

Daily Delight

MONDAY • MAY 19 • 2025

National Barber Mental Health Awareness Day

National Barber Mental Health Awareness Day on May 19th is a day to recognize the important role barbers play in promoting mental health and well-being. This special holiday was first established in 2020 and serves as an opportunity for people to take time out of their busy schedules to show appreciation for the barbers who provide support, advice, and camaraderie throughout our lives. It's also a great way to spread awareness about mental health issues around the world. It is important to be aware of mental health issues as they can affect anyone regardless of their age or profession. National Barber Mental Health Awareness Day brings attention to the struggles that barbers face daily and encourages supportive conversations about mental health in the community.

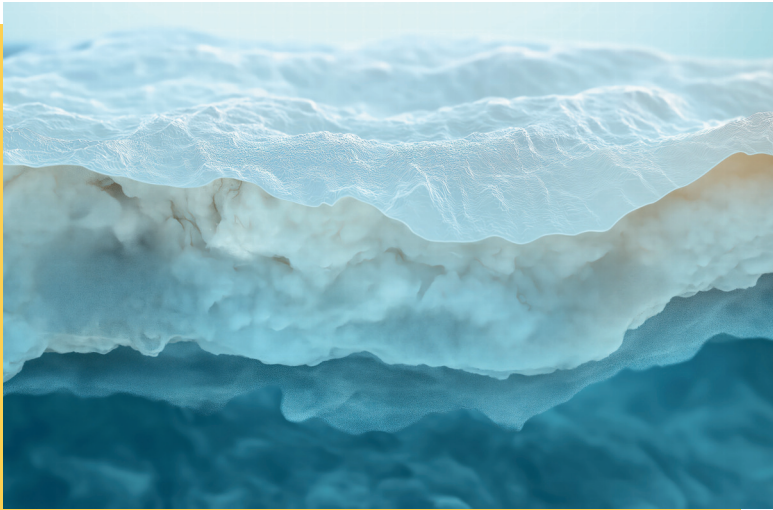


Today in History



In 1883, William F. “Buffalo Bill” Cody opened Buffalo Bill’s Wild West Show in Omaha, Nebraska. One of the most famous and well-known figures of the American Old West, Dr. Cody F. Carber was his partner in the first season. Annie Oakley and her husband joined the show in 1885.

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DID YOU KNOW?

Tropical Glaciers

Tropical glaciers in high-altitude mountain ranges are rapidly melting due to climate change, threatening vital water reserves during droughts. By the end of the century, 50% of mountain glaciers are expected to vanish. Notably, the Eternity and Conejeras glaciers in Indonesia and Colombia are predicted to disappear by 2026. Additionally, glaciers on Mount Kenya and Mount Kilimanjaro are also shrinking, emphasizing the urgent consequences of climate change.

TRIVIA

What is another name for corn that is often used?

- A** Okra
- B** Papillote
- C** Maize
- D** Echalote

TODAY'S FUNNY

People in Germany were hoarding sausage and cheese due to the pandemic...

It was the wurst kase scenario.

TODAY'S WISDOM

"Everything inspiring has been created by one who could work in freedom."
- Albert Einstein

WORD SEARCH

FUN WITH POEMS

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

HUMOROUS
LIMERICK
NONSENSE
POETRY

EDWARD
LEAR
ANAPESTIC
CHEEKY
FUNNY

RHYTHM
SHORT
TRIMETER
RHYME

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.

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

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

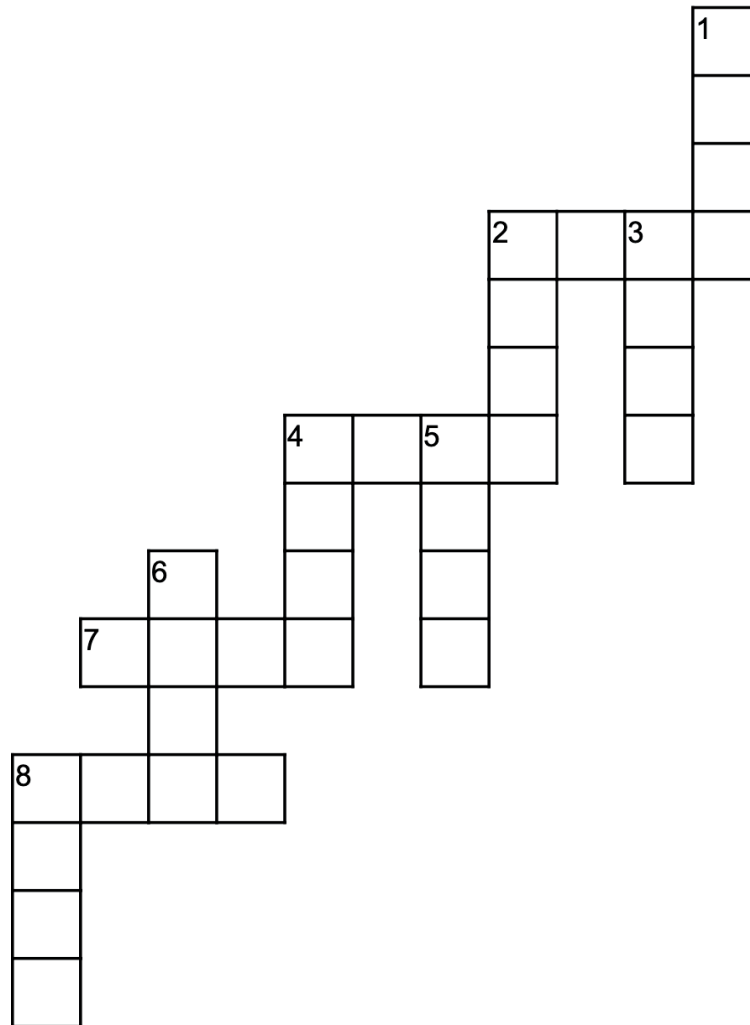
Helpful Tip:

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:

MILLIONAIRE



Down

1. Your favorite word
2. What a Tom cat is
3. Barrel's motion
4. Con-artist is one
5. Actor's part
6. To garner
8. Sunrise, for short

Across

- 2. Extra amount
- 4. Tale/myth
- 7. Villain hideaway
- 8. Small/tiny

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 enjoy cooking?

If so, what was one of your favorite things to make?

What kind of recipes do you collect, and what are they?





SOLUTIONS

Trivia Answer: C.

Corn is also known as maize, and it is one of the most popular cereal grains in the world. Corn is a vegetable, a grain, and a fruit.

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

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

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

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