



Our Weekly Gift to You
Your Happiness Is Our Priority
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MAKING YOUR WEEK **Happier** APR 12-18



Make Happiness Happen

From Our Readers Positive Perspective



I had a good friend named Bud, and he would have been 101 in December. He once told me something I'll never forget. He said: "From the day you are born, 'til your last day on earth, there's nothing so bad to where it couldn't be worse."

He had a positive perspective on life and living. That's something to think about from an old farmer from Iowa.

—Thanks, Don Trulson, Elbow Lake, MN

Days Gone By A Special Memory



My name is Janie Gilbert. I am 80 years old and want to share a special memory. When my sister and I were 12 years old, we went with our parents to a small town in Virginia called Haysi. It was during December, and we saw a Santa Claus up on a roof that we would never forget. The house was a friend of our parents, Tandy and Mabel Rasnake.

We were a big family with nine kids in all, and lived in a two-bedroom house. We had a wonderful family. We raised cows, chickens, pigs, and had a big garden. We never went hungry. Mom was a great cook, and my father worked the coal mines. Mom was a good Christian woman and taught us right from wrong. She was the one that held the family together during rough times. I miss her so much. If you have parents, enjoy them, and spend time with them while you can.

—Thanks, Janie Gilbert, Bee, Virginia

Riddle



What has a bed but never sleeps?

Answer: A river.

Family & Friends First

There was a time when I was much younger and possessions meant the world to me. They were the center of my life for awhile. Then as the years passed, I soon began to learn something very interesting. My possessions also began to age—not being in style! Having had enough, I decided to make the most important things in life count! And, of course, they had to be made up of things that last. Helping friends and family became my first priority. They are the zest of my life—for they never fade or go away!

—Diane Wilks Nolan



Things I Miss the Most

It's funny how the things we miss the most aren't always the grand moments, but the simple ones that slipped quietly into the background of our busy lives. I miss the sound of a familiar voice calling my name, the smell of coffee brewing before dawn, and the way the world looked before everyone had their heads buried in screens. I miss handwritten letters, Sunday afternoons with nothing on the agenda, and the kind of friendships that didn't need constant words to stay alive.

Maybe the truth is, what I really miss most are the seasons of life themselves—the people, places, and moments that shaped who I am. They can't be relived, but they can be remembered with gratitude. Because every "thing" I miss the most points to a time when I was fully alive in the moment. And maybe that's the reminder: to treasure what's here now, before it becomes one more thing I'll someday miss the most. —Thanks, Perry Wm. Bell, Greeley, CO

Happier Happenings



Today's Happier Tip



I Love Sunday

Be happy with what you have. Be excited about what you want and go for it!



We Love Our Hometown

Liberty Drug Store is Making Liberty, Mississippi Happier



Liberty Drug Store in Liberty, Mississippi is known for its knowledgeable and professional staff. The store is noted for its "small-town, corner drug-store atmosphere" where employees treat customers like family. They have convenient services such as reliable and on-time delivery, a drive-thru option, and a wide variety of items beyond just medications, including gifts, greeting cards, and durable medical equipment.

Liberty, Mississippi, and the surrounding area offers a mix of historical exploration and outdoor recreation.

The Amite County Courthouse, located on Main Street in Liberty, is the oldest county courthouse in active use in Mississippi. Built between 1839 and 1841, it is recognized as a Mississippi Landmark.



Okhissa Lake is a recreational reservoir located within the Homochitto National Forest in Franklin County, roughly 20 miles from Liberty. Known as the deepest lake in Mississippi at 80 feet, it is celebrated for its clear, spring-fed waters and world-class fishing.

Favorite Crossword

Answers on page 8.

ACROSS

- 1 Easily
- 5 Smelly critter
- 8 Santa's sound
- 10 Electrical particle
- 12 Asian goat
- 14 Fire sound
- 16 Very fat
- 19 Onion-like vegetables
- 20 Girl
- 21 Upon
- 23 Stems
- 24 Child's word "thanks"
- 25 Fold (in cloth)
- 28 ___ of corn
- 30 Long ago
- 31 Hen fruit
- 33 Large boat
- 36 Don't find
- 39 Toward
- 40 Exchange for money
- 41 Jeer
- 44 Mire
- 45 Act
- 47 "___ Little Indians"
- 48 Animal
- 49 Food, slang

DOWN

- 51 Sketching
- 52 Female sheep
- 53 Neither he nor she
- 55 Gentleman
- 57 Impel onward
- 59 Sound of laughter
- 60 Location
- 61 Not very healthy

DOWN

- 1 Article of clothing
- 2 Supper
- 3 Enjoy
- 4 Egg parts
- 6 Small hill
- 7 Show affection
- 8 Not she
- 9 Beasts of burden
- 11 Cuddles
- 13 Exist
- 15 Type of tree
- 17 Way to cook
- 18 Literary composition
- 21 A pledge
- 22 Cunning
- 26 Long periods of time
- 27 Explain



- 29 A rodent
- 32 A jewel
- 34 Heavenly body
- 35 Neat
- 37 Not younger
- 38 An expert
- 42 Type of animal
- 43 Body part
- 46 A cereal
- 48 Supports
- 50 Breathe heavily
- 54 Rip
- 56 Frost
- 57 Large vase
- 58 Toward the top

Happier Kitchen

Delicious Pancakes

- 1½ c. pancake mix
- 1 Tbsp. sugar
- 1½ c. buttermilk
- 1 large egg, lightly beaten
- 1 Tbsp. vegetable oil



Combine pancake mix and sugar in a medium bowl. In another bowl, whisk together buttermilk, egg, and oil; add to dry ingredients, stirring just until lumps disappear. Pour about 1/4 c. batter for each pancake onto a hot, lightly greased griddle or large nonstick skillet. Cook pancakes 2 minutes or until tops are covered with bubbles and edges begin to look cooked; turn and cook 2 more minutes or until done. **Enjoy!**



Yes! Big Monday



Today's Happier Tip

Even if you don't find what you want, the trip can make you happier.

Vol. 59, #16  2026
Happier
Apr 12-18

Published by Happier Products dba Wilks Publications, Inc.

PO Box 99, Portland, TN 37148 • happierweek@gmail.com
Gilbert Wilks, Publisher, Editor-In-Chief;
Keith Vasconcelles, Editor and Designer;

Single Subscription Price:
or pay online at happierweekly.com
26 wks—\$25.74—52 wks—\$51.48

Make check to Wilks Publications, Inc.
PO Box 99, Portland, TN 37148

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HIDE and SEEK

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 horses?



Answers on page 8.



Are you in a happy

Find the missing blocks throughout Happier to make the word.

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

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FIND CONTENTMENT IN DAILY LIVING

Get Happier Tips

1. Wake up each morning with a positive attitude. Start out the day with a sense of gratitude and thankfulness for being alive.
2. Live within a budget. Don't spend money that you have not earned. When we live within our means, we can find peace and contentment.
3. Practice patience. Have compassion for others; be generous, and live as if today would be your last day alive.
4. Live by faith. Do your best to make good choices. Let God carry your troubles, and trust Him to handle those things that are impossible for you.
5. Love unconditionally. It's easy to love those who are good to you. Cultivate a generous spirit that reaches out to everyone, regardless of how they have treated you.
6. Never give up hope. No matter what happens in life— keep going, and trying to create a better life. Believe in yourself and celebrate your accomplishments.

Be happy with who you are, where you are— and enjoy what life brings you today! Choose to make it a happier day!

—By Nancy Gibbs



Health Tip

Ginger Tea



Ginger tea is considered good for you due to its rich content of bioactive compounds like gingerol and shogaol, which offer anti-inflammatory and anti-oxidant properties. It is generally considered safe for most people in moderation and is a popular natural remedy for various ailments like congestion and arthritis. Consult with a healthcare professional before starting any new supplement or dietary change.

Handy Hints

Cleaning Jewelry



To make your jewelry sparkle and look new, use a cup of water and add one denture tablet. Let sit for about four hours and it will look like new. It cleans off all the grime and dull look.

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

Happier Poem

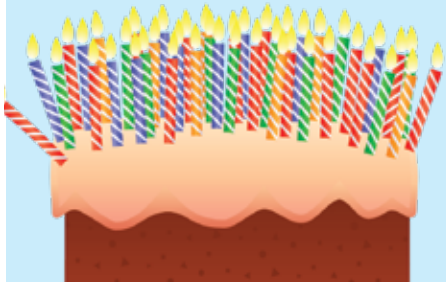
Happy Birthday

Another birthday, another year
Another birthday song you hear.

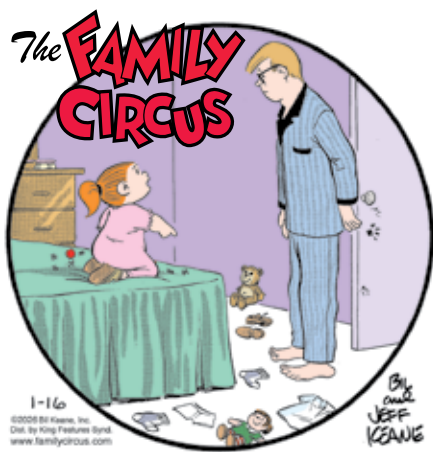
You feel like you're a winner
As you're taken out to dinner.
Oh my goodness, oh my sakes
Can't fit the candles on the cake.
As you look, there is no doubt
You need help to blow them out.

Meals over; you have been fed
Feeling tired; it's time for bed.
These memories I will keep
Now I just need my sleep.

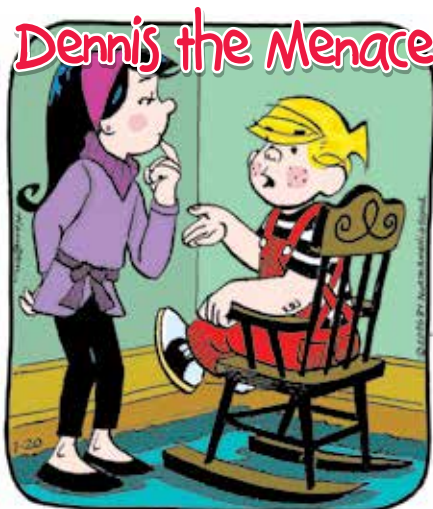
—Donna Day, Plainfield, PA



Laugh A Little



"I lost one of my jacks around here, Daddy. If you step on it will you let me know?"



"I tried to show a little respect, but I guess it wasn't enough."

It's REAL

Elvis Presley's home in Memphis is the second most visited house in the U.S.

NOW THAT'S FUNNY!

A young boy who had just returned home from spending a week at a dude ranch was telling about the experiences he had to his mother. "I even saw the man who makes horses." said the boy. "Are you sure?" his mother asked. "Yeah," the boy answered. "He was almost finished when I saw him nailing on the feet."



Secret Words

"WINDOWS" Answer on page 8

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!**

Bonus Words:

- AWNING
- BLINDS
- BOWED
- BREAKABLE
- BREEZE
- CASEMENT
- CLEANED
- CURTAINS
- DAY
- DOOR
- DOWN
- DRAPES
- ETCHED
- FROST
- GARAGE
- GLASS
- INSULATED
- LATTICE
- LEDGE
- LIFT
- LOWER
- NEW
- OPEN
- PANELS
- PANES
- PICTURE
- RAINDROPS
- SCREENED
- SHADES
- SHUT
- SHUTTERS
- SUNSHINE
- TINTED
- UP
- VENT
- VINYL
- WINDSHIELD
- WOOD

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



Hello Tuesday!



Today's Happier Tip

It's you that has the power to change yourself and live a happier life.

BILLBOARD of HAPPINESS

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



T		S		R	T	O
G	T	N		H	E	
S		T	N			
S	T	T				

A A A C D D E E E E
E E F G G G H I I R

Answers on Page 8

I wake up and what do I smell?



Get Up Happier

Have and Have-nots

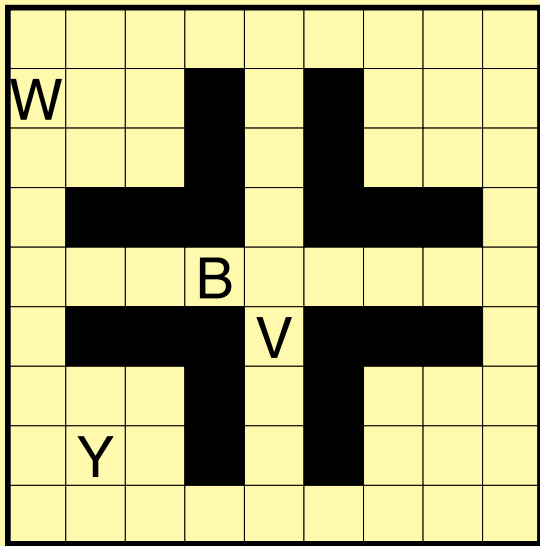
How to enjoy life starts with you. Have you ever noticed, we find ourselves wishing for nice clothes, cars, money and to look beautiful?

We need to start looking at the other end of this wish list. We need to be thankful for the air in our lungs, the food on our plates and the friends we can count on. We need to get outside and open our eyes and see the beauty around us. So much time can be wasted on wishing for something better when we actually have so much already.

—Keith Vasconcelles



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.



Agg	Era	Nap	Res	T N E S E R E P E
Ant	Ete	Ner	Rod	N O N I N E Y E
Are	Eye	Pea	Str	N A P I P E A V
Aye	Gra	Pep	Swe	D V L V E
Bes	Ine	Pev	Ton	N S M A V
Dad	Ion	Pie	Tri	T R I B E T R I B
End	Lad	Pie	Und	U P S M A V
Ent	Ler	Rep	Woo	D A D A V
Eon	Man			D A R E M O O
				A R E R A R E
				S T R A G L E R

SUN 12 National Licorice Day	MON 13 National Peach Cobbler Day	TUE 14 National Gardening Day	WED National Laur...
--	---	---	--------------------------------

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.

Bonus words: _____

- ASSAYED HOBBY SUBM-CAMP HOPE ERGE CLAIMS LODE SWEEP CLUMPS MAGNET TOOLS CRADLE MAP WATER CRYSTALS MATTOCK WHISK DIG NUGGETS BROOM DREAMS OLD SPOON WINNO- DRY PANN- ORE WING ING PICK WIRES FLAKES SETTLES WRECKING FRONT TO SHAKE BAR BACK SHOVEL GRAINS SIEVE GRAVEL



Answers on Page 8

Happier Across America



My grand-daughter loves to paint, and she painted flowers on my purse. Love it!

—Thanks Evelyn, Oahu



Pleasure in the job puts perfection in the work. — Aristotle

Quick & Easy Crossword

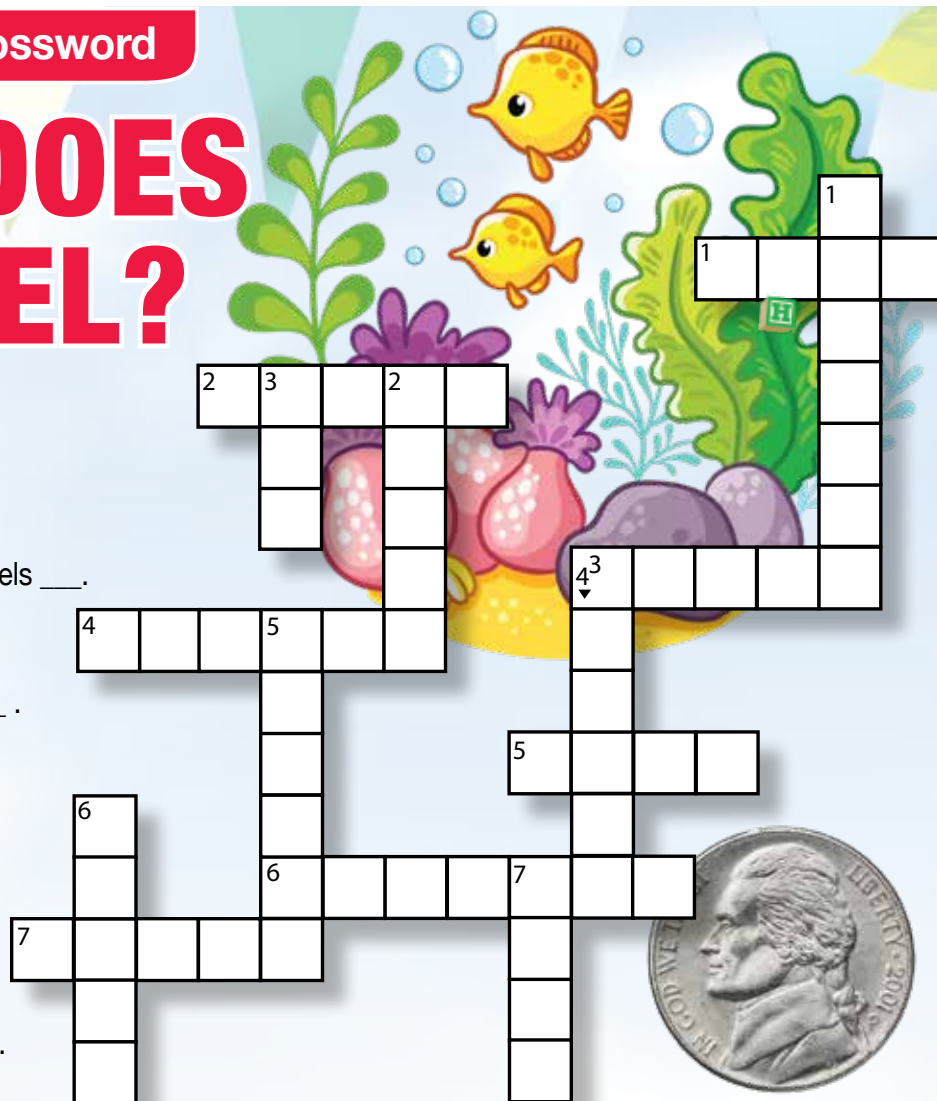
HOW DOES IT FEEL?

ACROSS:

- 1 A rock feels ____.
- 2 A razor feels ____.
- 3 Seaweed can feel ____.
- 4 A piece of broken glass feels ____.
- 5 Snow feels ____.
- 6 Jello® feels ____.
- 7 A uneven road can feel ____.

DOWN:

- 1 A cactus feels ____.
- 2 A coin feels ____.
- 3 The sun feels ____.
- 4 A baby's cheek feels ____.
- 5 Oil feels ____.
- 6 The bark of a tree feels ____.
- 7 Cotton feels ____.



ANSWERS: Across: 1-Hard 2-Sharp 3-Slimy 4-Jagged 5-Cold 6-Squishy 7-Bumpy Down: 1-Prickly 2-Round 3-Hot 4-Smooth 5-Greasy 6-Rough 7-Soft



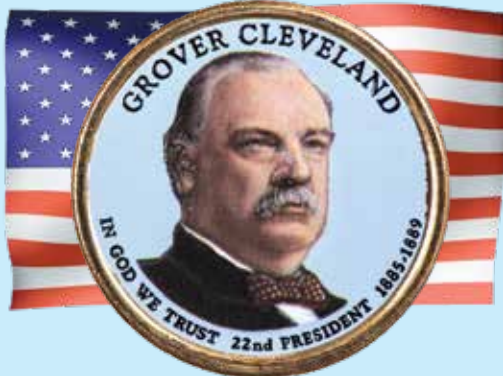
Yea! It's Wednesday!



Today's Happier Tip

You are in control of your happiness.

Our President Said It



A truly American sentiment recognizes the dignity of labor and the fact that honor lies in honest toil.

— Grover Cleveland

Write a letter to a friend.



15	THU	16	FRI	17	SAT	18
Wash dry Day	National Pajama Day	National Cheeseball Day	Husband Appreciation Day			

Dear Ramsey

Be a Blessing to Her



Dear Dave,

Our daughter is 30, and she used to live a completely irresponsible lifestyle. This irresponsible behavior extended into the way she handled her finances, too. While she was in college, she took on \$20,000 in student loan debt against our advice. About a year ago, she was in a bad car accident. She has recovered, but the experience really changed her. Her outlook on life, her finances and spiritual matters, in particular, are so much more mature. We were thinking about paying

off the remainder of her student loans, just as a way to help and celebrate her big turnaround. What do you think? — Richard

Dear Richard,

Sometimes the best gift you can give a person is to let them wallow around for a while in the mess they made. Being forced to work your way out of bad decisions and irresponsible behaviors is a great remedy in lots of cases.

But in this situation, coupled with the fact that she's now being more responsible with money, behaving like an adult and making better life choices, I'd want her to be as free as possible as she enters this new phase of her life. So, if I were in your shoes, and I had the means to pay off her student loan debt without putting myself at risk financially, that's exactly what I'd do.

Right now, I hope you two will take every opportunity you have to be a blessing to your daughter. She's a lot like the Prodigal Son at this point. She has experienced some bad things, come around in her thinking and she realizes now what's right and what really matters.

I hope both of you will give her the biggest hugs she has ever had, and tell her you love her and that you're proud of her. Then, throw a big party and write a check to knock out the rest of that student loan debt! — Dave

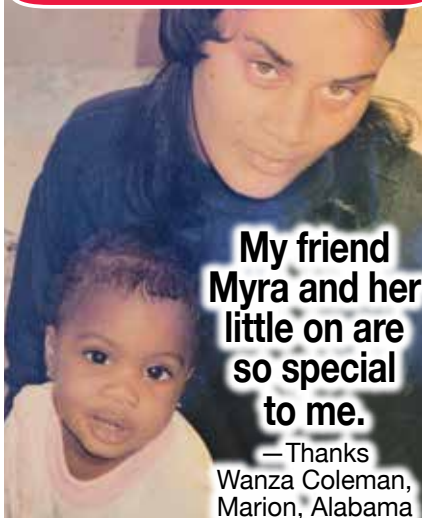
Spring painting

Springtime brings sprucing up around the house and there's nothing like a new coat of paint to make a house look better, inside or out. Looking in all directions, using the clues, find the "spring painting" words. *Answers on page 8*

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

WO... BL...
BR... SP...
DR... RA...
CL... SC...
ME... SA...
CO... ST...
DR... LA...
PA...
RO...
DR...
PA...

Cutest Kids



My friend Myra and her little one are so special to me.

— Thanks Wanza Coleman, Marion, Alabama

Hidden Puzzle

JUMP BALL

Which team will win? You'll be a winner if you can find a bowl, seal, cat, golf club, baseball cap, sailboat, worm, teapot, banana, fish, pitcher, carrot, and a teacup.



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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

The Vice-President Banker Who Embezzled

You may never find happiness if you do as this banker did. He embezzled over \$40,000.

One afternoon, an alert was received regarding a bank robbery on Hwy 61 in Memphis, Tennessee. I was the first FBI agent to arrive. Our FBI bank robbery coordinator arrived and was attempting to interview the bank vice-president in a private room. No one seemed to know anything about the bank being robbed.

I called the credit bureau regarding the vice-president. The vice-president knew that the bank was going to be audited the next day, and that he could not replace the \$40,000.

Judge gave him 20 years in the penitentiary.

See you next week. — Jim

This Week In History

April 12, 1945 – Harry Truman sworn in as 33rd president.

April 13, 1943 – Franklin D. Roosevelt dedicates Jefferson Memorial.

April 14, 1828 – 1st edition of Noah Webster's dictionary published.

April 15, 1983 – Tokyo Disneyland opens.

April 16, 1972 – 2 giant pandas arrive in U.S., from China.

April 17, 1964 – Ford Mustang formally introduced (\$2,368 base).

April 18, 1950 – 1st transatlantic jet passenger trip.

Let's Have Fun



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...

Oklahoma was the birthplace of the shopping cart in 1937. Also, the world's first parking meter, known as the Park-O-Meter No. 1, was installed in Oklahoma City on July 16, 1935. Another fun fact is that the yield sign was created in Tulsa, Oklahoma, by police officer Clinton Riggs.



Maybe coffee or orange juice?

Words of Wisdom



Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
—Helen Keller

This Week's Scrambles

1. ml' gleifn ytreeelxm papyh shti ekew.
2. Ssrriep ryitbhda satpire rae os tegxciin nda olst fo ufn.
3. I rowdne hwy het cie arecm hspno noyl adh 13 slarvof.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

If you and those in the world will get happier, we just might have a paradise in a few years.

Laugh A Lot



Why haven't aliens ever visited the solar system?

Our reviews say we only have one star.

I asked my gym instructor if he could teach me to do a back flip. He asked, "How flexible are you?" I said, "Any day but Wednesday."



What Am I?

1. I come in all shapes, sizes, and colors.
2. I am found in most offices and I help keep things together.
3. If you squeeze me, I click and push out a thin piece of metal.
4. I also used as a tools used for booklet binding.

Answers on Page 8

It must be a special day today.

Cruisin' Around

Duluth, Minnesota



1. Duluth harbor was considered the most dangerous port in the entire Great Lakes chain before the lighthouse was built in ____ 10.
2. Duluth Rose Garden, is home to over 3,000 _____ bushes and many other plants.
3. The Greyhound ____ Line was founded in 1914, moving miners from Hibbing and Duluth.
4. Park Point is the world's longest freshwater sandbar that separates the Duluth harbor from Lake _____.
5. Gooseberry _____ State Park is located 40 miles northeast of Duluth.
6. Minnesota borders North Dakota, South Dakota, Iowa, Wisconsin and it also shares water borders with _____.

Answers: 1. 19 2. Rose 3. Bus 4. Superior 5. Falls 6. Michigan



BASKETBALL SCRAMBLE



1. TSECICL
2. EZLZIRIGS
3. GNISK
4. SBABTCO
5. SAECVALRI
6. ERNSOTH
7. IKSCKN
8. SPSNTIO
9. TGGESUN
10. RZIDASW
11. EOGRKST



Unscramble the letters below to find the names of eleven teams that play professional basketball. Then discover the secret words made up from the circled letters.



Hidden Words::



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11

Answers: 1-CELTICS 2-GRIZZLIES 3-KINGS 4-BORCATS 5-CAVALIERS 6-HORNETS 7-KNICKS 8-PISTONS 9-NUGGETS 10-WIZARDS 11-ROCKETS
SECRET WORDS: CENTER COURT



For the Love of PETS

The average honeybee produces only about 1/12 of a teaspoon of honey in its entire lifetime.



How quickly can you say?



much



all



do

Answers on Page 8



GUESS WHAT I AM

LOW-CALORIE CHOCOLATE BANANA SMOOTHIE

- 1 medium banana, sliced
- 1 c. fat free chocolate milk
- 1 c. vanilla fat free yogurt
- 1 c. ice cubes

Put all ingredients in a blender and puree. Pour into four chilled glasses and serve at once. Enjoy!



"CHEERFUL" WORDS



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

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.

- | | | |
|---------|--------|------------------|
| ACTIVE | GLEE | OUTLOOK |
| ENJOY | WIT | |
| DELIGHT | SOLACE | Answer on page 8 |

Precious Pets



This is my grand-father's dog. She's getting old, but still full of love.
 — Thanks, Dalton Stenz, Walla Walla, WA

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"



OTTER PUPS

Otters have the thickest fur of any mammal in the animal kingdom. Generally, a group of otters on land are called a romp, while a group hanging in the water is called a raft.

Get a Kick

A Sunday school teacher asked her class, "Who is St. Matthew?" No response. "Well, who is St. Mark?" Still no answer. "Surely, someone remembers Peter?" Finally, a tiny voice from the back of the room says, "I think he was a wabbit."



What The Good Book Says

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

Psalm 107:1 Oh, give thanks to the Lord, for He is good! For His mercy endures _____

Romans 11:22 Therefore consider the goodness and severity of God: on those who fell, severity; but toward you, goodness, if you continue in His goodness. Otherwise you also will be cut _____

Proverbs 13:22 A good man leaves an inheritance to his children's children, But the wealth of the sinner is stored up for the _____

Psalm 34:8 Oh, taste and see that the Lord is good; Blessed is the _____ who trusts in Him!

Answers: 1. FOREVER 2. OFF 3. RIGHTEOUS 4. MAN



Look and LEARN

One single grain of rice can yield over 3,000 individual grains of rice.



Trivia Fun

Answers on page 8

1. The U.S. flag has 50 stars in how many rows?
2. A sudden spasm of the diaphragm is commonly referred to as a ...
3. The large wooden flying boat (aircraft) built by Howard Hughes is nicknamed ...



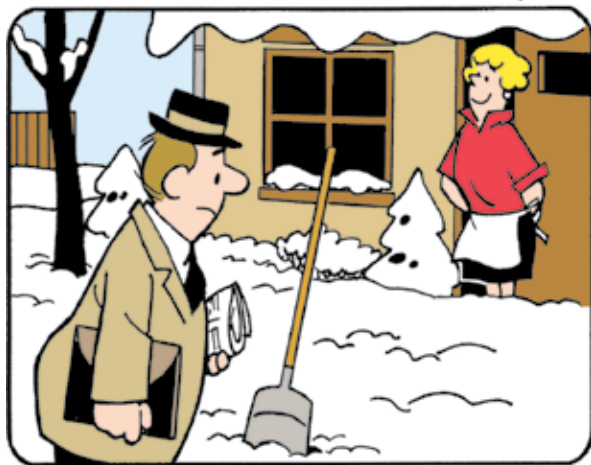
We're Gettin' **HAPPIER!**



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Shovel handle is longer. 2. Lapel is different. 3. Fence is not as long. 4. Woman's sleeve is different. 5. Branch is lower. 6. Hat is different.

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



Fun Facts

- ✦ Depending on where you are on the globe, you could be spinning through space at just over 1,000 miles per hour.
- ✦ Months that begin on a Sunday will always have a "Friday the 13th."
- ✦ A flea can jump up to 200 times its own height. That is the equivalent of a human jumping the Empire State Building.
- ✦ You are less likely to fall asleep when you are concentrating on falling asleep.



Get HAPPIER Tips

Make a special dinner from your childhood and rejoice in the memories it brings.



Doctor Mike Says . . .

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

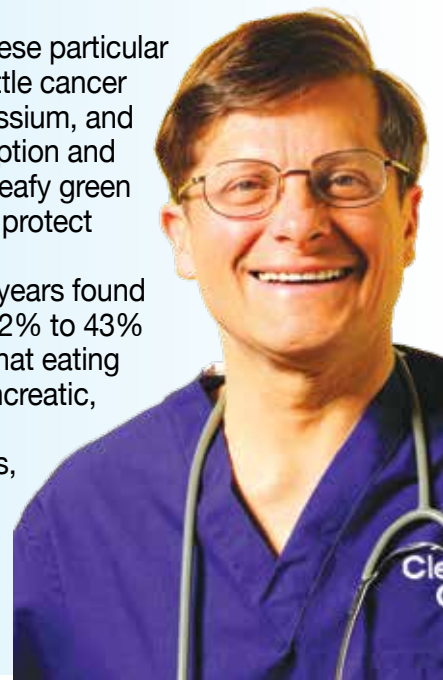
The Bountiful Benefits of Brassica Vegetables

If you're looking to take a bite out of accumulating health risks, such as cardiovascular disease, fatty liver or prediabetes, you don't have to look any further than a menu of tasty Brassica vegetables that can add nutritional oomph to every meal. Everything from mustard greens to rutabaga, Chinese cabbage, turnips, bok choy, broccoli, kohlrabi, kale, cauliflower, Brussels sprouts, and cabbage, as well as canola oil and mustard seeds, delivers these veggies' amazing health benefits.

According to a study in Horticulture Research, that's because these particular types of cruciferous vegetables deliver active compounds that battle cancer and contain vitamins (C, B9, E and K) and minerals (calcium, potassium, and selenium) that add to the antioxidant defense, promote iron absorption and improve bone health. In addition, carotenoids like lutein, found in leafy green kale, protect eye health, and purple cabbage and cauliflower help protect nerve and heart health.

One study that tracked the results of participants' diets over 13 years found that eating broccoli once to twice a week was associated with a 32% to 43% lower mortality risk. Another study, published in Nutrients, found that eating broccoli helps lower your risk of lung, gastrointestinal, gastric, pancreatic, colorectal, bladder, renal, ovarian, breast and prostate cancers.

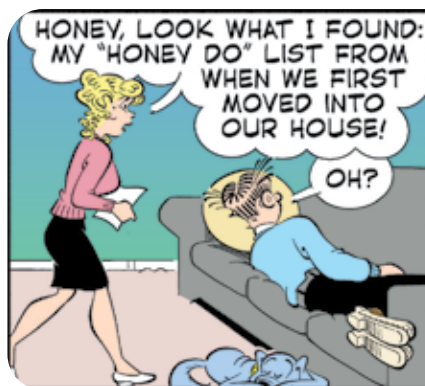
Tip: To maximize the bioavailability of these vegetables' nutrients, steam or saute them in extra-virgin olive oil or avocado oil. And for recipes for a variety of these powerhouse vegetables, including smoothies (The Vitality Smoothie, with kale), salads (Cauliflower Veronique) and vegan main courses (Tso Good Broccoli), check out my "What to Eat When Cookbook."



Thank God for Saturday!

Today's
Happier
Tip

Let's try to have only two kinds of days – happy and hysterically happy!



Answer Section

PG. 7

"CHEERFUL" WORDS

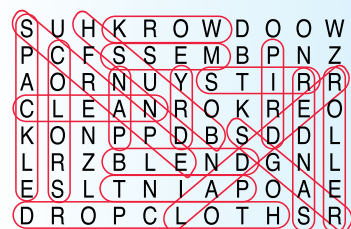
Hidden Word:
FILL YOUR LIFE
WITH CHEER

PG. 7

Trivia Fun

1. NINE, WITH ALTERNATE ROWS OF SIX AND FIVE STARS.
2. HICCUP
3. "SPRUCE GOOSE"

PG. 5 WORD SEARCH



Page



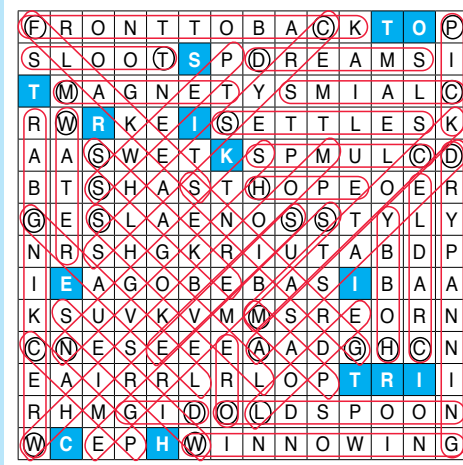
PG. 5 Hidden Puzzle



PG. 2 Crossword



PG. 4 Circle Words: TO STRIKE IT RICH



PG. 2 Toy Blocks:

On Pages: 4,5,6,7,8
ARE YOU IN A HAPPY HOUSE

PG. 2 Hide & Seek:

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

PG. 5 Let's Have Fun

THIRD ONE

PG. 6 What Am I?

STAPLER

PG. 3 Secret Words: SEE IN LOOK OUT

PG. 6 Guess What I Am: BELT BUCKLE

PG. 3 Billboard of Happiness:

THE SECRET OF GETTING AHEAD IS GETTING STARTED

PG. 6 How Quickly Can You Say?

THANK YOU SO MUCH FOR ALL YOU DO

PG. 6 This Week's Scrambles:

1. I'M FEELING EXTREMELY HAPPY THIS WEEK
2. SURPRISE BIRTHDAY PARTIES ARE SO EXCITING AND LOTS OF FUN
3. I WONDER WHY THE ICE CREAM SHOP ONLY HAD 31 FLAVORS

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