

# Daily Delight

SATURDAY • AUGUST 10 • 2024

## National Lazy Day

Life and work are busy and demanding. Did you ever get the urge to just take the day off or to kick back and do nothing? Well, that day has arrived, as today is Lazy Day. On this August 10 holiday, being lackadaisical is in vogue. We don't cut the lawn, weed the garden, or even do the dishes. Roll out those lazy, hazy, crazy days of summer! Lazy Day is your chance to goof off and do no work. And it comes at a good time.

Hot, muggy weather makes it easy to kick back and be lazy for a day. It is best spent on a hammock, along with your favorite summer beverage. Our research did not find the creator or the origin of this day. We were just feeling... lazy.



## Today in History



In 1993, Ruth Bader Ginsburg was sworn in as a US Supreme Court Justice. As the first Jewish female justice and the second female justice, Ginsberg spent much of her legal career as an advocate for gender equality and women's rights and was dubbed "The Notorious R.B.G."

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## **DID YOU KNOW?** **Say Goodbye to Migraines**

As we age, our bodies become more susceptible to various illnesses, but migraines are an exception. They often first develop in adolescence, with women being three times more likely to develop them due to fluctuating estrogen levels. The frequency of migraines peaks at 40 and improves with age. Stress and hormones are common triggers. Although migraines generally subside with age, they are still the second most common headache disorder in older people.

## **TRIVIA**

What nationality is Arnold Schwarzenegger by birth?

- A** English
- B** Canadian
- C** Austrian
- D** German

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## **TODAY'S FUNNY**

Today I saw twin pandas  
*that bears repeating!*

## **TODAY'S WISDOM**

*"In order to carry a positive action we must  
develop here a positive vision."  
- Dalai Lama*

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# WORD SEARCH

## BE AN ANGEL

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

ANGELIC  
BENEFACTOR  
BOOST  
CHEER  
DEEDS

GENEROUS  
GOOD  
GUARDIAN  
HELPERS  
KINDNESS

LOVE  
SUPPORT  
UPLIFT  
VALUABLE

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# 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.

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

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

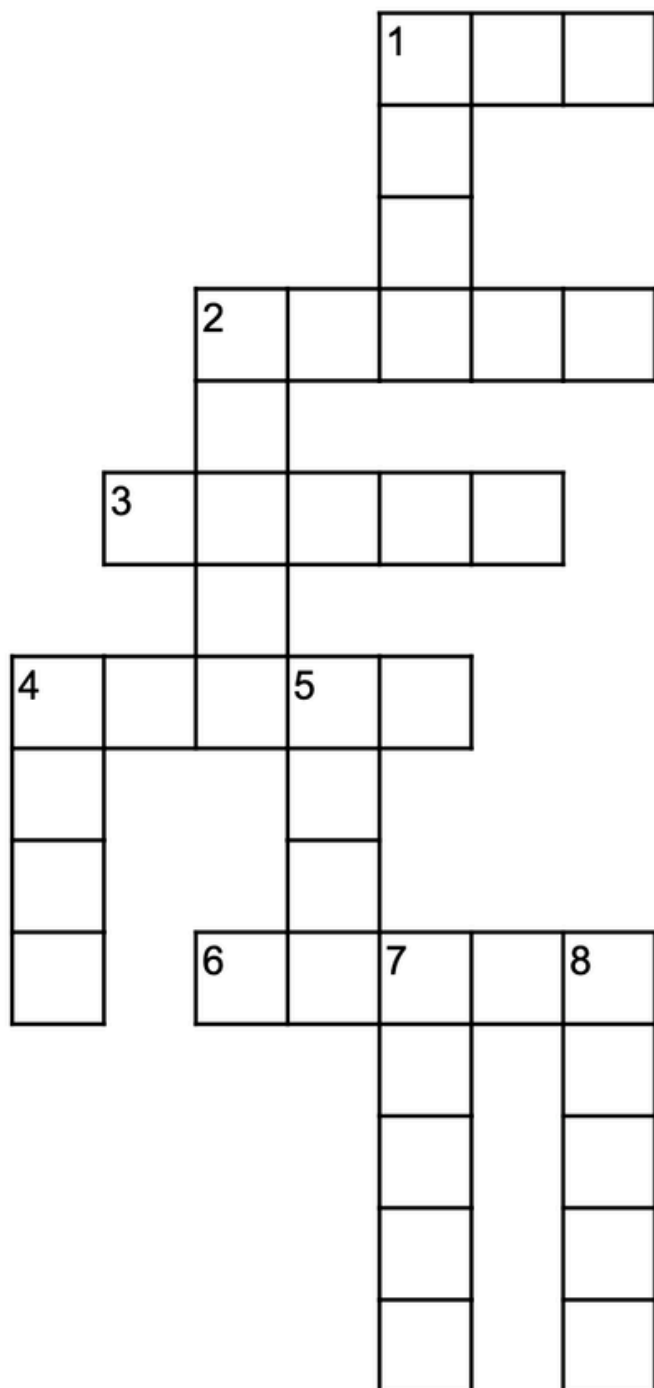
## Helpful Tip:

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:

**LETHARGIC**



## Down

1. Home aide's offering
2. Head person in PTA
4. Villain's hideaway
5. "Brown-eyed \_\_\_\_\_"
7. Good principle
8. Courtroom hearing

## Across

1. Hatchback, e.g.
2. Play dirty
3. Third from the sun
4. Huge
6. Signal

# Test Your Knowledge

**Solve the questions below to test your knowledge and give your brain a workout!**

What do Lake Powell (Utah / Arizona), Lake Mead (Nevada), and Lake Nasser (Egypt) have in common?

- a. All are man-made
- b. All are salt lakes
- c. All are fresh lakes

What is the highest waterfall on Earth?

- a. Yosemite Falls
- b. Angel Falls
- c. Victoria Falls

Solve the math problems:

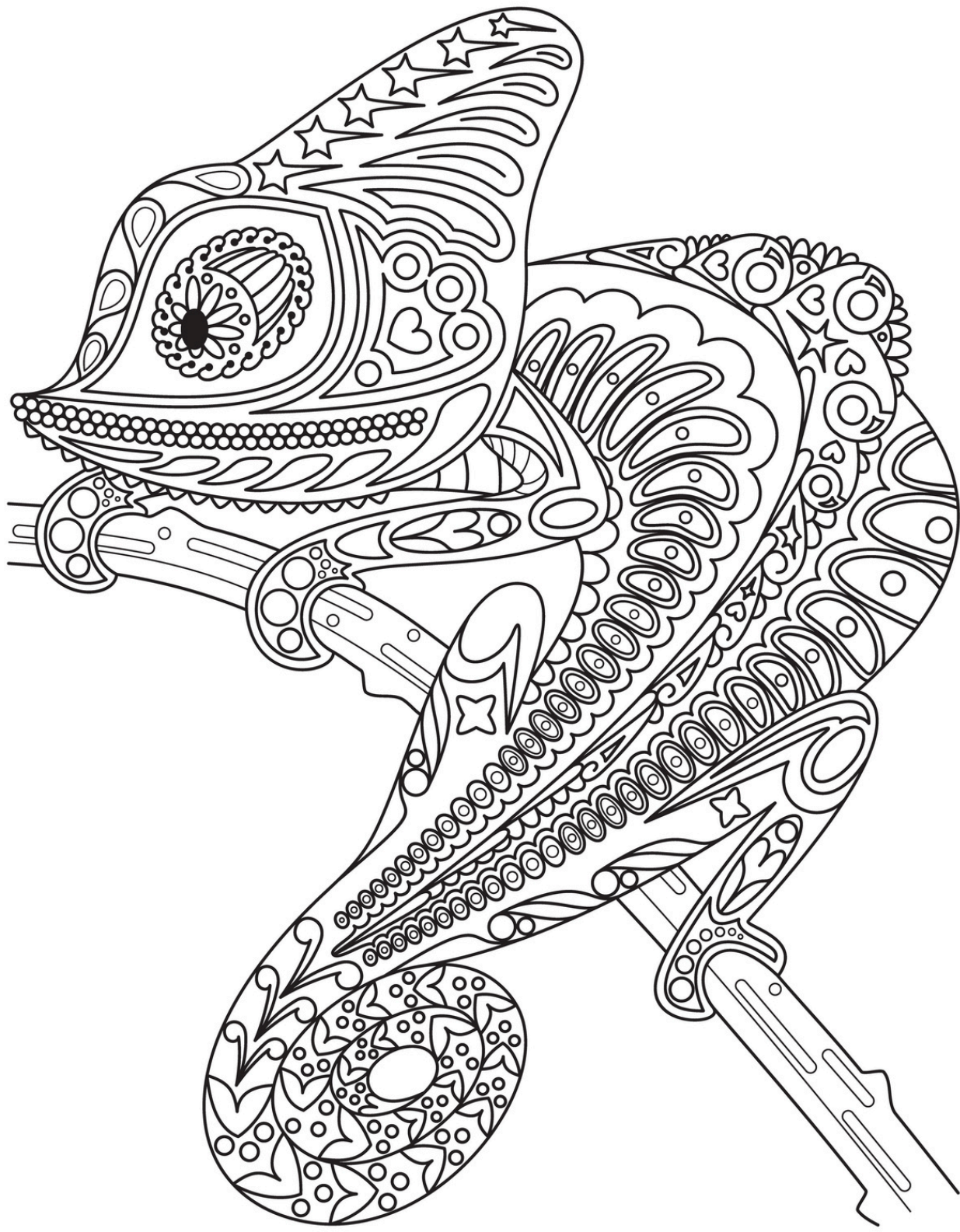
$$\begin{array}{r} 74 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 635 \\ + 1023 \\ \hline \end{array}$$

$$\begin{array}{r} 87 \\ - 35 \\ \hline \end{array}$$

$$\begin{array}{r} 477 \\ \div 9 \\ \hline \end{array}$$

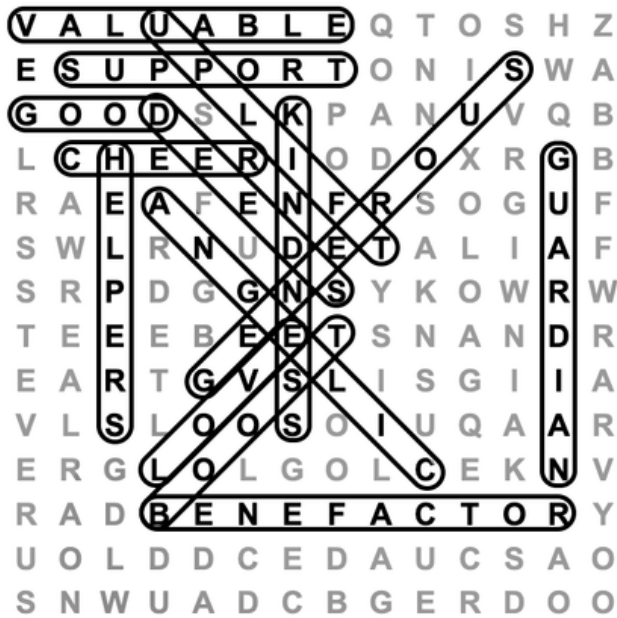
The same company that compiled the list of the New Seven Wonders of the World also created the Seven Wonders of the Natural World. Which wonder may be seen in more than one continent?



# SOLUTIONS

## Trivia Answer: C

Arnold Alois Schwarzenegger (born July 30, 1947, in Thal, Styria, Austria) is Austrian and American.



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

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



### Answer:

a. All are man-made

### Answer:

b. Angel Falls

$$\begin{array}{r} 74 \\ \times 3 \\ \hline 222 \end{array}$$

$$\begin{array}{r} 635 \\ + 1023 \\ \hline 1658 \end{array}$$

$$\begin{array}{r} 87 \\ - 35 \\ \hline 52 \end{array}$$

$$\begin{array}{r} 477 \\ \div 9 \\ \hline 53 \end{array}$$

### Answer:

The Northern Lights may be seen in many places across the Arctic Circle, with the best view being thought to be found in Norway.