

# Daily Delight

MONDAY • MARCH 24 • 2025

## National International Day For Achievers

If you know somebody, or maybe yourself, who has achieved extraordinary feats in a chosen field, today is for you! International Day for Achievers celebrates all people of all ages, races, genders, and otherwise who have made an impact or inspired those in their community through their work in their chosen field. From environmentalists, doctors, and scientists to teachers, social workers, civil servants, and even outstanding students, today we salute you for your efforts in making a difference in the world and inspiring others to do the same.

So, find someone you know who is an achiever and acknowledge, celebrate, and pay tribute to them for all they do. Thanks to all the achievers out there!



## Today in History



Published in 1853, the anti-slavery newspaper "The Provincial Freeman" was co-edited by Samuel Ringgold Ward and Mary Ann Shadd Cary, the first Black woman publisher in North America. Cary was also an activist, writer, and one of the first Black women lawyers in the U.S.

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activity assistant  
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## DID YOU KNOW?

### So Much Talent, Hardly Shared

Introverts have been responsible for some of the greatest achievements in history, like Frederic Chopin. This world-renowned and inspirational composer was so introverted that he gave only about 30 public performances in his lifetime. Instead, he played for small groups of friends and made a living by selling his compositions and teaching piano. Chopin's most quiet and troubled times have become known as his most productive composition periods.

## TRIVIA

What was one of the original names of McDonald's Big Macs?

- A** Patty Matty
- B** Double Patty
- C** Macbeef
- D** Aristocrat

## TODAY'S FUNNY

Why do they serve yogurt at museums?

*Because it's cultured.*

## TODAY'S WISDOM

*"If one truly loves nature, one finds beauty everywhere."  
- Vincent Van Gogh*

# WORD SEARCH

## LOVE YOURSELF

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

CELEBRATE

GOOD

SELF HELP

CORRECT

PAMPERING

SOLUTION

POSITIVITY

REAFFIRMING

STRENGTH

FEELING

RIGHT

# 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.

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

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

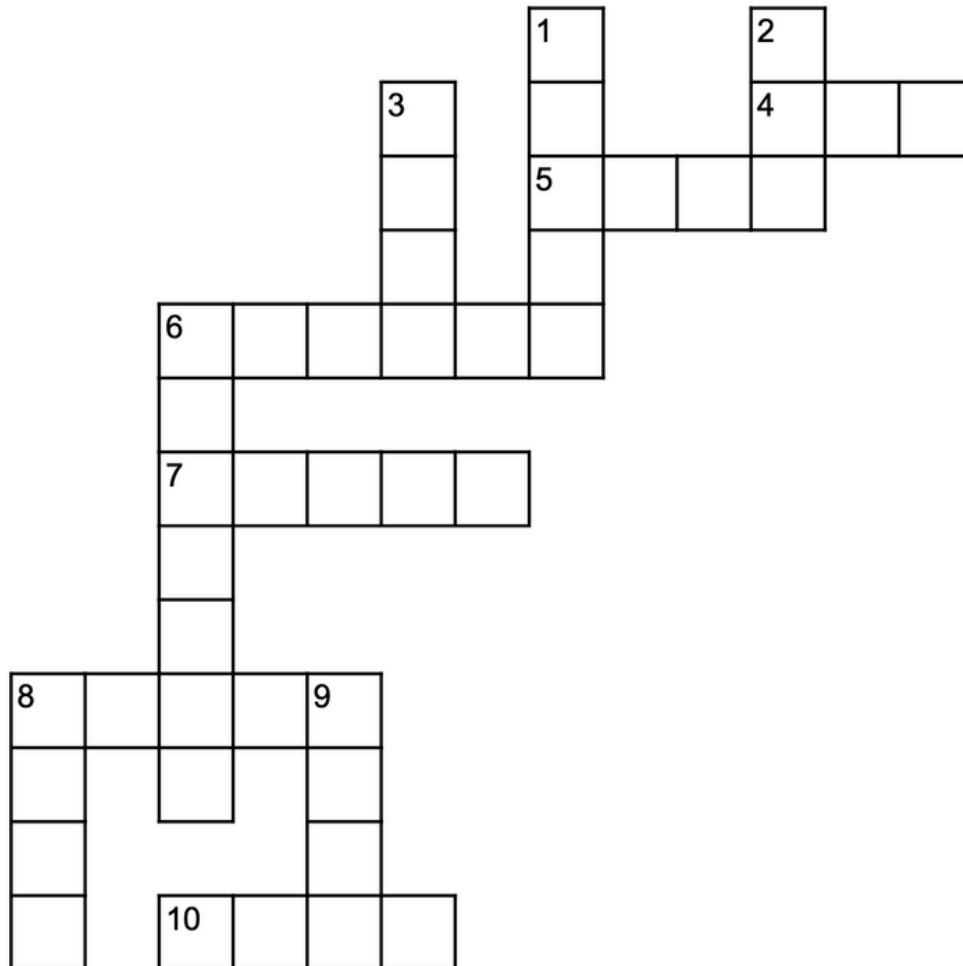
## Helpful Tip:

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:

**SILMALLIRION**



## Down

1. Alternative energy (sun)
2. Hermano
3. Non-written exams
6. Alike
8. Fly high
9. Untrustworthy

## Across

4. Between ready and fire
5. King of the jungle
6. Crewmember on a ship
7. Under 18
8. Not medium or large
10. AM time (abbr)

## Conversation Starters

**Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.**

Do you like gardening? If so, did you learn to garden as a child?

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What are your favorite fruits or vegetables to grow in your garden?

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Do you have any secrets for a great garden?

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# SOLUTIONS

## Trivia Answer: D

Original names for the burger included "Aristocrat" and "Blue Ribbon Burger." The name "Big Mac" was created by Esther Glickstein Rose, a 21-year-old Advertising Secretary who worked at McDonald's Corporate office in Chicago.

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

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

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

S  
O  
R  
A  
S A I L O R  
I  
M I N O R  
I  
L  
S M A L L  
O R I  
A A  
R M O R N