

# Daily Delight

WEDNESDAY • APRIL 23 • 2025

## National Picnic Day

Picnics are a great activity. Many people believe that the term "picnic" is English, but it's from the French word "pique-nique." The tradition of picnics originated in France during the 18th century, when people would go out for a holiday and enjoy bread, wine, cheese, and fruit under the open sky. After the French Revolution in 1789, the Royal Parks were opened to the public, and people celebrated by hosting picnics. In the 19th century, there was a society dedicated to picnicking based in London called the Picnic Society.

National Picnic Day isn't just about eating outside; it's about breaking the monotony of daily life. In short, today we celebrate all the wonderful things that life has to offer!



## Today in History



In 2015, Loretta Lynch was confirmed as the first African American woman to become US Attorney General. After earning her law degree at Harvard Law School, Lynch practiced in New York and became a prosecutor in 1990. She also served on the Federal Reserve Bank of New York board.

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## DID YOU KNOW?

### Carter's Compassionate Legacy

During his presidency, Jimmy Carter served as the parole officer for Mary Prince, a woman convicted of murder in 1970 who maintained her innocence. Both he and Rosalynn Carter became strong advocates for her cause after Prince worked as a nanny for their daughter Amy. Initially sentenced to life, Prince secured a pardon after her case was reexamined. She remained close to the Carters, continuing to help with their family even after leaving the White House.

## TRIVIA

What color is a ruby gemstone?

- A** Blue
- B** Purple
- C** Pink
- D** Red

## TODAY'S FUNNY

What did the mother worm say to her son who was late?

*"Where on earth have you been?"*

## TODAY'S WISDOM

*"I've had to learn to fight all my life – got to learn to keep smiling.  
If you smile things will work out."*

*- Serena Williams*

# WORD SEARCH

## TAKE CARE OF YOURSELF

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

ACTIVITIES

BALANCE

BLOOD PRESSURE

BODY

YOGA

DOCTORS

EATING

EMOTIONAL

GOALS

WELLNESS

HYGIENE

MENTAL

NO SMOKING

PHYSICAL

THERAPY

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

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

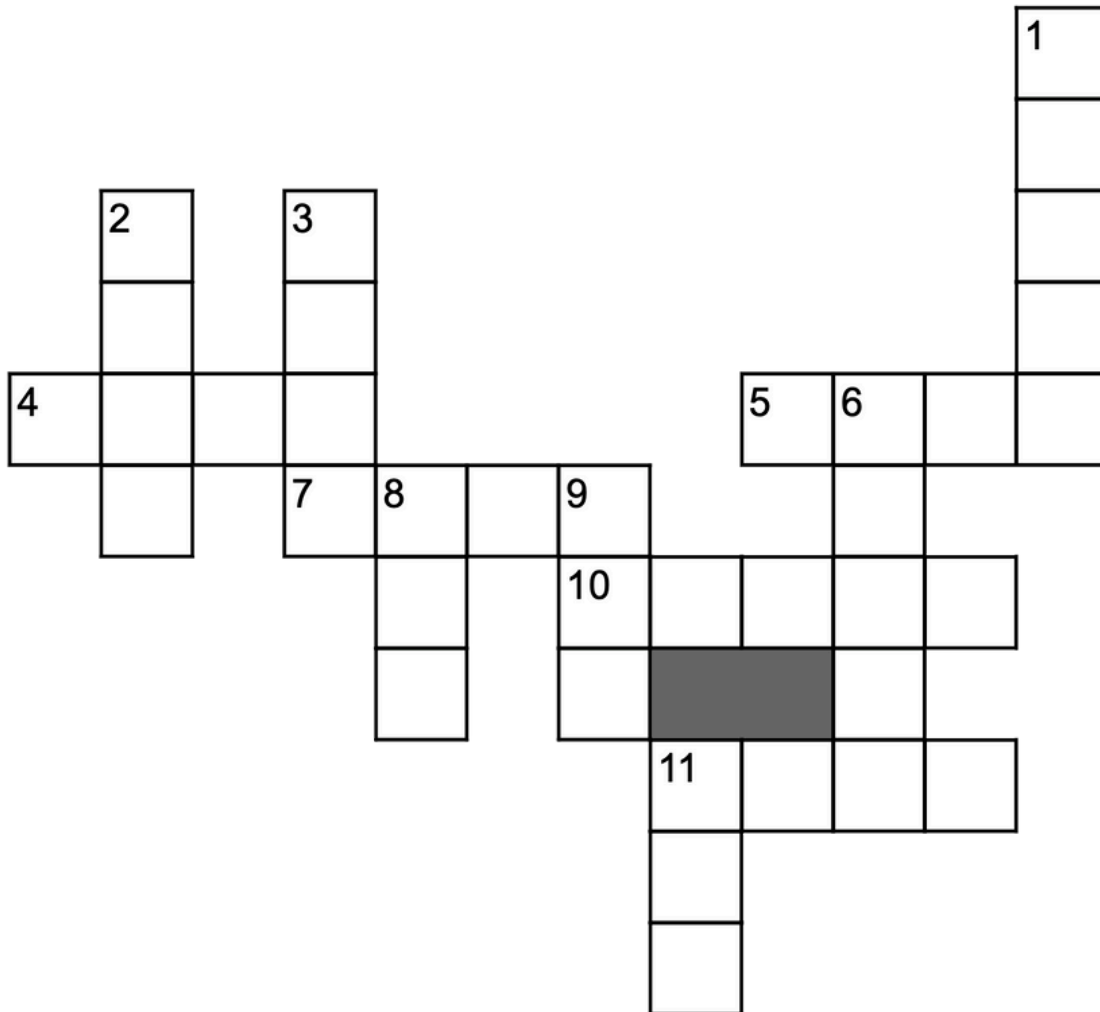
## Helpful Tip:

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:

**MEDICATIONS**



## **Down**

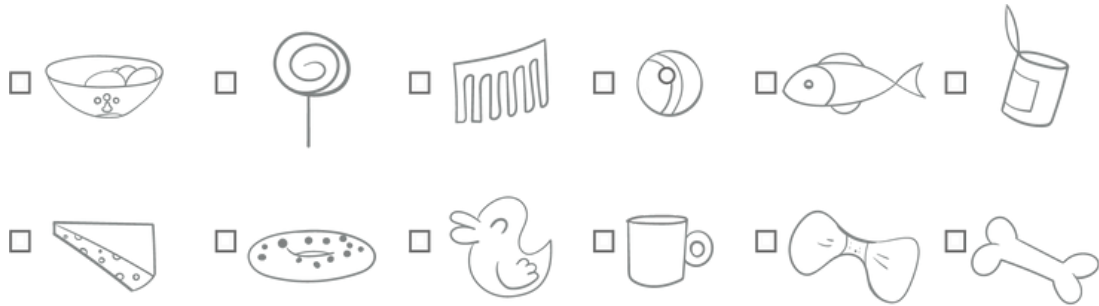
- 1. Dirty spot
- 2. Set way
- 3. Keep you warm
- 6. Atlantic or Pacific
- 8. On rocks
- 9. Chow down
- 11. Down in the dumps

## **Across**

- 4. A thought
- 5. Woe is me
- 7. Tick tock
- 10. Played part
- 11. Mailed out

# SEEK AND FIND

Find the hidden objects in the picture.



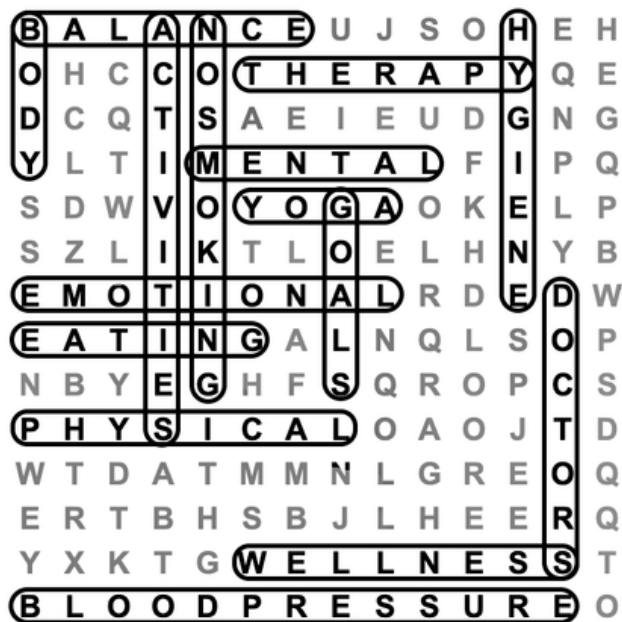




# SOLUTIONS

## Trivia Answer: D.

The finest ruby has a pure, vibrant red to slightly purplish red color.



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

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

