

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 #48 NOV 22-28

©



Happy Thanksgiving

Riddle



How can you throw a ball as hard as you can, to only have it come back to you, even if it doesn't bounce off anything?

Answer: Throw the ball straight up in the air.

Count Your Blessings



This Thanksgiving, count your blessings up and don't forget them. Post them on a sticky note on your fridge or bathroom mirror. Be sure you keep them in the forefront of your mind everyday.

I'm thankful for life and its opportunities to grow; whether difficult or easy, we can change and become a better person.

I thank God everyday that He has given us so much love which helps us to pass love on to those around us.

—Diane Wilks Nolan

Change in the Weather

Happier Happenings

There's something about a change in the weather that gets our attention. One day you're walking out the door in a short-sleeved shirt, and the next morning, you're standing in the closet wondering where you put that jacket. But weather changes are a good reminder that nothing stays exactly the same. Sunny skies give way to clouds, and clouds eventually give way to sunshine again.



Life works much the same way. Jobs change. Families change. Friendships change. Our priorities change. Even we change. Some changes are exciting. Others take some getting used to. The trick is learning not to spend all our energy wishing the weather—or life—would return to exactly the way it was yesterday. Sometimes the best thing we can do is grab a jacket, adjust our plans, and keep moving. A rainy season doesn't last forever. And sometimes a change in the weather is exactly what we needed. *—Thanks, Perry Wm. Bell, Greeley, CO*

Today's Happier Tip



I Love Sunday

Try and learn a little something everyday. It adds up over time.



From Our Readers

Coming Together



Thanksgiving has always held a special place in my heart as a beautiful time of reunion. There is a unique magic in watching the front door open to welcome a steady stream of family, old friends, and those cherished faces I may only get to see once or twice a year. Every gathering brings laughter, long-overdue catch-ups, and the comforting aroma of a home-cooked feast. Sitting around the table, surrounded by the people who matter most, I am always reminded that while the incredible food is a wonderful highlight, the true joy of the holiday lies in the coming together.

—Thanks, Keith Vasconcelles, College Place, WA

Days Gone By

And Now for Dessert!



One Thanksgiving, I decided it was finally time to gather everyone in my family to our home. I made two pumpkin pies and everyone brought food so I wouldn't have to cook a lot. When the pies were finished, I placed them on the windowsill. My table was set, and my husband Howie carved the turkey. We enjoyed the meal very much. After dinner, I announced, "And now…for dessert!" As I walked to the windowsill, I noticed my cat had helped herself to generous portions of both pies. Directly beneath the windowsill, she was on her back. So, we served chocolate cake and ice cream and no one seemed to mind. I think the cat enjoyed it most of all!

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

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



1. I am located on a rocky plateau that sits on the west bank of the longest river in the world.
2. I am the only surviving wonder of the original Seven Wonders of the Ancient World.
3. A massive, mythical limestone creature with the body of a lion and the head of a king stands guard nearby.
4. Constructed as monumental tombs for ancient Egyptian pharaohs, my three giant, pointed stone structures dominate the desert skyline.

A Matter of Faith



Ken's Vietnam Happenings

– by Dr. Ken Case,
Retired American Physician

Thank You Happier

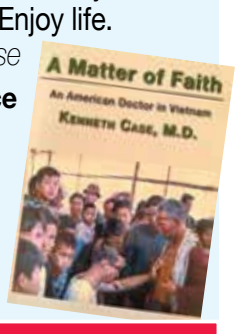
I will see you next week. I want to continue to tell you about happenings in my life when I could help people.

If I've made you happier, share it with your neighbors and those you meet. Enjoy life.

See you next week. —Dr. Ken Case

A 183 pg, 8½"x11" Masterpiece
100's of colorful photos

Sharing Love as A Vietnam Doc



We Love Our Hometown

Dill's Foods is Making Dover, Tennessee Happier



Piggly Wiggly Dover offers a friendly shopping experience for you, your friends, and your family. They bring the fun back into grocery shopping and make sure everyone feels right at home. Choose Piggly Wiggly Dover for your next visit—they do everything possible to become your favorite grocery store!

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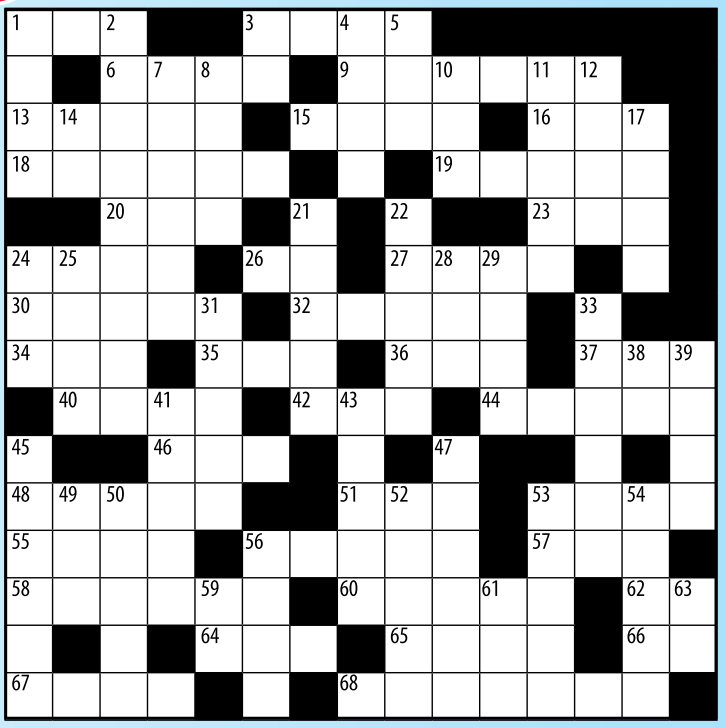
Favorite Crossword

Answers on page 8.

ACROSS
1 Candle ___
3 Smell
6 Chatter
9 Pester
13 Poverty
15 Stag
16 Compete for
18 Honked
19 Produce
20 Church bench
23 New English Dictionary, abbr.
24 Bathroom (slang)
26 Georgia, abbr.
27 Push out
30 Dwelling place
32 Muscle
34 A card game
35 Girl
36 Flutter
37 Female sheep
40 Pull apart
42 Devour
44 Duplicate
46 Caress
48 ___ it clean
51 Type of tree
53 Mislay, plural
55 ___-mell
56 Insinuate
57 Raw metal
58 Revolts
60 Cloth strainer
62 The letter "N"
64 Everything
65 Unusual
66 Act
67 Dismal cry
68 General pardon

DOWN
1 Linger
2 Percussion instrument
3 Correct
4 Mind
5 Fish eggs
7 Be present at
8 Masticate
10 Put forth effort
11 Happening
12 Vex
14 Behold
17 Swirl
21 A myth
22 Back of
24 Pointed projection
25 An obituary
28 Night bird
29 Cave stone
31 Type of heron
33 Great fear
38 Great grief
39 Way out
41 Type of fruit
43 Take for one's own
45 Type of hawk
47 Aviator
49 Very small
50 Part of arm
52 Apprehension
53 Fails to find
54 Having gone to seed
56 Small island



59 Fa, sol, ___
61 Anger
63 Negative answer



Happier Kitchen

Asparagus & Pea Casserole



- 1 can asparagus, drained
- 2 (16-oz.) pkg. frozen peas, cooked and drained
- 2 (16-oz.) pkg. shredded cheddar cheese
- 1 (14.5-oz.) can Campbells® Cream of Mushroom Soup

Preheat the oven to 350 degrees. Line 2 sturdy baking sheets with parchment paper and lightly Combine all the ingredients and pour into a greased 13 x 9 casserole dish. Bake at 350˚F until bubbly. **Enjoy!**

HIDE and SEEK



Can you help round-up five more pumpkin pie slices?

Answers on page 8.



The apple is

_ _ _ _ _

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.

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

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SPREAD A LITTLE KINDNESS



Can we spread kindness every day of our lives? Yes we can. Our family members are oftentimes the ones we can neglect, yet see every day. Could we spread a little kindness to those we love the most? Absolutely.

1. We can cook a special meal for our spouse, making sure we remember all of his favorites.
2. We can help our kids with their homework. Kids love school when their parents help them.
3. We can smile while offering them a hug at the end of a hard day.
4. We can make an effort to not expect them to do anything strenuous until they have had a few minutes to rest and regroup.
5. We can plan a family project. Maybe our homes need a face-lift or help in the yard.

— By Nancy Gibbs

Get Happier Tips

Health Tip

Thanksgiving Ideas



Traditional Thanksgiving meals are heavy in refined carbs, fats, and sugars. Mixing in lighter, fiber-rich options prevents the massive blood sugar spikes and crashes that cause extreme post-meal fatigue. Try and have some healthy options like Oven-Roasted Brussels Sprouts & Butternut Squash. Another is Garlic Parmesan Roasted Green Beans and Wild Rice & Delicata Squash Salad.

Happier Poem

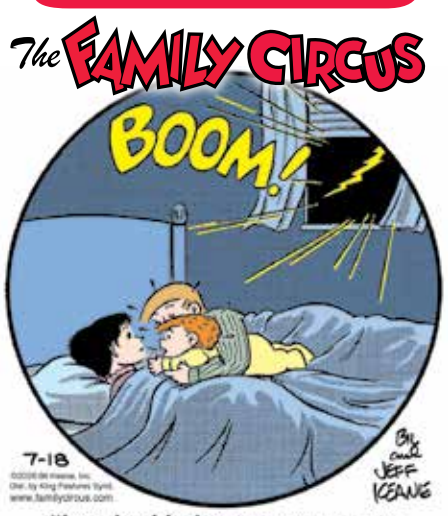
Happiness Is

Happiness is rising above your ills
Finding something to be thankful for.
Happiness is sitting beside the
Rushing fall's at McKees Half Falls
With family and friends
Watching the boats and rushing traffic
and wondering about all the rush
Where are they all heading to.

Happiness is peace within the storm
Knowing God's in control.
Happiness is a baby chick.
God wants us to be happy.
Happiness is help.
When the porch needs repairs.

—Thanks Naomi B.
Mount Pleasant Mills, PA

Laugh A Little


The FAMILY CIRCUS

"I rushed in here so you guys wouldn't be worried 'bout me!"


Dennis the Menace

"If this was something I liked, it would taste better."

It's REAL

About 46 million turkeys are eaten by Americans on Thanksgiving each year.

NOW THAT'S FUNNY!

A kindergarten teacher was watching the classroom of children while they were drawing pictures. She asked one girl what she was drawing. She said, "I'm drawing God." The teacher said, "No one knows what He looks like." The girl replied, "They will in a minute!"



Handy Hints

Perfectly Good



When your bananas reach your perfect level of ripeness at room temperature, put them in the refrigerator. The cold temperature will drastically slow down the internal ripening process. The peel may turn dark brown but the fruit inside should look and taste fine for several extra days.

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


Hello Tuesday!

Today's Happier Tip

Look towards others with a open heart and forgiveness.

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 24 letters leftover. **Have fun!**

ATTIC
AWNING
BEDROOMS
BIKES
BOOKS
BROOM
BUSHES
CLOCK
COUCH
CUSHIONS
DEN
DISHES
DOOR
FLOORS
FLOWERS
GARAGE
GLIDER
GRASS
HEARTH
KITCHEN
LAWNS
LOCK
MUGS
PETS
PHONE
PILLOW
RUGS
SILLS
SINK
STAIRS
SWITCHES
TELEVISION
TILE
TOYS
TREES
TRELLIS
TUB
VINES
WALL

Answer on page 8

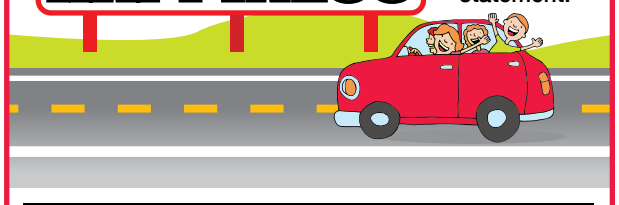
"HOMES HAVE THESE"

Bonus Words: _

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

BILLBOARD of HAPPINESS

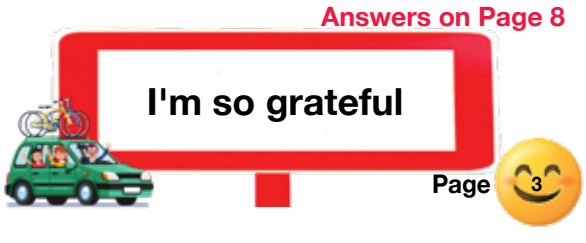
Fill in the missing letters for the phrase below using each of the provided letters once to complete the statement.



	E		P			A		M		
	N				A					
	E		L		H					
T		I				I	N		E	

A A D E E H H K
R R S T T T W W Y

Answers on Page 8


I'm so grateful

Get Up Happier

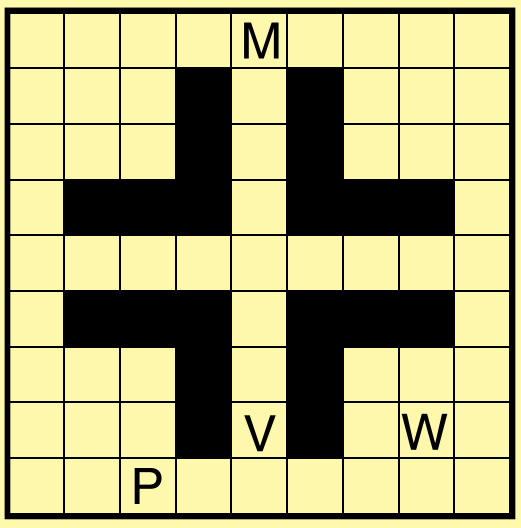
Ways to Enjoy the Simplicity in Life

Sometimes our life can become dull and "the same" day after day. Why let that be our thought ruling our daily functioning? Why not think of something new to do each day that will change your life?

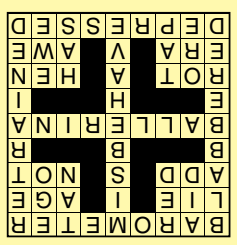
If there is something you've been wanting to change or do differently, plug it into your daily routine. Perhaps it can be something as simple as walking every morning, trying a new sport such as snow skiing, or like organizing a cabinet. One new thing each day will certainly add up and you'll be happier for it!

—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.



Add	Beh	Ina	Red
Age	Bla	Ler	Red
Aid	Dep	Lie	Res
Ave	Ego	Mis	Ret
Awe	Era	Ned	Rot
Bal	Ewe	Not	Sed
Bar	Has	Ome	Tan
Bbe	Hen	Ore	Tap
		Rai	Ter



Yeah! It's Wednesday!

Today's Happier Tip

If you want flowers, maybe you should start a garden.

Our President Said It



Old minds are like old horses; you must exercise them if you wish to keep them in working order. — *John Adams*

For friends and family

SUN 22	MON 23	TUE 24	WED
National Cranberry Relish Day	National Espresso Day	Celebrate Your Unique Talent Day	National Play Da

Circle Words

"COMMUNITY BAKE SALE"

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.

BAKE
BARS
BOXES
BREADS
BRITTLE
BROWNIES
BUY
CAKES
CANDY-APPLE
CHEESECAKE
COOKIES
CUPCAKES
DADS
DONUTS
DUMPLINGS
EAT
ECLAIR
FUDGE
GOOD
MOMS
MOUSSE
NOUGATS
PIES
PLATE
POUND CAKE
PRALINES
RAISE-MONEY
ROLLS
SACK
SCONES
TART
TASTE
TOFFEE
TURNOVER
WRAP

Answers on Page 8

__ __ __ __ __ __ __ __ __ __ __

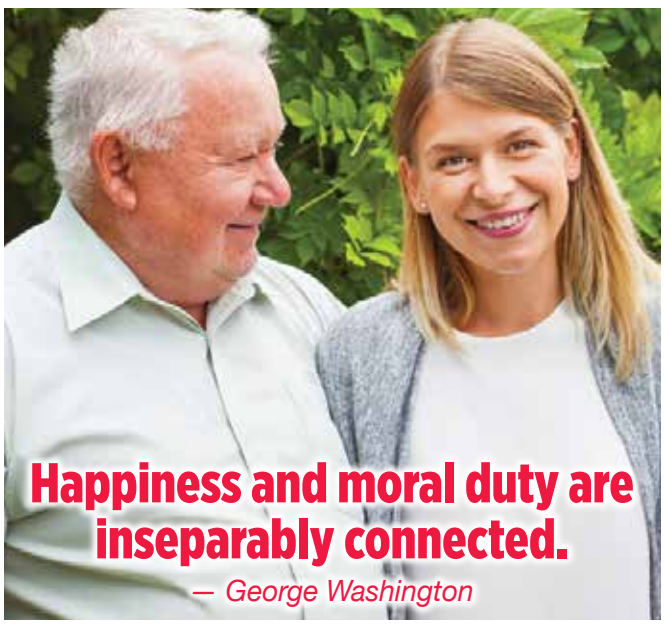
Bonus words: __ __ __ __ __ __ __ __

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

Happier Across America



This boat had engine trouble and came ashore in the waves. It reminded me of an old T.V. show, "Gilligan's Island."
—Thanks Frank V. Oahu, HI



Happiness and moral duty are inseparably connected.
— George Washington

Quick & Easy Crossword

A PLACE TO SIT



ACROSS:
1 Your favorite ___.
2 At your ___ at work.
3 In the ___ of a plane.
4 On the ___ to watch TV.
5 In the ___ on a horse.
6 In the ___ chair for a haircut.
7 A ___ in a cafe.

DOWN:
1 In the ___ at the ballgame.
2 Hold a baby in the ___.
3 In a baby's high ___.
4 A King or Queen sits on a ___.
5 In a ___ at church.
6 On a park ___.
7 A ___ in the park.



ANSWERS: Across: 1-ARMCHAIR 2-DESK 3-COCKPIT 4-SOFA 5-SADDLE 6-BARBER'S 7-BOOTH Down: 1-GRANDSTAND 2-ROCKER 3-CHAIR 4-THRONE 5-PEW 6-SWING 7-BENCH

25	THU 26	FRI 27	SAT 28
...y With Dad	Thanksgiving Day	American Indian Heritage Day	National French Toast Day

Dear Dave Ramsey — You're Really Just Trading One Expense for Another



Dear Dave,

My wife and I are on Baby Step 2 of your plan, and we're paying off our debt as quickly as possible. I've even put my motorcycle up for sale for $5,000 to help us get out of debt faster. The other day, a guy offered me $500 cash and a fishing boat for the bike. I've always really wanted a boat, but picking up a toy feels weird when we're trying to get out of debt. Plus, the money portion of the deal would only make a tiny dent in what we owe. What do you think about this? —Gordon

Dear Gordon,

I'm proud of you two for working to get control of your finances. And I've got to admit, the deal this guy offered is kind of interesting. Odd, but interesting!

At this stage of the game, though, I think you and your wife should sit down together and ask yourselves what your real goal is. If the goal is to own a boat, then you could accomplish that easily. If your goal is to get out of debt and get control of your finances, then this deal isn't really the best way to go. It seems like a cool transaction on the surface, especially if you like being on the water. But the upkeep and maintenance on boats can really add up. And that means more hassles and expenses in your lives.

I think you already knew this, Gordon, but in my mind getting out of debt as quickly as possible comes first. There's plenty of time later for you to save up and buy a nice boat after you get control of your money. In this scenario, you're really just trading one recreational vehicle—and the accompanying expenses—for another.

If you're on Baby Step 2, it means you've already got $1,000 in the bank for emergencies, and you've moved on to paying off all your debt, except for your home. This tells me you two are motivated, but the idea of a boat has caused your resolve to get a little shaky.

So, if you're looking for someone to tell you forget the boat, and stay on track with getting control of your lives and money, I'm your guy. Don't do the deal! — Dave

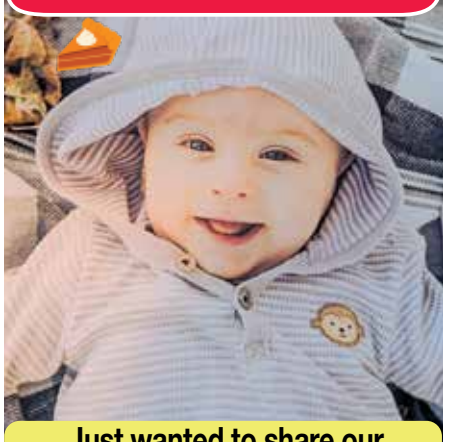
THANKSGIVING

At Granny's house. Good food, family and fun. Looking in all directions, using the clues, find more about Thanksgiving at Granny's house. *Answers on page 8*

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

FA... TU...
GA... PU...
BA... LA...
HE... LO...
FU...
TA...
VI...
TA...
KI...
PR...

Cutest Kids



Just wanted to share our newest little blessing.
—Thanks Linda Hofer, Lake Andes, SD



FIND 22 HIDDEN OBJECTS AND ONE TURKEY

- **Find 4 Hidden Birds**
- **17 Hidden Pumpkins**
- **One Turkey**

Answer is on page 8

This n' That



Jim's FBI Happenings

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

I'm Going To Tell You About DUSTY ROGERS, *Roy and Dale Evan's Son*

Roy Rogers Junior, better known as Dusty, the eldest son of famed western stars Roy Rogers and Dale Evans, grew up with his five sisters and one brother. He wanted to get into show business as early as 16 years of age. He had his own television variety show entitled Roy Rogers Jr. Show. His autobiography "Growing Up with Roy and Dale" told what it was like being the son of such famous parents.

He attended our Irlene Mandrell Celebrity Shoot, in 2007, at Branson, MO. I learned to love these wonderful stars. I'll tell you about others often. *See you next week. —Jim.*



This Week In History

Nov. 22, 1969 – Isolation of single gene announced by scientists at Harvard.

Nov. 23, 1992 – 10,000,000 cellphones sold.

Nov. 24, 1954 – Air Force One, 1st U.S. airplane, christened.

Nov. 25, 1914 – Baseball hall of famer Joe DiMaggio was born.

Nov. 26, 1942 – "Casablanca" has its world premiere in N.Y.

Nov. 27, 1910 – New York's Pennsylvania Station opened.

Nov. 28, 1964 – The U.S. spacecraft Mariner 4 launched on its way to the first successful mission to Mars.

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...

Poet, Sarah Josepha Hale, the author who wrote the nursery rhyme, "Mary Had a Little Lamb," wrote letters to U.S. presidents for 17 years to ask for a national Thanksgiving.



But most of all

Words of Wisdom



Others have seen what is and asked why. I have seen what could be and asked why not.
—*Pablo Picasso*

This Week's Scrambles

1. sKedinsn sanhgce vhiytgenre.
2. ylaAws oeohsc ot eb knid, ouy town treger ti.
3. eveeilB oyu nac nda uyo llwi avhe a btreet cnaceh fo indesucceg.

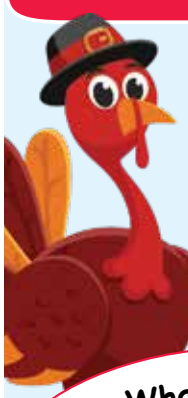
Answers on Page 8



Today's Happier Tip

Enjoy the ups in life and learn from the downs to become stronger.

Laugh A Lot



How come the turkey didn't eat dinner?
He was already stuffed.

What do you call a running turkey?
Fast food.



What Am I?

1. I have space, but I don't have any room.
2. You can enter me, but you can never walk inside.
3. I have keys, but I cannot open any doors.
4. I help you talk to the world without making a sound.

Answers on Page 8

I'm thankful for pumpkin pie.

Cruisin' Around

Jackson Hole, Wyoming





1





3

1. Jackson Hole was named after a 19th-century __ __ __trapper David Jackson.
2. A large part of The Grand __ __ __ __ __ National Park, is within the Jackson Hole valley.
3. On the edge of town, you can find over 7,000 migrating __ __ __ , who rely on the valley to survive the harsh winters.
4. John D. __ __ __ __ __ __ __ __ __ __ __ Jr. spent years secretly buying up over 30,000 acres of private land in Jackson Hole and then donated it to Grand Teton National Park.
5. Resident Harrison __ __ __ __has used his own helicopter to assist local authorities with backcountry rescues.
6. Wyoming borders Montana, South Dakota, Nebraska, Colorado, __ __ __ __ , and Idaho.

Answers: 1. Fur 2. Teton 3. Elk 4. Rockefeller 5. Ford 6. Utah

TRAVELING SCRAMBLE





Unscramble the letters below to find the names of ten things having to do with traveling. Then discover the hidden theme words made up from the circled letters.

1. YEFRWEA
2. VNIAATCO
3. CIAGNPM
4. ELMI
5. TLAK
6. YRJUOEN
7. CUTKR
8. ADRO
9. IVITS
10. LEEPS



Hidden Words: __ __ __ __ __ __ __ __ __ __



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

Answers: 1-FREEWAY 2-VACATION 3-CAMPING 4-MILE 5-TALK 6-JOURNEY 7-TRUCK 8-ROAD 9-VISIT 10-SLEEP
Hidden Words: FAMILY TRIP



For the Love of PETS

Only male turkeys (called gobblers or toms) make the famous gobble sound.



How quickly can you say?



Answers on Page 8



GUESS WHAT I AM

Happier Kitchen

Crock-Pot King Ranch Chicken



- 1 med. onion, diced
- 1 med. green pepper, chopped
- 2 cans Campbell® Cream of Chicken soup
- 2 cans Rotel® tomatoes and chilies (mild)
- 2 c. chicken, cooked and cubed
- 12 corn tortillas (cut into bite size pieces)
- 2 Tbsp. margarine, melted
- 2 c. mild cheddar cheese, shredded

Lightly saute onion and green pepper in a frying pan. Then place all ingredients in a large crock-pot. Cook until warmed. **Enjoy!**

Precious Pets



My son and his pets.
They all get along real good.
—Thanks, Sandy LaFollette, Chariton, IA

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"



Cute Little Guy

Baby sheep are called lambs weighing about 5-8 pounds. When fully grown they can weigh up to 90-300 pounds. Sheep are very social animals and live in groups called herds or flocks. Sheep were first brought to the United States by Christopher Columbus in 1493.

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.

Psalm 103:13 As a _ _ _ _ _ _ pities his children, So the Lord pities those who fear Him.

Micah 7:18 Who is a God like You, Pardoning _ _ _ _ _ _ _ _ And passing over the transgression of the remnant of His heritage? He does not retain His anger forever, Because He delights in mercy.

1 Peter 5:7 _ _ _ _ _ _ _ all your care upon Him, for He cares for you.

2 Thessalonians 3:3 But the Lord is faithful, who will _ _ _ _ _ _ _ _ _ you and guard you from the evil one.

Answers: 1. FATHER 2. INIQUITY 3. CASTING 4. ESTABLISH



Look and LEARN

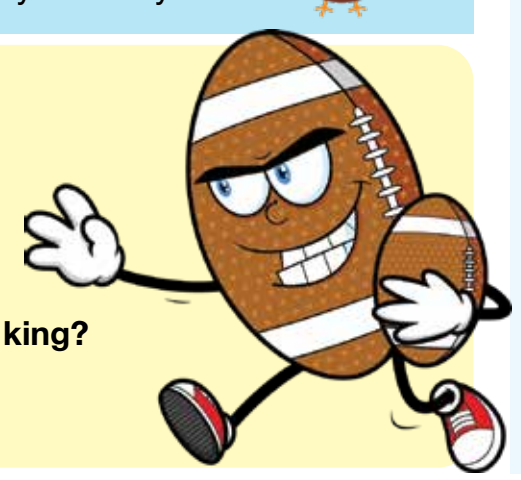
The first Thanksgiving likely included venison, duck, goose, lobster, fish and maybe turkey.



Trivia Fun

Answers on page 8

1. **What sport's hall of fame is in Canton, OH?**
2. **In what year was the first woman elected to congress? 1876, 1896, or 1916?**
3. **Of what country was Richard the Lion-Heart king?**
4. **What is the capitol of Florida?**



Find This Week's . . .

"THANKSGIVING" WORDS



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

MOM	BROTHER	COUSINS
AUNT	DAD	SISTER

Answer on page 8

Get a Kick

My nephew asked me who my favorite niece or nephew is. I replied, "I'm sorry, but it isn't you." "Why not?" he asked. I then explained to him that I had always felt as if he were a 'little brother' to my two older sons. He smiled and asked, "So, who's your favorite son?"





Today's Happier Tip

Everything you do in life, makes you who you are.

Thank You Mail

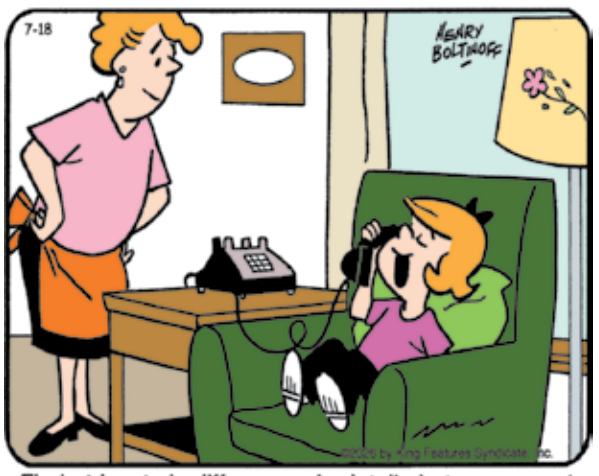
Share Happy Memories

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.

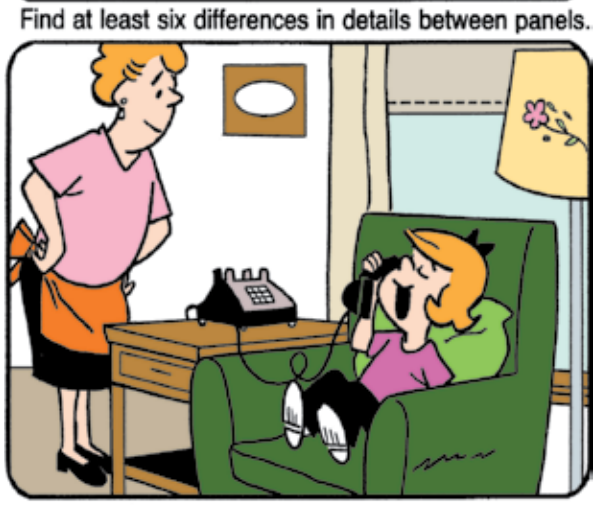
Send to: SHARE
PO Box 99
Portland, TN 37148
Or you can email us at,
customerservice@happierweek.com

We're Gettin' HAPPIER!

Find the Differences



Find at least six differences in details between panels.



Differences: 1. Window shade is added. 2. Drawer is added. 3. Foot is moved. 4. Apron is shorter. 5. Woman's hair is different. 6. Back of chair is lower.

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



Today's Happier Tip

The most useful tool in life is a good smile.

Fun Facts



- **THREE DAYS OF FUN!** The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included Pilgrims and Wampanoag Indians, and lasted three days.
- **TURKEY TIME...** According to the National Turkey Federation, more than 46 million turkeys are eaten on Thanksgiving.
- **TURKEY TOWN...** There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.
- **NO TURKEY...** Turkey probably wasn't at the first Thanksgiving. The menu would have been deer, mussels, lobster, bass, pumpkins and cranberries.



Get **HAPPIER** Tips

Don't forget to see the simple things in life. A sunset, the stars, a warm day, birds, and the list goes on.



Doctor Mike Says . . .

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

Losing Weight May Not Be Enough To Prevent Type 2 Diabetes

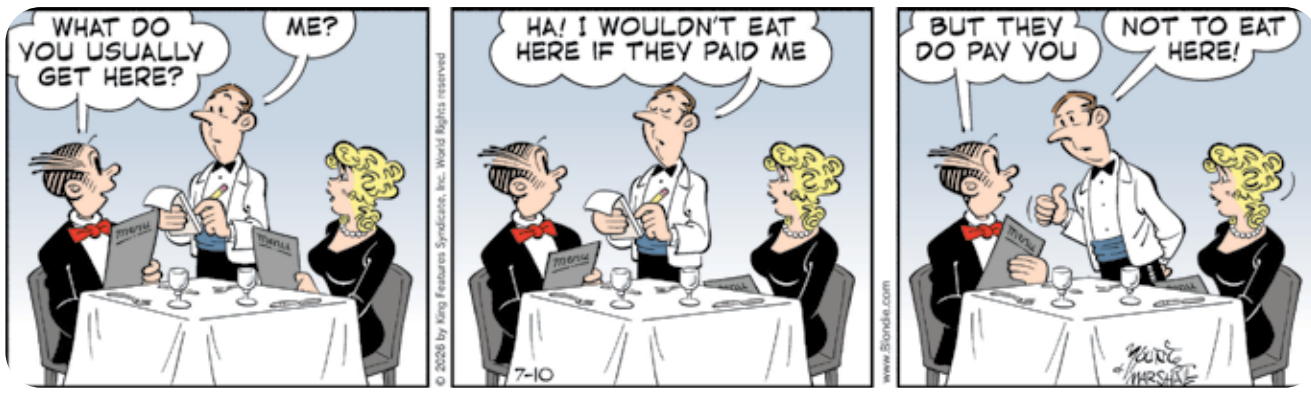
Around 115 million Americans have prediabetes. Fortunately, for most (58%), losing as little as 5% to 7% of their body weight can reduce their risk of going on to develop full-blown Type 2 diabetes.

But there are folks with prediabetes for whom weight loss alone doesn't prevent progression to Type 2 diabetes. A study in the journal Diabetes reveals that people who have fatty liver disease (that's 100 million Americans) and develop insulin resistance as a result of that condition need a more personalized approach to prevent rising blood glucose levels, declining insulin secretion, and a persistently high risk of Type 2 diabetes.

Step 1: Ask your doctor for blood tests and other examinations that determine your A1c (blood glucose average over three months), check for insulin resistance, and provide images that can reveal fatty liver disease, aka MASLD.

Step 2: If you have prediabetes and MASLD, work with your doctor and my AI coaching program at 4YOUngevity.com to develop a personalized lifestyle makeover. That includes a plant-based nutritional plan free of added sugars, red and red processed meats and ultra-processed foods, and an aerobic and strength-building exercise routine. They will help manage blood sugar and ease liver-damaging inflammation. (You'll also lose weight.) Also ask your doctor about three medications, resmetirom, semaglutide or tirzepatide, which can help reduce the amount of fat and scarring in the liver.





Answer Section

PG. 7
"THANKSGIVING" WORDS

Hidden Word:
ALL THE FAMILY
GATHERS 'ROUND

PG. 7
Trivia Fun

1. PROFESSIONAL FOOTBALL'S
2. 1916, JEANETTE RANKIN
3. ENGLAND, IN THE LATE 12TH CENTURY
4. TALLAHASSEE

PG. 5 **WORD SEARCH**

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

WHERE IN THE WORLD AM I?
PG. 2 PYRAMIDS OF GIZA

PG. 5 **Hidden Puzzle**



PG. 2 **Crossword**

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

PG. 4 **Circle Words:** ALL WORKING TOGETHER

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

PG. 2 **Toy Blocks:**
On Pages: 4,5,6,7,8
THE APPLE IS JUICY

PG. 2 **Hide & Seek:**
On Pages: 4,5,6,7,8

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

PG. 6 **What Am I?**
A COMPUTER KEYBOARD

PG. 3 **Secret Words:** ALL AROUND THE NEIGHBORHOOD

PG. 6 **Guess What I Am:** OLD TRACTOR

PG. 3 **Billboard of Happiness:**
KEEP WARM AND EAT HEALTHY THIS WINTER

PG. 6 **How Quickly Can You Say?**
PASS THE BREAD BUTTER AND JAM PLEASE

PG. 6 **This Week's Scrambles:**
1. KINDNESS CHANGES EVERYTHING
2. ALWAYS CHOOSE TO BE KIND, YOU WONT REGRET IT
3. BELIEVE YOU CAN AND YOU WILL HAVE A BETTER CHANCE OF SUCCEEDING

SUDOKU

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