

Daily Delight

WEDNESDAY • MARCH 19 • 2025

National Let's Laugh Day

Did you have a laugh with someone yesterday about an awkward moment in your life? Well, keep those laughs rolling because it's Let's Laugh Day today...no joke! It's said that "laughter is the best medicine" and there are actually medical studies that have found this to be true! Laughing lowers your stress hormone cortisol, lowers blood pressure, boosts your immune system, increases your heart rate, burns calories, and helps you sleep!

Talk about a wonderful thing to do for not only yourself, but others as well! So, whether you're a comedian or simply think you are, keep sharing those funny stories and jokes you have with others today and every day to stay happy and healthy!



Today in History



In 2024, philanthropist and novelist MacKenzie Scott announced her organization Yield Giving would give away \$640 million to 361 nonprofits. She published her 1st novel, "The Testing of Luther Albright" in 2005 and won an American Book Award. Her 2nd book was published in 2013.

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DID YOU KNOW?

Earth to...

Astronomer Frank Drake made the first scientific attempt to contact alien beings in 1960 when he used an 85-foot radio dish at the National Radio Astronomy Observatory in West Virginia to listen for signals from two nearby sun-like stars. You haven't heard about it because his search turned up zilch.

TRIVIA

Which of the following is not green when ripe?

A Lettuce

B Zucchini

C Banana

D Peas

TODAY'S FUNNY

What happens when you get water on a table?

It becomes a pool table!

TODAY'S WISDOM

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."

- Eleanor Roosevelt

WORD SEARCH

POETRY

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

ACROSTIC

LIMERICK

CANON

ELEGY

EPIC

HAIKU

METER

ODE

RHYME

SONNET

STANZA

VERSE

RHYTHM

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

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

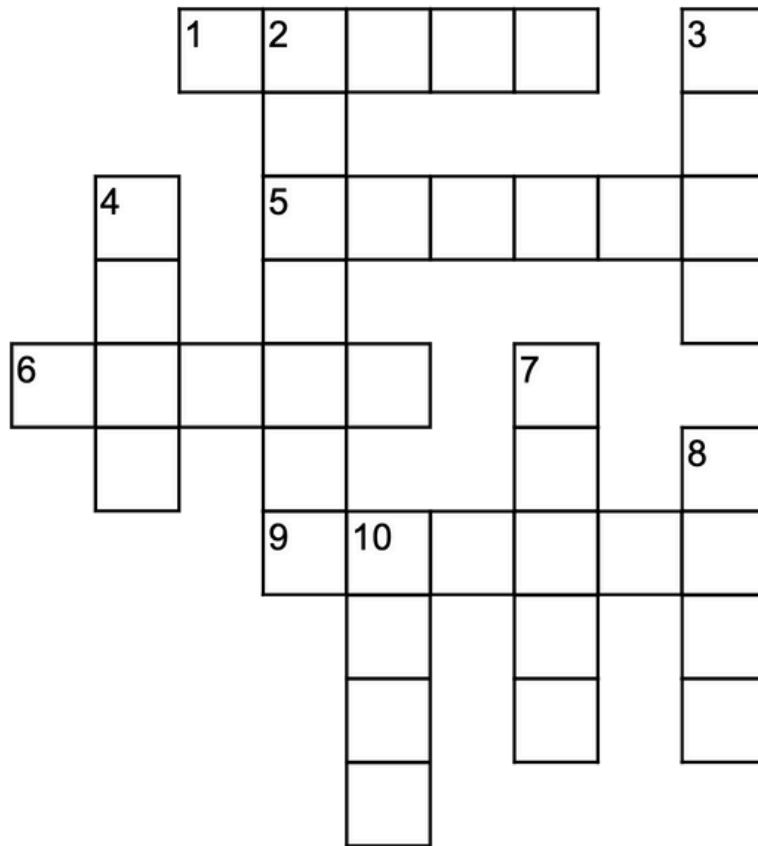
Helpful Tip:

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:

BACKSTITCH



Down

- 2. Defense strategy
- 3. Physical currency
- 4. Blister
- 7. Cluster
- 8. ____chat
- 10. Common Sense

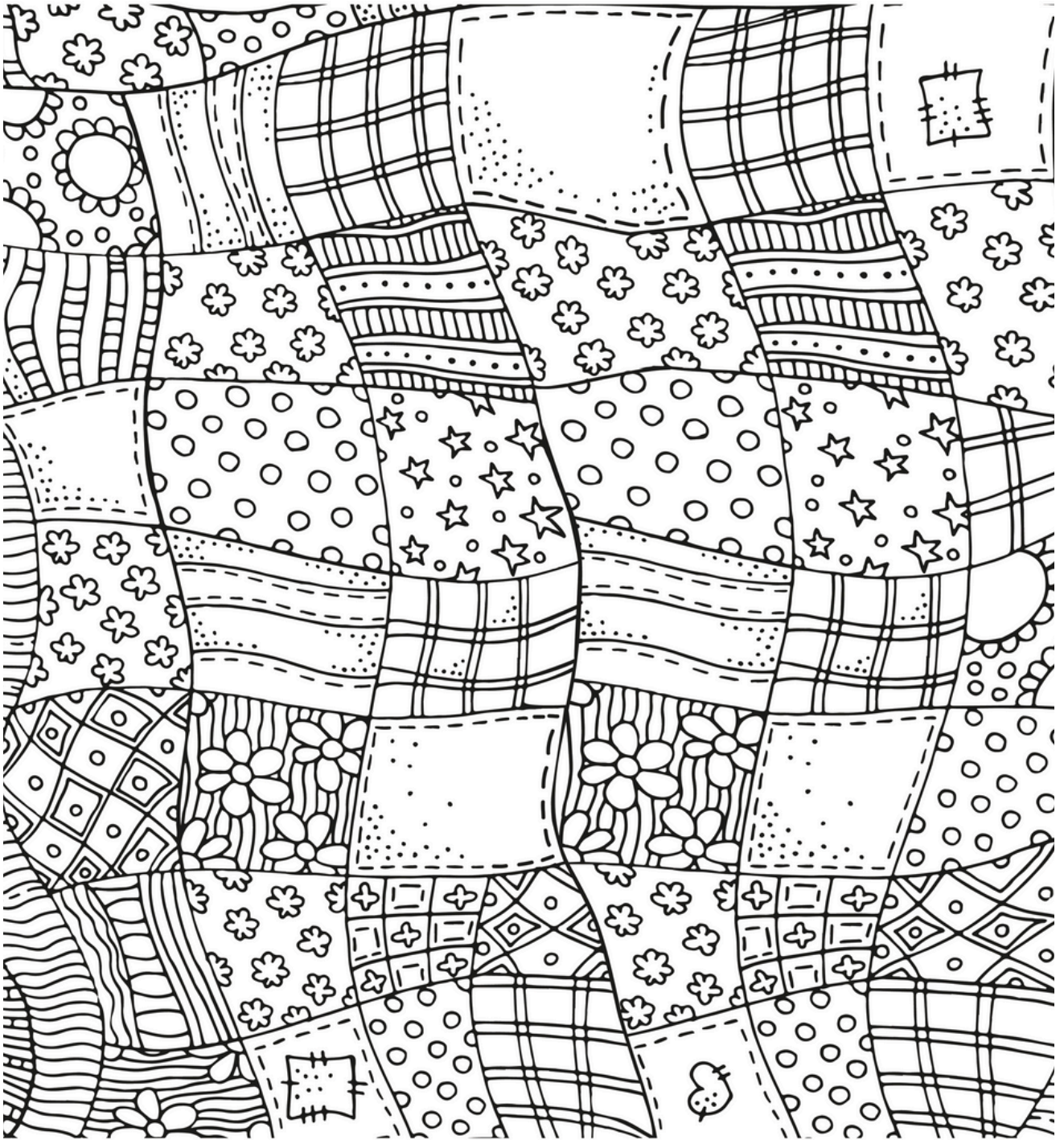
Across

- 1. Loft
- 5. Baby chickens
- 6. Hard to break, good or bad
- 9. Sew

SEEK AND FIND

Find the hidden objects in the picture.

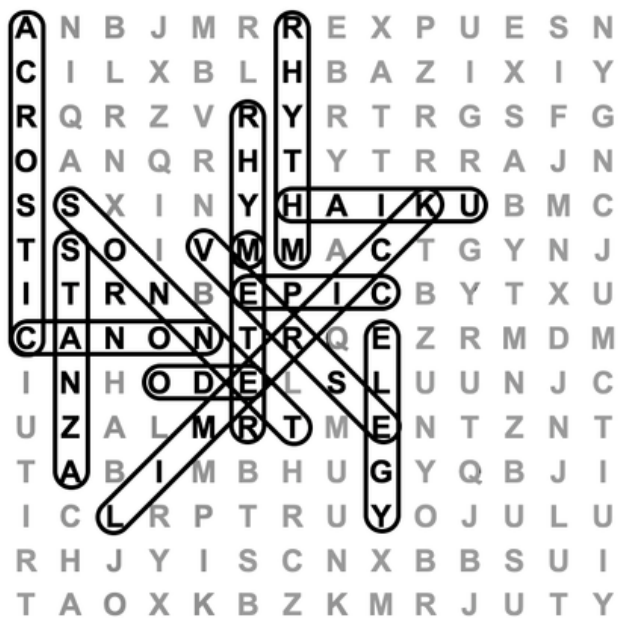




SOLUTIONS

Trivia Answer: C

Bananas are typically harvested while they're still green. This helps ensure they don't get too ripe before you buy them.



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

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

