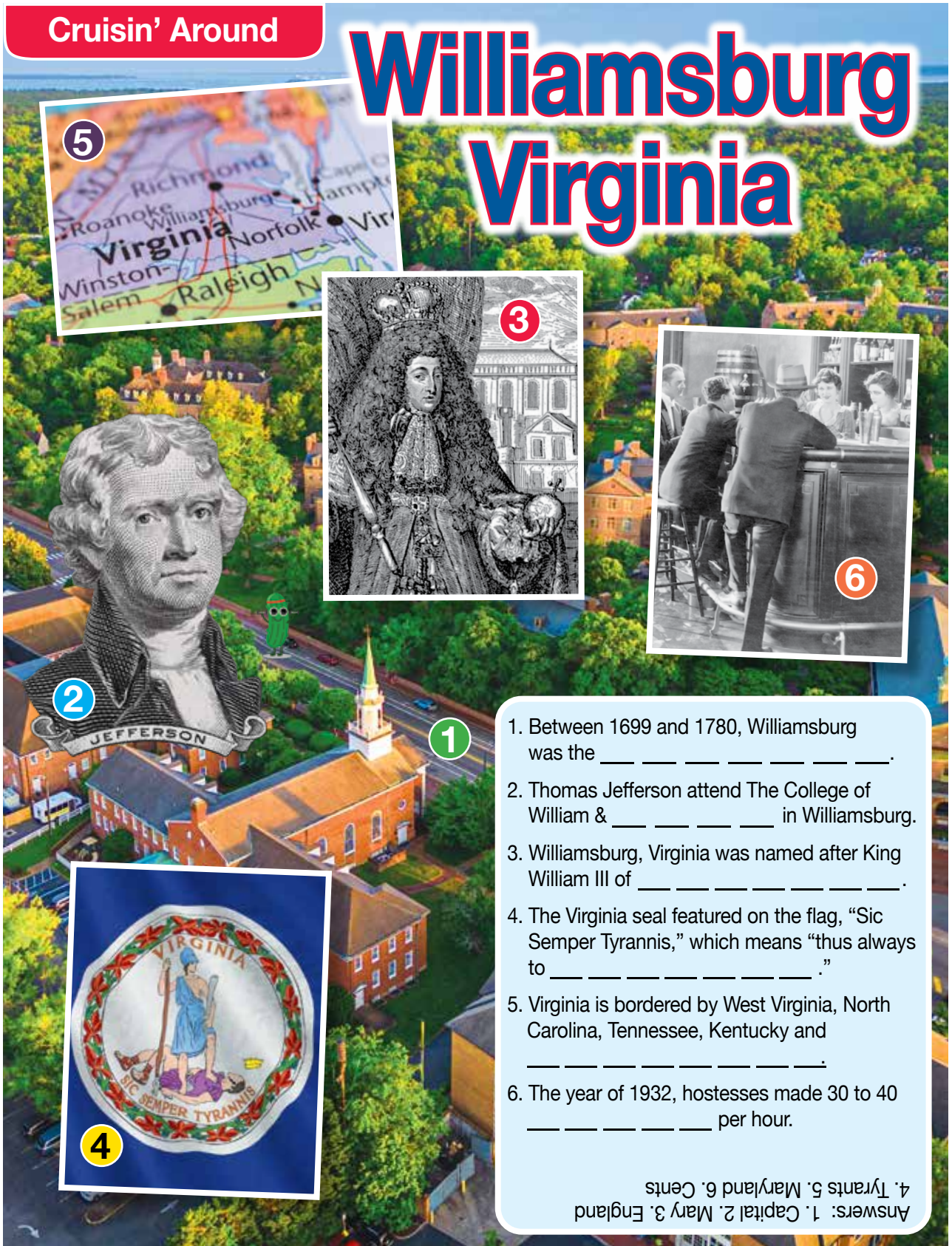
1. I have a beak as a mouth.
2. I have nine brains and multiple hearts.
3. I can change color and create patterns on myself.
4. I have eight arms and can squirt ink.

Answers on Page 8

He's my perrrrrfect morning alarm.

Cruisin' Around

Williamsburg Virginia



5

3

6

2

1

4

1. Between 1699 and 1780, Williamsburg was the _____.
2. Thomas Jefferson attend The College of William & _____ in Williamsburg.
3. Williamsburg, Virginia was named after King William III of _____.
4. The Virginia seal featured on the flag, "Sic Semper Tyrannis," which means "thus always to _____."
5. Virginia is bordered by West Virginia, North Carolina, Tennessee, Kentucky and _____.
6. The year of 1932, hostesses made 30 to 40 _____ per hour.

Answers: 1. Capital 2. Mary 3. England 4. Tyrants 5. Maryland 6. Cents



BANANA SPLIT SCRAMBLE



1. ABNAAN
2. AVNALIL
3. GDUFE
4. UCLSOIIDE
5. ACEOLOHCT
6. SPOOC
7. OSONP
8. REBSRATRYW
9. ALAREMC
10. UTNS



Unscramble the letters below to find the names of ten things having to do with a banana split. Then discover the hidden theme words made up from the circled letters.

Hidden Words:

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

Answers: 1-BANANA 2-VANILLA 3-FUDGE 4-DELICIOUS 5-CHOCOLATE 6-SCOOP 7-SPOON 8-STRAWBERRY 9-CARAMEL 10-NUTS
Hidden Words: BIG DESSERT



For the Love of PETS

Cats spend approximately 30% of their waking hours grooming themselves.



How quickly can you say?

M+ &

R m+ friends.



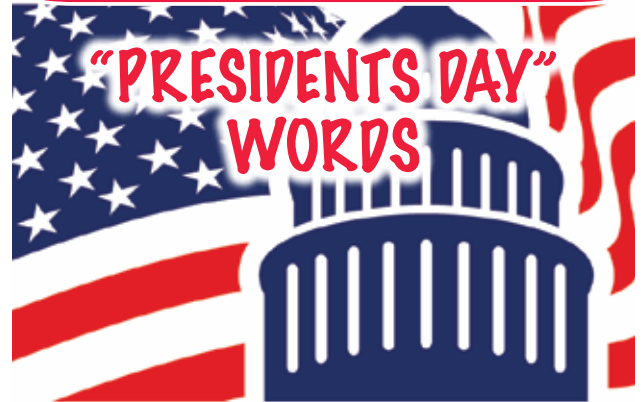
GUESS WHAT I AM

Corn-Vegetable Salad

- 2 cans whole kernel corn, drained
- 1 large tomato, chopped
- 1 large bell pepper, chopped
- 1 c. raw cauliflower, chopped
- 1 medium onion, chopped
- 1 regular size bottle Italian dressing



Drain corn. Chop vegetables and mix together with corn. Pour Italian dressing over vegetables and mix well. Season with salt and pepper to taste. Cover bowl and put in refrigerator to marinate for two hours. Easy, delicious, and healthy! **Enjoy!**



V R E S R T P S E R C E A
 E H T E O N O H ★ ★ M M N
 P A C L C I F O F E O ★ D
 I F O E A D ★ ★ ★ C ★ ★ E
 T O L T N R E E S P I D R

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.

- LEAD HONOR
- CAPITOL COMMANDER
- SERVE

Answer on page 8

Precious Pets



Shawna and her father with little Mitzy.
 —Thanks, Shawna Vasconcelles, Pasco WA

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"



MUSH, MUSH

Siberian Huskies and Alaskan Malamutes are used for sledding. They can travel at speeds up to 20 miles per hour. Alaskan sled dogs are very easy to train because they are intelligent and obedient. Huskies are known for being very talkative and can communicate a range of emotions. They love to howl and can be heard from up to ten miles away.

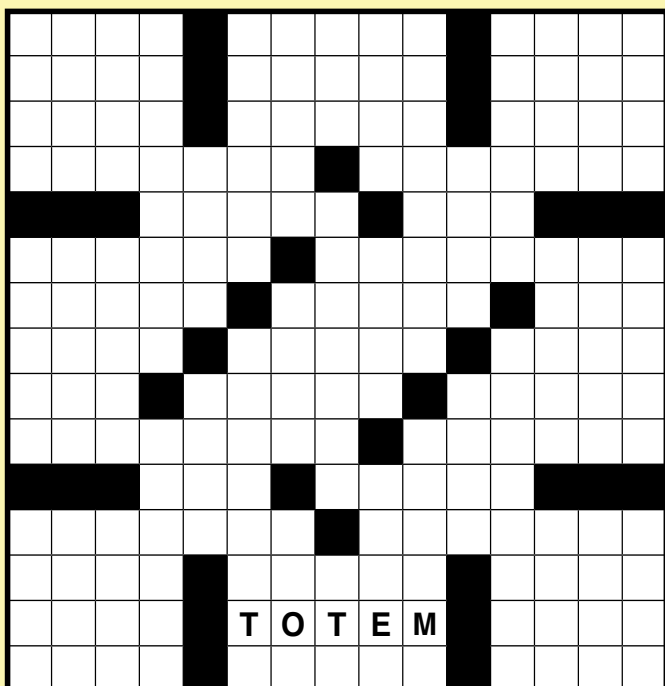
Get A Kick

"My friend says the length of a minute depends entirely on which side of the bathroom door you're on!"

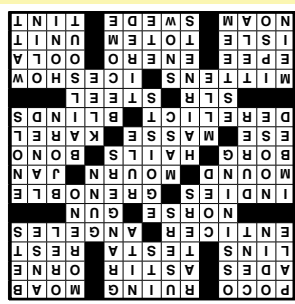


Fill-It-In

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 | NOAM | MOURN | RATERS |
| ESE | ODIN | NOOSE | |
| ETE | OLIN | NORSE | 7 LETTERS |
| GUN | OOLA | RUING | ANGELES |
| ITS | OREL | STEEL | EGOISTS |
| JAN | ORNE | SWEDE | ENTICER |
| SLR | PALE | TESTA | ICE SHOW |
| | POCO | TIRED | MITTENS |
| | REST | TOTEM | |
| 4 LETTERS | RULE | USERS | 8 LETTERS |
| ADES | SNOW | | BAILS OUT |
| ANSE | TELA | | DERELICT |
| BETS | TINT | 6 LETTERS | GRANGERS |
| BONO | UNIT | BECOME | GRENOBLE |
| BORG | WATT | BLINDS | HAIRNETS |
| CENT | | ESTEEM | OSSINING |
| COED | | INDIES | |
| EPEE | 5 LETTERS | MORENO | |
| GUNN | ASTIR | | |
| HONI | BJORN | | |
| IPSO | DURER | | |
| ISLE | ENERO | | |
| KLEE | ENOLS | | |
| LINS | HAILS | | |
| MASC | IMBED | | |
| MEIN | KAREL | | |
| MLLE | LANED | | |
| MOAB | MASSE | | |
| NITA | MOUND | | |



Look and LEARN

The Lewis and Clark Expedition traveled approximately 8,000 miles from St. Louis, Missouri to the Pacific Ocean and back.



Trivia Fun

Answers on page 8

1. A statute mile is 5,280 feet. What is the length in feet of a nautical mile?
2. Name the first person to sign the Declaration of Independence.
3. What does "cum laude" mean?



We're Gettin' **HAPPIER!**

Find the Differences



Find at least six differences in details between panels.



Differences: 1. Slipper is different. 2. Pipe under sink is different. 3. Faucet handle is different. 4. Door handle is different. 5. Hair is different. 6. Arm is longer.

Weekly Safety Tips

Keeping Others Safe

If you or someone you live with comes down with a cold or flu, take some precautions. Disinfect surfaces that are touched often, including the refrigerator handle, doorknobs, light switches, phones, keyboards, faucets, sinks and toilets. Clean and disinfect any surface with blood or other bodily fluids on them. Wash your hands and avoid sharing towels and glasses.



Today's Happier Tip

To have dreams in life is a good start but its better if you chase them down.

Fun Facts

- * **DID YOU KNOW?** The federal government established President's Day in 1880 to recognize President George Washington's birthday.
- * **THAT'S A LOT!** Franklin D. Roosevelt was the only president to have served four terms, 1932, 1936, 1940, and 1944.
- * **GO VIRGINIA!** Virginia is the birthplace of more United States presidents than any other state, followed by Ohio then Massachusetts.
- * **INTERESTING** Alexander Hamilton and Ben Franklin were never presidents, but they are featured on the \$10 and \$100 bill.



Get HAPPIER Tips

Happiness is a habit that we have to practice on a daily basis.



Doctor Mike Says . . .

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

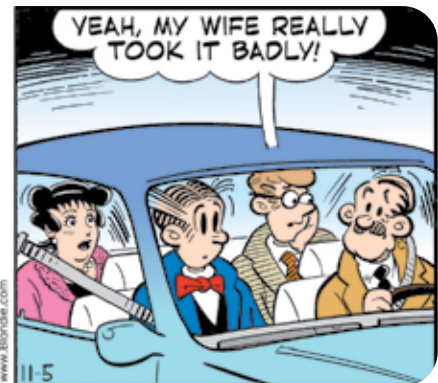
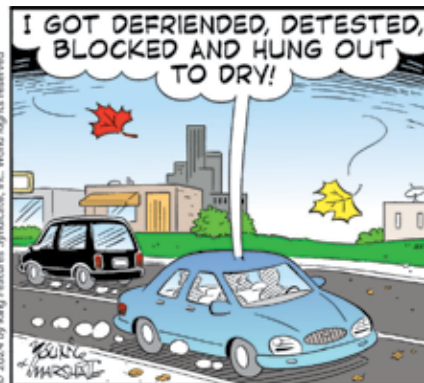
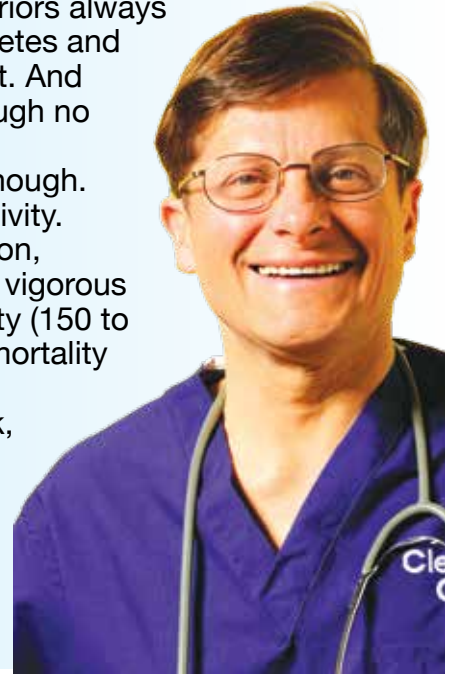
Is 'Just As Good,' Good Enough? Not For Physical Activity

"Your guess is as good as mine." (Probably both wrong.) "This is as good as it gets." (You want a lot better.) Doesn't look smart to settle for just "as good as" in many situations, and we suggest that's especially true with exercise.

A new study in *Circulation* says that being a weekend warrior and getting 150 minutes of exercise on Saturday and Sunday is just as good for you as spreading your workouts throughout the week. Although the weekend warriors always had a slightly higher risk of everything from obesity to diabetes and heart disease, the researchers didn't think it was significant. And they thought the benefits of 150 minutes a week were enough no matter how you got them in.

Well, we suggest that "as good as" might not be good enough. We hope you'll opt for more — almost daily — physical activity. A recent massive 30-year study, also published in *Circulation*, reveals that "any combination of medium to high levels" of vigorous (75 to 300 minutes per week) and moderate physical activity (150 to 600 minutes per week) "can provide nearly the maximum mortality reduction" of 35% to 42%.

So, find the time daily, in the morning, during lunch break, after work, for a brisk 30-minute walk or bike ride. And get in your longer, stronger weekend workouts, too. To help you recover and strengthen, check out "Your Step-by-Step Guide on How to Recover After a Workout" at iHerb.com/blog.

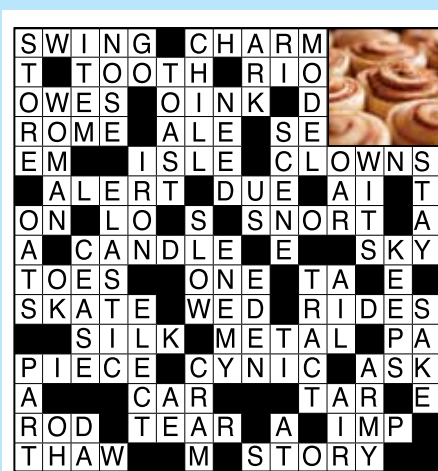


Answer Section

PG.5 **Hidden Puzzle**



PG.2 **Crossword**



PG.4 **Circle Words:** A TASTY, HEALTHY TREAT



PG.7

"PRESIDENTS DAY" WORDS

Hidden Word:
RESPECT THE OFFICE OF PRESIDENT

PG.7 **Trivia Fun**

- 6076 FEET
- JOHN HANCOCK, PRESIDENT OF THE CONTINENTAL CONGRESS.
- "WITH PRAISE"

PG.5 **WORD SEARCH**



Toy Blocks:

On Pages: 4,5,6,7,8
I'M LOVED

Hide & Seek:

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

PG.5 Brain Teasers

THIRD ONE

PG.6 What Am I

OCTOPUS

PG.3 **Secret Words:** GREAT PLACE TO VISIT

PG.6 **Guess What I Am?** SEWING MACHINE

PG.3 **Billboard of Happiness:**

SET ASIDE TIME EVERY DAY FOR EXERCISE

PG.6 **How Quickly Can You Say?**

MY CAT AND DOG ARE MY FRIENDS

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

- UNFORTUNATELY, I MISSED MY APPOINTMENT TODAY
- I NEVER TURN DOWN DESSERT WHEN IT'S APPLE PIE
- SEEING YOU SMILE, BRINGS HAPPINESS TO ME

SUDOKU

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