



MAKING YOUR WEEK OCT 26-NOV 1



Ridule



You walk into a room with a match, a oil lamp, a candlestick, and a fireplace. Which do you light first?

Answer: The match.

Petie the Pirate

Halloween Safety Tips!

- Always have an adult with you while trick-ortreating.
- Trick-or-treat with a couple of your best friends.Be aware of your surroundings. Stay
- close to your parent.
 Take a flashlight with you so you don't
- stumble or fall.

 Most of all have fun!
- Diane Wilks Nolan



Happier Happenings

One Halloween, my brother's friend, Georgie, was throwing a Halloween party for their class, but Petie didn't seem very happy about it. "What's wrong, Petie?" I asked, getting concerned about him. "Oh, I need a costume for the Halloween party, but mom said we don't have any extra money to spend on it." Normally, we weren't that close, but now I felt really bad for him. I was thinking what we could do to make him his own costume. I kept thinking about it, but somehow I couldn't come up with anything. Then one night they had a television program with a pirate in it. All he had was wear an eye patch, a big earring on his left ear, bandanna and a pirate's hat.

I found the items I needed in his closet, and just bought an eye patch, and a hat. It was only one dollar. The party was two blocks away, but I walked him over there. I wanted to see how the kids were dressed. Some of them had really terrific costumes. One was Captain Kirk, and one went as Pinocchio, very clever outfits. After the party, Petie came into my room and said, "Guess what, Susie, I got honorable mention for having the most creative costume! They gave me two Mars candy bars, one for me and one for you!" He even hugged me. —*Thanks, Suzan Wiener, Spring Hill, FL*

Today's Happier Tip



I Love Sunday

When everything falls into place, don't question it, just enjoy it.



From Our Readers

During the Pandemic



This picture was taken during the pandemic. Our son, Chris and his wife and three children live in State College, PA. Trick or Treating was banned during the pandemic, but they wanted to do something for the neighborhood kids. Halloween is a big holiday at their house, lots of decorations, etc. It was decided to add the remote skull. It was attached to a tube which was placed in a bedroom window. The wrapped candy was placed in the tube and forced out through the tube to the skull where the kids would pick it out. Needless to say, it was a hit.

-God Bless you and your staff, Ginny English

Days Gone By

Stationed in Florida



I visited a little Baptist church off base. There I met Lucille Davis. "We called her MAMA." We also met her sister Aunt Frances And Mama's son, Johnny, who was born with cerebral palsy. Our initial introduction became a very close family relationship. Us "sailor boys" would often go to Mama's house after church. Mama made the best ice tea, and her cake and cookies made us feel like we were home again. After I got out of the Navy, I went home and got married and had two daughters. We all flew back to visit these dear friends! Johnny and I remain the best of friends after 50 years! We talk on the phone, exchange emails, and write cards and letters to each other regularly. That's what best friends do!

-Thanks, Don Trulson, Elbow Lake, MN

We Love Our Hometown

E & S Grocery is Making Birchleaf, Virginia Happier



E & S Grocery in Birchleaf, Virginia, also known as Edwards Food Center. is a local store that has been serving its community for many years. They are a smaller, community-focused grocery store that residents appreciate for its fresh produce, meat selection, friendly staff, and competitive weekly sales. Thank you, E & S Grocery, for making Birchleaf, Virginia happier.



If you're in the area, check out Breaks Interstate Park, also known as the "Grand Canyon of the South." This park has stunning geological features, scenic overlooks, hiking trails, mountain biking, fishing, and boating on the Russell Fork River. And if you like rafting, the Clinch River Adventures has a thrilling rafting or tubing adventure on the Clinch River.

If you enjoy history, you may like the Ralph Stanley Museum and its history of bluegrass music and the life of Dr. Ralph Stanley. Another museum is the David A. Zegeer Coal-Railroad Museum and the coal and railroad history of the region.





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Favorite Crossword

ACROSS

- 1 Droop
- 4 Location
- 6 A store
- 10 Great wonder
- 12 Calm
- 13 Light brown
- 15 One time only
- 16 Act 17 Stein
- 18 Place
- 19 Following 22 Large fruit
- 24 A perfect type
- 25 Biblical "you"
- 26 Duck's down 28 Angry
- 29 A ruler 31 Eagle nest
- 32 At North Pole
- 34 Type of soil
- 37 Name of a state
- 38 ___ Little Pigs 41 Exclamation of
- surprise 42 Fire crime
- 44 Sermonize
- 47 Doctor, abbr.
- 48 Once more
- 49 Company, abbr. 50 Noisy mobs
- 51 Make known
- 54 Word of choice
- 55 Male turkey
- 57 Adam's grandson 56 I (Gen. 5)
- 58 Conceit

DOWN

- 1 Appear
- A deep valley
- 3 Mother
- 4 Mailed
- 5 Walk heavily
- 6 "Cold as 7 A greeting
- 8 Aged
- 9 Cultivated 11 A sore
- 14 An orange fruit
- 18 The tip
- 20 Cats 21 Child's word
- "thanks"
- 23 Worm w/suckers
- 24 Anger
- 25 Tall tale
- 27 Every
- 30 Rub out mistakes
- 33 Feel prickly
- 34 A melody
- 35 Expression of pity
- 36 Mend
- 37 Referee
- 39 Way of
- communication 40 Blunder
- 43 Type of kiln 45 An expert
- 46 Covers
- 52 Type of vehicle
- 53 Behold





Happier Kitchen

Pineapple Mandarin Orange Cake

Cake Ingredients:

- 1 box Duncan Hines butter cake mix
- 1/4 c. oil 4 eggs
- 1 can mandarin oranges cut into small pieces keep juice

Frosting Ingredients:

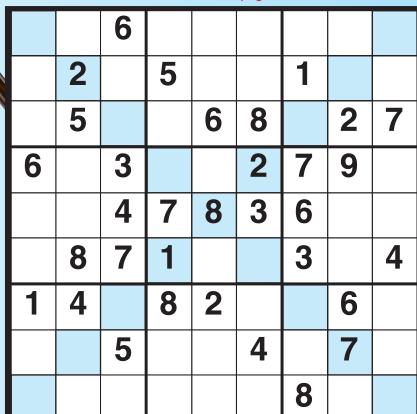
- 1 (9-oz.) Cool Whip
- 1 (5 3/4-oz.) vanilla instant pudding mix
- 1 (20-oz.) crushed pineapple and juice

Preheat oven to 375°F. Mix cake ingredients together in a bowl. Pour into a prepared baking dish. Bake for 35-40 minutes at 375°F. Let cake cool in pan. Make topping by mixing together Cool Whip, pineapple, and pineapple juice. Spread over cooled cake in pan. Sprinkle with coconut. Enjoy!



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.





Answers on page 8.

Can you help

round-up five more dinosaurs?

Find the missing blocks throughout Happier to make the word.

TEACHING OUR CHILDREN GOOD MONEY HABITS

Allow your child to earn his allowance by completing chores at home. Make sure the chores they are assigned are age appropriate so that they don't feel discouraged.

Open a savings account for your child as soon as possible. Teach them to save one third, donate a third and spend a third.

Teach your child to spend money wisely. Explain how it takes time to earn money.

Allow your child to use his own money to purchase family gifts. This will teach generosity and how to look for bargains.

Give your child the opportunity to be a part of the family financial planning. Everyone in the family should be a part of making decisions.

- By Nancy Gibbs

Happier Poem

Just Look Up

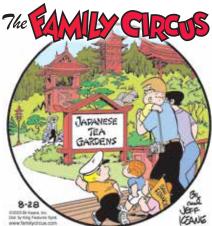
Hey, little birdie, High up in the tree. I thank God for sending you to me. It's no mystery why you're here. Plain and simple, God knew I needed a bit of cheer. And likewise, dear friends,

> Just look up, And you'll see it's true. Yes, just look up, And you'll see it's true.

He'll do the same for you.

-Jimmie Oliver Fleming, Chester, VA





"Could we have Japanese SODAS instead of tea?"



Ruff! Put your collar on. You can't run around naked! We won't be able to find you!"

It's **REAL**

Get Happier Tips

Over 9,000 babies are born each day in the United States.

NOW **THAT'S FUNNY!**

While visiting his Grandma and Grandpa, Billy asked his Grandma, "Why is Grandpa reading and studying the Bible so much?" "Well, Billy," she replied. "We're getting older and he's cramming for his final exam!"



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

12 letters leftover. Have fun! **ALTAR** HUG LOVE **BAND BRIDE MARRY** CAKE MEN **CATERER CEREMONY CHEERS** COURT DATE **DEAR** RICE DIAMOND RING **EMBRACE ENGAGED FLOWERS FRIENDS GIFTS VOWS GOWN GROOM**

HONEYMOON

NUPTIALS PARENTS PROPOSE RECEPTION RELATIVES ROMANCE **SHOWERS** STEADY SWEETHEART WEDDING WOMEN

Answer on page 8

"LOVE AND MARRIAGE"

Bonus Words: R EТ D P В C C W G D 0 Υ W 0 M Ε Ν K U Α U Α Η Ε P Ε Т Ν Ν 0 L R R Ε Ε 0 C Т В C Ε R Ε Ε Ν 0 R S U R Ε R D M N Ε G Ε F D Α Ε Α Ε S 0 0 Τ S S Ν C Τ M R Η D C D Ε T S Α 0 Ν 0 Ε S 0 Η Ν R P F R D W G Т C R U 0 P Α R Ε Α Ε Ε D G M L C R R G Α Y R R Α M G Α D 0 S Ν D 0 S Ν G 0 Ν Ε Υ M 0 0 Ν В Α Ν D Ν

Health Tip

Let's Take a Look



It would be a good idea to check your children's Halloween candy after trickor-treating to ensure their safety. Only consume commercially wrapped treats and discard any unwrapped or homemade items unless you personally know the source. A quick inspection by a responsible adult can significantly minimize potential risks and ensure a safe Halloween.

Also, if your children are really young, you may want to remove any candies that could be a choking hazard. Young children have underdeveloped chewing and swallowing skills, making certain types of candies a potential choking hazards.

Handy Hints

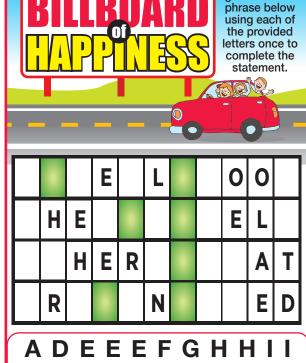
Tea Time Tip?



Stop tea bags from falling into the mug. Keep it outside your mug by placing a rubber band around it.

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





Answers on Page 8

Fill in the miss ng letters for the

I keep my eyes open to see

INNOPSTTW



Get Up Happier

Proud to Be Happier

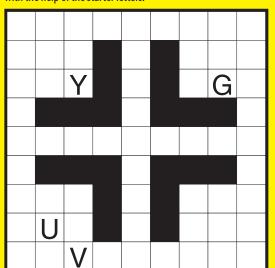


When I was driving across the United States, I came across this big happy face. I guess if you want the world to know your town is happy, just put up a highway happy smiling face sign, like this small town in Arizona.

-Gilbert Wilks



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.



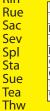
Een Any Lay Are Ego Len Rue Ash Men Ent Sac Car Err Nag Sev Cha Ess Oms Spl Sta Dam Gro Ore Doe Ice Orm

Pen

Rev

Ing

Ear

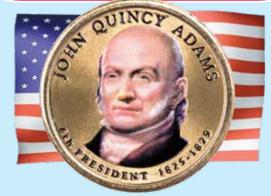




SEVENTEEN

Yea! It's Wednesday! Today's With a serene sense of **Happier** well-being and peace, we can enjoy our day. **Tip**

Our President Said It



"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

John Quincy Adams.

What opportunities may come my way. Page

26 OCT **SUNDAY**



National Pumpkin Day



MONDAY

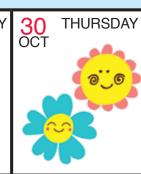
Black Cat Day

28 OCT **TUESDAY**

National Chocolate Day



National Oatmeal 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.

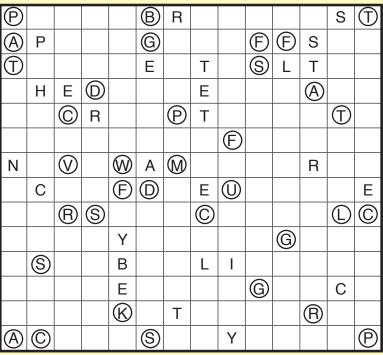
ACCESSORY FRUITS **PRINT ADORN FUNNY** ROLL **ANIMALS ROUND GEESE APRON SAUCER** GIFT **BREAKFAST GLOSSY** SIDE **CLOTH** KITCHEN SIZE **COLOR** LACY **SQUARE COVER** LUNCH **TABLE CUP MEALS TRIANGLE DESIGN** PAIR TURN **DINNER PAPER USE FLAT** PATTERN VINYL **WIPE OFF FLOWERS PLATE WOVEN FOLD PRETTY**

FOOD

Answers on Page 8

"PLACE MATS"

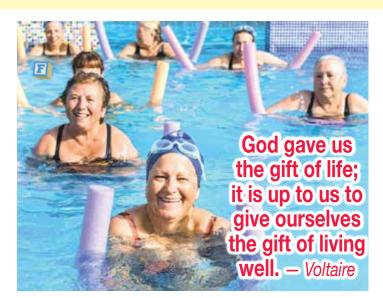
Bonus words:



Happier Across America



I saw this picture in the store and if you look at it upside down, the young lady turns to an older lady. -Thanks, Gilbert Wilks





ACROSS: 1 A silhouette was a ____ someone.

2 It took to cut out a silhouette.

3 Silhouettes began in the country of ____.

4 Silhouettes were cut from paper or ____.

5 Silhouettes could be ___ or small.

6 Some silhouettes were by the artist.

7 Silhouettes show the outline of the ____. DOWN:

1 ___ the silhouette on paper first.

2 Silhouettes were a . .

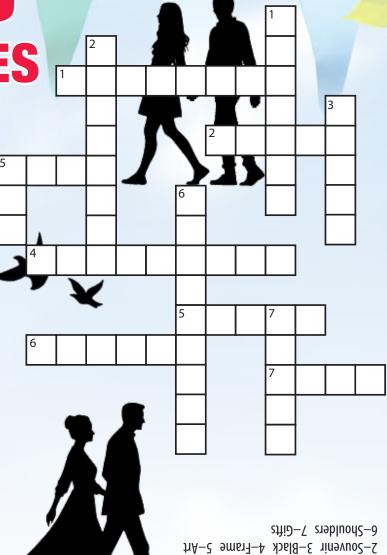
3 The silhouettes were cut from paper.

4 Place the silhouette in a picture ____.

5 Silhouettes are an ___ form.

6 The silhouette may be of the head and _

7 Silhouettes were given as ____.



6-Signed 7-Face Down 1-Outline

ANSWERS: Across 1—Portrait 2—Skill

3—France 4—Cardboard 5—Large





Cutest Kids My granddaughter makes me happier. Agnes Staples,

Orange Grove, Texas



Simplicity is the ultimate sophistication.

Word Search

Leonardo da Vinci

HALLOWEEN -Fun for children under the watchful eyes of parents. Looking in all directions and using the clues, find "Halloween" words.

Р	0		Ν	0	Ο	M	L	L	U	F	
U	S	C	Α	R	Ε	С	R	0	W	M	
M	Ε	Α	Τ	В	U	Q	Α	C	Η	S	
Р	S	Ν	Α	0	S	С	Α	R	Υ	Τ	
K	U	D	Ε	Υ	В	Ν	U	F	V	Α	
	0	L	Z	S	D	Ε	J	0	Ν	Ε	
Ν	Н	Ε	0	Υ	G		R	L	S	R	
S	K	C		R	Τ	L		G	Н	Τ	

THE FIRST LETTERS OF **EACH WORD ARE LISTED BELOW**

CA... PU... GI... CA... CA... LI... F..M.. FU... TR... SC... TR... BO... HO...

Answers on page 8

If published, get paid \$25. Send to: SHARE, PO Box 99, Portland, TN 37148

Ask for vour **FREE** 14-Steps **Happiness Booklet**



Dear Dave

Investing or Student Loan Debt?

Our daughter is a student, and she has \$10,000 in student loan debt. She works part-time, and has a couple of scholarships, but she has borrowed a little along the way to bridge gaps. Her uncle recently sold his business, and he told us he would like to give her a gift of \$10,000. We've talked to her about this, and we'd like to guide her in the smartest possible direction. Should she begin planning for the future, and use this gift to start investing, or should she use it to pay off her student loans? —Gilbert

I really appreciate you two trying to help your daughter do the very best thing with her finances and her future. Her uncle sounds like a pretty generous guy. So, let's take a minute and give this situation a good look.

We'll start by pretending she doesn't have any student loan debt. In a case like that, would it be wise for her to borrow money on a student loan in order to invest? Of course not. It's a dumb question, but I want to get you thinking. If you don't pay off the loans, and invest it instead, it's just like you borrowed money to invest. See what I mean? That would be a pretty bad plan.

In my opinion, your daughter needs to get her student loan mess cleaned up as soon as possible. And this gift from her uncle represents the perfect opportunity to do just that. Listen to me, Gilbert. The last thing in the world your daughter needs is big pile of debt waiting on her when she gets out of school. I want her to start investing at some point down the road, but she's just not in a good position to be an investor right now. She needs to pay off all those student loans. I'm talking about wiping out all that debt the minute she gets this wonderful gift in her hands.

And the second after she pays off those student loans, she should get to work on saving a pile of money, so she can complete her studies without racking up any more debt!

Dave

Hidden Puzzle

TRICK OR TREAT

Ramsey

Getting dressed up and ready to go trick or treating makes Clio and Dawn miss all the hidden objects around them. Search for a spoon, question mark, apple, cane, bell, golf club, balloon, tack, bow, pennant, carrot, rose, comb, needle, and a baseball bat.

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Answers on page 8



Share It

or happierweek@gmail.com



During police school held in the Savan-

Two for Me

Two for You and

nah, Georgia Division, a game warden was relating the interesting excuses he gets from game poachers. He said the most humorous excuse came when he caught a hunter with four wild turkeys, two over the day's legal limit. When asked why he had four turkeys in his possession, the hunter replied, "two for you and two for me." Needless to say, the excuse was not accepted.

It happens, even to us FBI Officers

This n' That

Jim's FBI

Happenings

- by Jim Brady Your Good Friend

Retired FBI Agent.

Hendersonville, TN

See you next week. —Jim.



This Week In History

Oct. 26, 1976 - Trinidad & Tobago becomes a republic.

Oct. 27, 1972 – Golden Gate National Recreation Area created.

Oct. 28, 1965 – 630 foot high Gateway Arch completed in St. Louis.

Oct. 29, 1942 – Alaska highway completed.

Oct. 30, 1990 - England and France complete Channel.

Oct. 31, 1941 - Mount Rushmore is completed.

Nov. 1, 1931 - Dupont introduces synthetic rubber.



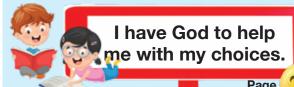
Brain Teasers

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...

More than 7,500 apple varieties have been identified worldwide, with over 2.500 grown in the United States.



Page



Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.

-Helen Keller

This Week's Scrambles

- 1. oooaprtienC si hte eyk ot eucsssc.
- 2. heT ootceum fo spspihane si ni oyru sandh.
- 3. jEoyn deeryayv ot hte ftesull. **Answers on Page 8**



Laugh A Lot

What do you call a horse that lives next door? A neigh-bor!

What color is the wind? Blew.



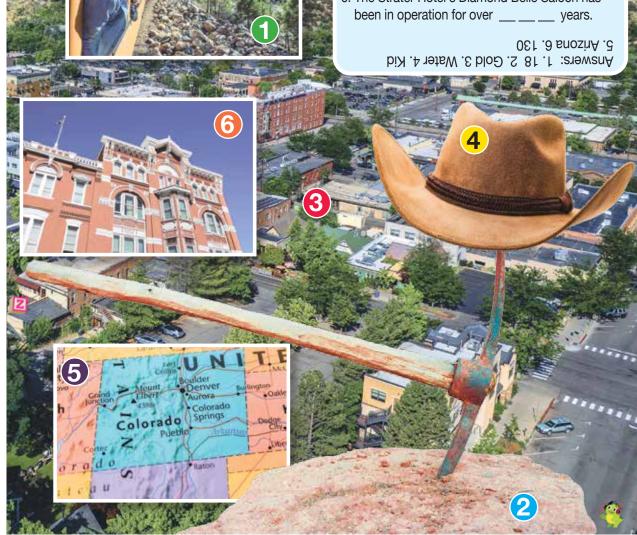
What Am I?

- 1. You can't live without me.
- 2. I am invisible and odorless.
- 3. I can carry moisture in small amounts or as vapor.
- 4. I can fall or rise depending on the temperature.

Answers on Page 8

I find everyday as a new adventure.





AUTUMN CELEBRATION

SCRAMBLE

1. NROAC

2. TOBOERC

3. AVELES

4. RWNBO

5. VANARLIC

6. WCSRO

7. RHATVSE

8. CERALAM 9. KUNMPIP

10. ORDGU

11. PLAESP **12. SATWR**

Unscramble the letters below to find the names of twelve things having to do with the fall season. Then discover the hidden theme words made up from the circled letters.





and silver in the

8-CARAMEL 9-PUMPKIN 10-GOURD 11-APPLES 12-STRAW Hidden Words: COLOR CHANGES Answers: 1-ACORN 2-OCTOBER 3-LEAVES 4-BROWN 5-CARNIVAL 6-CROWS 7-HARVEST



For the Love of **PETS**

Dogs only sweat through the pads on their paws and rely on panting to cool themselves down.

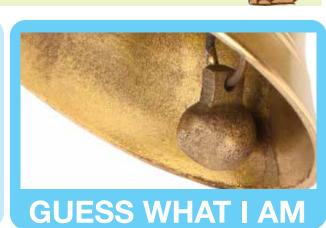


How quickly can you say?



Halloween.

Answers on Page 8



Happier Kitchen

Holiday Pickles

- 80 fl. oz. whole kosher dill pickles, cut into 1/2" chunks
- 1 medium onion, chopped
- 2 c. white granulated sugar
- 24 cloves
- 12 sticks cinnamon

Drain all the juice from the pickle jar. Cut the pickles into 1/2" chunks and return half of them to the jar. Add half of the chopped onion, 1 cup of sugar, 12 cloves and 6 sticks of cinnamon. Repeat. Put the lid on end and refrigerate. Turn the jar end over end every 4 to 5 days for 2 months keeping it stored in the refrigerator. In 2 months, they're ready for any special occasion or even every day. - Enjoy!



Precious Pets



My wife and I were driving through Dixie and had a good laugh at this hydrant. -Thanks, Gilbert Wilks

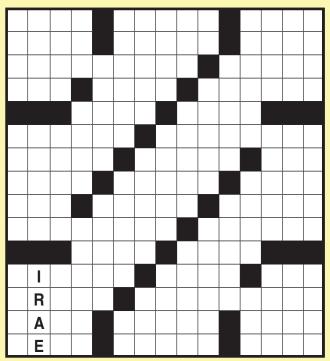
We wish we could answer and publish all the wonderful mail we receive. Here's a **BIG THANK YOU** to every one of you who write.

Amazing "Animals"



Lions are big cats that live in groups called prides. Prides usually consist of related females and their cubs, and one or more adult males. An adult male's roar can be heard up to 5 miles away. Lions roar to mark their territory, communicate with pride members, and deter rivals. Despite being called "kings of the jungle," most lions actually live in savannahs and grasslands.

Fill-lt-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!



2 LETTERS AW RD. 3 LETTERS AMT. GER MAL ROI ROZ SRI UGH WEB 4 LETTERS ADAR ANNE BIDE BRET	KISS MOOR OGRE OVER RARE RIGG ROAR ROLE RONA SETS SHOT SORT UGLY UNES VCR'S VENI ZANE		ER FA FIE GA GA GA GA GA RE RE RE RE RE SA	RELINIO	D GI ES ES TH TS AIR SER D'ES ES D'ES D'			6 A A C C N F S V 8 F S S	LANUA SE	IG IDI ICI ISI IDI IEI IEI IEI IEI	LE REHALDE SESSION OF THE SESSION OF	ES EY AS ES ES ES EI PA W(D SS
BRIO	5 LETTERS	L L	7 111			6		U	11	_		-		-
BRUT	ABHOR		Я A Э Я	B E		S E	Υ	N	В	В		S E	A T	A
EARN	AGILE		0 @	M	I	ī	٦	0	ย		s	s	0	Я
EGON	AILEY	1	ОЯ	3	e N	e N	A	Я	님	S	V	0	S	1
GURU	ARROW	Y.	3 8	a	N	A	V	a	A	d	0	N	3	1
	ASTER	_	1 3	1	Ь		s	3	ย	A	Ð		٦	A
IDEM	CROSS	-	B I	8	s	Н	S	A	A	ອ	В	A	О	0
IGOR	DFBRA		A q D G	S	a	1	E	₽	Н	s	В	0	а	B E
-IRAE-	DHOLE			E	N	Α.	z		٦	A	1	ī		Ī

Look and **LEARN**

ISN'T

ITAL

KAVA

French fries were actually invented in Belgium and called "frites" and commonly enjoyed with mayonnaise.



Trivia Fun

Answers on page 8

- 1. "Peeler" is an old name for what in England?
- 2. Is most of Greenland above or below the Arctic Circle?
- 3. What is an "argali"?



DHOLE

DRAYS

E-BOAT





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.

APPLE CHOCOLATE NICKEL CANDY CORN

PENCIL

GUM Answer on page 8

Get a Kick

My little brother said there was a mouse in the pool. My father told him to get him out with the pool net. Minutes later, we saw him walking with the pool net and a large possum in the net.





Thank You Mail

a exciting adventure.

Dear Happier,

qiT

I think your paper is a light in the dark world. There needs to be more people like you. You share the good and happier side of things, you make the world a happier place bringing joy, and fun to those who need it, and blessing those who share. God bless you. Thank you. Just wanted to let you know.

- Agnes Staples, Orange Grove, Texas

We're Gettin' HAPPIER!



Find the Differences



Find at least six differences in details between panels.



taller. 4. Diploma is different. 5. Bottle is missing. 6. Shirt Differences: I. Arm is lower. 2. Watch is added. 3. Cabinet is

Weekly Safety Tips

A Halloween Safe Yard

Make your front yard safe for Halloween and the trick-or-treaters. Ensure a well-lit pathway for the trick-or-treaters to navigate safely, especially after dark. Remove tripping hazards and lawn hazards like electrical cords, hoses, toys, or in-ground decorations.



Fun Facts

- * BLESS THEM ON THEIR WAY... "Goodbye" comes from "God bye" which came from "God be with you."
- * FEELINGS...

Only humans shed emotional tears.

* KEEP GOING...

Pollen can travel up to 500 miles a day.

***** BUT CAN YOU RECALL IT ALL?

The human brain has the capacity to store everything you experience.



Get **HAPPIER** Tips

Make time for yourself and enjoy everything that is positive in your life.

Doctor Mike Says...

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

Two-timing Diabetes

Bob Wills sang, "Texas two-step ... Spin me around/You got to hold me up/When you dip me down." You could also say a "diabetes two-step" can spin you around and dip your risks down. That's the finding of two recent studies.

The first, presented at ENDO 2025, took a look at intermittent energy restriction (IER), time-restricted eating and continuous energy restriction and found that fasting twice a week (that's IER) could spin your Type 2 diabetes around

The second, published in the Annals of Internal Medicine, found that whether you exercise three times a week for 150 minutes or more, or if you're a weekend warrior who gets 150-plus minutes crammed into two days, you'll improve your longevity. Over two decades, regularly active folks reduced their risk for all-cause mortality by 21% and the weekenders reduced it by 17%; and they had 33% and 19% lower risk of death from cardiovascular causes, respectively.

so that your fasting blood glucose and triglycerides are dipping down.

Now you may not have Type 2 diabetes — yet — but if you're prediabetic, another new study might help. Pre-diabetics are often told to have 15-30 grams of carbohydrates as a nighttime snack to help regulate nighttime/morning glucose levels. But trading that for 2 ounces of pistachios nightly can alter your gut biome, so you reduce chronic inflammation. And that may slow or help halt the development of diabetes. Tasty and smart!







Answer Section

PG. 7

"Halloween" **Hidden Word:**

WHAT IS IN THE SACK?

Trivia Fun PG. 7

- 1. POLICEMAN. ROBERT PEEL FOUNDED THE LONDON METROPOLITAN POLICE. "BOBBY" FOR POLICEMAN IS ALSO FROM HIS NAME.
- 2. ABOVE
- 3. A WILD SHEEP

PG. 5 WORD SEARCH

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PG.2 Toy Blocks:

On Pages: 4,5,6,7,8 MY COAT IS FUZZY

PG.2 Hide & Seek: On Pages: 4,5,6,7,8

PG. 5 Brain Teasers THIRD ONE

PG. 6 What Am I?

PG. 5 Hidden Puzzle



M SITE SHOP STILL AWER CRUONCE MUG PUT AFTER W MELONIIDEAL YE EIDERL QUEEN AERIE ARCTIC Ν SAND UTAH THREE OH MS C ARSON ACH DR AGAIN CO RIOTS PREACH

PG. 2 Crossword

REVEAL OR T ENOSEGO

PG. 3 Secret Words: A JUNE WEDDING

PG. 6 Guess What I Am: BELL

PG. 3 Billboard of Happiness:

I FEEL GOOD WHEN I HELP OTHERS THAT ARE IN NEED PG.6 How Quickly Can You Say? DRESS UP FOR HALLOWEEN

PG.6 This Week's Scrambles:

- 1. COOPERATION IS THE KEY TO SUCCESS
- 2. THE OUTCOME OF HAPPINESS IS IN YOUR HANDS
- 3. ENJOY EVERYDAY TO THE FULLEST

PG. 4 Circle Words: SET THE TABLE

