



MAKING YOUR WEEK Happier

JAN 18-24



**Fill Your Life
with Happiness**

Riddle



The more you take, the more you leave behind.
What are they?

Answer:
Footprints.

Make Your Home a Haven of Happiness

Bring the sunshine of life into your heart even during the winter. Instead of letting the weather bring your attitude down, do things to concentrate on the brightness and love of life. Relish in all that you do have in your life and concentrate on the good points. Make your home a haven of happiness where you, your friends, and family can experience the joy of today. Good luck!

—Diane Wilks Nolan



A Blessing to Us All

Motherhood should be a very happy rewarding experience because nothing is important than the love of a child. These little beings can teach you a lot about yourselves. They are so trusting in the one who cares for them. Like a child, we need to be more open about our feelings and trusting in our authorities for love and support. Having a child is a blessing from God. They can bring joy to your heart; just watching them play and playing alone with them bring such a wonderful bonding. There are teachable moments of patience that bring a closeness of understanding. There is also obedience when teaching the right way with kindness and gentleness. They learn so much from you as they see you do things and want to help you. Let them; it makes them feel important that they can help in a task you have around the house. It won't always be perfect, so thank them for their efforts. These are teachable moments; interacting with your children is important, and the happier you will be watching them grow in love. So, motherhood should be a very happy rewarding time. Enjoy your time together and be a happier person.

—Thanks, Agnes Staples, Orange Grove, Texas

Happier Happenings

Today's
Happier
Tip



I Love Sunday

Did you notice anything beautiful in your day today? If not, look harder.



From Our Readers

Thank the Good Lord



A TORNADO ripped through the state of Minnesota five years ago on July 8th. The tornado destroyed our son-in-law's shop and severely damaged their house to where it had to be demolished. Micah, shown in the picture above, is standing next to a board that pierced a large truck tire. The destructive power of such a storm is staggering! Fortunately, they have rebuilt both the shop and house and are doing very well now. We thank the Good Lord for His protective care then and today.

—Thanks, Don Trulson, Elbow Lake, MN

Days Gone By

Delicious Gravy Supper



My great-grandmother worked in our small town's poultry house during the Depression. Under her apron, she kept a rubber pouch. In it, she would bring home chicken livers and gizzards.

At home, the women would make them into delicious gravy to serve with supper.

—Thanks, Jesse Adams, New Castle, Indiana

We Love Our Hometown

American Drug is Making Greenbrier, Arkansas Happier



American Drug is a locally-owned community pharmacy in Greenbrier, Arkansas and has been serving the area for many decades. The owner, pharmacists, and staff are the kindest wholesome people. They always remember who you are and greet you with a smile. The prices and service are exceptional, and they are truly making our community happier.

There are several outdoor and family-friendly activities in and around Greenbrier, Arkansas, with nearby state parks offering hiking, boating, and camping. In Greenbrier, you can visit local parks with playgrounds and walking trails.



Pinnacle Mountain State Park, located just west of Little Rock, features a cone-shaped peak towering over the surrounding landscape. The day-use park offers more than 33 miles of trails for hiking and mountain biking, opportunities for water activities on the Big and Little Maumelle Rivers, and a scenic visitor center.



**Yes!
Big Monday**



Today's Happier Tip

Let us take a moment, to give thanks to all our loved ones and everything they do for us.

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Favorite Crossword

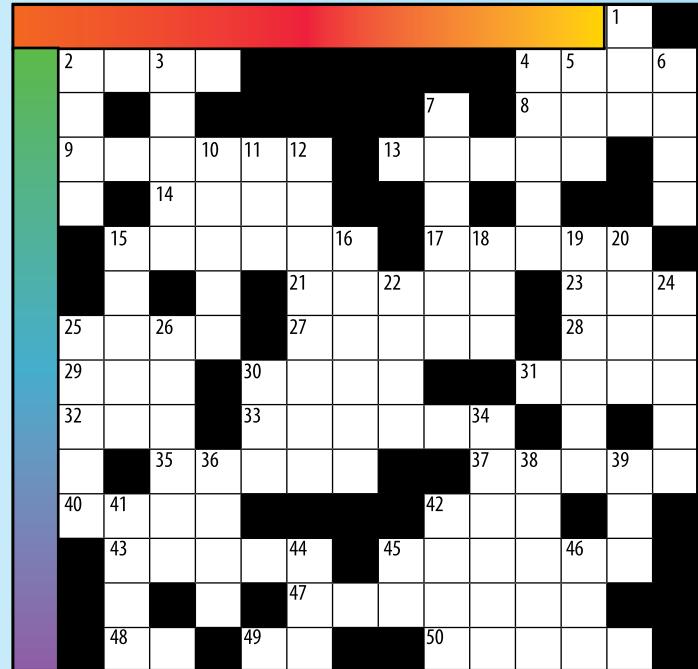
Answers on page 8.

ACROSS

- 2 To make a hole
- 4 Friend
- 8 Eagle's nest
- 9 Way of walking
- 13 Cautious
- 14 Type of flower
- 15 Departure
- 17 Cabbage dish
- 21 Passionate lover
- 23 Decay
- 25 Sheet
- 27 Enraged
- 28 Sticky matter
- 29 Frost
- 30 Person of same rank
- 31 Position of guidance
- 32 Devoured
- 33 If not
- 35 Having much enjoyment
- 37 Mongrels
- 40 Mind
- 42 Type of bed
- 43 Assemble
- 45 Kicked
- 47 Chicken
- 48 Behold
- 49 Beside
- 50 Cast aside

DOWN

- 1 Drilling tool
- 2 Bellow
- 3 A root
- 4 Plant with large, red flowers
- 5 A greeting
- 6 Talking bird
- 7 Place to shop
- 10 Humming sound
- 11 Top
- 12 Hungry; greedy
- 15 Precise
- 16 ___ tempted
- 18 Fish eggs
- 19 Imperative
- 20 Implement
- 22 Female horse
- 24 Graves
- 25 Musical instrument
- 26 Old man (slang)
- 30 Inflammation serum
- 34 Level
- 36 Ogled
- 38 Speak
- 39 Small bit
- 41 It tolls
- 42 Expense
- 44 Put forth effort
- 45 Box office, abbr.
- 46 Before (Archaic)



Sharing Happiness



Let the sponsor know you love Happier!

Happier Kitchen

OREO® Celebration Cookie Ball Pops

- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- 1 pkg. (15.5 oz.) OREO Cookies, finely crushed
- 1 pkg. (8 squares) BAKER'S Semi-Sweet Chocolate, melted
- 1/2 cup multi-colored sprinkles, divided
- 1 pkg. (6 squares) BAKER'S White Chocolate, melted
- Bugles



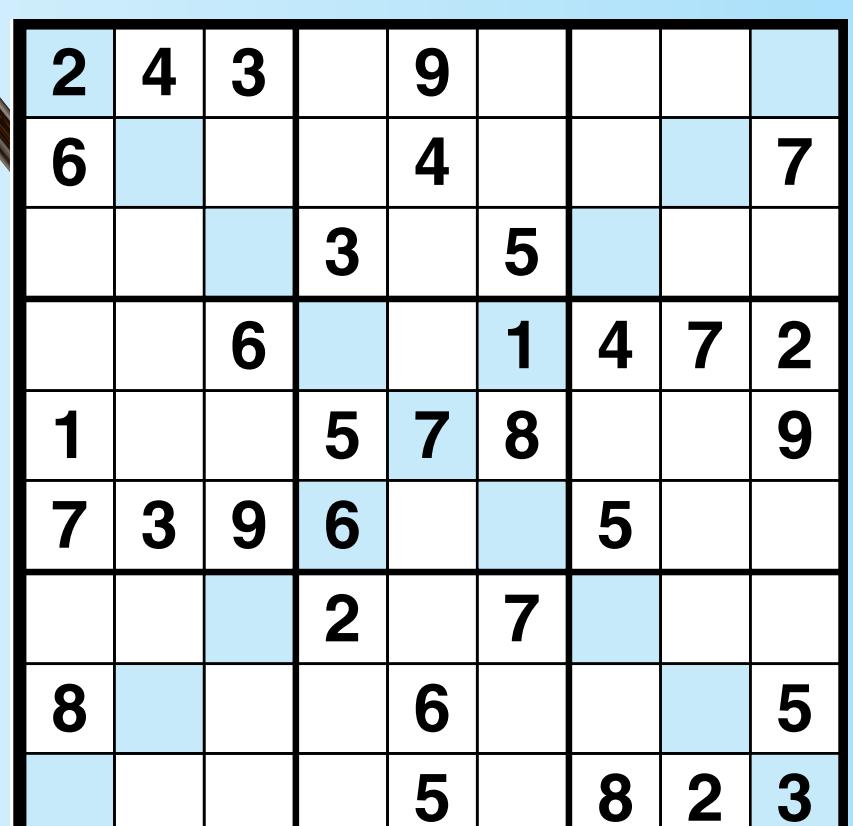
MIX cream cheese and cookie crumbs until blended. SHAPE into 48 (1-inch) balls. Freeze 10 min. Insert lollipop stick into center of each ball. Dip 24 balls in semi-sweet chocolate; top with half the sprinkles. Place in single layer in shallow waxed paper-lined pan. Repeat with remaining balls, white chocolate, and remaining sprinkles. REFRIGERATE One hour or until firm. Store in tightly covered container in refrigerator. Enjoy!



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.



Can you help round-up five more dogs?

Answers on page 8.



My cat is

Find the missing blocks throughout Happier to make the word.



DATING SAYS, I LOVE BEING WITH YOU

Why is a date night so important? It's a great way to speak magnitudes to your spouse. Dating says I love being with you. Do you love your spouse? If so, won't you take your mate on a date tonight?

How about a weekend retreat at a cabin with a fireplace? Sounds relaxing and fun.

Rent a room at a bed and breakfast. A rest and relaxation weekend will bring a spark of romance back to our marriages.

Bundle up with coats, scarves and mittens, and take a walk around the block. Hold each other close and keep your mate warm.

Go out for a campfire dinner. Roast beef, corn on the cob and baked potatoes cooked over a fire is a meal fit for a king and queen.

— By Nancy Gibbs

Happier Poem

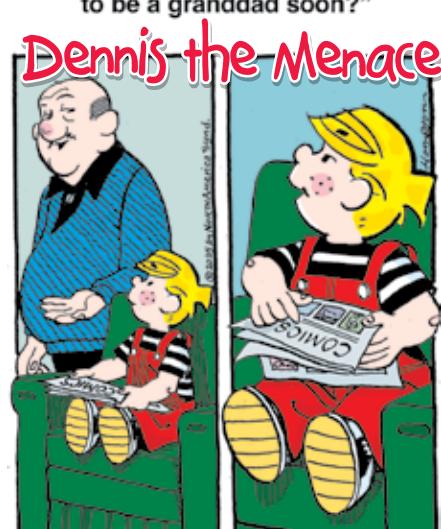
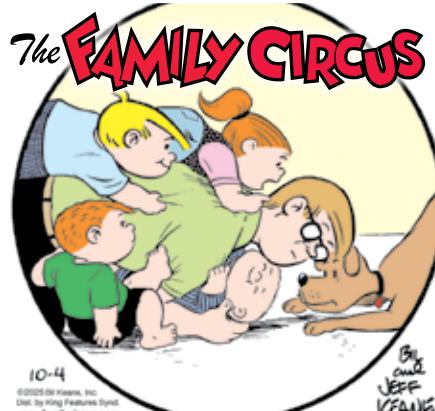
A Smile

Smiling is infectious
You can catch it like the flu
When someone smiles
I started smiling too
I passed around the corner
And someone saw my grin
When he smiled I realized
I passed it on to him
I thought about that little smile
And realized its worth
A little smile that's just like mine
Can travel round the earth.

So if you feel a smile begin
Don't leave it undetected
Let's start an epidemic quick
And get the world infected!

—Sandy LaFollette, Chariton, IA

Laugh A Little



It's REAL

The Moon is drifting about 1.5 inches away from earth each year.

NOW THAT'S FUNNY!

The teacher told the class to write a composition on baseball and turn the paper in. A minute later, Johnny turned in his sheet that read: "Game called because of rain."

A youngster I know asked me, "If the NASA scientists are all so smart, why do they count backwards?"

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 21 letters leftover. **Have fun!**

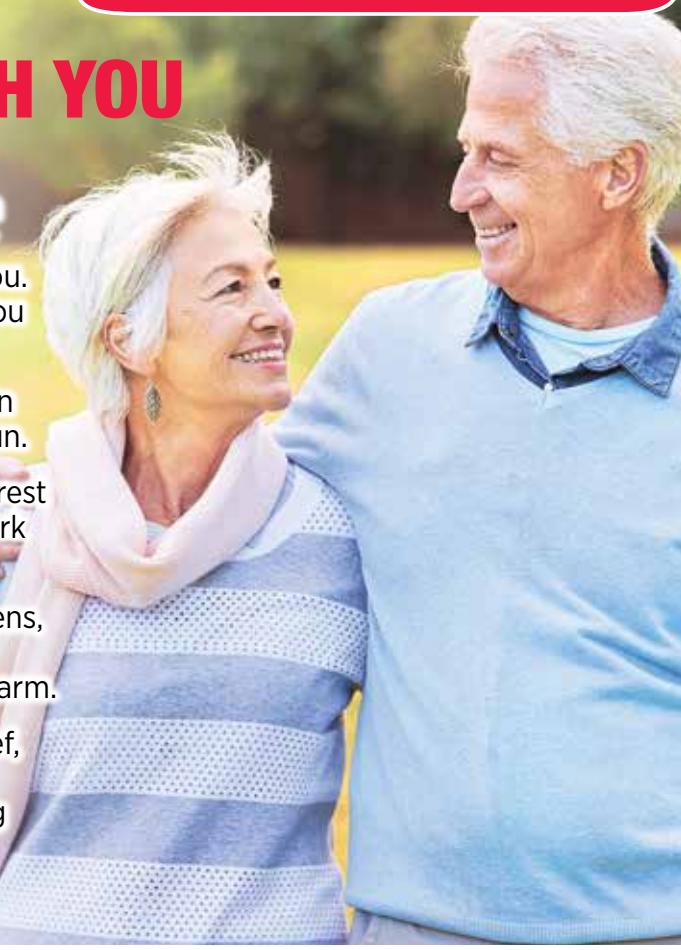
ADDRESS	PENPAL
BUSINESS	POSTSCRIPT
CLOSING	QUERY
DELIVERY	READ
ENCLOSURE	SALUTATION
ENVELOPE	SIGNATURE
FAMILY	SPELLING
FORM	STAMP
FRIENDS	TONE
GREETING	TYPING
IDEAS	WRITING
MAILBOX	ZIP CODE
MEMO	
MESSAGE	
NEWS FROM HOME	
PAGES	
PAPER	
PEN	

"SEND A LETTER"

Bonus Words:

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

Get Happier Tips



Health Tip

Prevents the Spread of Germs



It's a good idea to clean your toilet, including the bowl and the exterior, at least once a week to prevent odors, and bacteria buildup. Maintaining a clean toilet is essential for good health and well-being. An unclean toilet can be a breeding ground for harmful bacteria and mold, posing several health risks. Also, always flush with the toilet lid closed to prevent airborne bacteria from spreading to other surfaces in the bathroom.

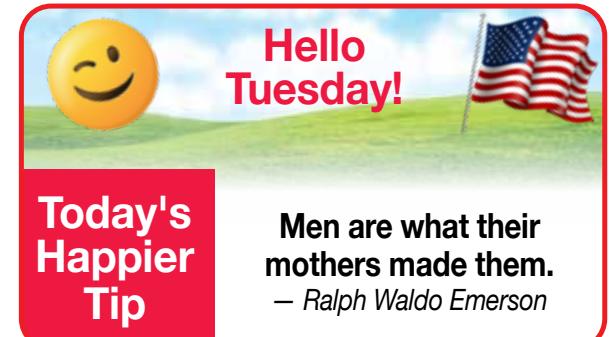
Handy Hints

Let's See It!



After folding your shirts, pants or sweaters, try standing them up vertically in drawers. Now you can see all your clothes, and no more digging through the piles that could cause them to wrinkle.

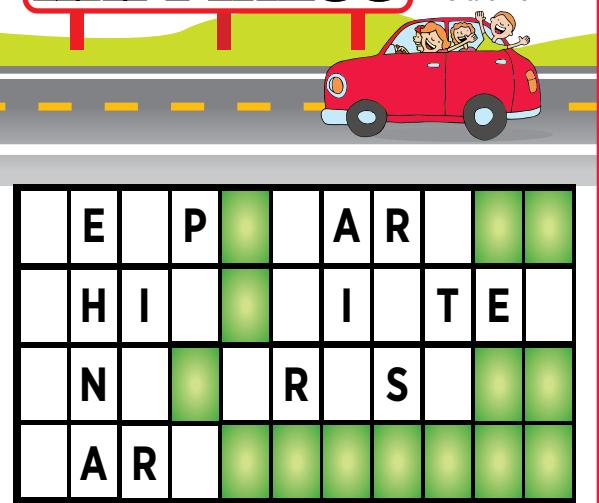
*Making Your Week Happier newspaper does not guarantee any results of our features. Use at your own discretion.



Men are what their mothers made them.
— Ralph Waldo Emerson

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

BILLBOARD of HAPPINESS



Answers on Page 8

Say something nice to someone.

Answer on page 8

Page



Get Up Happier

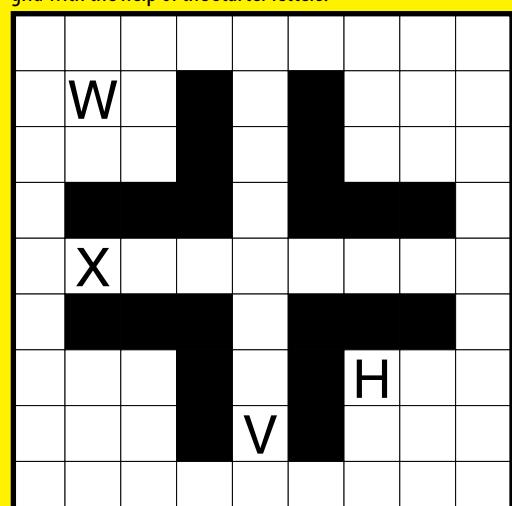
How Creative are you?

I remember as a child how I spent many hours coloring. When the “coloring for adults craze” was birthed, I was delighted. I bought a few coloring books, crayons, markers and color pencils. I smiled as I took black and white pages and transformed them into beautiful pictures.

I framed some of the most difficult pictures and hung them on the wall. I used some for decoration on wood pieces with decoupage. And I made a journal with others so I can go back later and feel joy in my creativity. What could you do with your color pages? — 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.



Aba	Eye	Lee	Ria	D E P R E S S E D
Awe	Fee	Med	Rot	E R A V A Y E
Aye	Has	Ndo	Sed	T O T I H E N
Caf	Hen	Ned	Tal	C I T O O
Col	Ire	Orb	Tap	E X C L A I M E D
Dep	Ive	Ore	Tea	L K T E A
Era	Kat	Owe	Ted	L E E L T E A
Ete	Lai	Res	Tot	O W E A O R B
Exc	Lec			C A F E E T E R I A

Yea! It's Wednesday!



Today's Happier Tip

Do something special, either with family, friends or just with yourself.

Our President Said It



There is no employing class, no working class, no farming class. You may pigeonhole a man or woman as a farmer or a worker or a professional man or an employer or even a banker. But the son of the farmer will be a doctor or a worker or even a banker, and his daughter a teacher. The son of a worker will be an employer - or maybe president.

— Herbert Hoover

Write a letter to a friend.



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.

BAKE	GLAZE	PUDDING
BITTER	GRATED	SAUCE
BITS	HARD	SODA
BROWN	ICE CREAM	SOFT
BUNS	ICED	SOLID
CAKES	KISSES	SPRINKLES
CANDY	LIGHT	SUNDAE
COOK	MALT	SWEET
COOKIES	MELT	SYRUP
CREAMS	MILK	TORTE
CUPCAKE	MOLDED	TREAT
DARK	MORSEL	
DESSERTS	MOUSSE	
EAT	PIECES	
ENERGY	PIES	
FONDUE		

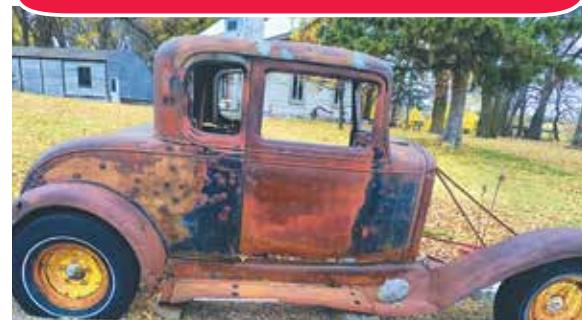
Answers on Page 8

“MAKE IT CHOCOLATE”

Bonus words: _____

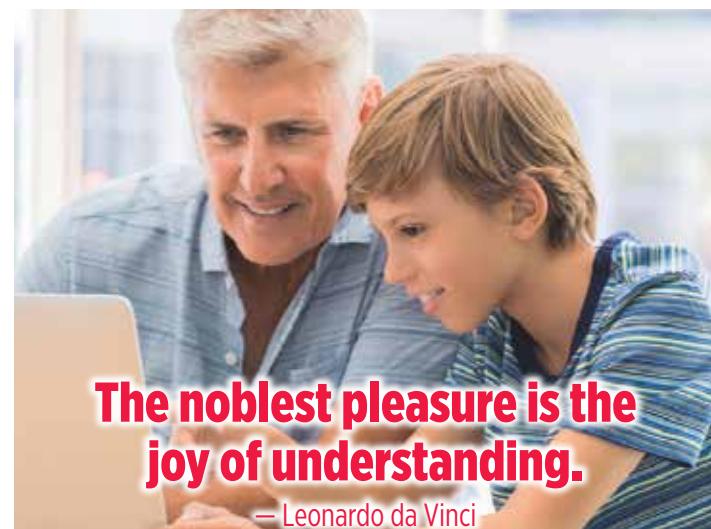


Happier Across America



I thought this was a cool old car.

— Thanks Don Trulson, Elbow Lake, MN



The noblest pleasure is the joy of understanding.

— Leonardo da Vinci

Quick & Easy Crossword



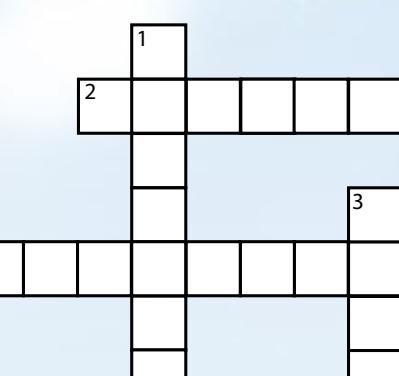
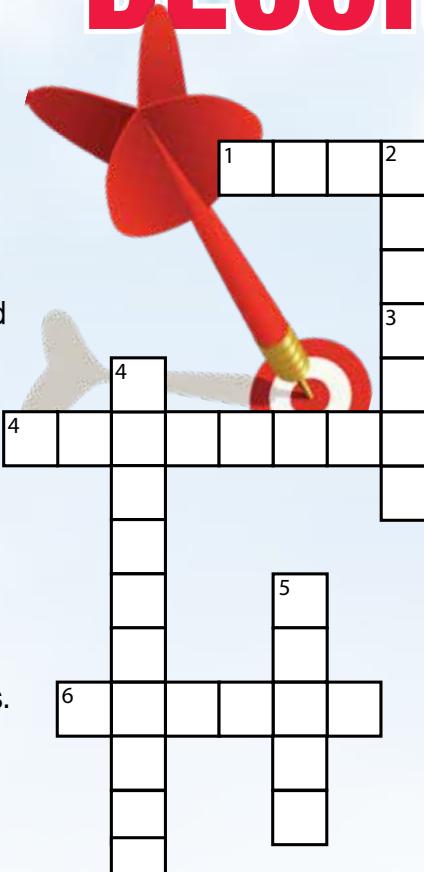
ACROSS:

- 1 A ___ to brighten a corner.
- 2 A hanging ___ can hold flowers.
- 3 A ___ handy for all the family.
- 4 A ___ to keep track of days and family activities.
- 5 Proudly display a special ___.
- 6 A ___ you created yourself.
- 7 A ___ to hold knicknacks.

DOWN:

- 1 Pretty ___.
- 2 A ___ in a pretty frame.
- 3 ___ to hold coats or backpacks.
- 4 A ___ to leave notes for family.
- 5 Display an heirloom ___.
- 6 A holiday ___.
- 7 A ___ board for a quick game.

WALL DECORATIONS



ANSWERS: Across 1-Lamp 2-Basket 3-Telephone 4-Calendar 5-Award 6-Mosaic 7-Shelf 8-Wreath 9-Dart 10-Quilt 11-Wallpaper 12-Picture 13-Pegs 14-Blackboard

23
JAN

FRIDAY



National Pie Day

24
JAN

SATURDAY



Cutest Kids

Little Evelyn
"sleeping like
a baby"— Anne Sweden,
Paxico, KS

The things that we love tell us what we are.

— Thomas Aquinas

Word Search

ONCE UPON A TIME —How we remember the start of those beloved childhood stories. Looking in all directions and using the clues, find the "once upon a time" words.

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

THE FIRST LETTERS OF
EACH WORD ARE LISTED BELOW

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**

Dear Dave

Eating Out? You're Spending More Than You Think

Dear Dave,

What's one unique step you took at any point in your life to save money that anyone is capable of doing if they put their mind to it? —Jeff

Dear Jeff,

As I always say, living on a written, monthly budget is a key factor in getting out of debt, staying out of debt and saving money. As for a "unique" step we took to save money — maybe it wasn't that unique — but after going broke, we stopped eating out at restaurants. I mean completely. No pizza nights and no drive-thrus. Not even little things off the value menu. During the work week, we ate breakfast and dinner at home, and for lunch, I brown-bagged it. Every. Single. Day. On weekends, we ate all three meals at home both days. Nothing fancy, just good, simple food.

And it made a huge difference. Most folks don't realize how much money they spend eating out. A quick breakfast here, a fast-food lunch there ... it'll drain your bank account fast if you're not careful. But when you're broke, you're broke. You've got to look at that person you see in the mirror every morning and admit it. Then, you have to start living like it.

In other words, stop acting rich when you're broke. That means doing basic, common sense things like I said earlier. Cut down on your spending, and learn to live on a written, monthly budget — one where every dollar is accounted for and has a job to do — before the month begins. Otherwise, you're just digging yourself deeper and deeper into a financial hole.

Anybody can take control of their finances once they become intentional about changing their behavior with money and motivated about changing their lives. Then, when you've gotten control of your money, you can go out and celebrate with a really nice steak dinner. But until then, if you're struggling financially, the only time you should see the inside of a restaurant is if you're working there.

—Dave

Dave
Ramsey

Hidden Puzzle

BIRTHDAY SURPRISE

The animals of the forest like to throw surprise parties for their friends. Find the hidden items within this party scene. Look for a shovel, arrow, party hat, clothespin, pennant, needle and thread, rooster, saw, pencil, key, dragonfly, sailboat, comb, and a fishhook.



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Answers on page 8

This n' That

Jim's FBI Happenings— by Jim Brady
Your Good Friend
Retired FBI Agent,
Hendersonville, TN**FBI and The Grand Ole Opry**

After managing the FBI offices in Memphis, Tennessee, we were transferred to Nashville.

It was my suggestion to national FBI headquarters, that it would be great to invite FBI employees for a weekend at the Grand Ole Opry. It happened many times, and it was my duty to organize those meetings.

Little did I know, that I would be introduced to the Mandrell Family. The three sister's dad had been a police officer, so we had a lot in common. I became a member of their family and have many good stories to tell.

See you next week. —Jim.

**This Week In History****Jan. 18, 1733** — The first polar bear was exhibited in America, in Boston.**Jan. 19, 1955** — President Eisenhower okayed the first filming of a news conference for television.**Jan. 20, 1964** — The Beatles released their first album in the United States, Meet the Beatles.**Jan. 21, 1915** — The first Kiwanis Club was founded in Detroit.**Jan. 22, 1997** — The U.S. Senate confirmed Madeleine Albright as the first female secretary of state.**Jan. 23, 1989** — Painter Salvador Dali died in Spain at age 84.**Jan. 24, 1989** — A Japanese soldier was discovered in Guam, hiding in the jungle for twenty-eight years thinking World War II was still going on.**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...**

It takes a honeybee colony about 1 to 2 months to make one gallon of honey during peak season.

**Be thankful
for all you have.**

Words of Wisdom



If you believe that feeling bad or worrying long enough will change a past or future event, then you are residing on another planet with a different reality system.

— William James

This Week's Scrambles

1. I ilwl llieyk aaertkp ni eessrdt eratf nnerdi.
2. I kown hte porimcante fo shifenridp.
3. osCle uyoy eyse adn akme a shwi.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

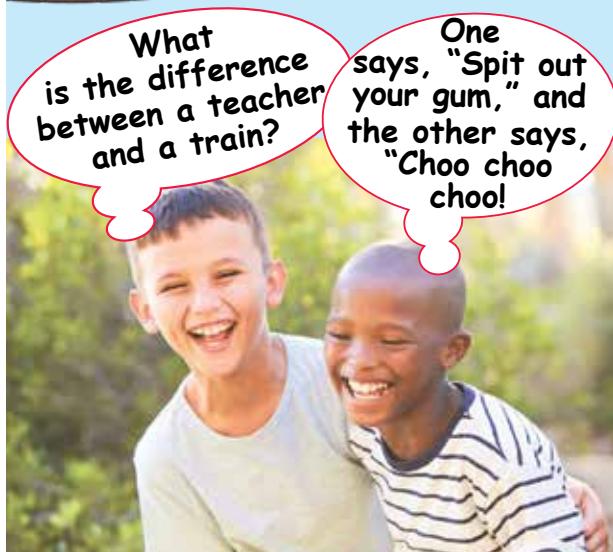
Thursday is a good day to start getting things done.

Laugh A Lot



What do you give a dog with a fever?

Mustard, because it's the best thing for a hot dog!



What Am I?

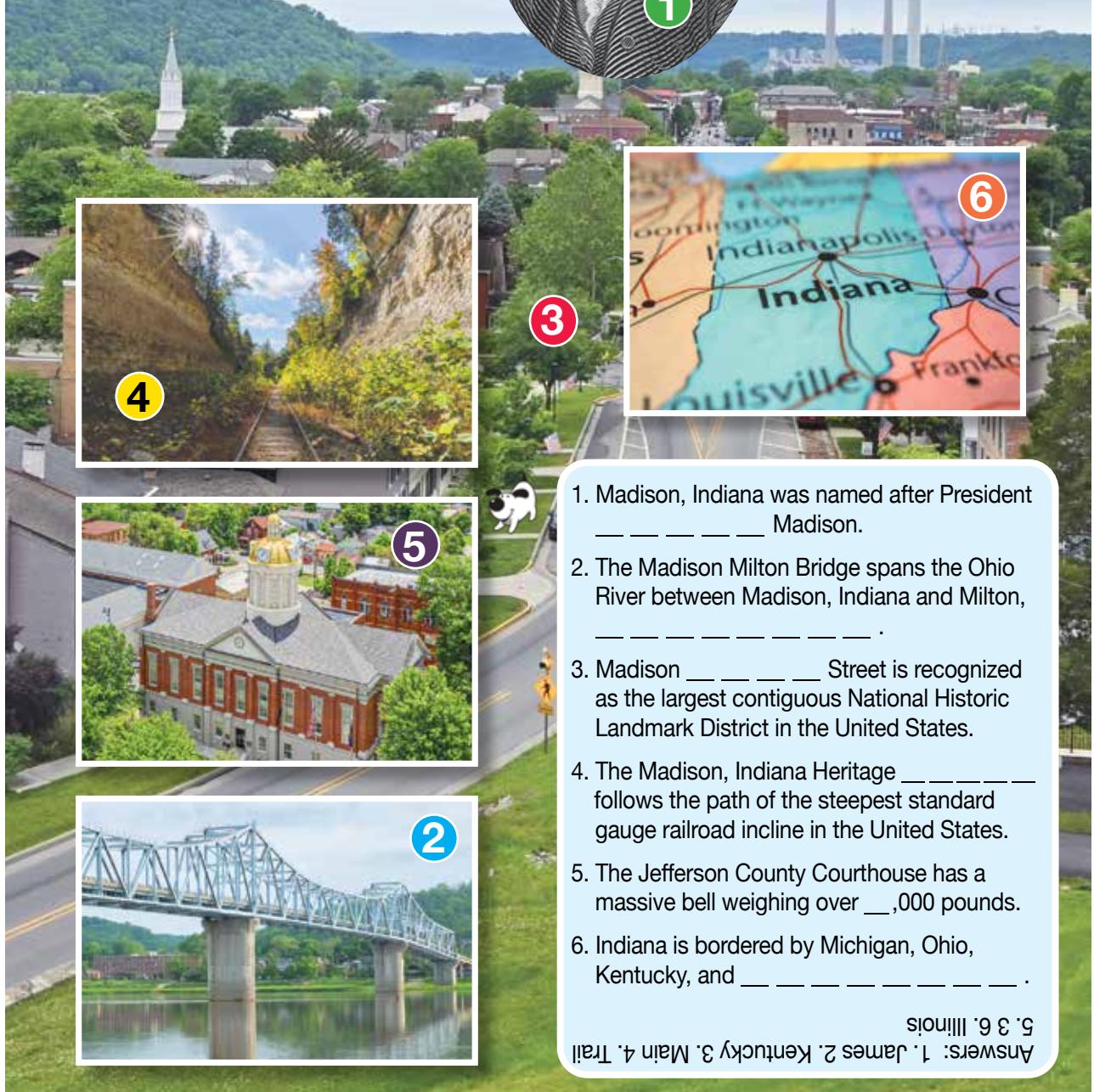
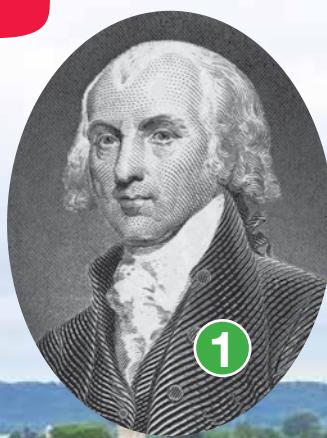
1. I have between 220 and 240 strings.
2. A felt-covered hammer strikes my strings making it vibrate.
3. I was invented around 1700 by an Italian harpsichord maker.
4. I also have around 88 keys, some black and some white.

Answers on Page 8

Help others by listening.

Cruisin' Around

Madison, Indiana



1. Madison, Indiana was named after President _____ Madison.
2. The Madison Milton Bridge spans the Ohio River between Madison, Indiana and Milton, _____.
3. Madison _____ Street is recognized as the largest contiguous National Historic Landmark District in the United States.
4. The Madison, Indiana Heritage _____ follows the path of the steepest standard gauge railroad incline in the United States.
5. The Jefferson County Courthouse has a massive bell weighing over _____,000 pounds.
6. Indiana is bordered by Michigan, Ohio, Kentucky, and _____.

Answers: 1. James 2. Kentucky 3. Main 4. Trail 5. 6. Illinois



RAILWAY SCRAMBLE

1. TRHEIGF
2. RATKC
3. OASOCEB
4. ALGSNI
5. CHACO
6. ASTNOIT
7. RAMTOFPL
8. EEISDL
9. TIKCTE



Unscramble the letters below to find the names of nine things associated with the railway. Then discover the hidden theme word made up from the circled letters.



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

Hidden Words:

Hidden Word: IRONHORSE



For the Love of PETS

A cat can jump up to six or seven times its own height in a single bound.



How quickly can you say?



+p A on your
keep warm.

Answers on Page 8



GUESS WHAT I AM

