



Our Weekly Gift to You
Your Happiness Is Our Priority
 Share A Copy! Invite Them To Our Place.



MAKING YOUR WEEK **Happier** JUN 7-13



Best Friends Forever

From Our Readers

Honoring Veterans



I was born August 13, 1927, so that makes me 98 years old. I can walk unaided, but I stopped driving three years ago when my son came to live with me at my place. It's nice to stay in my own home.

Once a year we help the "Forget-me-not" drive for Disabled Americans Veterans. My husband was a member, so we joined the DAV Auxiliary because it was important to us.

—Thanks, H. Macintyre, Waupaca, WI 54981

Days Gone By

The Jewel Tea Man



In the 1950s, when I was 5 or 6 years old, the Jewel Tea Man would come by our house about once a month. Mom always went to the brown truck to see what was available for sale.

The man would show her mixing bowls, dish towels, shakers, spices, clothesline rope and clothespins along with a great variety of home goods, and coffee and tea. Mom especially loved to look at the Autumn patterned dishes. They were so pretty with colored autumn leaves. She never bought any; though she did always buy something.

Christmas of that year, a big box was nestled under our Christmas tree. It was a puzzle to mom and us girls, because neither one of us had placed it there. Upon opening that box on Christmas day, mom found a complete set of the Autumn patterned dishes. Dad had been purchasing the dishes throughout the year and kept them hidden. Seemed the Jewel Tea Man stopped along the roadside too!

—Thanks, Lynda Vandiver, Madisonville, KY

Riddle



What do the numbers 11, 69, and 88 all have in common?

Answer: They read the same, right side up and upside down.

Small Happy Moments

Look for "small" moments that bring happiness into your life. It doesn't have to be monumental. Even a neighbor caring about how you are doing or perhaps a nurse taking care of you in the hospital that makes you laugh.

Even though our lives may have good points and bad, try focusing on the positive. Make it the center of your life so you may be rejuvenated each day for the tasks you have to work on. Keep positive! All we have to do is look for it. We have so much to be happy about.

—Diane Wilks Nolan



Is This What You're Looking For? Happier Happenings

One day, my husband Howie and I decided to take a little outing to our local store. Howie said he wanted to buy me something special like a bracelet that would match my wedding ring.

While we were standing at the jewelry counter, something happened. My ring...my diamond engagement ring, the one I loved so much... must have slipped off my finger. My heart dropped. "Where's my ring? I can't find my ring!" I said, my voice trembling. "We'll find it," Howie said calmly, trying to reassure me. Then, just a few minutes later, a woman walked toward us with a warm smile on her face. "Is this what you're looking for?" she asked. It was my ring. She told us she had spotted it lying in the middle of the store floor. Relief washed over me instantly. "Oh yes! That's it!" I said, almost laughing with happiness. I thanked her again and again with a big hug.

After that day, we took my ring to the jeweler and had it tightened so it would fit properly, and thankfully, there have been no more lost rings since. —Thanks, Suzan L. Wiener, Spring Hill, FL



Today's Happier Tip



I Love Sunday

With appreciation and kindness, we can lift others up.



We Love Our Hometown

Chase Pharmacy, Inc. is Making Garrison, North Dakota Happier



Chase Pharmacy, Inc. is a long-standing, locally-owned business. The staff is known for being welcoming and helpful, adding to the "small-town" charm. They are a complete pharmacy and gift shop that has been serving the community of Garrison, Max, White Shield, Roseglen, Makoti, Ryder, Douglas, Coleharbor, Riverdale, Benedict, Underwood, Parshall and Minot. The wide range of medical, healthcare, cosmetic and home essentials will make Chase Pharmacy, Inc. a one-stop-shop. The gift shop has a wide selection of "unique and beautiful" items, including home decor, candles, cosmetics and seasonal collections.



Garrison, North Dakota, known as the "Walleye Capital of the World," offers a mix of lakeside recreation, unique local history, and festive community events. Garrison is situated on the northern shores of Lake Sakakawea, providing extensive opportunities for water sports and nature exploration. Located south of town, this park is a hub for boating, fishing, and camping.

You can visit the Heritage Park & Museum that features a 1905 train depot, a country school, a pioneer church, and furnished homestead houses.

Favorite Crossword

Answers on page 8.

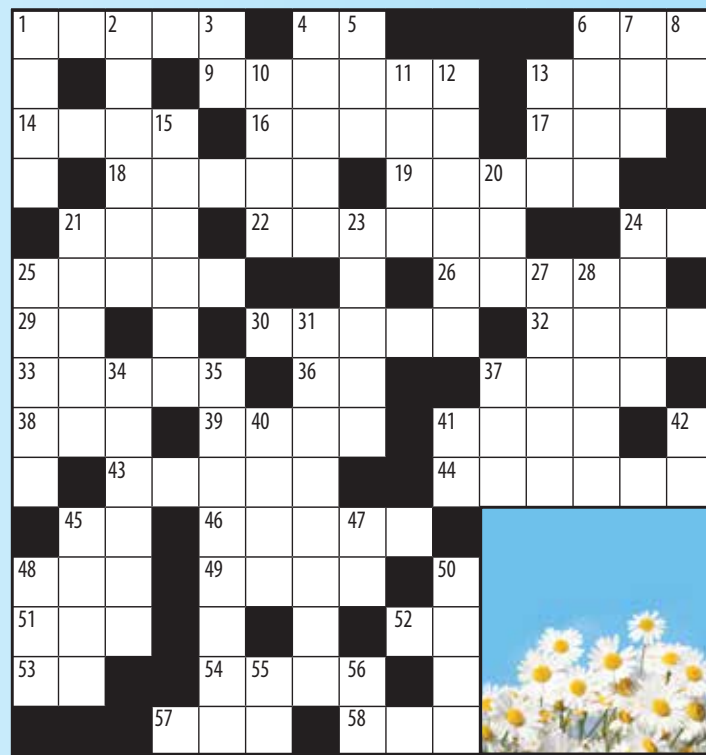
ACROSS

- 1 Designated money
- 4 Old Latin, abbr.
- 6 Fore & ____
- 9 To hurt feelings of
- 13 Old wound mark
- 14 Droopy
- 16 Following
- 17 Sketching
- 18 Accuse
- 19 Subsequently
- 21 A drink
- 22 A fur
- 24 Company, abbr.
- 25 A weapon
- 26 Type of tree
- 29 Child's word "thanks"
- 30 Name of a month
- 32 A thoroughfare
- 33 Equipped w/weapons
- 36 We
- 37 A cause of disease
- 38 Eye ailment
- 39 One of two
- 41 Chair
- 43 Set again
- 44 Rewards

- 45 Rhode Island, abbr.
- 46 Name of constellation
- 48 Type of drink
- 49 City in France
- 51 Different
- 52 I
- 53 Toward
- 54 Pitch
- 57 Jinx
- 58 An expert

DOWN

- 1 Photo equipment
- 2 Able to move quickly & lightly
- 3 In this way
- 4 Present
- 5 Allow
- 6 Unit of measurement
- 7 Obese
- 8 Travel, abbr.
- 10 Renown
- 11 Brand of soda drink
- 12 Pour water on
- 13 Bag-like part
- 15 Satisfy
- 20 Used to indicate maiden name
- 21 Separated



- 23 Swamp
- 24 Stuff
- 25 Stow away
- 27 Fear greatly
- 28 Large artery
- 31 Public sales
- 34 A great number
- 35 Barren
- 37 Command to a horse
- 40 Eagle's nest
- 41 Small, abbr.
- 42 "He ____ here."
- 45 Do again
- 47 Upon
- 48 Small child
- 50 Festival
- 55 Type of animal
- 56 Student Association, abbr.



Happier Kitchen

Chocolate Chip Pound Cake

- 1 (18.25-oz) pkg yellow cake mix with pudding
- 1 (3.9-oz) pkg chocolate instant pudding mix
- 1/2 c sugar
- 3/4 c vegetable oil
- 3/4 c water
- 4 large eggs
- 1 (8-oz) carton sour cream
- 1 (6-oz) pkg semisweet chocolate morsels
- Powdered sugar, sifted



Preheat oven to 350°F. Combine first three ingredients in a bowl, stirring with wire whisk to remove large lumps. Add oil and next three ingredients to mixture, stirring until smooth. Stir in chocolate morsels. Pour batter into a greased and floured 12-cup bundt pan. Bake at 350°F for 1 hour or until a wooden pick inserted in cake comes out clean. Cool in pan on wire rack for 10 minutes; remove cake from pan, and cool cake completely on wire rack. Sprinkle with powdered sugar. Yields: one 10 inch cake. — Enjoy!

Yes! Big Monday

Now is the time to get happier. Put a big smile on right now.

Today's Happier Tip

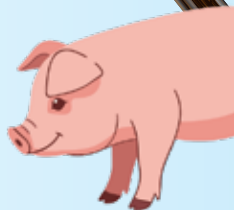


I ♥ "LOVE" SUDOKU

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 |

Can you help round-up five more pigs?



Answers on page 8.



Just

Find the missing blocks throughout Happier to make the word.

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GOOD FRIENDS ARE WILLING TO HELP

Recently, my mother-in-law told me how a friend went to her garden, picked some greens, washed them and took them to her. She followed by saying, "Now that's what I call a good friend."

Good friends think more highly of others than of themselves. Good friends are willing to help when we are troubled and burdened. They listen when we need to talk and cry along with us at times. We all need help at times, and true friends come when we need them and celebrate with us when we are happy.

Who is your good friend? Who would consider you a good friend? If you can't think of anyone today, won't you show kindness and do something nice for someone today?

— By Nancy Gibbs



Get Happier Tips

Health Tip

Don't Blow too Hard



Blowing your nose can be harmful if done with excessive force or improper technique. Blocking one nostril and blowing gently through the other is the safest way to clear your nose. By closing one side, you ensure that the air and mucus move outward rather than being forced back into your sinuses or ears.

Handy Hints

Dissolve Grease



Are you struggling with caked-on food in pots and pans? Simply place a used tea bag or two in the bottom of the pan. Add small amounts of hot water and soak overnight. The natural tannins in the tea will dissolve the caked-on food. Next morning remove bags, rinse and wipe all off.

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

Happier Poem

A Wise Chipmunk

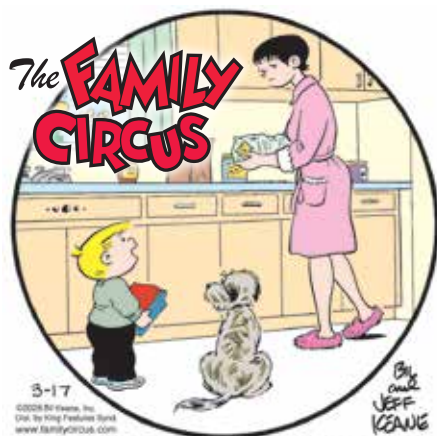
He's spotted and reddish brown
And found in country and town
Always busy and in a hurry
As here and there he scurries
Autumn is bright and gay
Winter is on its way
He has no time to play
He seems to say.

Harvest corn and oats for pay
And I'll store my seeds today
To last me 'til a spring day.

—Linda Brown
Chariton, IA



Laugh A Little



"Mommy, can you make me a green sandwich? It's St. Patrick's Day."

Dennis the Menace



"Mom burned the dinner twice! That's second-ham smoke you're smelling!"

It's REAL

Mississippi is currently ranked as the most affordable state to live in for 2025 and 2026.

NOW THAT'S FUNNY!

Bill had just started his own design firm. He rented an office and furnished it, and was setting it up. He saw a man come into the office. Bill wanting to appear busy, so he picked up the phone and started to pretend he was working on a big deal. He threw huge figures around and made giant commitments. Finally he hung up the phone and asked, "Can I help you?" "Sure," the man said, "I've come to connect the phone."

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 17 letters leftover. **Have fun!**

- APPLE
- APRON
- AROMA
- BAKE
- BUTTER
- CHOCOLATE
- CRIMP
- CRUST
- CUSTARD
- DOUGH
- EAT
- EGGS
- FILLING
- FLOUR
- GOOD
- LATTICE TOP
- LEMON
- MEASURE
- MERINGUE
- MILK
- MINCEMEAT
- MIX
- OVEN
- PIE PANS
- PECAN
- PREHEAT
- PUMPKIN
- RAISIN
- RHUBARB
- ROLLING PIN
- SALT
- SHORTENING
- SPICES
- SWEET POTATO
- TIMER

Answer on page 8

"MAKE A PIE"

Bonus Words:

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

BILLBOARD of HAPPINESS

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



| | | | | | | |
|---|---|--|---|---|--|---|
| T | | | U | R | | S |
| O | | | I | F | | I |
| T | | | E | | | P |
| | N | | K | N | | |

A A B D D E E E F
H H I L O O P P P

Answers on Page 8

My happy thought is



Get Up Happier

Steps to Become a Happier Person

ATTITUDE Personally become a happy person. A positive attitude is a choice that spills over on those we love.

SMALL THINGS Look for things in your relationship or family that make you smile, such as simple acts of kindness.

TIME OUT Go out with a friend or family member at least once a week. It doesn't have to be expensive.

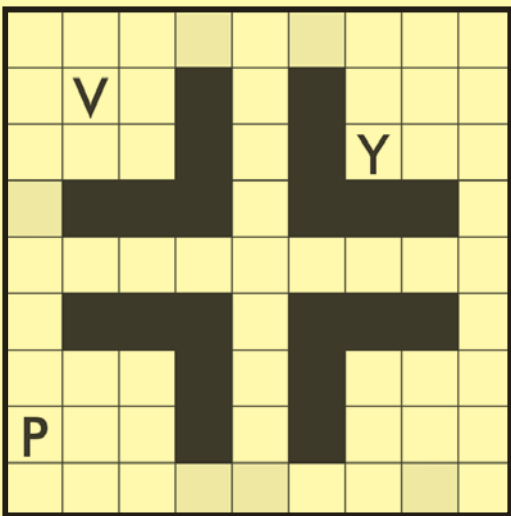
BE A BEST FRIEND Those who have good friends naturally feel happier.

ENCOURAGEMENT Encourage each other. Encouragement goes a long way toward being happier.

Now jump up and say, "I am happier!" Try to do this each day.

— Nancy Gibbs

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.



Any Fro Leg Ova
Ate Gad Lem Pea
Ent Gea Lip Pti
Eru Imp Lol Rel
Eve Ine Nor Rot
Far Ion Nts Ser
Fee Isl Off Sho
Fin Led Ons Too
Ops You

LEGISLATE
OVAL H NOR
LEAD O YOR
L R O U
IMPLEMENT
P
L
ROT
SER
NOR
REL
PTI
PEA
PEAN
SERGENTANTS

SUN

7

MON

8

TUE

9

WED

National Chocolate Ice-Cream Day

National Best Friends Day

National Strawberry Rhubarb Pie Day

National Iced

Circle Words

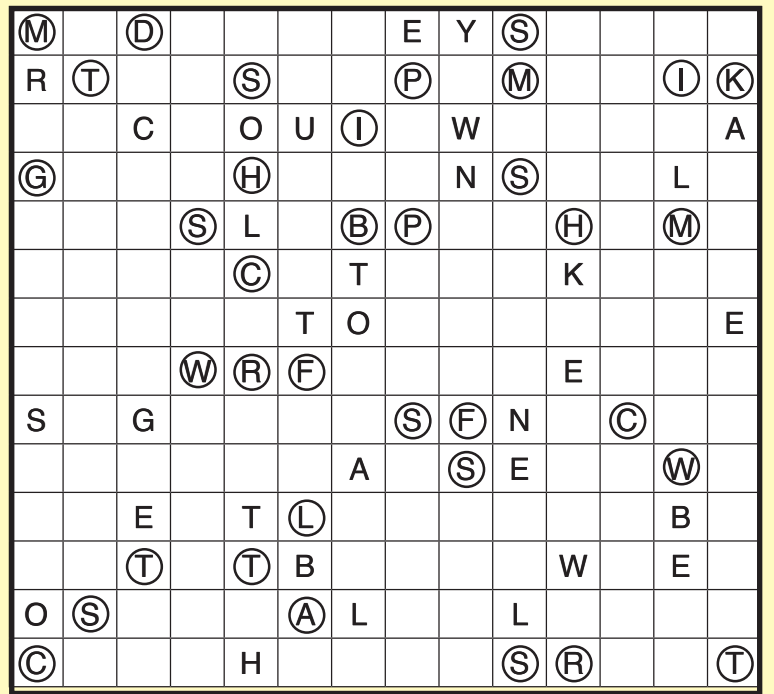
Fill in the words by starting each at the correct circled letter; go forward, backward, up, down or diagonally. All squares will be full when you have completed the puzzle correctly. Mark through each word in the puzzle as you find it. The unused letters will spell the bonus words.

| | | |
|-------------|-----------|-------------|
| ACHES | HOT | SHOT |
| BED | ICE CREAM | SLEEP |
| BATHROBE | ILL | SODA |
| CHILLS | KIDS | SOFA |
| COLD | LAY | SOUP |
| COUGH | MEDICINE | SNEEZE |
| COUGH DROPS | MEN | TEA |
| COUGH SYRUP | MUSIC | TELEVISION |
| COVER | PAINS | THERMOMETER |
| DOCTOR | PILLOWS | TISSUES |
| FEEL BAD | READ | WAIT |
| FEVER | REST | WOMEN |
| FLUIDS | SICK | |
| GERM | SHIVER | |
| HOME | | |

Answers on Page 8

"HAVING A BAD COLD"

Bonus words:



Happier Across America



My granddaughter Kali with her coach-Daddy.

—Thanks Sandy La Follette, Chariton, IA



We make a living by what we get, but we make a life by what we give. — Winston Churchill

Quick & Easy Crossword

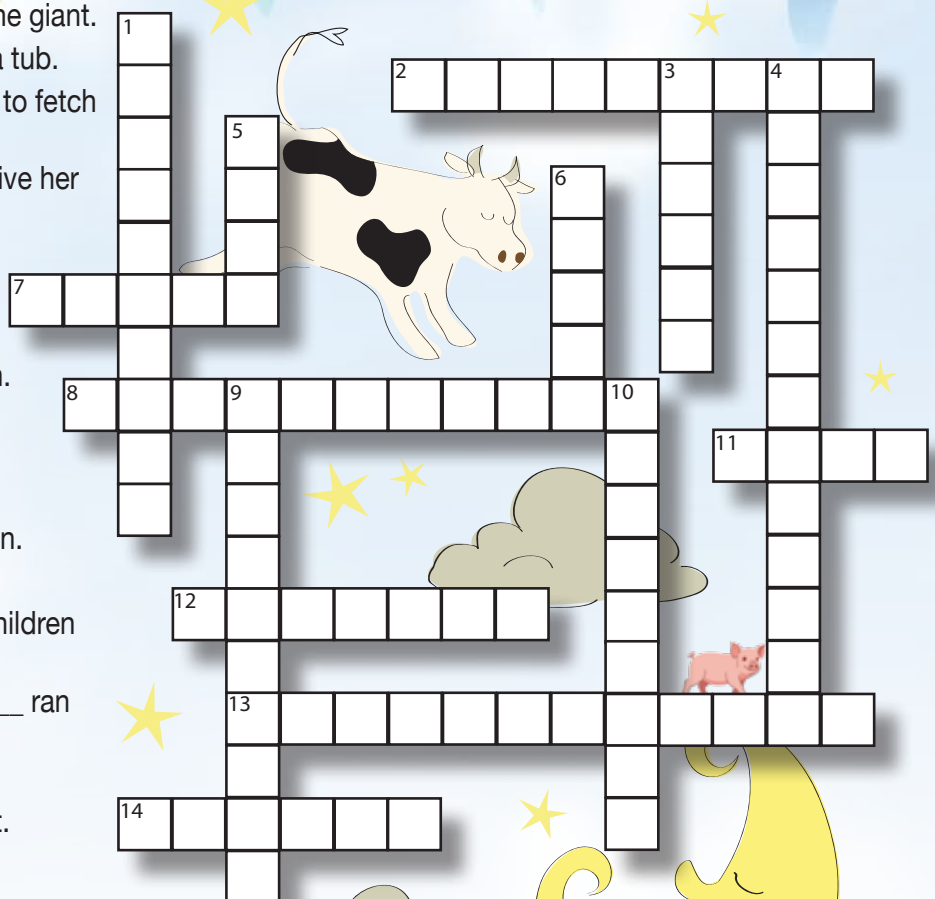
*Some of the answers will have more than one word.

ACROSS:

- Jack climbed this to get to the giant.
- Rub-a-dub-dub ___ men in a tub.
- Jack and Jill went up the hill to fetch a ___.
- Mother Hubbard couldn't give her dog a ___.
- ___ had a magic lamp.
- The girl who lost her sheep was ___.
- The cow ___ over the moon.

DOWN:

- Alice has adventures in ___.
- What Little Miss Muffet sat on.
- ___ come blow your horn.
- An Old Woman and many children lived in a ___.
- Hickory, dickory, dock, the ___ ran up the clock.
- Mary had a ___.
- ___ lived in Sherwood Forest.



ANSWERS: Across: 2-Beanstalk 7-Three 8-Pail of Water 11-Bone 12-Aladdin 13-Little Bo Peep 14-Jumped Down: 1-Wonderland 3-Tuffet 4-Little Boy Blue 5-Shoe 6-Mouse 9-Little Lamb 10-Robin Hood

Yea! It's Wednesday!

Today's Happier Tip

Go from happier to happiest. Do good for others.

Our President Said It



The health of the people is of supreme importance. All measures looking to their protection against the spread of contagious diseases and to the increase of our sanitary knowledge for such purposes deserve attention of Congress. — Chester A. Arthur

My friends and family.

| | | | |
|-------------------|----------------------------------------|-------------------------------|-----------------------------------|
| 10 THU Tea Day | 11 FRI National Corn On The Cob Day | 12 SAT National Loving Day | 13 National Sewing Machine Day |
|-------------------|----------------------------------------|-------------------------------|-----------------------------------|

Dear Ramsey Pay for Dad's Life Insurance Policy?



Dear Dave,
I talked to my dad the other day, and he wants me to pay for his life insurance policy. He says I should look at it as an investment, and he doesn't want to pay for it himself anymore, since he'll never get any benefit from the policy. My dad is 65 and in pretty good health. I'm 24 and not sure how I feel about his request. Can you give me some advice on handling the situation? —Frankie

Dear Frankie

This is really weird. I'm sure it was doubly weird for you to hear it from your dad! Even if you didn't say it out loud, you had to have asked yourself, "Say what?"

I'd take a hard pass on this one. Do you get what I'm saying? The answer to this question is no. Plain and simple. If your dad is in good health, you could be paying on this thing for another 20 or 30 years. That's ridiculous! Plus, it sounds like someone needs to explain the purpose of life insurance to him. The proceeds from a life insurance policy are there to protect the ones you leave behind when you die — your family — so they can cover the bills and be financially stable without your income. Life insurance is not an investment.

Now, I know he's your dad. That makes the situation a little touchy. But if I were you, I would sit down with him and respectfully let him know I have no intention of "investing" in his death. You're 24. And in my mind, that means you have other kinds of investing you should be looking into — like retirement planning.

If you're anything like me, you're fighting the impulse to be a little snarky about this whole thing. But this is your dad. A little respect is in order. Besides, being snarky isn't going to solve anything, even if it does make you feel better for a minute.

Something tells me your dad does crazy things like this from time to time. He's little quirky, maybe. But deep down, he knows this is a strange request. My advice? Don't go into a lengthy discussion about it. Just smile, thank him for the offer and let him know you're going another route with your investments. Two sentences and a kind, but firm, no. Good luck, Frankie! — Dave

A day at the beach

The whole family can enjoy a day at the beach—the sand, sun, surf, napping or reading. There is something for everyone. Looking in all directions, using the clues, see if you can find the beach words. Answers on page 8

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

BL... BO...
SH... PL...
BO... BE...
CA... SH...
SU... SA...
RU... RE...
SW...
LO...
TA...
GI...
TO...
FU...
FL...
PA...

Cutest Kids



Our baby thinks she's looking beautiful today.

—Thanks Jodi Hofer, Lake Andes, SD

Hidden Puzzle

SIGNING THE DECLARATION

The signers of the Declaration of Independence were busy making history, never realizing that there were thirteen hidden objects in the room with them. Find a pennant, candle, sailboat, ice skate, artist's paintbrush, mouse, flashlight, flute, fish, hammer, ice cream cone, nail, and a bird.



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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

WOW! What's Under That Hood?

During the marches at Tent City in the Memphis FBI Division, we needed a special equipped van for surveillance. We found the right van in Columbia, SC. The Special-Agent-in-Charge decided that I should fly to Columbus and bring it back.

Due to the secrecy of the van being an FBI vehicle, it was necessary to have a new bogus driver's license and ID. My new ID name was Anthony J. Silcox.

My only problem was the special battery place under the hood. When I went to get gas, the attendant wanted to check my oil. He had the hood up before I can stop him. He wondered what that battery was for and what I was up to. I gave him a good excuse and he accepted it.

That was the only problem on my two-day trip for the FBI.



See you next week.
—Jim

This Week In History

- June 7, 1993** – Cleveland breaks ground for Rock and Roll Hall of Fame.
- June 8, 2007** – Space Shuttle Atlantis, STS-117, begins mission.
- June 9, 1883** – 1st commercial electric railway line begins operation in Chicago.
- June 10, 1962** – A record 54 home runs hit in baseball.
- June 11, 1770** – Captain James Cook discovers Great Barrier Reef off Australia.
- June 12, 2004** – George H. W. Bush celebrates turning 80 years old by skydiving.
- June 13, 1912** – Albert Berry made the first parachute jump from an airplane.

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...

Pickles have been a beloved, crunchy snack for years. Queen Cleopatra believed pickles contributed to health and beauty, while Julius Caesar fed them to his troops for strength.



My dog who keeps me company.

Words of Wisdom



What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.

— Helen Keller

This Week's Scrambles

1. bedclamSr gegs si thwa l feerrp, ton nusny ides pu.
2. t'sl darh ot brideesc a bleaifutu runseis.
3. tearNu anc rvopied anym sloafrv fo dofo.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

Life isn't predictable, thats what makes it exciting.

Laugh A Lot



What type of markets do dogs avoid?

Flea Markets.

I said to my son, "You must not be selfish, you must let your little sister ride the bike half of the time." He said, "I do, I have it going down the hill and she has it going up."



What Am I?

1. I roll and have handles for you to hold onto.
2. I don't travel far, I just go back and forth.
3. I can be made of many things but normally I'm wood.
4. I can flatten different things.

Answers on Page 8

Making others happier.



Cruisin' Around

1. York served as the capital of the United States for ___ months (1777-1778).
2. Stauffer Biscuit Company created America's first animal cracker in York in ___ 71.
3. Abraham Lincoln traveled on the Northern Central _____ through York to Gettysburg in 1863.
4. Muddy Creek Forks Roller Mill was a flour mill powered by water turbines and water _____.
5. The Strand Theatre was specifically designed to host vaudeville acts and _____ movies.
6. Pennsylvania is bordered by New York, New Jersey, _____, Maryland, West Virginia and Ohio.

Answers: 1. 9 2. 18 3. Railway 4. wheel 5. Silent 6. Delaware



York County, Pennsylvania

AMAZON SCRAMBLE

1. LORIGLA
2. ACDA AONN
3. TCISNSE
4. UAGNAI
5. RFSOG
6. EOCOLT
7. RUAAGJ
8. TNRTAEEA
9. OTSHL
10. GRITE

Unscramble the letters below to find the names of ten things you will find in the Amazon jungle. Then discover the secret word made up from the circled letters.



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

Hidden Words:

Answers: 1-GORILLA 2-ANACONDA 3-INSECTS 4-IGUANA 5-FROGS 6-CELOT 7-JAGUAR 8-ANTEATER 9-SLOTH 10-TIGER SECRET WORD: RAINFOREST



For the Love of PETS

Fish consistently rank as the third most popular pet in the U.S. by household.



How quickly can you say?



GUESS WHAT I AM

Answers on Page 8

One Pot Dinner

- 6-8 potatoes, peeled and diced
- 1 medium onion, chopped
- ½ green pepper, finely chopped
- 2 cans green beans with liquid
- Season to taste with desired seasonings
- 1 lb. smoked sausage, cut into bite size pieces



Cover bottom of Dutch oven or large pan with potatoes. Layer onion, green pepper, sausage and top with green beans and juice. Season and cover. Cook on stove top on medium to low heat until potatoes are done. Stir gently and serve. DELICIOUS! Enjoy!

Precious Pets



Five-year-old Makinley loves dogs!
—Thanks, Don Trulson, Elbow Lake, MN

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"



BUSY BEES

A hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth to collect two pounds of honey. A honeybee visits between 50 and 100 flowers during one collection flight from the hive.

"ROLE MODEL" WORDS



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

- | | | |
|---------|--------|--------|
| JUST | MODEL | PROPER |
| KIND | DON'T | MORAL |
| CONDUCT | WORTHY | |

Answer on page 8

Get a Kick

Walking past my father's veterinary clinic, I noticed a small boy and his dog waiting outside. "Are you here to see Dr. Meyers?" I asked the boy. "Yes," he said, "I'm having my dog put in neutral."



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 107:9 For He satisfies the longing _____, And fills the hungry soul with goodness.

Ecclesiastes 3:12 I know that nothing is better for them than to rejoice, and to do _____ in their lives,

Romans 16:19 For your obedience has become known to all. Therefore I am glad on your behalf; but I want you to be wise in what is good, and simple _____ evil.

Psalm 145:7 They shall utter the memory of Your great _____, And shall sing of Your righteousness.

Answers: 1. SOUL 2. GOOD 3. CONCERNING 4. GOODNESS



Look and LEARN

The letter "Q" is the only letter that does not appear in the name of any U.S. state



Trivia Fun

Answers on page 8

1. How many sides does a hexagon have?
2. Are the stars of U.S. Army generals gold or silver?
3. What national park is "Old Faithful" located in?



We're Gettin' **HAPPIER!**



Find the Differences



Find at least six differences in details between panels.



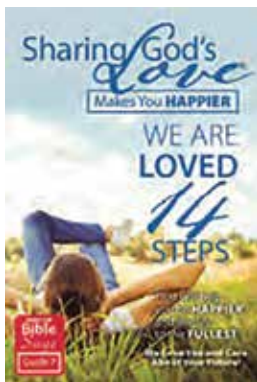
Differences: 1. Cast is added. 2. Leaf is smaller. 3. Doorknob is lower. 4. Thumb is moved. 5. Arm is lower. 6. Label is missing.

Share It

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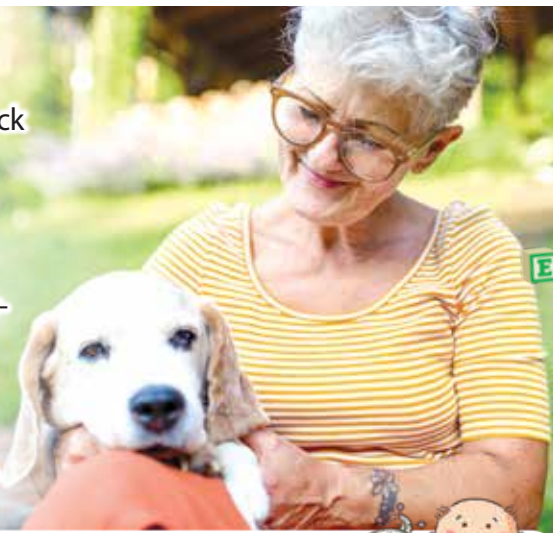
Send to: **SHARE**,
PO Box 99, Portland, TN 37148
or happierweek@gmail.com

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FREE
14-Steps
To
Happiness
Booklet



Fun Facts

- * **MUNCH AND CRUNCH...** The number one selling snack food in the United States is potato chips.
- * **DRINK UP...** Lack of water is the number one trigger of daytime fatigue.
- * **I HAVE BEEN AROUND THE WORLD!** The average person walks the equivalent of twice around the world in a lifetime.
- * **SING ALONE...** The term "karaoke" means "empty orchestra" in Japanese.



Get **HAPPIER** Tips

Don't wait for tomorrow when you can get started today.



Doctor Mike Says . . .

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

When 'no pain, no gain' is true — and when it isn't

Millions of folks deal with pain every day — some with chronic pain from osteoarthritis or diabetic neuropathy, some with troubling acute pain from an injury, a migraine, or a sprain. And it's important to respect these noisy messengers that are saying, "Pay attention to me and do something about your pain."

But there are times when pain is a sign of normal soreness — and not something that should send you to the doctor or make you stop doing whatever activities may be associated with it. Learning to know the difference is vital, so you can increase your strength and stamina and protect your immediate and long-term health.

What exercise physiologists call delayed onset muscle soreness (DOMS) is a sore, stiff, achy feeling in muscles and body parts that reaches a peak between 24 and 72 hours after physical activity (exercise, gardening, or painting a room). DOMS is triggered by tiny tears in your muscle fibers that are necessary for you to build stronger muscles as your body repairs itself.

If you experience DOMS (you actually want to), you can find relief with an Epsom salt soak, applying ice and/or heat to affected areas, massaging the area and even doing light exercise to stretch tight muscles. Also, stay well-hydrated.

And for a body-loving exercise routine, check out my book, "The RealAge Workout: Maximum Health, Minimum Work," and sign up for my free newsletter at michaelfroizenmd.substack.com, and read " 'Don't Let the Old Woman or Old Man In,' so stress your body for good."



Thank God for Saturday!

Today's Happier Tip

We hope we have brought a smile to your face and maybe a few giggles on the way.



Answer Section

PG. 5 **Hidden Puzzle**

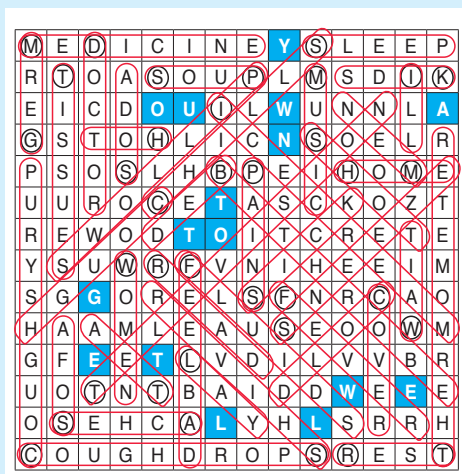
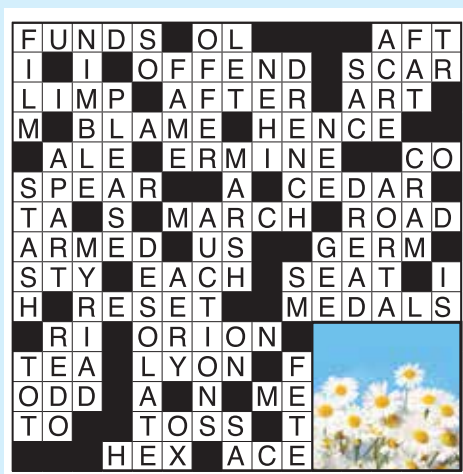
PG. 2 **Crossword**

PG. 4 **Circle Words:** YOU WANT TO GET WELL

PG. 7

"ROLE MODEL" WORDS

Hidden Word:
EXAMPLE IS A BIG INFLUENCE

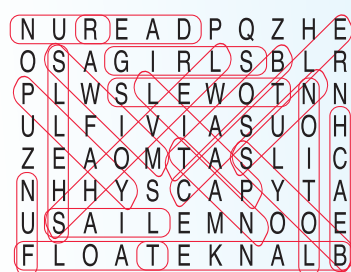


PG. 7

Trivia Fun

- SIX SIDES
- SILVER
- YELLOWSTONE. THE GEYSER ERUPTS EVERY 67 MINUTES.

PG. 5 **WORD SEARCH**



PG. 2 **Toy Blocks:**

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

PG. 2 **Hide & Seek:**

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

PG. 5 **Let's Have Fun**
SECOND ONE

PG. 6 **What Am I?**
ROLLING PIN

PG. 3 **Secret Words:** CAN'T WAIT TO TASTE IT

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

PG. 3 **Billboard of Happiness:**

THE PURPOSE OF LIFE IS TO BE HAPPY AND KIND

PG. 6 **How Quickly Can You Say?**

WOULD YOU KEEP AN EYE ON MY DOG

PG. 6 **This Week's Scrambles:**

- SCRAMBLED EGGS IS WHAT I PREFER, NOT SUNNY SIDE UP
- IT'S HARD TO DESCRIBE A BEAUTIFUL SUNRISE
- NATURE CAN PROVIDE MANY FLAVORS OF FOOD

S U D O K U

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 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 |

