



MAKING YOUR WEEK **Happier** SEPT 28-OCT 4



Let's Make Each Other Happier

Riddle



What did the beach say when the tide came in?

Answer: Long time, no sea.

We're Focusing on Memories

There are so many good things that happen to us throughout our life. Sometimes we forget, and we let the problems of everyday living bring down that happy feeling.

So this week, we're focusing on Memories . . . and pictures that go along with happiness. So go ahead, do as I did! Get those old photos out, and take as much time as you wish, to enjoy. You will be surprised how much an old photo can change your life. A photo can bring back wonderful feelings that you shared with family and friends.

We take pictures for a reason, and that's to remember something special. Maybe a trip, a friend or family member or a precious pet. So, let's enjoy the past with pictures. —Diane Wilks Nolan



From Our Readers Basic Training in Texas



Carrol enlisted at the age of 18 in the Air Force, and had his basic training in Texas. The temperature was over 100 degrees, and the barracks were so hot without air conditioning. No one slept on the top bunks because the guy on the top bunk would just sweat down to the bottom bunk.

Carrol was assigned duty in the Supply Department and spent three years in Spain. It was a scary start living in a strange land not able to speak any Spanish and unable to communicate with the local people. However, over time he really started to enjoy the culture and people he met on the way.

—Submitted by, Don Trulson, Elbow Lake, MN

Days Gone By A Sunday Drive



In the 1950's, when I was a child, the Sunday afternoon drive was something special to look forward to. Gas was less than 20 cents a gallon back then. After church, mom would pack a cooler with water and a bag of cookies for the four of us. Dad would stop the car at the town limit sign, and asked, "Which direction should we go? Each one of us voiced different direction, so Dad would say, "We'll go North.

Once on our way, Donna and I would count passing cars until Dad or Mom would point out something interesting. We'd see animals skittering along the roadside, old leaning barns, and fisherman waiting to catch his prize.

Maybe we'd catch sight of a family having a picnic or kids on their bikes. Each trip was enjoyed, but the best part was stopping by Dairy Queen for ice cream cones on the way home.

—Thanks, Lynda Vandiver, Madisonville, KY

Paying It Forward

Happier Happenings

My Dad, my husband Howie and I were eating breakfast at a local diner. We had a nice time talking and eating delicious meals. When we finished, and started to ask for the check, the server came over and said that our meals had already been paid for. When dad asked, by whom, the server smiled and said he was sworn to secrecy. We couldn't believe that someone would do that for us. Money was tight and we only ate out once in a while as a treat. Dad, the generous man that he always was, despite his low funds, told the server he would treat the several diners at the counter. While we didn't tell them dad did that, seeing the smiles on their faces when the server told them that their meals were paid for, was a special feeling, enough to make our day bright. Thanks, Dad, for doing such an altruistic deed. You are the best!

—Thanks, Suzan Wiener, Spring Hill, FL

Today's Happier Tip



I Love Sunday

Make the past your friend. There's plenty of times you were happy.



ADVICE THAT WILL COUNT

We have all met people who feel the need to share their advice about things that are not relevant to them. Most of the time we resent that kind of advice. But, in turn, we appreciate constructive advice, as long as it is given with love.

I have learned that while giving advice we must be careful, especially with family members. It's much better to give it in a way that the one to whom we are speaking does not feel threatened or criticized.

The next time you feel the need to share advice, won't you share the kind that counts? Share advice with a loving and happy spirit using kind words that will build up and not tear down. If you can't do that it would be better to keep your advice to yourself.

— By Nancy Gibbs

Get Happier Tips

Health Tip

Regularly Washing



It's recommended to wash your bed sheets once a week. However, more frequent washing may be necessary for individuals with asthma, allergies or those who sleep with pets. Dirty sheets can contribute to skin irritation and breakouts like acne and eczema. If you shower before bed or wear pajamas, you might be able to wash your sheets less often, perhaps every other week. Regularly washing your sheets helps maintain their quality and prolong their lifespan. Dirt and oils can break down fabric fibers over time.

Handy Hints

Trash Tip



Have you ever taken out the trash and it leaks throughout your house. Put a old newspaper at the bottom of your indoor trashcans. This will absorb liquids that may run to the bottom. **Making Your Week Happier newspaper does not guarantee any results of our features. Use at your own discretion.*

Happier Poem

Autumn Joy

Fall is a special time of the year.
With colors changing,
And a chill in the air.

A cool breeze blowing
Through the trees.
A glow of warm sunshine
On the trees.
A glow of warm sunshine
On the falling leaves.

And nights bring a
Harvest moon so bright,
With diamond stars
Lighting up the night.
God's artwork is for
all on display, to make
this autumn season a
special array.

Such a glorious sight to behold.
As this wonderful season
Of autumn unfolds.

—Cathy Deitemeyer, O'Neill, NE

Laugh A Little



"You can put as many o's on 'moo' as you want to! Mommy said so."



"But that way I can use the bottom bunk when I'm too tired to climb into the top one."

It's REAL

Fluoride was added to toothpaste in 1950 to reduce tooth decay rates.

NOW THAT'S FUNNY!

Dave: "Do ants have brains?"
Dan: "Of course, how else would they figure out when you are having a picnic?"

Alice: "What do you call a crazy tick?"
Mary: "I don't know."
Alice: "A looney-tick!"



Hello Tuesday!

Today's Happier Tip
Enjoy today to the fullest. It takes effort to be happier.

Secret Words

“PINBALL MACHINES”

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 19 letters leftover. **Have fun!**

- ACTION
- ARCADE
- BELLS
- BOUNCE
- BOYS
- BUMP
- CAFE
- CHALLENGE
- CHAMPION
- CHANNEL
- COMPETE
- CONCENTRATE
- DINER
- FLIPS
- FUN
- GAME
- GIRLS
- HAND
- HIT
- KICKER
- LIGHTS
- LOSE
- MANIPULATE
- MOVE
- MUSIC
- PLAY
- PRACTICE
- RICOCHET
- ROLL
- SCORE
- SHOOTERS
- SKILL
- STRATEGY
- TARGETS
- TENSION
- TILT
- WIN

Bonus Words: _____ ?

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

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		I	E		O
	N	O		H			
	I		L	E		H	N
I			I	E			

E E F G I J K L M M N
P S T T T T T Y

Answers on Page 8

I have a little furry friend.



3 OCT FRIDAY



4 OCT SATURDAY



National Taco Day

Cutest Kids

Enjoying the outside makes this one so happy.

— Easley Grace Wipf, Lake Andes, SD



This n' That



Jim's FBI Happenings

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

Only a man's character is the real criterion of worth.

— Eleanor Roosevelt

Word Search

CHILDREN'S DAY –A special day to recognize the youngest of our citizens. Looking in all directions and using the clues, find some of the foods children like.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

CH...	CH...	FR...
CA...	SO...	GU...
SU...	CA...	PI...
MA...	CO...	PU...
JU...	I...C	H...D
K...A		

Answers on page 8

Share It

If published, get paid \$25.
Send to: **SHARE**,
PO Box 99, Portland, TN 37148
or happierweek@gmail.com

Ask for your FREE 14-Steps To Happiness Booklet



Unique Situation, Separate Finances?

Dear Dave,

My fiancé and I are getting married this year. We're both in our 40s with kids, so we'll be a blended family. The thing that worries me is that we have drastically different views on handling money. I'm a saver, and he's a spender. I also make significantly more money than he does. He's been trying to get his production company in Tampa off the ground for about 10 years, making \$50,000 a year. I'm an accountant, and I make \$300,000 a year. Considering the uniqueness of the situation, would it be easier for us to keep separate financial lives? I've got a feeling it's going to be hard talking him into being more responsible with money at his age. —Lisa

Dear Lisa,

Either you folks are going to do the hard work of getting on the same page together, or you're going to essentially work against each other and underperform. In your lives and your finances.


All the data we've collected shows that the couple who win with money are the couples who work together. Nearly 80% of the 10,000+ millionaires we interviewed in "The National Study of Millionaires" were married. On top of that, 80% of them said they were able to build that kind of wealth because they were working together financially with their spouse, instead of despite their spouse.

As far as your fiancé and his business are concerned, it doesn't take 10 years to get a business off the ground. If you know your stuff, it takes about 10 months. So, he doesn't really have a small business. He has a hobby. Don't get me wrong. I admire the dude's commitment and ambitious spirit. It may just be a case of him being good at what he does but not being good at running a business. Accidental entrepreneurs happen a lot, and that's not a sin. He may just need to educate himself on the how of running a business successfully.

Along those lines, I'd recommend that he pick up a copy of "The E-Myth" by Michael E. Gerber. It's a great read for anyone looking to evaluate their small business and get it moving in the right direction. But if that's not the answer, he needs to find a different career. My guess is he could double what he's making now working for someone else in the production world in a place like Tampa.

Looking at you two on the surface, you've got a chance to build a beautiful life together. That's not going to happen, though, if one or both of you are in denial about a job or your finances. The awkwardness of you making literally six times what he makes — and his business situation — needs to be discussed with a good pre-marital counselor before you two walk down the aisle. God bless you two, Lisa! — Dave

Dear Dave



What Scared Me The Most . . .

A "WIZZZZ" Noise Next To My Head

"It's getting rough at Ole Mississippi University; people are getting shot. Meredith, a black student, wants to enroll. Get your FBI crew out of Memphis and head that direction, was the message from FBI headquarters.

When we got there, standing at a distance; gun shots were being fired everywhere. It was reported, two dead, others injured. We stood in front of a news truck while it and two other vehicles burned.

"WIZZZZ" right next to my head. I knew it was a bullet that just missed me.

Soon everything became quiet and we headed back to Memphis. I thanked God it missed me, and I could continue my job making America safer.

You can make us safer too. Have fun. Obey the laws.

See you next week. —Jim.

This Week In History

Sept. 28, 1924 – Two U.S. Army planes completing a round-the-world-flight in 175 days.

Sept. 29, 1829 – Sir Robert Peel's police force, the "bobbies," began operations at Scotland Yard.

Sept. 30, 1955 – Actor James Dean was killed in a car crash.

Oct. 1, 1961 – Roger Maris of the New York Yankees hit his 61st home run.

Oct. 2, 1958 – Guinea proclaimed its independence from France.


Oct. 3, 1955 – Captain Kangaroo and The Mickey Mouse Club premiered on television.

Oct. 4, 1895 – The first U.S. Open Golf tournament was held in Newport, Rhode Island.

Hidden Puzzle

BUNNIES IN THE GARDEN

While the bunnies are busy harvesting their crops, see if you can dig up a potato, whale, shohorn, Chef's hat, hammer, needle, bird, duck, artist's paintbrush, baseball glove, scissors and fish.




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Answers on page 8

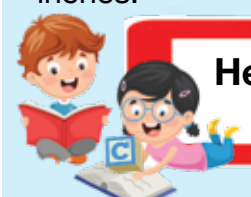
Brain Teasers

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 Eiffel Tower "grows" in summer. Due to thermal expansion, the metal expands in the heat, making it taller by about 6 inches.



He brings joy to my day and I do

Page 5

Words of Wisdom



Instead of comparing our lot with that of those who are more fortunate than we are, we should compare it with the lot of the great majority of our fellow men. It then appears that we are among the privileged. — *Helen Keller*

This Week's Scrambles

- 1. A nenyp sdeva si a pnyne nerdea.
- 2. rpendhiisF loudsh eb rustedrea.
- 3. soneytH si hte bste yolipc.

Answers on Page 8



Happy Thursday!

Today's Happier Tip

Treasure happiness, as you make your journey through life.

Laugh A Lot



What has a neck but no head, and wears a cap?

A bottle.



What has a thumb and four fingers but is not alive?

A glove.

What Am I?

- 1. I originated in China many years ago.
- 2. I am two items that is used in one hand.
- 3. I'm traditionally made of wood or bamboo.
- 4. I can help with cooking and eating.

Answers on Page 8

the same for him. My pet is my best friend.

Cruisin' Around






6



4



2



3




5








1

Answers: 1. Plymouth 2. 16 3. 21 4. Rope 5. Vermont 6. Three



HEALTH CLUB

SCRAMBLE



- 1. LSTOEW
- 2. PLOO
- 3. MLRLDATIE
- 4. TKACR
- 5. CEYLBIC
- 6. NUPEMQITE
- 7. HTWEISG
- 8. RISORM
- 9. RCTOUS
- 10. ITNARRE


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

Hidden Words:

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


Answers: 1-TOWELS 2-POOL 3-TREADMILL 4-TRACK 5-BICYCLE 6-EQUIPMENT 7-WEIGHTS 8-MIRRORS 9-COURTS 10-TRAINER

Hidden Words: WORKING OUT



For the Love of PETS

The Wallaroo is a hybrid of a kangaroo and a wallaby, with a size between the two.



How quickly can you say?

If



with me.

Answers on Page 8



GUESS WHAT I AM

Applesauce Cake

- ½ cup butter
- 1 cup sugar
- ½ tsp cloves
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ cup currants
- 1 tsp soda
- 1 cup hot applesauce
- 2 cup flour
- ½ tsp salt
- ½ cup raisins, optional

Cream butter. Add sugar and mix until well blended. Mix spices, soda, and salt with flour. Add raisins to flour mixture. Add dry ingredients and apple sauce alternately to creamed mixture. Stir until smooth. Pour into greased and flour-dusted oblong 6" x 10" cake pan. Bake 45 minutes in 350° oven. Turn out of pan. Cool. Serve either plain or iced. **Enjoy!**



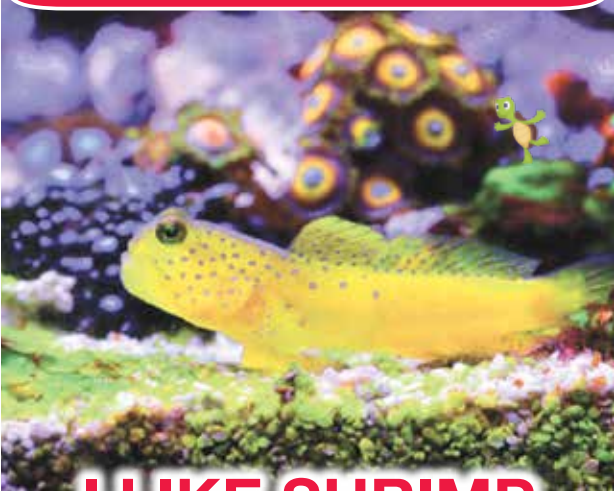
Precious Pets



My dog grew up as a lap dog and I'm afraid he's still growing.
—Thanks, Larry Hagmann, Kaneohe, HI

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 LIKE SHRIMP

Gobies are relatively small fish, usually only three inches. Gobies are found throughout the world in tropical and temperate waters, occupying coral reefs, rocky areas, and lagoons. Some Gobies form a relationship with other species, such as burrowing shrimps, where the shrimp provides a burrow and the Gobies acts as a lookout.

Find This Week's . . .

"SAILING" WORDS



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

- MAPS
NEW
MILES
LAND
- SHIPS
FLOAT
OCEAN
- NAVIGATE
SAIL

Answer on page 8

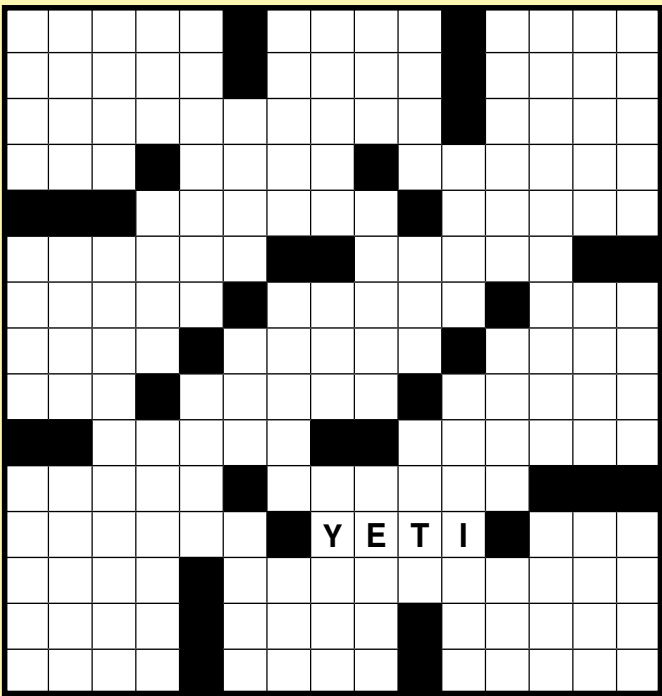
Get a Kick

A little boy was in church for the first time and watched as the ushers passed around the offering plates. When one of them approached his pew, the boy said loudly, 'Don't pay for me, Daddy. I'm under five!'

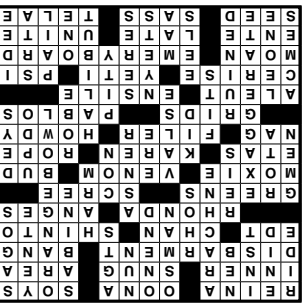


Fill-It-In

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
BUD
CON
EDT
ERE
KID
MAA
NAG
NEB
NUN
ONE
PSI
- 4 LETTERS
AGTS.
AREA
BANG
CHAN
DEYS
EELS
ENID
ENTE
ETAS
FITS
G-MEN
HARM
IDEE
INST.
LATE
- 5 LETTERS
ACMES
ALEUT
ANGES
ASNER
FILER
GRIDS
HOWDY
INNER
KAREN
LEONE
- MOAN
OONA
PAIL
PITY
REIS
RHOS
RIDE
ROBE
ROPE
ROTA
SASS
SEED
SNUG
SOYS
SRTA.
UPDO
YETI
- 6 LETTERS
CERISE
ENSILE
GREENS
- 7 LETTERS
ARACHNE
HALIBUT
- 10 LETTERS
DISBARMENT
EMERY BOARD
EXAGGERATE
ORANGE BOWL
- MOXIE
NYETS
ON END
OSMAN
REINA
SAGOS
SCREE
SERES
TELAE
UNITE
VALSE
VENOM
YENTE
- PALOS
RHONDA
RUINED
SABINE
SHINTO



Look and LEARN

Earth is the only planet known to support life, with an estimated 1 million species living in the oceans alone.



Trivia Fun

Answers on page 8

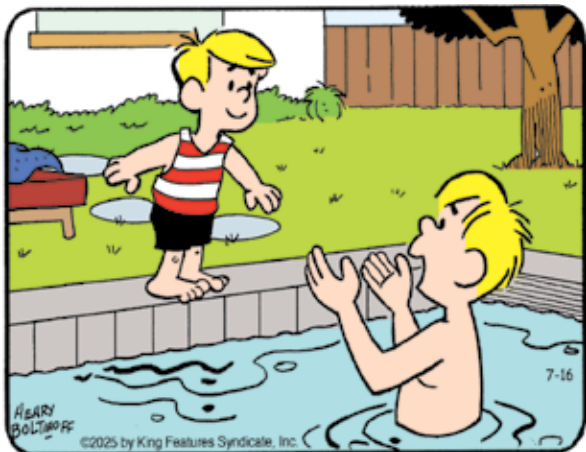
1. What is the more-used name for the Civil War battle of Pittsburgh Landing?
2. Which hand does a baseball umpire raise to call a strike?
3. About how many species of tree are native to the United States – 400, 800 or 1,200?



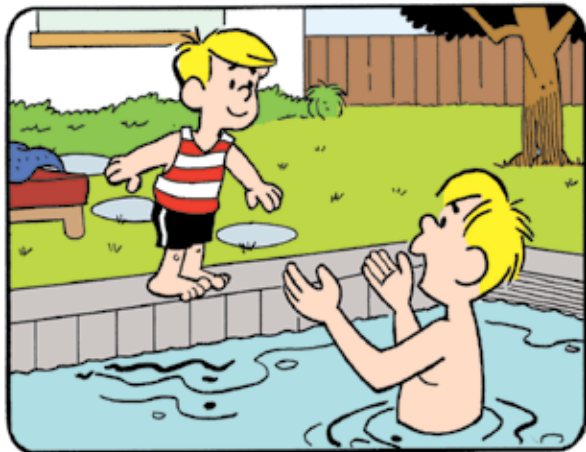
We're
Gettin' **HAPPIER!**



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Arm is moved. 2. Stripe is added to shorts. 3. Chair leg is different. 4. Stepping stone is moved. 5. House is not as wide. 6. Fence is shorter.

Weekly Safety Tips

Old Batteries

Old batteries should not be thrown away in the trash, especially lithium-ion batteries. They have chemicals and can be a fire hazard. They also contain harmful chemicals that can pollute the environment if they leak. It's best to recycle them at designated drop-off locations or household hazardous waste facilities.



Thank God for Saturday!



Today's Happier Tip

Write a short story from your past and send it to us. And If published, we will send you \$25.

Fun Facts

- * **UP IN SMOKE.** Approximately 211 million dollars are spent on fireworks every year.
- * **ALL WELL KNOWN.** The Shamrock, Celtic Cross and the Harp are the three most famous symbols of Ireland.
- * **ON THE ROAD AGAIN.** August is the busiest month for travel.
- * **HOT HOLIDAYS.** Summer holidays include Memorial Day, 4th of July and Labor Day.
- * **YUM.** July is National Ice Cream month. Americans buy more Ice Cream in July than any other month.



Get **HAPPIER** Tips

Having a group of friends who accept you unconditionally is a wonderful thing.



Doctor Mike Says . . .

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

Condiment Confusion

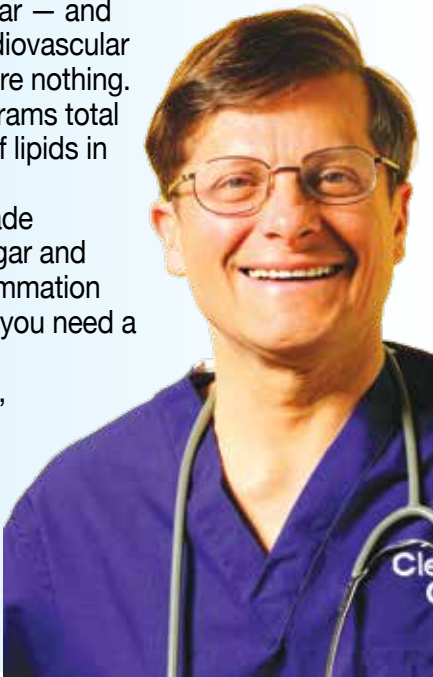
That little touch of tomato-y goodness you dip your fries into and the creamy sauce that makes your chicken salad smooth and tasty may seem like minor grace notes in the symphony of foods you eat every day. But ketchup — or catsup, depending on where you're from — can be loaded with food felons.

Ketchup was once considered a cure-all for indigestion, jaundice and rheumatism. Today, the typical American downs about 175 ounces (10-plus pounds) a year — and while the lycopene in cooked tomatoes decreases inflammation, cardiovascular diseases, and dementia, the way ketchup is usually prepared may cure nothing. Instead, it delivers high fructose corn syrup and plain corn syrup (8 grams total per tablespoon), which contribute to fatty liver and unhealthy levels of lipids in the blood. (Look for low- or no-sugar and fructose-free ketchup.)

Commercially prepared mayo is also a diet saboteur. It's usually made with GMO soybean oil (loaded with omega-6s) and preservatives, sugar and texturizers. Excess omega-6s in the American diet contribute to inflammation and gut woes. (You can make mayo with olive oil, lemon, and eggs if you need a little bit — don't overdo it.)

Good news? Must-have mustard delivers goodness to sandwiches, chicken dishes and salad dressings. Three ounces contains a hit of magnesium, some vitamin Bs and vitamin A, and dash of amino acids, minerals and other phytonutrients.

Other good-for-you and good-for-flavor condiments include salsa, hummus, guacamole, tahini, and balsamic vinegar. For great ideas on how to use these tasty condiments check out my "What to Eat When Cookbook."



Answer Section

PG. 5 **Hidden Puzzle**

PG. 2 **Crossword**

PG. 4 **Circle Words:** MAKES OUR DAILY WORK EASIER

PG. 7

"SAILING" WORDS

Hidden Word:
SAILED TO
A NEW
DISCOVERY



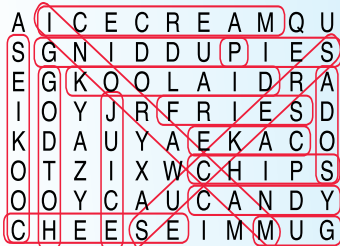
PG. 7

Trivia Fun

1. BATTLE OF SHILOH
2. HIS RIGHT HAND.
3. THERE ARE NEARLY 1,200 SPECIES.

PG. 5

WORD SEARCH



PG. 2 **Toy Blocks:**

On Pages: 4,5,6,7,8
SCOOP ME SOME ICE CREAM PLEASE

PG. 2 **Hide & Seek:**

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

PG. 5 **Brain Teasers**

SECOND ONE

PG. 6 **What Am I?**

CHOPSTICKS

PG. 3 **Secret Words:** ARE YOU A WIZARD PLAYER?

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

PG. 3 **Billboard of Happiness:**

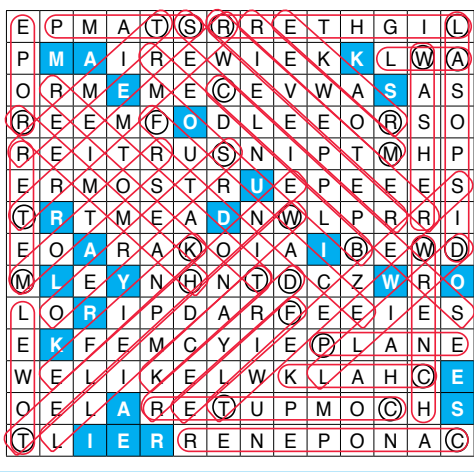
TAKE TIME TO ENJOY THE SIMPLE THINGS IN LIFE

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

SEE IF YOU CAN WHISTLE WITH ME

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

1. A PENNY SAVED IS A PENNY EARNED
2. FRIENDSHIP SHOULD BE TREASURED
3. HONESTY IS THE BEST POLICY



S
U
D
O
K
U

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