



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



MAKING YOUR WEEK Happier

Vol. 59 #40 SEP 27-OCT 3



Let's Share with Others

Riddle



Shawna's father has 5 daughters – Shelly, Barbara, Dian, and Brittney. What is the fifth daughters name?

Answer: Shawna

Collect Your Thoughts

When you're faced with challenging situations, where do you derive your strength from? Do you have that special place you can go and collect your thoughts before reacting? When we're grounded in our strength of character, we are truly strong. So, the next time a frustrating situation arises, derive strength from your character—who you know you are and what you stand for.

—Diane Wilks Nolan



Doing a Happy Dance

Some moments simply refuse to stay contained. Good news arrives, a worry lifts, or a long prayer is finally answered—and suddenly your body reacts before your mind can catch up. A grin spreads across your face, your step gets lighter, and you find yourself doing a happy dance.

In a world that often rushes past good things, doing a happy dance is a way of stopping to notice. It says, "This matters. This is worth celebrating." Whether it's a big victory or a small mercy, joy grows when it's acknowledged.

Happy dances also remind us that gratitude is active. Joy isn't just something we feel; it's something we express. When we allow ourselves to celebrate, even briefly, we reinforce hope and strengthen our perspective. So when life gives you a reason—any reason—to rejoice, don't overthink it. Let joy show up in your body, your attitude, and your outlook. Go ahead and do a happy dance. Some blessings are too good to keep still. —Thanks, Perry Wm. Bell, Greeley, CO

Happier Happenings



From Our Readers

He Made My Day



I was waiting in the car shop for my oil to be changed. A little boy around the age of five was busy making hamburgers with plastic foods that he found in the children's area. He fixed the hamburger with all the plastic toppings and walked over to me. He said, "You're at McDonalds," and handed me the burger with a big smile. I gave him a dollar and he was so excited that he started making more for the others who were waiting. No laziness in that lad; he made my day.

— Thanks, Sandy LaFollette, Chariton, IA

Days Gone By

My Hero Saved the Day



My friend and I went on a road trip to Atlantic City, strolling the boardwalk, and taking in the sights. We stayed through the weekend and had a great time, but the ride home was not what we expected. Somewhere along the highway, our car tire hit a nail, and just like that, it went flat and then it started to snow. Feeling helpless, we said a prayer, asking God to send us an angel. We spotted an emergency pay phone down the road, and I called home. My Dad answered, and I managed to tell him what was happening. He said, "I'll be there soon, Susie!" Relief washed over me when he showed up. He truly saved the day. Thanks so much, Dad, and my angel, for being our hero.

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

Today's Happier Tip



I Love Sunday

Happiness depends on us and what we decide to do with our day.





We Love Our Hometown

White's Foodliner is Making Cimarron, Kansas Happier



White's Foodliner, is making the community of Cimarron happier with their friendly staff and welcoming environment. Customers frequently praise the store for its impressive cleanliness, well-organized aisles, and a surprisingly robust selection of fresh, high-quality produce and premium meats for a rural market. Beyond offering everyday grocery essentials and excellent weekly sales, the store provides unbeatable small-town convenience, saving residents from making long drives to larger cities for their household needs. It serves as a vital community pillar where local shoppers feel genuinely valued, supported, and recognized by name.



Cimarron, Kansas, offers a charming mix of rich pioneer history, outdoor recreation, and small-town Americana. Located right along the historic Santa Fe Trail, it provides a peaceful getaway with easy access to major regional hubs like Dodge City and Garden City.



Yes! Big Monday



Today's Happier Tip

Be kind to everyone and you will find happiness.

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Favorite Crossword

- ACROSS**

 - 1 Evergreen fruit
 - 4 Passing fashions
 - 8 Male swan
 - 11 Happily ____ after
 - 12 Weird
 - 13 Us
 - 14 Type of flower
 - 16 Asian wild goat
 - 18 Alternate, abbr.
 - 19 Devour
 - 20 Short slumber
 - 21 Ancient writing instrument (plural)
 - 23 Throws
 - 25 For fear that
 - 26 Fastens
 - 27 Large property
 - 31 Equally
 - 32 In this way
 - 34 Stir; bustle
 - 36 Expression of surprise
 - 37 Burrow
 - 39 Horse sound
 - 41 Leave
 - 43 Sight organ
 - 44 Biblical priest
 - 46 Labor
 - 48 Upon
 - 50 Midnight ____
 - 51 Female deer
 - 52 A dowel
 - 54 Bible book
 - 55 Mentioned
 - 58 Pester
- DOWN**

 - 1 Heal
 - 2 Cuddle
 - 3 Short for evening
 - 4 A trim
 - 5 Extending far down
 - 6 Gender
 - 7 Small
 - 9 Young owl
 - 10 Gambles
 - 15 Desert's fertile spot
 - 17 Type of fish
 - 18 Too
 - 22 Biblical "you"
 - 24 Send forth
 - 26 Strong taste
 - 28 Skill
 - 29 Advertisement
 - 30 Quinine waters
 - 33 Type of stone
 - 35 Deep hole
 - 36 "Buckeye State"
 - 38 Northeast, abbr.
 - 40 Heavenly Father
 - 42 Exclamation at blunder
- 61 Toward the top
 - 63 Large bird
 - 65 Succeeded
 - 66 Forbidden
 - 67 Puffed

Answers on page 8.



- 45 Expression of happiness

47 Allow

49 Tidy

50 Storage place

53 U.S. soldier

56 To reach maturity

57 Little bear

58 Sprout

59 Large container

60 Female sheep

62 Father
- 63 The letter "N"

64 I



Happier Kitchen

Cherry Angel Food Cake

- 1 (16 oz) pkg. angel food cake mix
- 1 (8 oz) bar Kraft® Philadelphia cream cheese
- 1 (7 oz) jar Kraft® marshmallow creme
- 1 (21 oz) can cherry pie filling
- 1 (3 oz) box cherry Jello



Bake angel food cake mix as directed; cool. Place cream cheese and marshmallow creme in a mixing bowl. Beat with electric mixer until smooth; set aside to use as frosting. Cook cherry Jello as directed. Let cool, but do not refrigerate. Place angel food cake on cake plate and poke holes in top of the angel food cake with a straw. Pour cherry Jello into holes. Ice with cream cheese frosting. Spoon cherry pie filling on top. Let the juice drizzle down the sides and serve. **Enjoy!**



Can you help round-up five more horses?

Answers on page 8.



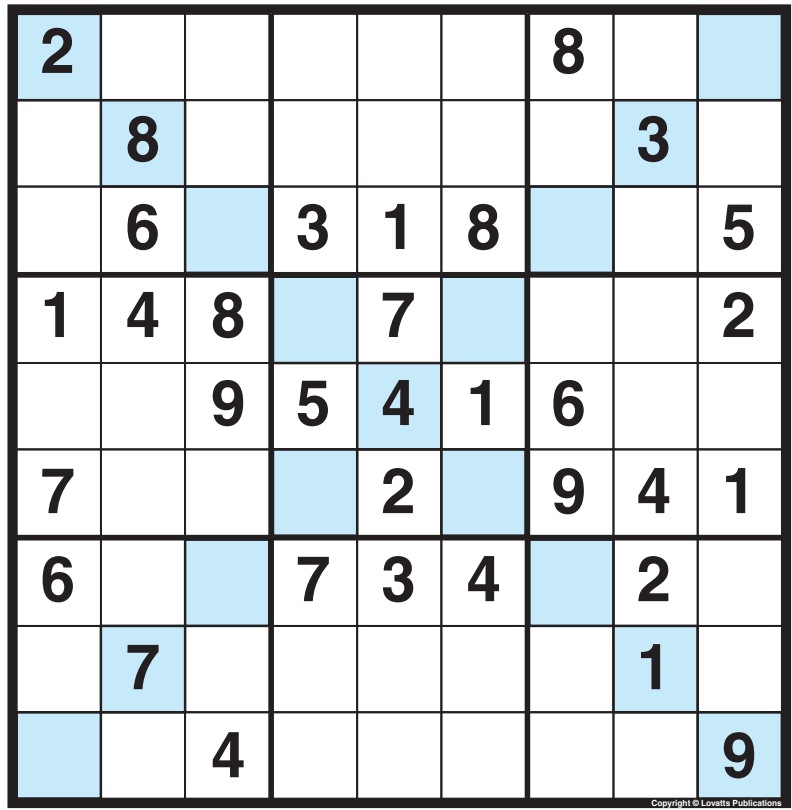
You are so

Find the missing blocks throughout Happier to make the word.

I ♥ "LOVE" SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the digits 1 to 9. The diagonal squares must also contain the numbers 1-9.

Answers on page 8.



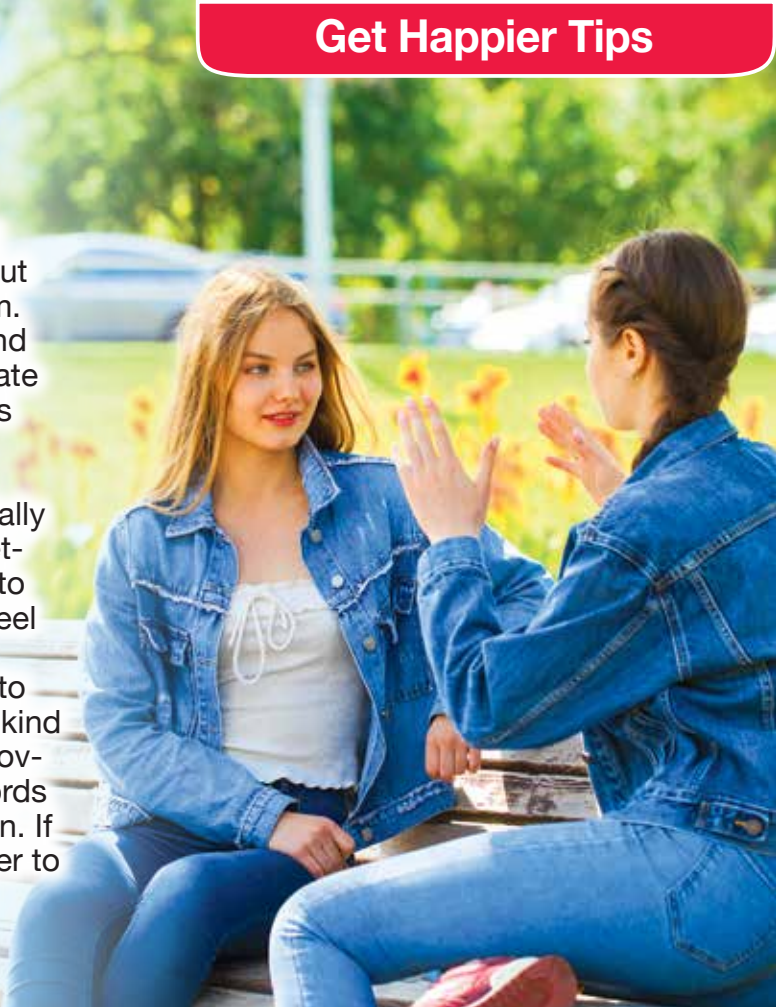
Constructive Advice

We have all met people who feel the need to share their advice about things that are not relevant to them. Most of the time we resent that kind of advice. But, in turn, we appreciate constructive advice, as long as it is given with love.

I have learned that while giving advice we must be careful, especially with family members. It's much better to give it in a way that the one to whom we are speaking does not feel threatened or criticized.

The next time you feel the need to share advice, won't you share the kind that counts? Share advice with a loving and happy spirit using kind words that will build up and not tear down. If you can't do that, it would be better to keep your advice to yourself.

— By Nancy Gibbs



Get Happier Tips

Health Tip

Out of Sight, Out of Mind



I know it's hard, but we should be vacuuming under our bed regularly. Even though it's out of sight, dust, pet dander, hair, and dead skin cells push their way underneath the frame. Breathing this as you sleep can trigger allergies and cause morning stuffy noses. You should aim to vacuum under your bed every two weeks if you have pets or allergies.

Happier Poem

Autumn

The autumn leaves are falling,
And leaves fill the air.
When the wind blows them,
They glide without a care.

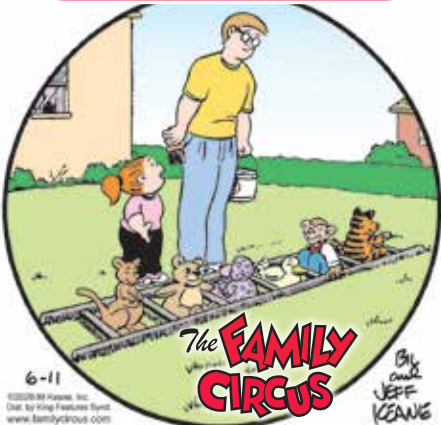
See the pretty colors
As they are floating by.
They pile up on the ground
As they fall from the sky.

Children laughing, and playing,
As they're jumping on each pile,
Throwing leaves in the air
With a great big smile.

Laughter fills the air
As children enjoy the fun.
When autumn leaves are falling,
It's fun for everyone.

— Agnes Staples,
Orange Grove, TX

Laugh A Little



"Look, Daddy! They each have their own yard."



"You said you'll leave in an hour, but Dennis said he only has 20 minutes of good behavior left."

It's **REAL**
The Moon drifts 1.5 inches further from Earth each year.

NOW THAT'S FUNNY!

When my granddaughter, Lindsay first attended church worship services and was old enough to express her thoughts, she whispered to her mom, "When are they going to pass the bread? I'm hungry!"



Handy Hints

What Key Do I Use?



Use nail polish in different colors on each key to quickly grab the one you want.

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



Hello Tuesday!



Today's Happier Tip

You can find happiness fishing, even if you don't catch any fish.

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 23 letters leftover. **Have fun!**

APPLE	FUDGY
APPLESAUCE	HOT
BANANA	KEY LIME
BLACKBERRY	LEMON
BLUEBERRY	MOLASSES
CARAMEL	ORANGE
CHERRY	OVEN
CHESS	PEANUT
CHOCOLATE	BUTTER
COCONUT	PUMPKIN
COOL	RAISIN
CRANBERRY	RHUBARB
CRUST	STRAWBERRY
CUSTARD	SWEET POTATO
DATE	VINEGAR

Answer on page 8

"PIES ON GRANNY'S PIE SHELF"

Bonus Words:

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

BILLBOARD of HAPPINESS

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

Y		U			L	L			
	A		E			M	E	O	E
T				E	N		O		
	H	E				R	K	I	
			E		H	E	R		

A G G H I L N N N O
O O O O S T T V W W W

Answers on Page 8

Say 'please' and 'thank you.'



Page



Get Up Happier

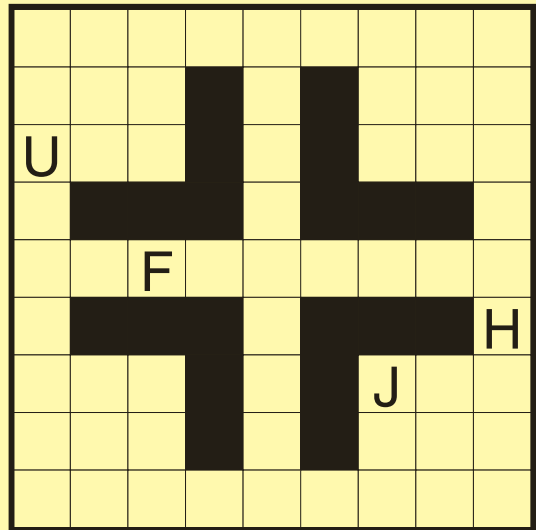
I Remember...

There are so many good things that happen to us throughout our life. Sometimes we forget, and we let the problems of everyday living bring down that happy feeling. So this week, we're focusing on Memories . . . and pictures that go along with happiness. So go ahead, do as I did! Get those old photos out, and take as much time as you wish, to enjoy.

—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.



Ado	Enl	Ing	Rds	N	V	M	S	D	H	O	M	S
Ang	Ent	Jam	Reg	A	R	E	L	E	S	A	G	E
Are	Era	Jet	Sag	T	E	T	J	E	R	E	L	E
Ate	Ere	Led	Seg	H								
Def	Err	Man	Sou	G	I	N	G	D	E	F	E	N
Don	Ess	Ndl	Swo	I								
Ego	Gen	Ore	Ten	L	O	W	L	T	O	W	N	E
End	Igh	Owl	Tow	N	O	N	D	O	N	E	O	R
		Raw	Urn	E	G	A	T	E	S	E	G	R

SUN 27	MON 28	TUE 29	WED
National Chocolate Milk Day	National Neighbor Day	National Coffee Day	National Love Day

Circle Words

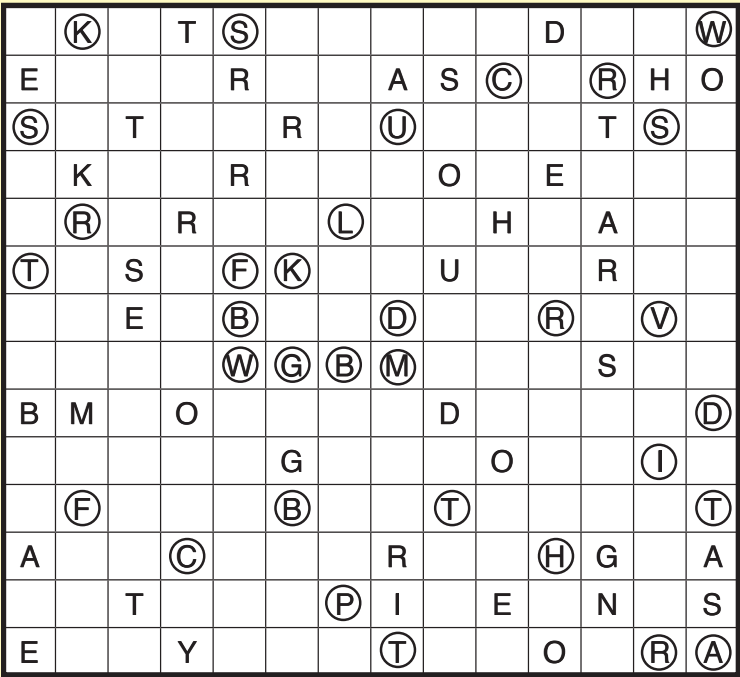
Fill in the words by starting each at the correct circled letter; go forward, backward, up, down or diagonally. All squares will be full when you have completed the puzzle correctly. Mark through each word in the puzzle as you find it. The unused letters will spell the bonus words.

ARROWS	IRON	TEAPOT
BANJO	KETTLE	TEDDY-BEAR
BAT	KEY	TOYS
BOOKS	LAMPS	TRAY
CAGE	MUGS	TRICYCLE
CHALK-BOARD	PLATTER	UNIFORMS
DISHES	RADIO	VASES
DOLLHOUSE	RING	WAGON
DOLLS	ROCKING-CHAIR	WIND-CHIMES
FLOWER-POTS	RUGS	
FRAME	SHOES	
GUITAR	SNEAKERS	
HATS	STATUE	

Answers on Page 8

“SECOND HAND SHOP”

Bonus words:



Happier Across America



The morning sun and sun-flowers make me happier everyday.

—Thanks June Martin, Fort Morgan, CO



Alone we can do so little; together we can do so much.

— Helen Keller

Quick & Easy Crossword

THESE SIZZLE

ACROSS:

- 1 The ___ on a very hot summer day.
- 2 A ___ from a flint.
- 3 A ___ when you are sick.
- 4 A ___ in the woods.
- 5 ___ from an erupting volcano.
- 6 ___ water in a tea kettle.
- 7 A ___ flare in the sun.

DOWN:

- 1 A ___ when it spouts.
- 2 ___ from a fireplace.
- 3 A ___ in a fire.
- 4 A ___ at the health club.
- 5 The burning of a ___.
- 6 ___ on the 4th of July.
- 7 ___ when it is frying.



ANSWERS: Across 1-Sidewalk 2-Spark 3-Fever 4-Campfire 5-Lava 6-Bolling 7-Solar Down 1-Geyser 2-Cinder 3-Blaze 4-Sauna 5-Torch 6-Fireworks 7-Bacon

Yea! It's Wednesday!

Today's Happier Tip

You can't buy happiness, but you can buy ice cream.

Our President Said It



The United Nations is designed to make possible lasting freedom and independence for all its members.

— Harry S Truman

Write a letter to a friend.

30	THU	1	FRI	2	SAT	3
People Day	National Homemade Cookies Day	World Smile Day	National Taco Day			

Dear Ramsey

An Underlying Lack of Character and Respect



Dear Dave,

I just got married a week ago, and my husband and I are already having problems. While we were single, we practiced doing budgets together, and we agreed to follow your plan and get out of debt. The other day, we sat down to our first budget meeting as a married couple, and he told me he doesn't consider the balances on his two credit cards to be debt. He said he plans to keep them for emergencies, but he's still using them for everyday things. He's 33,

and I'm 31. I really want this marriage to work and be happy, but I'm feeling betrayed right now. Do you have any advice? —Natalie

Dear Natalie,

What bothers me about this issue isn't some guy's stupid (and wrong) statement that carrying balances on credit cards isn't debt. It is debt. Period. What bothers me is, your husband is basically saying he doesn't care about your opinions or being truthful with you. I'm really afraid that level of disrespect and dishonesty is going to invade every part of your relationship.

There's an underlying lack of character here, along with an underlying lack of respect for his new wife. Instead of loving you, treasuring you and wanting to serve you, he's all about what he wants to do and how he wants to look at things. He's acting like he's 14 years old. And I've got a feeling you thought you were getting a man as a husband — not a selfish little boy.

I think the core issue here is that you two have a really weak relationship. I'm not saying this to hurt your feelings, Natalie, but if he's acting this way and treating you like this now, just imagine how things are going to look in a couple years.

Honestly? You shouldn't accept his lack of honesty or the disrespectful way he's treating you. I think you need to put your foot down now and declare a relationship crisis. Find a good pastor or counselor, and both of you — together — need to attend the sessions. Be open and honest about your feelings. See if you can get to the bottom of all this and fix things before they get worse. God bless you both. I'm praying this works out well. — Dave

Electric Fan

– Helps keep you cool in the summer. Looking in all directions, using the clues, find words about 'electric fans'. *Answers on page 8*

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

BL... FL...
CO... MO...
CE... RO...
OU... TU...
SP...
BL...
CO...
HA...
PL...
SU...
BR...

Cutest Kids



These two were a big help when pulling weeds out of the flower bed!

— Thanks Don Trulson Elbow Lake, MN

This n' That



Jim's FBI Happenings

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

I Live With Wonderful People

Our senior living center here in Hendersonville, Tennessee, Vitality Living, where I live, is a wonderful place to be at.

I have to tell you about Mrs. Williams, a resident here. She is so sweet and makes us all feel happier. Her husband was in the Navy and they had to move around the world often—Rhode Island; New Scotland; Charleston, South Carolina; Memphis; San Diego, and many more places.

In 1977, when her husband retired, they moved back to Nashville, Tennessee.

Her grandfather on her dad's side, was in the Navy. He went around the world with Teddy Roosevelt. Teddy had to get Congress to vote more money to get them home.

I have many friends here. You be sure and have a lot of friends also.

See you next week. —Jim.



This Week In History

- Sept. 27, 1892** – Book matches are patented by Diamond Match Company.
- Sept. 28, 1987** – Gladys Knight and Smokey Robinson on “\$10,000 Pyramid.”
- Sept. 29, 1986** – The space shuttle, Discovery launches a communications satellite.
- Sept. 30, 1960** – Flintstones premieres, 1st prime time animation show.
- Oct 1, 1964** – Japan's Bullet Train opens, traveling at (130 mph).
- Oct. 2, 1916** – San Diego Zoo founded.
- Oct. 3, 1945** – Elvis Presley's 1st public appearance, he is 10.

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...

The largest U.S. bill ever printed was a \$100,000 gold certificate featuring Woodrow Wilson, though it was only used for Federal Reserve transactions.



Be thankful for all you have.



FIND 10 HIDDEN OBJECTS IN THE PICTURE



Answers on page 8

Words of Wisdom



We live in deeds, not years; in thoughts, not figures on a dial. We should count time by heart throbs. He most lives who thinks most, feels the noblest, acts the best.
—Philip James Bailey

This Week's Scrambles

- 1. oruY marw limes aalswy rintesghb pu het teneri moor.
- 2. I ma faterugl ofr siht fleatuubi ayd.
- 3. I hoseoc ot oscuf no hte oodg hhroouuttg eth ady.

Answers on Page 8



Happy Thursday!



Today's Happier Tip

Life is like a roller coaster, so hold on tight.

Laugh A Lot



What do you call a shoe made out of a banana?

A slipper!

"What runs around town all day long and sleeps at night with its tongue rolled out?"

"Shoes!"



What Am I?

- 1. I can reflect light so you can see at night.
- 2. My temperature can be 250°F to a freezing -208°F.
- 3. I can be called waxing, waning or gibbous depending on the time.
- 4. If you stood on me, you would be over 80% lighter.

Answers on Page 8

Help others by listening.



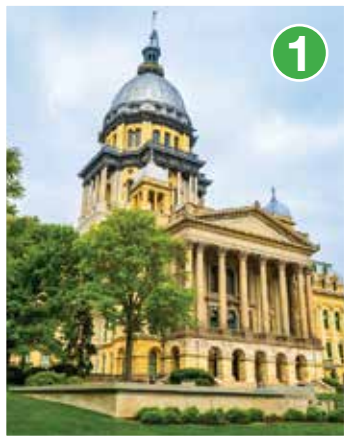
Cruisin' Around

Springfield, Illinois



- 1. The _____ Capitol in Springfield is the tallest non-skyscraper capitol building in the United States, standing at 405 feet tall.
- 2. Abraham Lincoln's home in Springfield, is the only home he ever _____ in his lifetime.
- 3. The Governor's Mansion is the third-oldest continuously occupied governor's mansion in the _____.
- 4. Springfield was a crucial part of Route 66's original 1__26 alignment.
- 5. The horseshoe sandwich is an _____-faced delicacy that originated in Springfield.
- 6. Illinois is bordered by Wisconsin, Iowa, Missouri, Kentucky, and _____.

Answers: 1. State 2. Owned 3. Country 4. 9 5. Open 6. Indiana



School Subjects SCRAMBLE

- 1. ATHCTMSMIEA
- 2. RMTYHSEIC
- 3. LAEGBRA
- 4. EINARDG
- 5. INLSEHG
- 6. DRAAM
- 7. LGOYIBO
- 8. USCIM
- 9. MECSNCOOI



Unscramble the letters below to find the names of nine different subjects you would study in school. Then, from the circled letters, discover the hidden word.

Hidden Words:

1. _ _ _ _ _

2. _ _ _ _ _

3. _ _ _ _ _

4. _ _ _ _ _

5. _ _ _ _ _

6. _ _ _ _ _

7. _ _ _ _ _

8. _ _ _ _ _

9. _ _ _ _ _

Answers: 1-MATHEMATICS 2-CHEMISTRY 3-ALGEBRA 4-READING 5-ENGLISH 6-DRAMA 7-BIOLOGY 8-MUSIC 9-ECONOMICS
Hidden Words: ACADEMICS



For the Love of PETS

The one-humped camel is called a dromedary, and the two-humped camel is known as a Bactrian camel.



How quickly can you say?



the



GUESS WHAT I AM

Answers on Page 8

Cabbage Soup

- 1/2 medium head of cabbage, chopped
- 1 c water
- 1 c onion, chopped
- 1 lb cooked ground beef
- 2 (6-oz) cans tomato paste
- 3 tbsp sugar
- 1 tsp salt
- 1 bay leaf, optional
- 2 tsp worcester sauce

Combine all ingredients except for tomato paste. Bring to a boil and simmer for one hour. Add tomato paste and cook for fifteen minutes more. Remove the bay leaf before serving. **Enjoy!**



Precious Pets



My big helper having fun taking care of our little dogs.

—Thanks, Isaiah George, Lake Andes, SD

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”



African Harrier Hawk

The African harrier hawk lives in central and southern Africa, in the forest, woodland and savannah. It is often found at the top of tall trees looking down onto rivers and hillsides. The African harrier hawk is also known as the gymnogene, which means bare cheeks.

Find This Week’s . . .

“DRAMA” WORDS



P R \ \ S T A G S E E G \
B S O A \ \ M E \ \ \ I \\
T O \ G R A \ I G H H R P
Y A O O S L H C \ S L \ L
S \ E S \ \ \ L A P Y T O

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.

BOYS GIRLS
SEATS STAGE
PROGRAM PLOT

Answer on page 8

Get a Kick

"A little boy was in church for the first time and watched as the ushers passed around the offering plates. When one of them approached his pew, the boy said loudly, 'Don't pay for me, Daddy. I'm under five!'"



Oh My Goodness, It's Friday!



Today's Happier Tip

Giving to others can bring you joy.

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 27:13 I would have lost heart, unless I had _____. That I would see the goodness of the Lord In the land of the living.

Revelation 1:5 and from Jesus Christ, the faithful witness, the firstborn from the dead, and the _____ over the kings of the earth. To Him who loved us and washed us from our sins in His own blood,

Lamentations 3:23 They are new every morning; _____ is Your faithfulness.

Psalm 103:8 The Lord is merciful and _____, Slow to anger, and abounding in mercy.

Answers: 1. BELIEVED 2. RULER 3. GREAT 4. GRACIOUS



Look and LEARN

The United States is the first and only country to successfully land humans on the moon.



Trivia Fun

Answers on page 8

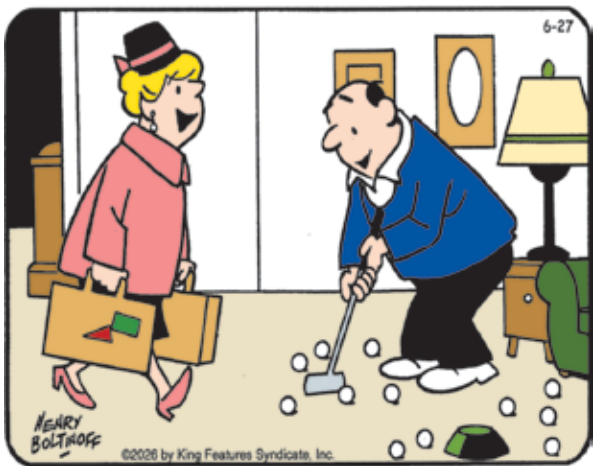
1. There are two continental ice sheets in the world. Where are they?
2. What is the collective name for a group of goats?
3. What is the formula for converting a temperature in Fahrenheit to Celsius?



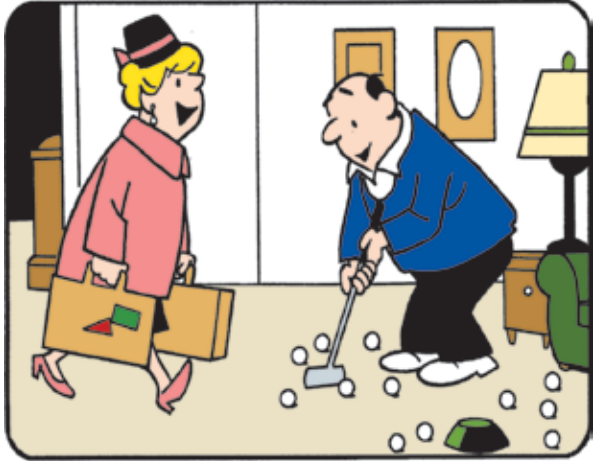
We're Gettin' **HAPPIER!**



Find the Differences



Find at least six differences in details between panels.



Differences: 1. Woman's leg is longer. 2. Table legs are different. 3. Suitcase is larger. 4. Lamp is moved. 5. Woman's coat is longer. 6. Picture is higher.

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Thank God for
Saturday!



Today's
Happier
Tip

We hope we are bringing
a smile to your week.
We appreciate you.

Fun Facts

- * **A TOUGH PILLOW...** Ancient Egyptians slept on pillows made of stone.
- * **WALK AROUND THE HOUSE...** The average housewife walks 10 miles around the house doing her chores.
- * **NOT EXACTLY ALIKE...** Identical twins do not necessarily have identical fingerprints.
- * **YOU'RE NOT ALONE...** You share your birthday with at least 9,000,000 other people in the world.



Get **HAPPIER** Tips

Honor your values and hold true
to what you know is fair.



Doctor Mike Says . . .

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

Writing Your Future

In 2010, the Common Core Standards dropped the requirement that cursive handwriting be taught in public schools. Bad idea. Some studies indicated it deprives kids' brains of an important exercise that strengthens the integration of sensory perception and muscle movement. That's why around 27 states have decided to pass laws mandating or encouraging the return of cursive instruction to the classroom.

But cursive writing isn't just a good way for kids to develop their power of perception and fine motor skills. It turns out that, for older folks, cursive writing provides a window into their cognitive challenges. (Does make me wonder. When kids who don't ever learn cursive are 65 and older, will typing on a phone or keyboard be able to reveal the same thing?)

A study in Frontiers in Human Neuroscience found that how a person writes sentences that are dictated to them reveals challenges with memory and multitasking. That's because taking dictation calls for simultaneously listening, processing language, converting sounds into written words and coordinating movement.

Wondering about your brainpower? Try taking dictation while listening to a podcast or the TV. If you take a while to get started, write slowly and find that your letters are broken up or not attached smoothly, you might want to talk with your doctor about getting a diagnostic test for dementia. These days, knowledge is power — with lifestyle interventions and medical innovations helping to slow progress or reverse the disease. One medical innovation that research shows can reverse Alzheimer's disease is therapeutic plasma exchange. See the data at LifeSpan-Edge.com.

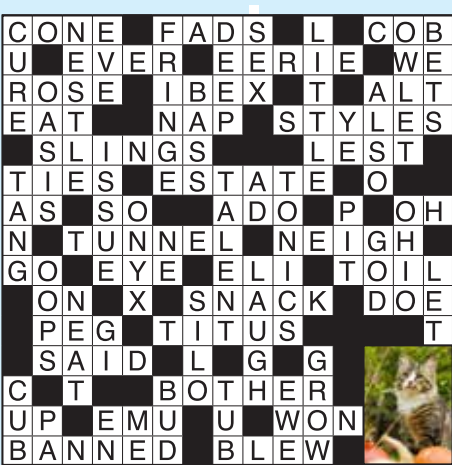


Answer Section

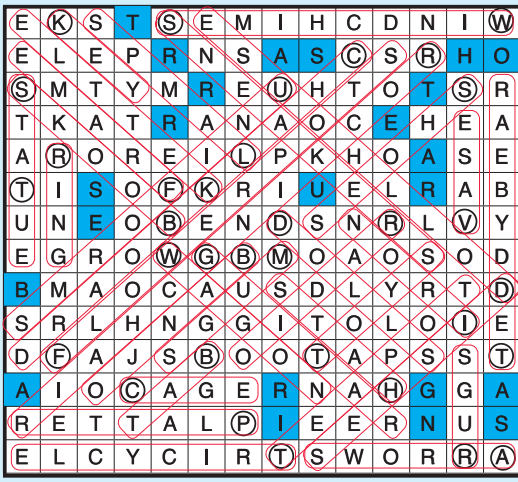
PG. 5 **Hidden Puzzle**



PG. 2 **Crossword**



PG. 4 **Circle Words:** TRASH OR TREASURE BARGAINS



PG. 7
“DRAMA” WORDS
Hidden Word:
SEE A HIGH
SCHOOL PLAY

PG. 7 **Trivia Fun**

1. ANTARCTICA AND GREENLAND
2. TRIBE OR TRIP
3. SUBTRACT 32 DEGREES, THEN MULTIPLY BY 5 AND DIVIDE BY 9

PG. 5 **WORD SEARCH**



PG. 2 **Toy Blocks:**

On Pages: 4,5,6,7,8
YOU ARE SO FUNNY

PG. 2 **Hide & Seek:**

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

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

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

PG. 3 **Secret Words:** CHOOSE FROM A TASTY VARIETY

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

PG. 3 **Billboard of Happiness:**

YOU WILL HAVE SOMEONE TO LEAN ON WHEN WORKING TOGETHER

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

YOU NEED TO WATCH THE TIME

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

1. YOUR WARM SMILE ALWAYS BRIGHTENS UP THE ENTIRE ROOM
2. I AM GRATEFUL FOR THIS BEAUTIFUL DAY
3. I CHOOSE TO FOCUS ON THE GOOD THROUGHOUT THE DAY

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