

Daily Delight

THURSDAY • NOVEMBER 14 • 2024

World Diabetes Day

Millions of people across the globe have diabetes, with numbers in America getting increasingly worse, which is why today we observe World Diabetes Day. There are two forms of diabetes: type 1 diabetes, which you are born with or develop as a child, and type 2 diabetes, which occurs as an adult. In the case of type 2 diabetes, a good diet and regular exercise can often prevent it. However, in America, poor diets and a lack of exercise are rampant, making these the biggest contributors to this growing health issue.

Incorporating a healthy lifestyle and diet can fight back against the disease. Reduce the amount of high-sugar and high-carbohydrate foods and drinks while working some exercise into your life. Encourage others to do the same.

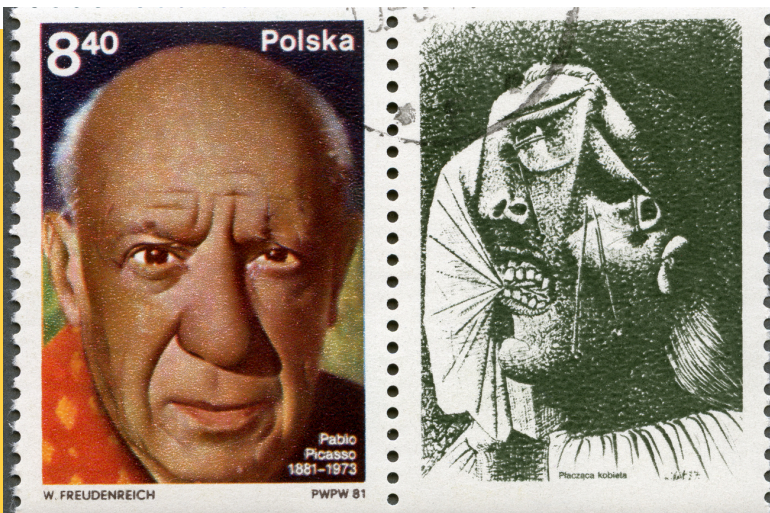


Today in History



In 1851, Harper and Brothers published “Moby Dick” by Herman Melville, considered one of the great American novels. Melville’s book “Typee” was about his real-life encounters in Polynesia and was an immediate best-seller. His other novels include “Benito Cereno” and “Billy Budd.”

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DID YOU KNOW?

Picasso Chose to Use His Mother's Surname

Pablo Diego José Francisco de Paula Juan Nepomuceno Crispín Crispiniano María de los Remedios de la Santísima Trinidad Ruiz Picasso was born in Malaga, Spain, in 1881. He chose the surname "Picasso" because he liked the double "s," which was not common in Spain.

TRIVIA

"Heart of Dixie" is the nickname for which US state?

A South Carolina

B Alabama

C Texas

D Florida

TODAY'S FUNNY

I recently organized a mediocre game of tag with some work friends.....

If I'm honest, it was pretty much just a touch-and-go game.

TODAY'S WISDOM

"A wise man can learn more from a foolish question than a fool can learn from a wise answer."

- Bruce Lee

WORD SEARCH

FAMOUS PRINCESSES

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

CINDERELLA

SNOW WHITE

ARIEL

BRIAR ROSE

GRACE

DIANA

CATHERINE

ANNE

PING YANG

NEFERTITI

RAPUNZEL

BELLE

AMEERAH

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.

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

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

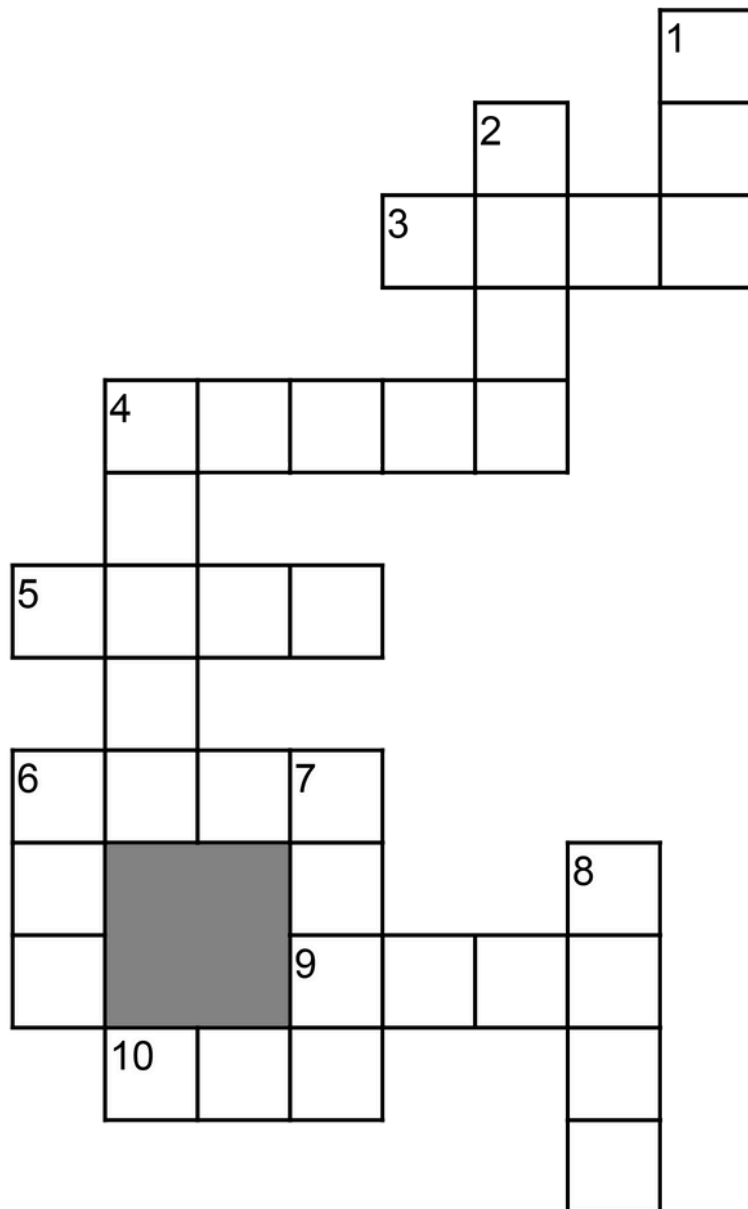
Helpful Tip:

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:

GHERKINS



Down

1. Barrel
2. Employ
4. Gleam/glow
6. Chicken
7. Chance/possibility
8. Largest organ

Across

3. Sovereign
4. Burn/sear
5. Trek/march
6. Successor
9. Basin
10. Pigment

CRYPTOGRAM

Each number stands for a letter. The correlating number for 3 of the letters has been provided as a starting point. Find the numbers in the puzzle and write the assigned letter. Single letters and word length are all hints. Be sure to keep track of what numbers are used for each letter to decode the message!

A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

“

9 3 7 21 14 4 4 23 8 14 5 24

9 11 1 3 24 10 6 10 20

,

4 15 4 14 12 7 21 9 3 13 9 15 4

25 4 1 14 3 4 5 1 26 8 10 7

25 9 16 4 : 9 7 13 8 4 24 8 3”

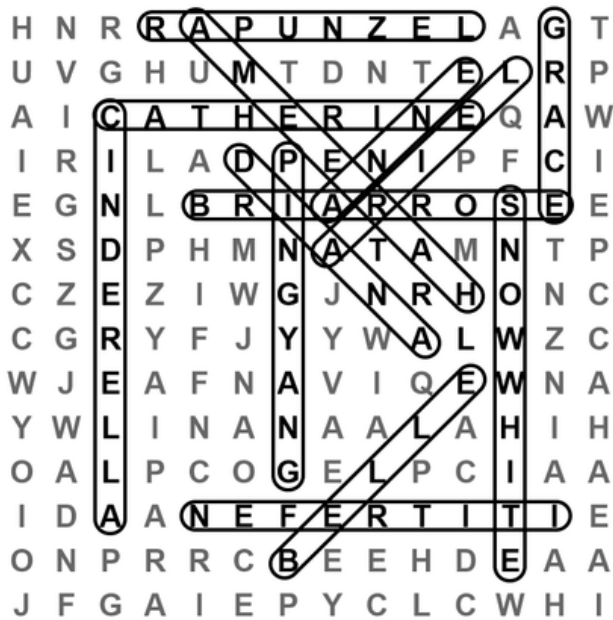
-Robert Frost



SOLUTIONS

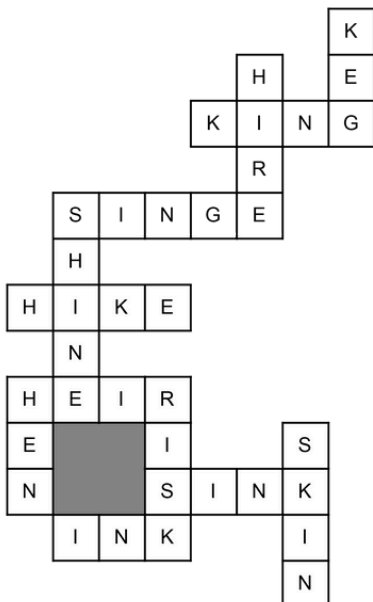
Trivia Answer: B

Alabama is nicknamed the Yellowhammer State, after the state bird. Alabama is also known as the "Heart of Dixie" and the "Cotton State".



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

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



A	B	C	D	E	F	G	H	I	J	K	L	M
1	26	11	5	4	16	13	21	9	22	19	25	6

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
3	8	20	18	14	24	7	10	15	23	17	12	2

"I N T H R E E W O R D S
 $\frac{9}{3}$ $\frac{7}{21}$ $\frac{14}{4}$ $\frac{4}{4}$ $\frac{23}{8}$ $\frac{14}{5}$ $\frac{24}{24}$

I C A N S U M U P
 $\frac{9}{9}$ $\frac{11}{11}$ $\frac{1}{3}$ $\frac{24}{24}$ $\frac{10}{6}$ $\frac{10}{20}$

E V E R Y T H I N G I ' V E
 $\frac{4}{4}$ $\frac{15}{15}$ $\frac{4}{14}$ $\frac{12}{12}$ $\frac{7}{7}$ $\frac{19}{3}$ $\frac{13}{13}$ $\frac{9}{9}$ $\frac{15}{15}$ $\frac{4}{4}$

L E A R N E D A B O U T
 $\frac{25}{4}$ $\frac{1}{14}$ $\frac{3}{3}$ $\frac{4}{4}$ $\frac{5}{5}$ $\frac{1}{26}$ $\frac{8}{8}$ $\frac{10}{10}$ $\frac{7}{7}$

L I F E : I T G O E S O N
 $\frac{25}{9}$ $\frac{16}{16}$ $\frac{4}{4}$ $\frac{9}{9}$ $\frac{7}{7}$ $\frac{13}{13}$ $\frac{8}{8}$ $\frac{4}{4}$ $\frac{24}{24}$ $\frac{8}{8}$ $\frac{3}{3}$

-Robert Frost