

Daily Delight

FRIDAY • JANUARY 23 • 2026

National Handwriting Day

National Handwriting Day on January 23rd encourages us to put pen to paper and write out our thoughts. While technology speeds up the writing process and makes communication more efficient worldwide, there's something to be said for writing thoughts longhand. Whether it's a journal, notes, or even a letter to someone, the act of writing with pen and paper is a supremely tactile and patient practice. In mere seconds, letters and words form when we text or email. Phones transmit our voices in real time. Once sent or said, those words cannot be recalled.

Meanwhile, writing longhand feels like taking a deep breath. Jumbled thoughts must be sorted before the ink spills onto a white page. They must count and be worthy of the lines that will fill it. It's a great time to rediscover what many say is a lost art. Handwriting.



Today in History



In 1889, Daniel Hale Williams formed the first non-segregated hospital in the U.S., the Provident Hospital in Chicago. He also co-founded the National Medical Association in 1895. Williams is best known for performing one of the 1st documented pericardium surgeries to repair a wound.

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DID YOU KNOW?

More Than Just a Game

Did you know that Bingo used to be called Beano? It's true! Players used to cover their numbers with beans. Now, about 80% of bingo players are female, and the average player is 35 years old.

Americans spend over \$90 million on bingo cards per week. Edwin S. Lowe invented the Bingo card, and North America was the origin of bingo. The world's biggest bingo winner, John Orchard, won 5.9 million dollars!

TRIVIA

What event in 1054 led to the formal division between the Roman Catholic Church and the Eastern Orthodox Church?

A The Reformation

B The Council of Trent

C The Investiture Controversy

D The Great Schism

TODAY'S FUNNY

"How do you make a tissue dance?

You put a little boogie in it!

TODAY'S WISDOM

"He who has a why to live can bear almost any how."

- Friedrich Nietzsche

WORD SEARCH

Starts With The Letter N



Naked

Napkin

Narrow

Native

Necktie

Neon

Nerve

Nitpick

Noggin

Nomad

Noodle

Nozzle

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

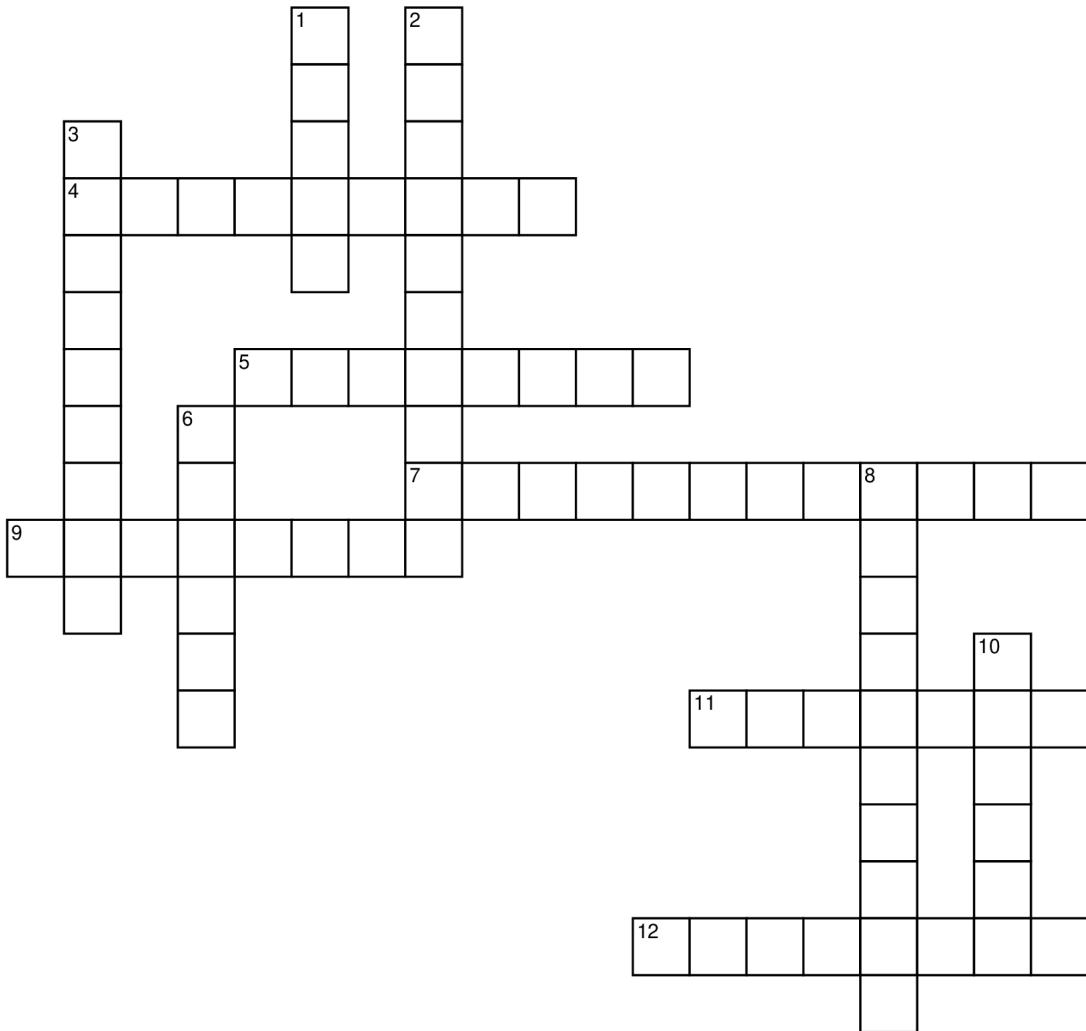
2	8	7		5				
		5	7			4		
	6	4			7	2	5	
9		8	2	6	7		5	
				5	6	7		
						1		
			5	4	6	2		7
7		2		9	1	5		3
	5		3	7	2	4	8	

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

Holidays



Across

- [4] Tricks or treats
- [5] November 11 day
- [7] Turkey, stuffing
- [9] Jewish eight-day holiday
- [11] African celebrated with candles
- [12] Resolution Day

Down

- [1] September Ender
- [2] June 19th holiday
- [3] Tinsel, ornaments, jolly man
- [6] Fireworks, independence, freedom
- [8] Love Notes
- [10] Spring event

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

— — — — — — — — 4 — — — 9 —

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

— — — 8 — — — — — — — — — — —

15 17 12 25 19 6 9 10 26 18 18 17 16

8 19 26 12 21 4 26 20 17 16 7

21 19 26 20 ? 13 16 25 2 6 21 16

21 17 16 15 2 21 2 9 4 18 18 9 16

17 19 7 21 16 *



SOLUTIONS

Trivia Answer: D.

The Great Schism was caused by disagreements between Western and Eastern church leaders on several issues, including Papal authority and the Filioque clause of the Nicene Creed.

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

A B C D E F G H I J K L M
 2 13 25 10 16 5 20 17 4 23 14 9 3

N O P Q R S T U V W X Y Z
 26 19 8 24 7 21 18 6 11 15 22 12 1

W H Y C O U L D N' T T H E
 15 17 12 25 19 6 9 10 26 18 18 17 16

P O N Y S I N G H E R
 8 19 26 12 21 4 26 20 17 16 7

S O N G ? B E C A U S E
 21 19 26 20 13 16 25 2 6 21 16

S H E W A S A L I T T L E
 21 17 16 15 2 21 2 9 4 18 18 9 16

H O R S E .
 17 19 7 21 16

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

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

