

Daily Delight

SUNDAY • MARCH 22 • 2026

National As Young As You Feel Day

Do you feel younger than your actual age? Have people told you you don't look your age? Well, on As Young As You Feel Day, you can be whatever age you feel you are! Time goes by quickly, and it seems like one day you're dreaming of the day you can grow up, and the next day you're trying to figure out how you can go back in time to experience the good 'ol days again.

While time travel is still not a thing, you can at least spend today doing things that make you feel younger, whether it's dancing, skydiving, or just staying out late. After all, age is just a number, so why not be the number you want?



Today in History



In 1977, comedienne Lily Tomlin made her debut on Broadway in "Appearing Nitely" at the Biltmore Theatre. The solo show was co-written by Tomlin and co-directed with Jane Wagner. She started her career as a stand-up comic and in sketch comedy.

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DID YOU KNOW? The Original Cowboys

The original cowboys were Mexican cattlemen known as vaqueros. They did the long cattle drives, wore sombreros, had chaps, and held rodeos for 200 years before the American cowboys. Vaqueros helped the American cowboys, the settlers stole the culture, and "vaqueros" was turned into "buckaroos." One in three cowboys was Mexican, and one in four was believed to have been Black men released from slavery.

TRIVIA

What instrument was Ray Charles famous for playing?

- A** Piano
- B** Trumpet
- C** Trombone
- D** Guitar

TODAY'S FUNNY

Why are recycling bins optimistic?

Because they are full of cans.

TODAY'S WISDOM

"Thinking is the hardest work there is, which is probably the reason why so few engage in it."

- Henry Ford

WORD SEARCH

Road Trip!



Alarm Clock

Audio Book

Camera

Cell Phone

Clothes

Comb

Cooler

Glasses

Map

Money

Novel

Pillow

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

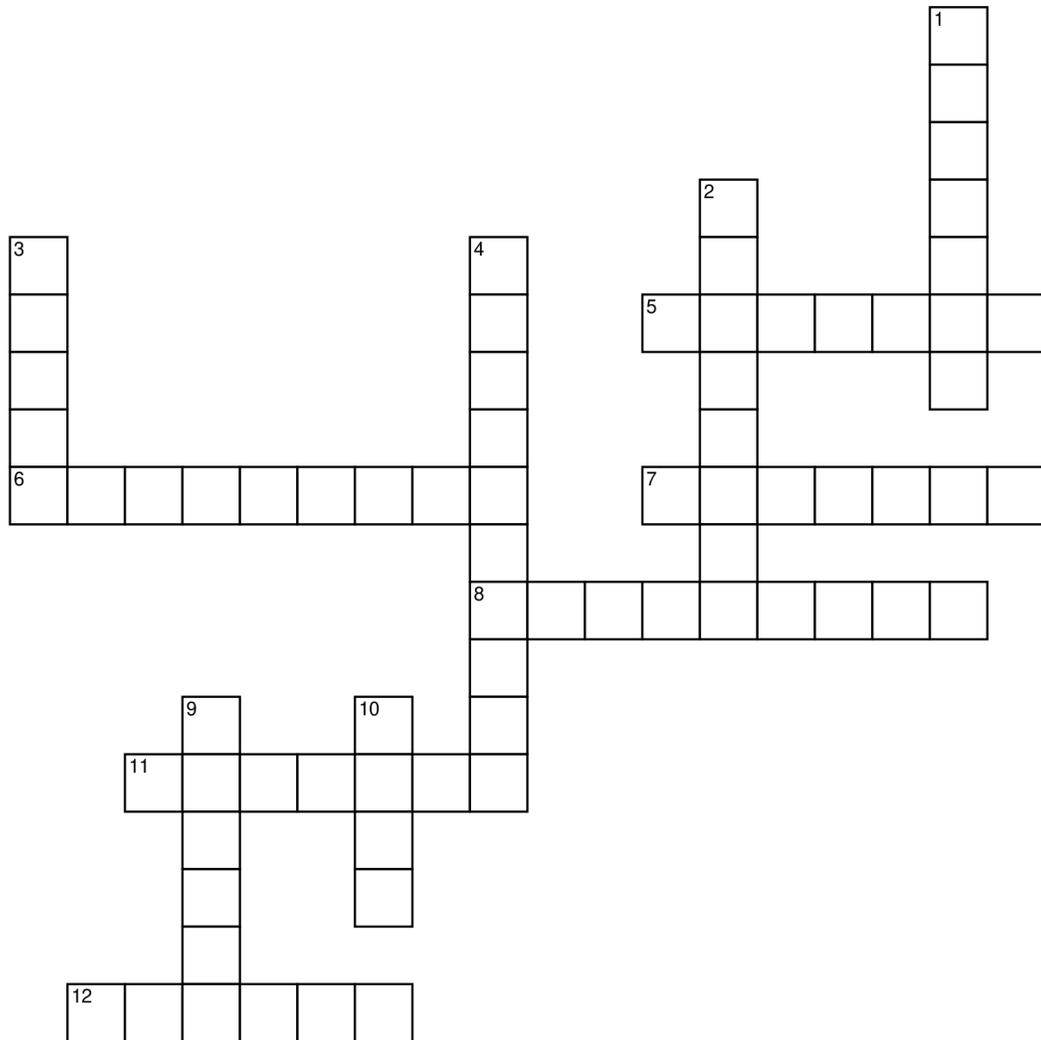
	7		8	4	1			6
	8		6		9	4	7	2
				2			3	8
4	2		1	8	6	9		
6	1		2	5	7		8	
	5	7	3		4	6		
2	9	5	4	6	8			3
1	3		5	7	2	8	6	
7	6	8					4	5

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

Things to Bake



Across

- [5] Biscuits in England
- [6] Krispy Kreme e.g.
- [7] Dog treat
- [8] phyllo roll
- [11] Treat in fluted paper
- [12] Language of Denmark

Down

- [1] Ballpark snack
- [2] Young female scouts
- [3] Loaf _____
- [4] NY famous
- [9] Oh, do you know the _____ man
- [10] Birthday _____

Test Your Knowledge

Solve the questions below to test your knowledge and give your brain a workout!

The luxury estate of Hangzhou, China, houses a nearly exact replica of what city?

- A. London
- B. Paris
- C. Tokyo

British Honduras became Belize in what year?

- A. 1945
- B. 1962
- C. 1973

Solve the math problems:

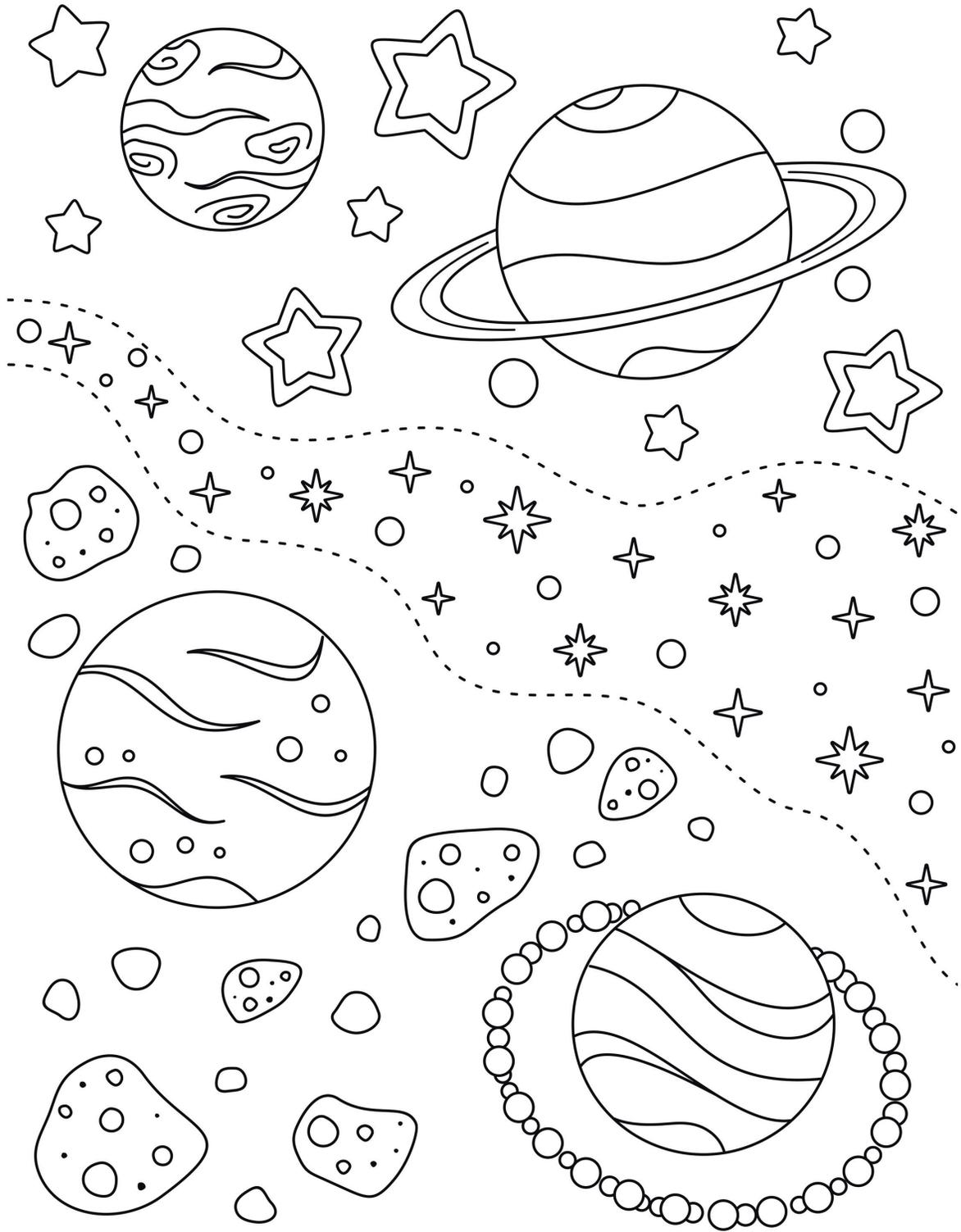
$$\begin{array}{r} 8 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 2035 \\ + 56 \\ \hline \end{array}$$

$$\begin{array}{r} 63 \\ - 89 \\ \hline \end{array}$$

$$\begin{array}{r} 186 \\ \div 3 \\ \hline \end{array}$$

What do Lake Powell (Utah / Arizona), Lake Mead (Nevada), and Lake Nasser (Egypt) have in common?



SOLUTIONS

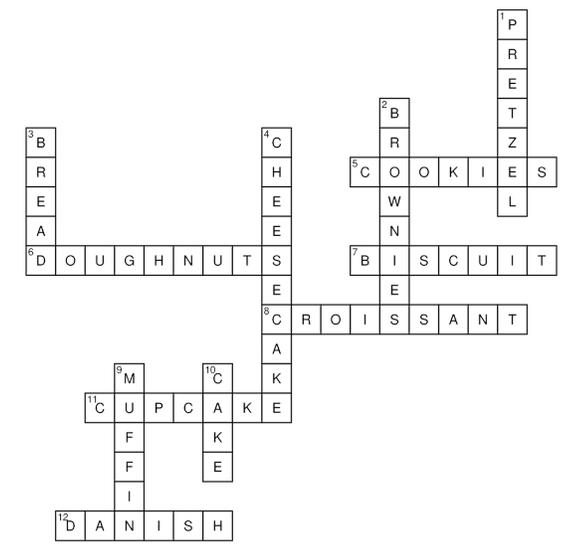
Trivia Answer: A. Piano

Ray Charles memorized entire arrangements by ear, often learning complex classical pieces or jazz parts one hand at a time on the piano.

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

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

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



Answer: B. Paris
 The estate features an Eiffel Tower roughly one-third the size of the real tower.

Answer: C. 1973
 After nine years as a self-governed colony since gaining independence from British rule, the colony was renamed 'Belize'.

$$\begin{array}{r} 8 \\ \times 3 \\ \hline 24 \end{array}$$

$$\begin{array}{r} 2035 \\ + 56 \\ \hline 2091 \end{array}$$

$$\begin{array}{r} 63 \\ - 89 \\ \hline -26 \end{array}$$

$$\begin{array}{r} 186 \\ \div 3 \\ \hline 62 \end{array}$$

Answer:
 Each lake is man-made, created by dams.