

Daily Delight

SATURDAY • JULY 26 • 2025

National All or Nothing Day

We've all heard the phrase "it's all or nothing," and today is the right day to put your all into everything you do. It's true. Sometimes it is easier said than done. Today serves as a reminder to seize the moment, embrace new things, and live life to the fullest. National All or Nothing Day acknowledges the courage and confidence it takes to break free from routine and embrace the joy of living in the present. And what does this do for you?

Simply put, it asks you to pause and cherish all the richness of life's experiences. If you're looking for another way to celebrate National All or Nothing Day, might we recommend singing along to Frank Sinatra's song "All or Nothing"?



Today in History



In 1990, the American daytime television soap opera *General Hospital* recorded its 7,000th episode. Originally a half-hour serial, the show has been broadcast on ABC since April 1, 1963. *General Hospital* was listed as one of *Time* magazine's "100 Best TV Shows of All Time" in 2007.

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DID YOU KNOW?

Porcupine Quill Facts

Porcupines possess up to 30,000 quills that lie flat until the animal feels threatened. Despite common misconceptions, porcupines cannot shoot their quills; instead, they naturally shed old ones as new ones continuously grow at a rate of 1 millimeter every two days. While not poisonous, New World porcupine quills are particularly hazardous due to barbed tips that expand within a warm, moist wound.

TRIVIA

What is the term for a baby born before 37 weeks of pregnancy?

- A** Embryo
- B** Premature
- C** Lanugo
- D** Amniotic

TODAY'S FUNNY

Sweet dreams are made of cheese.

Who am I to dis abrie?

TODAY'S WISDOM

"We find rest in those we love, and we provide a resting place in ourselves for those who love us."

- Bernard of Clairvaux

WORD SEARCH

Coloring in a Book



Activity

Adult

Books

Children

Crayon

Creativity

Leisure

Pastel

Pencils

Popular

Therapeutic

Vibrant

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.

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

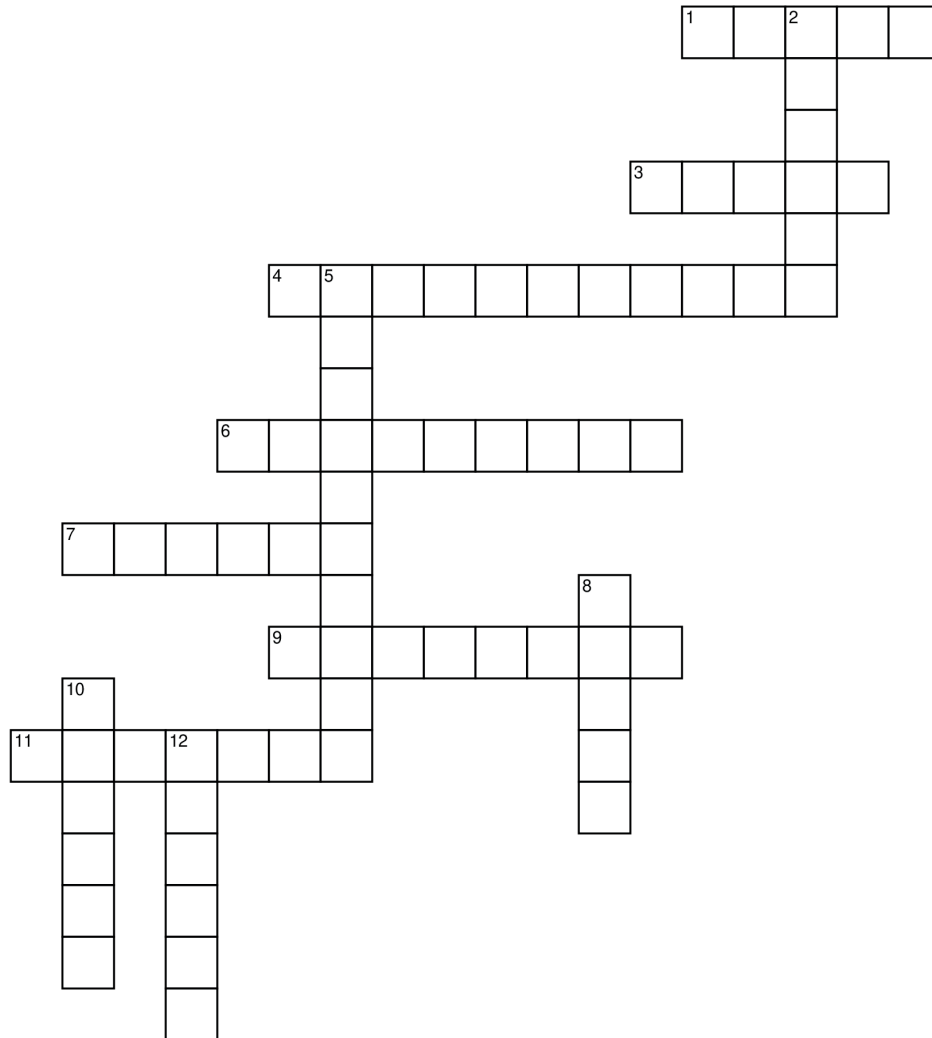
9			8	3	4		2	
	4	6			2	5	8	
2		1	5		9			7
4	9		3	5		6		8
		8			6			3
5			1	9	8			
		4		7	5	8	6	
		9	6					1
6	2	7	4			3	9	

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

Commerce



Across

- [1] Occupation
- [3] Interest _____
- [4] Financial burdens
- [6] People owed money to
- [7] Bring in
- [9] Economic upturn

Down

- [2] Personal Wealth
- [5] Savings account
- [8] Charge
- [10] More than suggest
- [12] Ship overseas

TEST YOUR KNOWLEDGE

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

Which American
Revolutionary officer was
hanged in 1776 for spying
on the British?

- A. Francis Marion
- B. Nathan Hale
- C. Thomas Hickey

Which U.S. state featured a
joint capital?

- A. New York
- B. Illinois
- C. Connecticut

Solve the math problems:

$$\begin{array}{r} 32 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 563 \\ + 78 \\ \hline \end{array}$$

$$\begin{array}{r} 786 \\ - 265 \\ \hline \end{array}$$

$$\begin{array}{r} 144 \\ \div 9 \\ \hline \end{array}$$

What was the nation's first
interracial, coeducational
college?



SOLUTIONS

Trivia Answer: B

When a baby is born before 37 weeks of pregnancy, it's called a premature or preterm birth.

Q U I Z

Q Q M D D H S X E W K O A Z W N C M

V D W J N L O S O U L R M B F B C P

Y N F O C H I L D R E N W C M N A P

Z W L Q B L Z B B I I Q E A R X V N

X C P R F I O P E Z S N J C T E P I

U G N P H D B B F O U H N I U J H C

B O O K S W L L E A R Z O T S N W T

G I Y E D N U T B L E P O U O O J I

V G A A Y B N Y S T P D L E I M U V

J B R L C A P L O Z A O F P Z J D G

U U C Z R T I O E D S Y Y A P D J P

E L A B X C I C P E T F P R C W O V

L A I D N L E V E U E K D E O M Q A

Q V F E U P A U I B L N P H X A Q C

T Y P E B L T M W T P A Z T D M O C

T G U G H Q T D B P Y M R T I V K A

S M Y H L N Z C R E A T I V I T Y V

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

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

										1 T R A D E				
										S				
										S				
										3 R A T E S				
										T				
4 L I A B I L I T I E S				5										
N														
V														
6 C R E D I T O R S														
S														
7 I M P O R T														
M														
9 R E C O V E R Y							6 P							
N							I							
							C							
							E							
10 D														
11 R E C E I P T		12 X P O N E N T												
M		P												
A		O												
N		R												
D		T												

Answer:
B. Nathan Hale

Answer:
C. Connecticut

$$\begin{array}{r} 32 \\ \times 8 \\ \hline 256 \end{array}$$

$$\begin{array}{r} 563 \\ + 78 \\ \hline 641 \end{array}$$

$$\begin{array}{r} 786 \\ - 265 \\ \hline 521 \end{array}$$

$$\begin{array}{r} 144 \\ \div 9 \\ \hline 16 \end{array}$$

Answer:
Oberlin College, in Oberlin, Ohio, was founded in 1833 as an interracial and coeducational place of learning.