



# MAKING YOUR WEEK Happier

JUL 6-12

©

**A Big Thanks to all the Hard Working Men and Women**

From Our Readers

My Surprise Locket!



I entered a writing contest and the winner would get a beautiful gold locket. To say I wanted to win it would be an understatement. I followed the rules as best I could. The contest winner would be announced in two weeks. I waited with baited breath to see the winner's name. Of course, I was hoping it was my name. When I finally saw that it wasn't me, I was so devastated.

When I told Howard I hadn't won, he felt so bad for me. He put his arms around me, and said, "Don't worry, Susie! To my surprise, he also handed me a pretty blue box with a white bow. "Howard, what's this?" I asked, quite surprised. He had written to the editor of the newsletter to ask where they bought the locket from, and she told him. He gently put it around my neck. I looked in the mirror, and it was even more beautiful than I could ever have imagined. True, I didn't win the contest, but I won my beloved husband's heart many years ago.

—Thanks, Suzan Wiener, SpringHill, FL

Days Gone By

Our First Telephone



I was six in 1954 when we got our first telephone. It was exciting to watch the telephone man string the wires from to pole to the black phone on the end table. It had no dial and when you called someone you had to wait for the operator to say, "Number, please." If you were on a party line you had a specific ring, one or two or three that indicated the call was for your house. Phones have certainly come a long way since then.

—Thanks, Lynda Vandiver, Madisonville, KY



Riddle

What starts with a P and ends with an E and has a million letters in it?

Post Office!

Answer:

Lasting Memories

The rays of summer are so tranquil to the heart and mind. The warmth of an afternoon walking the beach with your family and friends causes one to brighten up in all kinds of ways.

Often during the midst of winter's cold, I will fondly remember the activities of the summer and it will still bring warmth to the day.

So this summer may you and your loved ones enjoy the warmth this season has to offer with its beauty! —by Diane Wilks Nolan

Life is for Living

Life is not just about existing—it is about truly living. Too often we get caught up in routines, responsibilities, and worries, forgetting to embrace the beauty of each day. But life is a gift, meant to be experienced with joy, purpose, and gratitude.

Living fully doesn't mean chasing after constant excitement or success; it means appreciating the little moments. It's about cherishing time with loved ones, finding meaning in everyday tasks, and stepping out of our comfort zones to grow. It's about choosing kindness, seeking adventure, and making a difference in the lives of others.

No one is promised tomorrow, so why wait to pursue what matters most? Whether it's following a dream, deepening relationships, or simply pausing to enjoy the present, life is meant to be lived—not just endured. Take a deep breath, embrace today, and make the most of the time you have.

—Thanks, Perry Bell, Greeley, CO

Happier Happenings

Today's Happier Tip

I Love Sunday

The secret of being happy is accepting where you are in life and making the most out of every day.







# LET'S REJOICE AND BE THANKFUL

We should never take our freedom for granted. Too often we celebrate Independence Day with cookouts and fireworks and then we get back to the old way of life the following week.

Of course we have to get back to work and back into a routine, but let's remember that we should sing of our freedom every day of the year. We too often reserve our celebrations for holidays. Because we still live in a free country, every day is a time to celebrate.

So as we move forward, let's remember those who have given their lives for our freedom. And let's rejoice and be thankful for the opportunity to live in a place where we can find peace and joy.

— By Nancy Gibbs



## Get Happier Tips

## Health Tip

### The Power of Music



Music therapy, which uses music to improve mental health, has been shown to be effective in reducing anxiety in people with various conditions, such as depression, post-traumatic stress, and other health issues. Music can stimulate the release of endorphins, which have calming and relaxing effects. Calming music can also help people fall asleep and stay asleep.

## Handy Hints

### Plugged Shower Holes



Do you have stubborn mineral buildup on your showerhead? Place a sandwich bag around the showerhead and fill with distilled white vinegar, just enough to cover the holes. Then you can tie it in place and leave overnight.

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

## Happier Poem

### Carefree Girl

I'm just a carefree little girl  
Blonde ringlets and brown eyes  
My smile's like sunshine to my mom  
I cheer to see my daddy come.

I have a Christian family  
Our home's a farm in the country  
My seven brothers like to tease.

My oldest sister teaches me  
To groom a horse and ride safely  
My other sister helps me look  
At lots of picture storybooks.

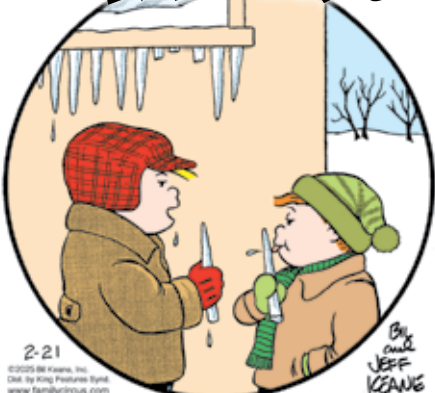
On shopping days I ride along  
At grandma's house I sing a song  
I have a new blue dress to wear  
My little goldfish needs my care.

My life is busy, filled with fun  
From break of day to set of sun  
My jobs are many  
And troubles are few.

— Sueanne Brubaker,  
Port Trevorton, PA

## Laugh A Little

### The FAMILY CIRCUS



### Dennis the Menace

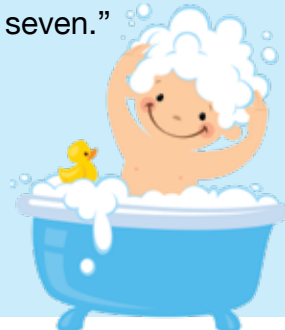


## It's REAL

Unpopped popcorn kernels are called "old maids" or "spinsters."

## NOW THAT'S FUNNY!

While watching my seven-year-old grandson, Billy, one evening, I told him, "The best time to take a bath is just before retiring." Billy just looked at me for a few seconds, then said, "Grandpa, I'm not going to retire for many years. I'm only seven."



## Secret Words

## "HOME BAKED BREADS"

Cross out all words listed below in the puzzle. **Bonus Words:** \_\_\_\_\_

Words are in straight lines and all directions.

Your bonus words are made up from the \_\_\_\_\_

- 21 letters leftover. **Have fun!**
- |             |               |
|-------------|---------------|
| AROMA       | GRAINS        |
| BAGELS      | HEAT          |
| BAKING      | ITALIAN       |
| BATTER      | KNEADING      |
| BEATING     | LOAF PANS     |
| BISCUIT     | MUFFINS       |
| BOARD       | OATS          |
| BUBBLES     | OVEN          |
| BUN         | POPOVERS      |
| COOKING     | PUMPER-NICKEL |
| CORN        | PUMPKIN       |
| CROISS-ANTS | RAISINS       |
| CRUST       | RISING        |
| EGGS        | TARTS         |
| ELASTICITY  | TIMING        |
| FLOUR       |               |

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

Answer on page 8

**Hello Tuesday!**

**Today's Happier Tip**

Sometimes it takes a lot of discipline to find real happiness. Try it.

**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 |   | I |   |
|  | A |  | U |   | E |   |   |   |
|  | E |  |   | T |   | H | A |   |
|  | U |  | R |   | N | S |   | S |

**A B D J K N N O R R S S T T T T U U U Y Y**

Answers on Page 8

**Say 'please' and 'thank you.'**

Page



Important Decisions

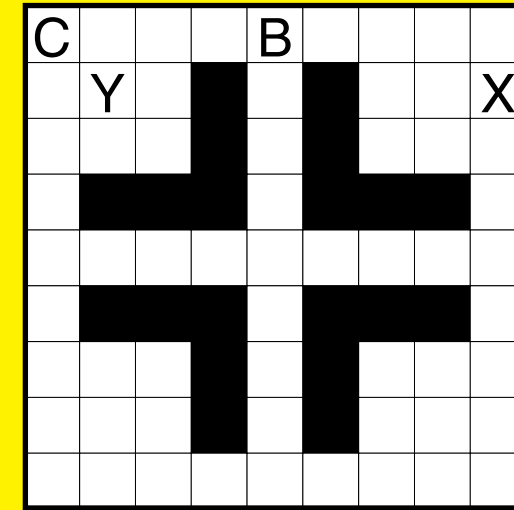


One of the most difficult things to do in life can sometimes be making a decision. I have learned, however, when I have an important decision that has to be made to not make it quickly. Don't rush it, sleep on it at least one night and discuss it with your significant other. Also, pray about it, and when you do make that decision, learn to live with your decision. Don't look back.

— 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.



- |     |     |     |     |
|-----|-----|-----|-----|
| Aft | Ent | Ill | Rem |
| Amu | Ete | Ist | Ria |
| Ate | Ext | Kin | Sem |
| Aye | Eye | Kst | She |
| Boo | Fed | Led | Ski |
| Caf | Flu | Nst | Too |
| Cel | Fox | Ore | Tot |
| Ebr | His | Ref | Tur |
| Elm | Ile |     |     |
- |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| I | N | E | M | E | S | U | M | V |
| S | I | H | R | O | T | T | I |   |
| I | K | S | O | E | R | E |   |   |
| M |   |   | T |   |   | E |   |   |
|   |   |   | T | I | L | E |   |   |
| R |   |   | K |   |   | T |   |   |
| O |   |   | T |   |   |   |   |   |
| T |   |   | O |   |   | F | E | D |
| O |   |   | F | O |   | A |   |   |
| X |   |   | O |   |   | A |   |   |
| E |   |   | B |   |   | R | A | T |
| E |   |   | T |   |   | E |   |   |

Yea! It's Wednesday!

Today's Happier Tip

Those who can laugh without cause, have found the true meaning of happiness.

Our President Said It



If future generations are to remember us more with gratitude than sorrow, we must achieve more than just the miracles of technology. We must also leave them a glimpse of the world as it was created, not just as it looked when we got through with it.

— Lyndon B. Johnson

Write a letter to a friend.

|  |                                     |                                       |  |                 |
|--|-------------------------------------|---------------------------------------|--|-----------------|
| 6 JUL SUNDAY<br>National Fried Chicken Day | 7 JUL MONDAY<br>World Chocolate Day | 8 JUL TUESDAY<br>Cow Appreciation Day | 9 JUL WEDNESDAY<br>National Kitten Day | 10 JUL THURSDAY |
|--|-------------------------------------|---------------------------------------|--|-----------------|

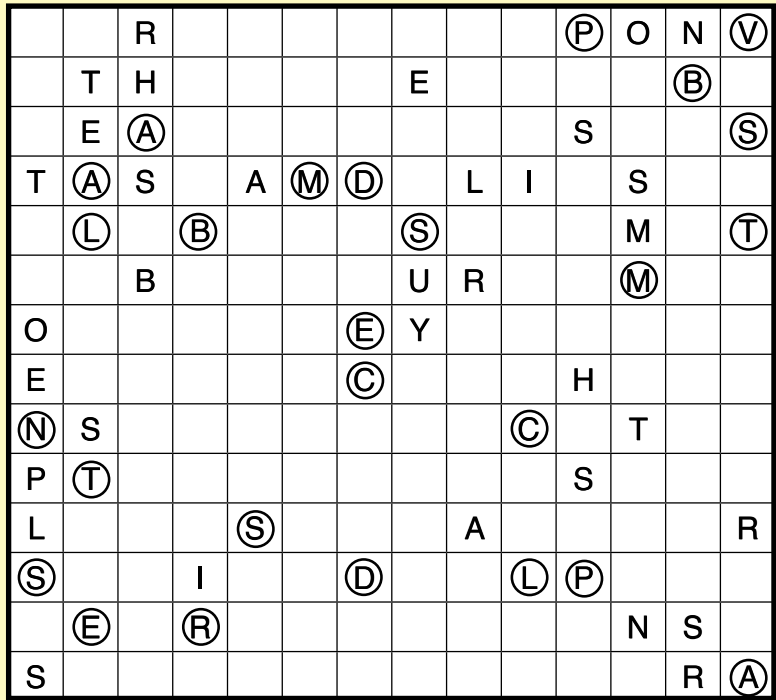
Circle Words

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.

- |                 |             |
|-----------------|-------------|
| ALTAR STONE     | LAND        |
| ANCIENT         | MOON        |
| ARCHAEO-LOGISTS | MONUMENT    |
| ASTRONOMY       | MYSTERY     |
| BANK            | NEOLITHIC   |
| BRONZE AGE      | POST HOLES  |
| BURIAL          | PREHISTORIC |
| MOUND           | RITUALS     |
| CHALK           | SITE        |
| CIRCLES         | SOCKETS     |
| DITCH           | SUNRISE     |
| DRUIDS          | SUNSET      |
| EARTH WORKS     | TIMBERS     |
| ENGLAND         | TIME        |
| LABOR           | VISIT       |

Answers on Page 8

Bonus words:



Happier Across America



My grandson has three sisters. He made this picture frame so he would not be outdone by them.

—Thanks Jimmie Oliver Fleming, Chester, VA



An investment in knowledge pays the best interest.

— Benjamin Franklin

Quick & Easy Crossword

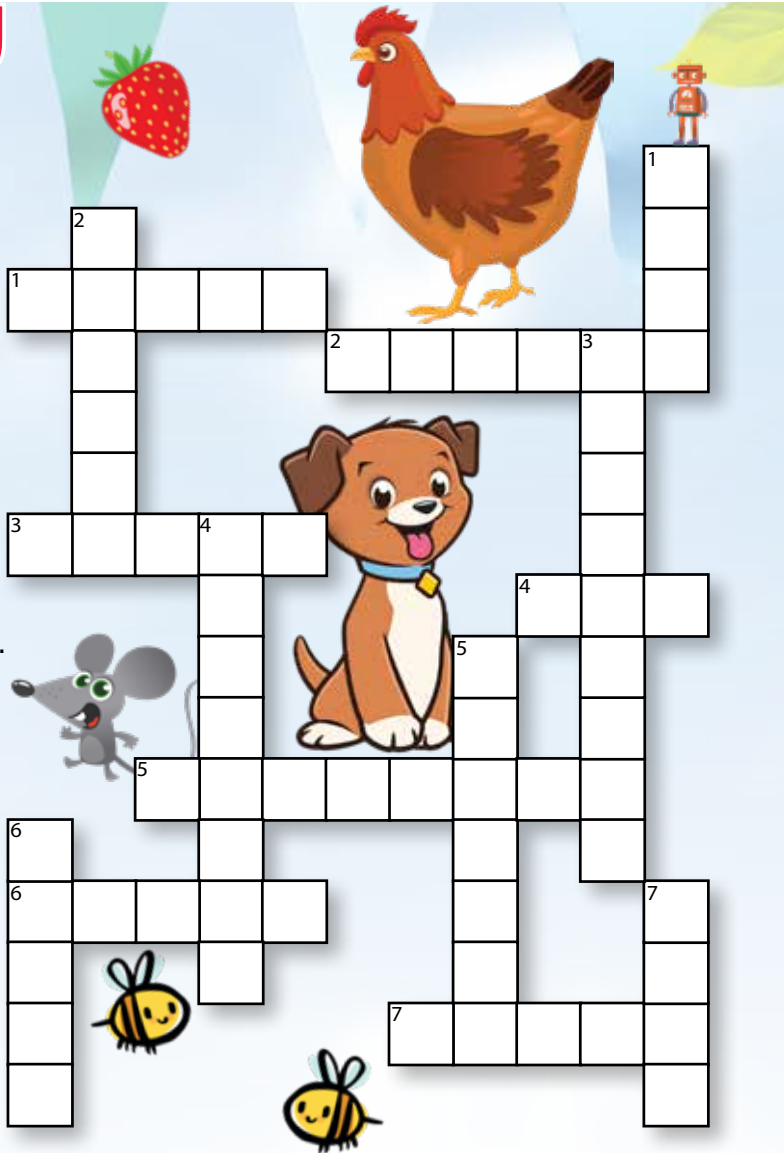
LIKE AN ANIMAL

ACROSS:

- If you are very young and in love, it may be said you have \_\_\_ love.
- If you act silly, you are acting like a \_\_\_.
- If you are shy, you may be called \_\_\_.
- It may be said you are busy as a \_\_\_.
- If you are very graceful, you may be a \_\_\_.
- If you are fidgety, you may be called \_\_\_.
- If you are slow, you may be a \_\_\_.

DOWN:


- If you are sly, you may be called \_\_\_
- If you act nutty, you may be a \_\_\_.
- If you are concerned with details, you could be called \_\_\_.
- Another word for a bad temper is \_\_\_.
- If you are scared, you may be a \_\_\_.
- If you are sneaky, you may be a \_\_\_.
- Another word for stubborn is \_\_\_.



ANSWERS: Across 1-Puppy 2-Monkey 3-Mousy 4-Bee 5-Swan-like 6-Antsy 7-Snail Down 1-Foxy 2-Cuckoo 3-Eagle-eyed 4-Shrewish 5-Chicken 6-Catty 7-Mule

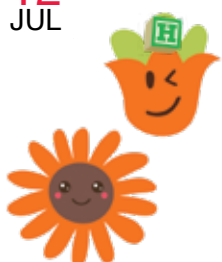


11 JUL FRIDAY



World Population Day

12 JUL SATURDAY



Cutest Kids

Our great granddaughter is always happy, but she gets **HAPPIER** when she comes to play at Mamaw & Poppy's house.

— Eddie & Kay Walker, Church Hill, TN



This n' That



### Jim's FBI Happenings

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

Adventure is worthwhile. — Aesop

Word Search

**WE ALL HAVE A FUN SIDE** –Whether you are the class clown or have a dry sense of humor—we all have a fun side. Looking in all directions, using the clues, find the words that might describe the fun side of you.

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

|   |   |   |   |   |   |   |   |   |   |   |       |       |       |
|---|---|---|---|---|---|---|---|---|---|---|-------|-------|-------|
| A | E | Z | M | I | S | C | H | I | E | F | MI... | TE... | TR... |
| S | S | B | Q | O | M | O | R | I | O | R | JO... | CA... | RO... |
| E | U | G | O | R | A | Q | E | O | E | O | WI... | RA... |       |
| L | R | K | K | N | A | R | P | L | F | L | PR... | RU... |       |
| I | H | C | T | R | J | S | A | Z | J | I | GA... | EL... |       |
| W | X | I | F | U | O | R | C | O | S | C | AN... | FR... |       |
| Y | C | R | H | L | K | E | S | A | E | T | SP... | LA... |       |
| L | A | T | N | O | E | H | G | N | L | O |       |       |       |

Answers on page 8

Share It

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or happierweek@gmail.com

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



Wealth Magnifies What's Already There

Dear Dave,

My wife and I started out broke when we married. Since then, we've been very blessed in our work and investments. We're currently looking at retiring early in a few years, with a nest egg of somewhere between \$8 million and \$12 million. Our four daughters, all between the ages of 7 and 12, have been raised in the church, and we've tried our best to teach them to love God, not money. Is there a certain limit we should look at in terms of how much we leave them as an inheritance? —Mark

Dear Mark,

First off, wow! You two have done an incredible job managing your money. I'm so proud of you and what you've been able to accomplish. Honestly, I don't look at things like this in terms of an amount, but as a principle. You aren't obligated, biblically or otherwise, to leave your money to your kids. At the same time, I think it's wrong to assume that leaving them your money will damage them in some way. Wealth always magnifies the character of the person holding it. That includes both their positive and negative traits. You said you're raising your girls to love God and understand that the church is important. I believe those are great first steps toward teaching children to have good, strong character.


One of the first things we taught our kids about, aside from God, was how they were not entitled to anything just because they hit the gene pool lottery. Another thing we taught them was that in order to be qualified to manage the Ramsey wealth, they had to understand they didn't own it — God did. Every bit of it. Their job was to manage it wisely. Once you understand that concept, you also begin to realize why the Bible has so many warnings about wealth.

The Bible tells us that a good man leaves an inheritance to his children's children (Proverbs 13:22). But at the same time, you don't want your hard-earned money going to fund a bad habit for some here today, gone tomorrow reality television star on the back of a yacht. It sounds to me like you and your wife are doing a great job — not only with your money but also with raising your girls to know right from wrong and to have a sound, biblically based moral compass.

Finally, Mark, one thing I want you to avoid falling for is the thread running through some of our Christian churches that says money is a bad thing. It's not. Money is a tool, one that's not inherently good or bad. It can be used responsibly or irresponsibly, depending on the holder, and it exposes the morals and character of the people it touches.

— Dave

Dear Dave




We Have A Good Time Together

Gilbert Wilks, publisher of Happier, is a good friend of mine. We have so many good times together. He loves to hear my FBI stories and I like to hear his Happier stories. Last Saturday I told him about one of my assignments.

I was sent to a small Mississippi town, to arrest a certain person. I sat down at a restaurant with four other individuals. I asked if any one knew of this certain person. “Nope,” came the answers. No one knew him. I said, “I have an envelope here with cash in it, I'd like to give to him.” “Oh, that's him, right across the street, standing by the telephone pole,” came a reply.

I promptly got up, went across the street, gave the man the envelope, and arrested him. That's our job, keeping us law abiding citizens safer.

See you next week. —Jim



This Week In History

**July 6, 1957** – Harry S. Truman Library forms in Independence, Missouri.

**July 7, 1898** – The U.S. annexes Hawaii.

**July 8, 1969** – U.S. troop withdrawal begins in Vietnam.

**July 9, 1996** – U.S. Senate approves 90 cents raise to \$4.25 minimum wage.

**July 10, 1985** – Coca-Cola Co announces it will resume selling old formula Coke.

**July 11, 1991** – Total solar eclipse is seen in Hawaii.


**July 12, 1962** – Rolling Stones 1st performance, Marquee Club, London.

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 Moon is in synchronous rotation with Earth, meaning it always shows the same face to our planet.



Be thankful for all you have.

Page 5


Hidden Puzzle

## JUNGLE DOCTOR

Animals in this jungle know just where to go when they aren't feeling well. Dr. Thermometer and his team of skilled nurses will take a good care of them. While the medical team examines this patient, you can locate a wishbone, adhesive bandage, funnel, heart, teacup, shoe, dog, artist's brush, fishhook, open book, carrot and a cotton swab.

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Answers on page 8





Words of Wisdom



Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment. — Benjamin Franklin

This Week's Scrambles

- 1. Eeardvvy acn eb rebett tanh hte lsat?
- 2. I incuoten ot vriste ta engib a beertt esnorp.
- 3. I lfee liek a limonil solarld yotad.

Answers on Page 8

Happy Thursday!

Today's Happier Tip

I need to be in charge of how I feel, and today I am choosing happiness.

Laugh A Lot



What do you get when you put three ducks in a box?

A box of quackers.

What do you call second place in an astronomy contest?

A constellation prize.

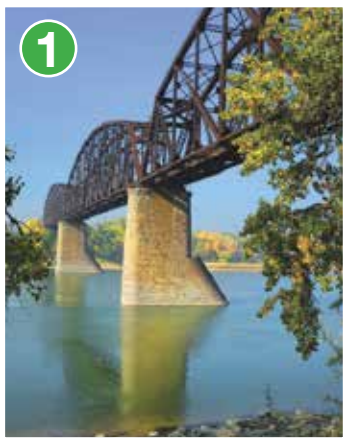
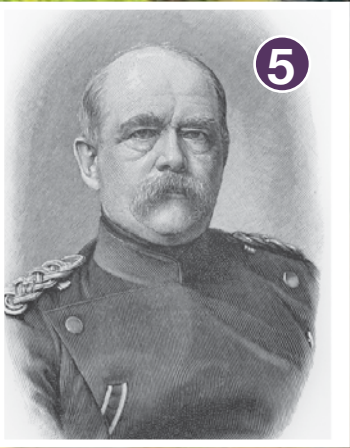
What Am I?

- 1. I grow in the ground and come from an ear.
- 2. I'm dried as hard as a pebble.
- 3. When I'm cooked, I expand over 30 times.
- 4. You can find me at the movie theater.

Answers on Page 8

Help others by listening.

Cruisin' Around



Bismarck, North Dakota

- 1. Bismarck had the very first vehicular bridge in the region to span the Missouri \_\_\_\_\_.
- 2. Bismarck was a site on the Lewis and Clark National Historic \_\_\_\_\_.
- 3. Following the arrival of the \_\_\_\_\_ — \_\_\_\_\_ Bismarck became a major center for trade and transportation.
- 4. Bismarck is the \_\_\_\_\_ of North Dakota.
- 5. Bismarck city is named in honor of the \_\_\_\_\_ chancellor.
- 6. North Dakota borders, Montana, South Dakota, and \_\_\_\_\_.

Answers: 1. River 2. Trail 3. Railroad 4. Capital 5. German 6. Minnesota

# Trains

## SCRAMBLE

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

1. ARLI

2. LOCA

3. UDCOORTCN

4. IANOSTT

5. MTPAFORL

6. BEASCOO

7. WITHLES

8. NEGEIN

9. AELVV

10. EAKBR

Hidden Words:

\_\_\_\_\_

1. \_ \_ \_ \_

2. \_ \_ \_ \_

3. \_ \_ \_ \_ \_

4. \_ \_ \_ \_ \_

5. \_ \_ \_ \_ \_

6. \_ \_ \_ \_ \_

7. \_ \_ \_ \_ \_

8. \_ \_ \_ \_ \_

9. \_ \_ \_ \_ \_

10. \_ \_ \_ \_ \_

Answers: 1-RAIL 2-COAL 3-CONDUCTOR 4-STATION 5-PLATFORM 6-CABOOSE 7-WHISTLE 8-ENGINE 9-VALVE 10-BRAKE

Hidden Word: LOCOMOTIVE

## For the Love of PETS

A turtle's mouth is called a beak and contains no teeth (but a bites can still hurt)!

### How quickly can you say?

both of us?

Answers on Page 8

## GUESS WHAT I AM



Day-Before Mashed Potatoes

- 9 potatoes, peeled and cubed
- 6 oz. cream cheese
- 1 c. sour cream
- 1 tsp. salt
- 2 tsp. onion powder
- ¼ tsp. black pepper
- 2 tbsp. butter

Boil potatoes; then mash them. Next mix all remaining ingredients into the mashed potatoes. Cover and refrigerate overnight. Next day, preheat oven to 350°F. Spoon potatoes into a greased baking dish. Bake for 30 minutes. Serves 10. Potatoes will brown nicely! **Enjoy!**



Precious Pets



My cat Cali-Lakota waiting patiently for dinner.

—Thanks, Helene Landenberger, St.Francis KS

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”



I’M NOT A DUCK

The platypus is a semi-aquatic mammal with a duck-bill, beaver-like tail, and they lay eggs. Their bill is comprised of thousands of cells that give it a sort of sixth sense, allowing them to detect the electric fields generated by other animals.

Find This Week’s . . .

“FRIENDLY” WORDS



S L A P M R F O H D F  
E O N Y P P A T S N O  
A R E H E R N F D I U N  
H O T E E R A C R U  
S P L E R T O A N H F T

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.

- HELP  
PALS  
TRUST  
FUN
- CARE  
FOND  
HAPPY
- SHARE

Answer on page 8

Get a Kick

Why does a milking stool only have 3 legs?  
Because the cow has the udder.



Oh My Goodness, It's Friday!

Today's Happier Tip

Take time to laugh at yourself. Maybe let someone tickle the bottom of your feet.

Thank You Mail

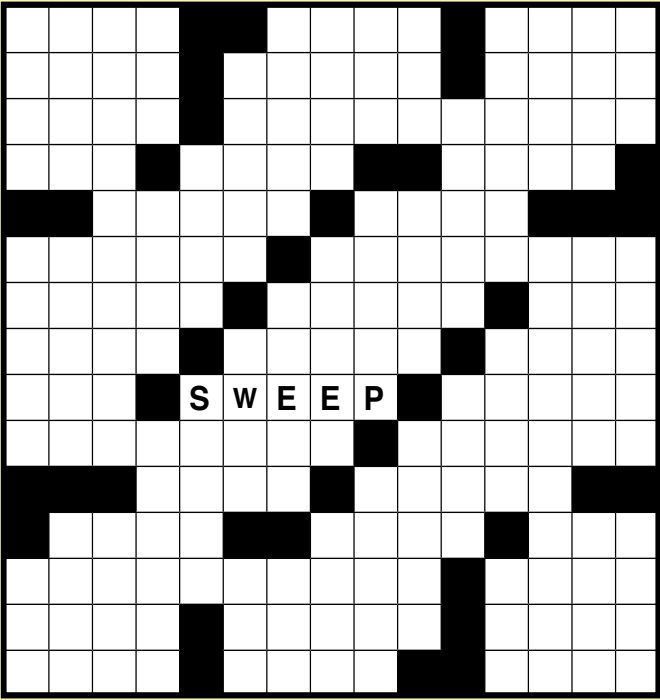
Dear Happier,  
Our local grocery store distributes your publication at no charge. I have enjoyed it for years. Thank you, St. Francis Super in St. Francis, Kansas for making us happier.  
— Helene Landenberger, St. Francis, KS



We’re Gettin’ **HAPPIER!**

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  
ADS  
ARG  
EDO  
ETO  
FAT  
LOP  
OSE  
SEM  
SST  
TEE  
TON  
UNI
- 4 LETTERS  
ABUT  
ALOU  
BORS  
DEMO  
EDER  
ERIN  
ERIS  
ERSE  
FADS  
FLAG  
GEES  
HUNG  
IRON  
KEMP
- 5 LETTERS  
ALLOS  
ANNU  
ARETE  
ARIEL  
COOKS
- 6 LETTERS  
DELUGE  
PELEUS  
SEEP IN  
SENORS
- 8 LETTERS  
ESOTERIC  
SERPENTS
- 10 LETTERS  
FIRING LINE  
FOREFATHER  
NEWSVENDOR  
RESPONSIVE
- LEES  
LIDO  
LILI  
LOLA  
LOOP  
MING  
MORK  
NEWT  
OONA  
OPUS  
OSLO  
OVER  
OWNS  
PERK  
REED  
REUP  
RHEE  
STES  
SWIM  
TANS  
ULNA  
URNS
- ELLES  
ENATE  
F-STOP  
GHATS  
IDLER  
KOEK  
OFTEN  
ORLOP  
ORONO  
REEKS  
SAFES  
SERIF  
SOURS  
SWEEP  
VOWEL  
WEEKS  
WOMAN
- ANSWER:



Look and LEARN

Iowa produces the most chickens in the United States, followed by Ohio and Indiana.



Trivia Fun

Answers on page 8

1. Which is the most popular seafood ordered in restaurants?
2. How many pounds of muscle does the average male have?
3. How many characters are there in Chinese script?
4. Who invented the process of freeze drying?





Find the Differences



Find at least six differences in details between panels.



Differences: 1. Arm is longer. 2. Flag is added in distance. 3. Visor is larger. 4. Mouth is not open as wide. 5. Hill is added in distance. 6. Far is larger.

Weekly Safety Tips

Did You Know?

Did you know that driving with dirty glasses can be dangerous. Dirt and smudges on glasses can distort your vision, reduce clarity, and make it harder to see road signs, pedestrians, and other vehicles, especially at night. This can increase the risk of accidents and make it more challenging to react to potential hazards. So take a minute out of your day and clean your glasses.



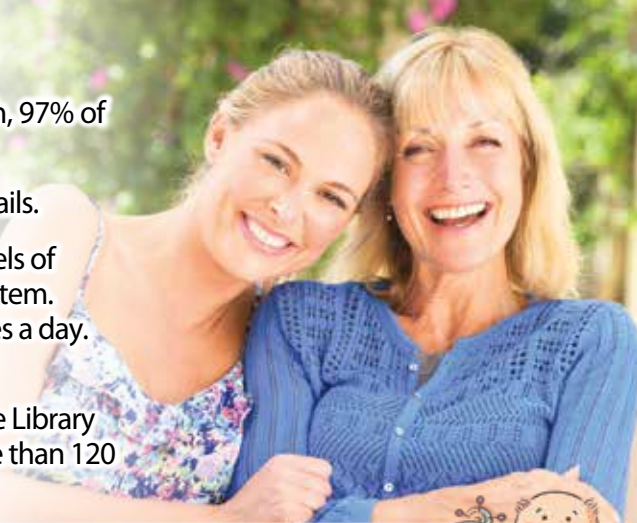
Thank God for Saturday!

Today's Happier Tip

Nobody cares how much you know, until they know how much you care. — Theodore Roosevelt

Fun Facts

- \* **DO YOU?** When offered a new pen to write with, 97% of all people will write their own name.
- \* **NOT A RACE...** Fingernails grow faster than toenails.
- \* **SAY SOMETHING FUNNY!** Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-old children laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
- \* **YOU CAN BROWSE THERE A LONG TIME...** The Library of Congress is the world's largest library with more than 120 million items.



Get **HAPPIER** Tips

Know what makes you happy in life and do more of it.



Doctor Mike Says . . .

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

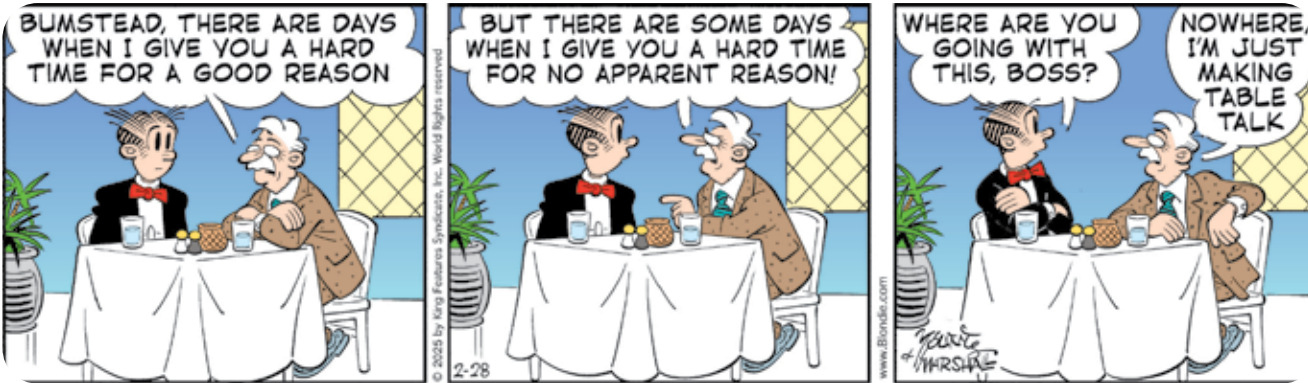
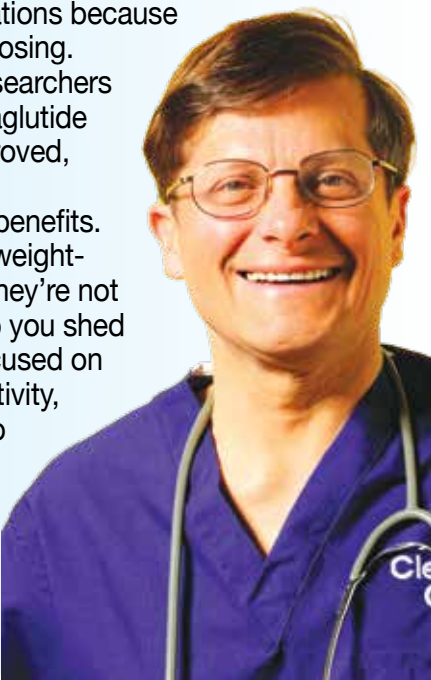
Compounding the Problem

Shortages and the sky-high cost of the new weight loss drugs has led to an explosion of compounded alternatives sold online, through telehealth sites and in compounding pharmacies. Unfortunately, most of these products haven't been evaluated by the Food and Drug Administration for safety, effectiveness, or quality. A new study in JAMA found that more than 40% of 317 websites that were selling semaglutide (Wegovy, Ozempic) without a prescription belonged to illegal pharmacy operations. Use of these products can lead to hospitalizations because the medications contain incorrect active ingredients and incorrect dosing.

In addition, an article in JAMA Health Forum reports that when researchers looked at 79 websites selling compounded GLP-1s — usually semaglutide and tirzepatide — 57% didn't say their products were not FDA approved, almost half didn't report the drug's risks (adverse effects, warnings, precautions and contraindications) and more than 40% overstated benefits.

We're very enthusiastic about the true benefits of FDA-approved weight-loss drugs, including Wegovy, Ozempic, Saxenda, Zepbound. But they're not for everyone and must be combined with lifestyle changes that help you shed pounds and keep them off, including stress management, a diet focused on fresh produce, fatty fish and 100% whole grains, lots of physical activity, especially strength building, and a posse and a sense of purpose to help keep you on track.

Please, get weight-loss medications through FDA-approved outlets — and if you cannot access these medications, don't give up your goal of a healthier weight. Check out the info and support we provide through LongevityPlaybook.com's free newsletter and in "The Great Age Reboot."



Answer Section

PG. 7

**"FRIENDLY" WORDS**  
Hidden Word:  
FROM ONE FRIEND  
TO ANOTHER

PG. 7

Trivia Fun

1. SHRIMP
2. 70 TO 80
3. MORE THAN 50,000
4. THE INCAS

PG. 5

WORD SEARCH



PG. 2 Toy Blocks:

On Pages: 4,5,6,7,8  
THANK YOU ALL

PG. 2 Hide & Seek:

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

PG. 5 Brain Teasers

THIRD ONE

PG. 6 What Am I?

POPCORN

PG. 3 Secret Words: HOMEMADE TASTES THE BEST

PG. 6 Guess What I Am: PIG

PG. 3 Billboard of Happiness:

TAKE JOY IN NATURE'S BEAUTY THAT SURROUNDS US

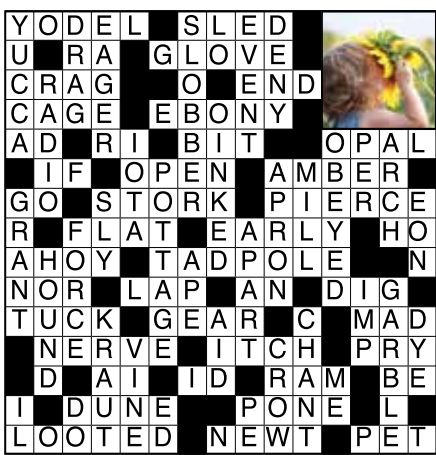
PG. 6 How Quickly Can You Say?

CAN YOU BE STRONG FOR BOTH OF US?

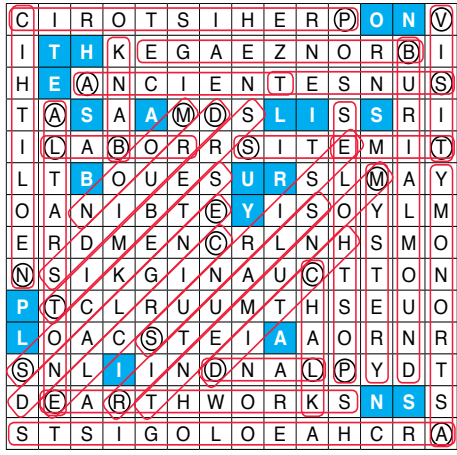
PG. 6 This Week's Scrambles:

1. EVERYDAY CAN BE BETTER THAN THE LAST?
2. I CONTINUE TO STRIVE AT BEING A BETTER PERSON
3. I FEEL LIKE A MILLION DOLLARS TODAY

PG. 2 Crossword



PG. 4 Circle Words: ON THE SALISBURY PLAINS



SUDOKU

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