

Daily Delight

THURSDAY • NOVEMBER 5 • 2026

American Football Day

The hits, the crowds, the end zone dances—there's nothing quite like watching American football, which is why today we are celebrating the sport that is not only the most popular in the country but also the most-watched sport in the U.S.! Invented in 1892, American football was created as an offshoot of soccer and rugby. Initially, passing was not a part of the game. It wasn't until coaches like Knute Rockne and Amos Alonzo Stagg capitalized on the new "forward pass" play which made the game much more exciting to watch. The first-ever college football game took place on November 6, 1869, between Rutgers and Princeton. Then, in 1920, the American Professional Football League was formed, which eventually became the NFL. If you love American football, enjoy this day cheering on your favorite team!



Today in History



In 1994, George Foreman became the oldest heavyweight champ at age 45 when he beat 26-year-old Michael Moorer in the 10th round of their WBA fight in Las Vegas. He originally retired from boxing in 1977 but returned to the ring in 1987. He retired for good in 1997 at the age of 48.

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DID YOU KNOW?

Sail Under the Weather

The idiom "under the weather" is typically used when people feel sick or ill. The origin of this is believed to come from when a sailor would feel sick; they would go below the front part of the boat to protect themselves from adverse conditions. Sailors would be in bad weather that could further worsen their condition. Thus, sailors who were sick were described as "under the weather."

TRIVIA

The lack of which vitamin causes rickets?

A A

B C

C B1

D D

TODAY'S FUNNY

What does a bison say when he answers the phone?

Buff Hello!

TODAY'S WISDOM

"One never notices what has been done; one can only see what remains to be done."

- Marie Curie

WORD SEARCH

Pie In The Face!

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

Throw

Squish

Smoosh

Comedic

Charity

Celebration

Slapstick

Bavarian

Toss

Funny

Challenge

Cream Pie

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

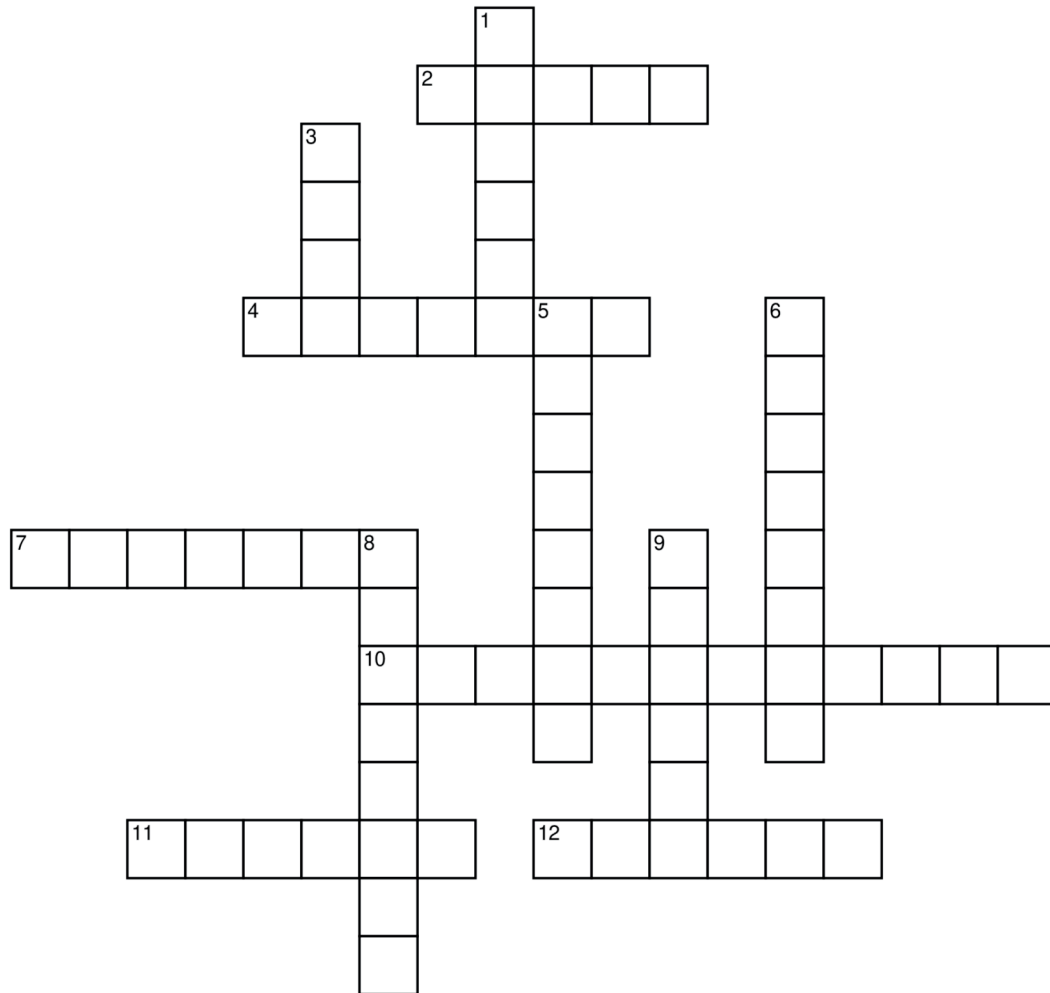
	4		2	5	9			
6		3					5	
		2		6		1	7	
	1							6
	6		4		2			5
	2		9			4		1
4			6	2	5			
					4	9	6	
8					3			

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

Endangered Things



Across

- [2] Asian unicorn
- [4] Mexican salamander
- [7] Of Cornwall
- [10] Historic wars fought here
- [11] Sinking city
- [12] Pygmy chimpanzee

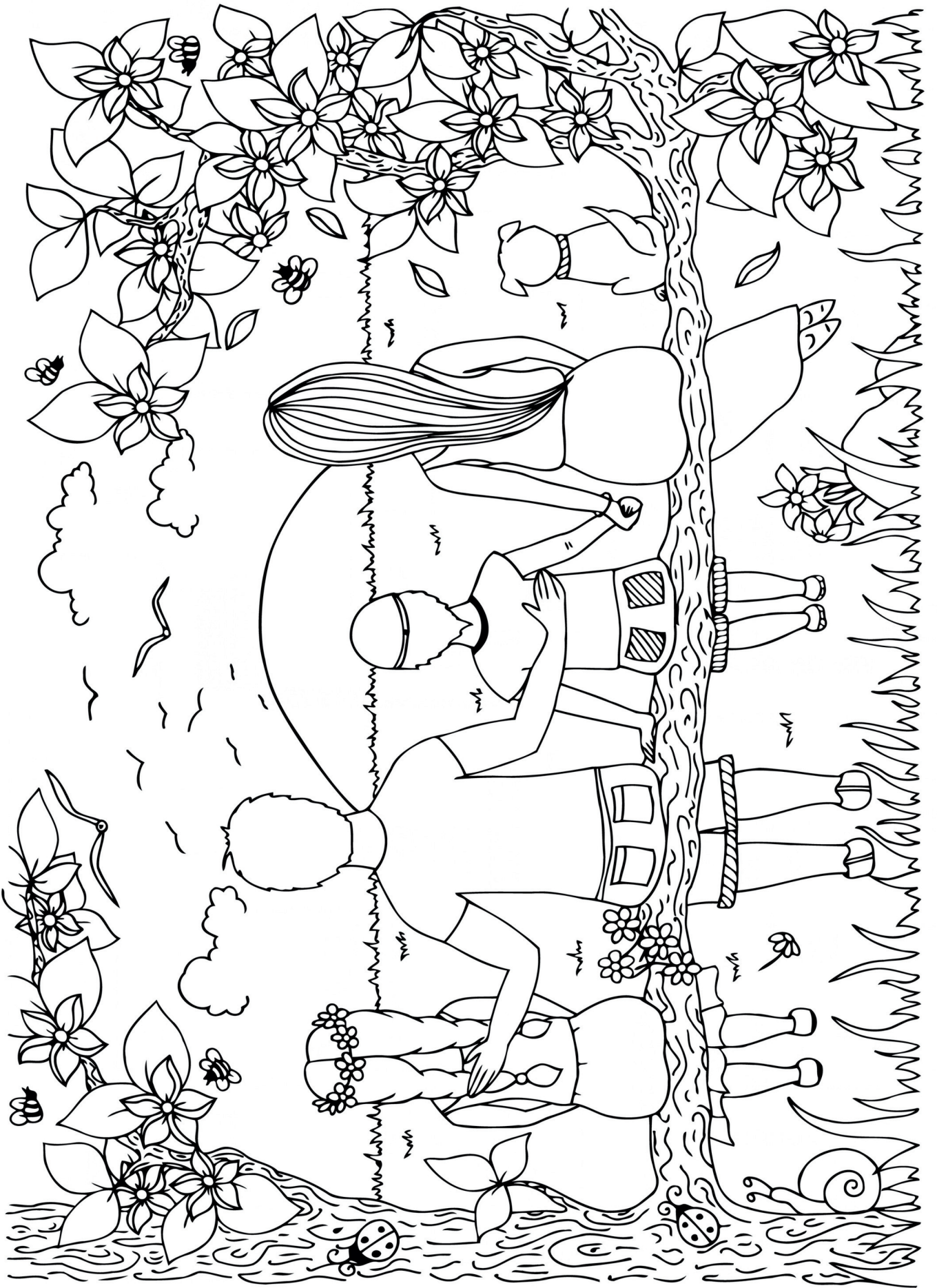
Down

- [1] Ground parrot
- [3] Of the Isle of Man
- [5] "Across the desert sands" (Mali)
- [6] Scaly anteater
- [8] Tropical flower for tea
- [9] Brittany language

Spotlight Trivia

Food Nutrition

1. Which of the following nutrients is most abundant in roasted turkey breast (without the skin)?
A. Fat
B. Fiber
C. Carbohydrates
D. Protein
 2. Cranberries are a good source of which type of beneficial plant compound?
A. Antioxidants
B. Calcium
C. Probiotics
D. Omega-3 fatty acids
 3. Sweet potatoes get their vibrant orange color from beta-carotene, which the body converts into an essential vitamin?
A. Vitamin D
B. Vitamin C
C. Vitamin A
D. Vitamin K
 4. Traditional bread-based stuffing or dressing is primarily a source of which macronutrient?
A. Simple Carbohydrates
B. Complete Proteins
C. Unsaturated Fats
D. Vitamins
 5. Compared to pumpkin pie, a slice of pecan pie is generally much higher in:
A. Protein
B. Vitamin A
C. Sugar & Fat
D. Fiber
-



SOLUTIONS

Trivia Answer: D

The most common cause of rickets is a lack of vitamin D or calcium in a child's diet.

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

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

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

1 K
 2 S A O L A
 3 M
 A
 N
 4 A X O L O 5 T L
 6 P
 A
 N
 G
 O
 L
 7 C O R N I S 8 H
 I
 9 B
 R
 L
 10 B A T T L E F I E L D S
 I
 U
 T
 N
 S
 O
 11 V E N I C E
 U
 S
 12 B O N O B O

Spotlight Trivia:

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