

Daily Delight

SATURDAY • JANUARY 03 • 2026

International Mind-Body Wellness Day

January 3 is International Mind-Body Wellness Day. The mind, body, and soul connection plays an integral role in our overall health and well-being. Our emotions, purpose, spirituality, experiences, goals, beliefs, habits, and actions all have an important impact on mind-body harmony and overall health. The world of natural medicine has been around for thousands of years, with Hippocrates being credited as the father of this movement. Whether it is a healthy and positive mind that promotes a healthy body, or the other way around, the connection between mind-body wellness has been reinforced by science in recent years. Perhaps take a yoga class, do some breathing exercises, or take a walk. Drink lots of water to keep the body nourished, and get lots of sleep. What better time than the new year for a new you?



Today in History



In 1985, Leontyne Price made her final appearance at the Metropolitan Opera in New York. It was a televised performance of "Aida." She was the first African American soprano to receive international acclaim. Price won nine Grammys and the U.S. Presidential Medal of Freedom.

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DID YOU KNOW?

Oklahoma's Panhandle

In the mid-1800s, the Oklahoma panhandle was part of Texas when it was an independent nation. When Texas joined the U.S. in 1845, the Missouri Compromise banned slavery above the 36.5-degree parallel. Since Texas was a slave state, it had to choose between maintaining slavery and losing land. Texas opted to give up some land, resulting in the creation of the Oklahoma panhandle, which remained unclaimed for years and was called No Man's Land.

TRIVIA

Which mountain is the highest point in North America?

- A** Denali (formerly Mount McKinley)
- B** Mount Everest
- C** Mount Rainier
- D** Mount Whitney

TODAY'S FUNNY

What do trees and teeth have in common?

They both have roots!

TODAY'S WISDOM

"Let me, O, let me bathe my soul in colors; let me swallow the sunset and drink the rainbow."

- Khalil Gibran

WORD SEARCH

Toss Around

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

Water

Balloons

Pie

Fruitcake

Eggs

Bread

Stones

Snowball

Tomatoes

Slipper

Rice

Balls

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

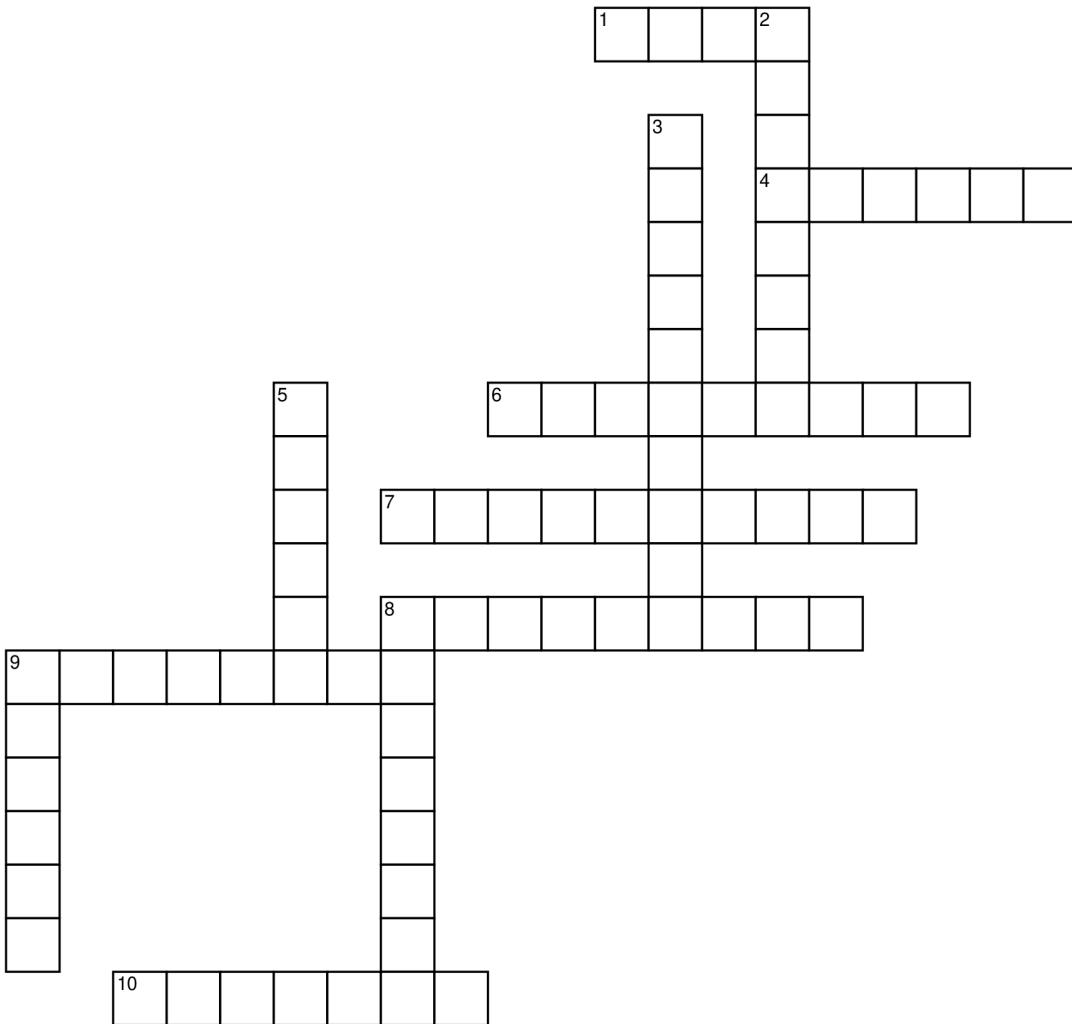
8					7		6	1
7		4		9				5
	6				5		7	
6	2	8					3	
			9	3				
		3	8			4	5	
4		2		1	6	7		3
	7	6		4	9			
			3			2		6

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

Single Word Movie Titles



Across

- [1] WWII drama x 3
- [4] Seventh Army U.S. General
- [6] Critical situation
- [7] Bogart and Bergman in Morocco
- [8] The queen who changed history
- [9] Colorado's neighbor
- [10] Suspicious of Cassio

Down

- [2] Spoof disaster film starring Leslie Nielsen
- [3] Home by midnight
- [5] Norman Bates
- [8] Musical set at a seaside carnival
- [9] Dickens musical

Connect the Dots



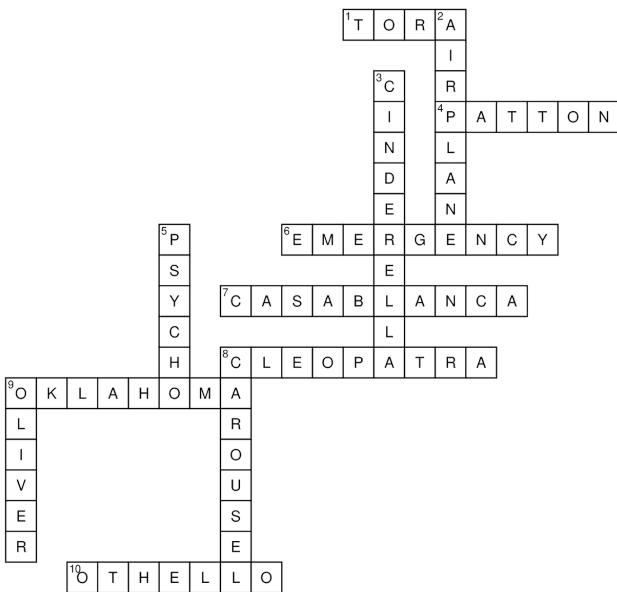


SOLUTIONS

Trivia Answer: A. Denali

Located in Alaska, Denali is not only the highest mountain in the continent but also one of the most challenging climbs in the world due to its extreme weather conditions and technical difficulty.

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



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

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

