



MAKING YOUR WEEK Happier

MAY 11-17



A Big thanks
to All the Mothers

From Our Readers

Life's Race



I've experienced many times when things don't work the way they should. And here's my take on why. If we succeeded the first time, there would be no reason for another try. But thankfully, this is not the case, for there are numerous starting points, especially in life's race.

— Thanks, Jimmie Oliver Fleming, Chester, VA

Days Gone By

I Didn't Break Anything



I was working in Manhattan, and I didn't like it much. The main reason was that I had to take the morning train, and all the pushing and shoving of the riders was hard to bear.

I'd grown so used to walking down the subway steps that I didn't think to be careful. Suddenly, my heel got caught on something, and down I went. I reached the bottom with a thud, but luckily, I didn't break anything. Trying to regain my composure, I asked a kind stranger to call my father from the public phone booth nearby. He agreed to help and made the call.

Dad arrived very quickly and I gave him a big hug and a kiss. He had always been such a comfort and came to my rescue whenever I needed him. I thanked him profusely, but he just smiled and said there was no need to thank him. "That's what dad's do," he said. I continued working in Manhattan until I retired after twenty-one years as a secretary. I did, however, make sure to be extra careful on the subway steps from that day forward.

— Thanks, Suzan Wiener, SpringHill, FL

Riddle



What goes up,
but never comes
down?

Answer:
Your age!

My Mom Really Loved Me

I was fortunate, but I didn't realize it when I was in grade school. We were poor, and I felt I would never have a chance to be helpful. You see, Mom had to take care of my two grandma's. I had to help.

When I became a teenager, I drove my grandma's to the grocery store and helped them in many other ways. Mom made me feel good about helping.

Her best advice was, "Sonny, Dad doesn't make enough money to put better food on the table. If you want it better, you are going to have to work for it!"

"Hey Mom, you would be 104 this year. Your love and advice has been with me for 86 years. Thank you for loving me."

—by Gilbert Wilks, publisher



Do The Best You Can

A favorite childhood memory happened when after studying hours for a third-grade spelling contest, I placed only second. My father listened to my disappointment and then taught me a lifelong lesson: "When you do the best you can," he reassured me, "that is good enough." Even today my best might not be the best, but I am still proud of it.

Teachers know that sometimes parents grant special rewards to one child who easily earns an "A," while a second child works hard to receive an unrewarded "C." God favors children (and adults) with individual gifts. Perhaps those who learn early-on that their personal best is good enough will find more joy and satisfaction in new adventures and endeavors. — Thanks, Ramona Ufen, Miller, SD



Happier Happenings

Today's Happier Tip



I Love Sunday

A good mother is there for you your whole life.
Let us make mothers day special for her.



We Love Our Hometown

Eagle Store is Making Rochester Minnesota Happier



Eagle Store is a family-owned business in Rochester, Minnesota with affordable and convenient products. The gift store has been in business for many years and is a favorite for many people. They have almost everything you are looking for regardless of how unusual or basic. This family-owned business is well-liked in the community and go out of their way to make you feel welcome.

You'll find a lot of fun things to do in Rochester, MN. The beauty, and charm of Rochester with parks, historical sites, galleries and theaters. Explore downtown stores, restaurants, skyways and underground walkways.



Oxbow Park and Zollman Zoo are a campground and zoo located in Olmsted County, Minnesota about 4.5 miles west of Rochester. It houses over 30 species of animals native to Minnesota. The zoo is named after Dr. Paul E. Zollman. Some of the animals include a wolf, bald eagle, white-tailed deer, coyotes, bobcat, river otters, bison and cougar.

It's a donation-based zoo, but a donation isn't required. They have an indoor nature center to learn about some of the animals and it's fun for all ages.



Yes! Big Monday



Today's Happier Tip

Today, I will share some inspirational conversation with those around me.

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Gilbert Wilks, Publisher, Editor-In-Chief;
Diane Wilks Nolan, Assistant Publisher
Keith Vasconcelles, Editor and Designer;
Sharon Ryan, Customer Service;
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Contributing Editors:
Lynda Vandiver, Nancy Gibbs

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Favorite Crossword

- ACROSS**

 - 1 Adore
 - 4 Saint, abbr.
 - 6 Month's name
 - 8 Lyric poem
 - 9 A heavenly body
 - 11 Hither & ____
 - 12 Entice
 - 13 Upon
 - 15 King ____
 - 17 Worn in battle
 - 21 To rise high
 - 23 Knobs
 - 25 Be quiet
 - 27 To pick out the bad
 - 29 Behold
 - 30 Uneven walk
 - 31 Toward the top
 - 32 "S" shaped curve
 - 33 Advertisement
 - 34 A circle
 - 35 Soft rustling sound
 - 36 Collection
 - 38 To give food
 - 40 Sound of hesitation
 - 41 Devoured
 - 42 A way to cook
 - 44 Neglect
 - 46 Biblical "you"
 - 48 Underwriters Laboratories, abbr.
 - 49 Extent, amount
 - 50 Put forth effort
 - 52 Large cat
 - 55 Large bird
 - 57 Old Testament book
 - 58 Motels
 - 61 Mother
 - 63 Destroyer escort, abbr.
 - 64 Repeating sound
 - 65 Article of clothing (plural)
 - 67 A church
 - 68 Dry up
- DOWN**

 - 1 Faithful
 - 2 A smell
 - 3 Air opening
 - 4 Way to drink
 - 5 Sticky substance
 - 6 I
 - 7 Small particle
 - 9 Elegant
 - 10 Close
 - 14 Aristocratic
 - 16 Hinged metal fastening
 - 18 Becomes aware
 - 19 The majority ____
 - 20 Spread w/force
 - 22 Things brought in
 - 24 Earth
 - 25 Employ
 - 26 A brown color
 - 28 Expression of repulsion
 - 30 High & lifted up
 - 31 Employs
 - 37 A planet
 - 39 Money (slang)
 - 43 Type of drink
 - 45 A jewel
 - 47 A musical study
 - 51 A rising agent
 - 53 Thing on list
 - 54 A cereal
 - 56 Vim; vigor
 - 59 New Hampshire, abbr.
 - 60 At this present time
 - 62 "We ____ going"
 - 64 Elevated railroad
 - 65 In; on; by
 - 66 Word of choice

Answers on page 8.



Sharing Happiness



Let the sponsor know you love Happier!

Happier Kitchen

Rhubarb Torte

- 1 graham cracker crust
- 1½ c. sugar
- 3 Tbsp. cornstarch
- ½ c. water
- 4 c. rhubarb
- Few drops of red food coloring
- 1½ c. miniature marshmallows
- 2 c. Cool Whip whipped topping
- 1 pkg. instant vanilla pudding mix

Combine sugar and cornstarch in a bowl. Add water and rhubarb. Transfer to a stove top pan and bring to a boil. Reduce heat and cook 2 to 3 minutes. Add a few drops of red food coloring and stir well. Spread on graham cracker crust and cool. In a separate bowl, fold miniature marshmallows into Cool Whip and spread on rhubarb mixture in graham cracker crust. Prepare instant vanilla pudding according to directions and pour over Cool Whip. Chill. **Enjoy!**





HIDE and SEEK



Can you help round-up five more ice cream cones?

Answers on page 8.



Love your

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.

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

REMEMBERING OLD FRIENDS

I oftentimes remember my childhood days and the endings of the school years when I was a child. I was happy to be finished with that school year, but saying goodbye to my friends wasn't always easy. One friendship is too many to lose. So let's vow to keep up with our old friends. It is easier today, with the Internet and the social sites to keep in touch.

- Call on a regular basis. Even if it's only once a year, make that call.
- Write notes either online or by snail mail.
- Share old pictures on online social sites.
- Get together for dinner at the places where you once shared birthday parties or end of the year sporting parties.
- Attend high school reunions. You may not see all your friends, but many of the ones there will know where the others are. This will enable you to reconnect later.
- Purchase a copy of your hometown newspaper and keep up with the happenings. You may be surprised whose pictures you might see. — By Nancy Gibbs



Get Happier Tips

Health Tip

Leafy Greens Benefits



Some leafy greens are considered "better" than others from a nutritional standpoint, with darker leafy greens generally packing more vitamins and minerals like vitamin K, A, and C, with options like kale, collard greens, and Swiss chard often considered top choices compared to lighter lettuce varieties like iceberg lettuce; however, all leafy greens offer health benefits and should be included in a balanced diet.

Handy Hints

Cleaning With A Tennis Ball



Do you have scuff marks on your floors? Try using a tennis ball with a little warm water. With the tennis ball being round, there is more of a pressure point when trying to remove scuff marks.

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

Happier Poem

A Prayer

Dear God, bless this home
With your peace and love.
May all who enter here
Experience your calming embrace.

May we be filled with kindness
Patience and understanding
Toward one another and
May we always seek to bring
Joy and Harmony into our home.
Amen

—Sharon Harvey, Page, NE

Laugh A Little

The FAMILY CIRCUS



"Daddy, how old were you when you were my age?"



"My mom's trying not to outgrow any of her clothes!"

It's REAL

Missouri and Tennessee are the two states that border eight other states each.

NOW THAT'S FUNNY!

When our newest grandson arrived home from the hospital, one of his siblings, age four, noticed where the umbilical cord was and became concerned about the big scab. His mom told him it would fall off and leave a belly button. He raced to tell his news to another brother, age seven, who nonchalantly replied, "Well, ya! That's where his extension cord was!"



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 21 letters leftover. **Have fun!**

BED	PANCAKE
BENCH	PATIO
BOOK	PIER
COOKIE	PIZZA
COUNTER	PLATE
CUTTING BOARD	PLATTER
DESK	RAFT
DIME	RUG
DOCK	RUNWAY
ENVELOPE	RULER
FEET	SHELF
FLOOR	SKILLET
FRIED EGG	SKIS
JAR LID	SLAT
MAGAZINE	SPATULA
MAT	STREET
MIRROR	TABLE
OMELET	TERRACE
PADDLE	TILE

Answer on page 8

"THESE ARE FLAT"

Bonus Words:

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

BILLBOARD of HAPPINESS

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



	A		E			O		E		
	R		S				R		A	
	O			A		E				
	I	T				I		N		R

B D D E E E F H H H
K M M N S T V W

Answers on Page 8


My mother is one
in a million.



Page




16 MAYFRIDAY



Bike-to-Work Day

17 MAYSATURDAY



National Learn to Swim Day

Cutest Kids

This little cutie is making our lives happier.

—Thanks Kenzi Dawn, Lake Andes, SD



Love takes up where knowledge leaves off.
— Thomas Aquinas

Word Search

DAILY SOUNDS –Sounds are all around us as we go about living our daily lives. Looking in all directions and using the clues, find the words related to “daily sounds.”

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW


WH...	CL...	YE...
CL...	CL...	WH...
RA...	VI...	WH...
PE...	RA...	BE...
YE...	PU...	CH...
RI...	BA...	BA...
BU...	HU...	

Answers on page 8


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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

I'm in 11-foot and 13-foot Snake Territory

We were in the Nashville area and had a warrant to search a house in south Nashville. When we arrived and found no one at home, it was necessary to break into the house through the front door.

I was one of the first to walk in, and as I looked around the room very quickly, I noticed a large python snake lying along the baseboard of the living room. I looked along the baseboard of the right side of the room, and noticed another python snake, which was even longer. I stated to the agents, “You can have this house.”

One of the agents said that he could handle both of the snakes, and that’s what he did. He called the Nashville zookeeper, and they delivered two large cages.

We did finish searching the house in a very cautious way. No other snakes were found. A large amount of dope was located in the attached garage.

So now you know. I don’t want to see anymore snakes. Obey the laws, and have a happier week.

See you next week. —Jim

Dear Dave



Approach it Like a Sales Call

Dear Dave,

I had an interview for a sales management position during the first week of January. Since then, I've sent two follow-up emails. One was to thank the human resources representative for their time and for considering me for the job. In the second, I reiterated my interest in the position and desire to work for the company. Was this a proper and professional approach? If not, how would you suggest handling things after a first interview?

—Tiffany

Dear Tiffany,

In this situation, I would recommend sending another email. You want to walk right up to that fine line that separates bold and confident from pushy, because that's one of things a good sales manager should be able to do. Thank them again for their time, and respectfully tell them you understand any hiring decision can be a lengthy process, but you'd like to know when you can expect an answer.

I'm talking about using your experience and the idea that you're a great sales person, who has transformed herself into a great sales manager. In other words, treat it almost like a professional sales call. And don't be afraid to have a little fun with it. If you're still under consideration, that means they like you and you have a shot at the position. You might even hint at the fact they don't want to hire a sales manager who doesn't know how to follow up.


You obviously have sales skills if you worked your way up to a manager's position. So, put those skills to work. If you're on a sales call, and the customer needs to perform some due diligence before deciding, a smart salesperson will request to schedule a follow-up. In your email, ask if checking back on a certain day in the next couple of weeks will work. You don't want to be obnoxious, but you're looking for an appointment of sorts—a time frame—so you'll know when to follow up without seeming pushy or desperate.

I hope this helps, Tiffany. Good luck! —Dave

Hidden Puzzle

BEAVERS SWIMMING

It's a day at the beach for these fun-loving beavers. In this picture can you find the thirteen hidden objects? They are a ladybug, comb, envelope, spinning top, pair of jeans, kite, hourglass, toucan, fish, banana, bird, butterfly, and a turtle.



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Answers on page 8

This Week In History

May 11, 1927 – Louis B. Mayer forms Academy of Motion Picture Arts and Sciences.

May 12, 1908 – Wireless Radio Broadcasting is patented by Nathan B. Stubblefield.

May 13, 1992 – 3 astronauts simultaneously walked in space for the 1st time.

May 14, 1804 – Lewis and Clark set out from St. Louis for Pacific Coast.


May 15, 1940 – 1st nylon stockings sold in U.S.

May 16, 1965 – Spaghetti-O's 1st sold.

May 17, 1884 – Alaska becomes a U.S. territory.


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...

Mother's Day in the United States originated from the efforts of Anna Jarvis, who wanted to honor her mother, Ann Reeves Jarvis. Anna held the first official Mother's Day celebrations in 1908, and President Woodrow Wilson made it a national holiday in 1914.



As a adult my mother makes sure

Page 5

Words Of Wisdom




True friendship multiplies the good in life and divides its evils. Strive to have friends, for life without friends is like life on a desert island... to find one real friend in a lifetime is good fortune; to keep him is a blessing.
—Baltasar Gracian


This Week's Scrambles

- 1. gEnnojyi file si pu ot ouy nda rouy oookutl.
- 2. Meyon si tno sinsapehp, a doog derfin si slipceres.
- 3. epeK ilef emipls nad onjye hte ady.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

Let's remember to take care of ourselves mentally, physically and emotionally.

Laugh A Lot



What do cats call mice on roller skates?
Meals on Wheels

What did the hungry computer eat?
Chips, one byte at a time.

The boss comes out of his office and asks his new receptionist why she's not answering the phone.

She said, "Nine times out of ten, it's for you!"



What Am I ?

- 1. Some days you can see me and others you can't.
- 2. You can only see my front side and not the back.
- 3. I pull the ocean towards me.
- 4. Neil Armstrong visited me on 1969.

Answers on Page 8

I'm warm and fed.

Cruisin' Around




3



6



5



1



4



2

Lexington, Kentucky

1. Lexington, comes from the Massachusetts town of Lexington, where the first battle of the American _____ took place.

2. Mary Todd _____ was born in Lexington and served as the First Lady for the 16th president.

3. The Kentucky _____ began publication in 1787 in Lexington and the final issue was published in 1910.


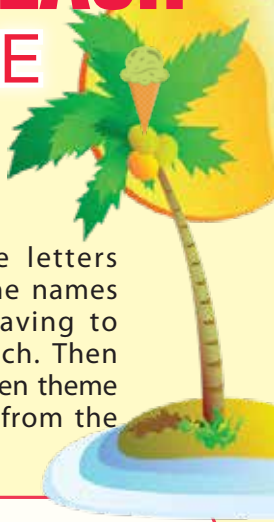

4. Lexington was known as the "Athens of the _____" due to the institutions like Transylvania College, theater, and musical society.

5. Keeneland, in Lexington, holds world-class thoroughbred _____.

6. Kentucky borders West Virginia, Virginia, Tennessee, Missouri, Illinois, Indiana and _____.

Answers: 1. Revolution 2. Lincoln 3. Gazette 4. West 5. Races 6. Ohio

A DAY AT THE BEACH SCRAMBLE



1. ISHTRSFA

2. TOAB

3. WISM

4. ILSAING

5. FDILEGURA

6. YSK

7. EWOTL

8. APLI

9. SMWTIUSI

10. SEAVW

Unscramble the letters below to find the names of ten things having to do with the beach. 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-STARFISH 2-BOAT 3-SWIM 4-SAILING 5-LIFEGUARD 6-SKY 7-TOWEL 8-PALE 9-SWIMSUIT 10-WAVES

Hidden Words: FAMILY TIME



For the Love of **PETS**

The bend in a flamingo's leg isn't a knee —it's an ankle.



How quickly can you say?

Do   

  like a 

Answers on Page 8



GUESS WHAT I AM

Pecan Kisses

- 2 egg whites
- 1½ c. brown sugar
- Large pecan halves

Preheat oven to 250°F. Beat egg whites until very stiff with an electric mixer; add brown sugar gradually beating well after each addition. Dip pecan halves in egg white/brown sugar batter. Then place pecan halves on a sprayed cookie sheet. Bake at 250°F for 30 minutes. Turn off oven and let pecans cool under light in oven. Store in airtight container. **Enjoy!**



Precious Pets



Juno and Colette keeping warm in Rochester, New York
—Thanks, Dalton Stenz, Rochester, NY

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”



IS CORAL A PLANT?

Coral is in fact, a animal. Coral is made up of thousands of tiny animals called polyps. A large group of polyps form a colony. The polyp uses calcium carbonate to build a hard, cup-shaped skeleton to protect itself.

Find This Week's . . .

“MOTHER’S DAY” WORDS



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

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

- WORK
COOK
IRON
- HELP
CLEAN
- SEW
LOVE

Answer on page 8

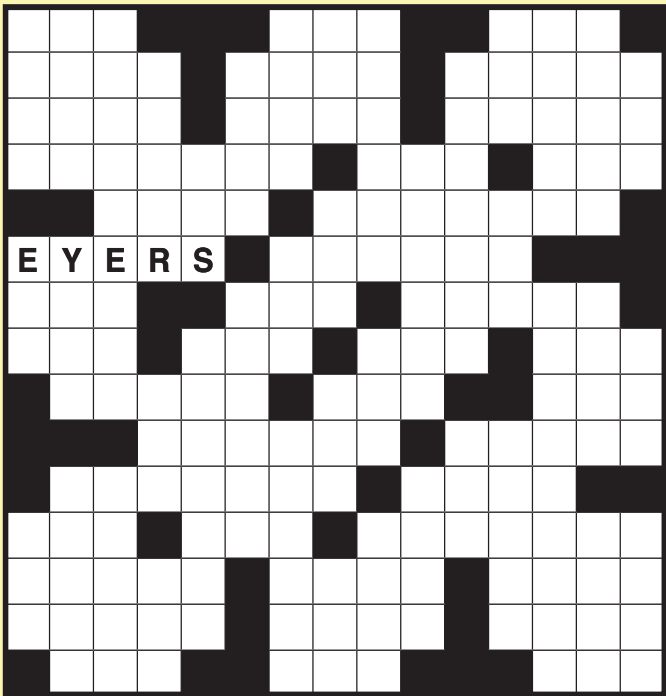
Get A Kick

An 84-year-old woman was pulled over for speeding. The young officer asked, "Why were you speeding?" The older woman replied, "I had to get somewhere before I forgot where I was going!"



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
AID
ATE
BEL
CSA
DER
EDA
E'EN
EER
EGO
FAX
FEW
FOP
FPA
GAD
GEM
HEY
ILO
LAI
LSU
MTS
NEE
OSS
PRS
RAT
SIT
STE
STY
- 4 LETTERS
ADES
AUDI
DOES
ELLA
ETAT
HADE
IOLA
NARD
ORDO
RAGU
REDO
REUP
RTES
SPOT
TROD
VEES
VENI
VETO
YEAR
YETI
- 5 LETTERS
BEARS
DAISY
ELIHU
ENERO
EXCEL
EYERS
HANOI
IDLER
MOSEL
ODIST
ON CUE
PALOS
POESY
SANER
- 6 LETTERS
CRANIA
- 7 LETTERS
FEARFUL
HELENAS
HESSIAN
POURS ON
PRESLEY
SAINTED
- 9 LETTERS
DELIVERED
STRAINERS
- EUDORA
LOWERS
SAILED
SENDER
UPRISE



Look and **LEARN**

The average person walks the equivalent of three times around the world in a lifetime.



Trivia Fun

Answers on page 8

1. What living organism can be 30 times the size of a blue whale?
2. What creature proved to be much faster than a horse in a 1927 race in Sydney, Australia?
3. What is the biggest specie, of the cat family?



HAPPIER!
Mother's Day



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Chair is missing. 2. Back of man's chair is shorter. 3. Brick is missing. 4. Newspaper is longer. 5. Table is longer. 6. Shoes are different.

Weekly Safety Tips

Trash or Donate

To properly get rid of old paint, you can dry it out completely and throw it in the trash if it's latex-based. You can also take it to a hazardous waste collection center if it's oil-based. If the paint is still in good condition, you could donate it to a local charity, school, or community project.





Thank God for Saturday!

Today's Happier Tip

We hope you are enjoying the Happier Newspaper. Do you have a happy story you want to share?

Fun Facts

- * **ON THE MOVE...** The average human moves 25.4 times during sleep in a day.
- * **NATURE'S STRONGMAN...** The ant can lift things 10 times its weight.
- * **STANDING TALL...** There is a large brass statue dedicated to Winnie the Pooh in downtown Lima, Peru.
- * **A LADY'S NAME...** A female cat is called a *queen* or *molly*.
- * **WRITE IT DOWN...** Just 6% of people say they keep a daily diary.



Get **HAPPIER** Tips

Spicy foods that containing chillies or cayenne pepper trigger endorphins, the feel-good hormones.



Doctor Mike Says . . .

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

How To Reduce Your Risk For Postpartum Depression

It's tough to know how many people suffer postpartum depression (there's indication that men can have it, too), but for women, it's thought to be 13% or more. And it has increased dramatically over the past decade or so, with a 60% increase among whites and a 140% increase among Blacks, according to a study in the American Journal of Obstetrics and Gynecology. This increase can be correlated with the increase in sedentary behavior and obesity.

Now a new study in BMJ Sports Medicine has found that as little as 80 minutes weekly of moderate-intensity exercise, such as brisk walking, water aerobics, stationary cycling or resistance training, cuts the risk for postpartum depression nearly in half and eases the severity of depression and anxiety if it does occur.

According to ACOG, you should consult your obstetrician before starting an exercise routine when you're pregnant. Ask about modified yoga and Pilates routines, and experienced runners or joggers should discuss how to continue the activity during pregnancy.

If you are overweight or obese, we suggest you consult a nutritionist to find out how to manage potential pregnancy weight gain that will only make exercise — and the pregnancy — more difficult. (If you are not yet pregnant but are thinking about it, make a plan to lose weight first.)

For more help having a happy postnatal experience, check out our books "YOU: Having a Baby" and "YOU Raising Your Child" and check out "6 Practical Fitness Tips for New Moms" and "How to Maintain a Self-Care Routine as A New Mom" at iHerb.com/blog.



Answer Section

PG. 7

"MOTHER'S DAY" WORDS

Hidden Word:
GIVE MOM A HAND TODAY

PG. 7

Trivia Fun

1. A GIANT SEQUOIA
2. THE KANGAROO
3. A TIGER

PG. 5

WORD SEARCH

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

Toy Blocks:
On Pages: 4,5,6,7,8
LOVE YOUR MOMMY

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

PG. 5 **Brain Teasers**
THIRD ONE

PG. 6 **What Am I**
MOON

PG. 3 **Secret Words:** A FLAT SCREEN TELEVISION

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

PG. 3 **Billboard of Happiness:**
MAKE SOME FRESH BREAD TO HAVE WITH DINNER

PG. 6 **How Quickly Can You Say?**
DO YOU THINK YOU CAN WHISTLE LIKE A BIRD

PG. 6 **This Week's Scrambles:**
1. ENJOYING LIFE IS UP TO YOU AND YOUR OUTLOOK
2. MONEY IS NOT HAPPINESS, A GOOD FRIEND IS PRICELESS
3. KEEP LIFE SIMPLE AND ENJOY THE DAY

PG. 2 Crossword

LOVE ST MAY

ODE PLANET

YON LURE ON

ARTHUR ARMOR S

L ASPIRE BUMPS

HUSH M CULL LO

LIMP UP OGEE AD

ORB SOUGH SET

FEED ER N ATE

T ROAST IGNORE

YE UL SIZE TRY

TIGER EMU H E

RUTH INNS MA A

DE ECHO APRONS

TEMPLE WITHER T

PG. 4 Circle Words: A LIGHT VERSATILE WOOD

RESILIENCE PAHS

USES OCTATA LLI P

NGH HNETPIAW BEI

NTAEKTAD S O P D A R

E I F S C P N K V I O E S T

R R A A E I F E N N T R S

S B A R R L N A M A A V A E

P S S U U E P T V E L R R R

R S I T Q S U I B F L I E U

O Y E D Y S T A P A A P R T

U S D N I L D I P E S E M S

T L T R U N U I F A S T L I

L A E C A S G S W F N O A O

H T I P O H D D E L T T O M

SUDOKU

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