

# Daily Delight

TUESDAY • JUNE 23 • 2026

## National Hydration Day

Here's an important day—it's National Hydration Day! The summer heat is an excellent reminder to drink more water. Do you know how water benefits your body? Not only is water imperative for your brain's cognitive functions, but water also protects your spinal cord, cushions your joints, and helps aid in food digestion. Water can combat certain illnesses and conditions, including kidney stones, urinary tract infections, and high blood pressure. Plus, it's delicious! Cool and refreshing, water is an easy-sipping drink, and you can add fruits or vegetables to give its flavor a little zing. Since our bodies are made up of almost 50 percent water, replenishing the supply is necessary for good health. Enjoy National Hydration Day—drink any cold glass of water!



## Today in History



In 1868, Christopher Latham Sholes patented the first commercially successful typewriter, the Sholes and Glidden typewriter. He didn't invent the keyboard, but he did integrate and innovate upon the work of prior inventors. The QWERTY keyboard is his best-known invention.

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## **DID YOU KNOW?**

### **No Reverse Gear**

Kangaroos are iconic Australian marsupials famous for carrying joeys in pouches. They move via saltation, a unique hopping gait where they push off both large feet simultaneously while using their powerful tails for balance. While this muscular anatomy makes them incredibly efficient at moving forward, their specialized legs and heavy tails create a physical limitation: kangaroos cannot walk backward. They are built for speed, not for retreating!

## **TRIVIA**

According to the commercial, "what is the fabric of our lives"?

- A** linen
- B** hemp
- C** cotton
- D** silk

## **TODAY'S FUNNY**

Why do you have to 'put your two cents in'...but it's only a 'penny for your thoughts'? Where's that extra penny going to?

*Taxes?*

## **TODAY'S WISDOM**

*"In a dream, you are never eighty."  
- Anne Sexton, "Old," 1962*

# WORD SEARCH

## Gardening



Sensory

Herbs

Whimsical

Foliage

Edible

Flowers

Vegetables

Canning

Drying

Growing

Organic

Showcasing

Heirlooms

Textures

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

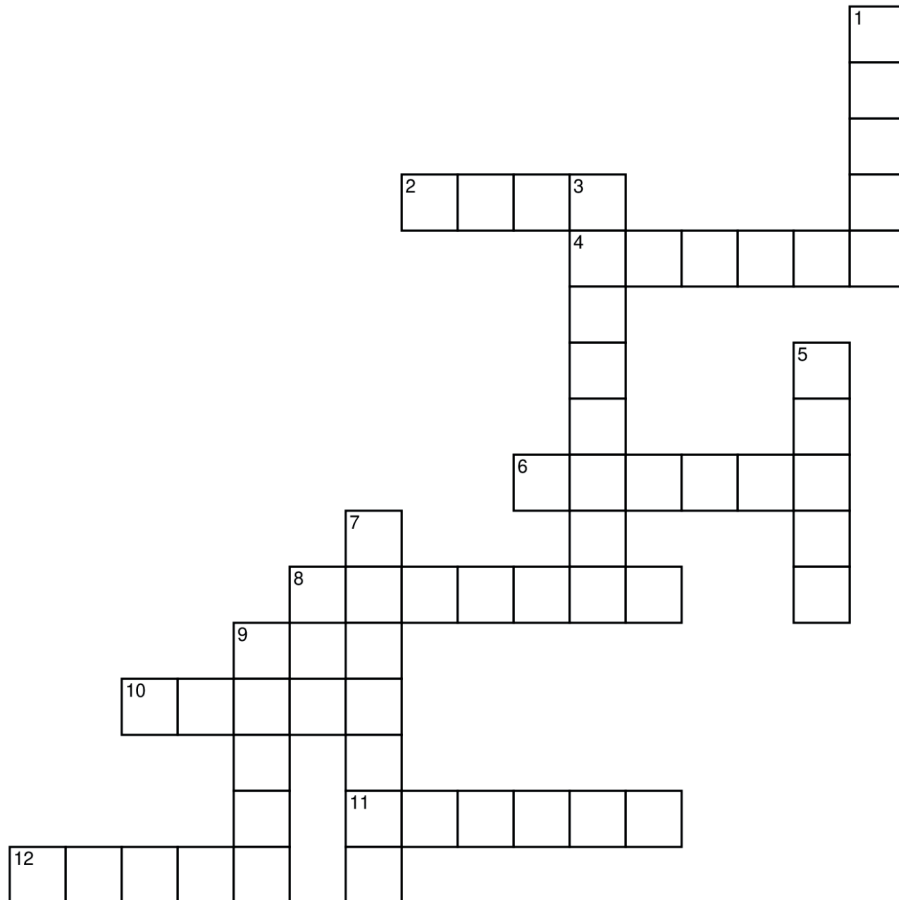
		8	5			1		
						9	5	4
6	1		3		4			
			1	5	3			
7	8	6	2					
						4	9	2
				7			1	
	9	4			2			8
		2		3				

## 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

## Make It Fashion



### Across

- [2] Bridal gown designer
- [4] "American Gigolo" Italian designer
- [6] Yellow polka dot for one
- [8] Costume or expensive all love
- [10] "Say Yes" to
- [11] Coco
- [12] Stilettos e.g.

### Down

- [1] Big name in luxury leather
- [3] French costume designer & fragrance great
- [5] A lower garment
- [7] Designer Gianni
- [9] Denim

# Conversation Starters

**Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.**

Have you ever had the opportunity to see a national park?

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Which one(s) did you see or would like to see?

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What did you enjoy most about it?

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