



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



Vol. 59 #44

OCT 25-31

# MAKING YOUR WEEK Happier



## Happy Halloween

### Riddle



What has  
one eye but  
cannot see?

Answer: A needle

### Halloween Safety Tips!

- Always have an adult with you while trick-or-treating.
- Trick-or-treat with friends.
- Be aware of your surroundings.
- Bring a trick-or-treat basket large enough to carry all the candy you collect!
- Take a flashlight with you so you don't stumble or fall. But most of all, have fun!

— Diane Wilks Nolan



### If I Were a Rich Man

### Happier Happenings

Every once in a while, most of us find ourselves daydreaming about what life would be like if we suddenly became wealthy. Maybe we'd buy a larger home, travel the world, retire early, or finally purchase that classic car we've admired for years. There's nothing wrong with imagining the possibilities. Dreaming can be fun.

But history has shown that money, while certainly helpful, doesn't solve every problem. Wealth can make life more comfortable, but it cannot guarantee happiness, health, meaningful relationships, or peace of mind. Some of the wealthiest people in the world have discovered that possessions alone leave an emptiness that money cannot fill.

Interestingly, many of life's greatest treasures aren't for sale. A loyal friend, a loving family, a beautiful sunset, a child's laughter, and the satisfaction of helping someone in need are gifts that no amount of money can purchase. Perhaps the real question isn't, "What would I do if I were rich?" but rather, "How rich am I already?" When we stop to count our blessings instead of our dollars, we often discover that our lives are filled with wealth that doesn't appear on a bank statement. — Thanks, Perry Wm. Bell, Greeley, CO

Today's  
Happier  
Tip



### I Love Sunday

Happiness follows those who have  
a positive outlook towards others.



### From Our Readers

#### On Vacation



I heard this and had to share it with you all. Mike was on vacation and stopped to get gas in San Jose. He told the attendant that she had a nice store here in San Jose. The attendant replied, "We pronounce it San Hosee, the J is silent." Mike said, "Thanks for letting me know. I'll remember that on my way back through." The attendant asked when will that be? Mike replied, "In Huly."

— Submitted by, Charlene Loos, Buhl, ID

#### Days Gone By

#### Taped to the Bedroom Wall



I'm a retired Michigan teacher and would like to share a special memory.

When I was in the 9th grade, our social studies teacher gave us an assignment. We had to write about how America was a giant melting pot of people from all over the world, and how that has benefited us. A few weeks later, my teacher pulled me aside and said that he sent my paper to an editor at our local newspaper. The newspaper printed it, and I took it home to show my father. My father was so proud that he kept the article taped on his bedroom wall. Also, I just want to thank you for the Happier Newspaper. Everyone here at the Ardmore Nursing Home enjoys them.

— Thanks, Faye Harris, Ardmore, TN

Page



Where In the World Am I?

In this game, we give you clues to guess the location. Good luck and have fun. Answers on Page 8



- There is a Tower here that is 1,083 feet high with 1,665 stairs from the ground to the very top platform.
- You can eat our famous dishes here, "Ratatouille, Éclairs, Crème Brûlée, Hollandaise sauce."
- The Notre-Dame Cathedral is located here.
- Did you know that in 2016 a law was passed that bans supermarkets from throwing away or destroying edible food, forcing them to donate it?
- We gave a massive, iconic gift to America: the Statue of Liberty.

We Love Our Hometown

Carlson's Grocery Is Making Marion, Kansas Happier



Carlson's Grocery is a family-owned grocery store in Marion, KS that offers a variety of everyday essentials and fresh produce to the local community. The people here are extremely helpful and friendly and always willing to carry out your groceries, a good old-fashioned store with good old-fashioned prices

If you like shopping and good restaurants, try our Main Street and enjoy the unique shops housed in historic 1800's stone buildings.

Marion, Kansas has the Marion Historical Museum with artifacts of early day life, and Indian artifacts from archaeological digs around the city are on display.

If you're looking to get outside, then it's Central Park. A beautiful area with antique fountains, volleyball, basketball and a fun playground for children.

Another area is the Marion County Park and Lake. It's a wonderful area with RV hookups, shower bathroom facilities, swimming, water skiing, wind surfing, picnic facilities, shelter houses, heated fishing dock, large meeting hall, and much more!

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# Happier

Oct 25-31

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Favorite Crossword

- ACROSS**  
1 Mama  
3 Blow  
6 Doesn't succeed  
10 Harvest  
12 Result  
15 Smell  
16 Wind  
17 Papa  
18 Hammer and \_\_\_\_  
20 Strawberry color  
21 A bed  
23 Type of animal  
25 Species of heron  
28 Leave  
29 A cereal grass  
30 Genuine  
32 Type of mollusk, plural  
34 A rodent  
35 Human limb  
36 Supposing that  
38 Falling ice  
41 Mesh  
43 Behold  
44 Ridiculous  
45 Strong thread  
46 Bring together  
48 Paddle  
49 Wide awake  
52 Shopping center  
54 Sketching  
56 Artist's stand  
58 Farewell
- DOWN**  
1 Tableland  
2 Type of bird  
3 A courtyard  
4 Toward the top  
5 Weasel-like animal  
6 A brimless felt cap  
7 An expert  
8 Neither he nor she  
9 Chair  
11 Part of teeth  
13 Money charge  
14 Of the central U.S. government  
17 A container  
19 Weaving device  
21 Prison room  
22 Act  
24 Part of window  
26 Obtain  
27 Ancient sun god  
28 A flash  
31 Concur  
33 Unit of measurement  
34 Noisy  
37 Not many  
39 Signals of danger
- 59** Street, abbr.  
**60** A bill or check  
**62** Weird  
**63** Clue

Answers on page 8.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  |    | 2  |    | 3  | 4  |    | 5  |    | 6  | 7  | 8  |    | 9  |
|    |    |    | 10 | 11 |    |    |    | 12 | 13 | 14 |    |    |    |
| 15 |    |    |    |    |    |    | 16 |    |    |    |    | 17 |    |
|    |    |    | 18 |    |    | 19 |    | 20 |    |    |    | 21 |    |
|    |    | 22 |    | 23 |    |    | 24 |    |    | 25 | 26 | 27 |    |
| 28 |    |    |    |    | 29 |    |    |    |    | 30 |    |    | 31 |
|    |    |    | 32 |    | 33 |    |    |    | 34 |    |    | 35 |    |
| 36 | 37 |    |    |    |    |    | 38 | 39 |    |    | 40 |    |    |
| 41 |    | 42 |    |    |    |    |    | 43 |    |    | 44 |    |    |
| 45 |    |    |    |    |    |    | 46 |    |    | 47 |    |    |    |
|    |    |    |    |    |    | 48 |    |    |    | 49 |    | 50 | 51 |
|    |    |    |    |    |    |    |    |    | 52 | 53 |    |    | 54 |
|    |    |    |    |    |    | 56 | 57 |    |    |    |    | 58 |    |
|    |    |    |    |    |    | 59 |    |    |    |    | 60 | 61 |    |
|    |    |    |    |    |    | 62 |    |    |    |    |    | 63 |    |

40 The southern constellation  
Lepus

42 Sol, la, \_\_\_\_, do

44 Dropped

46 Georgia, abbr.

47 Passageway

48 Very fat

50 Priest

51 Put forth effort

53 Eagle's nest

55 Scripture

57 Devoured

61 Expression of pity

**Yes! Big Monday**

Today's Happier Tip

Go through life at your own pace and never give up.

Happier Kitchen

Pineapple Mandarin Orange Cake

- Cake Ingredients:**
  - 1 box Duncan Hines butter cake mix
  - 1/4 c oil
  - 4 eggs
  - 1 can mandarin oranges cut into small pieces, keep juice
- Frosting Ingredients:**
  - 1 (9-oz) Cool Whip
  - 1 (5 3/4-oz) vanilla instant pudding mix
  - 1 (20-oz) crushed pineapple and juice



Preheat oven to 375°F. Mix cake ingredients together in a bowl. Pour into a prepared baking dish. Bake for 35-40 minutes at 375°F. Let cake cool in pan. Make topping by mixing together Cool Whip, pineapple, and pineapple juice. Spread over cooled cake in pan. Sprinkle with coconut. **Enjoy!**

HIDE and SEEK

I ♥ "LOVE" SUDOKU

Can you help round-up five more maple leaves?

Answers on page 8.



I like

Find the missing blocks throughout Happier to make the word.

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

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Being on the Same "Family" Team

The family that plays on the same team becomes a winning team. When we decide to work or play together at important tasks, each member feels like a vital part of the family team. The following are things we can do to strengthen our family teams:

Set goals together. While each family member should have personal goals, entire families should set goals, as well. One of the children may have the desire to learn to play a musical instrument or become a professional football player. The entire family can help to make those dreams come true.

Encouragement is essential for any sporting team. We encourage each other when we speak kindly. Pats on the backs are very important, as well. Taking time to cheer each other on or simply saying, "I love you" will encourage our team members more than we could ever imagine. It's very important that everyone participates in family responsibilities, using their own unique talents and abilities.

Winning teams spend time together. A family that sits down to dinner together each night or spends other quality time as an entire family unit will be much closer—even when the children become adults. — By Nancy Gibbs

Get Happier Tips

Health Tip

Halloween Safety



To ensure your child's safety on Halloween, choose a flame-resistant, costume. Also, have reflective tape somewhere on the costume so night drivers can see them. Always accompany younger children and remind them to stay on sidewalks, put away phones, and cross only at corners after making eye contact with drivers. Finally, establish a strict rule that no candy is eaten until you inspect it at home, where you can discard any unwrapped or home-made goods from strangers.

Happier Poem

Our Awesome God

He who created the cliffs,  
The crags and wondrous  
Towering mountains,  
Is Himself  
The Rock of Ages.

He who made the seas,  
The ocean depths, and  
Crashing waves,  
Is Himself  
The Living Water.

He who feeds the hungry,  
With ripened fields and  
Harvest grain,  
Is Himself  
The Bread of Life.

—Submitted by Lorraine  
Bauer, Polk, NE

Laugh A Little



It's REAL

The shortest war in history lasted only 38 minutes between Britain and Zanzibar in 1896.

NOW THAT'S FUNNY!

A mother took her little girl to church; she would not sit still. Her mother kept trying to make her be quiet, but she kept making noise.

When the congregation began to pray, the mother decided to take her outside. When they both got to the door, the little girl raised her hand and said really loud, "Pray for me."

Handy Hints

Bye Bye Ants!



Keep ants from crawling up the side of your house by sprinkling baby powder along the edge of your house and grass.

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



Hello Tuesday!



Today's Happier Tip

My four-legged friend brings me happiness and friendship.

Secret Words

"Getting Ready for Guests"

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 22 letters leftover. Have fun!

- APPETIZERS
- ARRANGE
- BEDS
- BUY FOOD
- CAKES
- CLEAN HOUSE
- COOKING
- DESSERT
- DO LAUNDRY
- EXPECT
- FAMILY
- FLOWERS
- FRESHEN
- FRIENDS
- FUSS
- HAPPY
- HELP
- IRON
- LINENS
- MOW LAWN
- PARTY
- PIES
- PLAN
- PREPARE
- POLISH SILVER
- READY
- STRAIGHTEN
- SWEEP
- TABLECLOTH
- VACUUM
- WASHING

Bonus Words:

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

BILLBOARD of HAPPINESS

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



|  |   |   |  |   |   |   |   |
|--|---|---|--|---|---|---|---|
|  | R | U |  | T |   | N |   |
|  |   | G |  | T |   | B | L |
|  | R |   |  |   | O |   | D |
|  |   | T |  | N |   |   |   |
|  |   | B |  | T | S |   |   |

A A A A A D E E E E  
E F G G H I I I O V

Answers on Page 8

Trick or treat, fun and games.



Turning Negatives Around

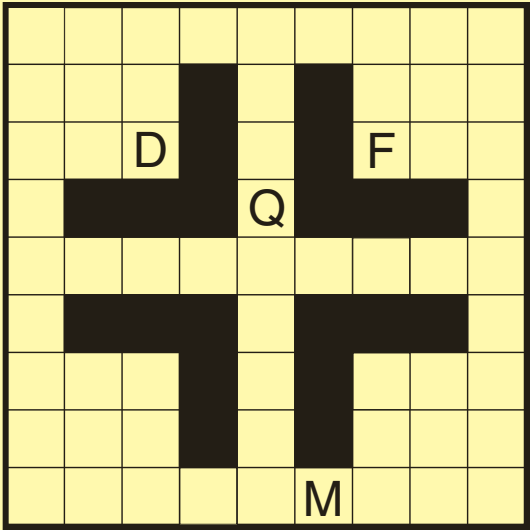
Ever had one of those days that the blues just got you down? Well, here are some blues chasers for you:

- Get a friend to help you feel better.
- Look at the positive.
- Turn on some positive music to chase those blues away!
- Reach out to your friends. They will always be there for you!

—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.



Ace  
Adi  
Awe  
Can  
Dun  
Elf  
End  
Ent

Ers  
Est  
Fee  
Hed  
Hen  
Ill  
Ise  
Its

Lea  
Let  
Lot  
Odd  
Ouc  
Quo  
Red  
Roe  
Sta

Ste  
Stl  
Tee  
Tem  
Tur  
Unt  
Was  
Who  
Wre

T S T A T  
E W S  
I A C E  
I O  
D U C H E D  
A O  
F E E  
U L O T  
S T L E R S

|                 |                      |                        |                |
|-----------------|----------------------|------------------------|----------------|
| SUN 25          | MON 26               | TUE 27                 | WED            |
| World Pasta Day | National Pumpkin Day | National Black Cat Day | National Choco |

Circle Words

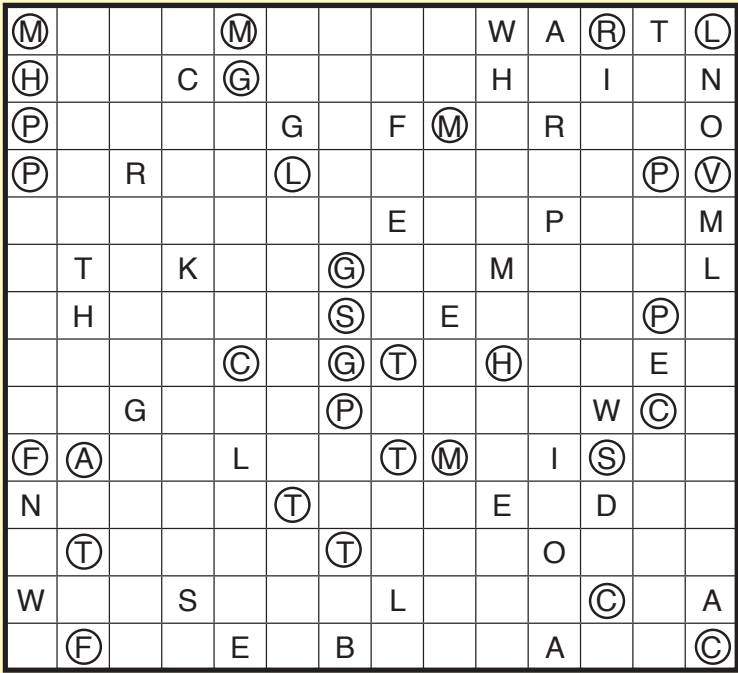
Fill in the words by starting each at the correct circled letter; go forward, backward, up, down or diagonally. All squares will be full when you have completed the puzzle correctly. Mark through each word in the puzzle as you find it. The unused letters will spell the bonus words.

- |           |           |         |
|-----------|-----------|---------|
| AGENT     | MAPS      | TEMPLE  |
| CAMERA    | MONUMENTS | TICKETS |
| CASTLE    | MOTEL     | TIPS    |
| CATACOMBS | MUSEUM    | TRIP    |
| CATHEDRAL | PACK      | TOWER   |
| CAVES     | PALACE    | VISA    |
| FACTORY   | PARKS     |         |
| FARES     | PASSPORT  |         |
| GALLERY   | PICTURES  |         |
| GROTTO    | POSTCARDS |         |
| GUIDE     | ROUTE     |         |
| HARBOR    | SCHEDULE  |         |
| HOTEL     | STADIUM   |         |
| LAKES     | STATUE    |         |
| LIBRARY   |           |         |

Answers on Page 8

“ON THE BUS TOUR”

Bonus words:



Happier Across America



For a surprise, I took my grandfather to the airshow in McMinnville, OR. It was so fun.  
— Thanks Tyler Kanaloa, Pasco, WA



The secret of getting ahead is getting started. — Mark Twain

Quick & Easy Crossword

SWEETS

ACROSS:

- 1 Use vanilla wafers in banana \_\_\_\_.
- 2 A \_\_\_\_ apple at Halloween.
- 3 A warm apple or cherry \_\_\_\_.
- 4 Chocolate chip \_\_\_\_.
- 5 \_\_\_\_ on a cake.
- 6 A pineapple upside down \_\_\_\_.
- 7 Have a piece of \_\_\_\_ pie.

DOWN:

- 1 Peach or cherry \_\_\_\_.
- 2 \_\_\_\_ topping on Ice Cream.
- 3 A favorite \_\_\_\_ bar.
- 4 A jelly filled \_\_\_\_.
- 5 Some peanut butter \_\_\_\_.
- 6 \_\_\_\_ with or without nuts.
- 7 One or two scoops of \_\_\_\_.



ANSWERS: Across: 1-PUDDING 2-CARAMEL 3-TURNOVER 4-COOKIES 5-FROSTING 6-CAKE 7-CHOCOLATE Down: 1-COBBLER 2-BUTTERSCOTCH 3-CANDY 4-DOUGHNUT 5-FUDGE 6-BROWNIES 7-ICE CREAM

Sugary candy for all to eat.

|               |                      |                         |           |
|---------------|----------------------|-------------------------|-----------|
| 28 THU        | 29 FRI               | 30 SAT                  | 31        |
| Chocolate Day | National Oatmeal Day | National Candy Corn Day | Halloween |

## Dear Dave Ramsey      Sharing and Visualizing a Future Together



Dear Dave,  
My fiancée and I are getting married in a few months. Everything seems great between us, except when it comes to money and finances. She's not a big spender, but not long after we got engaged, she said she wants me to manage the money and make all the financial decisions. It seems to me that married couples should make decisions together. Do you have any advice on how I should approach her about this?  
— Benjamin

Dear Benjamin,

First off, congratulations on your upcoming wedding. I hope you two will have long and happy lives together. Many marriage counselors will tell you if a couple comes to agreement on four major issues before the wedding, they'll have a greater chance of forming a successful and lasting marriage. The issues? Money, kids, in-laws and religion. I happen to agree with this line of thinking.

You seem like a thoughtful guy, Benjamin. So, why not try sitting down with her, just the two of you, and explaining straight from your heart how important the concept of togetherness is to you—especially when it comes to your finances. I'm not saying money is the most important thing in the world, but I do believe it's vitally important that all financial decisions in a marriage are made by the husband and wife together.

Good, open communication is a valuable thing to have in any relationship. And I firmly believe the process of sharing your financial goals and dreams, along with doing a monthly budget together, will be a wonderful sharing experience for you both. Money shouldn't be the most important thing in your lives. But it is a very valuable tool. The way a couple handles their finances—everything from spending to saving to giving—is representative of their priorities and of their dreams, passions and fears.

In my mind, all these things should be shared and pursued together, as one. — Dave

## HALLOWEEN

Going from house to house, kids look forward to this holiday. Looking in all directions, using the clues, find Halloween costumes. *Answers on page 8*

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

GH... PL...  
PR... MO...  
DO... RA...  
ZO... GE...  
SA... AN...  
GH...  
TE...  
CA...  
PA...

## Cutest Kids



## FIND 10 HIDDEN 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

## Drag Race to Where?

Police were alerted when a well-dressed "woman" came racing out of a shopping mall with store employees in hot pursuit. The suspect had allegedly hidden stolen clothing inside a large pair of underwear beneath a dress. Unfortunately, the extra cargo proved too much. As the chase continued, the loaded underwear slipped lower and lower until they finally fell, tripping the suspect and turning the escape into a slapstick performance. The chase ended moments later with an arrest.

Crime doesn't pay—but sometimes it puts on quite a show!

See you next week. — Jim

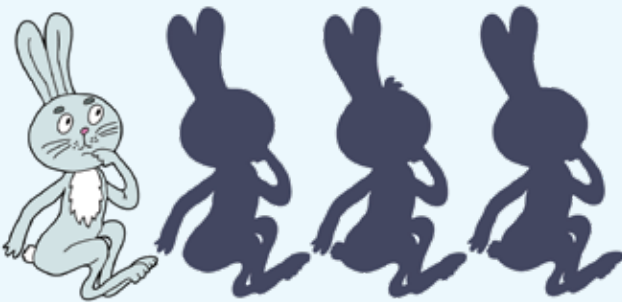


## This Week In History

- Oct. 25, 1971** – Roy Disney dedicates Walt Disney World.
- Oct. 26, 1977** – 5th and final test of space shuttle Enterprise.
- Oct. 27, 1972** – Golden Gate National Recreation Area created.
- Oct. 28, 1965** – 630-foot-high Gateway Arch completed in St. Louis.
- Oct. 29, 1945** – 1st ballpoint pen goes on sale, 57 years after it is patented.
- Oct. 30, 1952** – Clarence Birdseye sells 1st frozen peas.
- Oct. 31, 1992** – Don Keller makes his 18,000th sky dive.

## 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...

Alaska is the 49th state, and it is so large that it is simultaneously the most northern, western, and eastern state in the United States. Alaska is so large that it could cover roughly one-fifth of the entire contiguous United States.



Don't forget to say  
thank you.

Words of Wisdom



Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.—Aristotle

This Week's Scrambles

- 1. gearHin a yfedrinl evoci smake ym ady.
- 2. mlalS tealifuub emmnost acn amke a ady slapeic.
- 3. hyW od eleopp ays, "heyt rae papyh sa a lcma?"

Answers on Page 8



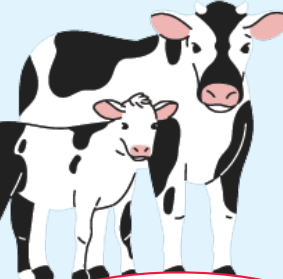
Happy Thursday!



Smiling is the easiest way to share who you are.

Today's Happier Tip

Laugh A Lot



What do farmer's use to count their cattle?  
A cow-culator

When I was younger, I went out all the time.

And now, only my back goes out.



What Am I?

- 1. Many people don't like coming here.
- 2. People try to get to me as fast as they can when they need me.
- 3. I'm kind of like a expensive hotel where you can stay the night, get meals and you are taken care of.
- 4. I hope you never have to visit me.

Answers on Page 8

Be safe and happy Halloween.

Cruisin' Around

- 1. Reno sits roughly 86 miles farther west than Los \_\_\_\_\_, California.
- 2. In 1871, a Reno tailor used copper rivets to reinforce the pockets on pants for local miners. He partnered with his fabric supplier, Levi Strauss, creating the Levi's \_\_\_\_\_ jeans.
- 3. The Truckee River starts at \_\_\_\_\_ Tahoe, goes through Reno and ends at Pyramid Lake.
- 4. A building within a building. The Washoe County Courthouse was rebuilt around the previous \_\_\_\_\_.
- 5. The city of Reno was named in honor of Major General Jesse Lee Reno, a Union \_\_\_\_\_ officer.
- 6. Nevada borders California, Oregon, Idaho, \_\_\_\_\_ and Arizona.

Answers: 1. Angeles 2. Blue 3. Lake 4. Structure 5. Military 6. Utah





# Hiking SCRAMBLE



1. SIINLNUOAT

2. SMC SOAP

3. EHDYRTA

4. AITRL

5. ESSHO

6. LGENEIPS ABG

7. BSLTSREI

8. DYA CKAP

9. NRETISG

Unscramble the letters below to find the names of nine different things to do with hiking. Then, from the circled letters, discover what will help you stay on the right track.

Hidden Words:

\_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

Answers: 1-INSULATION 2-COMPASS 3-HYDRATE 4-TRAIL 5-SHOES 6-SLEEPING BAG 7-BLISTERS 8-DAY PACK 9-RESTING SECRET WORDS:NORTH STAR



## For the Love of PETS



Approximately 95% of all broiler chickens (chickens raised for meat) in the United States are raised on family-owned farms.

### How quickly can you say?



afraid



of

Answers on Page 8



## GUESS WHAT I AM

Holiday Pickles

- 80 fl oz whole kosher dill pickles, cut into 1/2” chunks
- 1 medium onion, chopped
- 2 c white granulated sugar
- 24 cloves
- 12 sticks cinnamon

Drain all the juice from the pickle jar. Cut the pickles into 1/2” chunks and return half of them to the jar. Add half of the chopped onion, 1 cup of sugar, 12 cloves and 6 sticks of cinnamon. Repeat. Put the lid on end and refrigerate. Turn the jar end over end every 4 to 5 days for 2 months keeping it stored in the refrigerator. In 2 months, they’re ready for any special occasion or even every day. **Enjoy!**



Precious Pets



Have a fun and safe Halloween.  
— Thanks, The Happier Staff

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”



Keep Your Distance

Grizzly bears can be as tall as 8 feet, weighing up to 800 pounds and found in the Northwestern United States. Grizzly Bears—during warmer months—eat large amounts of food so they can live off body fat during the winter.

Sharing God’s Love Makes You Happier

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.

**John 3:16** For God so loved the world that He gave His only begotten Son, that whoever \_\_\_\_\_ in Him should not perish but have everlasting life.

**Psalms 51:1** Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, \_\_\_\_\_ out my transgressions.

**Isaiah 30:18** Therefore the Lord will wait, that He may be gracious to you; And therefore He will be exalted, that He may have \_\_\_\_\_ on you. For the Lord is a God of justice; Blessed are all those who wait for Him.

**Mark 10:45** For even the Son of Man did not come to be served, but to serve, and to give His life a \_\_\_\_\_ for many.”

Answers: 1. BELIEVES 2. BLOT 3. MERCY 4. RANSOM



Look and LEARN

A single 500-pound bale of cotton harvested by a farmer contains enough fiber to manufacture roughly 300,000 \$100 bills.



Trivia Fun

Answers on page 8

- 1 What are the two states immediately east of Indiana?
- 2 Is it true or false that tidal waves move at a rate of no more than 60 miles in an hour?
- 3 To what do Rhode Island Greening, McIntosh, and Yellow Newton refer?



Find This Week’s . . .

“PUMPKIN” WORDS



C \ \ R V C A E C U T \ \  
 \ A N D L E \ \ S A \ S  
 \ L L N U M P P I K M I L  
 A N I \ I N K \ \ F U E  
 F \ E F R T E O B C O N \

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.

KNIFE CANDLE  
CUTS FALL  
SMILE FUN

Answer on page 8

Get a Kick

While visiting his Grandma and Grandpa, Billy asked his Grandma, “Why is Grandpa reading and studying the Bible so much?” “Well, Billy,” she replied, “We’re getting older and he’s cramming for his final exam!”



Oh My Goodness, It's Friday!



Today's Happier Tip

It's never too late to be a better you.

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. Arm is moved. 2. Rails are shorter. 3. Cap is different. 4. Mouth is open. 5. Pocket is higher. 6. Mountain is added in distance.

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



Thank God for  
Saturday!



Today's  
Happier  
Tip

Share today with  
someone who needs it.

Fun Facts

- \* **UNCHARTED TERRITORY...** Twenty eight percent of Africa is wilderness.
- \* **DRINK YOUR WATER...** Seventy five percent of Americans are chronically dehydrated. Even mild dehydration will slow down one's metabolism as much as 3%.
- \* **THAT'S NOT GOOD...** The amount of tropical rainforest cut down each year is an area the size of Tennessee.
- \* **PUCKER UP...** Hershey's kisses are called that because the machine that makes them looks like it's kissing the conveyor belt.



Get **HAPPIER** Tips

Having a positive mood will also help  
you become more resilient.



Doctor Mike Says . . .

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

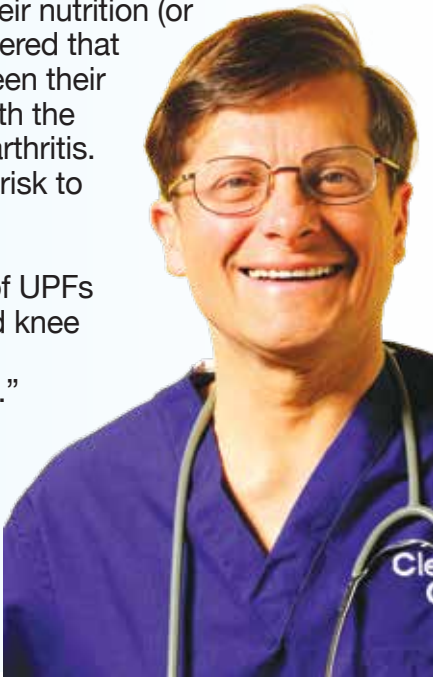
When it Comes to Muscle Health, Resemble a Sirloin — Not a Ribeye

A 2000 study found that 32% to 44% of men's body weight is made up of muscle. For women, it goes from 27% to 33%. But whatever your percentage of muscle mass, you want to make sure it doesn't resemble a well-marbled ribeye. That indicates that it's suffering from what researchers call muscle fat infiltration, or MFI.

Researchers at the University of California San Francisco looked at 615 men and women, with an average age of 60, who got 28% to 44% of their nutrition (or lack of it) from ultra-processed foods. Using MRIs, they discovered that folks downing UPFs had large streaks of fat crammed in between their thigh muscles — and that over the course of 10 years, folks with the largest amount of MFI were at the greatest risk for knee osteoarthritis. (Chances are those kinds of unhealthy fat deposits can up the risk to other joints, as well.)

Most interesting, it didn't matter if the folks were obese or overweight or how many calories they ate; it was the amount of UPFs they consumed that upped their risk of poor muscle health and knee osteoarthritis.

Once again, the headline is "Don't eat ultra-processed foods." You've heard it a million times and yet ... there are still sugary drinks, processed meats, packaged snack foods, and powdered smoothie mixes in your fridge and pantry. I want to help you ditch that habit and embrace a happier, healthier, longer life. So, join me in the AI-coaching programs targeting nutrition and stress reduction at 4YOUngevity.com. You'll enjoy this ultra-fun process!



Answer Section

PG. 5 **Hidden Puzzle**

PG. 2 **Crossword**

PG. 4 **Circle Words:** WATCHING FROM THE WINDOWS

PG. 7

**"PUMPKIN"**  
**WORDS**  
Hidden Word:  
CARVE A PUMPKIN  
IN OCTOBER

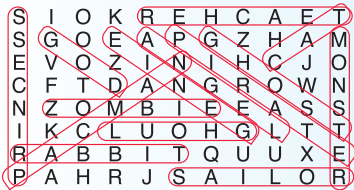


PG. 7

- Trivia Fun**
1. OHIO AND KENTUCKY
  2. FALSE. THEY MAY TRAVEL AT A SPEED OF SEVERAL HUNDRED MILES AN HOUR.
  3. THEY ARE KINDS OF APPLES.

PG. 5

**WORD SEARCH**



**WHERE IN THE WORLD AM I?**

PG. 2 FRANCE

PG. 2 **Toy Blocks:**

On Pages: 4,5,6,7,8  
I LIKE PASTA

PG. 2 **Hide & Seek:**

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

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

PG. 6 **What Am I?**  
HOSPITAL E.R.

PG. 3 **Secret Words:** LOOKING FORWARD TO A VISIT

PG. 6 **Guess What I Am:** TEA POT

PG. 3 **Billboard of Happiness:**  
FRUIT AND VEGETABLES ARE GOOD EATING HABITS

PG. 6 **How Quickly Can You Say?**  
DO NOT BE AFRAID OF CHANGE

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

1. HEARING A FRIENDLY VOICE MAKES MY DAY
2. SMALL BEAUTIFUL MOMENTS CAN MAKE A DAY SPECIAL
3. WHY DO PEOPLE SAY, "THEY ARE HAPPY AS A CLAM?"

**S**  
**U**  
**D**  
**O**  
**K**  
**U**

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