



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



MAKING YOUR WEEK **Happier** JUL 5-11



The Joy of Gardening

From Our Readers

I Just Couldn't Resist



I found this tree stump with the little stuffed bear along a bike trail on a beautiful blue sky summer day. I just couldn't resist, I had to take a picture of it because it was so cute. I hope it can bring a smile to your face like it did for me.
 —Thanks, Don Trulson, Elbow Lake, MN

Days Gone By

We Walked for Miles



One day, my husband Howie and I decided to go to the beach. We talked and laughed, but then I suddenly looked down at my hand and my gold ring Howie had bought me for our 10th anniversary was gone. It must have slipped off without my noticing it — swallowed up somewhere beneath our feet.

That afternoon, we bought a metal detector and headed back out, clinging to a thin thread of hope. It would be almost a miracle, but I kept thinking that sometimes, miracles happen. We walked for miles, sweeping the detector over the sand with no luck. Just when my hope began to fade, Howie stopped. "Susie," he said happily, "the detector's beeping. Maybe it found your ring!" We began digging. And there it was—my ring, glinting beneath the sand, as if it had been waiting for us all along.

The next day, I bought a ring guard to make sure it would never slip away again.

—Thanks, Suzan L. Wiener, Spring Hill, FL

Riddle



What is easy to lift but hard to throw?

Answer:
A feather.

Courage No Matter What

We are all going through our storms in life that make our lives challenging. When we're faced with a difficult situation, it's tempting to let the "dust settle" and then tackle the problem. However, it takes a great deal of courage to immediately get in there and begin facing that challenge right away to reduce its effects.

I hope in your life you are able to do the same so those small problems do not become large ones.

Wishing you a courageous day. Remember, face your challenges each day with courage in your heart!

—Diane Wilks Nolan



God's Angels are Everywhere

Happier Happenings

Happier, happier, happier, reminds me of the Sunday school song, "I've got the joy, joy, joy down in my heart." So I've got happier, happier, happier down in my heart. I have to tell you about two of God's angels He sent my way this week. I was at checkout with a pack of pens, and the lady behind me told me to put my money away, she was paying for my pens. I tearfully thanked her for her kind gesture. The store I was shopping at has a \$0.25 fee to get a buggy. I always leave my buggy for someone, but this day there was a lady there and she said, "I can't believe I didn't bring \$0.25." I told her, "Here's a free buggy ready for you." I picked up my box of groceries and started to my car when a man came and took the box out of my hands and said, "I'm carrying your groceries for you." As he put my box in the car, I told him I believe that is equal to giving a cup of water in Jesus's name. God's angels are everywhere. —Thanks, Bettie Howard, Cleveland, TN



Today's Happier Tip



I Love Sunday

Here's a secret to happiness. Let every happening be what it is, instead of what you think it should be.



We Love Our Hometown

Reyman's Grocery is Making Holly, Colorado Happier



Reyman's Grocery & Market is a cherished, family-owned staple in Holly, Colorado, known for providing a high-quality shopping experience. It's a destination for locals and visitors alike who value fresh food and friendly service.

The butcher shop is a full-service meat department with hand-cut meats and house-made sausages. You'll find a well-stocked selection of fresh produce, dairy, and everyday pantry staples in a clean, organized environment. Customers describe the staff at Reyman's Grocery & Market friendly, helpful, and attentive.

Holly, Colorado, is a historic agricultural town on the eastern plains near the Kansas border. While small, it offers a variety of outdoor recreation, historical sites, and local dining options.



Holly Historical Society and Museum is in the town's former city hall and 1881 train depot, the museum displays relics and historic photos of the region.

Favorite Crossword

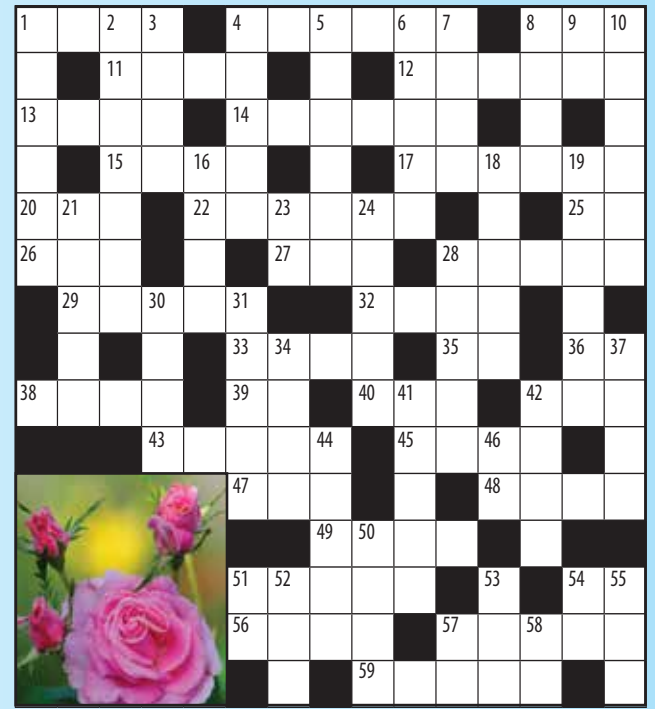
Answers on page 8.

ACROSS

- 1 To polish
- 4 To end (dispute)
- 8 Little king, King _____
- 11 Slanting walkway
- 12 Headlong dash
- 13 Tidy
- 14 Be present at
- 15 Cog
- 17 Large piece of property
- 20 Flower wreath
- 22 Thin wood finish
- 25 Happy sound
- 26 A snake-like fish
- 27 Sphere
- 28 Type of weapon
- 29 Prepared
- 32 One time
- 33 Level
- 35 Elevated railroad, abbr.
- 36 Behold
- 38 A graceful mammal
- 39 Artificial Intelligence, abbr.
- 40 Hither & _____
- 42 Aged
- 43 Premature
- 45 Close up roof
- 47 Look
- 48 Money charges
- 49 Aluminum sulfate
- 51 _____ beam
- 54 One
- 56 Use teeth
- 57 Hit
- 59 A cabbage dish

DOWN

- 1 Package
- 2 Easy to break
- 3 Doom
- 4 Extra
- 5 Fasten w/rope
- 6 One who likes to be alone
- 7 Concludes
- 8 Musical instrument
- 9 We
- 10 _____ and needle
- 16 Eager and enthusiastic
- 18 Drying cloth
- 19 Tingle with excitement
- 21 Weird
- 23 Negative answer
- 24 Black wood
- 28 View
- 30 Unit of measurement
- 31 Period of time (plural)



- 34 Morally base
- 37 _____ and ends
- 41 Happen
- 42 Margarine
- 44 Rising agent
- 46 Supposing that
- 50 Strong-tasting vegetable
- 51 Pound, abbr.
- 52 Point weapon at
- 53 Large bird
- 54 In; on; by
- 55 Mesh
- 57 Student Assoc., abbr.
- 58 Neither he nor she

Happier Kitchen

Tangy Fruit Salad

- 1 (20-oz) can pineapple chunks, juice drained and reserved
- 1 (3.4-oz) pkg instant vanilla pudding mix
- ¼ c dry flavored orange drink mix such as Tang
- 1 (11-oz) can mandarin oranges, drained
- 1 (16-oz) can fruit cocktail, drained
- 2 bananas, sliced
- 1 c fresh strawberries, sliced
- 2 apples or pears, cut into chunks

In a small bowl, combine reserved juice, pudding mix, and orange drink mix; set aside. In a large bowl, combine all the fruit. Fold juice mixture into the fruit. Refrigerate before serving. **Enjoy!**



Yes! Big Monday



Today's Happier Tip

Happy are those who take life day by day, complain very little, and are thankful for the little things in life.

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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?

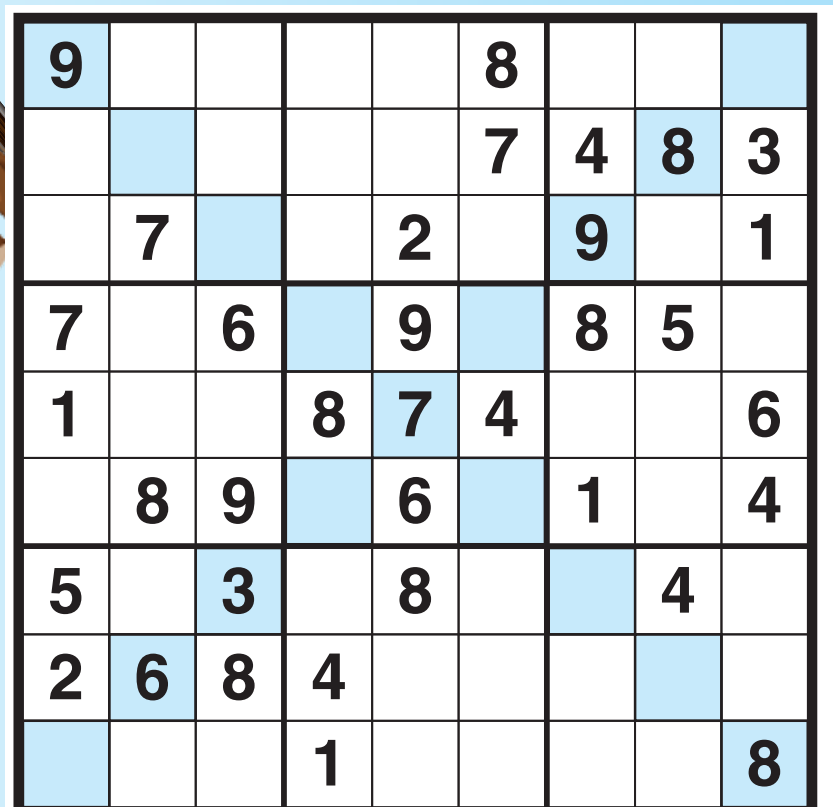


Answers on page 8.



Did you find that

Find the missing blocks throughout Happier to make the word.



Get Happier Tips

REMEMBERING THE GOOD OLE DAYS

The good ole days are those from way back yonder. I'm sixty-one years old, but I can still remember the days we went to the fair and rode the Merry-Go-Round. I remember my grandfather's tales and my grandmother's home-cooked meals.

I remember my parents taking us on vacation and swimming in the pools at the hotels. I remember playing board games with my brother. And I remember writing in the sand, pretending to be a teacher.

Remembering the good ole days is therapeutic for us, but let us remember that our little ones today will look back tomorrow to the best days of their life. Let's give them something good to remember.

— By Nancy Gibbs



Health Tip

Roll Over



Did you know rolling onto your side can significantly reduce or even stop snoring for many people? Sleeping on your back can cause gravity to pull the tongue and the soft tissues at the back of the throat downward, narrowing the airway and creating the vibrations known as snoring. By shifting to your side, you use gravity to keep the airway open.

Handy Hints

Garlic As a Deterrent



A flowering vegetable garden keeps out the wildlife. If you are plagued by deer and rabbits and other wildlife and they're ruining your vegetable garden, try planting a border of marigolds (they don't like the smell) or plant garlic as a deterrent.

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

Happier Poem

Out My Window

The morning sky's
So blue and clear.

But soon white lines from

The planes will appear.

North to south or east to west

Which way is next?

It's quite a quest.

Watching these trails

Make me feel glad.

The sky is now

A cloud-lined plaid.

— Audrey Fowles
Salt Lake City, UT

Laugh A Little

The FAMILY CIRCUS



Dennis the Menace



"I wonder what Margaret sees in herself?"

It's REAL

Wyoming is the state with the fewest people, with an estimated population under 595,000.

NOW THAT'S FUNNY!

A woman called the patient information desk at the hospital. The receptionist answered, "How may I help you?" The caller replies, "I would like to know how the patient in room 303 is doing." The receptionist answered, "All the tests came back normal and everything is fine, and she will be able to leave this afternoon." The receptionist asks, "Are you a family member or friend?" The caller replies, "No, I'm the patient in room 303. The doctor never tells me anything."

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 18 letters leftover. **Have fun!**

- ALDER FEED SHADE
- ASPEN FINCH SPARROW
- BAMBOO FIR SUN
- BARK GRASS TAIL
- BEAK GROVE TREES
- BILL HATCH TWEET
- BIRCH HICKORY WARM
- BIRD HOLLOW WING
- BRANCH LARK WHISTLE
- CEDAR LEAVES WILLOW
- CHICK MALE WORM
- CHIRP MAPLE WREN
- EGG NEST
- DOVE ORCHARD
- FEATHER PINE
- FEMALE ROBIN

Answer on page 8

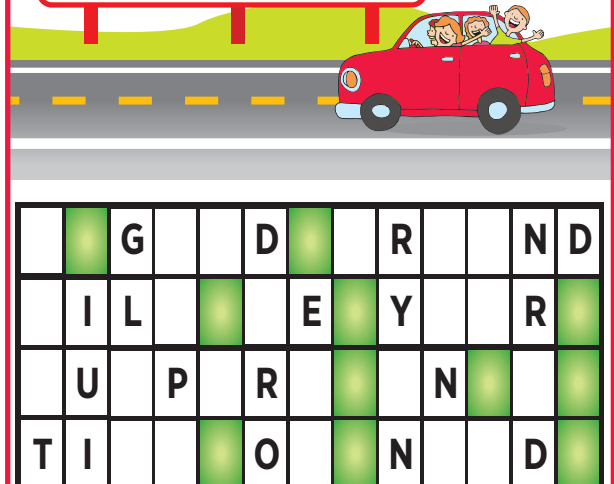
"Birds in the Trees"

Bonus Words:

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

BILLBOARD of HAPPINESS

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



	G		D		R		N	D
	I	L			E		Y	
	U	P		R			N	
T	I			O			N	D

A A B E E E E F F I I L
 M O O O P S T U W

Answers on Page 8

Look for the good in people.



Get Up Happier

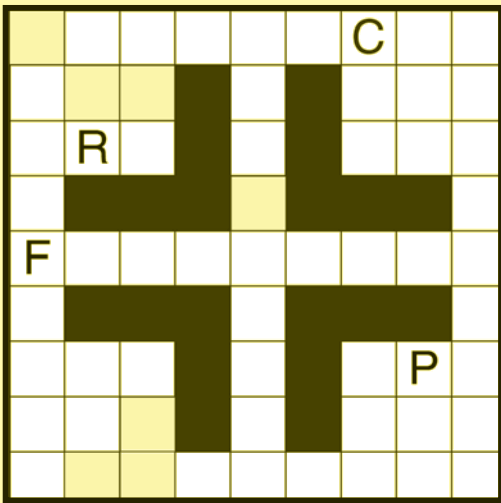
10 Ways to Connect with Family

- 1 Share your thoughts
- 2 Give of yourself
- 3 Go the extra mile
- 4 Promote goodwill
- 5 Improve family atmosphere
- 6 Display infectious positivity
- 7 Reduce drama
- 8 Strengthen bonds
- 9 Boost the self-esteem of family members
- 10 Always be there for them

— Diane Wilks Nolan



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.



- | | | | | |
|-----|-----|-----|-----|--|
| Ate | Fan | Kal | Pit | |
| Boa | Gag | Keb | Ran | |
| Boo | Goo | Kit | Reg | |
| Bri | Ike | Loo | Seg | |
| Ces | Ion | Ngs | Ski | |
| Cog | Ire | Nib | Sna | |
| Efi | Ize | Oar | Spa | |
| Era | Ite | One | Tas | |
| | | Ore | Tla | |

SUN 5 Pet Remembrance Day	MON 6 National Fried Chicken Day	TUE 7 World Chocolate Day	WED National Rasp
---	--	---	---------------------------------

Circle Words

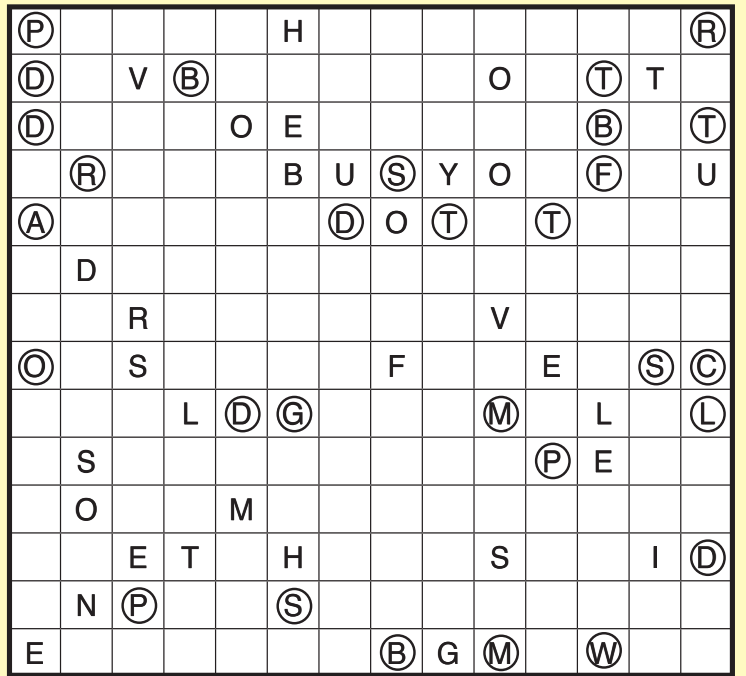
Fill in the words by starting each at the correct circled letter; go forward, backward, up, down or diagonally. All squares will be full when you have completed the puzzle correctly. Mark through each word in the puzzle as you find it. The unused letters will spell the bonus words.

- | | |
|------------|----------------|
| AUTOMOBILE | MOWER |
| BICYCLE | ORGAN |
| BIRDCAGE | PIANO |
| BOOKCASE | PICTURE FRAMES |
| BOOKS | POTS AND PANS |
| COMPUTER | RADIO |
| DESK | ROCKING CHAIR |
| DISHES | SKATES |
| DRESSER | SOFA |
| DRUM | STEREO |
| DRYER | TELEVISION |
| FLUTE | TOOLS |
| GUITAR | TOYS |
| LADDER | TREADMILL |
| LAMP | WASHER |
| MICROWAVE | |

Answers on Page 8

“WANT ADS”

Bonus words:



Happier Across America

A precious grandson Nicholas helping his cute little girl.

—Thanks Wonda Roll, Belton, MO



Love takes up where knowledge leaves off.

— Thomas Aquinas

Quick & Easy Crossword

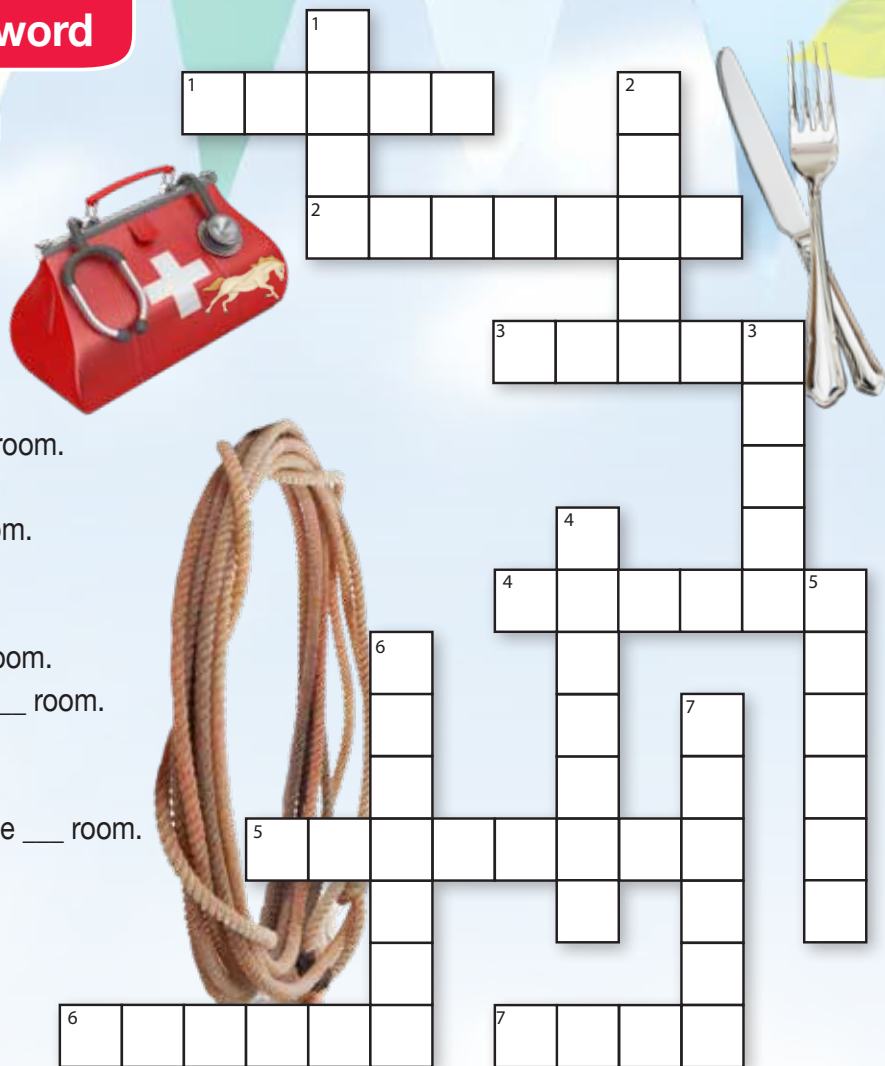
IN WHAT ROOM?

ACROSS:

- 1 Children learn in a school ____ room.
- 2 Cook meals in the ____.
- 3 When traveling stay in a ____ room.
- 4 Lift barbells in a ____ room.
- 5 Shower in the ____.
- 6 Have a formal meal in the ____ room.
- 7 Children have their toys in the ____ room.

DOWN:

- 1 Saddles and reins are kept in the ____ room.
- 2 A visitor stays in a ____ room.
- 3 School kids eat in a ____ room.
- 4 Go to sleep in the ____.
- 5 A king holds court in the ____ room.
- 6 Sit in a doctor's ____ room.
- 7 Play games or watch television in the ____ room.



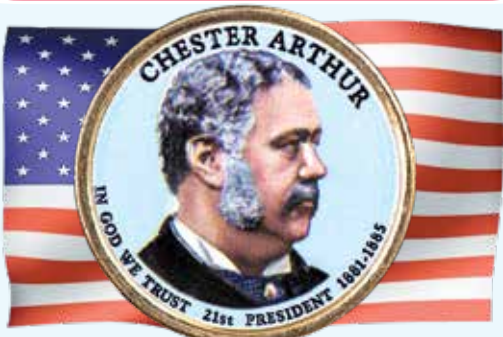
ANSWERS: Across 1—Class 2—Kitchen 3—Hotel 4—Weight 5—Bathroom 6—Dining 7—Play Down: 1—Tack 2—Guest 3—Lunch 4—Bedroom 5—Throne 6—Waiting 7—Family

Yea! It's Wednesday!

Today's Happier Tip

You can be very happy, and enjoy the scenery, even though you made a wrong turn.

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

Look for the good in the day.

8 THU	9 FRI	10 SAT	11
Strawberry Day	National Sugar Cookie Day	National Kitten Day	Cheer Up the Lonely Day

Dear Ramsey A Solid Financial "Construction" Plan



Dear Dave,
My wife and I are in our mid-thirties, and the only debt we have is a combined \$15,000 in student loans and credit card payments. We've got almost \$100,000 in our 401(k) plans, plus we have no children. What steps can we take toward becoming even better investors? — Curt

Dear Curt,

Whether you're building a house or building wealth, a rock-solid foundation is an absolute must. Without a firm foundation, everything can easily fall apart. So, while you two aren't off to a bad start investing-wise, let's talk about the "construction" process a little.

The first brick you want to lay in your financial foundation is becoming debt-free. The second is to have an emergency fund of three to six months of expenses in the bank. This is money that you never touch, except in the case of an actual emergency. It doesn't go toward vacations, Christmas or anything else.

These two elements help form a firm foundation from which you can build wealth. Most people skip these steps, and jump right into funding 401(k)s, Roth IRAs and mutual funds. These are all great things, but the problem in doing it that way is you've started work on the house before you've laid the foundation. Believe me, this can cause all kinds of setbacks down the road.

Basically, we're talking about the first three Baby Steps in my plan. Baby Step 1 is to get your emergency fund started with \$1,000 in the bank. Baby Step 2 is paying off all your debt, except for your home, using the debt snowball system. And Baby Step 3 is to finish building your emergency fund to the point where you have three to six months of expenses sitting there.

Curt, the debt you two have isn't a huge problem. But it is the symptom of you both buying a bunch of stuff you couldn't afford with money you didn't really have. Get on a written, monthly budget together, where you both agree on where every dollar is going before the month begins. I want you and your wife to break the debt cycle by having a permanent game plan. Once you do that, you'll have freed up your largest investing and wealth-building tool—your income!

— Dave

This n' That



Jim's FBI Happenings

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

My Washington, DC Barber Becomes 10 Most Wanted

Memphis, TN:—It was routine that each FBI employee check his/her mail slot each morning for new instructions. I pulled out the 10 Most Wanted Flyer #202. There was Henry Clay Overton, my personal barber when we lived in Washington, DC. He seemed to live a good life, but while drunk he became a killer.

During many conversations, Overton told me about his family, where he lived, and about a daughter who lived in Houston, Texas. When he went to see her, he would always travel through Memphis.

I immediately took the flyer to the special-agent-in-charge and told him my story. He called FBI headquarters, and was instructed not to let me be on the streets alone, because Overton was armed, faced murder charges, with an unlawful flight to avoid prosecution charge.

A few days passed until I learned that the Virginia Highway Patrol was chasing Overton, traveling over 100 mph, on a two-lane highway. I soon learned that Overton lost control and hit a man and his wife head on. Not only did it kill the two, but it also killed Overton. I then went about my normal duties, glad to help my country stop those who didn't obey the law.

See you next week. — Jim

Housekeeping Chores

The day is always busy with making the home a haven of comfort and joy. Looking in all directions, using the clues, find things we do in the home. Answers on page 8

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

LA... DU...
GA... NU...
WA... SE...
SH... PO...
CO... CL...
MO... WA...
CA... FO...
FR... WE...
SW... LO...
BA...
IR...

Cutest Kids



Brian having a fun snow day.

—Thanks
Linda Roberts,
Greenbrier, AR

Hidden Puzzle

DIGGING IN THE GARDEN

While harvesting her crop, Joan discovers nineteen objects hidden among the vegetables. Can you find a snail, bug, shark, slice of bread, peeled banana, fish, seashell, cat's head, rabbit's head, turtle, tube of paint, ice-cream cone, crab, mushroom, whale, candle, screwdriver, bee and a spoon?



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Answers on page 8

This Week In History

- July 5, 1971** – 26th amendment, reduces voting age to 18.
- July 6, 2005** – London is declared the host city for the 2012 Summer Olympics.
- July 7, 1981** – 1st solar-powered aircraft, Solar Challenger, crosses English Channel.
- July 8, 1909** – 1st professional baseball game, minor league, played under lights.
- July 9, 1956** – Actor Tom Hanks was born in Concord, California.
- July 10, 1892** – 1st concrete-paved street built, Bellefontaine, Ohio.
- July 11, 1991** – Total solar eclipse is seen in Hawaii.

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...

In 1995, potatoes became the first vegetable grown in space thanks to a NASA experiment



Keep thinking good thoughts.

Words of Wisdom



I never did anything worth doing by accident, nor did any of my inventions come by accident; they came by work. — Plato

This Week's Scrambles

1. Ssneunih ameks em elfe os eeedinrgz.
2. I waaysl njeyo ogdo myopacn.
3. ssssMaactthue, oNtrh inaarolC, nda touhS oilnaaCr, aehc ahev 31 teertsI.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

Being thankful allows me to be very happy.

Laugh A Lot



Why did the frog take the bus?

His car got towed.

What do you call a fish with no eyes?

A fsh!

You seem to enjoy serving the police.

"Ya, When they are done, I get to give them their ticket."



What Am I?

1. When I show up, I make it hard to see.
2. I show up everyday and I go away everyday.
3. When I show up, most people get ready for bed.
4. I make the stars visible for you to see.

Answers on Page 8

You will be happier today.



Cruisin' Around

Provo, Utah



3



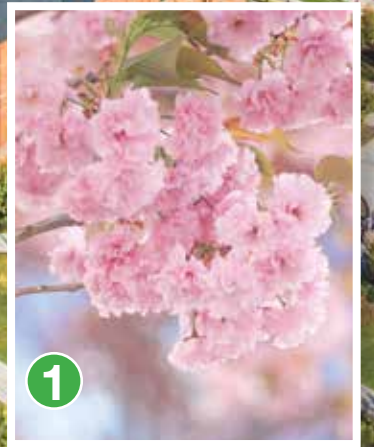
4



6



5



1

1. You can see soft pink _____ lining the sidewalks of Downtown Provo.
2. Provo is named after Étienne Provost, a French-Canadian fur trapper who arrived in _____ 25.
3. Provo Canyon, has geological formations, like sedimentary folds and synclines created by tectonic forces and _____.
4. Bridal _____ Falls is a stunning 607 foot double-cascade waterfall.
5. Strong winds and currents push massive sheets of lake ice called _____ stacks.
6. Utah is bordered by Idaho, Wyoming, Colorado, New Mexico, Nevada and _____.

Answers: 1. Blooms 2. 18 3. Erosion 4. Veil 5. Ice 6. Arizona

HERBS SCRAMBLE



1. ISBAL
2. HECVSI
3. VRO SAY
4. EOSRRYMA
5. LVSECO
6. AOOGREN
7. RNIMETPSA
8. ANIMCNON
9. EGIRGN

Unscramble the letters below to find the names of nine herbs or spices. Then discover the secret word made up from the circled letters.

Hidden Words:

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

Answers: 1-BASIL 2-CHIVES 3-SAVORY 4-ROSEMARY 5-CLOVES 6-OREGANO 7-SPERMINT 8-CINNAMON 9-GINGER
Hidden Words: SEASONING



For the Love of PETS

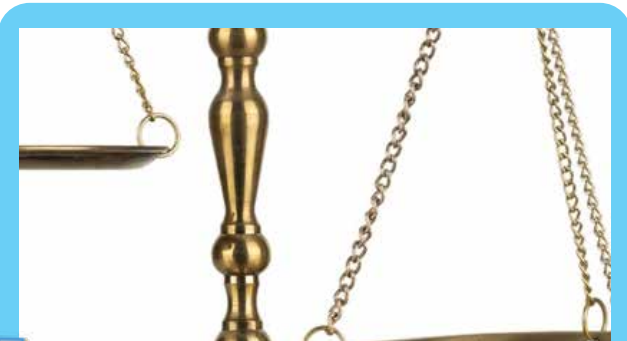
Some animals, like lizards or octopuses, can intentionally drop a limb to distract a predator and later regrow it.



How quickly can you say?



+ade without sugar.



GUESS WHAT I AM

Answers on Page 8

Angel Food Cake

- 1 baked angel food cake
- 1 (3.4-oz) pkg vanilla instant pudding
- 1 (8-oz) pkg cream cheese
- 1 (8-oz) container Cool Whip
- 1 to 2 cans any flavor pie filling (cherry, blueberry, apple or peach)



Tear angel food cake into bite-size pieces and place in a 13" x 9" cake pan. Prepare vanilla pudding according to directions; allow pudding to set. Mix cream cheese until softened. Add cream cheese to pudding and mix; combine with cool whip. Pour pudding mixture over the cake pieces in cake pan and spread evenly; chill for one hour. Next, top with a can(s) of pie filling spreading evenly. **Enjoy!**

Precious Pets



My granddaughter Maggie loves her pets, and we both enjoy Happier.
—Thanks, Jerry Griffis, Odum, Georgia

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. Photos are not returned.

Amazing "Animals"



Flipper Waving

Rockhopper Penguins are named after the way they hop from rock to rock. They reach heights up to 21 inches and weigh between 4 - 6 lbs. They are loud and aggressive birds and also communicate by head shaking, bowing, and flipper waving.

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 34:14 Depart from _____ and do good; Seek peace and pursue it.

2 Samuel 7:28 And now, O Lord God, You are God, and Your words are true, and You have promised this goodness to Your _____.

Matthew 7:17 Even so, every good tree _____ good fruit, but a bad tree bears bad fruit.

Proverbs 12:2 A good man obtains favor from the Lord, But a man of wicked _____ He will condemn.

Answers: 1. EVIL 2. SERVANT 3. BEARS 4. INTENTIONS



Look and **LEARN**

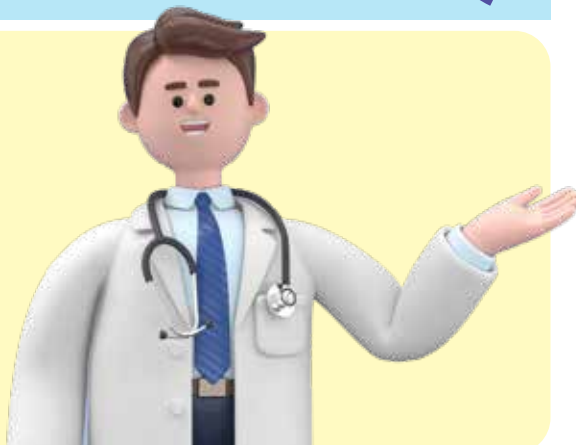
The letter "Q" is the only letter in the alphabet that does not appear in the name of any U.S. state.



Trivia Fun

Answers on page 8

1. Is it true or false that a tablespoon equals the contents of two teaspoons?
2. In what year, within five, did building of the Panama Canal begin?
3. What on the human body is the perionychium?



PATRIOTIC" WORDS



★ D U O P R F P E E L ★ F
★ A T E S L O T ★ O P R N
C T S B E A M O D E E D O
A T O L ★ G ★ N A Y T U I
P I N A C R E A M I N A T

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.

- | | | |
|--------|---------|---------|
| FLAG | PEOPLE | CAPITOL |
| NATION | STATES | |
| DUTY | FREEDOM | |

Answer on page 8

Get a Kick

One day, the teacher told her student that his grammar needed improvement. The student said, "My Grandma is fine, she's just old!"



Oh My Goodness, It's Friday!

Today's Happier Tip

We hope we are making you happier and bringing a smile to your face.

Thank You Mail

Share Happy Memories

Do you have a happy memory you would like to share with the Happier family? If you do, you can send it to us in a letter or email. Please try and keep stories around 200 words and if published, you will receive \$25. Photos are not returned.

Send to: **SHARE**,
PO Box 99
Portland, TN 37148
Or you can email us at,
customerservice@happierweek.com

We're Gettin' HAPPIER!



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Mitten is different. 2. Hair is different. 3. Snow is missing from windowsill. 4. Mouth is different. 5. Nose is different. 6. Pocket is added.

Share It

If published, get paid \$25.

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

If you send physical photos, please send copies only, as they will not be returned.

Ask for
your **FREE**
14-Steps
To
Happiness
Booklet



Fun Facts

- * **A LONG WAY!** Australia's Great Barrier Reef is 1,250 miles long.
- * **TOGETHERNESS...** The grapefruit is a hybrid between the pomelo and the orange.
- * **WALKING AND COUNTING...** At a stride of 30 inches per step, you would have to take 2,112 steps to walk a distance of one mile.
- * **GOT IT IN ORDER!** The number "forty" is the only number that has, in the English language, all of its letters in alphabetical order.



Get **HAPPIER** Tips

Move your furniture around and do some deep cleaning for a fresh change.



Doctor Mike Says . . .

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

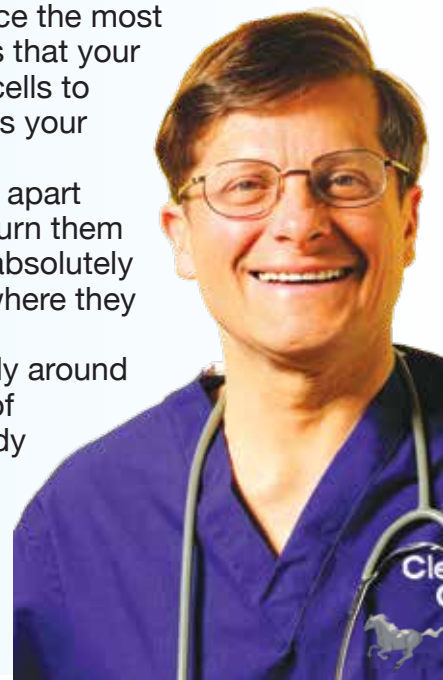
One More Reason to Enjoy EVOO

Your body has a burning desire for EVOO and other oils with a lot of monounsaturated oleic fatty acid, such as canola and sunflower oil. (Salmon, avocados and nuts also deliver a good dose). That's the conclusion of a new study that looked at which fats your body chooses to burn for energy and which get stored as fat deposits.

Published in the journal BBA Advances, the study explains that monounsaturated fats take less oxygen to burn and produce the most energy to fuel your body's metabolic needs. And it appears that your body is able to sense that it will take less oxygen for your cells to turn those monounsaturated fats into fuel — and it instructs your cells burn those fats first.

In contrast, saturated fats' atoms are much harder to pry apart and your body uses up a lot more oxygen when it tries to turn them into fuel. As a result, your body doesn't burn them unless absolutely necessary. Instead, it stores them as adipose (fat) tissue, where they fuel heart- and brain-damaging inflammation.

So, to help your body shed excess fat stores — especially around your belly — make sure your diet provides a good supply of these monounsaturated fats that efficiently fuel all your body systems. And avoid foods packed with saturated fats, like red and processed meats, full-fat dairy, highly processed foods and palm oil. For more info on smart nutrition and recipes, check out my books "What to Eat When" and "The What to Eat When Cookbook."



Thank God for Saturday!

Today's Happier Tip

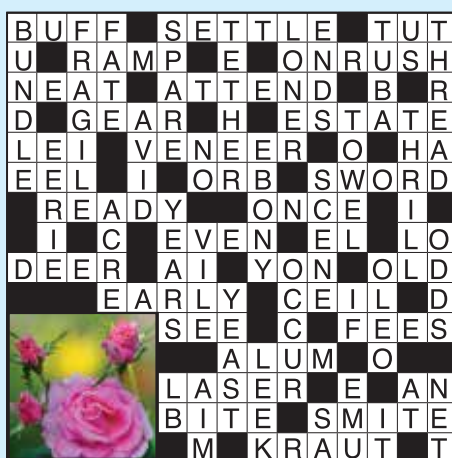
Send us a happy story about you or your family, it just might get printed.

Answer Section

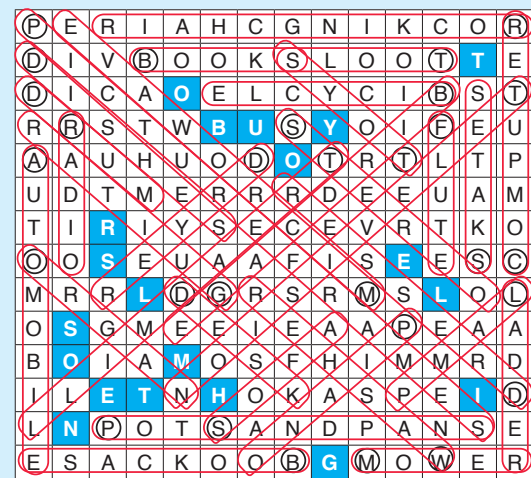
PG. 5 **Hidden Puzzle**



PG. 2 **Crossword**



PG. 4 **Circle Words:** TO BUY OR SELL SOMETHING



PG. 7

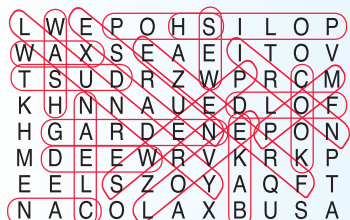
"PATRIOTIC" WORDS

Hidden Word:
PROUD TO BE AN AMERICAN

PG. 7 **Trivia Fun**

1. FALSE, IT HOLDS THREE TEASPOONFULS
2. 1904. THE CANAL WAS COMPLETED WITHIN A DECADE
3. IT IS THE EPIDERMIS FORMING THE BORDER AROUND FINGERNAILS AND TOENAILS

PG. 5 **WORD SEARCH**



PG. 2 **Toy Blocks:**

On Pages: 4,5,6,7,8
DID YOU FIND THAT HORSE

PG. 2 **Hide & Seek:**

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

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

PG. 6 **What Am I?**
NIGHT TIME

PG. 3 **Secret Words:** MAKE MELODY IN THE AIR

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

PG. 3 **Billboard of Happiness:**

A GOOD FRIEND WILL BE YOUR SUPPORT IN A TIME OF NEED

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

I WOULD NOT DRINK LEMONADE WITHOUT SUGAR

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

1. SUNSHINE MAKES ME FEEL SO ENERGIZED
2. I ALWAYS ENJOY GOOD COMPANY
3. MASSACHUSETTS, NORTH CAROLINA, AND SOUTH CAROLINA, EACH HAVE 13 LETTERS

S
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