

Daily Delight

FRIDAY • MAY 3 • 2024

National Garden Meditation Day

If you've been wanting to try meditation, National Garden Meditation Day on May 3rd is a great time to start! Did you know that working in a garden, or just spending time in a garden or in nature is a form of meditation? Even resting quietly on a bench on a beautiful day can be a form of meditation. The sun provides a natural dose of vitamin D, but don't forget your sunblock. The gentle movement of leaves, flowers, and grass in the breeze, along with relaxation, can help ease pain and anxiety, and may even help you sleep better.

Whether you visit a park, or a botanical garden, or sit quietly in the shade of a tree, spend some time with nature and give meditation a try.



Today in History



In 1991, the final episode of "Dallas" aired. It was the 356th episode and it ran on CBS. It was the network's second longest-running series; "Gunsmoke" was first. Following its regular television series run, there were five made-for-tv movies produced.

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DID YOU KNOW? The Feathered Pen

Quill pens were used for important documents from the 6th to the 19th centuries. The best quills were made from goose, swan, or turkey feathers. The process of making a quill involved curing the shaft to harden it, then creating an oval hole, making a slit on the top, cutting a scoop on the lower side, shaping the tip, and making the nib flat. A well-made quill could last a long time.

TRIVIA

What is the world's heaviest land mammal?

- A** Elephant
- B** Giraffe
- C** Rhino
- D** Hippopotamus

TODAY'S FUNNY

What's the difference between a hippo and a Zippo?

*One is really heavy
and the other is
a little lighter*

TODAY'S WISDOM

*"Everything is beautiful when you stop looking for flaws."
- Stacey Myers*

WORD SEARCH

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

CHILLY
COLD
COTTON
DOWN

FORTUNE
MAGIC
PILLOW
POLYFIL

REFRIGERATOR
SLEEPING
TRADITION
FOLKLORE
PROSPERITY

SUDOKU

How To Play:

Each 9x9 box is comprised of 9 smaller 3x3 boxes. Each of these smaller boxes must be filled in with numbers from 1-9. Each row and column of the larger 9x9 box should not have any numbers repeated.

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

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

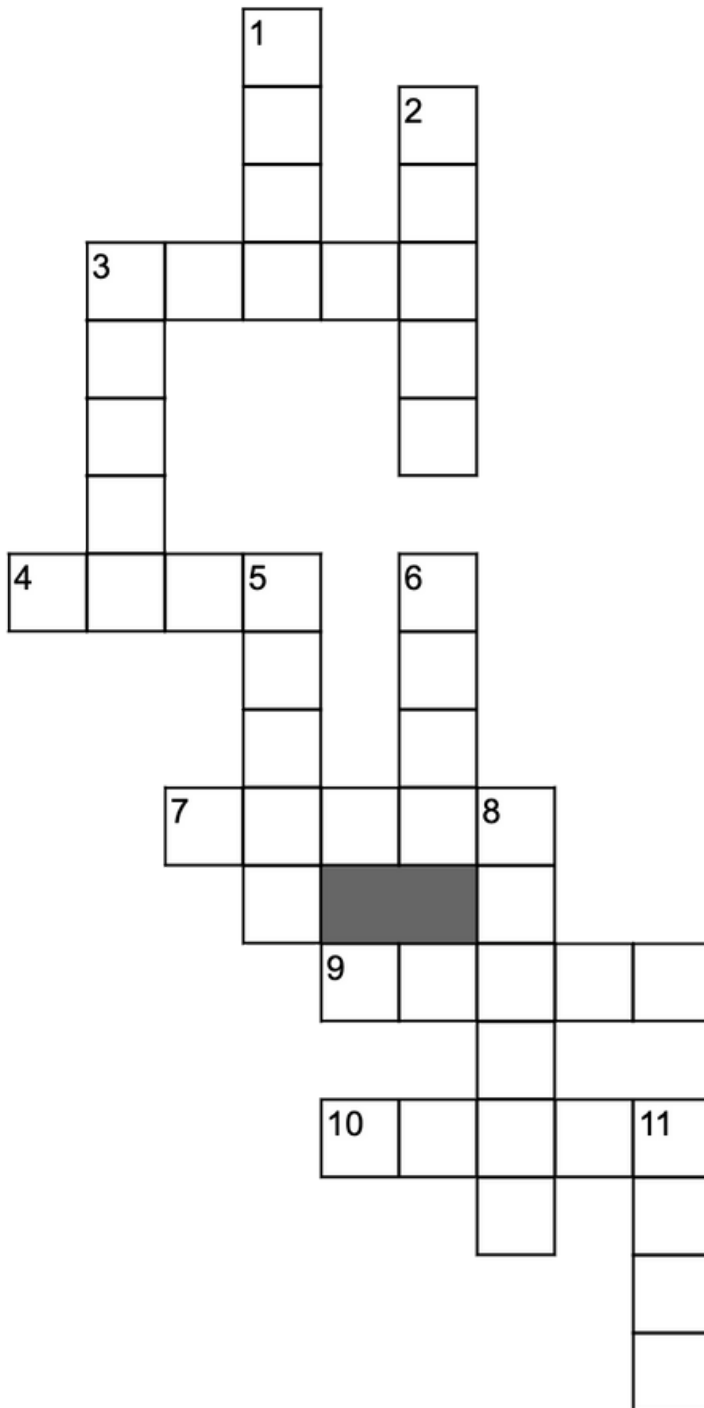
Helpful Tip:

If you get stuck, try asking yourself "Where can I place number X in this row or column?" Scan to see if the number is already in that row, column, or box.

WORD JUMBLE

Every answer uses only the letters in the word:

STRAIGHTEN



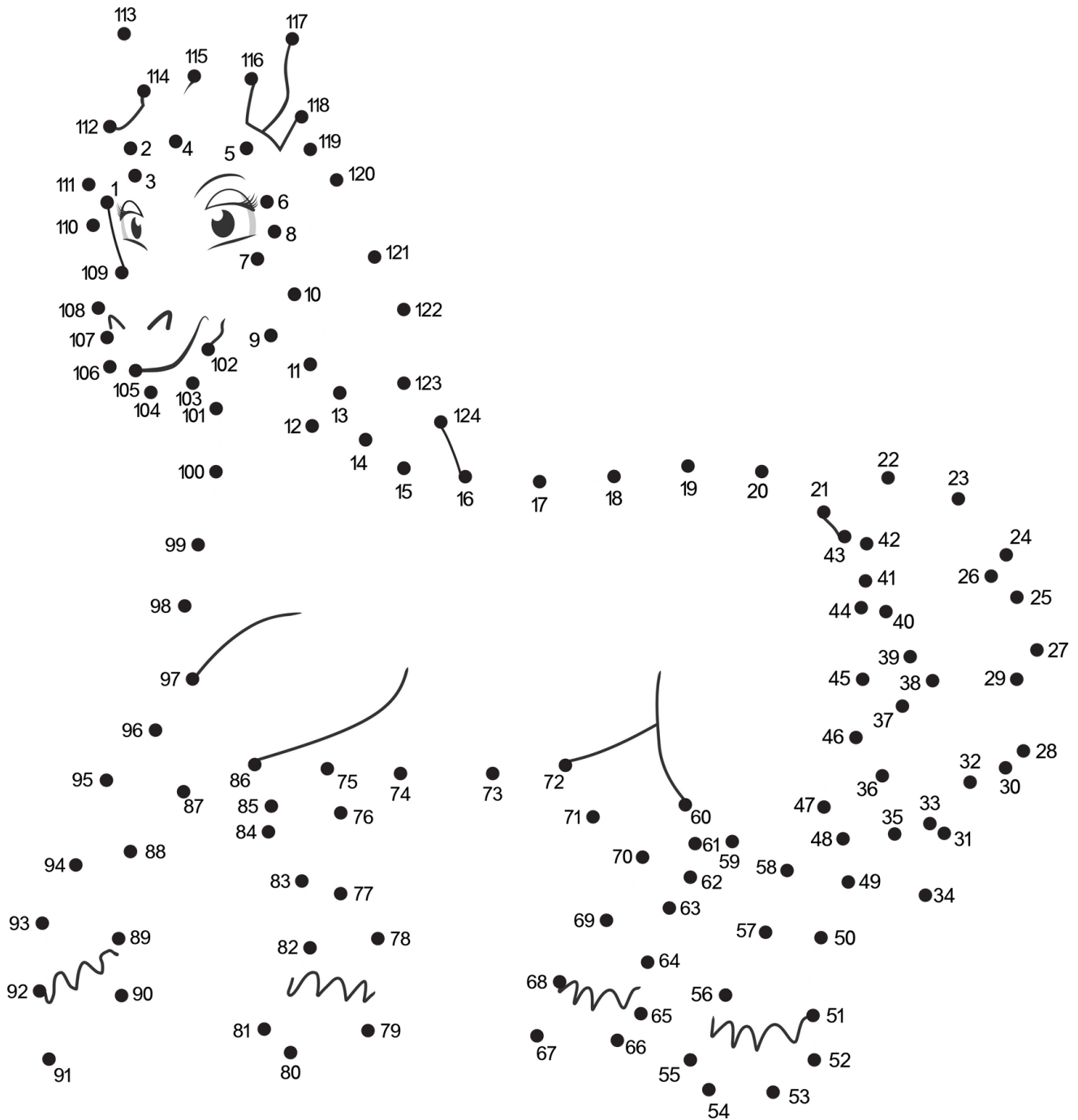
Down

1. Make money
2. Trim a sheep
3. Boost spirits
5. Compact
6. Successor
8. Intimidating type
11. Close

Across

3. Wash out
4. Warmth
7. Tunic or blouse
9. Thickness
10. Wheat or corn

Connect the Dots

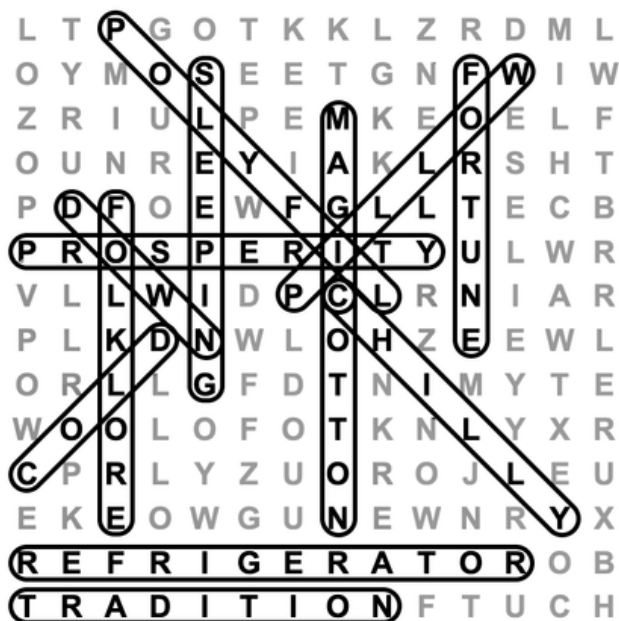




SOLUTIONS

Trivia Answer: A.

The African bush elephant can weigh up to 10.1 tons.



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

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

