



# MAKING YOUR WEEK **Happier** AUG 31-SEPT 6



## A Scoop of Happiness

### Riddle



Where does Friday come before Thursday?  
When it's in the dictionary.  
Answer:

### Turn Negatives Into Positives!

- Take a step back from the situation and try to view it in a positive light looking for possible solutions that will bring about good results.
- Every day wake up and make a list of ten things you can be positive about even if you've had a rough night's sleep. This will turn your negative feelings into positive ones!

—Diane Wilks Nolan



### The Rooster Must Relocate

When we were raising our children, we raised chickens too. Our kiddies collected the eggs, and my husband did all the cleanup. However, we had a rooster that would peck at our youngest. That rooster would fly up and land on top of our four-year-old's head and act as though he owned the place. Our son would run, but that rooster would stay on his head and peck at him. The rooster did not pick on any of the other children. But enough is enough, I told my husband. The rooster must be relocated.

Now my children are grown and have their own children, and they too have had their fill of roosters that chase little kids. So hopefully these little chicks will grow up to become hens who settle in nicely, and become good mothers, and leave us many eggs.

—Thanks, Doreen Mary Frick, Wake Forest, NC

### Happier Happenings



### Today's Happier Tip



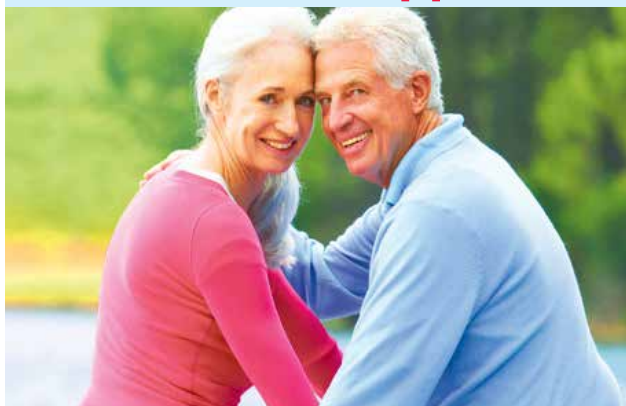
### I Love Sunday

Let go of what you think your life should look like, and enjoy it for everything that it is.



### From Our Readers

### How About Happiness



In a world that often feels stress and endless responsibilities, the question “How about a little happy?” can sound almost too simple. Happiness doesn't have to come in grand gestures, sometimes it's found in laughter, a warm cup of tea, a song that lifts your spirit, or a memory that brings a smile. Choosing “a little happy” is not about ignoring hardship—it's about letting light break through the cracks of a heavy day. So, when life feels serious or overwhelming, pause and ask yourself: How about a little happy?

—Thanks, Perry Wm. Bell, Greeley, CO

### Days Gone By

### "The Stolen Doll Clothes!"



When I was younger, I remember playing at a park and I spotted my friend Mary, pushing her doll carriage. My heart nearly stopped—her doll was wearing my doll's clothes! How dare she? Mary glanced up, saw me, and immediately ran away. Those clothes were special, made just for my doll. Before I could stop myself, I yelled, “Thief! Thief!” I ran home to tell my mother and she assured me that we would get them back. The next day, Mary's mom stopped by with the clothes and a apology.

Years later, Mary and I remained close friends. I never brought up the incident again. I've come to realize that people—especially kids—make mistakes. What matters is helping them learn from those moments rather than dwelling on the wrong.

—Thanks, Suzan Wiener, Spring Hill, FL





We Love Our Hometown

Fox Drug Store is Making Selma, California Happier



Fox Drug Store is a hometown pharmacy located in Selma, California. They have been serving the communities of Fresno County, Tulare County, and Kings County since 1977. Their pharmacist has 50 years of experience with a friendly staff that treat you like family. Here at Fox Drug Store, they are dedicated in providing the customers with services that are customized to meet their needs. Whether it's prescription medications or over the counter products, they are here to answer any and all of your questions. They always go above and beyond to help you here! It's also a fun place to look around at the many wonderful items in the gift shop.

Selma, California offers a variety of attractions and activities for visitors, including historical sites, outdoor activities and family fun.

Selma Pioneer Village is a outdoor museum preserving the history of early settlers with restored buildings like a blacksmith shop, general store, and schoolhouse. There's also the Selma Historical Museum that has artifacts and photographs depicting the city's past.

The Kings River is a popular destination for fishing and boating. The lower Kings River is suitable for swimming, floating, and canoeing with many public access points between the dam and Avocado Lake. Always be aware of the water conditions. Some areas may have high and fast water, and certain activities like swimming or floating may be restricted at times.




**Yes! Big Monday**



**Today's Happier Tip**

It's a good day to be happier and others will notice it in you.

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Favorite Crossword

- ACROSS**

  - 1 A drink
  - 4 A snake
  - 7 Toward
  - 9 A puzzling thing
  - 11 A lubricant
  - 12 Smell
  - 14 Once more
  - 16 Vim
  - 17 Type of deer
  - 18 Traveling salesman
  - 20 A fit
  - 21 Litter's smallest
  - 26 Get feeble
  - 28 Large body of water
  - 30 Talk rudely
  - 31 Article of clothing
  - 32 Don't admit
  - 34 Tight loop
  - 36 Go in
  - 38 Rub out mistake
  - 40 Amount of surface
  - 42 Neither he nor she
  - 43 Word of choice
  - 44 Not either
  - 46 Interior
  - 48 Not working
  - 50 Shaded by trees
  - 52 Cot
  - 53 Don't let law pass
  - 54 To look
  - 57 Old English, abbr.
  - 58 Lot of bees
  - 60 A tool
  - 61 Amusing
  - 62 "He \_ here."
  - 63 Old Testament, abbr.
- DOWN**

  - 1 Exchange
  - 2 Let fall
  - 3 Goal
  - 4 Advertisement
  - 5 Killed
  - 6 Wooden nail
  - 7 Work hard
  - 8 Pig noise
  - 10 Hangs loosely
  - 13 Harvest
  - 15 Agricultural Engineer, abbr.
  - 18 Forever
  - 19 Slight shake
  - 20 Shovel
  - 22 Join
  - 23 Carry
  - 24 Lease
  - 25 Made nose noise
  - 27 Inquire
  - 29 Pennies
  - 30 Menacing noise
  - 33 Wear away
  - 35 Thin
  - 37 Duck's down
  - 39 The letter "N"
  - 41 Atmosphere
  - 45 Cereal grass (plural)
  - 47 Asian goat
  - 49 Level
  - 51 Paddles
  - 55 Devour
  - 56 Supposing that
  - 57 Upon
  - 59 Artificial Intelligence, abbr.

Answers on page 8.

**Sharing Happiness**




**Let the sponsor know you love Happier!**


**Happier Kitchen**

## BLT Salad


- 1/2 cup mayonnaise
- 3 Tbsp. chili sauce
- 2 Tbsp. lemon juice
- 1 tsp. sugar
- 3 cups cooked elbow macaroni
- 1/2 cup chopped seeded tomato
- 2 Tbsp. chopped green onions
- 3 cups shredded lettuce
- 2/3 cup bacon bits

In a large bowl, combine the first four ingredients; mix well. Add the macaroni, tomato and onions; toss to coat. Cover and refrigerate. Just before serving, add lettuce and baco bits; toss to coat. **Enjoy!**





**HIDE and SEEK**



Can you help round-up five more apples? They can be red, green and yellow.  
Answers on page 8.

**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.

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



**Let's eat an**

Find the missing blocks throughout Happier to make the word.



MY NEW HAIRDO

At 15, I decided I wanted a new hairdo . . . different than my straight, mid-length hair. My older married sister, Donna, told me she would give me a permanent. So, mom bought the kit. I was interested in a boy from high school who was in the band. The Christmas Parade was in a couple of days, and I wanted to look “grown up” when he saw me as the parade passed by. So Donna wrapped strands of hair, wet with solution, with a piece of paper rolled on a rod. Once done, she said I had to wait 20 minutes. Donna combed out my hair. Such beautiful waves and curls. I was so excited! She told me to roll the hair again at bedtime. The next day, I began removing the curlers. I'd used the rods again, as I'd never rolled my hair before. It didn't look the same and the more I brushed the more my hair seemed to “grow,” until I looked like a porcupine! I yelled for mom and cried. “I can’t go to the parade looking like this! I wore a sock cap to keep my hair down and from showing.

— By Lynda Vandiver



Get Happier Tips

Health Tip

Health and Hygiene



It's important to change out your reusable shaving razor. Dull blades can lead to skin irritation and razor burn. If it's hard to rinse shaving cream and hair from the blades, bacteria can accumulate and potentially cause infection. Daily shavers may need to change blades more often than those who shave less frequently.

Handy Hints

I Up-Cycle Happier

Hello, I wanted to share a photo of what I do with outdated copies. Rather than sending them to landfill, I up cycle them into bags to pack stuff people purchase from me.



— Thanks Austin Rodrigues, Amery, WI

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

Happier Poem

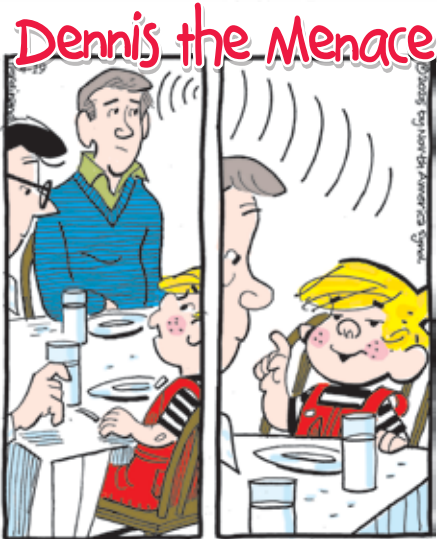
God's Army

When you carry a Bible  
The devil get a headache  
When you open it,  
He collapses.  
When he sees you  
Living it, he flees  
And when you're about  
To repost this by  
Hitting share, he will  
Try to discourage you.  
I just defeated him  
Share this if you're  
In God's Army.  
— Janie Peltier,  
Dover, TN

Laugh A Little



"See? Every time I pull one out another one pops up!"



"Don' worry. There's no fire." "When the smoke alarm goes off, we know it's time for dinner."

It's REAL

There are over 600 different shapes of pasta worldwide.

NOW THAT'S FUNNY!

We were babysitting a small girl. She liked books read to her. A couple of days after reading to her, "The Itsy Bitsy Spider," we took her out to play. She noticed a spider on a chair. She ordered the spider, "Get back in the book."



Secret Words

“THE P.T.A.”

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 18 letters leftover. **Have fun!**

- AGENDA  
AWARD  
BOYS  
COMMUNITY  
CODE  
DAY  
EDUCATION  
FATHERS  
FORUM  
FUN  
FUND RAISER  
GIRLS  
GOAL  
IDEA  
MEETINGS  
MOTHERS  
NEIGHBORS  
NEWSLETTER
- PLAN  
POLICY  
PRESIDENT  
PROBLEM  
ROLE  
RULES  
SCHOOL  
SEEK  
SOLUTIONS  
STAFF  
SUPPORT  
TALK  
TEACHERS  
VOLUNTEERS  
VOTE  
WORK

Bonus Words: \_\_\_\_\_

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

Answer on page 8

Hello Tuesday!

Today's Happier Tip

Start each day with a thankful smile and end the day on a good note.

**BILLBOARD of HAPPINESS**

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

	A	K				E	R		D	A
	N			D		E	N			R
	O			E		R		U		
	F									

A A B D E E E M O O  
P T T U V V Y Y

Answers on Page 8

Say ‘please’ and ‘thank you.’


Page 3



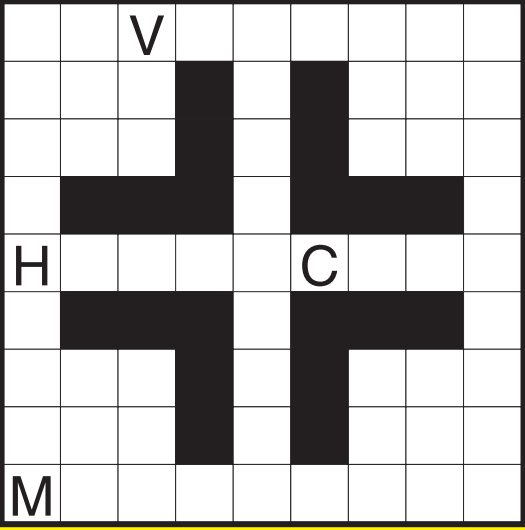
Get Up Happier

A NEW DAY

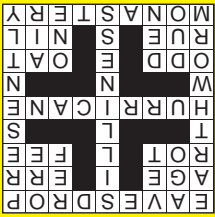
How you wake up in the mornings is oftentimes determined by the way you go to bed the night before. Do you go to bed looking forward to a new day ahead or do you go to bed with a sense of dread as to what the next day holds? I am convinced that when we go to bed with an expectant heart for a great morning, a wonderful morning will be ours. —By Nancy Gibbs

TRIPLETS 

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.



Age	Eav	Mon	Ric
Ago	Err	Nil	Rop
Air	Ery	Oat	Rot
Ane	Esd	Odd	Rue
Ast	Ess	One	Sen
Den	Fee	Ore	Sil
Duo	Hur	Orm	Thw
Ear	Lin	Pre	Tly
		Ref	Vet




 Yea! It's Wednesday! 

Today's Happier Tip

When you find happiness, stop and enjoy it. Happiness adds up to a healthy outlook in life.

Our President Said It



The President is not only the leader of a party, he is the President of the whole people. He must interpret the conscience of America. He must guide his conduct by the idealism of our people. — Herbert Hoover

Write a letter to a friend.


Page 4

31 AUG SUNDAY



Eat Outside Day

1 SEP MONDAY



Labor Day

2 SEP TUESDAY



World Coconut Day

3 SEP WEDNESDAY



4 SEP THURSDAY



National Wildlife 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.

BLOCKS

CHURCH

CLAY

COOKIES

CRAYONS

CRYING

DRAW

FAIRY TALES

FATHER

FRIENDS

GAMES

HELPER

LETTERS

LUNCH

MATS

MOTHER

MUSIC

NAP

NUMBERS

PAINTS

PAPER

PARENTS

PASTE

PLAY

PROFESSIONAL

ROOMS

SANDBOX

SCHOOL

SNACKS

TABLES

TEACH

TODDLERS

TOY

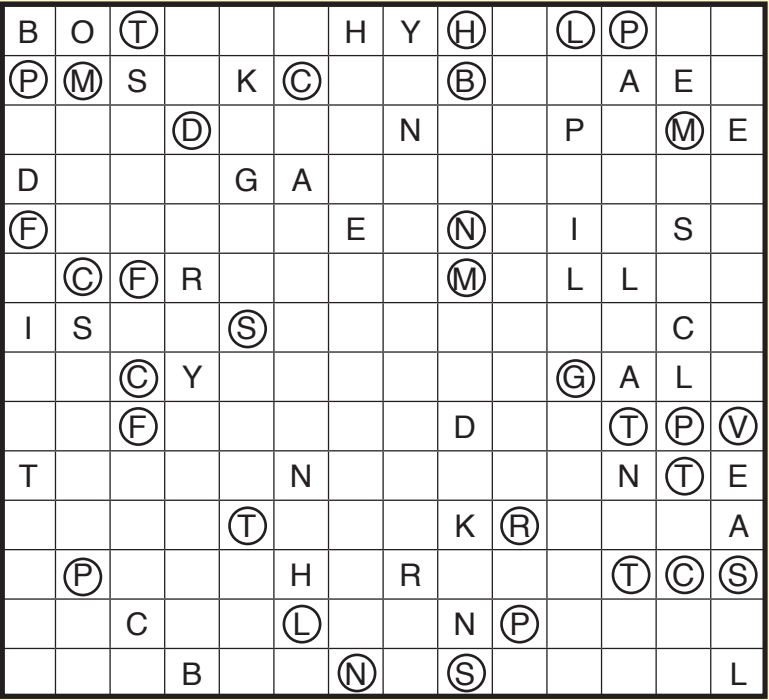
TRIPS

VOLUNTEER

Answers on Page 8

“NURSERY SCHOOL”

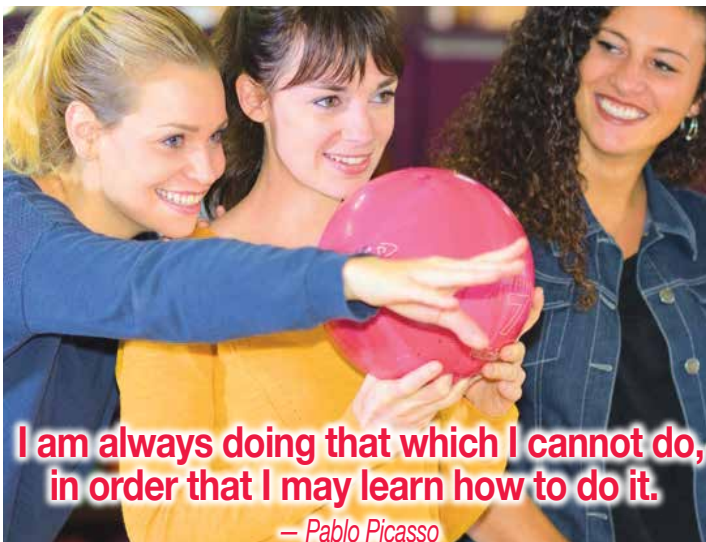
Bonus words: \_\_\_\_\_



Happier Across America



Happiness is seeing so many wonderful women role models in today's world.  
—Thanks Jess Martin, Twin Falls, ID



I am always doing that which I cannot do, in order that I may learn how to do it.  
— Pablo Picasso

Quick & Easy Crossword

AT THE FLEA MARKET

ACROSS:

1 Find a rare \_\_\_\_ to read.

2 Find a decorative \_\_\_\_.

3 Buy a colorful hand-crocheted \_\_\_\_.

4 Find carpenter's \_\_\_\_.

5 Find some nice kitchen \_\_\_\_.

6 Find an antique \_\_\_\_.

7 Find \_\_\_\_ and CDs at the flea market.

DOWN:

1 Find unique Christmas \_\_\_\_.

2 Buy a beautifully \_\_\_\_ walking cane.

3 Find a \_\_\_\_ to use for camping.

4 Find \_\_\_\_ for the children.

5 Find hand-pieced \_\_\_\_.

6 Find a desk or \_\_\_\_ to buy.

7 Buy a pair of matching flower \_\_\_\_.









ANSWERS: Across 1–Book 2–Canister 3–Afghan 4–Tools 5–Curtains 6–Lamp 7–Movies Down 1–Ornaments 2–Carved 3–Tent 4–Toys 5–Quilts 6–Table 7–Vases



5 SEP FRIDAY



National Food Bank Day

6 SEP SATURDAY



Cutest Kids

Ben is feeling like a big boy when driving his bike.

Anne Marie Sweden, Paxico, KS



This n' That



### Jim's FBI Happenings

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

A good picture is equivalent to a good deed.

— Vincent Van Gogh

### Word Search

**LABOR DAY** —A day to recognize all those who are in the labor force. Looking in all directions and using the clues, find some of the vocations that employ those workers.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW


DO	TE...	DR...
ST...	CL...	AR...
PI...	CO...	SA...
FA...	PA...	TA...
PO...	SE...	

Answers on page 8


### Share It

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



Dear Dave



Dave Ramsey

### All of Your Brain Means Both of You

Dear Dave,

My husband and I live in India. I'm from the States, and he was born here. When it comes to our finances, I manage our American investments, and he manages our Indian investments. Every month, we sit down with spreadsheets and go over our finances. I trust him completely, but I'd like to better understand our investments here and how they work. Should I just defer to his judgment, or should I learn to understand things a little better? —Anna

Dear —Anna,

I always tell folks to make sure they completely understand their investments and how they work. So, there's absolutely nothing wrong with learning more about the side of your investments he manages.

I learned a long time ago that when you're married and it comes to making decisions, you should use all of your brain. That means both of you. Two heads are better than one, right? Back when I made all my mistakes with money and we went broke, I didn't listen to anyone about anything. I thought I knew it all. We had investments and owned pieces of property my wife never knew about or laid eyes on.

When it came to our finances, she always trusted me and told me to do what I thought was best. Well, it turns out, I was an idiot. If I'd had an ounce of sense or humility back then, I'd have gone to her with my all my bright ideas. Knowing her thoughts or hearing her say, "I don't know about that, honey. I've got a bad feeling about it" might've saved us a lot of pain and heartache — if I'd listened. But now, I understand like never before the meaning of Proverbs 31:10-12. "Who can find a virtuous wife? For her worth is above rubies. The heart of her husband safely trusts her; so he will have no lack of gain" (NKJV).

I'm sure your husband is lot smarter about things than I was. And he's obviously open to talking with you about all this and showing you things. That's a really good sign. But if I were him, and something were to happen, I'd want you to understand everything. I'd want you to know exactly what you have going on and how it all works. Great question, Anna!

— Dave

### Enjoy the Funny Things That Happen

My wife, Verna, and I both worked for the famous FBI, but sometimes we got into silly situations. So I'm going to tell you about one.

We loved to take our two boys camping in our small camping trailer. When it comes time for each of us to take a shower, me and our two boys take our shower. Verna takes her shower last. All of a sudden, Verna cries out, "The water quit; I'm all soaped up; help me!" Being a good FBI officer, I made a plan. "You just sit on the stool. I'll drive to get water." "What! That's crazy!" came Verna's cry.

The line was long. "Could I get my water first? I have a woman sitting on the stool with soap all over her body!" I said.

Needless to say, my wife, Verna, got all that soap off her body, but didn't want to hear about any more plans I made.

Laugh at the funny things, but take the law serious.

See you next week. — Your friend, Jim.

### This Week In History

- Aug. 31, 1886** – 1st major earthquake recorded in eastern US, at Charleston, South Carolina.
- Sept. 1, 1985** – French expedition locates the wreck of the RMS Titanic.
- Sept. 2, 1789** – The U.S. Treasury Department was established.
- Sept. 3, 1923** – Mort Walker born, cartoonist (Beetle Bailey).
- Sept. 4, 1965** – Beatles' "Help!" single goes #1 & stays #1 for 3 weeks.
- Sept. 5, 1958** – 1958 "Doctor Zhivago" by Boris Pasternak published in the U.S.
- Sept. 6, 1986** – Barbra Streisand's 1st live concert in 20 years.

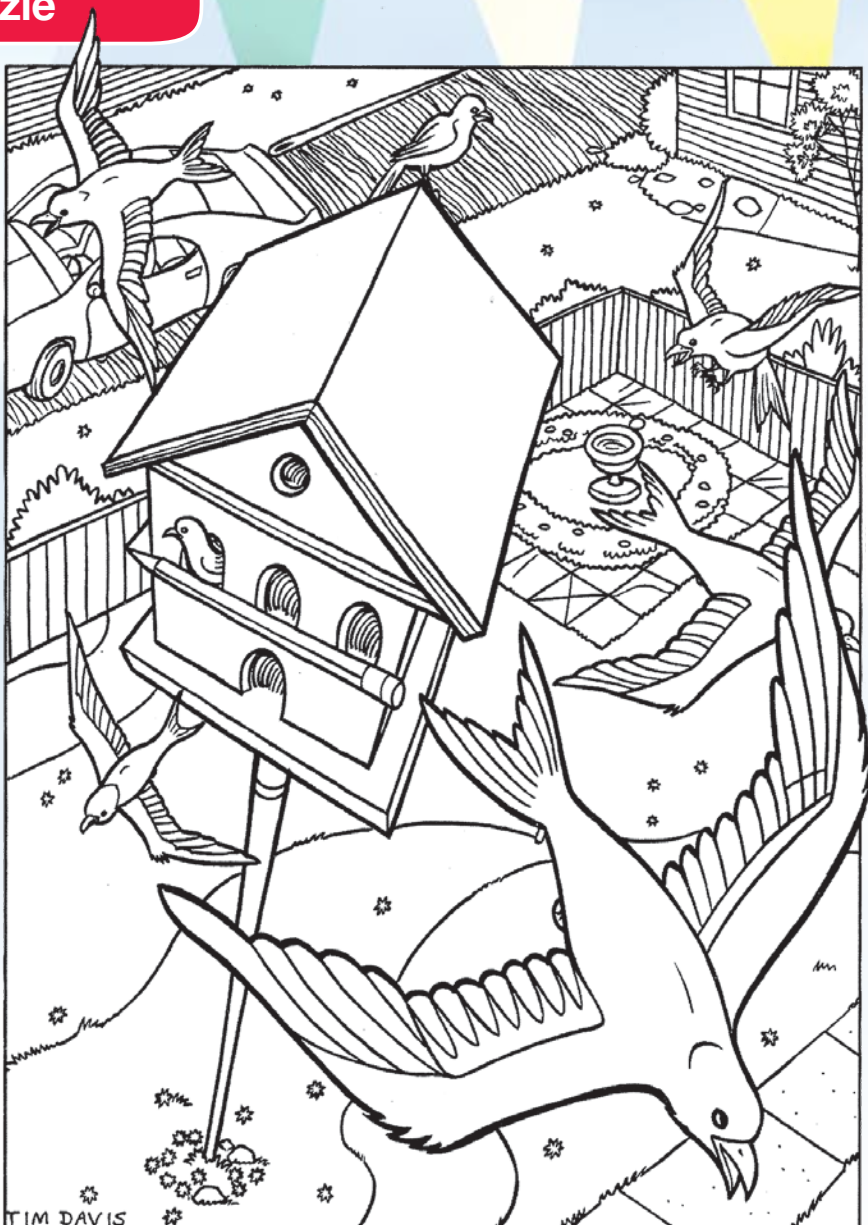
### Hidden Puzzle

## MARTINS' HOUSE

These martins have just moved into a new home. While they gather seeds for dinner, you can gather thirteen hidden objects. Look for a horn, ring, needle, pencil, toothbrush, open book, glove, fish, bell, kite, comb, sock and saw.

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Answers on page 8



TIM DAVIS


### 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...

Oregon was the first state to make Labor Day a holiday. Oregon passed legislation recognizing Labor Day as a state holiday in 1887.



Be thankful for all you have.



Page 5



Words of Wisdom



The man who makes everything that leads to happiness depends upon himself, and not upon other men, has adopted the very best plan for living happily. This is the man of moderation, the man of manly character and of wisdom. — Plato

This Week's Scrambles

- 1. I eaakw chae mgonirn  
hiwt a limes no ym caef.
- 2. hTe mmnlaai amesk em  
ripapeh iwht ish smeli.
- 3. sFuoc no spapnhesi.

Answers on Page 8



Happy Thursday!

Today's Happier Tip

If you are happy, you will make others happy.

Laugh A Lot



What do you get when you cross a cow with a duck?  
Milk and quackers!

Why is a baseball team similar to a cake?  
They both depend on the batter.

Why shouldn't you write with a broken pencil?

Because it's pointless.



What Am I?

- 1. A long time ago, I was made of wood and animal skin.
- 2. I can be hit with your hands or sticks.
- 3. I have rhythm and a tempo.
- 4. I am one of the oldest musical instruments.

Answers on Page 8

Help others by listening.

1. Charlotte was named after \_\_\_\_\_ Charlotte of Mecklenburg-Strelitz.

2. Charlotte has professional sports teams like the \_\_\_\_\_ Panthers and the Charlotte Hornets.

3. Charlotte is the second-largest banking center in the U.S. after \_\_\_\_\_ City.

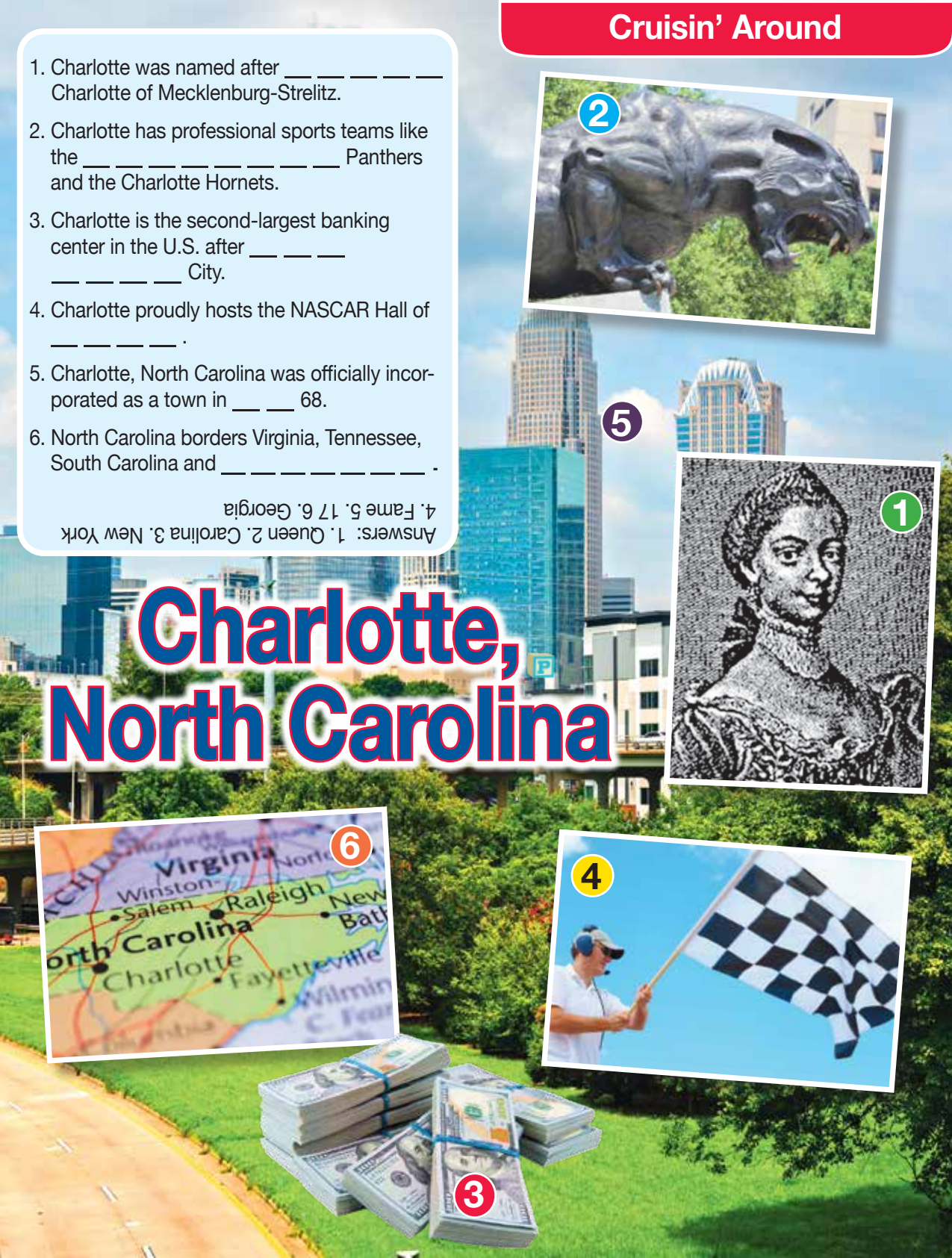
4. Charlotte proudly hosts the NASCAR Hall of \_\_\_\_\_.

5. Charlotte, North Carolina was officially incorporated as a town in \_\_\_\_\_ 68.

6. North Carolina borders Virginia, Tennessee, South Carolina and \_\_\_\_\_.

Answers: 1. Queen 2. Carolina 3. New York 4. Fame 5. 17 6. Georgia

# Charlotte, North Carolina



## SUPERHEROES SCRAMBLE

Unscramble the letters below to find the names of eleven popular superheroes. Then discover the hidden theme words made up from the circled letters.

Hidden Words: \_\_\_\_\_


- 1. LAFSH
- 2. NORIB
- 3. GENER
- 4. KLUH
- 5. BTMAAN
- 6. SARMPNEU
- 7. AAWCTNMO
- 8. RTOH
- 9. VLEEIOINWR
- 10. NMNIORA
- 11. DAEIRPSMN

Answers: 1-FLASH 2-ROBIN 3-GREEN ARROW 4-HULK 5-BATMAN 6-SUPERMAN 7-CATWOMAN 8-THOR 9-WOLVERINE 10-IRONMAN 11-SPIDERMAN Hidden Words: FIGHTS CRIME

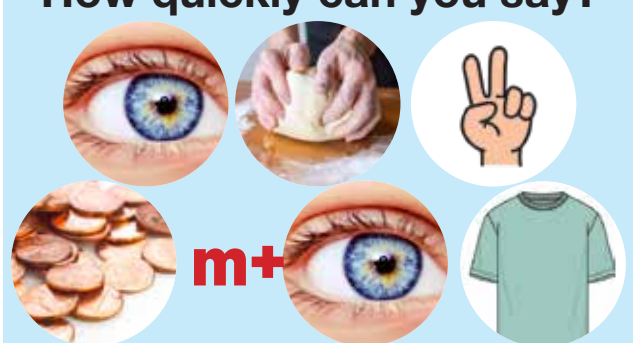


For the Love of **PETS**

Dogs have dreams, just like humans, and may dream about their owners and daily activities.



### How quickly can you say?



m+

Answers on Page 8



### GUESS WHAT I AM



Too Much Chocolate Cake

Preheat oven to 350° F. In a large bowl, mix together the cake and pudding mixes, sour cream, oil, beaten eggs and water. Stir in chocolate chips and pour into a well greased 12 cup Bundt pan. Bake for 50-55 minutes or until the top is springy to the touch and a toothpick will come out clean. Cool cake for 1 1/2 hours before inverting onto a plate. Dust with powdered sugar if desired. **Enjoy!**

- 1 package devil’s food cake mix
- 1 large (5.9 oz) package instant chocolate pudding
- 1 cup sour cream
- 1 cup vegetable oil
- 4 eggs
- 1/2 cup warm water
- 2 cups semi sweet chocolate chips



“BAKING” WORDS



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

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.

- BITE

PAN

CRUST

OVEN
- SLICES

CINNAMON

SUGAR
- BUTTER

Answer on page 8

Precious Pets



Happiness is having a dog that you can tell all your secrets too. Madison, age 2 and Ginger. —Thanks, Jessica Martin,Twin Falls, ID

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”

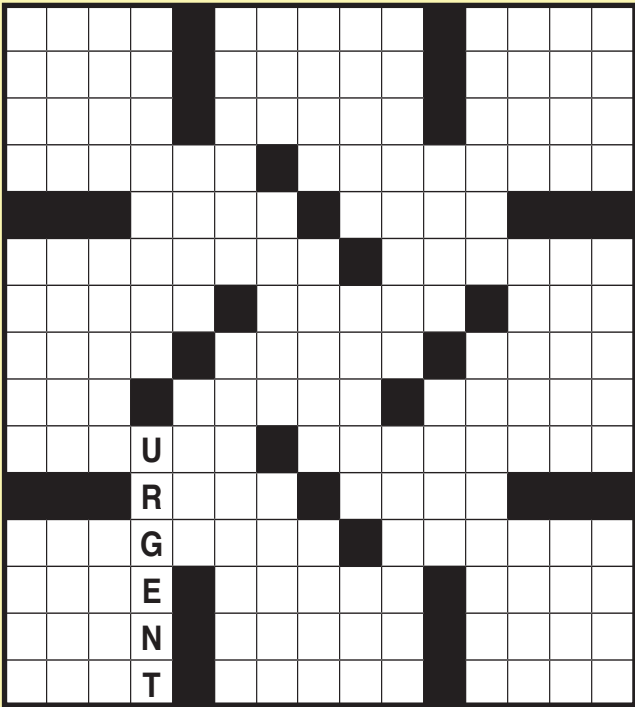


WHAT AM I?

Ocelots have a distinct pattern of spots and stripes on its fur, making their coats unique identifiers. They are medium-sized wild cats, about twice the size of a house cat, with a wide range across the Americas. Ocelots are nocturnal, skilled swimmers, and are often found in tropical forests and thorn forests.

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

LEO

RET

ROT

SEE
- 4 LETTERS

ARLO

AVAS

DATA

DEPT.

EBAN

EBRO

EURO

HEEL

KLEE

LEAN

MINN.

NEIN

NINE

OSLO

PLIE

PONG

PUPS

RALE

REDD

REED

REST
- 5 LETTERS

ADDLE

ARECA

BERRA

CARER

DREAM

DRESS

EELER

EMOTE

HIRAM

IOTAS

ISAAC
- 6 LETTERS

ALEXIS

BEFORE

ENSUED

FEASTS
- 8 LETTERS

APPEASER

CARAVANS

DAEDALUS

GREATEST

NOBLESSE

OCARINAS

RIDDANCE

SUN GLARE
- 3 LETTERS

SECT

SNAP

SRTA.

STEP

STET

SUMS

TALE

TIAS

TIMS

TOSS

UCLA

UNIE

UNIT

USER

VATS
- KAYAK

NEURO

PEPOS

PREEN

REMAN

REMUS

RUMOR

SEVER

STAKE

VERNE

X-RAYS
- I-BEAMS

REVISE

SONATA

URGENT



Look and LEARN

Cabin air, particularly in airplanes, is often very dry due to the low humidity of the air at high altitudes.



Trivia Fun

Answers on page 8

1. What is a Rhino’s horn made of?
2. This sea animal has the largest eyes in the world?
3. What is the only English word that ends in the letters “mt?”
4. Almonds are members of this family?



We’re Gettin’ **HAPPIER!**





Find the Differences



Find at least six differences in details between panels.



Differences: 1. Man's arm is shorter. 2. Cabinet is wider. 3. Hat is different. 4. Front of apron is higher. 5. Foot is missing. 6. Apron how is missing.

Weekly Safety Tips

Safely Stored Supplies

It's a good idea to keep your yard treatment supplies in a cool, dry, and secure location and away from children and pets. Garages and sheds are suitable, but ensure the area is dry, well-ventilated, and protected from extreme temperatures. Pesticides and fertilizers should be kept in their original containers with labels and away from food, animal feed, and flammable materials.



**Today's Happier Tip**

A smile, even makes your soul look beautiful.

Fun Facts

- \* **MISTY.** A cubic mile of fog contains approximately 56,000 gallons of water.
- \* **WHALES & ELEPHANTS.** The blue whale weighs as much as thirty elephants and is as long as three Greyhound buses.
- \* **MOST INTELLIGENT.** The porpoise is second to man as the most intelligent animal on the planet.
- \* **BY ANOTHER NAME.** Pumpkins are really a squash.

Get **HAPPIER** Tips

When you know what happiness means to you, you'll have an easier time finding it.



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

The ABCs of ACL Tears in Females

ACL (anterior cruciate ligament) injuries are more common in women than men — and you see the toll it takes on female soccer players. Megan Rapinoe suffered three ACL injuries during her career. It's also common when females play basketball, softball, and volleyball — for fun, in school, or professionally. More than three-quarters of the tears require surgery.

Why are females more prone to ACL injuries? They have wider pelvises and shorter femurs than males and increased hip rotation and torque at the knee, which can cause less stability of the knee when landing from a jump or suddenly changing direction.

Researchers have discovered four training routines that can help women of all ages and athletic inclinations avoid ACL tears. According to a JAMA Patient Page, they are: 1. neuromuscular training programs that correct imbalances between hamstring and quadriceps strength using resistance training and dynamic movements; 2. plyometric training, such as jump squats and medicine ball throws, that improves the ability to generate rapid muscle forces; 3. balance exercises such as ladder drills; and 4. stretching routines.

Prevention is vital because only 55% of athletes return to their sport after an ACL rupture and in the first 10 years post-injury, females report more trouble with knee instability, limping, stair climbing and squatting than males.



Answer Section

PG. 7 **"BAKING" WORDS**

**Hidden Word:**

- BAKE A
- DELICIOUS
- APPLE PIE

PG. 7 **Trivia Fun**

1. THE HORNS ARE MADE OF A PROTEIN, CALLED, "KERATIN."
2. GIANT SQUID
3. DREAMT
4. PEACH

PG. 5 **WORD SEARCH**

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

PG. 5 **Hidden Puzzle**

PG. 2 **Toy Blocks:**

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

LETS EAT AN APPLE

PG. 2 **Hide & Seek:**

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

PG. 5 **Brain Teasers**

THIRD ONE

PG. 6 **What Am I?**

DRUM

PG. 2 **Crossword**

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

PG. 4 **Circle Words:** BOYS AND GIRLS LEARN

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

PG. 3 **Secret Words:** A GREAT ORGANIZATION

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

PG. 3 **Billboard of Happiness:**

MAKE EVERYDAY AN ADVENTURE TO BE PROUD OF

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

I NEED TO CHANGE MY SHIRT

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

1. I AWAKE EACH MORNING WITH A SMILE ON MY FACE
2. THE MAILMAN MAKES ME HAPPIER WITH HIS SMILE
3. FOCUS ON HAPPINESS

**SUDOKU**

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