



MAKING YOUR WEEK **Happier** AUG 3-9



Happiness is Ageless

Riddle



Where does success come before work?

Answer: In the dictionary!

Make Your Life Full of Success

Do you ever feel like everybody around you is speeding by on the highway of life and you are the turtle plodding along?

At the same time that speed has its advantages, so does addressing issues in life in a slow but steady fashion.

Take each problem you have and slowly but steadily address them daily. Track your progress on a homemade chart. This way you can be proud of the progress you make over time. Make your life full of success with steady progress! —Diane Wilks Nolan



Squirrel Tracks

Last Saturday, I was helping my stepson work on our fence. As I was pulling the top part of the slats to hold them tight while he pounded them in, I felt something run across my hand. It felt really weird, almost like a prickling across my fingers. When I looked up, lo and behold, a squirrel had run across the top of the fence, over my fingers.

Sometimes our lives can feel just like those squirrel tracks, quick, hurried, and on our way to adventures unknown. We question the direction we're going and often wonder if we're even on the right path. But just as the squirrel follows its instincts and unseen rhythms of survival and provision, we too are called to follow a deeper guide... our Creator.

Proverbs 3 reminds us that when we trust in the Lord with all our heart and stop relying on our limited understanding, God will make our paths straight. That doesn't mean our life's path will always be a straight line from point A to B. It means that God gives purpose and direction even in the winding parts. What looks chaotic to us may actually be the perfect route under His guidance.

—Thanks, Perry Bell, Greeley, CO

Happier Happenings

Today's Happier Tip



I Love Sunday

Happiness is like strawberry jam. You can't spread even a little, without getting a little on yourself.



From Our Readers

An Awesome God



As I was reading my Bible, sitting beside my husband's bed in the hospital, God showed me the verse, 2 Samuel 22:20. "He also brought me out into a spacious place; He delivered me because He delighted in me." Such comfort that gave me as I was with my husband for a few more years.

Now, on January 2025, I was admitted to the hospital, and read in the Book of Psalms, chapter 18 verse 19, "He brought me forth also into a large place; He delivered me, because He delighted in me." Six days later, I am back home. What an awesome God we serve!

—Thanks, Bettie Howard, Cleveland, TN

Days Gone By

Our Kitchen Table



In the 1950s, our kitchen table had many uses. It was white with red stripes, matching chairs and a drawer under one side for silverware. It held school books and lunch boxes as my sister and I enjoyed a snack. Folded towels, fresh from drying in the sun would be ready for putting away. For Halloween, it was covered by newspaper as our Dad carved a scary face on the pumpkin.

Christmas found it covered with plates of fudge and divinity candy. At Easter, the table held cups of color for dying eggs. We shucked corn and pick out gravel and twigs from bags of butter beans. Our table was the heart of the home.

—Thanks, Lynda Vandiver, Madisonville, KY



We Love Our Hometown

Little's Pharmacy is Making Raleigh, Mississippi Happier



Little's Pharmacy is a hometown pharmacy located in Raleigh, Mississippi. Here, individuals can gather, inspire, and support one another while enjoying a cup of coffee, managing prescriptions, mailing packages, or paying bills. We take pride in our efficient and courteous service. We also offer delivery service if you are unable to venture out. If you are not a friend or family member upon arrival, you will be by the time you leave. Little's Pharmacy makes Smith County a happier place. We also have a wonderful little gift shop.



You can also check out Roosevelt State Park. It's less than an hours drive of Raleigh, MS area with seasonal water sports, fishing, trails, and more. There is a swimming pool area and water slide that has a minimal fee for the day. Whether you plan to stay for a week or visit for a day, you're sure to have a great time.

Yes!
Big Monday

Today's Happier Tip

Friends make you happier. Have three or four main friends all the time.

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Favorite Crossword

ACROSS

1 Trash
4 Rub out mistake
8 Let fall
12 Windflower
14 Milk house
15 Get rid of
17 Water animal
19 Sound of hesitation
20 Person who is "old hat"
21 Cloudburst
22 Exist
23 National Guard, abbr.
24 Long for
25 Work animal
26 Social insect
28 It works together
30 An opening
31 Sound of pity
33 Complete
35 Toward
37 Girl's name
39 Be flexible
41 News medium
44 Motor
45 Long ____
46 Wrap around
47 Left
49 Mends
50 Get more
51 The average
52 Solely
53 Point gun at
54 Be sick
55 Act
57 Symbol of purity
58 Head covering (plural)

DOWN

1 Mason ____
2 Title
3 A tangle drawn tight
4 Come out of water
5 Royal Order, abbr.
6 Person whose name is not known
7 ____ the table
8 Challenging
9 Rhode Island, abbr.
10 Raw metal
11 Brand of ovenware
13 A happening
14 Much adored
16 Level
18 Instruct
22 Good-natured teasing
25 Choice
27 A strong taste
29 Get older
32 Ice
33 Rim
34 Doctor, abbr.
36 Exclamation at blunder
38 Inside
39 Started
40 Female goat
42 Sound of danger
43 College dwelling
48 Artist paints
49 Small, lace mat
50 Not blemished
51 Finger covering
54 Help
56 Exclamation of surprise
57 Behold

Answers on page 8.

Find this Week's Crossword Answer in the Answer Section.

Sharing Happiness

Let the sponsor know you love Happier!

Happier Kitchen

Cornbread Salad

- Jiffy Cornbread Mix
- 1 chopped onion
- 1 chopped bell pepper
- 1 can pinto beans, rinsed and drained
- 2 tomatoes, chopped
- 1/2 bag Mexican style shredded cheese
- 12 slices of bacon, cooked and crumbled
- 1 can sweet Niblets corn, rinsed and drained

Mix cornbread mix as directed and cool. Crumble cornbread in a large bowl. Add onion, bell pepper, beans, corn, tomatoes, and cheese. Toss. Add at least 1/2 bottle of salad dressing and add more if needed. Mix well. Refrigerate at least four hours or overnight. An hour before serving, add bacon and mix well. Yields 12 servings. **Enjoy!**

HIDE and SEEK

Can you help round-up five more ice creams?

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.

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

Answers on page 8.

It's good to have a _____

Find the missing blocks throughout Happier to make the word.

PRETTY IS...
AS PRETTY DOES

My grandmother, whom I called Mama, was a great influence in my life. Out of four grandchildren, I was the only girl. She expected great things from me. The boys could play in the dirt, holler, say bad things and act wild, yet she wouldn't say much to them. But I could do the slightest unladylike thing and I would hear from her.

"Pretty Is... As Pretty Does, Nancy," she would say. "Now act like a lady." At the time I didn't think it was fair, but after I grew up I was glad that she gave me that constant reminder.

Ladies are different than men. Ladies should carry an air about them that is pleasing and kind. Ladies do make a big difference in the world.

To this day, I still remember your words when unladylike thoughts come to mind.

— By Nancy Gibbs



Get Happier Tips

Health Tip

The Power of Cheese



Some studies suggest that cheese can help reduce plaque buildup and reduce acid levels in the mouth, contributing to a healthier oral environment. Some cheeses, particularly those high in calcium and phosphorus, have been shown to have cariostatic properties, meaning they can help prevent tooth decay.

Handy Hints

Egg Peeling Tips



The easiest way to peel a hard-boiled egg is to crack and roll it, then peel it under cold running water. This technique helps to loosen the shell and make peeling easier. Start peeling from the large end of the egg where the air pocket is located.

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

Happier Poem

The Farm

I like to work out in the fields
I like to help the crops to yield
I keep working without delay..

I like to ride the horses too
It is such a fun job to do
The sun shines down on me so hot
I want to stop, but I must not.

Peppers need to be brought in
Oh, there's so many things to do
The fruits in the orchard are ripe
I must pick them with all my might.

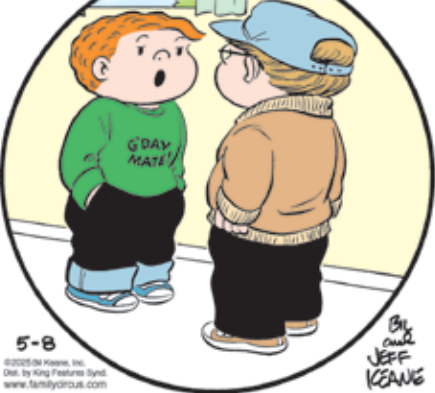
With peaches we can make pie
With eggs and sugar
We can also make shortcake.

Yes, working on the farm is fun
Even if it means working in the sun.

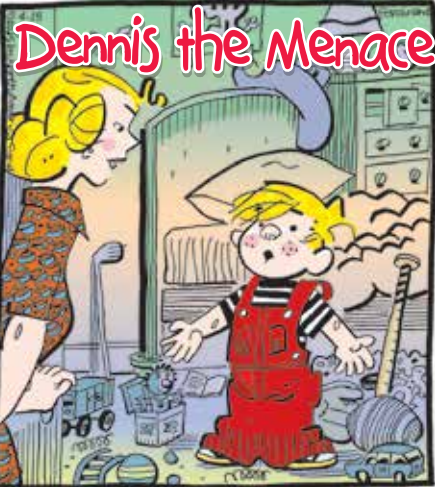
— Trista Anne Martin,
Port Trevorton, PA

Laugh A Little

The FAMILY CIRCUS



"The only naughty words we can use in this house are 'darn,' 'heck' and 'dickens.'"



"But it's easier to find toys when they're spread out all over the floor!"

It's REAL

The sun does not rise for 64 days in Utqiagvik, Alaska between November and January.

NOW THAT'S FUNNY!

The first man to fly was from Ohio. The first man to orbit the earth was from Ohio. The first man to walk on the moon was from Ohio.

It seems like Ohio doesn't have much gravity...does it?



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 25 letters leftover. **Have fun!**

- ADELIE
ANTARCTICA
BABIES
BIRD
BLACK
CHICK
CLUMSY
COLONY
COLD
DIVE
EGGS
EMPEROR
FEATHERS
FEET
FEMALE
FISH
FLIPPERS
HATCH
ICE
- MALE
MATES
NEST
OCEAN
PADDLE
POPULAR
ROOKERIES
SEA
SPECIES
STOCKY
SWIMMER
UNUSUAL
UPRIGHT
WADDLE
WALK
WEBBED
WET
WHITE
ZOO

Bonus Words:

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

Answer on page 8

“PENGUINS”

BILLBOARD
of
HAPPINESS

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

		E	P		N				
		U	H		I	T			
		I	E	N				N	
	A	I	L						

A C D D E F F F H I K M
O R S T W Y

Answers on Page 8

When I get home
from work



Page

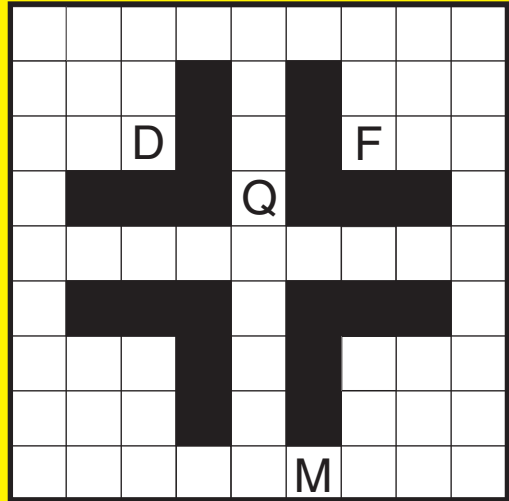


Honesty is Still the Best Policy

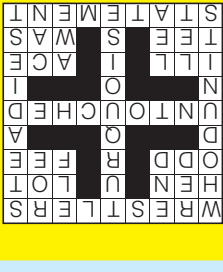
Most all people want to possess the trait of honesty. Honest people are the happiest people in the world, however. That which is obtained in a dishonest way is worthless and will ultimately cause us grief. So beginning today, will you strive to be just as honest as possible?

- Be ready to apologize when you're wrong.
 - Put greed behind you. Nothing good ever comes from greed.
 - Find joy in the moment. Unhappy people submit to dishonest actions to get things they don't deserve.
 - Take time to thank God for all the blessings He has sent your way.
- 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.



- | | | | |
|-----|-----|-----|-----|
| Ace | Est | Lot | Stl |
| Adi | Fee | Odd | Tee |
| Awe | Hed | Ouc | Tem |
| Can | Hen | Quo | Tur |
| Dun | Ill | Red | Unt |
| Elf | Ise | Roe | Was |
| End | Its | Sta | Who |
| Ent | Lea | Ste | Wre |
| Ers | Let | | |





Yea! It's Wednesday!

Today's Happier Tip






Singing songs can make you happier and get you moving.

Our President Said It



I am for doing good to the poor, but I differ in opinion about the means. I think the best way of doing good to the poor is not making them easy in poverty, but leading or driving them out of it. — Benjamin Franklin

My dog is waiting for me at the door.

3 AUG SUNDAY  National Watermelon Day	4 AUG MONDAY  National Chocolate Chip Cookie Day	5 AUG TUESDAY  	6 AUG WEDNESDAY  	7 AUG THURSDAY  Purple Heart Day
--	--	--	--	---

Circle Words

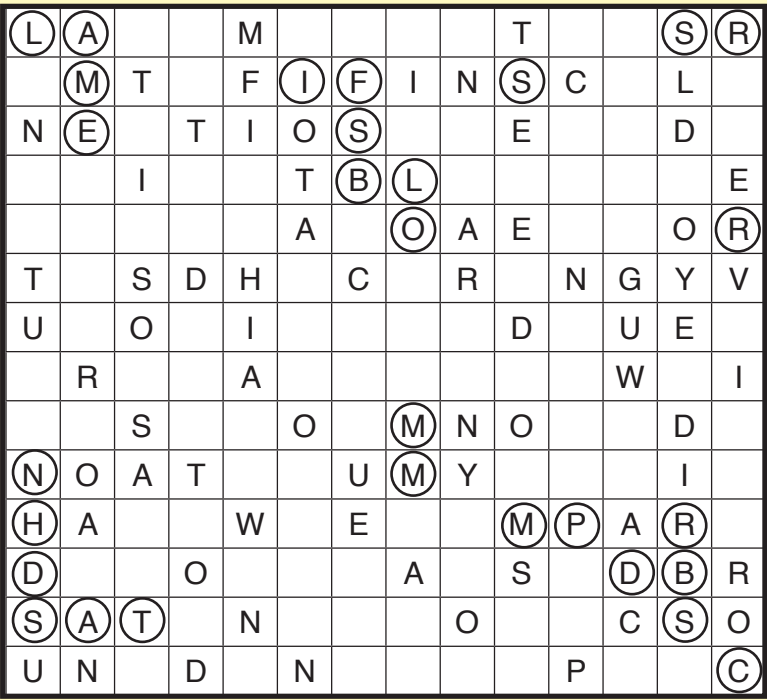
Fill in the words by starting each at the correct circled letter; go forward, backward, up, down or diagonally. All squares will be full when you have completed the puzzle correctly. Mark through each word in the puzzle as you find it. The unused letters will spell the bonus words.

- | | |
|------------|-------------|
| AIRPORT | MILES |
| ATTRACTION | MUSEUM |
| BORDER | NORTH |
| BRIDGE | OCEAN |
| CAMPGROUND | PARK |
| DAM | RESERVATION |
| DISTANCE | RESERVOIRS |
| EAST | ROUTE |
| FOREST | SCALE |
| HOSPITAL | SCHOOL |
| ISLAND | SOUTH |
| LANDMARK | STATE |
| LEGEND | STREET |
| LONGITUDE | TOWN |
| MERIDIAN | TUNNEL |
| MOUNTAINS | |

Answers on Page 8

“CHECK THE MAP”

Bonus words:




Happier Across America



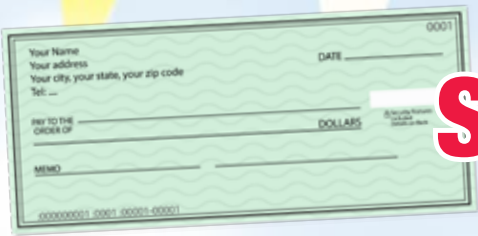
One of our better fishermen.
— Thanks Dawson Samuel, Lake Andes, SD

Education is not a problem. Education is an opportunity.

— Lyndon B. Johnson



Quick & Easy Crossword



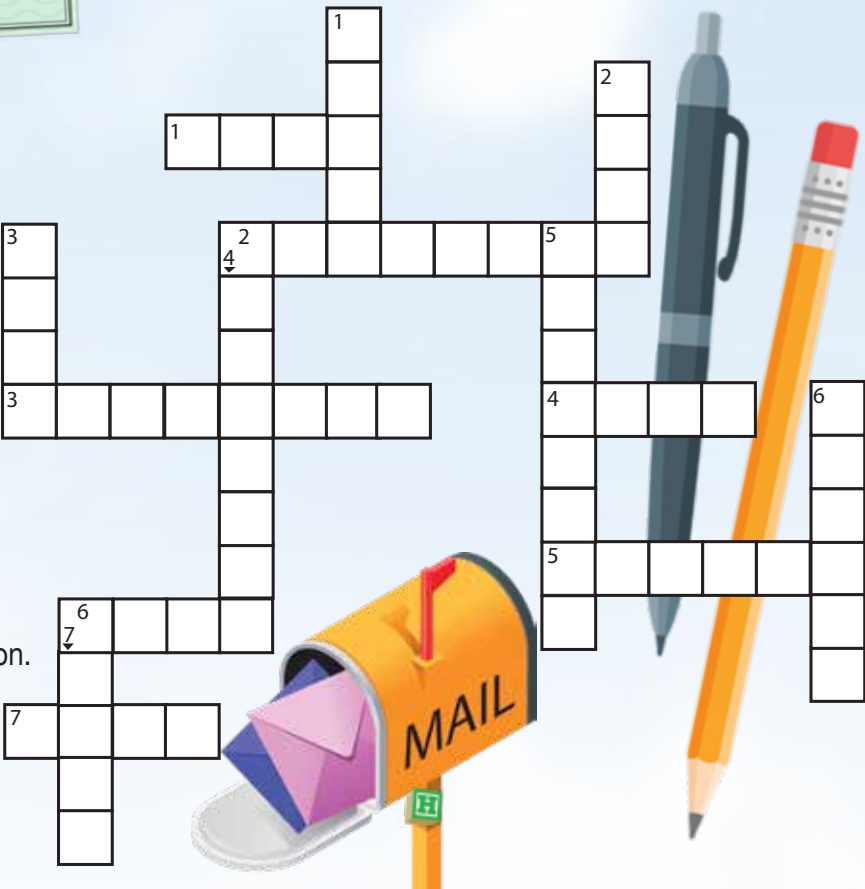
WHERE YOU SIGN YOUR NAME

ACROSS:

- 1 On a broken arm or leg ____.
- 2 To endorse your ____.
- 3 On a ____.
- 4 On a school ____.
- 5 In wet ____.
- 6 On a birthday or Christmas ____.
- 7 On the ____ to your new house.

DOWN:


- 1 On a contest ____ slip.
- 2 In an autograph ____.
- 3 On a bank deposit ____.
- 4 You send a ____ while on vacation.
- 5 On a ____ to buy a new car.
- 6 On a ____ you write to a friend.
- 7 On a ____ to pay bills.



ANSWERS: Across 1—Cast 2—Paycheck 3—Petition 4—Test 5—Cement 6—Card 7—Deed Down 1—Entry 2—Book 3—Slip 4—Postcard 5—Contract 6—Letter 7—Check

8
AUG


FRIDAY



International
Cat Day

9
AUG

SATURDAY



National Book
Lovers Day

Cutest Kids

Someone's enjoying the watermelon.

— Kaylena Hofer, Lake Andes, SD



This n' That



Jim's FBI Happenings

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

With self-discipline most anything is possible.
— Theodore Roosevelt

Word Search

STATIONERY STORE –A delightful place to browse for cards and gifts. Looking in all directions and using the clues, find other things available at the stationery store.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

AL	ST	GL
CA	TA	PE
CL	SA	TA
PA	CA	WR
FO	ER	
MA	FI	


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Send to: **SHARE**,
PO Box 99, Portland, TN 37148
or happierweek@gmail.com

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



Dear Dave



Now's the Time to Invest in You

Dear Dave,

I'm a sophomore in college studying agriculture business. I grew up on a farm, and recently I decided it's time to sell a small cattle herd my dad helped me start growing when I was a kid. I don't have any student loan debt, and I'm paying for school with lots of scholarships and some help from my parents. I can sell the herd for about \$20,000, and I was wondering how you think I should invest that money for the future.

— Colby

Dear Colby,

You know what? I think the best investment Colby can make right now is in Colby. By that, I mean I want you to finish your degree debt-free more than I want you to become a professional investor.

If I were in your shoes, I'd park the proceeds from your cattle sale in a high-yield savings account. Think of it as an insurance policy that will enable you to finish up school without taking out a bunch of student loans. I know that doesn't sound as glamorous as investing, but think about this: Even though that \$20,000 might not grow a ton in two or three years, it will grow. And if you don't need it for school, it'll be sitting there waiting for you when you're ready to set up house and start your new life after graduation.

Colby, in your case, finishing school and getting a valuable degree — one you can actually use to make a future for yourself — is going to give you a better mathematical return than a mutual fund. Why? Because you are a better investment than a mutual fund. Literally. I'm not talking about just in a philosophical or spiritual sense, but financially. What you'll be able to do with your life and the money you'll make in the process is a great return on your hard work and tuition dollars.

I can tell you grew up on a farm, young man. You're definitely no stranger to real work, planning ahead and thinking about the future. I'm proud of you, buddy!

— Dave

This Week In History

Aug 3, 1958 – The Nautilus submarine was the first vessel to cross the North Pole underwater.

Aug. 4, 1884 – Thomas Stevens became the first person to bicycle across the United States.

Aug. 5, 1969 – The U.S. space probe Mariner 7 transmitted pictures of Mars.

Aug. 6, 1962 – Jamaica gained its independence within the Britain Commonwealth.

Aug. 7, 1789 – Congress established the U.S. War Department.


Aug. 8, 1876 – Thomas Edison patented the mimeograph machine.


Aug. 9, 1936 – Jesse Owens became the first American to win four gold medals in one Olympics.

Hidden Puzzle

IN THE GARDEN

What's hiding in the garden besides these critters? Search for a needle, seashell, house, tweezers, eyeglasses, artist's brush, spoon, party hat, sailboat, feather, saltshaker and hat.






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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...

The first recipe for tomato-based ketchup is credited to James Mease, a Philadelphia horticulturist, in 1812.



He barks with excitement.

Page 5

Words of Wisdom



Faith without works is like a bird without wings; though she may hop with her companions on earth, yet she will never fly with them to heaven.
—Francis Beaumont

This Week's Scrambles

- 1. nOep a nowwid nda elt meso esfrh ira ni.
- 2. I ilwl ahlug dna oneyj ym file hte tesb l nca.
- 3. ssssaatthuecM ahs 31 eettslr.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

You can't buy happiness. But you can buy ice cream. And that's kind of the same thing.

Laugh A Lot

What do you call a boomerang that won't come back?

A stick.

How does NASA throw a party?

They planet.



What did the traffic light say to the truck?

Don't look! I'm changing



What Am I?

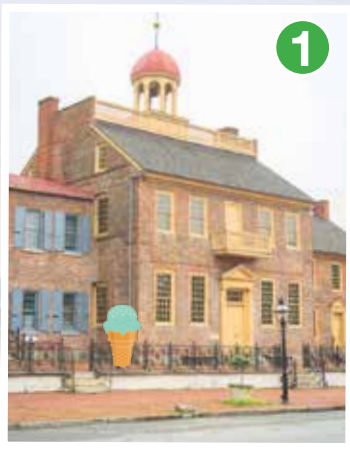
- 1. I'm black and white with three eyelids.
- 2. I have feathers but cannot fly.
- 3. My Feathers are waterproof.
- 4. I can hold my breath for up to 20 minutes and dive as deep as 1,640 feet.

Answers on Page 8

And we sit together through the evening.



Cruisin' Around



- 1. New Castle briefly served as Delaware's _____ in 1776.
- 2. The New Castle and Frenchtown Railroad, one of the first in the nation and the first in Delaware, opened in _____ 31.
- 3. New Castle celebrates "Separation Day" commemorating declaration of independence from _____ Britain and Pennsylvania.
- 4. New Castle, Delaware, was initially a _____ settlement established as New Amstel in 1655.
- 5. Delaware shares borders with Maryland, _____, and New Jersey.
- 6. The diamond in Delaware's state flag is a reference to the state's nickname, "The Diamond _____".

Answers: 1. Capital 2. 18 3. Great 4. Dutch 5. Pennsylvania 6. State



New Castle, Delaware



MUSIC GENRES SCRAMBLE



- 1. OTILAN
- 2. CKRO
- 3. NOTCURY
- 4. SPOELG
- 5. CEROLECTNI
- 6. LOKF
- 7. EBSRASLUG
- 8. CSTHRIIAN
- 9. DYCOME
- 10. CCLAASSIL
- 11. NCDAE



Unscramble the letters below to find the names of ten different things you would find in the produce department. Then discover the hidden theme words made up from the circled letters.

Hidden Words:



- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____

Answers: 1-LATINO 2-ROCK 3-COUNTRY 4-GOSPEL 5-ELECTRONIC 6-FOLK 7-BLUEGRASS 8-CHRISTIAN 9-COMEDY 10-CLASSICAL 11-DANCE Hidden Words: LOTS OF STYLE



For the Love of PETS

Hermit crabs drink water by dipping their claws into the water and scooping it into their mouth.



How quickly can you say?



Answers on Page 8



GUESS WHAT I AM

S'more Cookie Bars

- ¾ cup butter
- 3 cups graham cracker crumbs
- 1 package (6 oz) semi-sweet chocolate chips (1 cup)
- 1 cup butterscotch chips
- 1 cup mini marshmallows
- 1 can (14 oz.) sweetened condensed milk.



Preheat the oven to 350°F. In a 13 x 9 inch baking pan, combine butter with crumbs. Press to form an even layer. Evenly sprinkle with chocolate chips, then add butterscotch chips, followed by mini marshmallows. Pour condensed milk evenly over the mixture. Bake 25 minutes or until bubbly. Let cool completely on a wire rack. To serve, cut into squares. For easier cutting, refrigerate 1 hour. Makes two dozen bars. **Enjoy!**

Precious Pets



Proud Nana to these three lovable dogs, "Charlie, Moe and Garry."
—Thanks, Joan Tosten, Newville, PA

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"



THATS A BIG BILL

The pelican has the largest bill of all birds. It can reach 18 inches in length. Underneath the bill, pelicans have a throat pouch that can hold up to 3 gallons of water. A single pelican can eat up to 4 pounds of food per day.

Find This Week's . . .

"PASTIMES" WORDS



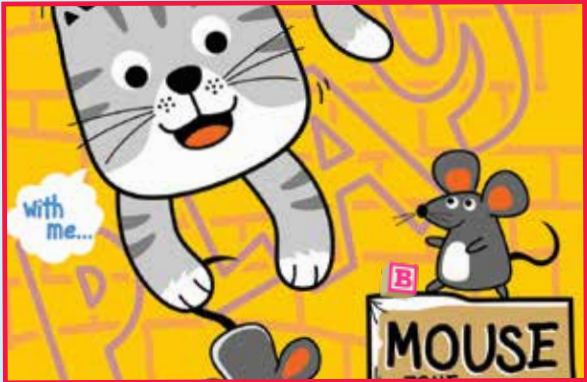
C A J C H E C E W G A B P
K E K L I K E L A B T I O
S S K E Y S R L O T O N L
T I C A L P Y H E S S G O
E N N O H ★★ C S M G A E

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.

- | | | |
|--------|----------|--------|
| POLO | CHESS | JACKS |
| TAG | BALL | HOCKEY |
| BINGO | CHECKERS | |
| TENNIS | | |
- Answer on page 8

Get a Kick

A little boy was at the zoo with his dad and asked, "What's that animal?" The dad said, "That's a moose." The boy said, "They must have big cats here."



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 | HILT
ELO
ETS
GAB
GIN
ISE
LAG
LOI
NAE
REO
YOU | 4 LETTERS | ACRE
AGAR
AILS
ALBS
AMAT
AMEN
AMOK
BOSC
DIME
EGIS
EMMA
EMUS
GLOB
HASH
HEAR
HENS | 5 LETTERS | ASORS
AURAE
BORNE |
| | ILIA
ITAL.
JAYE
JOYS
KANS.
NAIL
NAPE
NENE
OMAR
OMNI
OTRO
OYER
REEL
ROAN
ROPE
SEER
SMEE
SNEE
SOME
STER
SURE
URGE
VIES | | DELOS
DUNNE
LABIA
MIROS
NEARS
NO SIR
OATEN
RESTS
RUNES
SNORE
STYNE
TEALS
TERNS
URSAE
VERNE
WILCO
XEBEC | | 6 LETTERS
GEYSER
HORNET
IDLING
KAREEM
MEEKER
RENNET |
| | | | 7 LETTERS
AUTUMNS
BEESWAX
ENSIGNS
NARRATE | | 8 LETTERS
EREMITES
TRAITORS |



Look and LEARN

The largest ball of twine is in Cawker City and weighs more than 16,750 pounds.



Trivia Fun

Answers on page 8

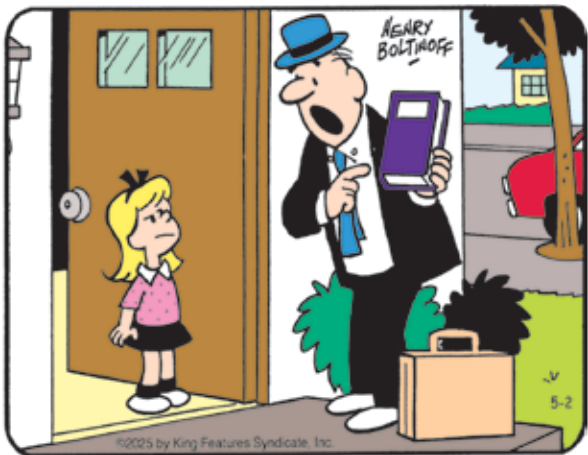
1. What's the only 15 letter word that can be spelled without repeating a letter?
2. What is the dot over the letter "i" called?
3. What is the only food that does not spoil?
4. What is the only animal with four knees?



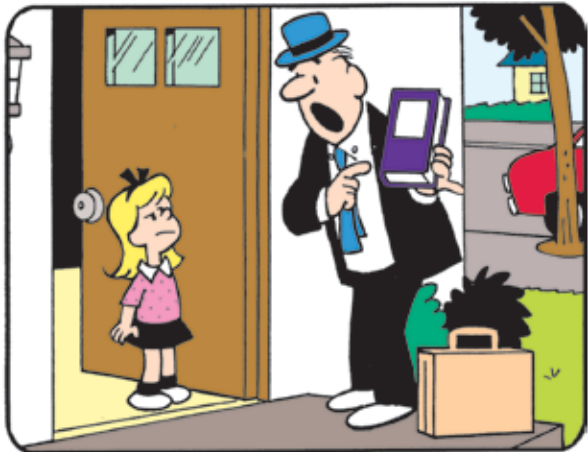
We're Gettin' **HAPPIER!**



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Door is not as wide. 2. Book cover is different. 3. Bush is smaller. 4. Windowpanes are missing. 5. Briefcase is moved. 6. Finger is moved.

Weekly Safety Tips

Help Protect Your Ears

Loud sounds from machinery can damage the delicate structures in the inner ear, leading to NIHL and tinnitus. NIHL can be permanent and progressive. When working on projects around the house, loud noises from drills, saws and sanders can easily exceed safe sound levels. Wearing earplugs or earmuffs can help protect your ears from hearing loss later in life.



Thank God for Saturday!

Today's Happier Tip

"Hey! Where did you find happiness?"
"Right under my nose!"

Fun Facts

- * **THE DOLLAR STORE OF YESTER YEAR.** The first so-called "five-and-ten-cent" store was Woolworth's which began in Pennsylvania in 1879.
- * **QUIET PLEASE.** Next to the Library of Congress, the New York Public Library and its branches is the largest library in the United States in number of volumes and other items.
- * **PLAY BALL!** Veterans Stadium, home of the Philadelphia Phillies, has the largest seating capacity of any major league baseball park. The stadium seats about 62,400.
- * **TOP OF THE WORLD.** The highest point in the world is Mount Everest, in Nepal, Tibet. It is just over 29,000 feet high.



Get **HAPPIER** Tips

Getting a good night sleep can help you have a positive day.



Doctor Mike Says . . .

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

Don't Let Vitamin D Determine If You Get A Migraine

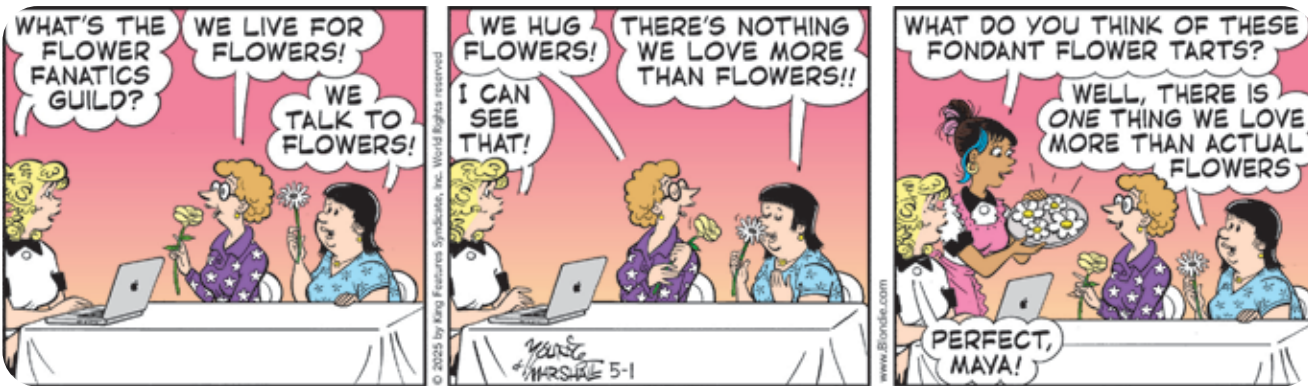
Almost 40 million folks in the U.S. have been diagnosed and treated for migraine. That adds up to over 160 million workdays lost every year — not to mention the severe pain and misery the headaches cause.

Migraine triggers vary from person to person. Stress, hormone shifts, irregular eating patterns, sleep disturbances, alcohol, smoking, even pickled foods may set one off. But a new study has identified a universal trigger that may come as a surprise: vitamin D deficiency.

It seems that a deficiency of vitamin D may allow increased inflammation, especially neurovascular inflammation in the brain and affect the way that endothelial cells that line blood vessels regulate blood flow. And that is not individual. A D-ficiency is related to migraine for all ages, genders, races, and incomes.

If you're a migraine sufferer, get a blood test to check your vitamin D level. If low, take 1,000 IU of D3 daily, or more if recommended. And focus on foods with vitamin D, like mushrooms, salmon, sardines, and fortified tofu and cereals (with no added sugar).

Exposure to sunlight is also important. In most of the U.S., spending 5-30 minutes in the midday sun — without sunscreen — between February and November three or more times per week is enough to maintain healthy levels among light-skinned folks. For darker skin, it takes more time; one study recommends dark-skinned men opt for 90 minutes of sun exposure three times a week. For more info on vitamin D, check out our article on iHerb.com/blog "Vitamin D's Dynamic Benefits."



Answer Section

PG. 5 **Hidden Puzzle**

PG. 2 **Crossword**

PG. 4 **Circle Words:** FINDING YOUR WAY AROUND

PG. 7

"PASTIMES" WORDS
Hidden Word:
WE LIKE TO
PLAY GAMES

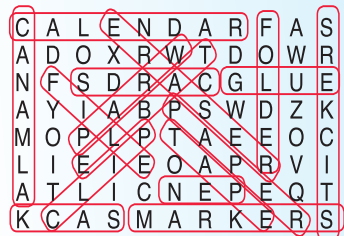


PG. 7

Trivia Fun

1. UNCOPYRIGHTABLE
2. TITTLE
3. HONEY
4. THE ELEPHANT

PG. 5 **WORD SEARCH**



PG. 2 **Toy Blocks:**

On Pages: 4,5,6,7,8
IT'S GOOD TO HAVE A HOBBY

PG. 2 **Hide & Seek:**

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

PG. 5 **Brain Teasers**

THIRD ONE

PG. 6 **What Am I?**

PENGUIN

PG. 3 **Secret Words:** INTERESTING ANIMALS TO WATCH

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

PG. 3 **Billboard of Happiness:**

KEEP IN TOUCH WITH FRIENDS AND FAMILY

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

MY COFFEE IS STRONG, IT NEEDS SUGAR

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

1. OPEN A WINDOW AND LET SOME FRESH AIR IN
2. I WILL LAUGH AND ENJOY MY LIFE THE BEST I CAN
3. MASSACHUSETTS HAS 13 LETTERS

S
U
D
O
K
U

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