

# Daily Delight

MONDAY • JULY 7 • 2025

## International Peace and Love Day

A journalist asked Ringo Starr, the drummer from The Beatles, what he wanted for his 68th birthday in 2008. His response was, “Peace and Love.” Each year since International Peace and Love Day has been celebrated on July 7th to spread just that. Cultures around the world indeed have different concepts of peace. The Japanese see peace as ‘Heiwa’ or “aligning oneself to the common good.” The Zulu people teach in ‘Ubuntu’ that all humanity is linked, and the Hebrew tradition of ‘Shalom’ translates to “unity and prosperity, with a sense of wholeness arising from justice.” The desire for peace and harmony seems to transcend cultural barriers. However, you define these philosophies, spread some positivity to everyone you meet today and every day.



## Today in History



In 1928, sliced bread was sold for the 1st time for commercial use. The automatic bread-slicing machine was invented by Otto Frederick Rohwedder and was described as the greatest forward step in the baking industry, coining the phrase “greatest thing since sliced bread”.

senior **living**  
activity assistant  
powered by **spectrio**



## DID YOU KNOW?

### Capitol Crypt Facts

There's a crypt beneath the U.S. Capitol, but no one is buried there. When George Washington died in 1799, Congress planned to honor him with a burial in the Capitol. However, Washington chose Mount Vernon as his final resting place. Completed in 1827, the crypt has had various names, including "Grand Vestibule." It's now part of most Capitol tours.

## TRIVIA

Which is the only artery that carries deoxygenated blood?

- A** Femoral
- B** Radial
- C** Aorta
- D** Pulmonary

## TODAY'S FUNNY

Whoever invented zero...

*Thanks for nothing!*

## TODAY'S WISDOM

*"When you put your arms around me,  
you let me know there's nothing in this world I can't do."  
—Keith Urban*

# WORD SEARCH

## WAFFLING

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

Appliance

Batter

Belgian

Breakfast

Delicious

Impressed

Iron

Patent

Invention

Waffle

Yummy

Recipe

# 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.

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

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

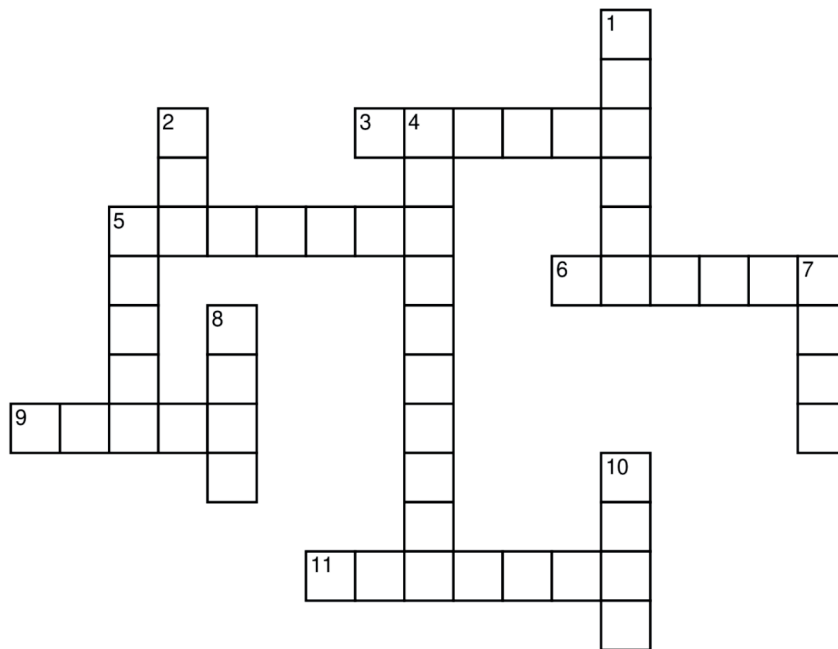
## Helpful Tip:

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.



# MINI CROSSWORD

## Earthly Dwellings



### Across

- [3] Eden, for one
- [5] Natural home
- [6] Barren landscape
- [9] The Atlantic for one
- [11] Grazing areas

### Down

- [1] Mowgli's home
- [2] The big blue
- [4] Setting for "Happy Feet"
- [5] Monopoly purchase
- [7] Conifer
- [8] Beach deposit
- [10] Name of two presidents

# 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.**

What do you think is the greatest technological advancement in your lifetime?

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If you could invent something, what would it be?

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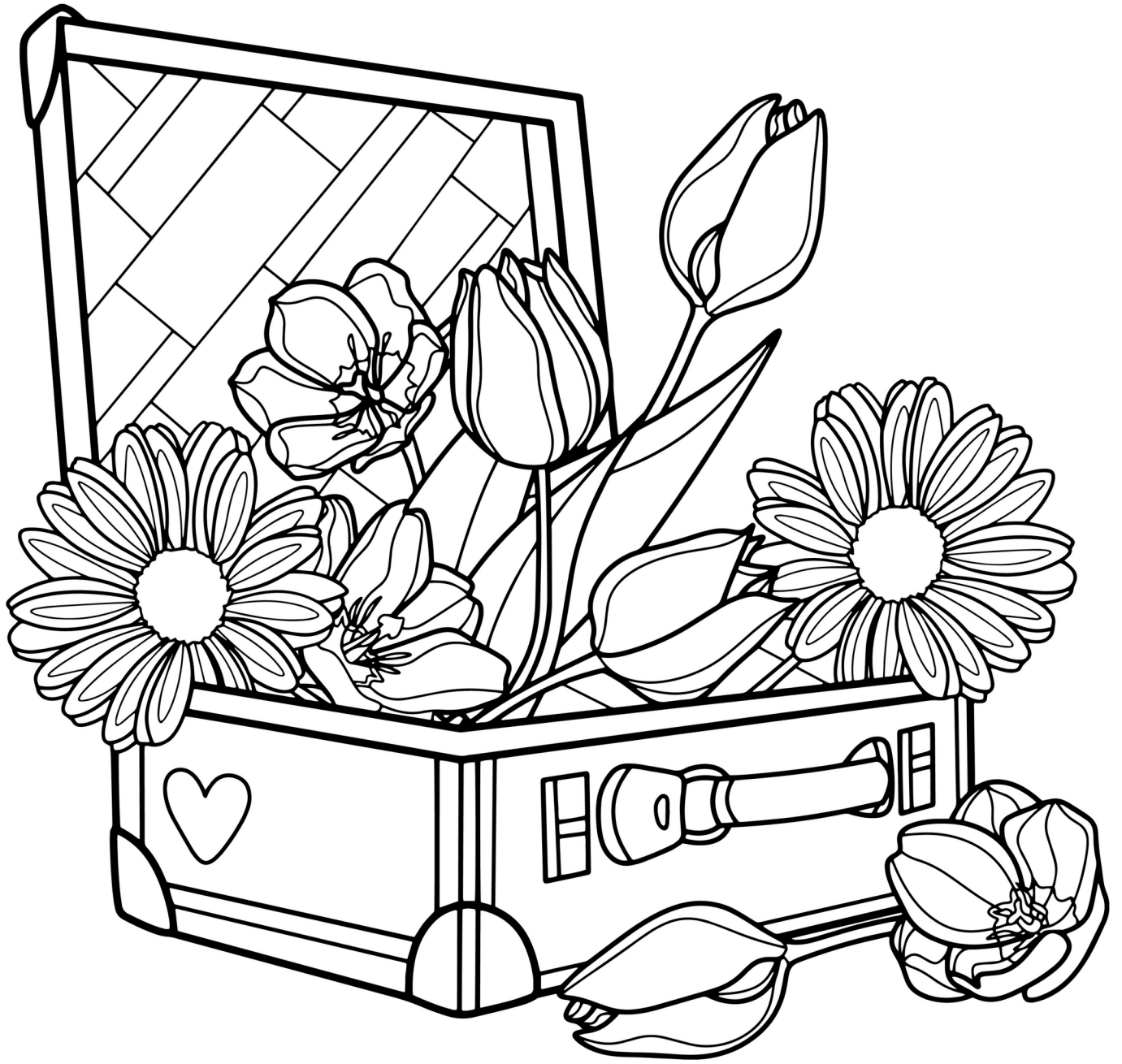
How has technology changed your life?

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## SOLUTIONS

**Trivia Answer: D**

The pulmonary arteries carry blood from the heart to the lungs. They're the only arteries in your body that carry oxygen-poor (deoxygenated) blood.

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

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

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

[illegible]