



MAKING YOUR WEEK Happier

JUN 8-14

Let's Celebrate Flag Day With Stars and Stripes



David's father had three sons: Snap, Crackle, and ?

Answer: David!

Where Did the Time Go?

It seems the older I get, the days, months, and years come and go so fast. I can remember as a kid, the long summer days with friends, bikes, and swimming pools. Everyday was nonstop and I felt like I could run around all day.

Then I started a family and purchased a home. What a new adventure, raising kids and making memories. Between home repairs, yard work, and taking the kids to their sporting events, I noticed this is when time started to speed up. And then in a blink of a eye, the kids had graduated from school and off they went to start their own lives.

I look back at everything my wife and I had done raising our family and I feel proud. We have two good kids and I pray that their journey in life is a noble one.

—by Keith Vasconcelles, Graphic Designer



I'm Only One Person

Happier Happenings

Xvxn though this typxwritxr is an old modxl, it works vary wxll, xxcxpt for onx kxy. You'd think that with all thx othxr kxys working, onx kxy would hardly bx noticxd. But just onx kxy out of whack sxxms to ruin thx wholx xffort.

Havx you xvvr said to yoursxlf, "I'm only onx pxrson. No onx will noticx if I don't do my bxst." But it doxs makx a diffxrxncx, bxcausx to bx xffctivx, xvxyronx must do his or hxr bxst.

So if you'rx having onx of thosx days whxn you think you just arxn't vxry important and you'rx txmptxd to slack off, rxmxm-bxr this old typxwritxr. You arx a kxy pxrson, and whxn you don't do your bxst, nothing alsx works out thx way it should.

—Thanks, Sandy LaFollette, Chariton, IA



Today's Happier Tip



I Love Sunday

If you're not happy, stop worrying about it and get busy creating happiness.



From Our Readers

Kindness and Courtesy



My wife and I took our granddaughter out to lunch. When we approached the door to the restaurant, another lady held the door open for us. As we were waiting for our table, the waitress called our name to be seated. I noticed that the lady that had held the door for us were still waiting to be seated. I told the waiter that there were people that had been waiting longer than us. The waiter asked us to wait, and he took the woman and family that held the door for us. Another gentleman next to me, in a loud voice said, "Look everyone, you don't see this everyday, an act of kindness and courtesy." The people in the waiting room began to applaud.

There were many acts of kindness and courtesy in that waiting room that day.

—Thanks, Happier Reader

Days Gone By

You Won't Regret It



Forty plus years ago, I asked Christ to be my teacher because I was so confused. I had no clue how to receive Christ, and I told Him so. "Breathe me in deeply through your nostrils." I did as Christ told me to do, and I felt Christ within my heart. Christ has taught me ever since and still does soo...

We are to love one another the way Christ loves us. My advice to you is to ask Christ to teach you. You won't regret it.

—Thanks, Ricki Davis, Arizona City, AZ



We Love Our Hometown

Super Bee Pharmacy is Making Rainbow City, Alabama Happier



Super Bee Pharmacy first opened in 1971 and is proud to be a third-generation pharmacy that has served the community for almost 50 years. A lot of customers remember coming in as children with their parents. So many people have such good things to say about Super Bee Pharmacy. The staff is professional and caring, and they also carry a fantastic supply of personal and home gifts.



Not to far from Super Bee Pharmacy is Nockalula Falls. The park is clean, and well maintained with wonderful views. Great trails ranging from easy to moderate. There is also a petting zoo for the kids and a Pioneer Village to learn about life in the past. The park also has picnic pavilions, souvenir shop, and a children's playground. James D. Martin Wildlife Park is a beautiful trail to walk also. Just about 3 miles total with most of it on a boardwalk over the water. It's a peaceful trail with lots of cranes, turtles & flowers to see.



Yes! Big Monday

Today's Happier Tip

The happiness of life is made up of the little things; a smile, a kind look, a heartfelt compliment.

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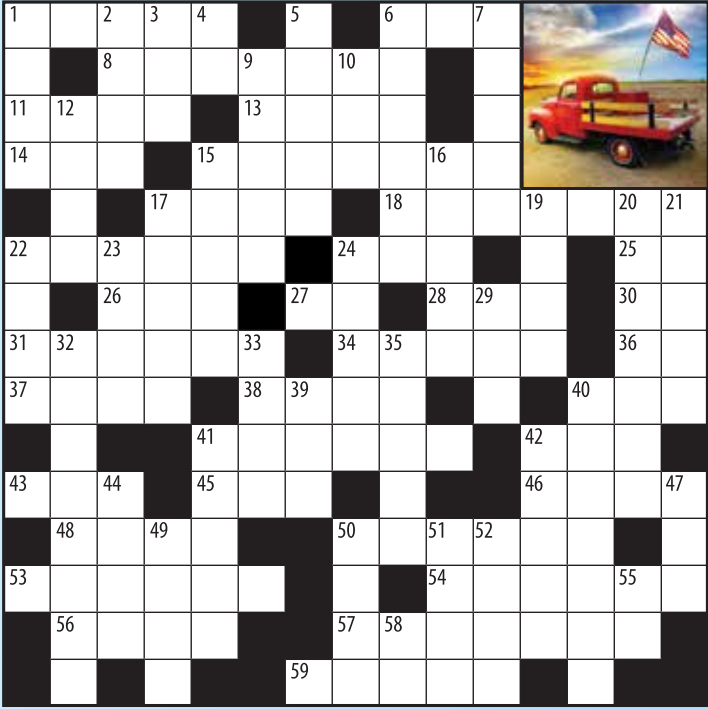
Favorite Crossword

- ACROSS

 - 1 Moist place
 - 6 Flying mammal
 - 8 To size
 - 11 Delete
 - 13 Stepped heavily
 - 14 Tablet
 - 15 Shoemaker
 - 17 Go away!
 - 18 Solutions
 - 22 Whipped
 - 24 Amount, abbr.
 - 25 In; on; by
 - 26 Raw metal
 - 27 Toward the top
 - 28 Type of fish
 - 30 In this way
 - 31 Great wish
 - 34 Pertaining to the country
 - 36 Company, abbr.
 - 37 Foot movement
 - 38 Not warm
 - 40 Girl
 - 41 Captain ____ (cereal)
 - 42 Everything
 - 43 Anger
 - 45 Deep track
 - 46 Speech impediment
 - 48 Back of neck
 - 50 Wears away
 - 53 Hoped for
 - 54 Partially
 - 56 ____ off (slang); anger
 - 57 Tricked (slang)
 - 59 Leg extension
- DOWN

 - 1 Pig food
 - 2 In the middle of
 - 3 Joined
 - 4 Papa
 - 5 Type of engine
 - 6 Noise and confusion
 - 7 Rips
 - 9 Was upright
 - 10 Steal
 - 12 Created
 - 15 Make happy
 - 16 Go in
 - 17 Make bare
 - 19 Watering place
 - 20 Mischief-makers
 - 21 Type of seat
 - 22 Attempts to buy
 - 23 Mislay
 - 24 Type of garment
 - 29 Body part
 - 32 Infinite time
 - 33 Light tan
 - 35 Deep sore
 - 39 Into the open air
 - 40 Shine
 - 41 Belief
 - 42 Wide awake
 - 44 Comfort
 - 47 Give what is due
 - 49 Expression of repulsion
 - 50 Map direction
 - 51 Type of gem
 - 52 Crazy
 - 55 Load, abbr.
 - 58 A greeting

Answers on page 8.



Sharing Happiness




Let the sponsor know you love Happier!

Happier Kitchen

Choco-Cherry Banana Bread

- 2 eggs, beaten well
- 2 bananas, mashed
- 1/2 c. butter
- 1 c. sugar
- 2 c. flour
- 1 tsp. baking soda
- 1/4 c. chopped walnuts
- 1/4 c. chocolate chips
- 1/4 c. chopped maraschino cherries


Preheat oven to 350°F. Grease the bottom and sides of a loaf pan with cooking spray. In a large bowl, combine beaten eggs and mashed bananas. Add other ingredients in order given. Put into prepared loaf pan. Bake at 350°F for 40 minutes or until done. Freezes well. **Enjoy!**





Can you help round-up five more airplanes?

Answers on page 8.



TOY BLOCKS

Let's keep

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.

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

FATHER’S WORDS OF WISDOM

The greatest fathers in the universe are those who encourage their kids to be the best they can be. When children live in the homes of wise fathers, they work harder in school and try to be the best they can be. My father always had words of wisdom for me. Following are a few.

- If it won’t matter in a hundred years, don’t worry about it today. He was so right. When we put things in perspective we can cope much better with the problems at hand.
- If anyone else can do it, you can too. I don’t know how many times I have stopped when I thought something was impossible and made it happen because my father said I could.
- I love you. Too many fathers have a thing about saying those three special words. I’m so glad my father was always willing to tell me that he loved me.
- I am proud of you. Daddy commended me many times when I failed. He let me know that just because I didn’t win it didn’t change the way he felt about me.

— By Nancy Gibbs

Get Happier Tips



Health Tip

Antioxidants & Polyphenols



Many teas, especially green and black tea, can offer various health benefits due to their rich content of antioxidants and other beneficial compounds. These antioxidants, like polyphenols, may help protect against cell damage and reduce the risk of chronic diseases.

In general, tea consumption is beneficial for older adults, offering potential health advantages like improved heart health, brain function, and reduced risk of certain conditions, but excessive consumption may not be healthy.

Handy Hints

Crayon Marks?



An easy way to remove crayon marks is to make a paste from equal parts water and baking soda. Scrub in a circular motion with a cloth or a sponge.

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

Happier Poem

Summer Night

The dusk is a-falling
The night birds are calling
The fireflies blinking
The stars are a-twinkling.

The sparrows are sleeping
The trees are all sighing
The crickets are peeping
A barn owl is flying.

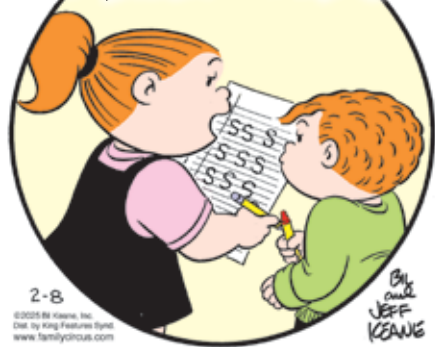
The kindly old moon
Rises up from the hill
To shine on the world
And everything is still.

The ferns gently swaying
It seems the world's praying
As it bathes in the light
Of this bright summer night.

—Oleta Weaver, Liver Pool, PA

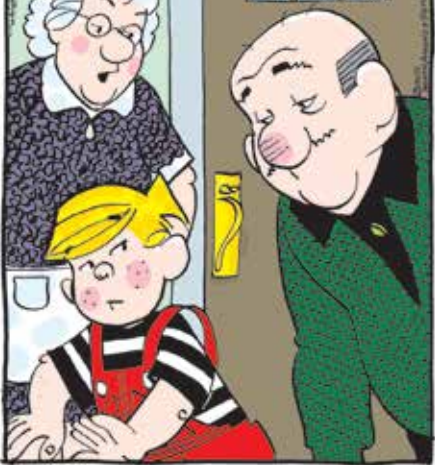
Laugh A Little

The FAMILY CIRCUS



"To make an 'S' you just draw a worm kneeling down."

Dennis the Menace



"Stop smiling at Dennis, George, What are you trying to do... Frighten him?"

It's REAL

California ranks first in the U.S. for agricultural cash receipts followed by Iowa, Texas, Nebraska and Illinois.

NOW THAT’S FUNNY!

My nephew went to the doctor’s office with his mother. She was expecting her fourth child. The doctor did an ultrasound, and when the little boy saw the baby’s picture and the umbilical cord on the screen, he got very excited and blurted out, “Look Mom, the baby is on a leash so he can’t get away when you are sleeping."



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 15 letters leftover. **Have fun!**

- | | |
|------------|------------|
| BAKING | PET |
| CAKE | PHOTOS |
| CAR | PUZZLES |
| CHOCOLATE | QUILT |
| CROCHETING | READING |
| DOLL | RESTAURANT |
| FOOD | ROBE |
| FRIENDS | SCRAP- |
| GAME | BOOKING |
| GARDENING | SODA |
| GIFT | SPORTS |
| HAT | SWEATER |
| HOLIDAYS | SWIMMING |
| JELLYBEANS | TEACHER |
| JOKES | TEAM |
| MAGAZINE | TIE |
| MUSIC | TOYS |
| NOTEPAPER | TV SHOW |

Answer on page 8

“FAVORITE THINGS”

Bonus Words:

S C R A P B O O K I N G R T

N W R E H R R T F I G E E E

A O I O S T E E T E A M H C

E H T M C T S A T I R A C I

B K N E M H A D D A D G A S

Y A A S P I E U N I E G E U

L S K C Y A N T R E N W T M

L S A I Q A P G I A I G S A

E R T T N U D E E N N R W G

J E O R Z G I I R L G T F A

L Y O Z O I T L L K L S O Z

S B L T E P H O T O S O O I

E E E W O H S V T A H D D N

S E K O J C H O C O L A T E

BILLBOARD of HAPPINESS

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



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

B B C F F G H K L L L
I M M M N N R S T

Answers on Page 8

I hang my American flag



13 JUN

FRIDAY



World Softball Day

14 JUN

SATURDAY



Flag Day

Cutest Kids

Sometimes all you need is a bucket of water to keep cool.

— Thanks Gina Stahl, White SD



Whatever you are, be a good one. — Abraham Lincoln

Word Search

CARRYING A CANE –These can be beautiful carved pieces or functionally simple. Looking in all directions and using the clues, find the “carrying a cane” words.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

HO...	BO...	EA...
CA...	CH...	IV...
CR...	TH...	SC...
DO...	WA...	WO...
EB...	HA...	
LI...	PO...	
TA...	SI...	

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



Dave Ramsey

She'll Be Just Fine

Dear Dave,

My mom is 76, and the only debt she has is about \$60,000 left on her mortgage. She has \$600,000 in retirement accounts, plus a long-term care insurance policy. But she has just \$25,000 in a money market account with check-writing privileges for everyday bills and purchases. To be honest, this worries me. She has always lived within her means, so am I wrong to be concerned? She has also been talking about paying off her mortgage, and I'm not sure how I feel about that, either. I'd love your opinion. —Kelly

Dear Kelly,

You sound surprised that she'd still be in the stock market at her age. In my mind, that's not a bad thing at all. It might not be what the typical financial planner would tell you to do, because for the most part they'll try to get you to be super-conservative with your money as you get older. But from the way you've described things, it sounds like she's not planning on using this money, but using the income from the money. If that's the case, she won't whittle it all down to nothing. So, if she's in good mutual funds—not single stocks—I think she'll be just fine.

Now, let's talk about the mortgage. I would absolutely recommend she go ahead and pay it off. If she can do that at age 76 and still have \$540,000 left, that's the way to go. Let's pay off the house, and then she can start taking her income off a percentage of the remainder. She won't need much with the house payment out of the way, because she won't be sending money to the bank to pay the anymore. — Dave

Hidden Puzzle

Mrs. Turtle Makes a Shopping List


Mrs. Turtle makes plans to fill her nearly empty refrigerator. While she writes, can you find the sixteen hidden objects? Look for a pig, worm, sock, slice of bread, flag, tree, brush, candle, fish, cup, chick, pencil, bone, cane, tent, and a pair of pants.



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Answers on page 8

This n' That



Jim's FBI Happenings

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

A Miniature Monkey Lives at Vitality Assisted Living

Today, with a mischievous smile on my face, I had to tell my friend, Gilbert Wilks, about a lady living here who bought a miniature monkey for \$4,000. She showed off the cute little “guy” to my wife, Verna.


“You may think I’m crazy. Jim, but I think you should come up with \$4,000 and get your wife a miniature monkey,” she said.

My wife, Verna, started begging for a miniature monkey.

I had to solve this one. “No, I don’t think you are crazy . . . I know you are! Verna is not getting a monkey to live in this apartment.”

Us FBI Agents run into the most outrageous cases to solve. We do our best. See you next week.

See you next week. —Jim



This Week In History

June 8, 1783 – Laki Volcano in southern Iceland begins 8-month eruption.

June 9, 1883 – 1st commercial electric railway line begins operation in Chicago.

June 10, 1915 –Girl Scouts founded.

June 11, 1770 –Captain James Cook discovers Great Barrier Reef off Australia.


June 12, 1982 –Paul Simon and Art Garfunkel perform in Rotterdam.

June 13, 1912 –Albert Berry made the 1st parachute jump from an airplane.

June 14, 1989 –Queen Elizabeth II knights Ronald Reagan.


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...

The USA has a population over 328 million people, making it the third most populous country in the world after India and China.



Stars and stripes for all to see

Page 5

Words of Wisdom



The more one does and sees and feels, the more one is able to do, and the more genuine may be one's appreciation of fundamental things like home, and love, and understanding companionship. —Amelia Earhart

This Week's Scrambles

- 1. I ilwl kaew pu chea dya nad ryt ot kema a ffreerecdi.
- 2. oT cear ofr oresh si a orenahobl yutaliq.
- 3. tl's yeas ot liems, eivg ti a ytr.

Answers on Page 8



Today's Happier Tip

If we are going to consume happiness, then let's produce a lot of it.

Laugh A Lot



What did one plate say to silverware?
Dinner is on me!

What has four wheels and flies?
A garbage truck!



What Am I?

- 1. I have a motor, fan, filter and a waste container.
- 2. I am normally driven with one hand as you push and pull me.
- 3. I am used in houses, cars, buildings and anywhere that needs cleaning.
- 4. I am typically used once a week to help with chores.

Answers on Page 8

I'm proud to be an American.

Cruisin' Around



Newport, Rhode Island



- 1. Newport's economy first thrived on commerce, including the production of whale- _____ candles, rum, and fine furniture.
- 2. Newport operated the first _____ service in the nation in 1657.
- 3. The Touro Synagogue is the oldest surviving synagogue in _____ America.
- 4. The Newport Mercury was founded in 1758, the oldest _____ in continuous operation in the United States.
- 5. The first _____-illuminated streetlights in the United States were lit on Newport's Pelham Street in 1803.
- 6. Rhode Island borders two states, Massachusetts and _____.

Answers: 1. Oil 2. Ferry 3. North 4. Newspaper 5. Gas 6. Connecticut

AROUND THE LAND SCRAMBLE

- 1. LLHI
- 2. ALTAEPU
- 3. NTUAMNOI
- 4. EDALT
- 5. DSNALI
- 6. GLAECIR
- 7. YEALVL
- 8. ALPNI
- 9. ERETDS

Unscramble the letters below to find the names of nine different landforms. Then discover the hidden theme word made up from the circled letters.

Hidden Words:

1. _ _ _ () _

2. _ _ _ _ _ () _

3. _ _ _ () _ _ _

4. () _ _ _ _

5. _ () _ _ _

6. _ _ _ () _ _

7. _ () _ _ _

8. () _ _ _ _

9. _ _ _ () _

Answers: 1-HILL 2-PLATEAU 3-MOUNTAIN 4-DELTA 5-ISLAND 6-GLACIER 7-VALLEY 8-PLAIN 9-DESERT
Hidden Word: LANDSCAPE

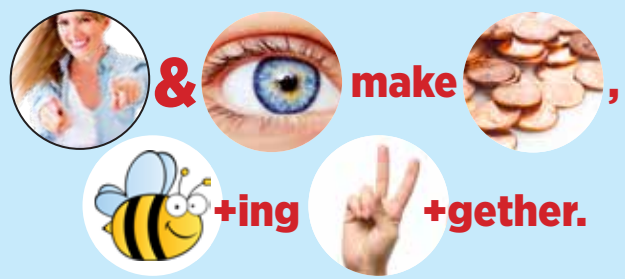


For the Love of PETS

Dogs have about 100 different facial expressions, most of them made with the ears.



How quickly can you say?



Answers on Page 8



GUESS WHAT I AM

Find the Differences



Find at least six differences in details between panels.



Differences: 1. Fork is different. 2. Mouth is open. 3. Dial is added to front of grill. 4. Tree has more leaves. 5. Bench is not showing. 6. Apron strap is moved.

Weekly Safety Tips

Saving Some Money

If you plan on flying this summer, plan on spending over three dollars for a small bottle of water in the airport terminal. However, you can bring an empty water bottle through airport security and fill it up after, but you cannot bring a full water bottle through security due to the TSA's liquid restrictions.



Thank God for Saturday!

Today's Happier Tip

You can be happier if you decide to accept "what is."

Fun Facts

- * **HARDWORKING...** It takes 110 domesticated silkworms to make a man's tie and 630 to make a blouse.
- * **MORE TIME...** Every day is about 55 billionths of a second longer than the day before it.
- * **INTERESTING FACT...** The world's first woman prime minister was elected in 1960.
- * **ANCIENT SIGHTING...** Halley's Comet was first sighted by the Chinese in 240 B.C.



Get **HAPPIER** Tips
Planning a future vacation brings excitement and anticipation.



Doctor Mike Says . . .

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

Reducing the risk of cardiovascular problems in Type 2 diabetes

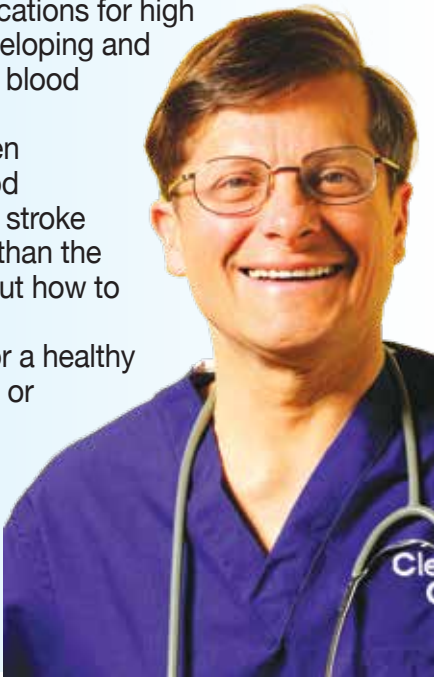
Around 30% of people with Type 2 diabetes have cardiovascular disease (CVD). But that's just what's been diagnosed. A new study shows that another third of adults in the U.S. with Type 2 diabetes may have symptomless or undetected CVD. That may explain why more than 70% of people with Type 2 diabetes die from cardiovascular causes.

One of the big culprits is high blood pressure: Around 66% of adults with diabetes have blood pressure greater than 130/80 or use prescription medications for high blood pressure. The good news is you can reduce the risks of developing and dying from CVD if you have Type 2 diabetes by adopting intensive blood pressure control.

A study in The New England Journal of Medicine found that when participants aimed for a standard systolic (the upper number) blood pressure of 140, they were far more likely to experience a nonfatal stroke or heart attack, be hospitalized for heart failure and die from CVD than the folks aiming for a systolic number of 120. So, talk to your doc about how to go low.

Other ways to reduce your CVD risk if you have diabetes: Aim for a healthy weight; get 300 minutes of exercise weekly; aim for an A1C of 7% or lower; and reduce body-wide inflammation with a healthy plant-based diet.

For help controlling blood pressure, check out "5 Supplements to Support Heart Health and Blood Pressure" at iHerb.com/ blog and the information on Inspiratory Resistance Training (it's as effective as blood pressure medication) in "The Great Age Reboot."



Answer Section

PG. 7

"CLEANING" WORDS

Hidden Word: KEEP BUSY AROUND THE HOUSE

- PG. 7 **Trivia Fun**
1. "FIDELIO"
 2. GEORGE, AFTER KING GEORGE THE THIRD.
 3. SAN ANTONIO

PG. 5 **WORD SEARCH**

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

PG. 5 **Hidden Puzzle**

PG. 2 **Toy Blocks:**

On Pages: 4,5,6,7,8
LET'S KEEP GOING

PG. 2 **Hide & Seek:**

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

PG. 5 **Brain Teasers**

THIRD ONE

PG. 6 **What Am I?**

VACUUM

PG. 2 **Crossword**

SWAMP	T	BAT	
L MEASURE	E		
OMIT	TROD	A	
PAD	COBBLER		
D SHOO	ANSWERS		
BELTED	AMT	E AT	
I ORE	UP	EEL	SO
DESIRE	RURAL	CO	
STEP	COOL	R GAL	
E CRUNCH	ALL		
IRE	RUT	E LISP	
NAPE	ERODES	A	
WISHED	A PARTLY		
TEED	SHAFTED		
Y W	STILT	N	

PG. 4 **Circle Words:** YOUR NAME IS ON IT

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

PG. 3 **Secret Words:** THE THINGS WE LIKE

PG. 6 **Guess What I Am:** STAPLER

PG. 3 **Billboard of Happiness:**
MAKING SOMEONE FEEL COMFORTABLE IS HONORABLE

PG. 6 **How Quickly Can You Say?**
YOU AND I MAKE SENSE, BEING TOGETHER

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

1. I WILL WAKE UP EACH DAY AND TRY TO MAKE A DIFFERENCE
2. TO CARE FOR OTHERS IS A HONORABLE QUALITY
3. IT'S EASY TO SMILE, GIVE IT A TRY

SUDOKU

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