

Daily Delight

THURSDAY • JANUARY 08 • 2026

National Bubble Bath Day

On a cold winter's day, relaxing in a nice warm bubble bath sounds like the perfect way to commemorate National Bubble Bath Day. Is it no wonder we celebrate it annually on January 8th? The bubbles on top of the water—also known as foam bath or foaming bath—insulate the bathwater, keeping it warmer for a more extended period. Of course, children enjoy bubble baths, as they enjoy playing with the bubbles, and bathing becomes a fun activity for them, but anyone at any age can enjoy a good bubble bath. Bubble baths aren't just fun; they're healthy! Congestion and tension are relieved, sore muscles get relaxed, and sleep may be improved. Bubble baths, which you may have gotten as a gift for the holidays, come in many forms—liquid, gel, powder, or tablet. So for your next bath, you know what to do—Bubble up!



Today in History



In 1995, third baseman Mike Schmidt was elected to the Baseball Hall of Fame. A 12-time All-Star who played for the Philadelphia Phillies between 1972 and 1989, he's considered one of the greatest third basemen in baseball history. Schmidt won the Gold Glove Award 10 times.

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DID YOU KNOW?

Brain Freeze: A Chilly Reminder

A brain freeze is a type of pain called sphenopalatine ganglion neuralgia. It happens when the roof of your mouth or throat gets cold, setting off a chain reaction. First, the blood vessels in your mouth tighten up, and your body tries to warm things up by sending more blood to the area. This activates the trigeminal nerve, sending a pain signal to your brain. While brain freeze isn't harmful, it reminds you that diving into icy treats too quickly can have some chilly side effects.

TRIVIA

Which Nobel Prize-winning physicist is known for his contributions to quantum mechanics and the uncertainty principle?

- A** Max Planck
- B** Werner Heisenberg
- C** Erwin Schrodinger
- D** Niels Bohr

TODAY'S FUNNY

What dresses for summer and sheds in the winter?

A tree

TODAY'S WISDOM

*"To be an artist means never to avert one's eyes."
- Akira Kurosawa*

WORD SEARCH

Snuggle a Chicken



Egg

Rooster

Poultry

Fowl

Hen

Beak

Nest

Peep

Forage

Strut

Brood

Farm

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.

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

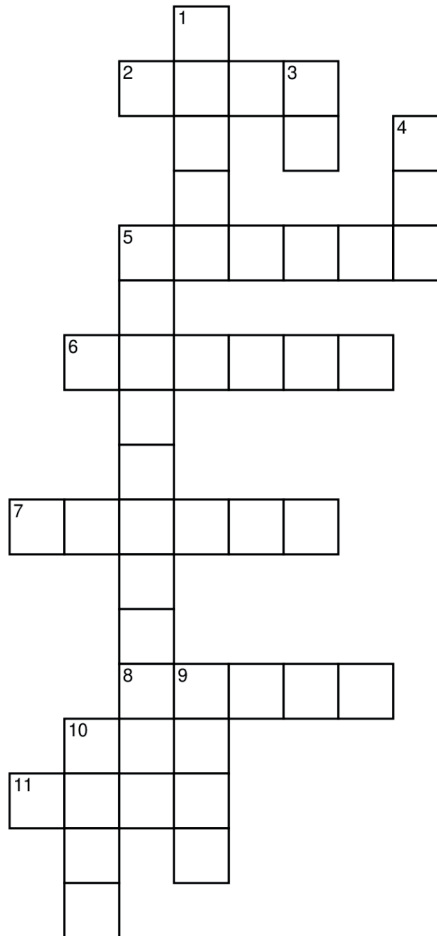
5		4				7	6	
			8				4	
6		8				9	2	1
9		2	3	8	7			
		7		4	2		5	
4			6	9	5		7	
		1				4		5
		5	9		1		8	
3		6					9	

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

Slogans from 60s - 80s



Across

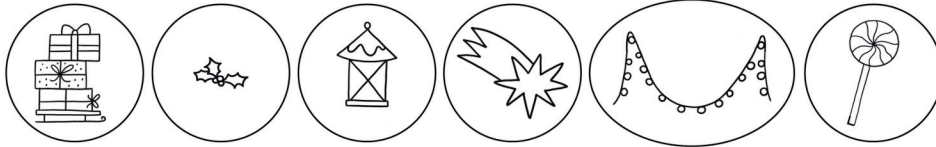
- [2] "Life's _____ " LG
[5] "_____ mothers choose..." Jif
[6] "We try _____", Avis
[7] "Obey your _____." Sprite
[8] "Think _____." Volkswagen
[11] "The _____ thing." Coca-Cola

Down

- [1] "Melts in your _____..." M&Ms
[3] "Just _____ it" Nike
[4] "Have it your _____", Burger King
[5] "Breakfast of _____." Wheaties
[9] "Got _____?" Dairy Assoc.
[10] "Where's the _____?" Wendy's

SEEK AND FIND

Find the hidden objects in the picture.





SOLUTIONS

Trivia Answer: B. Werner Heisenberg

Heisenberg is best known for formulating the Heisenberg Uncertainty Principle, which states that it is impossible to simultaneously know both the position and momentum of a particle with perfect accuracy.

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

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

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

