



# MAKING YOUR WEEK **Happier** FEB 15-21



## Get Out and Have Some Fun

### Riddle



What runs and never walks, has a mouth but never talks, has a bed but never sleeps?

Answer: A river.

### Nearly 60 Years of Happier

Wow, is that true? It's gotta be, because I am 87 years young. Who, at 27, would have thought we would touch the lives of millions of people in America. The letters and FanMail we get makes me hope I live to 99, maybe even 100, and enjoy making you happier.

My wife and I are lucky. We have a happy 47-year-old son that's going to help us out. Next issue, you'll get to hear from him right here in this space.

We lost the rights to print the Fill-It-In puzzle, but we hope we have come up with something that will please you more and add more readers. We apologize to those who write and tell us they can't do without this puzzle.

As we start this new year, 2026, let's give it all the effort we can, to be able to call it "the happiest year of our lives." We here at happier love our readers, and please continue to send us your mail.

—by Gilbert Wilks, publisher



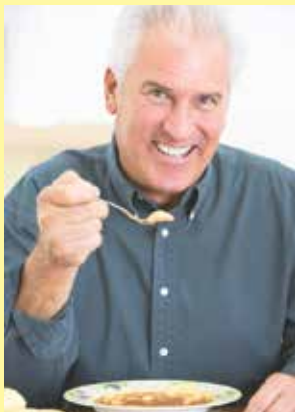
### Chili / Chilly

English has a funny way of making two very different ideas sound exactly the same. Take "chili" and "chilly." One is a hearty bowl of comfort, and the other is the reason you reach for that hearty bowl in the first place.

"Chili" is the stuff of family recipes and simmering pots. It carries the aroma of spices, tomatoes, and slow-cooked goodness... with beans or without (but definitely not noodles!). Whether it's mild enough for the kids or hot enough to make you question your life choices, chili has a way of gathering people around the table. It warms your stomach, your hands, and sometimes your heart—especially when it's shared with a couple of corn-bread muffins!

"Chilly," on the other hand, is the weather that nudges you indoors. It's that brisk breeze that makes you zip up your jacket a little higher. Chilly days have their own charm, though—they slow us down, draw us close, and remind us to savor the warmth wherever we can find it. —Thanks Perry Wm. Bell, Greeley, CO

### Happier Happenings



### I Love Sunday

I text my friends often, even if it's just a little text saying, "I wish you a wonderful day."



Today's Happier Tip



### From Our Readers

#### My Special Someone



I love this sign. It hangs on our front door and it reminds me everyday that I have someone special. We spent a lifetime together making memories and I thank God for every day we have together. —Thanks, Gilbert Wilks

### Days Gone By

#### Home Remedies



My mother, Chela Miller, used several "home remedies" during our growing-up years during the 1950's. The earliest I remember is when we were playing in the next door neighbor's sandbox with her children, and one hit me in the head with the blade of a hoe. While I don't remember much pain, I do remember the blood on my face as I ran home. Mom put sugar on the not-too-deep, two-inch cut to staunch the bleeding.

When I began school, I soon learned mom's cure for an I-don't-want-to-go-to-school-imaginary-stomach ache—a tablespoon of castor oil in a small glass of orange juice several times a day. I quickly learned Mrs. Bohannon reading class was much nicer!

When we had a bad cold or chest congestion, mom would rub Vicks on us and place a warm piece of flannel over that which she safety-pinned to our pajama tops. By morning, the congestion was eased. But the best home remedy for heartbreak, disappointment or discouragement was mom's warm brownies and ice cold milk. Worked every time.

—Thanks, Lynda Vandiver, Madisonville, KY





We Love Our Hometown

Apothecary Shop is Making Lansing, Michigan Happier



Apothecary Shop in Lansing, Michigan have been serving the Lansing area since 1926. This independent pharmacy offers personalized service, specialized compounding, and a wide range of medical supplies. The pharmacist and staff are reliable, trustworthy and will do all they can to meet the needs of their customers. They are truly making their community a happier place.

Lansing, Michigan offers a number of activities that blend culture, history, outdoor adventure, and family fun, ensuring visitors and residents have plenty to explore.

The Michigan State University campus has the Eli & Edythe Broad Art Museum. You can also relax in the serene 4-H Children's Gardens and Horticulture Gardens. Nearby, the vibrant Old Town Lansing and up-and-coming REO Town districts offer unique local shops, art galleries, diverse dining, and a lively atmosphere perfect for an afternoon stroll.

History buffs may enjoy the stunning Michigan State Capitol Building, the extensive Michigan History Museum, or the R.E. Olds Transportation Museum, which celebrates Lansing's automotive roots.

Outdoor lovers will appreciate the extensive Lansing River Trail, a 17-mile pathway along the rivers that connects many key city attractions. Hawk Island Park offers seasonal fun from summer swimming to winter tubing. Nature centers like Fenner and Woldumar offer peaceful retreats for hiking and wildlife viewing.



**Yes! Big Monday**



**Today's Happier Tip**

A happy memory never gets old, nor will ever wear out.

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# Happier

Feb 15-21

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Contributing Editors:  
Lynda Vandiver, Nancy Gibbs

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Favorite Crossword

- ACROSS**

  - 1 Obstruct
  - 3 Enemy
  - 6 Finish
  - 7 Trip
  - 10 Level
  - 11 Faithful
  - 15 Secret writing
  - 17 Every
  - 19 Shell
  - 21 Word of choice
  - 22 Anxious
  - 24 Stops
  - 26 Eye sore
  - 27 Truck
  - 28 Correct
  - 29 Negative answer
  - 30 A greeting
  - 33 Black bird
  - 36 Mi, \_\_\_\_, sol
  - 37 Bring
  - 38 Wicked
  - 39 Blunder
  - 42 A cry
  - 43 Middle
  - 45 Decrease
  - 46 Cuddle
  - 47 A drink
  - 48 Type of cap
  - 49 Remain behind
  - 51 Ground moisture
  - 53 Earn
  - 54 Unpleasant smell
  - 56 On top of
  - 57 Synthetic fabric
- DOWN**

  - 1 Nook
  - 2 Quick look
  - 3 Touch
  - 4 Upon
  - 5 Swirl
  - 8 Not hidden
  - 9 Affirmative answer
  - 12 A sign
  - 13 Expression of pity
  - 14 Fortune
  - 15 Type of soil
  - 16 Soak
  - 18 Place of refuge
  - 20 Go
  - 21 A bird
  - 23 Happy
  - 25 Drunkard
  - 30 Aids
  - 31 Mend
  - 32 Special emphasis
  - 34 A road
  - 35 Foul
  - 36 Not confined
  - 37 Become very cold
  - 39 A dessert
  - 40 Water animal
  - 41 Mind
  - 44 Ancient sun god
  - 49 Firmament
  - 50 Bustle
  - 51 Act
  - 52 Warrant Officer, abbr.
  - 53 Us
  - 55 The letter "N"

Answers on page 8.



## Sharing Happiness



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

## Black Forest Puffs

- 3/4 cup frozen pitted dark sweet cherries, thawed, drained and chopped
- 1 teaspoon vanilla extract
- All-purpose flour
- 1/2 of a 17.3-ounce package Pepperidge Farm® Puff Pastry Sheets, thawed
- 1 package (3.9 ounces) chocolate instant pudding and pie filling mix
- 1 cup cold milk
- 1 cup thawed frozen whipped topping
- 2 tablespoon unsweetened cocoa powder

Heat the oven to 400°F. Mix the cherries and vanilla extract together in a small bowl. Sprinkle the flour on the work surface. Unfold the pastry sheet on the work surface. Cut the pastry sheet into nine 3-inch circles. Place the pastries onto a baking sheet. Bake for 15 minutes or until the pastries are golden brown. Remove the pastries from the baking sheet and let cool on a wire rack for 10 minutes. Split each pastry into 2 layers, making 18 in all. Beat the pudding mix and milk in a medium bowl with a whisk for 1 minute. Cover and refrigerate for 20 minutes. Spread about 1 1/2 tablespoons pudding mixture on each bottom pastry layer. Top each with about 1 tablespoon whipped topping and about 1 tablespoon cherry mixture. Top with the remaining pastry layers. Sprinkle with the cocoa powder. **Enjoy!**

## Happier Kitchen





## HIDE and SEEK



Can you help round-up five more cupcakes?

Answers on page 8.



## I enjoy good

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.

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

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EIGHT WAYS TO TEACH BY EXAMPLE

- 1. We teach others to love by the way we love.
- 2. We teach others to make good use of their time, if they see us using our time wisely.
- 3. We teach others to be kind, when we give to those who can't repay us.
- 4. We teach to love unconditionally when others hurt us.
- 5. We teach others to be generous when they see us contributing to good causes.
- 6. We teach others when they do something wrong and we forgive them.
- 7. We teach others when we pray in their presence, they will learn more about God than any other way.
- 8. We teach others when we apologize when we mess up.

Teaching by example is the greatest lesson anyone can learn. — By Nancy Gibbs



Get Happier Tips

Health Tip

Say No to Pink Eye



Your hands pick up a wide variety of germs and debris throughout the day, and transferring these to your eyes can lead to various problems. Bacteria, viruses, and other microorganisms on your hands can easily be transferred to your eyes, leading to infections such as conjunctivitis (pink eye), which is highly contagious. Proper hand hygiene is the single best way to prevent the spread of germs to your eyes and the rest of your body.

Handy Hints

Avocado Pits



When extracting a avocado pit, don't hold it, you may cut yourself. Place it on the counter with your hands away and whack it with the knife. To take the pit off the knife, just whack the top end of the knife handle onto the edge of the trash can and it will fall right off. Just make sure you don't hit the blade, only the handle.

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

Happier Poem

Here Comes the Sun

The morning brings sunshine.  
Sleepy eyes awake from slumber.  
Arms raise to bless the day  
'Cause God's grace we are under.

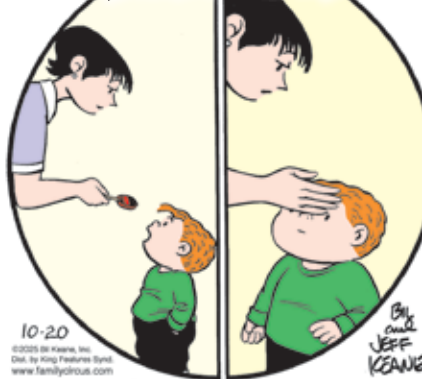
Smiling faces sing a song,  
With glad heart they arise,  
Making each day a happy one.  
Every day is a new surprise.

Happy hearts and smiling faces  
Make each day a blessed one.  
Not a cloud in the sky.  
"Look there, here comes the sun."

— Agnes Staples,  
Orange Grove, Texas

Laugh A Little

The FAMILY CIRCUS



Dennis the Menace



"Back already? what happened?"  
"Mr. Wilson had a hangnail; or a hangover!"

It's REAL

Florida has the lowest "high point" of any U.S. state. The state's highest natural elevation is Britton Hill, which is only 345 feet above sea level.

NOW THAT'S FUNNY!

While I was teaching third grade, it was time to go outside for recess. Two boys had jackets alike and didn't know which jacket belonged to each other. One of the boys said, "Let me have both of them." He took both jackets and started smelling them. He said, "This one is mine—it's April fresh."



Secret Words

"THE MORNING DRIVE"

Cross out all words listed below in the puzzle. Words are in straight lines and all directions. Your bonus words are made up from the 18 letters leftover. Have fun!

- AUTOMOBILE
- BAGEL
- BOOKS
- BUSES
- CAR POOL
- CHILDREN
- COFFEE
- COMMUTE
- DISTANCE
- EARLY
- EMPLOYER
- EXPRESSWAY
- FAST
- GAS STATION
- IGNITION
- JACKET
- JUICE
- KEYS
- LANE
- LATE
- LOCAL
- MUFFIN
- PASSENGER
- PASTRY
- RAIN
- ROADS
- SCHOOL
- SLOW
- SNOW
- START
- TRAFFIC
- TRAVEL
- WALK
- WEATHER

Bonus Words:

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

Answer on page 8



Today's Happier Tip

We often forget to compliment or encourage those we see the most.

BILLBOARD of HAPPINESS

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



		E		X	I	E
H	N		P	I	G	
I		B	U		O	
T	R	T				

A A C D E E G I N O R  
S S S T T T T W

Answers on Page 8

Let those around you know that





Making Goals

I've known people who lived life without any goals. Most of them never accomplished much in life, for goals keep us from procrastinating and putting things off until it's too late. We never know how much time we have in life, so accomplishing a few things along the way is essential.

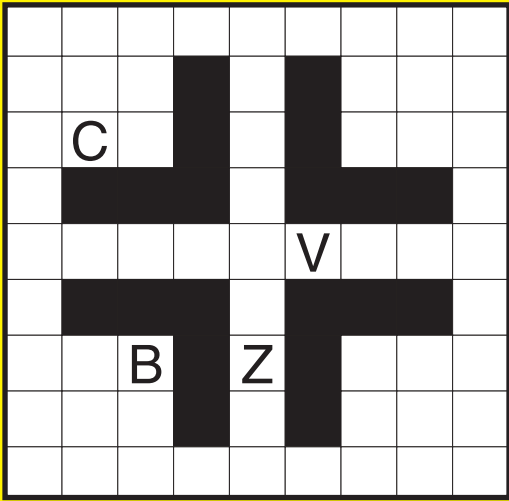
A friend of mine set a goal to do something wonderful for his family. He decided to build a wrap-around porch on their home. He set a goal to get a certain amount done every day. Every day he accomplished the bite-sized goal, and before he knew it, the porch was complete. His family will enjoy it for years to come.

— By Nancy Gibbs



TRIPLETS Lovatts

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.



Act	Erv	Owe	Set	D E N O I T A T S
Ara	Ess	Pan	Son	W O M O Z A V S E A
Arc	Ewe	Pap	Sta	E S E T Z A B B
Aye	Eye	Per	Ted	A V A N
Baa	Int	Rea	Tio	E N E N E R V E I N T E
Bet	Let	Ret	Wal	R A V A R
Ebb	Lpa	Rin	Wea	A C T P A
Ene	Ned	Sea	Zzi	E R E A V E T
Ere	Net			W A L P A P E R

Yea! It's Wednesday!

Today's Happier Tip

Positivity will result in healthy relationships with others.

Our President Said It



Surround yourself with the best people you can find, delegate authority, and don't interfere as long as the policy you've decided upon is being carried out.

— Ronald Reagan

They are special and appreciated.

15 FEB SUNDAY

16 FEB MONDAY

17 FEB TUESDAY

18 FEB WEDNESDAY

19 FEB THURSDAY

Circle Words

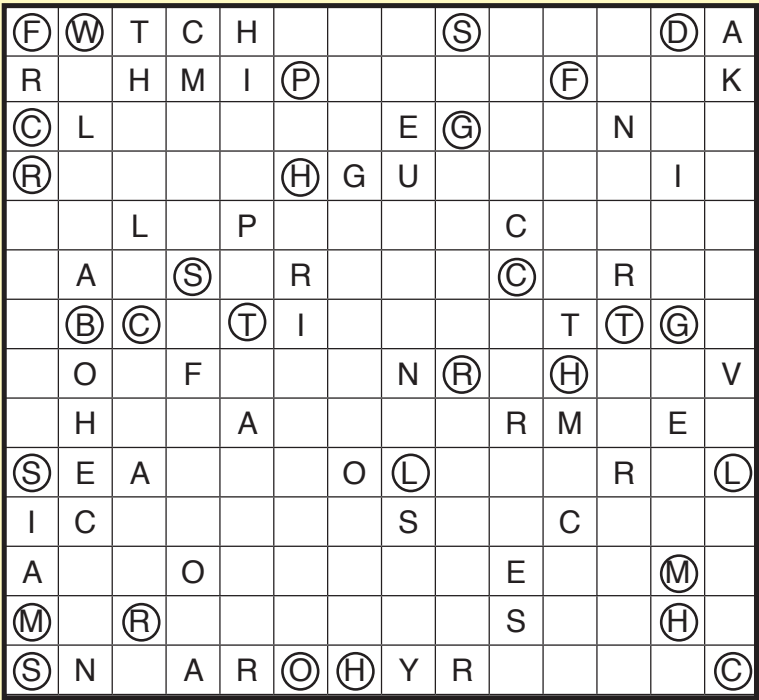
Fill in the words by starting each at the correct circled letter; go forward, backward, up, down or diagonally. All squares will be full when you have completed the puzzle correctly. Mark through each word in the puzzle as you find it. The unused letters will spell the bonus words.

- BALES
- HOIST
- SHOVEL
- CALF
- HORSE
- SILO
- CAT
- LIVESTOCK
- SQUARE DANCE
- CHICKENS
- LOFT
- STALLS
- CORN
- MARE
- THRESHER
- COUNTRY
- MICE
- TROUGH
- COWS
- MULE
- WALLS
- DOORS
- OATS
- WHEELBARROW
- DUCKS
- PITCHFORK
- FARM
- RAFTERS
- FEED BINS
- ROOF
- GEESE
- ROOSTER
- GRAIN
- RURAL
- HARROW
- RUSTIC
- HAY

Answers on Page 8

“THE OLD RED BARN”

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



Happier Across America



This is Abel Holley, age 7, at Dollywood Theme Park.  
—Thanks Ashley Holley, Pulaski, TN.



Big jobs usually go to the men who prove their ability to outgrow small ones. — Theodore Roosevelt

Quick & Easy Crossword

PUT YOUR NAME ON IT

ACROSS:

- Your sports \_\_\_\_.
- Your own \_\_\_\_ ball.
- Your \_\_\_\_ for a trip.
- An \_\_\_\_ you wear in the kitchen.
- A \_\_\_\_ set you received as a gift.
- A favorite ball \_\_\_\_.
- Your personal letter writing \_\_\_\_.

DOWN:

- A \_\_\_\_ you wear around your neck.
- Monogrammed bath \_\_\_\_.
- Your coffee or tea \_\_\_\_.
- Your car key \_\_\_\_.
- The family \_\_\_\_.
- An I.D. \_\_\_\_.
- A \_\_\_\_ you won.



ANSWERS: Across 1-Jacket 2-Bowling 3-Luggage 4-Apron 5-Pen 6-Cap 7-Stationary Down 1-Locket 2-Towels 3-Mug 4-Chain 5-Silverware 6-Bracelet 7-Trophy



20 FEB FRIDAY



National Love Your Pet Day

21 FEB SATURDAY



National Sticky Bun Day

Cutest Kids

Eight-year-old Landen has a new hat and looking like a real COWBOY!

— Grandpa Don Trulson, Elbow Lake, MN



This n' That



Jim's FBI Happenings

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

When the mind is thinking it is talking to itself.

— Plato

Word Search

OCEAN TIDES –How pleasant to sit by the ocean and watch the tides. Looking in all directions and using the clues, find “ocean tide” words.

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

THE FIRST LETTERS OF EACH WORD ARE LISTED BELOW

BE...	ED...	MO...
EB...	HA...	WA...
GU...	SH...	SH...
NE...	FO...	
RO...	PI...	
DE...	CR...	
CO...	FO...	

Answers on page 8


Share It

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

Ask for your FREE 14-Steps To Happiness Booklet



Dear Dave



Dave Ramsey

Make Sure the Degree is Practical and Marketable

Dear Dave,  
My husband wants to leave his job next year. He wants to go back to school full-time and finish his degree. It wouldn't take him long to complete his studies, and we've both agreed it's the best thing to do for our family. The only drawback is once he begins school, our yearly income will fall from \$100,000 to about \$50,000. The good news is we'll have his veteran's stipend and tuition assistance from my job to help pay for things. During all this, once we complete Baby Step 3, should we move on the Baby Step 4, or keep saving? — Courtney

Dear Courtney,  
As long as you two are completely in agreement about this plan, and you're willing to save like crazy for the next year and beyond, I think it makes sense. But listen carefully to this next part. You're going to have some unexpected things pop up along the way. That's just how life works. I'm not trying to discourage you, but I want you to understand that even with your husband's stipend, and help from your employer, you'll have to stick to a budget and be smart with your money now more than ever before.  
Later, once you complete Baby Step 3—which is having three to six months of expenses set aside as an emergency fund—Baby Step 4 is usually starting to invest 15 percent of your income for retirement. In your case, however, you're not investing directly for retirement at that point. But you will be investing in your husband and your future together as a family. And it's a great investment if he's studying something that has practical marketplace application. Because that means you're setting the stage to make back the money you put into his degree and have a bigger income for years into the future.  
Again, as long as he's not off taking stupid courses like left-handed puppetry or pursuing a Ph.D. in the history of German polka, you two are making a great investment for the future. Do everything you can to save and pile up money—that includes him doing something to bring in a little cash on weekends when he's not in class—so you two can pay the bills, he can get through school and together, you can make this dream come true! — Dave

Our FBI Black FBI Autos

In 1957, I was a fingerprint instructor with eight students. There were 20,000,000 fingerprint cards on file. The first use of computers to search fingerprints files took place in October 1980.

Upon being transferred to the Memphis FBI Division, I was assigned a FBI vehicle. Black, four-door sedan with black tires. No air conditioning, no AM radios or power steering. It stood out in public as a law enforcement vehicle. All cars did not have two-way radios, so we would have to put a dime in the pay phone and call in every hour.

I'll tell you more next week.

—Your FBI friend Jim



This Week In History

**Feb. 15, 1965** – The Maple Leaf Flag officially became the new national flag of Canada.

**Feb. 16, 1923** – The tomb of King Tutankhamen, discovered in 1922, was opened.

**Feb. 17, 1817** – Baltimore became the first U.S. city lit by gas.

**Feb. 18, 1885** – The Adventures of Huckleberry Finn by Mark Twain was published in the US.

**Feb. 19, 1954** – The U.S. Marines went ashore at Iwo Jima.

**Feb. 20, 1962** – John Glenn became the first American to orbit Earth.

**Feb. 21, 1972** – Nixon, first U.S. president to visit China.


Hidden Puzzle

SHADOW GAMES

Wiggle your fingers and flap your arms to make funny shadows on a wall. See if you can find the hidden objects within this picture. Look for a domino, book, tack, spatula, sneaker, sailboat, ring, artist's paintbrush, mushroom, pitcher, ruler, needle, nail, flag, candle, carrot, toothbrush, and a sock.


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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...

Several well-known items originated in Tennessee, including Mountain Dew, cotton candy, the MoonPie, and the first self-service grocery store (Piggly Wiggly in Memphis).



And one thing you can do is

Page 5



Words of Wisdom



Life is a succession of lessons which must be lived to be understood. All is riddle, and the key to a riddle is another riddle.  
— Ralph Waldo Emerson

This Week's Scrambles

- 1. hWne I fele homederwlve, I teka a epde therba.
- 2. I joeny hangiugl eeewrhv I egt a accneh.
- 3. eL'st lal aetk a rbaek.

Answers on Page 8



Today's Happier Tip  
Believe in yourself and your challenges wont be so difficult.

Laugh A Lot



Where does a sheep get his hair cut?  
The baa-baa shop!

What has ears but cannot hear?  
A cornfield!

What do you call a belt made out of watches?

A waist of time!




What Am I?

- 1. I come in all sizes and I'm on many things.
- 2. I can keep you out or let you in.
- 3. I normally swing in or out, and sometimes I slide right or left.
- 4. I could have a handle, knob, lever or nothing at all.


Answers on Page 8

Help others by listening.


Cruisin' Around



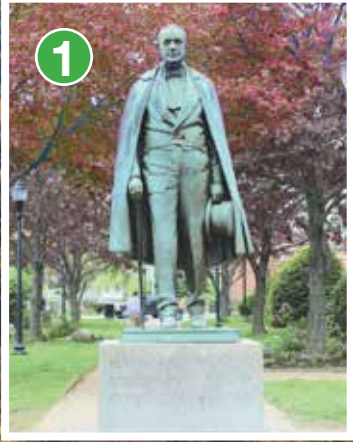
2




5




3



1



4



6

- 1. Hannibal Hamlin was the \_\_\_\_\_ President under President Abraham Lincoln.
- 2. The North Star on the state \_\_\_\_\_ alludes to the state motto, "Dirigo" (Latin for "I lead" or "I direct.")
- 3. In the 19th century, Bangor was known as the "\_\_\_\_\_ capital of the world," and the Penobscot River served as its "highway."
- 4. The current Masonic Center complex was once the campus of the Bangor Theological Seminary, which was founded in \_\_\_\_\_ 10.
- 5. The Orono Bog area was designated a National Natural Landmark by the National Park Service in \_\_\_\_\_ 74.
- 6. Maine is the only state that shares a land border with just \_\_\_\_\_ U.S. state.

Answers: 1. Vice 2. Flag 3. Timber 4. 18 5. 19 6. One

PERIODIC TABLE SCRAMBLE

1. ABRNCO  
2. LERCHOIN  
3. NNOE  
4. MIDUSO  
5. NIZC  
6. USRUFL  
7. EIGNRTON  
8. ROIN  
9. XYEOGN

Unscramble the letters below to find the names of nine chemical elements that are found on the periodic table. 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-CARBON 2-CHLORINE 3-NEON 4-SODIUM 5-ZINC 6-SULFUR 7-NITROGEN 8-IRON 9-OXYGEN  
Hidden Word: CHEMISTRY



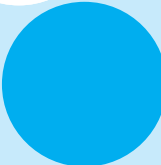


For the Love of **PETS**

Fish are the most popular pet in America, with over a million households.




How quickly can you say?

 +  + s & 

sky, is what I miss.

Answers on Page 8



GUESS WHAT I AM



# Cherries with Ricotta and toasted almonds

- 3/4 cup frozen pitted cherries
- 2 tablespoons part-skim ricotta
- 1 tablespoon toasted slivered almonds
- Cinnamon sugar or cocoa sugar

Heat cherries in the microwave on High until warm, 1 to 2 minutes. Top the cherries with ricotta and almonds. Sprinkle with cinnamon or cocoa sugar. **Enjoy!**



## Precious Pets



Mali loves playing frisbee even in the snow.

—Thanks, Cheri Lawson, Collegedale, TN

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”



### You Like My Hair?

The Grey crowned crane are found in the grassland and wetland areas of the eastern and southern regions of Africa. The male and female build the nest together and both help out with incubating the egg and also caring for the young.

## What the Good Book Says

Here are some key Bible verses about love, highlighting both God's nature and His call for humanity to be kind to one another. Find the missing words below.

**John 3:16** For God so loved the world that He gave His only begotten \_\_ \_\_ \_\_ , that whoever believes in Him should not perish but have everlasting life.

**Romans 8:38-39** For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, 39 nor height nor depth, nor any other created thing, shall be able to separate us from the \_\_ \_\_ \_\_ of God which is in Christ Jesus our Lord.

**Romans 5:8** But God demonstrates His own love toward us, in that while we were still sinners, Christ \_\_ \_\_ \_\_ \_\_ for us.

**Jeremiah 31:3** The Lord has appeared of old to me, saying: “Yes, I have loved you with an everlasting love; Therefore with loving kindness I have drawn \_\_ \_\_ \_\_ .

Answers: 1. Son 2. Love 3. Died 4. You



## Look and LEARN

Coral reefs are animals, not plants or rocks. They are colonies of small polyps with mouths and stomachs.



## Trivia Fun

Answers on page 8

1. A Tough Tongue Twister The “sixth sick sheik’s sixth sheep’s sick” is believed to be the toughest tongue twister in the English language.
2. How many ways is there to make change for a dollar?
3. What’s the only state with a one syllable name?
4. Which creature has the largest eyes in the world?



## Find This Week’s . . .

### “GOOD HEALTH” WORDS



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

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.

DIET EXERCISE TONE  
WALK WATER  
SWIM JOG

Answer on page 8

## Get a Kick

A minister said to a precious five-year-old boy, “So, your mother says your prayers for you? That’s nice. What does she say?” The boy replied, “Thank God he’s in bed.”



Oh My Goodness, It's Friday!

Today's Happier Tip

Let's go to a park or a lake and see all the wonders around us.

## Thank You Mail

The Happier Newspaper would love to hear from you. Do you have a special story about you or a loved one that is inspirational, funny or a positive life changing moment? We wish we could answer and publish all the wonderful mail we receive, but if we do publish your story, you get paid \$25.  
— Thank you all.

Send to: SHARE,  
PO Box 99, Portland, TN 37148  
or email to: happierweek@gmail.com

We're Gettin' **HAPPIER!**





Find the Differences



Find at least six differences in details between panels.



Differences: 1. Snake is reversed. 2. Hair is different. 3. Cuffs are added to pants. 4. Hat is moved. 5. Word on window is moved. 6. Bricks are added.

Weekly Safety Tips

A Bright Idea for Elders

As people age, their eyes require more light to see clearly and avoid strain. A 60-watt equivalent bulb is generally comfortable for reading for most people. A 75-watt equivalent bulb is a better option for older adults whose vision may have declined with age, ensuring sufficient brightness for detailed tasks like reading without causing fatigue.



Thank God for Saturday!



Today's Happier Tip

A lot of little kindness adds up fast.

Fun Facts

- \* **LARGE MALL...** The Mall in Washington D.C. is 1.4 times larger than Vatican City.
- \* **CHRISTMAS NO NO...** In the United Kingdom, it is illegal to eat mince pie on Christmas Day.
- \* **CAN YOU SEE IT?...** A baby octopus is about the size of a flea when it is born.
- \* **TOGETHERNESS...** Sea otters hold hands when they sleep so they don't drift away from each other.
- \* **GOING 'ROUND AND 'ROUND...** Some asteroids have other asteroids orbiting them.



Get **HAPPIER** Tips

Blueberries, raspberries and strawberries can help reduce depression and stress.



Doctor Mike Says . . .

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

Want Your Child to Be a Natural-Born Athlete?

Dads have a big influence on the future happiness and accomplishments of their children. But we usually think that comes from their being involved in day-to-day parenting with joy, interest and interaction. Turns out there are also powerful biological influences that are passed from father to child through sperm at conception and play out for the rest of the child's life.

A study in Cell Metabolism shows that future dads who exercise regularly pass along microRNA in their sperm that gives their children intrinsic exercise adaptability, greater strength and metabolic health. The bottom line: A physically fit dad transmits endurance and athleticism genetically, not just by example.

Dad's hidden influences don't stop there. Another study, presented at the European Respiratory Society Congress, finds that if a dad smoked at age 15 or younger, his children age faster as they grow up — putting them at risk for premature health problems. That's because the smoking causes epigenetic changes to sperm that permanently damage the quality of their baby-makers.

So, listen up, guys — your health today matters not just for your health and happiness. Your children's future is affected by the lifestyle choices you make now. (Psst! Make sure to take a daily prenatal multivitamin — yes, both partners — for at least six months before conception.)

To improve your exercise habits, nutrition, stress management, sleep routine and more, sign up for the free newsletter at 4YOUngevity.com, and dive into the great info on all the newest ways to maximize your health in my book, "The Great Age Reboot."

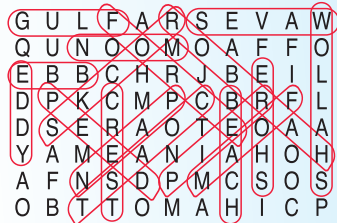


Answer Section

PG. 7  
**"GOOD HEALTH" WORDS**  
Hidden Word:  
EASY TO GET INTO SHAPE

PG. 7 **Trivia Fun**  
1. COULD YOU SAY IT?  
2. 293  
3. MAINE  
4. GIANT SQUID

PG. 5 **WORD SEARCH**



PG. 2 **Toy Blocks:**  
On Pages: 4,5,6,7,8  
I ENJOY GOOD BOOKS

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

PG. 5 **Brain Teasers**  
THIRD ONE

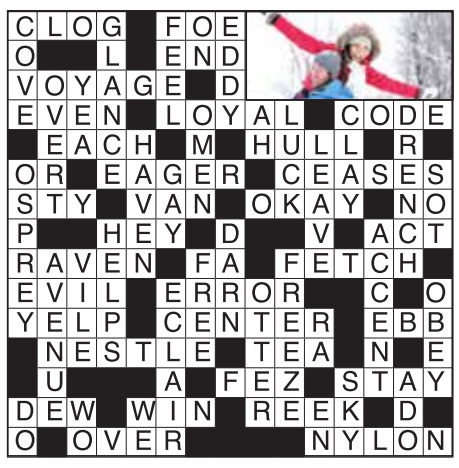
PG. 6 **What Am I?**  
DOOR

PG. 3 **Secret Words:** GET TO SCHOOL AND WORK  
PG. 6 **Guess What I Am:** TWO DOLLAR BILL

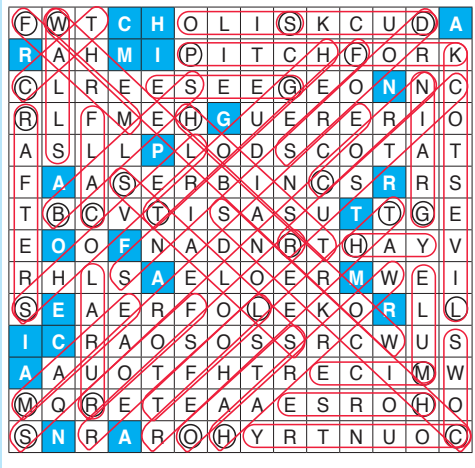
PG. 3 **Billboard of Happiness:**  
I GET EXCITED WHEN SPRING IS ABOUT TO START  
PG. 6 **How Quickly Can You Say?**  
RAINBOWS AND BLUE SKY IS WHAT I MISS

PG. 6 **This Week's Scrambles:**  
1. WHEN I FEEL OVERWHELMED, I TAKE A DEEP BREATH  
2. I ENJOY LAUGHING WHENEVER I GET A CHANCE  
3. LET'S ALL TAKE A BRAKE

PG. 2 **Crossword**



PG. 4 **Circle Words:** CHARMING PART OF AMERICANA



**S**  
**U**  
**D**  
**O**  
**K**  
**U**

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