Daily Delight

SATURDAY • FEBRUARY 1 • 2025

National Freedom Day

Do you love all the freedoms that come with being a US citizen? If so, spend today celebrating freedom and all the liberties that come with it! National Freedom Day was established in 1948 and serves as a reminder of the freedoms we as Americans have thanks to the Constitution, and coincides with Abraham Lincoln's signing of the 13th Amendment which outlawed slavery in the United States. As Americans, we value nothing more than our freedoms and rightfully so. As such, we should all count ourselves as lucky to be citizens of such a great country that allows us to speak freely, worship as we see fit and so much more. So, spend some time reflecting on our freedom and enjoying our liberties today.



Today in History



In 1962, Viking Press
published "One Flew Over
the Cuckoo's Nest". It was
Ken Kesey's debut novel.
13 years later, it was
turned into a movie
starring Jack Nicholson
and Danny DeVito and
won several Academy
Awards, including Best
Picture, Director, Lead
Actor, and Lead Actress.

senior living activity assistant powered by **spectrio**



DID YOU KNOW? Star Sand

Star sand is a rare and beautiful type of sand found on the Taketomi, Hatoma, and Iriomote islands in Japan. It consists of small, star-shaped pieces. This unique sand comprises exoskeletons from single-celled organisms known as Foraminifera, specifically Baculogypsina sphaerulata, only found in East Asia's coral reefs. Unlike typical beach sand, star sand showcases the remnants of these tiny creatures, creating a stunning shoreline attraction.

TRIVIA

Sockeye is a species of which fish?

- A Plaice
- **B** Trout
- **c** Salmon
- **D** Shark

TODAY'S FUNNY

Know how to get a sweet little ol' lady to curse?

Get another one to yell "BINGO!"

TODAY'S WISDOM

"I must have something to engross my thoughts, some object in life that will fill this vacuum and prevent this sad wearing away of the heart."

- Elizabeth Blackwell

WORD SEARCH

MS. DOCTOR

LAAMARYWALKERR LACKWE Ε В NANCYDICKE Α Υ LALQ C Ν Ν L OCONKA S Ε R G В Н М Ν LAOR Ν Α D V 0 K C Т R ı D Α В В OVZB \mathbf{x} \mathbf{w} R 0 X В D V Ν Α R G ı ı Α Δ Р G OCTO В D R В S Α R R Ν Ν R Т Α E А TYCO R R Α G Ε ı Т Ν ı Z NWGN0 C 0 Α Α P Α SYLVAN Ε Ν Ν - 1 Ε

DOCTOR

ELIZABETH

MARY WALKER

VIRGINIA APGAR

BLACKWELL

CLARA BARTON

GERTY CORI

WOMEN

NANCY DICKEY

PENNSYLVANIA

SURGEON

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.

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

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

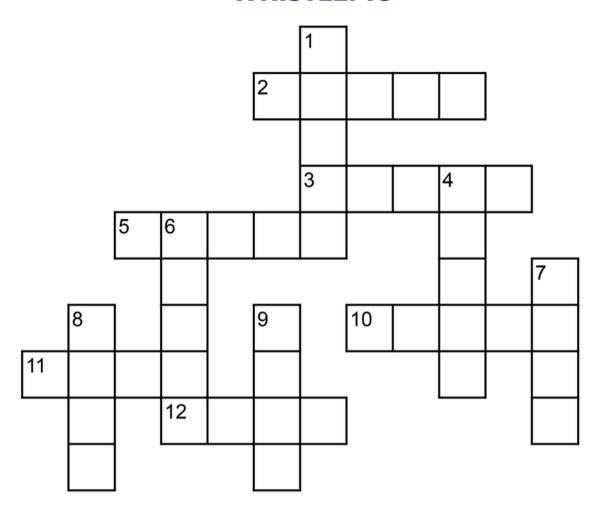
Helpful Tip:

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:

WHISTLEPIG



Down

- 1. Octagon no.
- 4. Magic symbol
- 6. Used to clean babies
- 7. Make it easier
- 8. Knows much
- 9. Small stick

Across

- 2. Can see
- 3. Break in
- 5. Before it is mopped
- 10. Bleached color
- 11. Scrabble letter
- 12. To send by air

Test Your Knowledge

Solve the questions below to test your knowledge and give your brain a workout!

Which state capital was
originally going to be
named "Washington?"

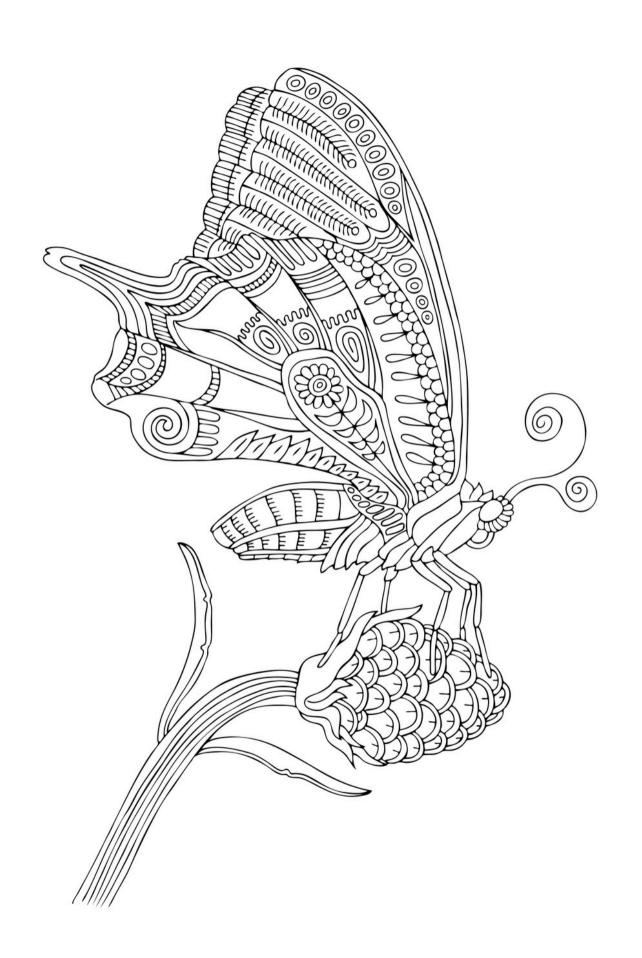
- A. Tucson
- B. Columbia
- C. Maryland
- D. New York

TRUE OR FALSE.
Austin is the largest city in the U.S. to not have a major league sports team.

In 1996, the American
Society of Civil Engineers
named the Seven Wonders
of the Modern World.
Which of these wonders
are located in the
United States?

Which world capital city is known to be the oldest continually inhabited city in the world?

- A. Damascus
- B. Athens
- C. Jerusalem
- D. Tokyo



SOLUTIONS

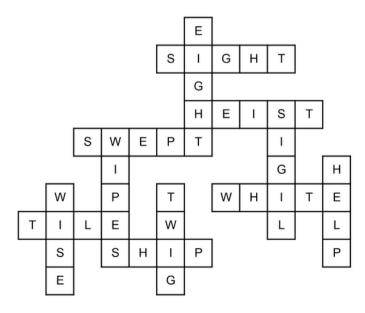
Trivia Answer: C.

Sockeye is one of the smaller species of Pacific salmon. Sea-going sockeye salmon have iridescent silver flanks, a white belly, and a metallic green-blue top, giving them their "blueback" name.

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

L	Α	Α	M	Α	R	Υ	W	Α	L	K	Ε	\mathbb{R}	R
Α	С	Е	Œ	L	Α	С	Κ	W	Ε	L	D	Ν	Α
Α	Ø	Α	N	С	Υ	D	I	<u>(C)</u>	Κ	Ε	\mathbb{Y}	Т	S
0	Α	٧	C	Ŋ	Ŋ	L	Α	니	Q	L	0		R
C	U	R	G/	◐	Ó	N	Κ	A	L	В	1	U	С
D	Н	A	My	$\langle \rangle$	۴,	A	0	R	D	V	Ν	R	
K	C	/0,	L	Т	R	•	P				W		Е
Х	W	R	L	0	0	V	Ϋ́	悧	Χ	В	D	L	0
$oldsymbol{\mathbb{Z}}$	Ι	R	G	Ι	N	Ι	À	Ø	P	G	Α	R	В
L	Α	В	Œ	0	С	Τ	0	阆	B	S	Α	Α	L
R	Α	-	R	Ν	Ν	\mathbf{I}	R	lτl	Α	Æ,	U	Α	0
-	Α	©	Ε	R	Т	Υ	С	o	R	☽	Ú,	Ν	Α
L	Z	0	С	0	Ν	W	G	W	L	Α	Α	Ą	D
Œ	Ε	N	N	S	Υ	L	٧	Α	N	Ι	A	Е	U

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



B. Columbia, South Carolina was going to be named Washington. True, Austin is the 11th largest city in the U.S., with a population of nearly one million people.

The Empire State Building and the Golden Gate Bridge. A. Damascus. The Syrian capital has been inhabited since around 6500 BCE.