



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



MAKING YOUR WEEK Happier



Can You Taste Summer?

Riddle



If I have it, I don't share it. If I share it, I don't have it. What am I?
A Secret.
Answer:

Plodding Along

Do you ever feel like everybody around you is speeding by on the highway of life and you are the turtle plodding along?

At the same time, that speed has its advantages, and so does addressing issues in life in a slow, but steady fashion.

Take each problem you have in a slow and steady manner. Track your progress on a homemade chart. This way you can be proud of the progress you make over time. Make your life full of success with steady progress!

—Diane Wilks Nolan



From Our Readers Couldn't Stop Snickering



A true, cute happening in a one-room school. Singing class was a daily routine and it usually was around 9:15. The pupils gathered at the front of the room and someone picked a song. A different voice at the door startled everyone. Rubbing against the open door was a cat staring in. When she continued her mew-ing, the pupils couldn't stop snickering. One girl got tired of her and she shooed her out the door. —Thanks, Michelle Martin, Port Trevorton, PA

Days Gone By It Was Great Fun



My grandfather had a great pier out in front of his house, jutting out into the waters of Fox Lake. Some of my best memories of him happened on that pier. Before dusk, we would grab two cane poles, a pair of bobbers, a can of worms, and the Coleman lantern, and then find our places on the bench on the pier. Into the water the lines would go.

Sometimes, a storm would come up, with its lightning flashes and rolling thunder coming across the lake. We would play a game to see how long we could stay on the pier before the rain squall came to hit us. It was great fun, and most of the time we got wet.

The storms always rolled from the west to the east. Pretty much the same way it happens today. The west may be sunny, and the east may be stormy. The west may be getting rain, and the east may get a major snowfall. But, it seems, always comes from the west and the east.

—Thanks, Perry Wm. Bell, Greeley, CO

A Happy Surprise

I got a surprise FaceTime from my two-year-old granddaughter that I've been taking care of all week. I spend the whole week over there because both her parents work morning shift and leave before daylight. I live an hour away, so I come over to her house for a week, and I come home on the weekends. But this week, on Thursday, I had a doctor's appointment, and her daddy took care of her on Friday. He said when she woke up, she came looking for me, so he let her FaceTime. It was so precious. She told me she missed me, and "Come back soon!" I told her, "I love you," and that I would be back after church on Sunday. She threw me a kiss, and it really made my day.

—Thanks, Agnes Staples, Orange Grove, TX

Happier Happenings



I Love Sunday

People take different roads seeking fulfillment and happiness. What's your happy road?



Today's
Happier
Tip



Page



We Love Our Hometown

Bill's Food Mart is Making Howells, Nebraska Happier



Bill's Food Mart stands out as a beloved pillar of the community, highly praised for its exceptional, neighborly customer service and deep-rooted dedication to the town of Howells. Bill's Food Mart provides a wonderful selection of fresh meats, produce, dairy, and hot lunches and dinner items that are prepared daily. We thank you Bill's Food Mart for all you do and making us happier.

Howells, Nebraska is a charming rural community with local venues and sits within driving distance of Colfax, Cuming, and Dodge counties.

Howells Historical Society Museum is a wonderful place to see regional history through distinct artifacts like crank telephones, a full-size riding buggy, and antique ice-harvesting tools.



Fremont Lakes State Recreation Area is 40 miles southeast of Howells. This spot is known for its collection of 20 sandpit lakes nestled along the Platte River. And if you like fishing, the lakes are stocked with largemouth bass, bluegill, channel catfish, and carp. Fremont Lake has boating and offers campsites, RV hookups, playground and more.



Yes! Big Monday



Today's Happier Tip

Be happy without perfection. None of us ever reach perfection.

Vol. 59, #32



2026

Happier

Aug 2-8

Published by Happier Products dba Wilks Publications, Inc.

Gilbert Wilks, Publisher, Editor-In-Chief
Bill Castle, Vice-President Finance
Keith Vasconcelles, Editor and Designer
David Wilks, Vice-President Sales
Bill Castle, Customer Service Representative
customerservice@happierweek.com

Single Subscription Price:
26 wks—\$25.74—52 wks—\$51.48
Pay online at happierweekly.com
Or make check to Wilks Publications, Inc.
PO Box 99, Portland, TN 37148

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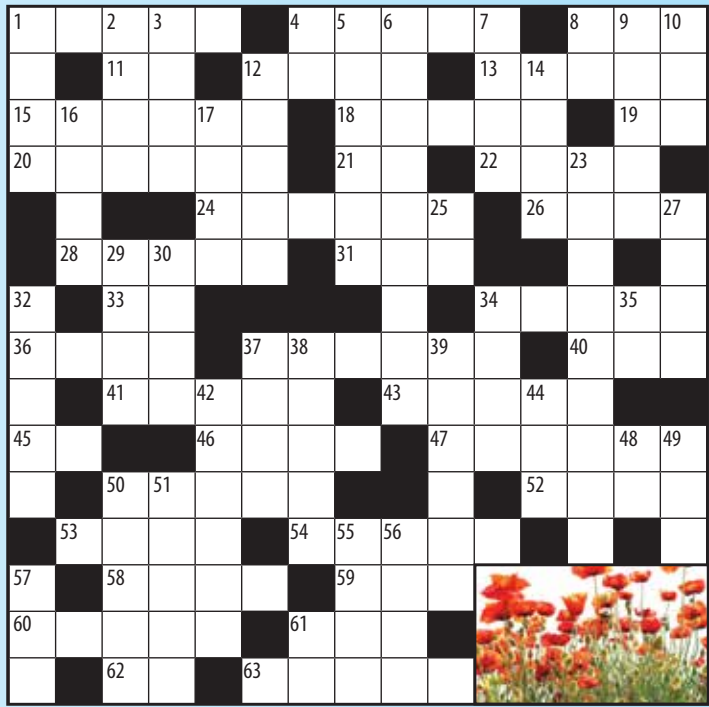
Favorite Crossword

- ACROSS**

 - 1 "Turn red"
 - 4 Frequently
 - 8 Donkey
 - 11 Behold
 - 12 Bar between wheels
 - 13 Vim
 - 15 House shade projection
 - 18 Happen
 - 19 "That is"
 - 20 Seller
 - 21 Watts-hours, abbr.
 - 22 Following in line
 - 24 Glue
 - 26 A hearing
 - 28 Tremble
 - 31 Royal Irish Academy, abbr.
 - 33 Word of choice
 - 34 Circular bands
 - 36 Volume
 - 37 Type of evergreen
 - 40 Stroke
 - 41 Literary composition
 - 43 Soil
 - 45 In this way
 - 46 Light tan
 - 47 Do the work again
 - 50 Thin, light piece
 - 52 Only one time
 - 53 Be afraid of
 - 54 Duplicate
- DOWN**

 - 1 Metal fastener
 - 2 Large arm bone
 - 3 Get dirty
 - 4 Beast of burden
 - 5 Blossom
 - 6 Method of procedure
 - 7 Part of speech for name
 - 8 "I ___ going."
 - 9 Revenge
 - 10 Not he
 - 12 Concur
 - 14 Type of chocolate filled cookie
 - 16 Moistens
 - 17 Small part of bottle
 - 23 Musical instrument
 - 25 Child's word "thanks"
 - 27 Relax
 - 29 Pit
 - 30 Large boats
 - 32 Very fat
 - 34 At this place

Answers on page 8.



- 35 Physical education, abbr.
 - 37 Bag
 - 38 Brand of glass bakeware
 - 39 A copy (of letter)
 - 42 Look diligently for
 - 44 Number in pair
 - 48 Red Cross, abbr.
 - 49 The solution
 - 50 Thighbone
 - 51 Happy sound
- 55 Repeating sound
 - 56 Beams
 - 57 Abraham, abbr.
 - 61 Toward



Happier Kitchen

Apple Mystery Dessert

- 1 large can crushed pineapple
 - 3 c sliced apples
 - 2 Tbsp lemon juice
 - 1 box yellow cake mix
 - 1¼ c sugar (for apple mixture)
- ¼ c sugar (for topping)
 - ½ c butter, melted
 - 1 c chopped pecans (optional)
 - Cinnamon

Preheat oven to 350°F. Grease a 13" x 9" pan lightly. Pour crushed pineapple with juice into pan. Toss together apples, sugar, and lemon juice. Place on top of the pineapple. Dust with cinnamon. Sprinkle fruit mixture with dry cake mix. Mix melted butter, sugar, and pecans (topping). Pour on cake mix. Dust with cinnamon. Bake at 350°F for 20 minutes, then cut with a knife to allow juice to rise to the top. Bake at 350°F for 30 minutes longer. Serve warm with ice-cream or Cool Whip®. **Enjoy!**

HIDE and SEEK

Can you help round-up five more owls?

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



I like to play

Find the missing blocks throughout Happier to make the word.

BALANCING YOUR LIFE

Get Happier Tips

When we learn to balance our lives physically, mentally and spiritually we will discover more joy and happiness than we have ever imagined. When we learn to balance work and play, our jobs and family time, and even our personal time, we find the hope and peace for which we have been searching. How can we balance our lives toward healthy living? In the following, you will find a few ways to balance your life:

1–Seek medical advice from your physician before beginning any exercise program. He will start you out on the right track, instructing you as to how much time you should spend working out and how much energy to exert as you learn to balance your exercise routines.

2–Set reasonable goals. Don't push yourself into doing things you don't enjoy. Healthy living will become a short-lived venture if the activity becomes too stressful.

3–Focus on happy memories. Remember funny things your children or grandchildren have said or done over the years and laugh all over again.

4–Last but not least, get a good night's sleep. Our bodies benefit when we give our bodies a break and spend ample time resting.

—By Nancy Gibbs

Health Tip

Time to Vacuum



Summer requires a more frequent cleaning schedule than winter because of open windows, active kids, and shedding pets. A open window breeze can carry in dust, pollen, and outdoor pollution. Vacuuming more often is a good idea because carpet fibers act like a giant filter, trapping seasonal allergens and abrasive dirt.

Handy Hints

Keep Ants Away



To keep ants away safely and naturally, disrupt their scent trails by wiping surfaces with equal parts white vinegar and water, or by applying essential oils like peppermint or tea tree oil.

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

Happier Poem

What Captured My Heart...

Was it your eyes?
Was it your lips?
Was it your hands?
Was it your voice?

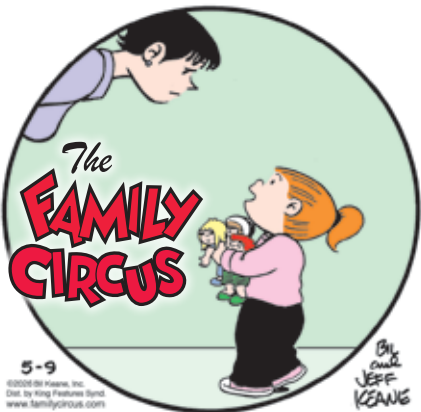
Was it your hair?
Was it your face?
Was it your humor?
Was it your grace?

Was it your smirk?
Was it your hand?
Was it your laugh?
Was it your stand?
Was it your style?

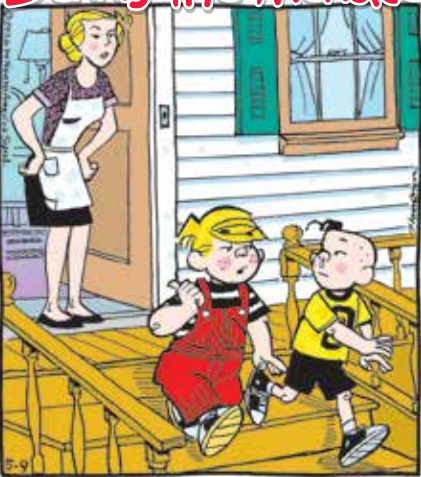
None of these captured my heart
Honey, it was simply, your smile.

—R.W. Walla Walla, WA

Laugh A Little



Dennis the Menace



"When my mom gives me a piece of her mind... It usually ends up being a very big piece!"

It's **REAL**
The national average price of gasoline first surpassed \$1 a gallon in 1980.

NOW THAT'S FUNNY!

An older lady was speeding down the road and got pulled over. The officer said, "I will need to see your driver's li-cense." The lady replied, "What does it look like?" The officer replied, "It will have your picture on it." She digs through her purse and finds a small mirror. She looks at it and sees her reflection and then gives it to the officer. The officer looks at it and said, "You can go; I did not realize you were an officer."



Secret Words

"PENGUINS"

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 25 letters leftover. **Have fun!**

Bonus Words: _____

ADELIE FISH UNUSUAL
ANTARCTICA FLIPPERS UPRIGHT
BABIES HATCH WADDLE
BIRD ICE WALK
BLACK MALE WEBBED
CHICK MATES WET
CLUMSY NEST WHITE
COLONY OCEAN ZOO
COLD PADDLE
DIVE POPULAR
EGGS ROOKERIES
EMPEROR SEA
FEATHERS SPECIES
FEET STOCKY
FEMALE SWIMMER

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

Answer on page 8



Hello
Tuesday!



Today's
Happier
Tip

We can all use a
dose of WISDOM
every so often.

BILLBOARD
of
HAPPINESS

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



	W		L		E	
		O	S	T	V	
N		U	N			
O	R		T		R	S

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

Answers on Page 8

Sometimes you
need to stop and



Page



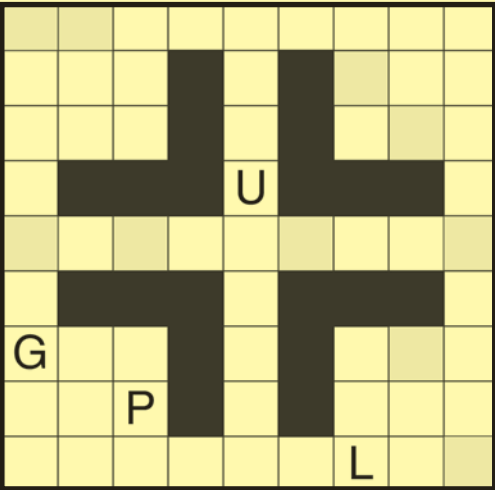
Negatives to Positives!

- Take a step back from the situation and try to view it in a positive light looking for possible solutions that will bring about good results.
- If you've done something to offend someone, try your hardest to turn that negative event into a positive one. Own what you are responsible for in the form of an apology and then let your friend or relative know they mean a lot to you.
- Every day wake up and make a list of ten things you can be positive about even if you've had a rough night's sleep. This will turn you negative feelings positive!

—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.



TRIPLETS KEYWORD: HOLY SUITED

AIR	EYE	LAY	RDI	D	E	L	T	R	A	V	E	L	L	E	D
ALE	GAS	LED	SEW	H	I	P	L	A	R	E	B	A	S	G	A
ALS	GHT	NED	SPA	N	E	N	E	N	E	N	E	N	E	N	E
ARE	HIN	NEW	STU	S	T	U	R	D	I	E	S	T	I	E	S
BLE	HIP	ORE	SWE	E	N	E	N	E	N	E	N	E	N	E	N
DSI	HOS	PAL	TRA	I	R	E	N	E	N	E	N	E	N	E	N
ERE	INA	PEN	UDI	N	E	N	E	N	E	N	E	N	E	N	E
EST	IRE	PIT	VEL	A	N	E	N	E	N	E	N	E	N	E	N
ETE	LAW			L	A	S	P	I	T	A	L	S			

SUN National Friendship Day	2 MON National Watermelon Day	3 TUE National Chocolate Chip Cookie Day	4 WED Blogger
--------------------------------	-------------------------------------	--	---------------------

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.

BEAUTY	HEALTH	SCHOOL
CAREER	HOBBIES	STORIES
CARS	JOKES	TOURS
CHILD CARE	LETTERS	TRAVEL
CLOTHES	LIFE	
COOKING	MAP	
DECORATING	MONEY	
DIETS	MUSIC	
EDUCATION	NATURE	
EXERCISE	PEOPLE	
FADS	PETS	
FAMILY	PICTURES	
FASHIONS	PUZZLES	
FOOD	RECIPES	
GARDEN		

Answers on Page 8

“MAGAZINE TOPICS”

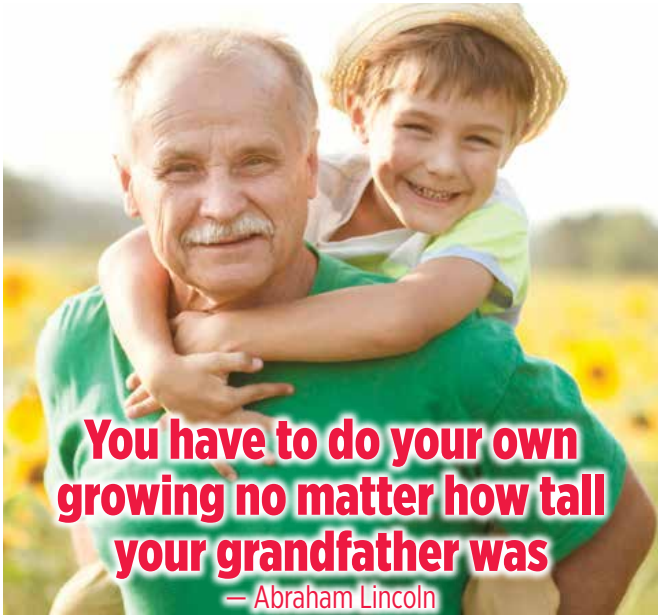
Bonus words: _____



Happier Across America



At a family potluck when it was time to eat, this cute little dog ran to a chair in hopes to get a treat. —Thanks Tyler V. Pasco, WA



You have to do your own growing no matter how tall your grandfather was

— Abraham Lincoln

Quick & Easy Crossword

Roadside Gift Shop

ACROSS:

- 1 Purchase a ___ of the state you are visiting.
- 2 Get some ___ of the area.
- 3 By a ___ with an insignia.
- 4 Get a belt ___ for yourself.
- 5 Buy a ___ to keep your things in.
- 6 Purchase a pretty hand made ___.
- 7 A nice ___ in which to keep your money.

DOWN:

- 1 There might be a fresh ___ display.
- 2 A nice ___ for a present for someone.
- 3 A commemorative state ___.
- 4 A ___ to wear on your coat.
- 5 A ___ for the refrigerator.
- 6 A ___ for the little girl at home.
- 7 ___ to places around the state.



ANSWERS: Across 1-Flag 2-Postcards 3-Cap 4-Buckle 5-Purse 6-Blanket 7-Wallet Down 1-Fruit 2-Bracelet 3-Plate 4-Pin 5-Magnet 6-Doll 7-Maps



Yea! It's Wednesday!



Today's Happier Tip

Happiness comes easier when you want to learn and get inspired.

Our President Said It



The most important single ingredient in the formula of success is knowing how to get along with people.

— Theodore Roosevelt

Enjoy the things around you.

5	THU	6	FRI	7	SAT	8
Day	National Root Beer Float Day	Purple Heart Day	National Bowling Day			



Don’t Lose Sight of the Goal Dear Ramsey

Dear Dave,

I'll be graduating college in May with a degree in elementary education. I'll have a job at a local school waiting for me, and this will be the first time in my life I've made more than minimum wage. The great news is my new job will raise our household income to over \$100,000 a year. The bad news is we've got \$18,000 in student loan debt, \$6,000 in credit card debt and \$3,000 to pay off from a car repossession a few years ago. How do you recommend my husband and I manage our upcoming increased income? — Hannah

Dear Hannah,

Wow! Congratulations on your degree, and the decision to get serious about a plan for your money. I'm so proud of you for all the hard work you've put in to help make your lives better. And I've got some more good news for you. If you two keep living the way you have been for just a little while longer, and put the rest of the money toward debt, you can have it all knocked out in no time. Remember, just because you two are making a lot more money doesn't mean you should start spending a bunch on fun stuff and shiny new toys. In fact, if you know enough about the numbers of your upcoming new job, you and your husband should sit down together now, and practice working out a written monthly budget based on your new income. Give every dollar a name before you spend it, and don't forget to work the debt snowball, too.

List your debts from smallest to largest, pay minimum payments on the two largest and then attack what's still hanging from the car repo with a vengeance. Chances are if that debt has enough age on it, you might be able to work out a deal to pay fifty cents on the dollar. Once you've paid that off, roll the money from that payment over, and apply it plus any other cash you can scrape up toward the credit card debt. After all that, you'll have a bunch of cash to throw at those students loans and get all that stuff off your backs for good.

Hannah, you and your husband have the perfect opportunity to change your financial world—and your lives—for the better. Just be patient a little while longer. If you'll follow my advice, I guarantee you'll love where you land! — Dave

IRON-ON TRANSFERS

You can use to make any shirt a designer special. Looking in all directions, using the clues, find words about iron-on transfers. *Answers on page 8*

S
N
G
I
S
E
D
M
C

A
R
H
S
E
O
H
E
A
R
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I
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T
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U
A
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Y

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O
E
V
M
B
I
R
O
R
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L
P
L
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P
E
A
M
S
V
Y
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T
O
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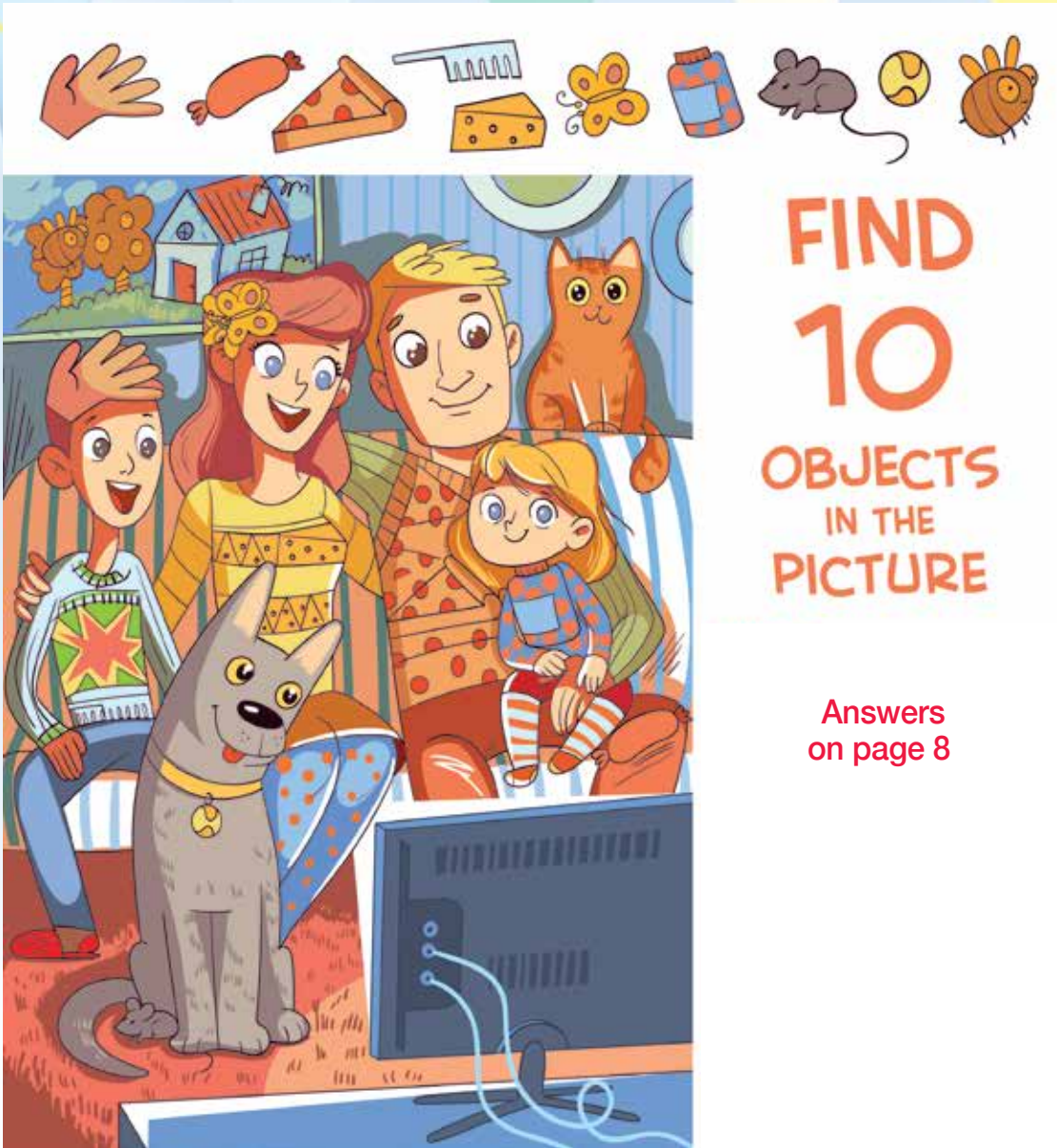
AP...
CO...
HE...
PR...
SH...
PH...
DE...
LE...
SE...

WA...
SA...
EM...
PE...
ST...
WE...
SE...

Cutest Kids



Me and my little brother out for a ride with grandma.
—Thanks, Brittney Haili, Southern CA



FIND
10
OBJECTS
IN THE
PICTURE

Answers
on page 8

This n' That



Jim's FBI Happenings

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

The Freedom Train

On December 31, 1986, I retired from the FBI. Henry Harrison, president and owner of the Rockabilly Museum in Jackson, Tennessee, requested that I meet with him.

The project was a Freedom Train, leaving Memphis, Tennessee, to the final destination of Washington, DC, in honor of all veterans of all wars.

When the plans for the train to leave Memphis and the time of arrival in different cities was worked out, I decided that I would help and handle security.

Mr. Harrison had received commitments from General William Westmoreland and many other top officials. When Johnny Cash heard about it, he wanted to be on the train for the entire trip.

It was planned that it would stop at major cities. At every major stop, a different entertainment group would do a show. The grand finale was planned for Washington DC.

We had many meetings in Memphis, in the Elvis Suites of the Holiday Inn. I would go to the airport and pick up Johnny Cash.

Sadly to say, something happened with the agreement and the trip was canceled. We all say “thank you,” to all the veterans who have served our great country.

See you next week. —Jim

This Week In History

- Aug. 2, 1875** – World's 1st roller skating rink opens in London.
- Aug. 3, 1914** – 1st seaworthy ship through Panama Canal.
- Aug. 4, 1971** – U.S. launches 1st satellite into lunar orbit from manned spacecraft.
- Aug. 5, 1985** – Establishment of a Rock and Roll Hall of Fame is announced.
- Aug 6, 2012** – NASA has successfully landed the Mars Curiosity rover on Mars.
- Aug. 7, 1959** – Explorer 6 transmits 1st TV photo of Earth from space.
- Aug. 8, 1864** – Red Cross forms in Geneva.

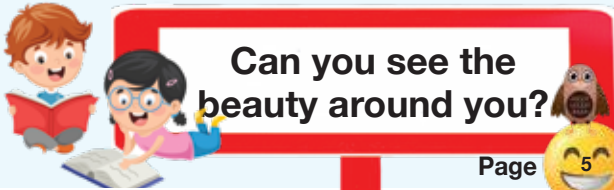
Let's Have Fun

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...

Calvin Coolidge owned a pet raccoon named Rebecca, who walked on a leash and freely roamed the White House.



Can you see the
beauty around you?

Words of Wisdom



Those who intend on becoming great should love neither themselves nor their own things, but only what is just, whether it happens to be done by themselves or others. —Plato

This Week's Scrambles

- 1. t'ls rahd ot eb rmugyp hwne uoy ahev eeessrchunlf .
- 2. geepnKi malc anc pelh ouy eefl dlaerx.
- 3. I kaet a depe heartb nhew geifln syneau.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

Increase your happiness with knowledge and wisdom.

Laugh A Lot



What did the baby banana say to the mama banana?
I don't peel good...



How do trees access the internet?
They log in.

What Am I?

- 1. The more of me you take, the more you leave behind.
- 2. I will always follow you.
- 3. You can see me in sand, dirt, and snow but not on hard surfaces.
- 4. I will slowly disappear.

Answers on Page 8

Just look around and you will see it.

Cruisin' Around

- 1. The West Shore of _____ Island has 20th-century vessels that have been left in the mud.
- 2. The Verrazano-Narrows Bridge is roughly _____% heavier than Golden Gate Bridge.
- 3. Staten Island hosted the only peace conference of the Revolutionary War in 1____76.
- 4. George Washington ordered the creation of a military lookout on Staten Island to watch for the _____ fleet.
- 5. A Staten Island chemist created the synthetic gum base for the William Wrigley Jr. Co.'s Spearmint and Juicy _____.
- 6. New York is bordered by Vermont, New Jersey, Pennsylvania, Connecticut, and _____.

Answers: 1. Staten 2. 7 3. 7 4. British 5. Fruit 6. Massachusetts



Staten Island, New York



Cheese SCRAMBLE



1. BYOLC

2. ERHADCD

3. NETRSMU

4. MNSAPRAE

5. OIAGSA

6. RLAZAOZEML

7. RATAHVI

8. GUERRMIBL

9. OACITRT

10. DAGOU

Unscramble the letters below to find the names of ten different types of cheeses. Then discover the hidden theme word, found only in Wisconsin, made up from the circled letters.

Hidden Words:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Answers: 1-COLBY 2-CHEDDAR 3-MUNSTER 4-PARMESAN 5-ASIAGO 6-MOZZARELLA 7-HAVARTI 8-LIMBURGER 9-RICOTTA 10-GOUDA Hidden Words: CHEESEHEAD



For the Love of **PETS**



Wood frogs freeze solid in winter, halting their breathing and heartbeat until they thaw out perfectly fine in the spring.

How quickly can you say?



+t



of any place



like



Answers on Page 8



GUESS WHAT I AM

"BEACH" WORDS

-
- A vibrant, stylized illustration of a busy beach scene. In the foreground, a woman with long red hair and sunglasses sits on a red inflatable ring, holding a watermelon. To her left, a woman in a blue swimsuit stands next to a large red surfboard. In the background, a person is surfing on a white wave. To the right, a woman in a blue swimsuit is playing with a yellow ball, and a man in a green shirt is standing nearby. A small owl and a dog are also visible on the beach. The scene is set against a backdrop of green hills and a blue sky.

D V E L \ D U I B L \ \ \

O I A S A S S C D N T L E

H S G \ S P T A B U C M O

\ E H T C \ A C K \ K E L

\ T P L U H A B C E \ D T

BUCKET	SHOVEL
PACK	MOLD
SCULPT	DIG

Precious Pets



—Thanks, Keith Vasconcelles, College Place WA

Amazing “Animals”



The dusky langur is a primate native to Southeast Asian countries like Malaysia, Myanmar, and Thailand. Famous for their quirky appearance and tight-knit family dynamics. While adults are dark gray, newborn infants are orange or bright yellow fur paired with pink faces.

Answers: 1. KIND 2. GENERATIONS 3. FOREVER 4. FATHER



A family came back home from church to find Grandma was there. She asked her little grandson, "What did you do in church?" "We sang songs," was his reply. "What songs did you sing?" she asked. He said, "I'm not sure what they were singing but I sang 'Rudolph the Red-Nosed Reindeer.' "



Oh My Goodness, It's Friday!

Today's Happier Tip

**If you treat others with
love, then you too
will be loved.**

Thank You Mail

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!****



Look and **LEARN**

Corn is grown on every continent except Antarctica, making it one of the most widely adapted crops on Earth.



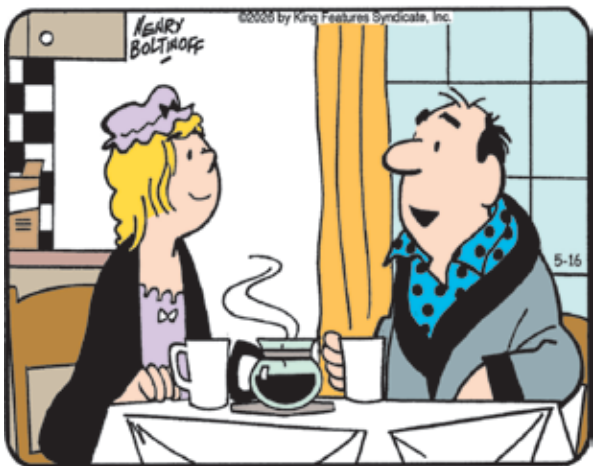
Trivia Fun

Answers on page 8

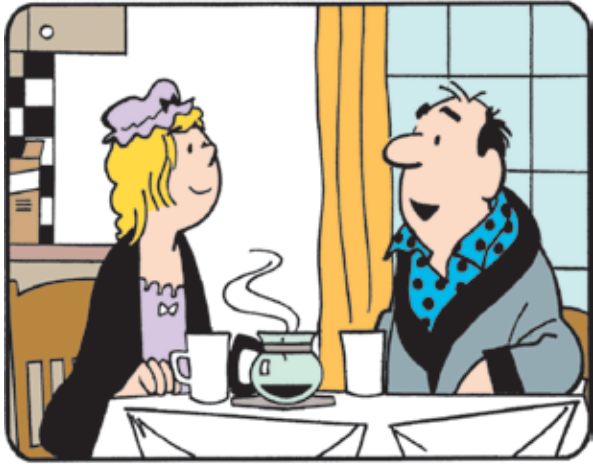
1. Name the river crossed by the Brooklyn Bridge.
2. The food sturgeon roe is called...
3. What is the meaning of the word erudite?



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Fingers are not showing. 2. Cup handle is smaller. 3. Back of chair is different. 4. There is less coffee in the pot. 5. Table is larger. 6. Box on counter is taller.

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



Thank God for
Saturday!



Today's
Happier
Tip

With each new day comes
new strength and new
thoughts.
—Eleanor Roosevelt

Fun Facts

- * **TWO DOZEN...** A cat usually has about 12 whiskers on each side of its face.
- * **IT'S ALIVE!** The cell is the basic unit of life, and an organism must be composed of at least one cell to qualify as a living thing.
- * **STARGAZING...** Hipparchus compiled the first known star atlas. He lived from 190 B.C. to 120 B.C.
- * **YOUNG WISDOM...** Albert Einstein wrote the Theory of Relativity in 1905 while he was still in his 20s.



Get **HAPPIER** Tips

We can feel happy just by being
around other people who are happy.



Doctor Mike Says . . .

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

Is Added Fructose Fracturing Your Future?

Fructose shows up in table sugar (it's about 50% fructose). And high fructose corn syrup, containing from 42% to 55% fructose, is in everything from soda, agave syrup (90% fructose) and baked goods to cereal. If you eat processed foods and drink fruit juices, power drinks and sodas, it's hard to avoid taking in far more than is good for you.

One older study found that fructose adds up to about 10% of Americans' calories, with many adults consuming more than 50 grams daily. It's probably higher these days! (Around 25 grams to 40 grams daily from natural sources like high-fiber fruits that slow their digestion and entrance into your bloodstream is considered safe.)

And now we learn that the dangers of added fructose are even greater than we suspected. According to a study in Nature Metabolism, it ups your risk of weight gain, encourages your liver to produce excess triglycerides, ups the chance of developing metabolic syndrome, insulin resistance, Type 2 diabetes, high blood pressure, heart woes, gout, and certain malignancies — and contributes to dementia.

To get free of added fructose and high fructose corn syrup, read ingredient labels on everything you buy. According to the Centers for Disease Control and Prevention, fructose may appear disguised as crystalline fructose, fruit juice concentrate, agave nectar, and, in some cases, simply as "sugar" or "syrup." Also, pay attention to all added sugars; your body can only safely handle 4 grams of added sugar an hour and 20 grams a day.

To discover the subtle, sweet flavors of natural foods, well-prepared, check out my "What to Eat When Cookbook."

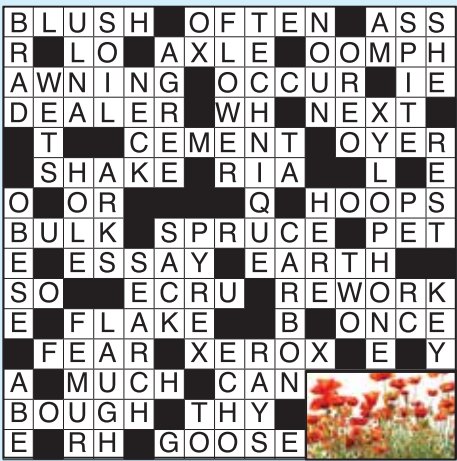


Answer Section

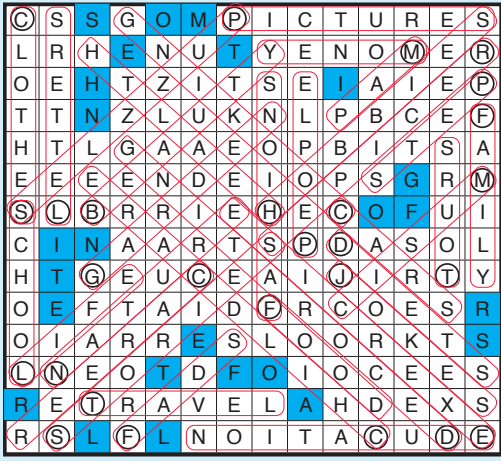
PG. 5 **Hidden Puzzle**



PG. 2 **Crossword**



PG. 4 **Circle Words:** SOMETHING OF INTEREST FOR ALL

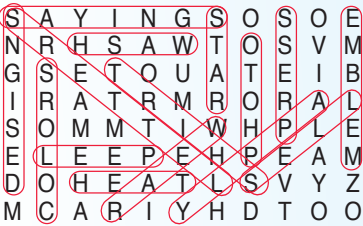


PG. 7
"BEACH" WORDS
Hidden Word:
BUILD SANDCASTLES
AT THE BEACH

PG. 7 **Trivia Fun**

1. EAST RIVER
2. CAVIAR
3. LEARNED, SCHOLARLY, OR SHOWING A VAST KNOWLEDGE FROM READING.

PG. 5 **WORD SEARCH**



PG. 2 **Toy Blocks:**

On Pages: 4,5,6,7,8
I LIKE TO PLAY GAMES

PG. 2 **Hide & Seek:**

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

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

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

PG. 3 **Secret Words:** INTERESTING ANIMALS TO WATCH

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

PG. 3 **Billboard of Happiness:**

I WILL BE A POSITIVE INFLUENCE FOR OTHERS

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

CAN'T THINK OF ANY PLACE I WOULD LIKE TO BE

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

1. IT'S HARD TO BE GRUMPY WHEN YOU HAVE CHEERFULNESS
2. KEEPING CALM CAN HELP YOU FEEL RELAXED
3. I TAKE A DEEP BREATH WHEN FEELING UNEASY

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