

Daily Delight

WEDNESDAY • JULY 8 • 2026

Be a Kid Again Day

Have you ever thought about why kids seem to be happier than adults? They often don't let what others think affect them. They laugh a lot. They live in the moment. They have wild imaginations! And they always expect the best from everyone. On Be a Kid Again Day, let your inner child loose and remember what it was like when you didn't take things so seriously.

Is feeling like a kid important? Psychologists suggest that a youthful and positive attitude is the key to eternal happiness and reducing anxiety and depression. But is it possible to feel like a kid again? The answer is a resounding yes! And it's easy. All you have to do is hold on to a youthful, optimistic attitude and be here in the present.



Today in History



In 1975, President Gerald Ford announced he would seek the Republican presidential nomination. As the Vice President, he became president following the resignation of Richard Nixon. Ford became the first person to serve as President without being elected to the office.

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DID YOU KNOW?

Is Broccoli Really a Flower Head?

Broccoli is an immature flower head. The part of broccoli plants we typically consume is the inflorescence, consisting of the upper stems and florets. If left on the plant long enough, each floret will develop into a beautiful, fragrant yellow flower. When the flowers begin to open, the plant will send up stalks about 4 to 5 feet tall. The leaves, stems, and even flowers of the plant are still edible. If the yellow flowers are pollinated, they can produce broccoli seeds.

TRIVIA

Which one of these films earned Meryl Streep a Best Actress Academy Award?

- A** Sophie's Choice
- B** The Devil Wears Prada
- C** Death Becomes Her
- D** Out of Africa

TODAY'S FUNNY

What letter is like a spring flower?

"A" because a bee comes after it.

TODAY'S WISDOM

"Life is never completely without challenges."

Stan Lee

WORD SEARCH

Tea & Cakes



Baking

English

Victoria

Cake

Classic

Crumb

Dessert

Moist

Tea Time

Sponge

Markham

Difficult

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.

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

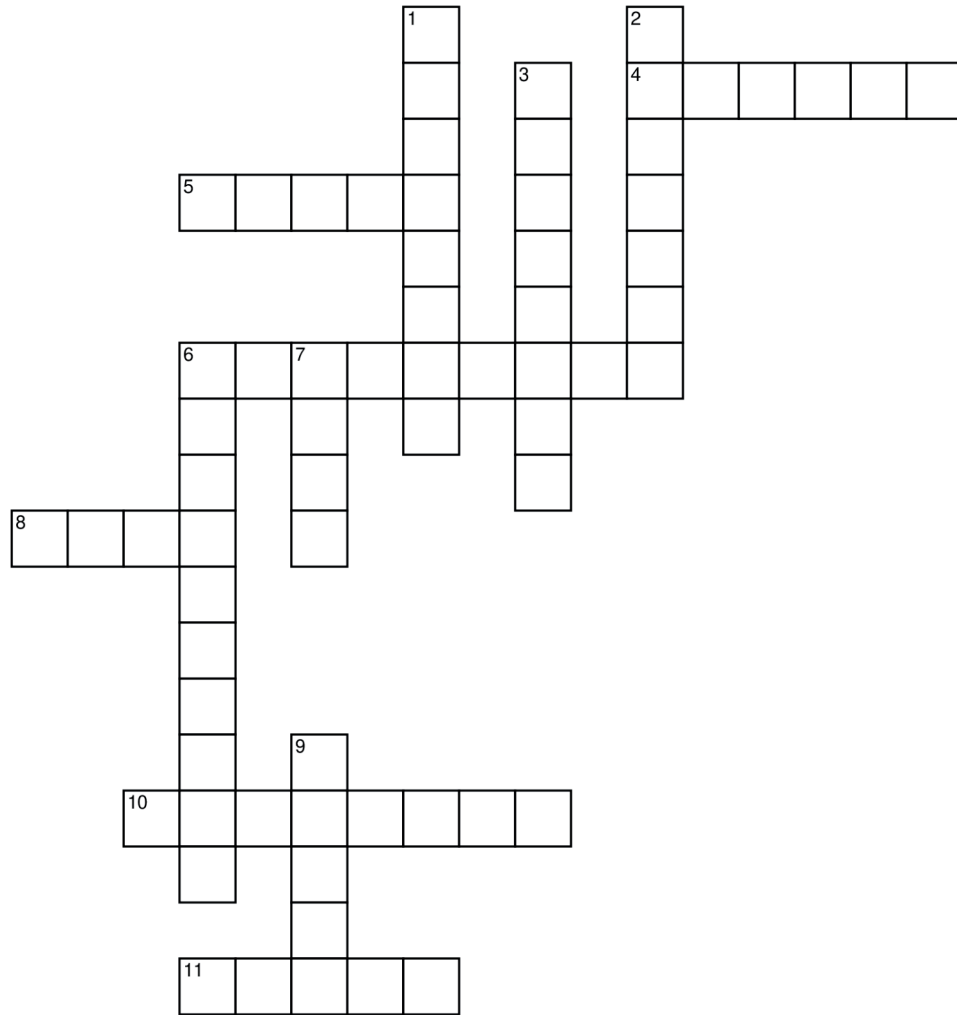
			3	2	1	9	4	5
			9		4		2	
9	2		5	8				1
			1	4		8	6	
	1		6		8			
7		8		9	5			4
	4	5		3			8	
			8	1	6	4		
8				5			7	9

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

Artificial Intelligence



Across

- [4] "Rosey" on the Jetsons
- [5] Sound reasoning
- [6] Mathematical procedure
- [8] Apple's voice assistant
- [10] Automaton
- [11] Pink drink, for short

Down

- [1] Nixon's pet
- [2] Plan
- [3] Data processor
- [6] Fake
- [7] Contest
- [9] The mating game

Spotlight Trivia

Let's Hear it for the Girls!

1. What comedian, also famous for her appearances on 'Laugh-In,' had a one-woman show in which she explained the difference between soup and art?

- A. Gilda Radner
- B. Lily Tomlin
- C. Goldie Hawn
- D. Jan Hooks

2. Which Amendment to the US Constitution gives women the right to vote?

- A. 18th
- B. 16th
- C. 17th
- D. 19th

3. Helen Keller reached some remarkable milestones despite being blind and deaf. What was the name of the woman who taught her to strive for them?

- A. Annie Sullivan
- B. Margaret Davidson
- C. Laura Bridgman
- D. Mary Moore

4. This woman was the queen of two countries and believed she had the right to the English crown. Who was she?

- A. Queen Mary I of England
- B. Mary, Queen of Scots
- C. Mary, Queen of Scots
- D. Queen Anne of Great Britain

5. Who was the first woman to run for Vice President of the United States as the candidate of the Republican Party?

- A. Geraldine Ferraro
 - B. Sarah Palin
 - C. Angela Davis
 - D. Hillary Clinton
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SOLUTIONS

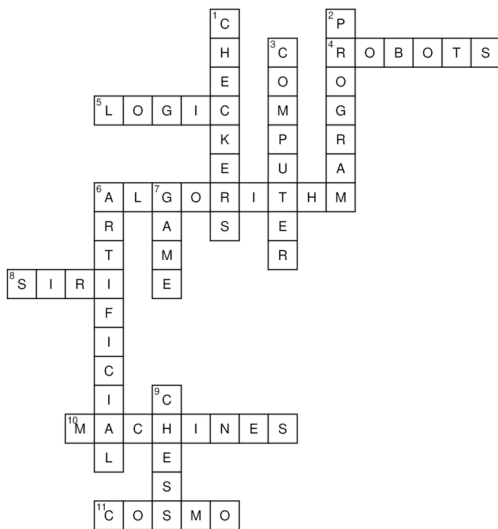
Trivia Answer: A

Streep won a Best Actress Award for her role as Sophie Zawistowski in the 1982 drama romance *Sophie's Choice*.

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



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



Spotlight Trivia:

1. B
2. D
3. A
4. C
5. B