



MAKING YOUR WEEK **Happier** APR 13-19



Farm Friends Forever

From Our Readers

Reaching Out To Others



Recently I was pleasantly surprised with a small decorated card box. When I opened it, I found it filled with inspirational verses and quotes, neatly tied with lace. My niece in a wheelchair created this, even tho living with SMA, her heart and mind reaches out to others.

Her friends who was gifted with this box didn't stick it in a corner to mold, oh no, this box after four years is still being shared, friend to friend! Just like a warm handclasp or hug, creating happiness.

Thank you ladies and Happier for spreading words of inspiration. Here is todays verse, I thought it was an extra good one.

Laugh when you can, apologize when you should, let go of what you can't change, forgive quickly and life is to short to be anything but happy!

—Thanks, Royal Martin, Port Trevortin, PA

Days Gone By

After the Navy



This is me, after serving four years in the Navy. When I was in college, I was on the cross country track team. This picture was taken when I was running against a bunch of eighteen year olds and I was 27. I was even older than my coach, who was just 25. It would be an honor if you would see fit to put my picture in the Happier newspaper.

—Thanks, Don Trulson, Elbow Lake, MN

Riddle



What never asks questions but is often answered?

Answer: A doorbell.

What Is My Purpose!

The other day while walking I noticed a sign entitled "What Is My Purpose." I turned around to learn more.

I learned that I should do my best to live a life that influences others to live a better, happier life. Also, I need to have charity in my mind, righteousness in my heart and joy in my spirit.

Let's all give it a try.

—by Gilbert Wilks, publisher



Under A Clear Blue Sky

Happier Happenings

I know that the word "Groovin'" isn't very popular anymore. But maybe that's the reason the world is in the state it is in. People forgot how to be groovin'.

In case you weren't around when this word was popular, let me give you a wee little illustration: You are walking along under a clear blue sky, the sun shining down on your face, without a care in the world. Saying hello to everyone you meet both verbally and by the smile on your face. Your mindset is that everything is alright with the world and you are doing your part to make it an even better place.

Do you know how a yawn is contagious? Why couldn't groovin' be contagious? It could be the start of a brand-new way of looking at life. And, the more and more of us who do it, it could just change . . . well . . . everything! An even better reason to start groovin' . . . it doesn't cost a thing! It is totally free!

—Thanks, Perry Bell, Greeley, CO



Today's Happier Tip



I Love Sunday

When someone asks "how are you doing?" Shout real loud, "I'm real happy!"



We Love Our Hometown

Saylor's Grocery Store Has Made Newville, Pennsylvania Happier



Hello Happier readers, my name is Ginny English and I live in Newville, Pennsylvania. I'm writing because Saylor's Grocery store is closing and that's where I always received the HAPPIER publication. They have been a wonderful grocery store. The employees were always helpful and happy. My husband threatened to apply for a job there; he liked them so much and he's 91.

We will miss them and hate to see them go but the Saylor's are retiring. They will be replaced with WEIS Markets who are also a friendly and helpful company.

I think you have a picture of Saylor's and I hope you will do a blurb about them.

Your publication is wonderful. It makes the world a better place or should I say a HAPPIER place?

—Ginny English, Newville, PA

There are many things to do in Newville, Pennsylvania, including visiting a state park, exploring a rail trail, and visiting a historical society.

Colonel Denning State Park is a wonderful area to get out and relax. You can enjoy the nice beach, fishing, canoing, camping and hiking. There's a short and easy trail going around the lake. You can fish all along the lake and catch large mouth bass, trout and bluegills.



Favorite Crossword

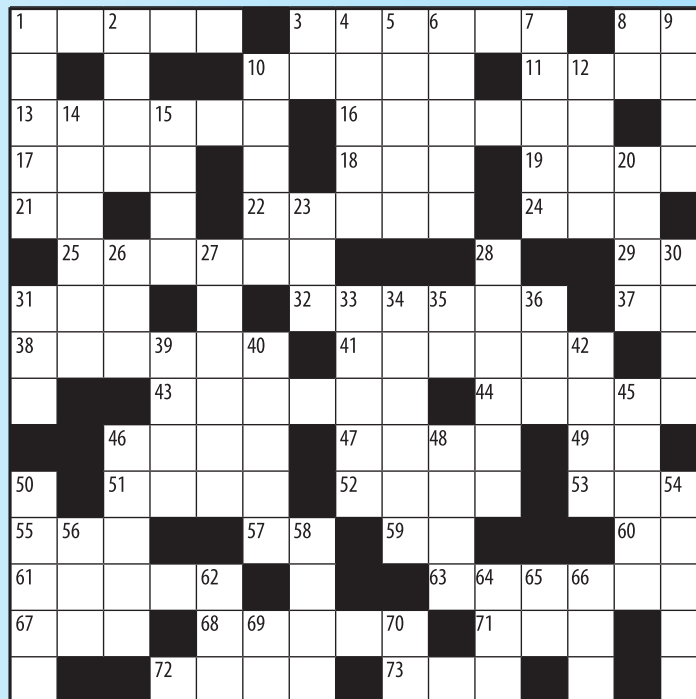
Answers on page 8.

ACROSS

- 1 Flash of light
- 3 A holiday
- 8 Expression of pity
- 10 Slanting hill
- 11 An assistant
- 13 Elevate
- 16 ___ McDonald
- 17 Forest animal
- 18 A digit
- 19 Jump
- 21 In this way
- 22 Huge
- 24 Chatter (slang)
- 25 Think hard about
- 29 Inside
- 31 Priest (1 Samuel)
- 32 Very happy
- 37 Negative answer
- 38 Roar
- 41 Wild feline
- 43 Skillful
- 44 Rent
- 46 Storage place
- 47 Pleasant
- 49 Behold
- 51 Songster
- 52 Fly high
- 53 Tide's flow
- 55 "___ for Two"
- 57 Leave
- 59 Nevada, abbr.
- 60 Each, abbr.
- 61 Body protection
- 63 Coals
- 67 Drawing to find location
- 68 Rising agent
- 71 Diving bird
- 72 Don't admit
- 73 Different

DOWN

- 1 Potatoes
- 2 Wheel's rod
- 3 Elevated railroad, abbr.
- 4 Large artery
- 5 Eating utensil
- 6 A doctrine
- 7 A mass meeting
- 8 Advertisement
- 9 Pile
- 10 Platform
- 12 A thought
- 14 Humans
- 15 Strong metal
- 20 Related to
- 23 Anger
- 26 A lubricant
- 27 Scribble
- 28 Bank worker
- 30 Short message
- 31 Electronic Bank Transfer, abbr.
- 33 Hips and lower abdomen
- 34 Movement
- 35 Tellurium (chemical)
- 36 Female deer
- 39 Den
- 40 Evil
- 42 A yarn
- 45 Not drunk
- 46 Wet area
- 48 Cavern
- 50 Pat foot
- 54 Foundations
- 56 Period in history
- 58 Correct
- 62 A cereal grass
- 64 Irritated
- 65 Bushel, abbr.
- 66 ___ out a living
- 69 The letter "N"
- 70 Toward



Sharing Happiness



Let the sponsor know you love Happier!

Happier Kitchen

Beetnic Cake

Cake Ingredients:

- 1 (14.5 oz.) can beets
- 1¼ c. oil
- 2 c. sugar
- 1 tsp. vanilla
- 3 eggs
- 2 c. flour
- 1 tsp. baking soda
- ½ c. cocoa
- ¾ tsp. salt

Icing Ingredients:

- 1 stick margarine
- 4 Tbsp. cocoa
- 6 Tbsp. milk
- ⅛ tsp. vanilla
- ½ c. pecans, chopped
- 1 box powdered sugar



Preheat oven to 350°F. Prepare a 9" x 13" inch baking pan by coating it with cooking spray. Drain beets and mash; set aside. In a large bowl, mix together the oil, sugar, and vanilla until well blended. Beat in the eggs, one at a time, then stir in mashed beets. In a separate bowl, combine flour, baking soda, cocoa, and salt; stir into the beet mixture until well combined. Spread batter evenly into prepared pan. Bake at 350°F for 45 minutes or until a wooden toothpick inserted comes out clean. Cool on a wire rack. Next, prepare icing by bringing margarine, cocoa, and milk to a boil. Remove from heat and add remaining icing ingredients. When cake is cool, frost as desired. —Enjoy!



Yes! Big Monday



Today's Happier Tip

Wish all your friends and family a wonderful April.

Vol. 58, #16  2025
Happier
Apr 13-19

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



Can you help round-up five more geese?



Answers on page 8.



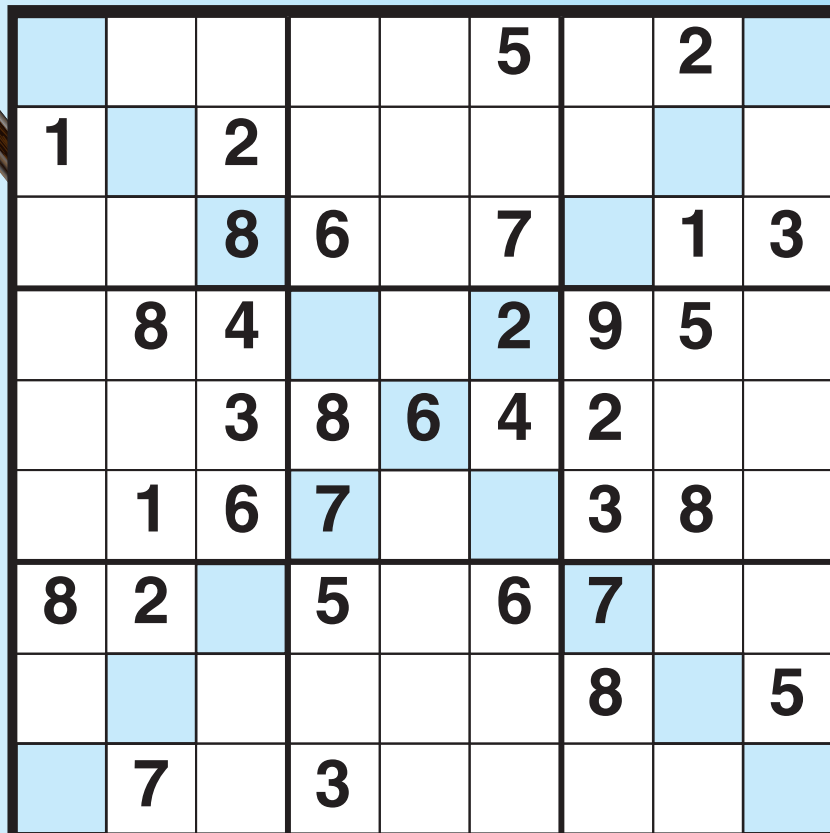
My apple is

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.



DON'T JUDGE A BOOK BY IT'S COVER

Get Happier Tips

Health Tip

I think a lot of us have heard the expression, "don't judge a book by it's cover." Well, I was just reminded of this a few weeks back when I was visiting my parents who live in Hawaii.

My father and I stopped at the local market to get a few things. As I was walking down one of the aisles, a gentleman looks up at me and said he likes my shirt. After a quick glance at this older man, I thought he was going to be asking for money. He was wearing old tattered shorts, unbuttoned shirt, a beard going in all directions and a hairdo like Albert Einstein.

He noticed my shirt that had a logo that read central Washington. He mentioned that he worked in Washington State as a scientist and engineer. That he worked on submarines and helped with the first landing on the moon. He also mentioned many other accomplishments.

As we parted ways, I mention to my father that I was a bit skeptical of his many stories. My father who was also an engineer said, "All the facts that he presented were on point." I was still not sure what to make of it.

As we left the market, we see the older gentleman waving to us as he drives away in a very expensive convertible sports car... —Keith Vasconcelles, Pasco, WA



A Feel-good Hormone



Getting a small amount of sun exposure can be beneficial for your health, primarily because it helps your body produce vitamin D, which is essential for bone health; however, excessive sun exposure can be harmful and lead to skin cancer, so moderation is key.

Sunlight exposure can also elevate your mood by stimulating the production of serotonin, a "feel-good" hormone. Also, sunlight helps regulate your body's internal clock, aiding in sleep patterns. Always use sunscreen and people with lighter skin generally need less sun exposure.

Happier Poem

Mother's Joy

There's joy in caring for my family,
If I just do it willingly.

Making meals with garden goodies;
Baking a big batch of cookies.

Hanging laundry out in fresh air...
And many other duties
We mothers share.

Some not so fun, we do confess
Our tendency is to fret and stress;

But if we just keep this in mind,
We surely will proceed to find;

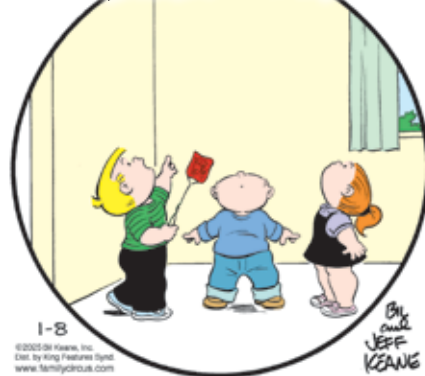
Whatever the task we need to do.
When done with love, it brings
Us happiness too!

— Thanks, A.M.W. Pennsylvania

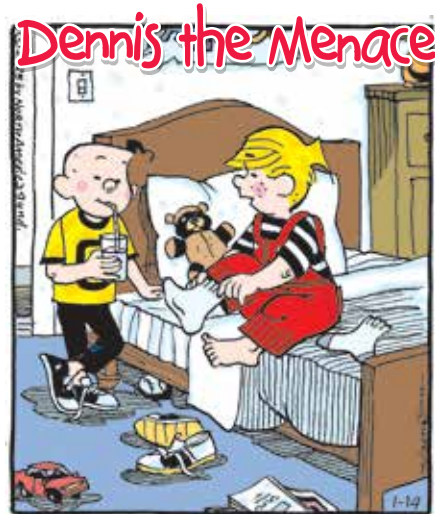


Laugh A Little

The FAMILY CIRCUS



"There he is! Somebody run upstairs and stomp on the floor!"



"I wear socks because sometimes my feet need a HUG!"

It's REAL

Sunflowers are used for food, dye, and fodder.

NOW THAT'S FUNNY!

A young lady who was driving a car became lost in a snowstorm. She didn't panic however, because she remembered what her dad had once told her. "If you ever get stuck in a snowstorm, just wait for a snow plow to come by and follow it."

Sure enough, pretty soon a snow plow came by, and she started to follow it. She followed it for about forty-five minutes. Finally the driver of the truck got out and asked her what she was doing, and she explained that her dad had told her if she ever got stuck in a snowstorm, to follow a plow.

The driver nodded and said, "Well, I'm done with the Wal-Mart parking lot. Do you want to follow me to my next job?"

Handy Hints

Fresh Cup Of Coffee

Have you ever wanted a fresh cup of coffee at work and it tastes like its been sitting around for awhile. Take two cups and write the time on the bottom cup and an arrow on the top cup. You can now twist the two cups to line up when the coffee was made.



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



Hello Tuesday!



Today's Happier Tip

Today, control yourself. Only have one big ice cream cone instead of two.

BILLBOARD of HAPPINESS

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



	E	R			O	N	I	N
I					T	R		
	O				E			
	D	E	N			E		

A A A A E G M N R R
S S T T T U V V W Y

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 22 letters leftover. **Have fun!**

ACORNS PINE CONES
APPLES RACE
BACKYARD REACH
BARK SCHOOL
BIRDS SCRAPED
BIRD'S NEST KNEES
BRANCHES SHADE
BRAVE SHOW OFF
BOYS SLIDE
DOWN SLOW
FALL SPRING
FOOTING STUCK
FUN SUMMERTIME
GRANDPARENTS SUN
GIRLS TO THE TOP
HOME TRUNK
LEAVES TWIGS
LIMBS WOODS

"TREE CLIMBING"

Bonus Words:

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

Answer on page 8

If you look for happiness



Page



Get Up Happier

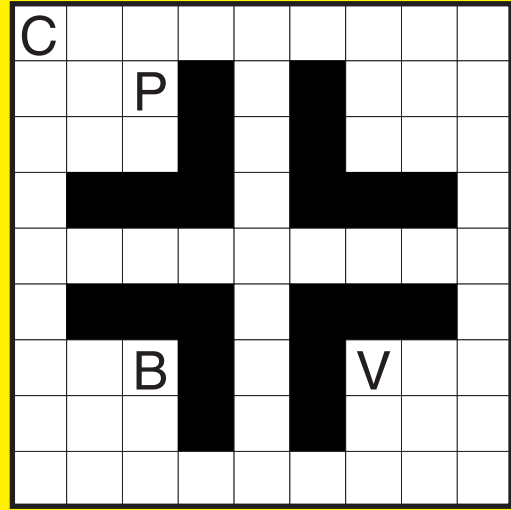
Fill That Need



Many people come and go during our lifetime. The greatest friends are those we hate to see depart from us. In the summer of my life, I have learned that being a friend requires more than simply doing something nice for someone else. We must care deeply for that person. Take time to listen, send a 'thinking of you card' during a time of grief. When we know of a need, do whatever we can to fill that need. — *By Nancy Gibbs*

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.



- | | | | | | | | | | | | | | |
|-----|-----|-----|-----|---|---|---|---|---|---|---|---|---|---|
| And | Def | Ndi | Rye | T | S | E | I | D | N | E | R | E | T |
| Ant | Ebb | Oar | Say | N | N | I | N | A | V | S | A | V | S |
| Ant | End | Opt | Sho | A | V | A | B | B | A | B | B | A | B |
| Ath | Est | Ord | Ssw | D | H | H | I | I | I | I | I | I | I |
| Aye | Est | Ran | Tre | N | O | L | H | L | O | N | E | R | E |
| Bar | Fti | Rap | Tri | E | R | I | A | T | R | I | A | T | R |
| Bye | Inn | Ref | Via | N | O | L | H | L | O | N | E | R | E |
| Cra | Ins | Rth | Vie | R | E | F | O | R | E | F | O | R | E |
| Cro | Lon | | | R | E | F | O | R | E | F | O | R | E |

Yea! It's Wednesday!

Today's Happier Tip Don't get even! Think I'll forgive and be happier.

Our President Said It



We have not yet reached the goal but . . . we shall soon, with the help of God, be in sight of the day when poverty shall be banished from this nation. — *Herbert Hoover*

It's probably right in front of you.

13 APR SUNDAY National Peach Cobbler Day	14 APR MONDAY National Gardening Day	15 APR TUESDAY World Art Day	16 APR WEDNESDAY National Cheesecake Day	17 APR THURSDAY National Cheesecake Day
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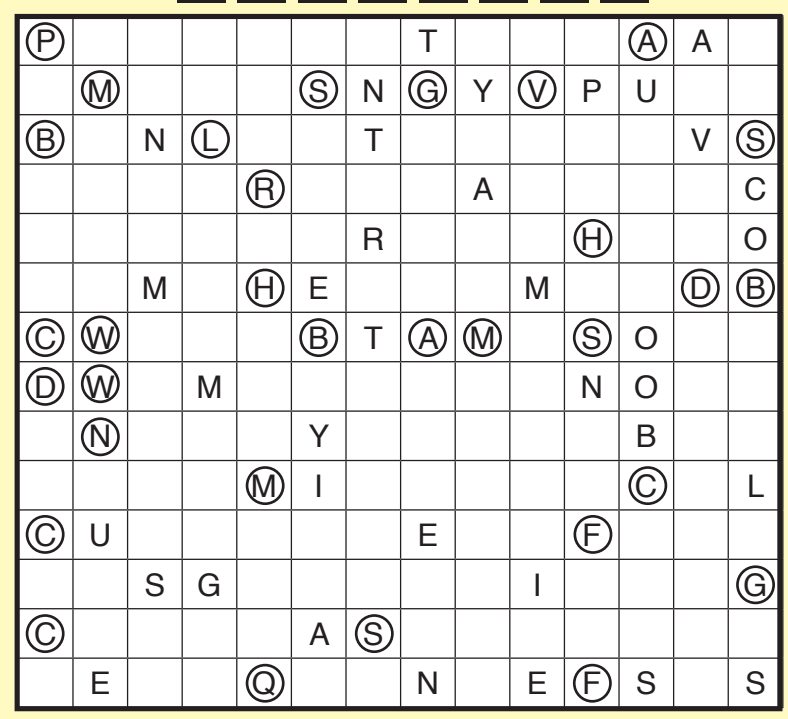
Circle Words

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.

- | | |
|------------|-------------|
| APIARY | HOBBY |
| ANTENNA | HONEY |
| BEE BREAD | LIFT |
| BROOD NEST | MASON |
| BUMBLE | MEADOW |
| BUZZ | MINING |
| CARPENTER | NECTAR |
| CELLS | POLLINATION |
| CHAMBERS | QUEEN |
| COMMERCIAL | ROYAL JELLY |
| COMB | SOCIAL |
| DANCE | SOLITARY |
| DRONE | SMOKER |
| FIVE EYES | SWARM |
| FLY | VEIL |
| GATHER | WAX |
| GLUE | WORK |
| HIVE | |

"BEE KEEPING"

Bonus words: _____



Happier Across America

Mason and Madison with their Papa Enjoying the Sawtooth Mountains in Idaho.
— Thanks Jessica Martin, Twin Falls, ID

Learning never exhausts the mind. — *Leonardo da Vinci*

Quick & Easy Crossword

KINDS OF BOXES

- ACROSS:**
- Find bills, magazines, and a letter in the ___ box.
 - Boots and sneakers are found in a ___ box.
 - Play in a ___ box with a pail and shovel.
 - Place your vote in a ___ box.
 - Find a ball, car, or doll in a ___ box.
 - Find daisies in a ___ box.
 - Unwrap a pretty ___ box.
- DOWN:**
- Listen to the tune in a ___ box.
 - Find a sandwich, apple, and a cookie in a ___ box.
 - Find sourdough or rye in a ___ box.
 - Find a map in a car's ___ box.
 - Find money in a ___ box.
 - Find a vitamin or an aspirin in a ___ box.
 - Find a hammer or wrench in a ___ box.



ANSWERS: Across 1-Mail 2-Shoe 3-Sand 4-Ballot 5-Toy 6-Flower 7-Gift Down 1-Music 2-Lunch 3-Bread 4-Glove 5-Strong 6-Pill 7-Tool

18 FRIDAY
APR



Good Friday 2025

19 SATURDAY
APR



Cutest Kids

Saylor, 23 months old and very content reading in the box.

— Chris Markovich, St. Louis, MO



This n' That

Jim's FBI Happenings

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



The giving of love is an education in itself.
— Eleanor Roosevelt

Word Search

GRANDPA'S WOODSHED —Grandpa's woodshed holds not only wood, but a wealth of history, secrets, and learning. Looking in all directions and using the clues, find the "Grandpa's woodshed" words.

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

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

Answers on page 8

Share It

If published, get paid \$25.
Send to: **SHARE**,
PO Box 99, Portland, TN 37148
or happierweek@gmail.com

Ask for your FREE 14-Steps To Happiness Booklet



Dear Dave **Compromises Are Part of Marriage**



Dear Dave,
My wife and I have been married for two years, and we both have good jobs. Together, we bring home around \$190,000 combined. We also have \$100,000 in a savings account, and no debt except for our mortgage. A couple of weeks ago, I was contacted about an opportunity to take a job in commercial real estate in my hometown. To be honest, this kind of work has been a dream of mine for several years. The problem is my wife is upset by the idea of moving. She says it's because she doesn't want to be even further away from her family, but it seems like something else is bothering her. Do you have any advice? —Freddie

Dear Freddie,
Anytime you're in a relationship and something like this happens, it's a little like making a sale in that you've got to dig out the real reason for the objection. It could very well be that she doesn't want to be further away from her family, and that's natural—to an extent. But like you said, there could be other factors involved.
There might be something in your past that bothers her, or something she doesn't want you to revisit. There may even be feelings of discomfort with your family for things that have happened or been said. It could also be the insecurity that goes along with a move, a new home and a new job. I don't know how far away you're talking about moving, but it could also be she's worried about leaving her job.
From a relationship standpoint, you two each need to lay your cards on the table and be honest with each other. Open up, and really talk about it. Otherwise, it's going to become a sore spot and cause even more problems. Part of marriage is making compromises. Sometimes compromises must be made by one, or both, people in order to do what's best for the relationship in the present and in the long run.
It could be that you just need an impartial referee. Would you both be willing to attend a few sessions with a good pastor or marriage counselor together? Talking to either one doesn't mean your marriage is on the rocks, but sometimes a compassionate and objective third party can help dig down below the surface to uncover issues and help find a reasonable solution to problems. I hope this helps. God bless you both, Freddie. — Dave

Jim Brady Shot! Not This Jim Brady!

March 30, 1981—I was told by the FBI that I had to leave immediately to go to Washington DC.
Arriving at 10 AM, I proceeded to the J. Edgar Hoover building. President Reagan, press secretary Jim Brady, and his Secret Service agent, had been shot approximately five blocks away.
After the suspect had been arrested, I telephone my wife Verna in Memphis. "Honey, you've been shot. Are you ok," Verna asked. I advised her that I was OK, that it was Regan's Press Secretary, Jim Brady, that had been shot.
What we FBI agents and family go through to help keep America safe is sometimes real tough. But your happiness is our reward. *See you next week.* —Jim.



James Scott Brady was an American public official who served as assistant to the US president and the 17th White House Press Secretary, serving under President Ronald Reagan.

This Week In History

- April 13, 1943** – Franklin D. Roosevelt dedicates Jefferson Memorial.
- April 14, 1828** – 1st edition of Noah Webster's dictionary published.
- April 15, 1955** – Ray Kroc starts McDonald's chain of fast food restaurants in Illinois.
- April 16, 1962** – Walter Cronkite begins anchoring CBS Evening News.
- April 17, 1970** – Apollo 13 returns back safely to Earth.
- April 18, 1995** – Quarterback Joe Montana announces his retirement from football.
- April 19, 1949** – Yankees dedicate a plaque for Babe Ruth.

Hidden Puzzle

YOUNG FLORENCE NIGHTINGALE

The dog likes playing hospital, but the cat wants to escape. Find a baseball cap, open book, salt shaker, egg, hammer, pumpkin, mask, pear, carrot, fish, canoe, ladle, and a boot hidden in the picture.



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Answers on page 8


Brain Teasers

Brain teasers help keep our brains in tip top shape by using our brain power in different ways. Find the correct shadow. **Answers on page 8**



Did You Know...
Food costing \$20 in the year 1913 would cost over \$600.00 in 2025 for an equivalent purchase.

If you find it, share it with others.



Page 5

Words Of Wisdom



Many believe - and I believe - that I have been designated for this work by God. In spite of my old age, I do not want to give it up; I work out of love for God and I put all my hope in Him. —Michelangelo

This Week's Scrambles

1. I tunconeI ym paperhi runyejo thwi snifershidp.
2. oT moceeb a beertt psnore stake a tib fo mite.
3. sA l etg dlero, l fdin my retu sinerdf.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

Make this weekend happier by calling at least three people you love.

Laugh A Lot



Why does yogurt love going to museums?

Because it's cultured.

Why didn't the gardener plant a herb garden?

He couldn't find the thyme!



What Am I ?

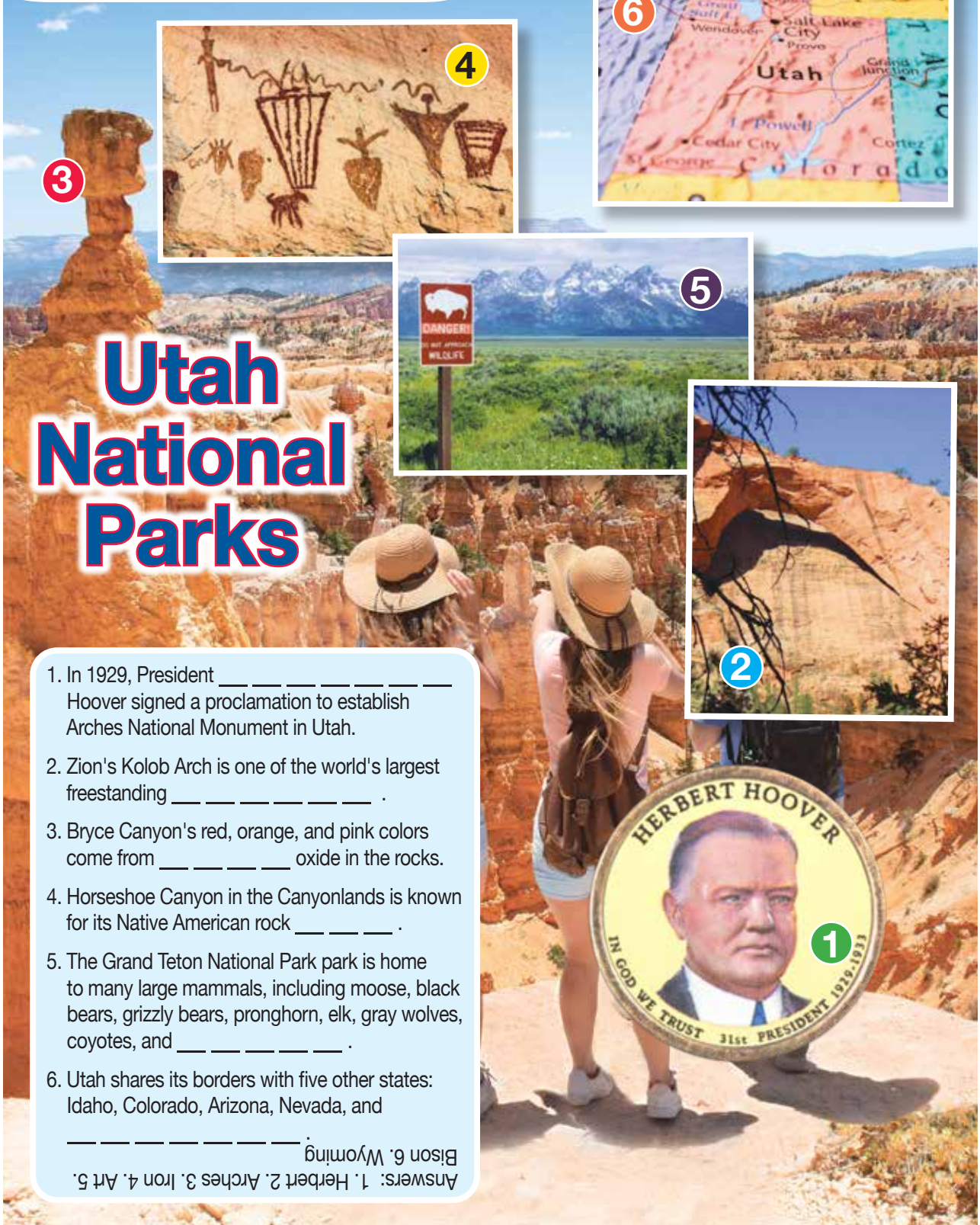
1. I'm on call 24/7 when at work.
2. You could find me on a bridge.
3. Long ago I would navigate by using the stars.
4. I may not step onto land for weeks.

Answers on Page 8

Keep sharing your happy thoughts.



Cruisin' Around



Utah National Parks

1. In 1929, President _____ Hoover signed a proclamation to establish Arches National Monument in Utah.
2. Zion's Kolob Arch is one of the world's largest freestanding _____.
3. Bryce Canyon's red, orange, and pink colors come from _____ oxide in the rocks.
4. Horseshoe Canyon in the Canyonlands is known for its Native American rock _____.
5. The Grand Teton National Park park is home to many large mammals, including moose, black bears, grizzly bears, pronghorn, elk, gray wolves, coyotes, and _____.
6. Utah shares its borders with five other states: Idaho, Colorado, Arizona, Nevada, and _____.

Answers: 1. Herbert 2. Arches 3. Iron 4. Art 5. Bison 6. Wyoming

AT THE VET'S OFFICE SCRAMBLE



1. CSERIMPOOC
2. CESAG
3. TASTER
4. MINAALS
5. EEEDNL
6. CURETNO
7. CENDMIIE
8. ENICTANHCI
9. SODG
10. USERYGR

Unscramble the letters below to find the names of ten things that are associated with board games. 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-MICROSCOPE 2-CAGES 3-TREATS 4-ANIMALS 5-NEEDLE 6-COUNTER 7-MEDICINE 8-TECHNICIAN 9-DOGS 10-SURGERY
Hidden Words: PET'S DOCTOR

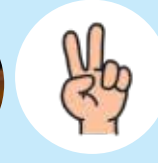


For the Love of PETS

Dogs only sweat from the bottoms of their feet, and the only way they can discharge heat is by panting.



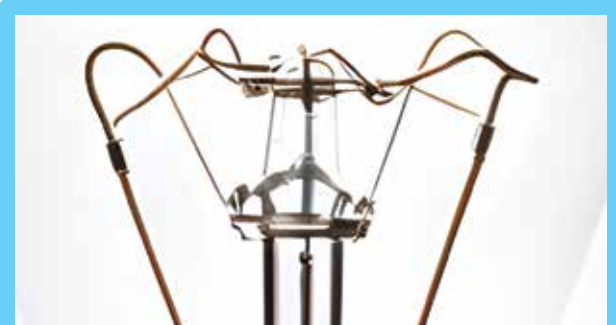
How quickly can you say?



the



Answers on Page 8



GUESS WHAT I AM

Happier Kitchen

Potato Soup

- 6 potatoes, diced
- 1 c. white onion, finely chopped
- 1/2 stick butter
- Dash of Salt
- Ground pepper, to taste
- Milk, to taste



Boil potatoes and onion in water; drain. Stir in butter; then mash potato mixture. Sprinkle in salt and pepper to taste. Stir in enough milk to make soup the right consistency. Serve warm. **Enjoy!**

Find This Week's . . .

"IN LOVE" WORDS



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

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.

- | | | |
|-------|------|--------|
| FLIRT | WINK | TALK |
| LOOK | OH | SIGH |
| SMILE | LOVE | DREAMY |
| HUM | SEE | |

Answer on page 8

Precious Pets



My new friend from the local pound brings me happiness.

—Thanks, Reader Dennis, Adelanto, CA

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"



NO TOUCHY

Porcupines have around 30,000 quills that cover their bodies. These quills are hollow, sharp, and lightly attached, making them easy to shed when a predator approaches. Baby porcupines are called porcupettes. They are born with their eyes open and can climb.

Get A Kick

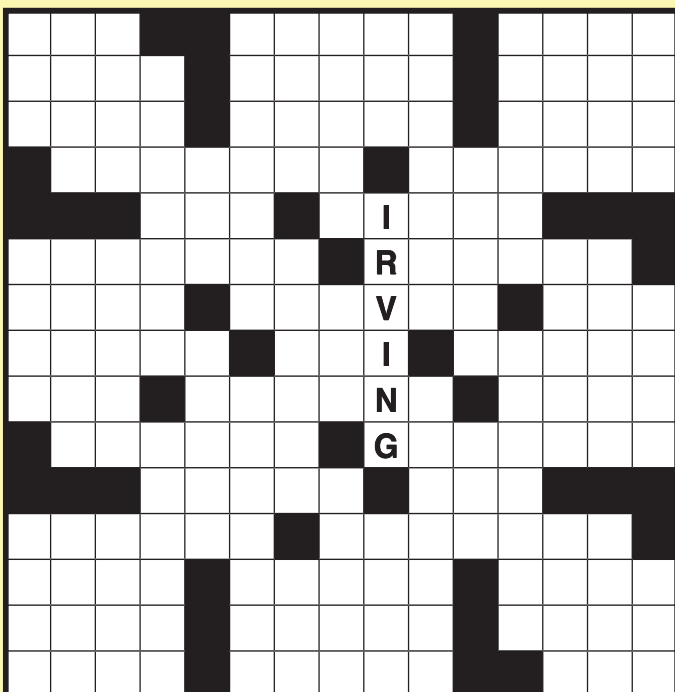
Sixteen year old Jimmy was driving solo for the first time after getting his drivers license. His car phone rang and he hears his mother. "Jimmy, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!"

Jimmy replies, "It's not just one car. It's hundreds of them!"



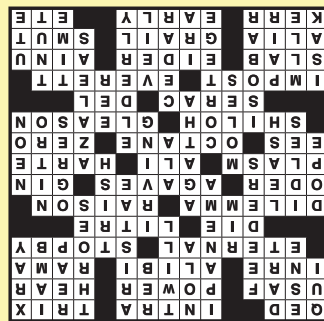
Fill-It-In

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 | NEON | NITRO | STOP BY |
| ALA | NOLA | OGRES | THROES |
| ALI | ODER | PLASM | |
| DEL | PAIR | POWER | 7 LETTERS |
| DIE | RAMA | SERAC | ARISTAE |
| E'ER | REAP | TRISH | AZALEAS |
| EE'S | SLAB | TWILL | CORTEGE |
| ETE | SMUT | | DILEMMA |
| GIN | TIME | 6 LETTERS | ELDERLY |
| IRA | T-NUT | AGATHA | ETERNAL |
| Q.E.D. | TRIX | AGAVES | EVERETT |
| QUI | U.S.A.F. | IMPOST | FEEDERS |
| REB | VEIL | IRVING | GLEASON |
| RIM | X-RAY | ISOBAR | IPANEMA |
| UTE | ZERO | OCTANE | |
| | | RAISON | |
| | | SHILOH | |

- | | |
|------------------|------------------|
| 4 LETTERS | 5 LETTERS |
| AINU | ALIBI |
| ALIA | CEDAR |
| DART | EARLY |
| DOPE | EIDER |
| ESNE | GRAIL |
| HEAR | HARTE |
| IAMB | IDLES |
| IN RE | INTRA |
| ISAK | LEASH |
| KERR | LITRE |
| MLE. | MOLES |



Look and **LEARN**
 The US is the third most popular tourist destination in the world.



Trivia Fun

Answers on page 8

1. What did Abe Lincoln do unlike any other president?
2. When was the worst hurricane to hit Charleston, SC and what was its name?
3. Who was the first Postmaster General?



Oh My Goodness It's Friday!

Today's Happier Tip

Love everyone! Especially yourself!

Thank You Mail

Dear Happier,
 I want to give a big thanks to Courtney's Thriftyway Pharmacy, in Arnaudville, LA. Every employee that works there is so wonderful and chipper. The staff is knowledgeable and professional. They are truly making our town happier.



We're Gettin' HAPPIER!



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Block is different. 2. Arm is longer. 3. Sleeve is shorter. 4. Wall is shorter. 5. Pillow is smaller. 6. Tree trunk is different.

Weekly Safety Tips

What's Your Number?

It seems like everyone has a cell phone these days and we all use speed dial. If you were out somewhere and you lost your phone or the battery went dead, do you have phone numbers memorized? Keep a list of phone numbers in your purse or wallet for emergencies.



Thank God for Saturday!

I hope we bring a smile to your face. Maybe you can share your smile with others.

Fun Facts

- * **ROLLING IN THE DOLLARS...** Henry Ford was America's first billionaire.
- * **SMILE OVER AND OVER AND OVER...** The average American takes about 60 photographs a year.
- * **LIGHTWEIGHT...** A typical eggshell takes up 12% of an egg's weight.
- * **ALWAYS ON THE RUN...** The second most popular place to eat breakfast in the United States is the car.



Get **HAPPIER** Tips

Join a community group. Getting together with people in your community will make you feel a deeper connection with your community.



Doctor Mike Says . . .

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

Easing Autoimmune Symptoms

Between 24 and 50 million Americans have an autoimmune disease. (That wide range in numbers gives you some indication of how hard they are to diagnose and how often they're overlooked). More common conditions include lupus, psoriasis and rheumatoid arthritis. Sarcoidosis, Addison's and vitiligo are much rarer.

While every condition causes its own set of symptoms, there are some universal steps anyone with any autoimmune disease can take to make each day better, according to the Office of Women's Health. (Women develop 78% of all cases.) These techniques are aimed at helping reduce inflammation, calming the immune system response, and helping your body develop resilience. But always talk to your doc before taking any over-the-counter drug or supplement.

1. If you have pain, 15 minutes of meditative imagery, two or three times a day, may help. Put on calming music. Lie back on a comfortable chair or sofa. Close your eyes. Imagine your pain or discomfort. Then imagine something confronting and defeating the pain and sending it away.
2. Meditation and deep breathing can also reduce stress, helping to tamp down pain and depression.
3. Doctor-recommended exercises, such as yoga or tai chi, may be helpful.
4. Make sure you avoid inflammatory, highly processed and sugar-added foods, and red and processed meats.
5. Aim for seven to eight hours of quality sleep a night. Having problems? Arrange to see a sleep specialist.



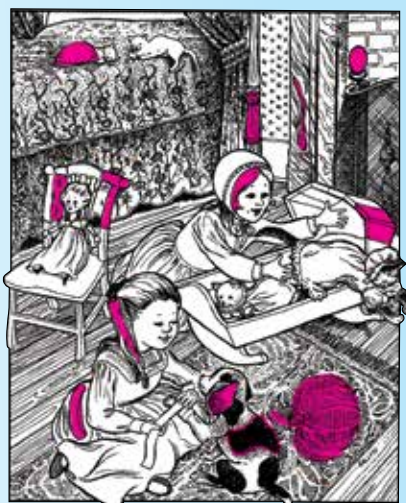
Answer Section

PG.7
"IN LOVE" WORDS
Hidden Word:
YOU MAKE
MY HEART SKIP

- PG.7 **Trivia Fun**
1. LINCOLN WAS THE ONLY PRESIDENT TO EVER OBTAIN A U.S. PATENT.
 2. SEPTEMBER 21-22, 1989; HURRICANE HUGO
 3. BENJAMIN FRANKLIN

PG.5 **WORD SEARCH**

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



Toy Blocks:
On Pages: 4,5,6,7,8
MY APPLE IS JUICY

Hide & Seek:
On Pages: 4,5,6,7,8

PG.5 **Brain Teasers**
THIRD ONE

PG.6 **What Am I**
BOAT CAPTAIN

PG.2 **Crossword**

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

PG.3 **Secret Words:** A PASTIME OF BOYS AND GIRLS

PG.6 **Guess What I Am?** LIGHT BULB

PG.3 **Billboard of Happiness:**
EVERY MORNING IS A START TO A NEW ADVENTURE

PG.6 **How Quickly Can You Say?**
YOU NEED TO CLOSE THE DOOR

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

1. I CONTINUE MY HAPPIER JOURNEY WITH FRIENDSHIPS
2. TO BECOME A BETTER PERSON TAKES A BIT OF TIME
3. AS I GET OLDER, I FIND MY TRUE FRIENDS

PG.4 **Circle Words:** AN UNCOMMON BUSINESS

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

SUDOKU

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