



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?

Footprints.
Answer:

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



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

A Blessing to Us All

Happier Happenings

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

Today's Happier Tip



I Love Sunday

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



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

- 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

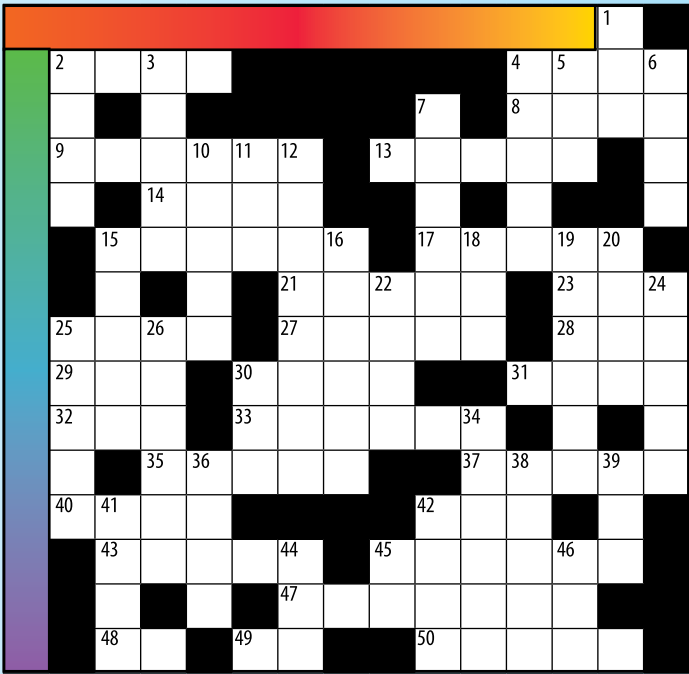
42 Expense

44 Put forth effort

45 Box office, abbr.

46 Before (Archaic)

Answers on page 8.



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
- ½ 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!**

HIDE and SEEK



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.

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.

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

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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?

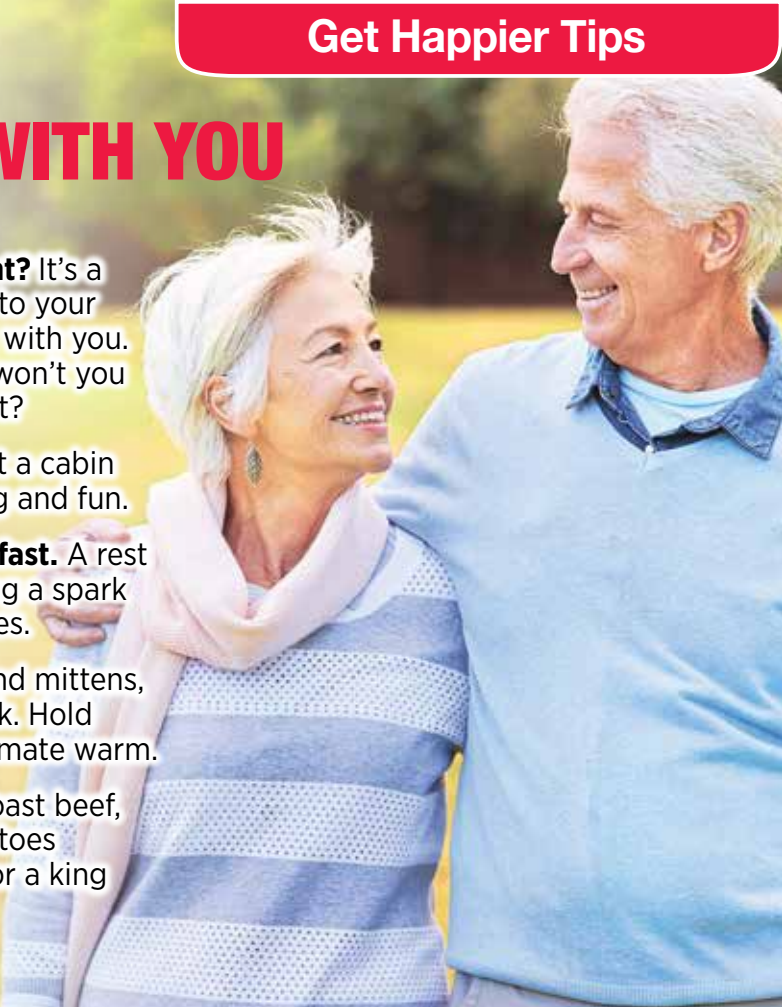
How about a weekend retreat at a cabin with a fireplace? Sounds relaxing and fun.

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



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.*

Happier Poem

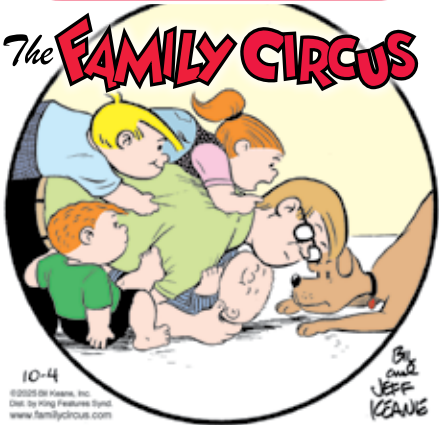
A Smile

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.

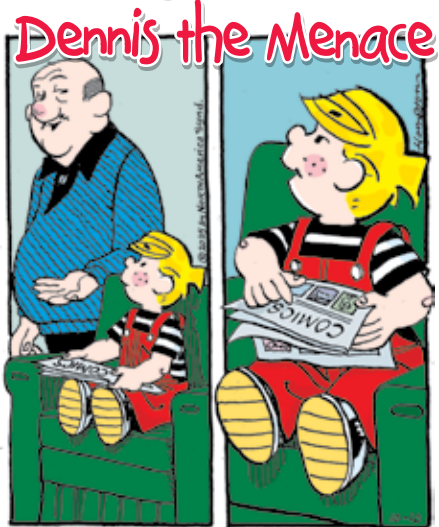
So if you feel a smile begin
Don't leave it undetected
Let's start an epidemic quick
And get the world infected!

—Sandy LaFollette, Chariton, IA

Laugh A Little



"You have a gray hair, Daddy. Does that mean you're going to be a granddad soon?"



"Don't waste your time reading the comics every day."

"Hey, the funny pages have made me what I am today!"

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 back-wards?"

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

Answer on page 8

“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

BILLBOARD
of
HAPPINESS

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

	E		P		A	R		
	H	I			I	T	E	
	N				R	S		
	A	R						

A D D E E K M M N S
S R T W W W

Answers on Page 8

Say something
nice to someone.



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.

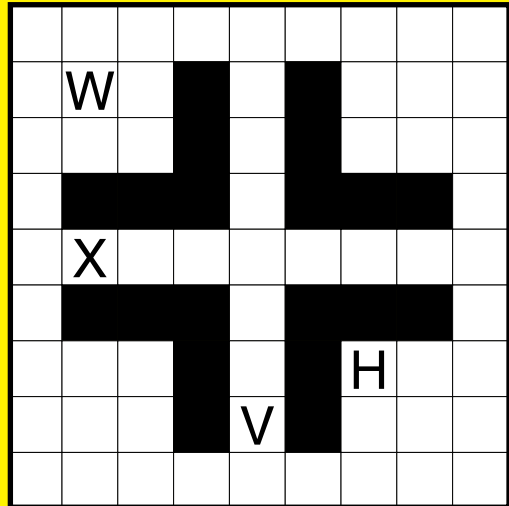
I framed some of the most difficult pictures and hung them on the wall. I used some for decoration on wood pieces with decoupage. And I made a journal with others so I can go back later and feel joy in my creativity. What could you do with your color pages? — By Nancy Gibbs

TRIPLETS

Lovatts

www.lovattspuzzles.com

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

18 JAN SUNDAY World Snow Day	19 JAN MONDAY National Popcorn Day	20 JAN TUESDAY National Cheese Lovers Day	21 JAN WEDNESDAY National Squirrel Appreciation Day	22 JAN THURSDAY
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Circle Words

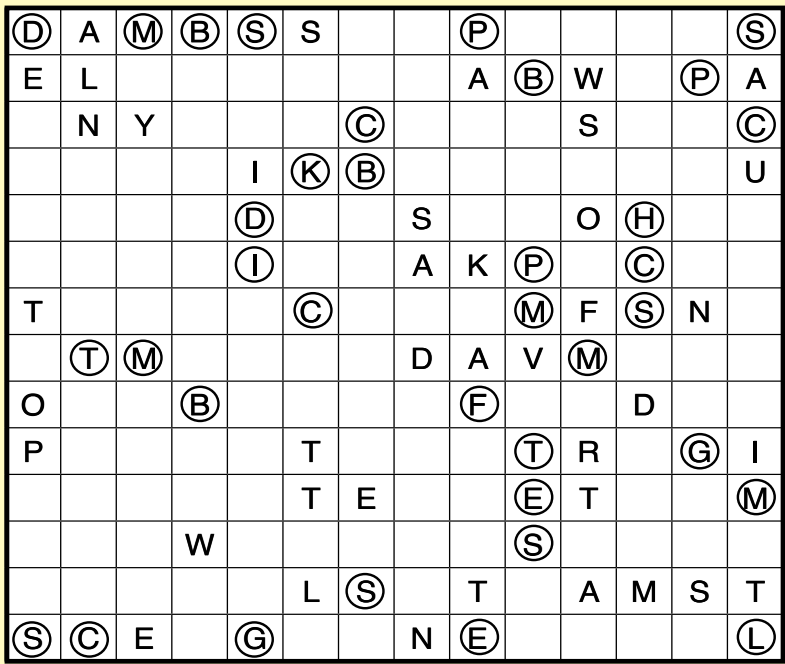
Fill in the words by starting each at the correct circled letter; go forward, backward, up, down or diagonally. All squares will be full when you have completed the puzzle correctly. Mark through each word in the puzzle as you find it. The unused letters will spell the bonus words.

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.

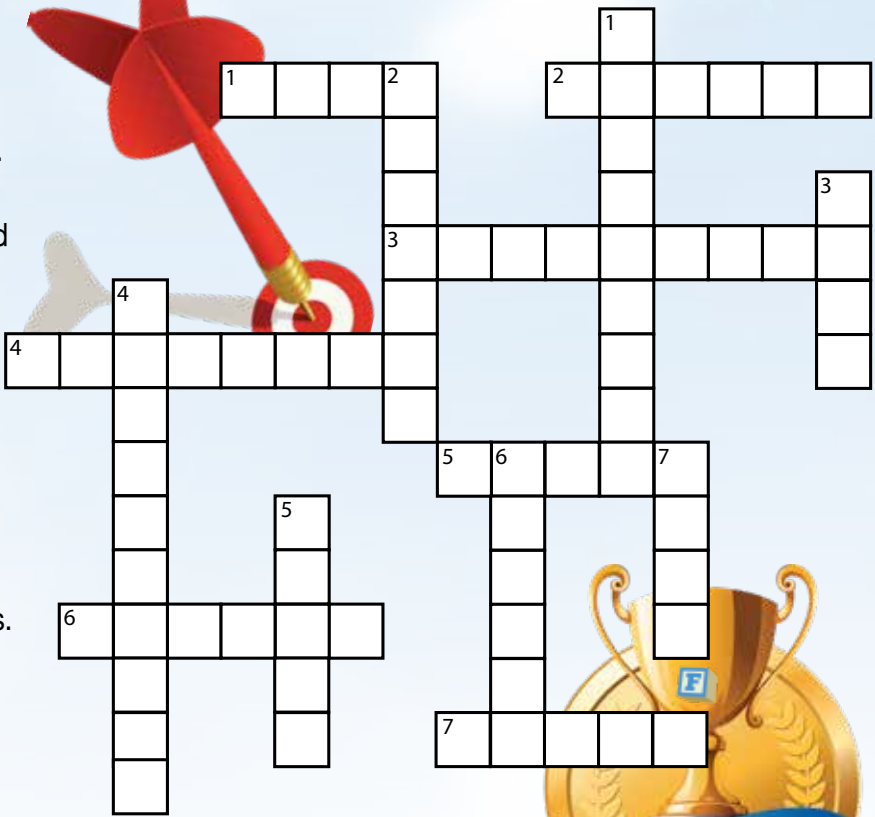
— Leonardo da Vinci

Quick & Easy Crossword



WALL DECORATIONS

- 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 knickknacks.
- 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.




ANSWERS: Across 1-Lamp 2-Basket 3-Telephone 4-Calendar 5-Award 6-Mosaic 7-Shelf Down 1-Wallpaper 2-Picture 3-Pegs 4-Blackboard 5-Quilt 6-Wreath 7-Door



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


BE...	CA...	FO...
DA...	FA...	HE...
FR...	GI...	KI...
KN...	OG...	WI...
SP...	SW...	
TR...	CA...	

Answers on page 8


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Ask for
your
FREE
14-Steps
To
Happiness
Booklet



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 head-quarters, 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.

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

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.

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

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.



Page 5

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 lleyk aaertkp ni eessrdt eratf nnerdi.
- 2. I kown hte porimcante fo shifenridp.
- 3. osCle uyor 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 is the difference between a teacher and a train?

One says, "Spit out your gum," and the other says, "Choo choo choo!"



What Am I?

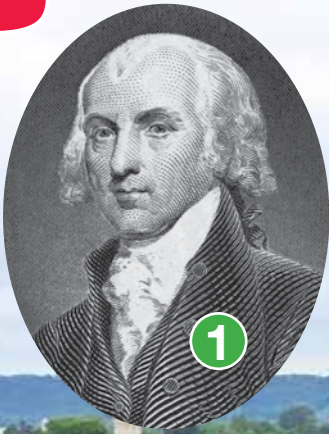
- 1. I have between 220 and 240 strings.
- 2. A felt-covered hammer strikes my strings making it vibrate.
- 3. I was invented around 1700 by an Italian harpsichord maker.
- 4. I also have around 88 keys, some black and some white.

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. 3 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.

Hidden Words:



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

Answers: 1-FREIGHT 2-TRACK 3-CABOOSE 4-SIGNAL 5-COACH 6-STATION 7-PLATFORM 8-DIESEL 9-TICKET
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

Build Your Own Yogurt Parfait

- Greek yogurt
- Crushed graham cracker crumbs
- Granola
- Nuts
- Fruits



Make your own parfait with regular or Greek yogurt and layer alternating with cut-up fruit. You can also make a version with vanilla yogurt, crushed graham cracker crumbs, or granola, nuts, and/or fruit. **Enjoy!**

Precious Pets



Finn, (the black cat on the left) has diabetes. Oliver shows Finn love.
—Thanks, Judy Leise

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”



My Friends Keep Me Warm

Emperor penguins survive low temperatures of Antarctica by huddling close together in large groups to keep themselves warm. The emperor penguin’s typical diet consists of fish, krill, squid and crustaceans.

Find This Week’s . . .

“CARING” WORDS



♥ A R E ♥ C ♥ ♥ ♥ E B H E
♥ H ♥ A ♥ ♥ A R E ♥ ♥ ♥ L
S ♥ E D M F O C O R T ♥ P
W E O T ♥ A L K ♥ H O P ♥
F A R M T H E O T R S 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.

- CARE TALK HOPE
- SHARE WARM
- HELP FEED Answer on page 8

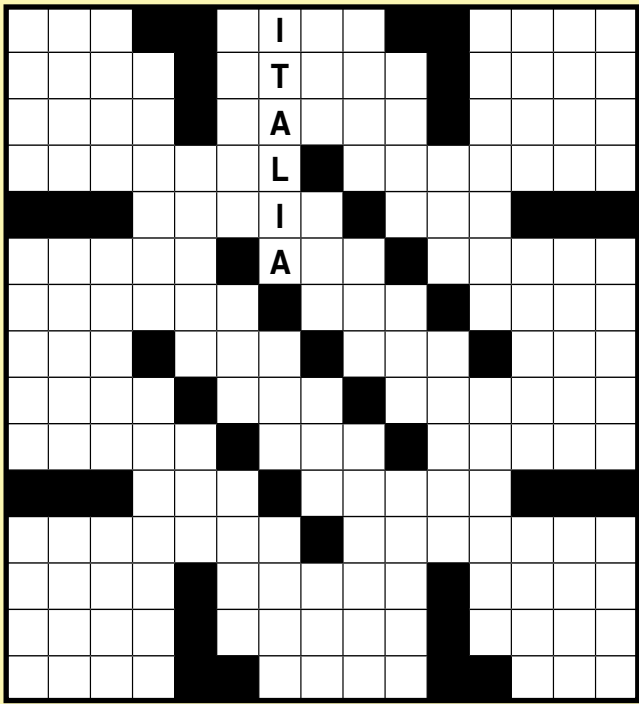
Get a Kick

It was the first day of school after Christmas vacation.
Mother: “Mary, explain why you got a 60 on this math test.”
Mary: “Oh, our teacher always marks things down after Christmas.”



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**
ABA
AFB
ALB
ARE
CBS
CRT
EFT
ELI
LAI
MAO
NIA
NIN
O'ER
OLA
PED
R.R.'S
SEZ
SRO
TAO
TSP.
YET
ZAP
- 4 LETTERS**
ABOU
ADAH
ARNE
AUDI
BLOB
- 5 LETTERS**
AUNTS
BANAL
BLEST
- 6 LETTERS**
ASHCAN
DEGREE
HECTOR
~~ITALIA~~
SHANTY
SUNTAN
- 7 LETTERS**
EJECTOR
ETAGERE
GLITTER
HOBNAIL
KING TUT
MERCIES
- 3 LETTERS**
BUOY
CLAM
DOLS.
EAST
EDEN
EDNA
ELEC.
ERTE
IGOR
JUNO
KONA
LOBO
NEIN
NOIR
OGEE
ORDO
RANT
ROLL
ROTO
SNEE
SPET
TONS
TRAM
TUES.
ZINC
- CLANS**
ILIAD
IOWAN
ISLET
ISSEI
NONCE
O'HARA
OUTRE
REBEC
SEEDS
SONIC
TASTE
TUNIC
UTILE
WAITS
YESES
ZUBIN



Look and LEARN

A single banana plant produces only one bunch of bananas in its lifetime.



Trivia Fun

Answers on page 8

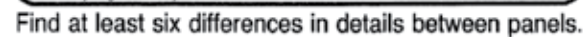
1. What type of animal is a civet?
2. The smallest state geographically is Rhode Island. Name the next two smallest states in area.
3. A hundred fathoms is equal to how many yards?
4. What is a group of cheetahs called?



We're
Gettin' **HAPPIER!**



Find the Differences



Differences: 1. Towel is longer. 2. Leg is moved. 3. Rope section is missing. 4. Spectator's hat is missing. 5. Fingers are not showing. 6. Pail is smaller.

Weekly Safety Tips

If you are in a colder climate, you should put insulated faucet covers on your outdoor faucets. This simple, inexpensive measure helps protect your pipes from freezing and potentially bursting, which can cause thousands of dollars in water damage.



Fun Facts

-
- A woman with blonde hair is sitting on a couch, smiling with her eyes closed as a dog licks her face. A Siamese cat is sitting on the couch next to her. The background is a simple indoor setting. The text "The rain, you and still." is overlaid on the left side of the image. The text "All three golf" is overlaid on the left side of the image. The text "base on the wai, is taller" is overlaid on the left side of the image. The text "y fruit with" is overlaid on the left side of the image. There are small cartoon characters in the bottom right corner.

Get **HAPPIER** Tips

Treat yourself to a nice dinner once a week. This way you always have something to look forward to.



Doctor Mike Says . . .

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

Three Heart-healthy Exercise Routines

If you're one of the 25% to 30% of U.S. adults who are sedentary, not getting even the minimum recommended 30 minutes of daily motion, you're setting yourself up for a roster of chronic conditions, starting with heart disease — and heading to dementia, cancer, and joint woes.

Well, if you would like to change your ways and improve your heart health, a meta-review of exercise-related studies published in *Advances in Integrative Medicine* offers interesting guidance. The researchers from India compared data on yoga, tai chi, Pilates and interval training and found that tai chi, Pilates and interval training are effective ways to keep your arteries flexible and open. Less effective? Yoga.

What Pilates, tai chi and interval training have in common is that they combine slow and steady movement with bursts of extra effort that are both aerobic and muscle-building (suitable to your strength and age). That allows the heart to strengthen without overdoing it. Multiple studies showed that those three forms of activity increase both dilation and flexibility of blood vessels.

It can be tough to get started. First, start walking. Count your steps and never do less today than you did yesterday — until you get over 8,000 daily. Then, aim for 10,000 a day. I recommend you find an exercise buddy or group, class or instructor; make a schedule and commit to the plan. Next, experiment with different activities, both aerobics and strength-building, until you find ones you love. And check out my book, “The RealAge Workout: Maximum Health, Minimum Work.”



Answer Section

PG. 7

“CARING” WORDS

Hidden Word:
BE A COMFORT
TO OTHERS

1. A CAT LIKE ANIMAL
2. DELWARE IS THE SECOND AND CONNECTICUT THIRD-SMALLEST.
- 3.TWO HUNDRED YARDS
4. COALITIONS

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 L 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

Page 8

[illegible]

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

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

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

PG.5 **Brain Teasers**
SECOND ONE

PG.6 **What Am I?**
PIANO

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

PG 3 Billboard of Happiness:

KEEP WARM THIS WINTER AND DRESS WA

KEEP A HAT ON YOUR HEAD TO KEEP

1. I WILL LIKELY PARTAKE IN DESSERT

2. I KNOW THE IMPORTANCE OF FRIENDSHIP

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