

Daily Delight

FRIDAY • SEPTEMBER 12 • 2025

National Hug and High Five Day

Who doesn't love a good hug or high five?! Good for the body and good for the soul! Celebrate National Hug and High Five Day on September 12th! We struggle to reach our objectives and understand our purpose. Life throws obstacles in our way, and we cannot always see what is on the other side of the mountain. But along the way, friends and even strangers sustain us with their support. It comes in many forms, but often it comes in a wealth of hugs and high-fives. Hugs are what hold us up when we think it's impossible, and high fives renew our faith in each other. Hugs and high fives not only feel good to give and get, but they are FREE! National Hug & High 5 Day encourages us to share a hug and high five with a friend, a neighbor, a stranger, or anyone who needs it.



Today in History



In 1928, Katharine Hepburn made her New York City stage debut in “Night Hostess.” Within a career that spanned six decades, she received four Academy Awards for Best Actress and 12 Oscar nominations, as well as numerous nominations for Tony, Emmy, and Academy Awards.

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DID YOU KNOW? Seagull Screeching Contest

Belgium has launched a unique tradition: a seagull screeching contest to celebrate the often contentious relationship between humans and gulls. Participants must imitate the birds' distinctive calls and dress up for the performance. Judges award up to 100 points for screeching and behavior. Categories include adults, juniors, and groups. Educator Claude Willaert initiated the event to improve the gulls' image. In 2025, Anna Brynald won the adult category with striking costumes and impressive screeches.

TRIVIA

Which of these is a synonym for "astute"?

- A** Naive
- B** Arrogant
- C** Shrewd
- D** Stubborn

TODAY'S FUNNY

What do you get when you cross a snowman and a vampire?

Frostbite.

TODAY'S WISDOM

*"Do not let what you cannot do interfere with what you can do."
- John Wooden*

WORD SEARCH

CREEPY CRAWLIES



Ant

Bee

Beetle

Butterfly

Caterpillar

Cicadas

Crickets

Earwig

Firefly

Fleas

Moth

Wasp

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

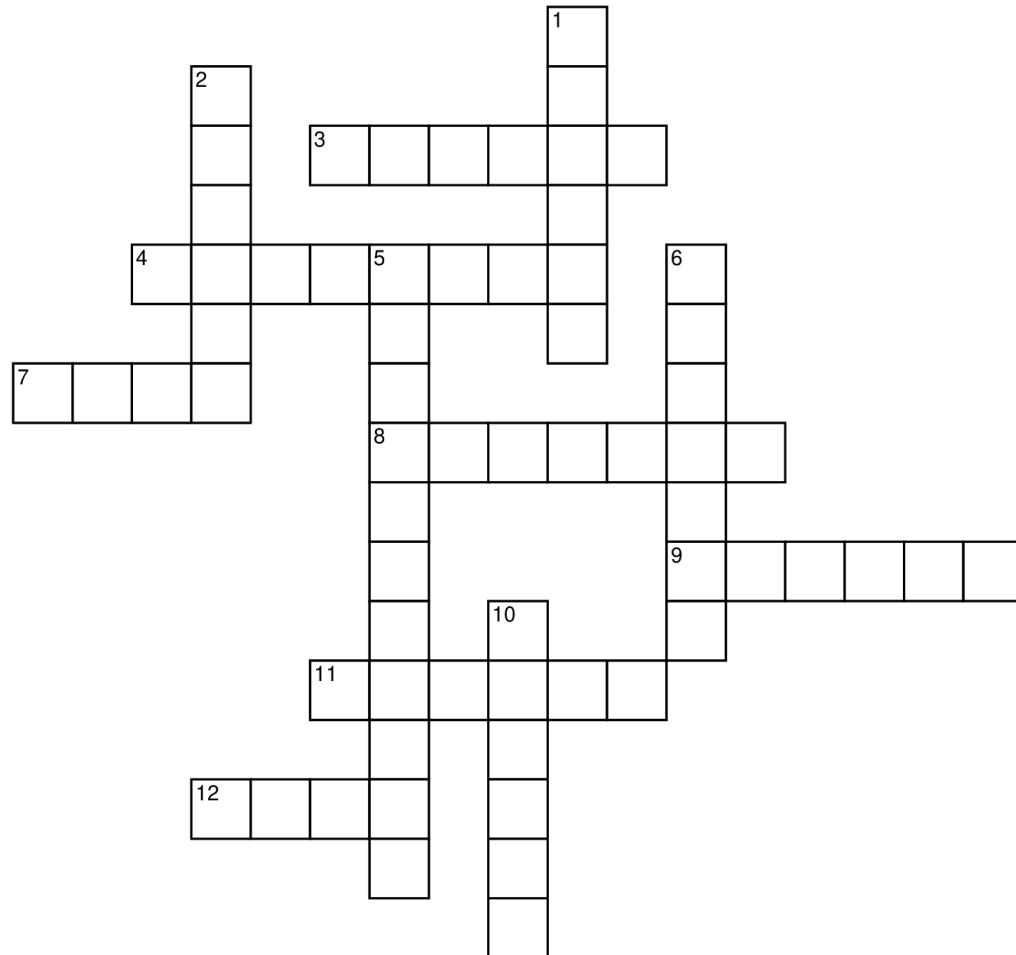
					6			8
4	5	6	3		8		7	
8		1	2	9	5		4	6
		5		7	3			4
	4		6			9		5
9	6	3	5				2	
			1					
1	8	9	4	3	7			
5		7				4	9	

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

Eat Your Veggies



Across

- [3] Waldorf ingredient
- [4] Florets
- [7] Red Root
- [8] Salad leaves
- [9] Burger topper
- [11] Spud
- [12] Curly cabbage

Down

- [1] Rutabaga e.g.
- [2] Bugs Bunny snack
- [5] White cabbage
- [6] Chinese cabbage
- [10] Pungent root

CRYPTOGRAM

Each number stands for a letter. The correlating number for 3 of the letters has been provided as a starting point. Find the numbers in the puzzle and write the assigned letter. Single letters and word length are all hints. Be sure to keep track of what numbers are used for each letter to decode the message!

A	B	C	D	E	F	G	H	I	J	K	L	M
---	---	---	---	---	---	---	---	---	---	---	---	---

—	—	23	—	15	—	—	—	—	—	—	17	—
---	---	----	---	----	---	---	---	---	---	---	----	---

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
---	---	---	---	---	---	---	---	---	---	---	---	---

—	—	—	—	—	—	—	—	—	—	—	—	—
---	---	---	---	---	---	---	---	---	---	---	---	---

19	16	2	3	17	17	11	2	16	25	24	11
----	----	---	---	----	----	----	---	----	----	----	----

23	16	24	15	2	16	20	21	11	25	10	22	2
----	----	----	----	---	----	----	----	----	----	----	----	---

5	16	10	25	17	21	13	15	11	16	24	15
---	----	----	----	----	----	----	----	----	----	----	----

23	16	24	15	2	16	23	17	15	3	25
----	----	----	----	---	----	----	----	----	---	----

5	16	10	25	22	3	2	18
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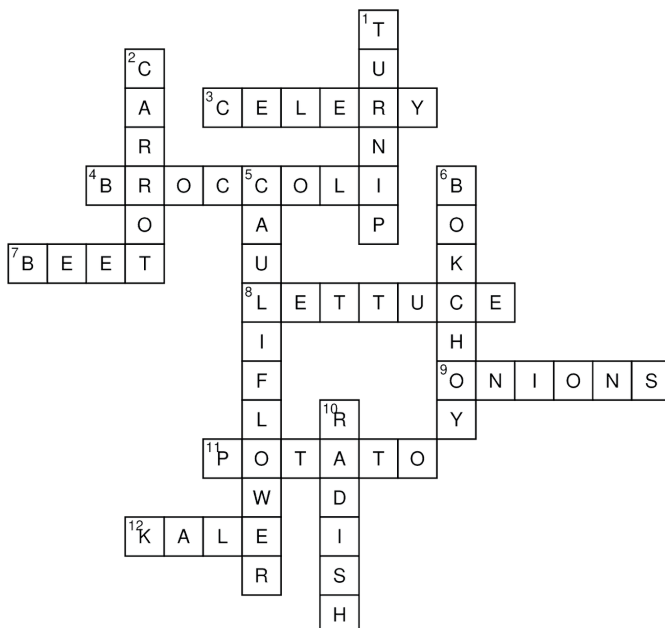


SOLUTIONS

Trivia Answer: C

Someone who is "astute" is clever and has good judgment. A synonym is "shrewd," although the latter differs in placing more emphasis on hardheadedness than on sensitivity.

OMDCDXQGIPGTJOPKOI
CTIXLAEDVJFEWBLDEB
PXRPRBPYGABMHNEURS
ZZAFVBUTTERFLYVJCG
HZLTXWGHFIREFLYWLT
MWLFWBEETLEABIXGSD
QSIPUJOHWYSADLHPCCL
SLPXPZPRFAEYDMQVIR
RDRCRICKETSUBKWZCV
OSEFZYZKFZMVPWGAABAW
JFTFLEASTMAFQACADW
CPAFAPTCLKKEUHSCYAT
SYCCCKUNJBGEHWIZTSO
HEKXSXAAGOADAJWVMUH
TINPZYLBZSEBRHODHY
DLOFCXVTJHEIDWFSSM
LKNUEUMOTHBMJYIFBZ
RIKFEOHYUGDOODHGIJ



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

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

A B C D E F G H I J K L M
3 6 23 20 15 13 26 18 21 8 14 17 24

N O P Q R S T U V W X Y Z
19 16 22 12 25 11 2 10 7 4 9 5 1

NOT ALL STORMS
19 16 2 3 17 17 11 2 16 25 24 11
COME TO DISRUPT
23 16 24 15 2 16 20 21 11 25 10 22 2
YOUR LIFE. SOME
5 16 10 25 17 21 13 15 11 16 24 15
COME TO CLEAR
23 16 24 15 2 16 23 17 15 3 25
YOUR PATH.
5 16 10 25 22 3 2 18