

Daily Delight

THURSDAY • JANUARY 29 • 2026

National Puzzle Day

National Puzzle Day recognizes how exercising our brains with puzzles is just one of its many benefits.

Whether it's a crossword, jigsaw, trivia, word search, brain teaser, or Sudoku, puzzles put our minds to work. Studies have found that when we work on a jigsaw puzzle, we use both sides of the brain, and spending time daily working on puzzles improves memory, cognitive function, and problem-solving skills. Word searches and crossword puzzles have the obvious benefit of increasing vocabulary and language skills. Sudoku, a puzzle sequencing a set of numbers on a grid, exercises the brain as well. When we work on these brain teasers with someone, we improve our social interactions. Even working them quietly together provides an opportunity to focus the mind in a meditative way that isn't forced. Choose your favorite puzzle, and make it a team effort!



Today in History



In 1845, Edgar Allan Poe's poem "The Raven" was first published in the Evening Mirror Newspaper. Edgar Allan Poe was also a writer, author, editor, and literary critic, known for his tales of mystery. He wrote about 50 poems in his lifetime. Poe is considered the inventor of the detective fiction genre.

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DID YOU KNOW?

Eggs: White vs. Brown

Egg color primarily depends on the breed of chicken, with white eggs typically laid by White Leghorns and brown eggs from breeds like Plymouth Rocks and Rhode Island Reds. While the color of the eggshell does not significantly affect nutrition, factors such as the hen's diet, environment, and stress levels can influence the shade. Ultimately, many people have personal preferences for egg color, believing one is healthier or tastier than the other.

TRIVIA

What billion-dollar company did Sara Blakely found in 2000?

- A** Lululemon
- B** Spanx
- C** Victoria's Secret
- D** Forever 21

TODAY'S FUNNY

What's the difference between a guitar and a fish?

You can tuna guitar, but you can't tuna fish!

TODAY'S WISDOM

*"Science is organized knowledge. Wisdom is organized life."
- Immanuel Kant*

WORD SEARCH

Triple A's

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

Almanac

Alpaca

Armada

Available

Avatar

Banana

Bazaar

Canada

Castaway

Database

Layaway

Panama

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.

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

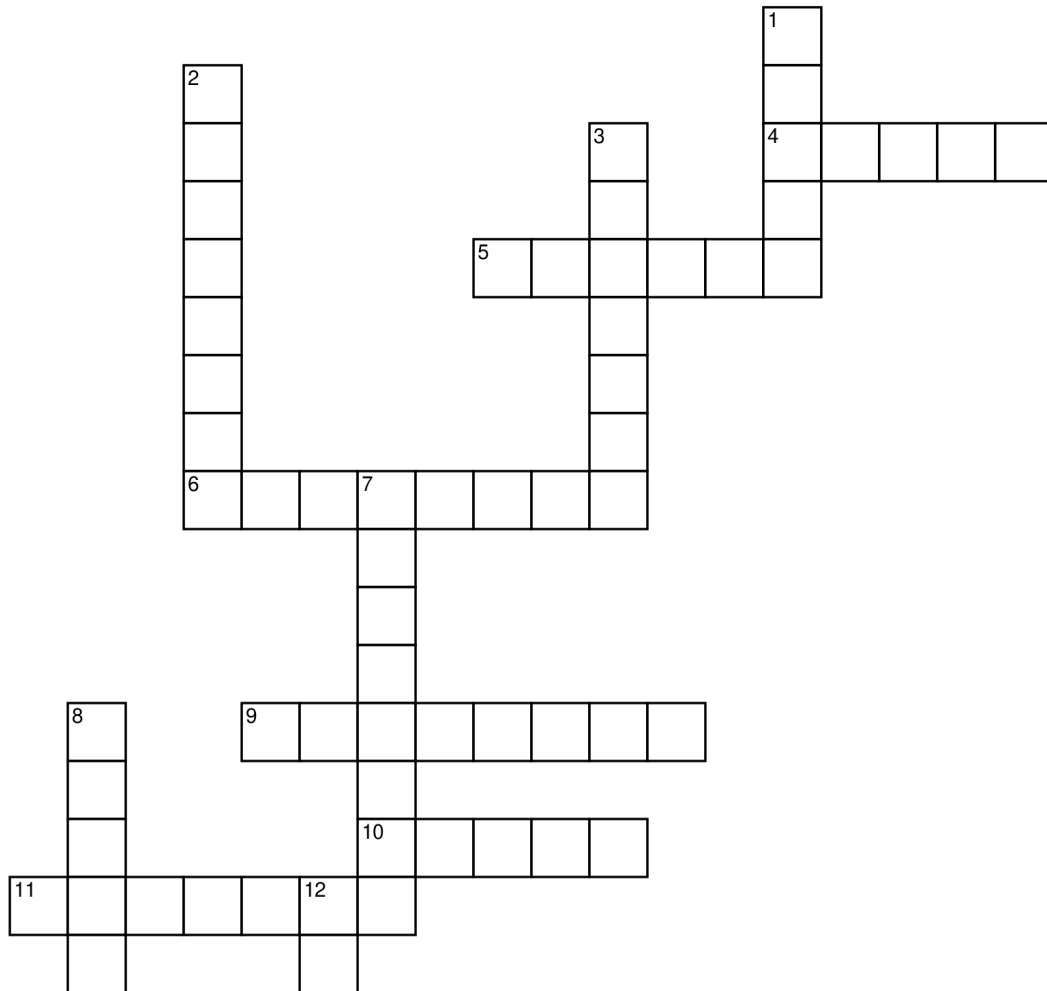
		9	2	8		3		1
					1		2	
2		4	9					
1		2	6		4	9		
		5		2		7	8	
		7	3	5				2
8	2		5		6			
	5	6		1		2	9	
		3		4	2			6

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

90s TV Shows



Across

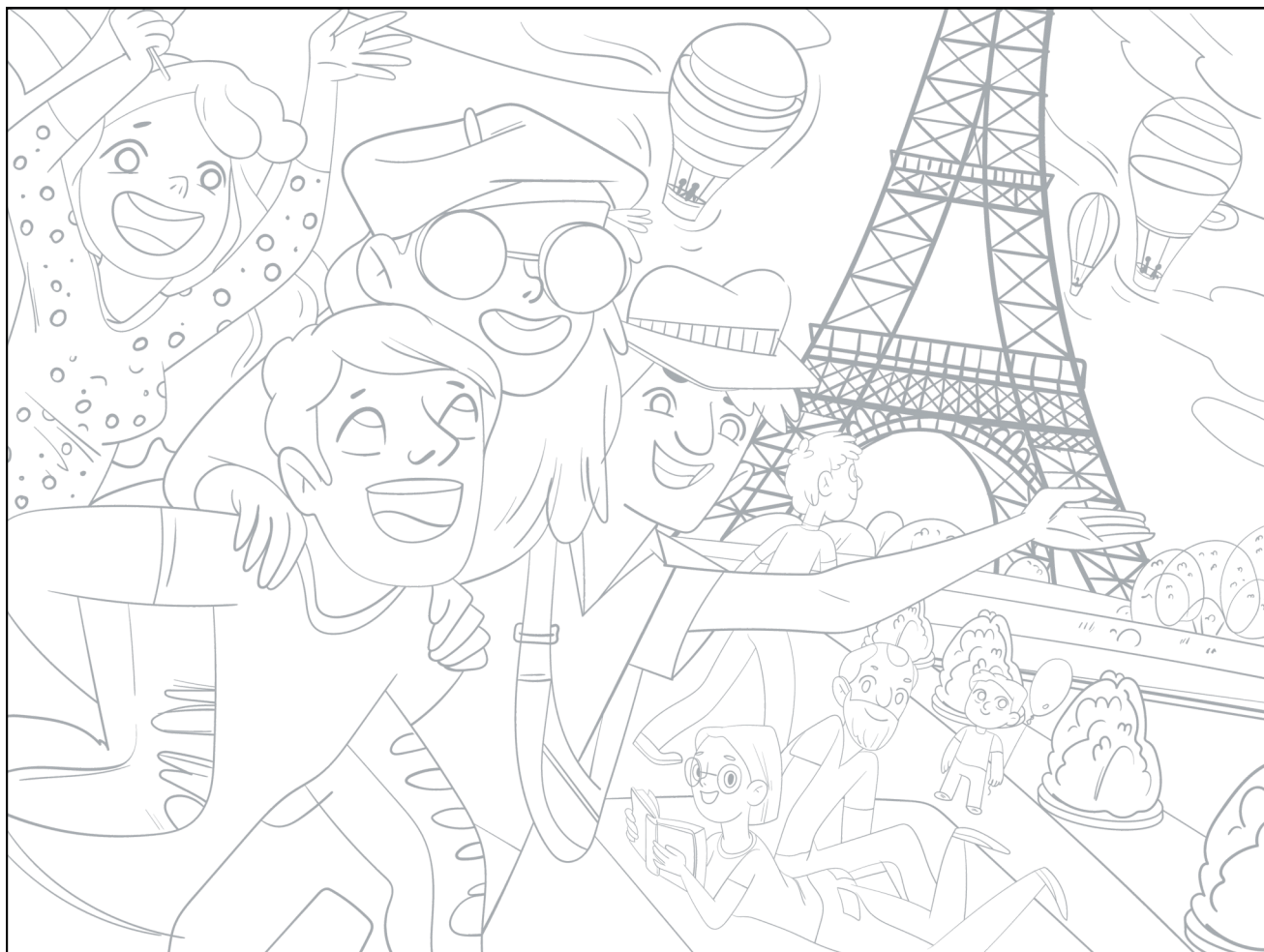
- [4] Nurse
- [5] Scully and Mulder's cases
- [6] Bart, Homer, et al.
- [9] Jerry, George, Kramer and Elaine
- [10] DeGeneres of talk shows
- [11] Radio Psychiatrist

Down

- [1] Plane's part
- [2] James Gandolfini TV show
- [3] Phoebe, Chandler, e.g.
- [7] Serial crime investigator
- [8] TV host Povich
- [12] Trauma Center

SEEK AND FIND

Find the hidden objects in the picture.





SOLUTIONS

Trivia Answer: B

Sara Blakely created Spanx by cutting the feet off pantyhose, aiming for a comfortable, undetectable undergarment. Using \$5,000 in savings, she researched and marketed her innovative design.

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

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

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

