

Daily Delight

SATURDAY • MAY 3 • 2025

National Garden Meditation Day

If you've been wanting to try meditation, National Garden Meditation Day on May 3rd is a great time to start! Did you know that working in a garden, or just spending time in a garden or nature, is a form of meditation?

Even resting quietly on a bench on a beautiful day can be a form of meditation. The sun provides a natural dose of vitamin D, but don't forget your sunblock. The gentle movement of leaves, flowers, and grass in the breeze, along with relaxation, can help ease pain and anxiety, and may even help you sleep better.

Whether you visit a park, a botanical garden, or sit quietly in the shade of a tree, spend some time with nature and give meditation a try.

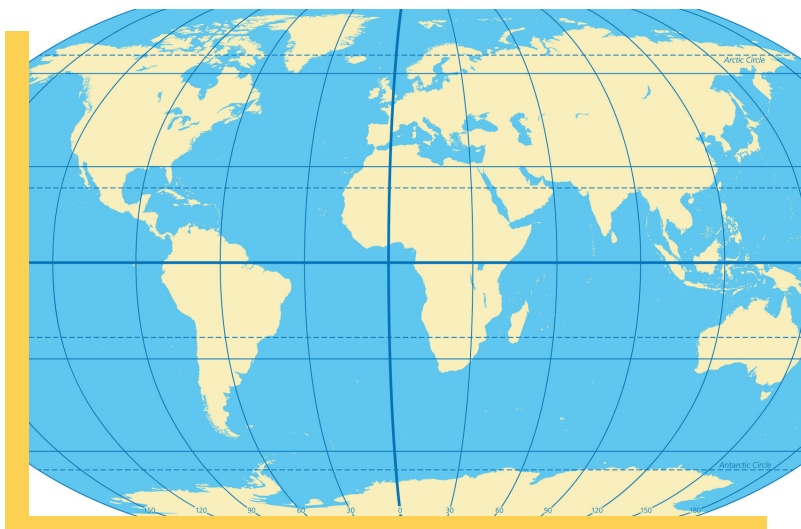


Today in History



In 1991, the final episode of "Dallas" aired. It was the 357th episode and it ran on CBS for 13 years. "Dallas" was the network's second longest running series, and it won four Emmy Awards. The series was included in Time magazine's list of "100 Best TV Shows of All-Time" in 2007.

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DID YOU KNOW?

The Hemisphere Champion

The hemispheres divide the world into four sections: the equator marks the Northern and Southern hemispheres, while the prime meridian divides the Western and Eastern hemispheres. Africa uniquely contains land in all four hemispheres, with the equator passing through seven nations and the prime meridian crossing five. While other countries like the UK and Indonesia touch two hemispheres, Africa's unmatched position makes it a geographical marvel with twelve hemisphere-spanning nations.

TRIVIA

Who won a second term as President in 1996?

- A** Colin Powell
- B** George Bush
- C** Bob Dole
- D** Bill Clinton

TODAY'S FUNNY

Do you know why Scooby Doo is the most-viewed cartoon in Denmark?

Because he's a Great Dane!

TODAY'S WISDOM

"Give the respect you want to receive; embody the grace you hope to encounter; and help others with no expectations whatsoever."

- Cory Booker

WORD SEARCH

HAMBURGERS

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

PATTY
CHEDDAR
AMERICAN
CHEESE
LETTUCE

KETCHUP
MUSTARD
PICKLES
MUSHROOMS
ONION

BACON
AVOCADO
MAYONNAISE
DOUBLE

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

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

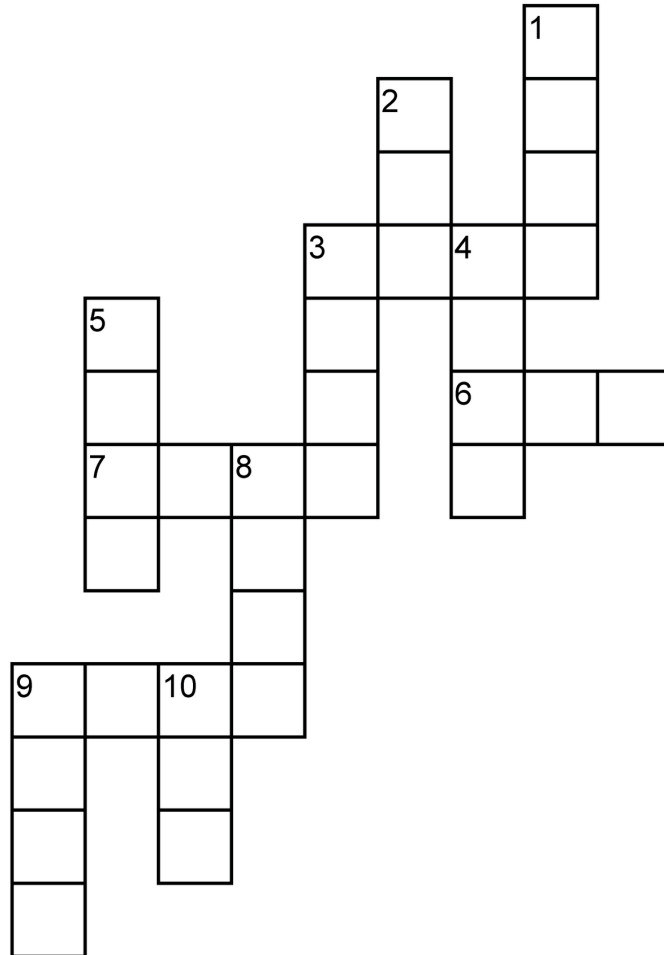
Helpful Tip:

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:

PEACOCK



Down

1. Jab or prod
2. ____-sized
(small amount)
3. Become encrusted
4. Pick up the ____!
5. Small kiss
8. Suitcase action
9. Viral mark
10. Make all A's

Across

3. Superhero attire
6. Closes toothpaste
7. Deal with strife
9. Mountain top

Test Your Knowledge

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

On April 18, 1923, what
legendary baseball park
was opened?

- a. Yankee Stadium
- b. Fenway Park
- c. Comiskey Park

In 1912, an estimated 16
percent of American
households had electricity;
by the mid-20s, more than
_____ percent of
households in the U.S. did.

Solve the math problems:

$$\begin{array}{r} 7 \\ \times 16 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ + 35 \\ \hline \end{array}$$

$$\begin{array}{r} 146 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 1124 \\ \div 4 \\ \hline \end{array}$$

What item became a
popular item to wear to the
beach in 1974?

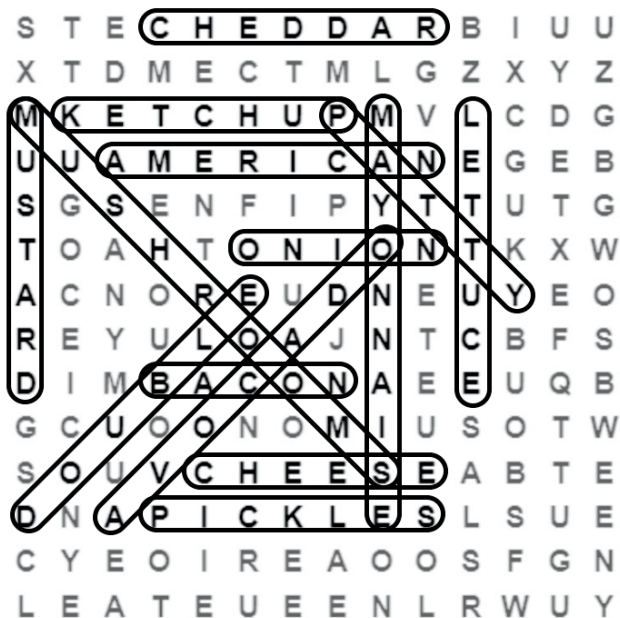
- A. One-piece bathing suit
- B. Speedo
- C. Sunscreen
- D. String bikini



SOLUTIONS

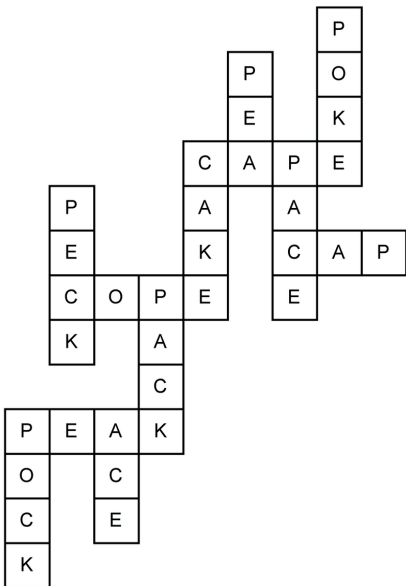
Trivia Answer: D.

On election day, President Bill Clinton won a decisive victory over Dole, becoming the first Democrat to win two consecutive presidential elections since Franklin D. Roosevelt in 1936, 1940, and 1944.



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

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



Answer:

a. Yankee Stadium

Answer:

By the mid 20s,
more than 60% of US
households had
electricity

Answer:

D. String bikini, considered provocative in its time, still very popular today.

$$\begin{array}{r} 7 \\ \times 16 \\ \hline 112 \end{array}$$

$$\begin{array}{r} 9 \\ + 135 \\ \hline 144 \end{array}$$

$$\begin{array}{r} 146 \\ - 8 \\ \hline 138 \end{array}$$

$$\begin{array}{r} 1124 \\ \div 4 \\ \hline 281 \end{array}$$