### MONDAY, APRIL 1, 2024



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# Today's **perk** is **April Fools' Day**

Beware of practical jokes, pranks and tricks today! Although it has been celebrated for hundreds of years, no one really knows how the tradition of April Fools' Day began. According to one theory, when France officially adopted the Roman calendar in the 1500s many rural communities continued to celebrate New Year's Day in April. The people in these small villages became known as the "April fools."

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About

Senior Solutions

There are many famous (and infamous) April Fools' Day jokes. In 1957, the BBC ran a very successful fake documentary that explained to viewers how spaghetti is grown on spaghetti trees. Many people actually believed it! In 1996, the Taco Bell Corporation took out full-page ads in six major newspapers announcing that it had purchased the Liberty Bell. Hundreds of enraged citizens called to protest the newly named "Taco Liberty Bell." The company waited a few hours before admitting that it was a practical joke.

Enjoy the silliness today...but be careful you don't get fooled!  $\mathcal{O}$ 



invents the dollar sign.

**1856** Dexter Mason Ferry and



partners found Gardener, Ferry & Church Seed Company, now called Ferry-Morse, the oldest seed company in America.

**1954** The U.S. Air Force Academy is formed in Colorado.

### perk fact

The earliest recorded reference to April Fools' Day was in Geoffrey Chaucer's Canterbury Tales in 1392.

**perk pun** If a book falls on your head you only have your shelf to blame.

You will do foolish things, but do them with enthusiasm.

Sidonie-Gabrielle Colette

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Perk Puzzle

### **Prankster's Paradise**



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ABSURD	HILARIOUS	PLAY
CHILDISH	ΗΟΑΧ	PRANK
CHUMP	HUMOR	RUSE
DUPE	JESTER	SILLY
FOOL	JOKE	SPOOF
FUNNY	ΚΟΟΚΥ	TRICK
GAG	MISCHIEVOUS	ZANY
GULLIBLE	NONSENSE	THE PERK

Yesterday's Perk Puzzle Solution



### TUESDAY, APRIL 2, 2024



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### Today's **perk** is **National Peanut Butter and Jelly Day**

id you know that the average American consumes 1,500 peanut butter and jelly sandwiches by the age of 18?! The combination of sweet jelly and salty peanut butter has been a staple in school lunch boxes for over fifty years. So, where did this perennial favorite come from?

According to one story, the "PB&J" came on to the scene in 1896 when an article in Good Housekeeping magazine suggested readers make sandwiches using peanut butter. While that sounds easy to us, back then it wasn't a simple snack you could whip together in minutes. Home chefs had to put

peanuts into a meat grinder to make the famed paste. And even then it wasn't paired with anything. But it was progress!

Another story reveals that American soldiers popularized the peanut butter and jelly sandwich during World War II. They decided to combine their bread, jelly and peanut butter rations into a fabulous new

treat. When the soldiers returned home after the war, sales of both peanut butter and jelly soared.

> Take time today to enjoy a sticky and sweet treat. The Perk likes grape jelly. What's your favorite flavor? ♂

### perks in history

**1792** Congress passes the Coinage Act and the U.S. Mint is born.

**1877** The first Easter Egg Roll is held on the grounds of the White House in Washington, D.C.

**1978** The first episode of "Dallas" airs on CBS.



**perk fact** It takes about 540 peanuts to make a 12-ounce jar of peanut butter.



#### **perk pun** Two peanuts were walking in a tough neighborhood and one of them was a-salted.

Sooner or later, those who win are those who think they can.

()erk()uzzle

## So Happy Together



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Yesterday's Perk Puzzle Solution ZBPMSSEJIL

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AMERICAN	FAVORITE	SANDWICH
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BANANA	JELLY	SMOOTH
BREAD	JIFFY	SOGGY
CLASSIC	LUNCH BOX	SPREAD
CREAMY	<b>PEANUT BUTTER</b>	STICKY
CRUNCHY	PRESERVES	SWEET
CRUST	SALTY	THE PERK

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### WEDNESDAY, APRIL 3, 2024



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# Today's **perk** is **National Walking Day**

hysical activity is one of the best ways to improve overall health and manage stress. We all know this, yet one in four U.S. adults are sedentary for more than eight hours each day. The American Heart Association, the nation's oldest and largest organization dedicated to fighting heart disease and stroke, established National Walking Day to encourage people to move more throughout their day.

In case you need a reminder about the amazing benefits of walking, here are a few highlights:

• Regular walking can help reduce fat and, as a result, improve your body's response to insulin.

• For every 1,000 daily steps you take, you could lower your systolic blood pressure by .45 points.

• Walking reduces the stress hormone cortisol, which helps you feel less stressed and more relaxed.

> Adults who walk daily have better sleep quality and length of sleep.

- Walking for at least 10 minutes a day—or about an hour every week can stave off disability and arthritis pain in older adults.
  - Walking can help keep your bones strong and healthy.
- Research shows that moderate-intensity exercise—and walking in particular—ramps up our immune system.

We could go on and on, but instead we;re headed out for a walk! ♂

### perks in history

**1949** Dean Martin and Jerry Lewis debut on radio on the "Martin and Lewis Show."



**1953** "TV Guide" is published for the first time.

**1956** Elvis Presley appears on the Milton Berle Show.

**1973** The first portable phone call is placed by inventor Martin Cooper to Joel S. Engel of Bell Labs.

### perk fact

George Meegan walked 19,019 miles in 2,425 days (1977-1983).

#### perk pun

I was going to try walking on hot burning coals but I got cold feet.

We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, of which there is no duplicate. The world is all gates, all opportunities.

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Ralph Waldo Emerson

zzle





ΑCTIVITY	IMMUNE
ARTHRITIS	INSULIN
BENEFITS	MODERATE
BONES	MOVE
CORTISOL	PAIN
EXERCISE	PHYSICAL
HEALTH	PRESSURE
HEART	QUALITY

RELAX SEDENTARY SLEEP STEPS STRESS STRONG WALK THE PERK Yesterday's Perk Puzzle Solution R V U K B V C H N O SA NILR QZMZ Ν U 0 Е ٧ м AAELT E E в S Y J W OANHE A Н W Е N н н EDZEACJR с PIW U G R C P E I B E I R F C E L W L S K F S C н т Ν С U G s В ERMDAESMOO Т н U L K T N A R S C Z N Y н L т Y SAIVJO ST S UR С т SPERNACI RE M A Ε O S R V O Z N Z C T S B R GHEEPVEIGGABCJP G N B N A C A T R I A N G L E YAWLODDFSALTYGM

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### THURSDAY, APRIL 4, 2024



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# Today's **perk** is **National Vitamin C Day**

our mom was right when she told you to stay healthy, you had to eat your fruits and vegetables. As she may or may not have known Vitamin C, plays a major role in healing, and is found in fresh fruits, berries, and vegetables.

In the mid-1700s sailors on long sea voyages were dying of Scurvy. In 1747 a doctor successfully treated sick sailors who sucked on lemons and limes throughout their journey, hence giving the sailors the nickname, "Limey."

In 1933 a Hungarian research team, and American, Charles King, extracted Vitamin C from citrus and identified it as ascorbic acid. Synthesizing ascorbic acid allowed it to be the first man-made vitamin, eventually making it possible to inexpensively manufacture Vitamin C in factories. Researchers discovered higher concentrations of good sources of Vitamin C in papaya, broccoli, Brussel sprouts, peas, black currants, strawberries, cauliflower, spinach, cantaloupe, sweet peppers, and kiwi.

Vitamin C is an anti-oxidant which reduces cell damage, regenerates collagen in bones and joints, helps cure Anemia, reduces the effects of aging, and is beneficial to healing wounds. Taking vitamin C before a cold is shown to decrease the length and severity of the cold. There has been an exciting link between cancer prevention and Vitamin C.  $\mathcal{P}$ 

### perks in history

**1818** Congress adopts a U.S. flag with 13 stripes and 20 stars—one for each state.



**1983** Sally Ride becomes the first U.S. woman in space aboard the space shuttle Challenger.

### perk fact

The amount of Vitamin C in foods of plant origin depends on the soil, how much rain and sun it received, the length of time since it was picked, and how it was stored. Cooking food destroys vitamin C.

### perk pun

I lost my job at th lemonade factory c because I just couldn't concentrate.

I think and think for months and years. Ninety-nine times, the conclusion is false. The hundredth time I am right.

Albert Einstein

) Perk() uzzle

"C" Yourself Feeling Great

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ASCORBIC	FRUIT	MAN MADE
BERRIES	HEALING	RESEARCH
BONES	HEALTHY	SCURVY
CITRUS	JOINTS	VEGETABLE
COLD	KING	VITAMIN C
DAMAGE	LEMON	VOYAGE
EAT	LIME	THE PERK

Yesterday's Perk Puzzle Solution

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### FRIDAY, APRIL 5, 2024

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# Today's **perk** is **National Bell Bottoms Day**

ashion styles come and go, and some come and go more than once. Remember zoot suits, poodle skirts, Nehru jackets, Bermuda shorts, miniskirts, short-shorts with go go boots, and hats and gloves for church? How about bellbottom pants?

Today we celebrate the bell-bottom! In order to properly recognize National Bell Bottom Day, we must give credit to the 1800s Navy for these widelegged pants. Sailors could roll them up to keep dry while swabbing decks. If a sailor fell overboard they could pull off their bellbottoms, fill the legs with air and the bell bottoms acted as a flotation device! It's true!

In the1960s, flared trousers appeared

on the trendy Kings Road in London but in North America we credit Sonny and Cher with popularizing bell bottoms on their 70s television show. Bell bottoms became a symbol of the outlandish, colorful style of the decade. With the rise of punk rock in the late 1970s. bell bottoms became lessfashionable and were replaced by 1980s-style straight leg trousers. After a decade hiatus, bell-bottoms were reinvented as boot cut pants in the 1990s. Boot cuts mirrored the flared style of their predecessor, but with a smaller flare and a tighter fit from the knees up. But guess what... bell bottoms in their original extreme form have recently been spotted on fashion runways. The Perk is digging through its closet to see what it can find! P

### perks in history

**1887** Anne Sullivan teaches Helen Keller the meaning of the word "water" as spelled out in the manual alphabet.

**1923** Firestone Tire and Rubber Company begins the first regular production of balloon tires.



**1955** Winston Churchill resigns as British prime minister.



**1985** John McEnroe infamously says "any man can beat any woman at any sport, especially tennis."

#### perk fact

Bell bottoms were part of the U.S. Navy uniform until 1998.

### perk pun

The tailor was happy to make a pair of pants, or at least sew it seams.

Success is not to be measured by the position someone has reached in life, but the obstacles he has overcome while trying to succeed.

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Booker T. Washington

() Oerk()uzzle

A Flare for Style



F	Κ	Е	В	D	I	Χ	Т	Н	0	S	Y	н	J	L
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BELL	FLARED	SAILORS
BOOT	GROOVE	SEVENTIES
BOTTOM	JEANS	SONNY
CHER	LEG	STYLE
COLORFUL	OUTLANDISH	SYMBOL
CUT	OVERBOARD	TROUSERS
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FASHION	PRACTICAL	THE PERK

Yesterday's Perk Puzzle Solution

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### SATURDAY, APRIL 6, 2024



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### Today's **perk** is **Tartan Day**

ational Tartan Day honors and celebrates Scottish culture and the role it has played in the development of the United States. While Canada has been celebrating Tartan Day since 1993. the U.S. Senate officially recognized this celebration in 1998.

There are three groups of people who came from Scotland to America—the Lowland Scots, the Highland Scots and the Scotch-Irish. Each of these groups has influenced American culture. They've passed on Scottish surnames, introduced the sport of golf, shared the sounds of the bagpipes and made tartan—also called "plaid" in America—a fashion staple for everything from socks to caps.

Tartan is a crisscrossed pattern of horizontal and vertical bands woven into cloth. It is made by weaving colored threads at right angles to each other. The Dress Act of 1746 actually attempted to ban tartan and other aspects of Gaelic culture in order to

bring people under tighter government control. The law was repealed in 1782 and tartan became symbolic as the national dress of Scotland.

Whether you are a member of a Scottish clan (even in name only) or are just a fan of plaid, today is the day to give a nod to this colorful fabric rich in tradition and beauty. O

### perks in history



**1889** George Eastman begins selling his Kodak flexible rolled film.

**1896** The first modern Olympic games open in Athens, Greece. The last Olympics were held 1,500 years before.

**1916** Charlie Chaplin becomes the highest-paid film star in the world when he signs a contract with Mutual Film Corporation for \$675,000 per year. He was 26 years old.

**1930** Twinkies hit the market. The first Twinkies were banana-filled.

### perk fact

Scotland is home to one of the oldest universities in the world, the University of St. Andrews, founded in 1410.

### perk pun

Two silk worms had a race but they ended up in a tie.

Talent is formed in solitude, character in the bustle of the world.

PerkOuzzle

Mad for Plaid



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D	Ε	Y	С	Α	Ρ	R	Μ	L	D	S	т	Χ	Y	С
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С	Ε	F	Ν	Q	Т	Ν	G	Ε	S	I	D	Κ	V	L
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ACCENT	GAELIC	PLAID
BAGPIPES	GHILLIES	RAINY
CASTLE	GOLF	ROYALTY
COASTLINE	HIGHLAND	SCOTTISH
CRISSCROSS	IRISH	TARTAN
CULTURE	KILT	WHISKEY
DANCE		WOOL
FELT	MOORS	THE PERK

Yesterday's Perk Puzzle Solution



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SUNDAY, APRIL 7, 2024



Today's perk is World Health Day

orld Health Day is celebrated every year on the founding day of the World Health Organization (WHO). Every year a central theme draws attention to a current world health issue, and the WHO puts together events related to that theme. This year's theme—My Health, My Right was chosen to champion the right of everyone, everywhere to have access to health services. education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

While the global health issues we face are important to understand, the Perk wants to take this day to remind us of some of the simple ways we can all lead healthier lives:

• Try to walk at least 10 minutes every day. It can help lower blood pressure and lift mood.

• Resolve to keep a regular sleepand-wake schedule.

• Increase your fruit and veggie consumption. The WHO recommends we eat five servings of fruits and vegetables per day.

• Boost your fluids. Healthy adults should be consuming 30 to 50 ounces of fluids per day (about 3-6cups) to stay hydrated, and to keep every system in the body functioning properly.

Come on, everyone! We can DO this!  $\ensuremath{\mathcal{D}}$ 

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### perks in history

**1927** The first long-distance TV transmission is sent from Washington, D.C. to New York City. The audience sees an image of Commerce Secretary Herbert Hoover.

**1949** The musical "South Pacific" by Rodgers and Hammerstein opens on Broadway.

**1963** At the age of 23, Jack Nicklaus becomes the youngest golfer to win the Green Jacket at the Masters Tournament.



**1970** John Wayne wins his only Oscar for his role in "True Grit." Wayne acted in more than 200 films.

#### perk fact

Viruses are typically around 100 times smaller than bacteria.

#### perk pun

The rumor that only fresh orange juice is healthy is a good example of pulp fiction.

To avoid criticism do nothing, say nothing, be nothing.

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Elbert Hubbard

) erk()uzzle

### Here's to Your Health



С	Ε	L	Н	Ε	R	Н	Ζ	Α	Μ	R	Κ	С	S	Κ
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ACHE	CLINIC
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BANDAGE	CRUTCH
BLOOD	FEVER
BONE	FIRST AID
BRUISE	FLU
CAST	HEADACHE

HIVES INJURY MEDICINE PAIN RASH SHOT THERMOMETER THE PERK Yesterday's Perk Puzzle Solution



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### MONDAY, APRIL 8, 2024



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## Today's **perk** is **Total Solar Eclipses**

on't be alarmed when day turn to night today! It's an amazing total solar eclipse—a phenomenon that occurs when a new moon is positioned precisely between Earth and the sun and casts its shadow on Earth.

Today's eclipse is particularly special because the new moon will look relatively large in the sky and, therefore, cover 100% of the sun's disk as viewed from the narrow path of totality that stretches from Sinaloa, Mexico through the U.S. to Newfoundland, Canada.

Here re some fun facts to ponder about today's remarkable event:

• The word "eclipse" comes from "ekleipsis," the Ancient Greek word for abandonment.

• An eclipse moves from west to east because the Moon orbits the Earth from west to east and its shadow moves faster than the rotation of the Earth.



• A totally eclipsed Sun is about as bright as a full Moon, which is about 400,000 times less bright than a non-eclipsed Sun

• If the Moon's orbit wasn't tilted five degrees to the Earth's orbit, solar eclipses would occur every month.

• The temperature can drop 20 degrees or more during a total solar eclipse.

• The greatest possible duration of a total solar eclipse is about 7 minutes and 30 seconds.

Enjoy the skies today, but be sure to wear protective glasses!  $\mathcal{O}$ 

### perks in history

**1838** The Great Western, the earliest regular transatlantic steamer, embarks on its maiden voyage from Bristol, England, to New York City.

**1920** Venus de Milo, an ancient statue thought to represent Aphrodite, is found in pieces on the Aegean island of Melos.

**1979** The final episode of "All in the Family" airs.



#### **perk fact** It's been estimated that only about one in every 10,000 people will see a total solar eclipse in their lifetime.

### perk pun

My company is better at making sunscreen yours, but I don't like to rub it in.

If you want to make your dreams come true, the first thing you have to do is wake up.

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J.M. Power







BRIGHT	LIGHT	SOLAR
DARK	MOON	SPECIAL
DISK	NEW	STRANGE
EARTH	ORBIT	SUN
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FULL	SKY	THE PERK

Yesterday's Perk Puzzle Solution

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### TUESDAY, APRIL 9, 2024



SHAPE UP

**Your Longevity** 



## Today's perk is Cherish an Antique Day

o you have any family heirlooms hidden away in your closets? Today is the day to polish them up and put them on display! Humans have been collecting antiques since the beginning of our history. We have always been fascinated by the stories behind these curiosities and the rare glimpse they give us into the lives of our predecessors.

In the U.S., anything created before 1830 can easily be considered an antique. The decade of 1830 is the time when the concept of mass production took flight in America. Other rules of thumb suggest that anything older than 100 years is an antique. The term 'vintage' is more appropriately used to describe an item that is of a particular era or period of design, but not necessarily more than 100 years in age.

In 1979, the first episode of "Antiques Roadshow" aired in the United Kingdom. Local residents presented their family heirlooms and collectibles for appraisal, and learned their true value. The show was an instant success and is still in production today. On the American version of the show, the most valuable find to date was a set of carved rhinoceros horn cups, which were appraised at \$1-\$1.5 million. Not too bad!  $\mathcal{P}$ 

### perks in history

**1833** In Peterborough, New Hampshire the first

municipally supported public library in the U.S. opens.



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answer any further

questions, please call

888.736.5864 or 626-359-0108.

**1867** The U.S. Senate ratifies the treaty with Russia to purchase the territory of Alaska by one vote.

1870 Paul



McCartney announces the official break-up of the Beatles.

### perk fact

After appearing on "Antiques Roadshow" with a \$25 secondhand table, a New Jersey woman sold it for more than \$500,000. The rare Seymour mahogany card table was auctioned at Sotheby's.

### perk pun

I tried to sell the antique string instrument because I needed the lute.

By working faithfully eight hours a day you may eventually get to be boss and work twelve hours a day.

Robert Frost

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) Perk() uzzle

**Attic Treasures** 

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ANTIQUE	DEALER
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BUY	GALLERY
CABINET	HALLMARK
COLLECT	HANDMADE
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THE PERK

Yesterday's Perk Puzzle Solution

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# Today's **perk** is **National Siblings Day**

oday is a great opportunity to celebrate our siblings, and the other fantastic people in our lives who have acted as siblings over the years. *Siblings Day* has been recognized as an annual event for many years in other nations. In the U.S., National Sibling Day became an official holiday in 2008 due to the efforts of the Siblings Day Foundation. Today the foundation hopes to grow National Siblings Day as large

as Mother's Day and Father's Day, as all of these people are very important in our lives!

A sibling's relationship is usually the longest relationship in a person's life. Tell your siblings how much they mean to you today, and show how much you appreciate them. Interestingly, the more siblings one has might be an indicator of a stronger marriage. According to a study by the University of Ohio, children from families with more siblings have stronger marriages. According to data on 60,000 adults, each sibling decreases the odds of divorce by two percent.

Whether you have one or 12 brothers and sisters, take today to celebrate those very special friendships. P



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### perks in history

**1886** The American Society for the Prevention of Cruelty to Animals (ASPCA) is founded.

**1912** The Titanic sets sail from Southampton, England.



**1916** The Professional Golfers Association (PGA) holds its first championship tournament.

**1925** The Great Gatsby by F. Scott Fitzgerald was first published.

**1960** The U.S. Senate passes the Civil Rights Bill.

#### perk fact

22% of twins are lefthanded. In the non-twin population the number is just under 10%.

### perk pun

I wondered why the baseball kept getting bigger. Then it hit me.

I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

Maya Angelou

PerkPuzzle

### All in the Family



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С	Ε	Q	D	D	Α	Ε	Ρ	Ε	Q	т	Μ	I	L	Ε
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FATHER FOLKS FOSTER GRAMPA GRANDMA KIN LINEAGE MOTHER NEPHEW NIECE PARENT RELATIVE SISTER STEPSISTER TWINS THE PERK Yesterday's Perk Puzzle Solution



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### THURSDAY, APRIL 11, 2024



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### Today's **perk** is **Barbershop Quartet Day**



arbershop vocals are characterized by the a lead tenor carrying the melody and the first tenor singing harmony. The lowest voice—the bass—provides the foundation, and the baritone fills in the middle spaces—all done a cappella, of course. Nowadays even women are getting in the act.

Although barbershop is considered an American invention, the idea had its roots in England. During the 1600s, British barbers kept a cittern (a stringed instrument similar to a lute) handy for their customers to strum while awaiting their shave and haircut. Sometimes customers got inventive and did things like fill candlesticks with coins to add a little percussion to the mix. The resulting cacophony was referred to as "barber's music."

Flash forward to 1830s America. The local barbershop is a common gathering place for working class men. Sometimes the barber would start crooning a tune. Eventually patrons added their harmonies in a call-andresponse type format. By 1890, both the proliferation of printed sheet music and the presence of a piano in most middle-class homes made barbershop-style singing a bona fide fad.

How did the oversized mustaches, striped jackets and straw hats become synonymous with the genre? It started with Vaudeville. Barbershop quartets were often used in front of the curtain to entertain while other acts were setting up. In order to be seen by those in the "cheap seats" they donned the distinctive costumes. O

### perks in history

**1770** The first shipment of rhubarb is sent to the U.S. from London.

**1986** Kellogg's ends tours of its breakfast cereal plant for fear industrial spies would obtain company secrets.

**1902** Popular Mechanics magazine is published for the first time.

**1935** Amelia Earhart becomes the first woman to fly solo from Hawaii to California.

#### perk fact

A boater hat is also called a basher, skimmer, cady, katie, somer or sennit hat.



### perk pun

When a fire broke out in the barber shop it was a close shave but everyone got out by a whisker.

You gain strength, courage and confidence by every experience in which you stop to look fear in the face.

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) )erk Juzzle

### Four Part Harmony



Т	Ρ	Ν	Κ	В	I	W	Q	Т	S	D	S	Т	D	G
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AFTERGLOW		SOLO
BARI	LOCKING	SPOTS
BASS	OVERTONE	SWIPE
BELL CHORD	PATCH	TAG
BRIGHT	QUARTET	TENOR
CAT SONGS	ROOT	TUNE
HARMONY	SEVENTH	WOODSHEDDING
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Yesterday's Perk Puzzle Solution CJKXWNRGDNJ HE R IEREI OR F Ε S IEEAHKL A X W х L z CLNPH PM м В W PE CEQDDAE Q М Y L A Ч Z н OMT L D E т R 0 WQB ٧ N I Т WLR G FUSTEP S R М EGAENILSJSH В Ζ S κ T Q T T N A U G I T E L O T R P N V A H O Z S Y F R T B E W Y J U H C E F Z A F D R C R S Q H C A K W R A T A G E N M B

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### FRIDAY, APRIL 12, 2024



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### Today's **perk** is **National Big Wind Day**

B ig Wind Day commemorates the highest wind speed ever recorded on the planet.

On April 12, 1934, the staff of the Mount Washington Observatory in the White Mountains of New Hampshire recorded the highest surface wind ever measured anywhere on earth. This big wind was officially recorded at 231 miles per hour. To put that number into perspective, the average forward speed of a tornado is 30 mph (but it may vary from that up to 70mph). That's nearly eight times the speed of a twister!?

Here are a few great "wind words" to casually drop into your conversations today:

Anemoi In Greek mythology, the four wind gods causing wind from the four compass points.

Anemometer An instrument to measure wind speed.

**Gale** A wind of between 32 and 63 miles per hour. A wind blowing from four to 31mph is a breeze.

Doldrums A wind-free area around the equator where sailing ships used to get stuck for weeks. Hence the phrase 'in the doldrums'. O

### perks in history

**1892** Voters in Lockport, New York become the first in the United States to use voting machines.



**1945** President Franklin D. Roosevelt dies at the age of 63 dies in Warm Spring, GA. of a cerebral

hemorrhage. Harry S. Truman becomes president.

**1955** The polio vaccine (for poliomyelitis), developed by Dr. Jonas Salk, is announced and declared safe and effective.

### perk fact

The U.S. has more tornadoes than any other country in the world, averaging around 1200 per year.

### perk pun

The storm

chaser was so fascinated by tornadoes that he tended to get carried away.

26 times, I've been trusted to take the game winning shot and missed. I've failed over and over again in my life. And that is why I succeed.

Michael Jordan

Perk (Juzzle

### Hold on to Your Hat



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ANEMOMETER	GALE	<b>TORNADO</b>
BLOW	GUST	
BLUSTERY	HURRICANE	
BREEZE	KNOT	
CHINOOK		WEATHER
DOLDRUMS	PREVAILING	WINDY
DUST	SPEED	THE PERK

Yesterday's Perk Puzzle Solution



### SATURDAY, APRIL 13, 2024



SHAPE UP

**Your Longevity** 



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### Today's **perk** is **National Scrabble Day**

f you're a Scrabbler, today is the day to grab your game and go crazy. Even if you've never played, the Perk thinks it's time to give it a try. We did, and guess what? It really *is* fun for all ages and skill levels.

It all started in 1933 when Alfred Mosher Butts, an out-of-work

architect, created the game using the frequency of letters on the front page of the *New York Times* to determine the "value" of each tiled letter. Originally called

"Lexiko," the name was later changed to "Criss-Cross Words" and finally "Scrabble."

Around 1957, the president of Macy's department store discovered the game and ordered several for his store. This was both good and bad for Butts, who up to that point had made each set by hand in his garage. Within a year, everyone "had to have one"...to the point that Scrabble games were actually being rationed at stores around the country.

Today, more than 150 million Scrabble sets have been sold in 29 different languages. The National Scrabble Association (yes, that's a thing) sanctions

> more than 180 tournaments each year in the

U.S. and Canada. A few more facts:

- There is a Braille version for the visually impaired.
- If all the Scrabble tiles ever produced were lined up, they would stretch for more than 50,000 miles.
- English Scrabble has 100 tiles. The most tiles are in the Italian and Portuguese versions of the game with 120 tiles each. ⊘

### perks in history

**1796** The first elephant ever in the United States arrives from Bengal, India.



**1970** An oxygen tank explodes on Apollo 13, preventing a planned moon landing.

**1979** The world's longest doubles Ping-Pong match ends after 101 hours.

### perk fact

'Scrabble' is actually a real word, meaning "to grope frantically."

### perk pun

She was only a whiskeymaker, but he loved her still.



In any situation, the best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing. Theodore Roosevelt

PerkPuzzle

### **Triple Word Score**

## THEPERK

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G	В	F	I	D	Q	В	0	Ζ	Ε	L	Α	В	Α	I
S	Υ	W	Κ	L	G	U	I	Ρ	I	L	L	В	Ρ	Т
R	Κ	С	С	Ε	Ν	Α	Ε	Ν	Ρ	I	F	R	Α	Α
J	Α	F	0	D	L	R	Μ	н	G	D	I	Ε	L	R
R	Ν	W	L	Ν	Κ	В	Α	Ε	Α	0	S	V	Ε	U
Н	J	С	В	W	0	G	U	Ε	В	Μ	н	I	Α	0
Т	Ε	Α	Μ	D	R	I	R	0	Α		I	Α	V	С
Χ	R	Н	Ρ	Α	L	Ρ	S	R	D	0	Ν	Т	Ε	I
U	F	S	Μ	G	S	0	G	Ν	Ζ	т	G	I	U	В
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н	S	Κ	Ν	Α	L	В	G	т	Α	F	Χ	В	Α	J
W	S	Ε	L	I	т	R	I	Ρ	L	Ε	G	Ε	Ε	С

Yesterday's Perk Puzzle Solution

ABBREVIATION	DOUBLE
ALPHAGRAM	ENDGAME
ANAGRAM	EXTENSION
BALANCE	FISHING
BINGO	HOLD
BLANKS	LEAVE
BLOCKING	OWL
CHALLENGE	PASS

RACK RATING ROUND SPREAD TEAM TILES TRIPLE THE PERK



### SUNDAY, APRIL 14, 2024



SHAPE UP

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### Today's **perk** is **National Dolphin Day**

olphins are cetacean mammals, related to whales and porpoises, and can range in length from four to thirty feet. Found worldwide, dolphins prefer shallower seas. As carnivores, their diet consists of mostly fish and squid, but they are not a threat to humans.

Dolphins are altruistic animalsthey are known to stay near injured members of their school, even helping them to the surface to breath. Their compassion also extends across the species-barrier. There are many accounts of dolphins helping whales and even humans. Dolphins are known to have acute eyesight—both in and out of the water—as well as a keenly-developed sense of touch, with nerve endings densely packed in the skin. They can hear frequencies ten times or more above the upper limit of what

adult humans can hear. And their gentle, happy expression makes them a favorite sea creature for human children and adults alike.

Every baby dolphin comes into the world in tail first. If you're

lucky enough to see a very young

dolphin you might also notice that they look 'creased' from where they were folded up inside their mothers' bellies. A healthy diet of fatty dolphin milk soon irons out those creases though. Scientists have discovered that complex dolphin communication includes referring to each other by a given 'name' so a mother may call her baby directly. And one last thing...not all dolphins live in the sea—and some even live in trees. A handful of the species prefers fresh water and living in tropical rivers. That means that in the flooded waters of the amazon, river dolphins live among the trees. Now that's something the Perk would love to see!  $\mathcal{P}$ 

### perks in history

AMERICAN DICITIONARY OF THE ENGLISH LANGUAGE **1828** "Webster's Dictionary" is first published.

**1902** James Cash (J.C.)

Penney opens his first retail store in Kemmerer, WY. It is called the Golden Rule Store.

**1912** On its maiden voyage, the Atlantic passenger liner Titanic hits an iceberg and begins to sink. 1517 people lost their lives and approximately half that number survived.

**1981** America's first space shuttle, Columbia, returns to Earth after a three-day test flight. The shuttle orbited Earth 36 times during the mission.

### perk fact

A dolphin can have from eight to 250 teeth.

### perk pun

Old dolphins can easily be re-porpoised!

The sun shines and warms and lights us and we have no curiosity to know why this is so; but we ask the reason of all evil, of pain, and hunger, and mosquitoes, and silly people.

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Ralph Waldo Emerson

() Oerk() uzzle

### A Friend Named Flipper

Т	Т	Q	Ν	Ρ	N	Υ	Χ	Ρ	I	Ρ	Ν	Ρ	С	S
Ρ	S	S	Κ	R	Ε	Ρ	Ε	н	т	G	Μ	Α	В	U
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S	F	Y	W	Ν	F	Ν	L	Α	U	Κ	Ζ	J	Ρ	U
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В	J	G	S	Ρ	Y	Ζ	Ε	н	U	В	J	W	W	R

<b>BLOW HOLE</b>	DORSAL	OMNIVOROUS
BOTTLENOSE	FIN	PECTORAL
BULL	FLUKE	PINK
CALF	FRIENDLY	POD
CARNIVOROUS	GRAY	SMART
CETACEAN	HERBIVOROUS	
COW	JUMP	SWIM
DOLPHIN	OCEAN	THE PERK

Yesterday's Perk Puzzle Solution



### MONDAY, APRIL 15, 2024

with our brain games.

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# Today's **perk** is **National Rubber Eraser Day**

nnually observed on April 15 is National Rubber Eraser Day. This day celebrates, recognizes and, above all, appreciates the invention of erasers. Before there were rubber erasers, tablets of rubber (or wax) were used to erase lead or charcoal marks from paper. Another option for the eraser was crustless bread. Yes, bread!

• On April 15, 1770 Joseph Priestly used pieces of vegetable gum imported from Brazil to remove pencil marks. He dubbed the substance "rubber."

• Also in 1770 Edward Nairne developed and marketed the first rubber eraser.

1858 Hyman
Lipman
(Philadelphia,
Pa.) patented the pencil with an eraser at the end.

We all make mistakes while holding a pencil in our hand, but thanks to the inventions by these men many years ago, we are able to erase those mistakes away.

Just in case you needed more convincing that erasers are important...take for example spinach. Spinach's extraordinary health claims can be attributed to an un-corrected error from the 19th century. An 1870 German study printed the incorrectly written decimal place for spinach's iron content one spot too far to the right, wrongly implying that the

vegetable had 10 times its actual amount of iron. No one in the agriculture industry dared correct the mistake—much to the sorrow of children ever since. If only that writer had a good eraser!  $\mathcal{P}$ 

### perks in history

**1865** President Lincoln dies 9 hours after he is shot at Ford's Theatre in Washington, D.C.

**1923** Insulin becomes generally available for people suffering with diabetes.

#### 1947 Jackie Robinson

becomes the first African-American to play in U.S. major league baseball for the Dodgers.



### perk fact

The word "Dord" printed in the 1931-1939 editions of "Webster's Dictionary" wasn't a word at all, but the result of the abbreviation "D or d" (meaning "density") being written without the necessary spacing.

### perk pun

A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.

Sometimes life is a shipwreck but we must not forget to sing in the lifeboats.

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PerkOuzzle

### You're Absolutely Write

							*							
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н	Ι	Α	R	R	Κ	Т	L	Ι	Ε	Χ	Α	В	В	Α
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Κ	R	Ε	Ρ	Ε	н	т	С	L	т	R	Κ	I	R	Α
R	U	В	В	Ε	R	Ν	Q	J	0	Ε	Ε	т	W	W
C	т	F	0	S	Ε	F	Ν	С	Ν	W	т	S	н	Y
Q	Ζ	Α	I	Ρ	Ε	Κ	В	Т	Q	С	Ρ	D	L	D

BREAK	HARD
CEDAR	LEAD
CHARCOAL	
CHISEL	MISTAKE
DRAW	NUMBER TWO
EDIT	PEN
ERASER	PENCIL
GRAPHITE	POINT

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QUILL RUBBER SHARPEN SOFT TIP WRITE YELLOW THE PERK Yesterday's Perk Puzzle Solution

I	Т	Q	Ν	Ρ	N	Υ	Х	Ρ	Т	P	Ν	Ρ	C	S	
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В	J	G	S	P	Y		E	н		В	J	w	w	R	

SHAPE UP Your Longevity with our brain games.



### TUESDAY, APRIL 16, 2024



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## Today's **perk** is National Orchid Day

rchids are one of the most popular house plants in North America because they are stunningly beautiful, and easy cared for. They are one of the oldest and largest family of flowering plants in the world with 25,000 species. This means the number of orchids on the planet is four times the number of birds or the number of mammals. It

takes great patience to grow orchids because the first flowers don't appear for five to seven years after germination. The astonishing news is they can live up to 100 years! (Probably not if The Perk is caring for them.)

Here are some interesting orchid tidbits:

• Although thought of as a tropical plant, orchids grow on

every continent from the Arctic Circle to the southernmost jungle (except Antarctica).

- Orchids have the world's tiniest seeds. A single seedpod can have up to 3 million seeds which can only be seen under a microscope.
- The smallest orchid is the size of a dime.
- The Aztecs were known to drink a mixture of vanilla, orchid flowers, and chocolate to give them strength.
- Orchid flowers are symmetrical. Each flower can be divided perfectly in half, with two equal parts.
- Because of their weight Orchid blooms grow upside down when mature. Gravity always wins!

 The vanilla bean comes from the Vanilla Orchid, the only commercially grown and harvested Orchid plant.

### perks in history

**1922** Annie Oakley shoots 100 clay targets in a row, setting a women's record.



**1968** Major League Baseball's longest night game is played when the Houston Astros defeat the New York Mets 1-0. The 24 innings take six hours, six minutes to play.

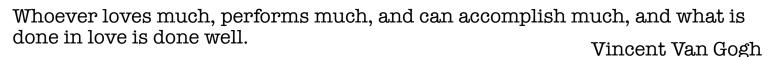
**2003** Michael Jordan plays his last NBA game.

**2011** Game of Thrones, based on George R.R. Martin's book series, debuts on HBO.

### perk fact

Depending on the species, some orchid flowers will only bloom for mere hours, other blooms will last for months.

**perk pun** Every daisy is better because of you.



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() Perk() uzzle

## Hothouse Beauty



Q	S	Κ	С	т	Н	Ε	Ρ	Ε	R	Κ	S	U	S	Н
Е	R	U	Т	Α	Μ	J	Н	Ζ	Т	S	Y	Ν	Ε	Α
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D	I	т	Ζ	т	R	Q	R	Ν	н	Α	Α	В	Ε	Α
F	I	J	Т	V	Α	Ε	Υ	0	G	S	Ε	Q	Ν	L
G	Α	Н	Ε	S	W	R	G	R	Α	V	I	Т	Υ	F
S	R	S	С	0	Ε	С	С	R	Ε	D	Q	В	Ε	Α
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V	т	F	W	W	0	Т	D	Ε	I	Α	I	S	Ν	L
Ρ	L	Α	Ν	Т	Α	Y	Т	S	U	С	Ρ	D	Ε	I
J	S	Y	G	W	U	Ε	Ν	Т	Ρ	Ε	Κ	F	I	Ν
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G	С	Ν	F	Α	R	F	Α	I	Т	Y	D	Ν	Α	V
U	Μ	Μ	L	Q	U	Т	Ε	Χ	D	V	I	С	Ρ	0
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ARCTIC
AZTEC
BEAUTIFUL
COLOR
DIME
EASY
FLOWER
GRAVITY

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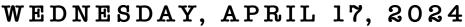
GROW
HALF
HARVEST
MATURE
ORCHID
PATIENCE
PLANET
PLANT

SEEDS SEVEN SPECIES SYMMETRY TINY VANILLA WATER THE PERK Yesterday's Perk Puzzle Solution

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### Today's **perk** is

# Internat'l Bat Appreciation Day

n Bat Appreciation Day, take a moment to consider the humble bat. Bats are mysterious, enigmatic creatures which are all around us, though we may not be aware of them.

Some species are as small as a thumb, and yet are capable of flying hundreds of miles over land and sea to migrate each year. Bats navigate the dark areas they live in using *echolocation*, sending out sound waves from their mouth or nose which produce an echo when it hits an object.

Unfortunately, several bat species are facing extinction due to many factors including offshore wind farms and loss of their habitats.

Let's take time to learn more about these amazing creatures:

• Bats can live more than 30 years and can fly at speeds of up to 60 mph.

• Many bats eat insects. Bats can eat up to 1200 mosquitoes in an hour and often consume their body weight in insects every night—helping keep bug populations in check.

• Other bats eat fruit or nectar and can play an important role as pollinators.

There are only three

species of "vampire bats" bats

that

live off the blood of animals. None of those species lives in the U.S.

• Most bats have only one pup a year, making them extremely vulnerable to extinction. Bat mothers can find their babies among thousands or millions of other bats by their unique voices and scents. O

### perks in history

**1492** Spain and Christopher Columbus sign a contract for him to sail to Asia to get spices.

**1964** The Ford Mustang makes its debut.



**1965** The Beach Boys' hit single "Help Me Rhonda" is released.

**1970** Apollo 13 returns safely to Earth after an on-board accident with an oxygen tank.

### perk fact

Almost 1,000 bat species can be found worldwide. In fact, bats make up a quarter of all mammal species on earth.

### perk pun

Vampires use must use mouthwash because they have bat breath.

### There is no education like adversity.

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ızzle





AFRAID	FLIGHT
BAT	FLUTTER
BLOOD	GUANO
BROWN	HANG
CAVE	HIBERNATE
COLONY	INSECTS
EARS	MAMMAL
FANG	MIGRATE

NECTAR NOCTURNAL POLLEN PUP RABIES VAMPIRE WING THE PERK Yesterday's Perk Puzzle Solution



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### Today's **perk** is **National Animal Crackers Day**

et's get a little nostalgic today...after all, these sweet, cookie-like crackers may remind you of a day at the circus as a child—or, more recently, *with* a child or grandchild. Originally an English treat, the crackers came to America in the late 1800s, and

several bakers created their own versions. The Nabisco Company labeled theirs "Barnum's Animals" with its familiar circus theme and bright packaging.

The now iconic box was actually designed for the Christmas season with a string added to allow the box to be hung from a Christmas tree.

By 1958, production methods changed to improve the crackers' visual details. Until then, the animal shapes were stamped out of a sheet of dough. By installing new *rolling* dies, bakers could actually engrave details onto each cracker, creating the more intricate designs you see today. (By the way...the holes you see in some animal crackers are called "dockers," which let some of

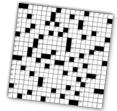
> the air out of the cracker to reduce rising and help retain the animal's shape.)

The variety of shapes has varied over the years. A total of anywhere from 37-54 different animals have been represented since 1902 by various companies, including the two largest—Nabisco and Stauffers (pictured). More than 40 million packages of Nabisco's animal crackers alone are sold around the world each year. That's a lot of string on the boxes...roughly 8,000 miles a year to be precise.  $\mathcal{P}$ 

### perks in history

**1923** Yankee Stadium opens in the Bronx, NY.

**1924** The first book of crossword puzzles is published by Simon & Schuster.



**1934** The first laundromat opens in Fort Worth, TX.

### perk fact

The current roster of Nabisco animal crackers includes: bear, bison, camel, cougar, elephant, giraffe, gorilla, hippo, hyena,

kangaroo, lion, monkey, rhino, seal, sheep, tiger and zebra. The most recent addition, the koala, was added in 2002.

### perk pun

When the animals at the zoo started rioting, a porcupine was brought in to quill the uprising.

Success is getting what you want. Happiness is wanting what you get.

Dale Carnegie

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() Oerk() uzzle

### Lions and Tigers and Bears



L	Т	R	U	В	н	Α	Т	Ζ	G	Α	н	J	0	L
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Α	В	Ε	I	н	т	Ι	F	С	Α	V	Ρ	G	W	Q
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S	Ν	Ε	Μ	L	Α	L	С	Ε	L	Μ	Ζ	Α	С	V
В	L	т	Α	G	J	R	0	R	G	0	Ε	т	F	L
Ε	S	Χ	В	I	Ν	Α	L	Α	0	Κ	Χ	L	Y	Ε
Α	Q	Χ	н	R	R	Α	Χ	G	0	F	I	Ε	Y	Т
Κ	Α	Ν	G	Α	R	0	0	U	н	Ν	Κ	Α	F	S
L	D	G	0	F	В	Ε	Ζ	0	D	Ν	I	L	W	Ν
Ζ	V	F	D	F	J	В	R	С	0	D	Α	н	V	L
Μ	0	Ν	Κ	Ε	Y	S	Ε	D	Т	I	G	Ε	R	V
L	Α	Ε	S	Μ	Ε	D	Μ	Α	V	н	Μ	Ν	Y	R
Н	С	F	В	Χ	L	V	Μ	G	R	U	Ζ	V	С	V

ANIMAL	ELEPHANT	LION
BEAR	GIRAFFE	MONKEY
BUFFALO	GOAT	RHINO
CAMEL	GORILLA	SEAL
CAT	ΗΙΡΡΟ	SHAPE
COUGAR	HORSE	SHEEP
COW	KANGAROO	TIGER
DONKEY	KOALA	THE PERK

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Yesterday's Perk Puzzle Solution TM

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### FRIDAY, APRIL 19, 2024



SHAPE UP

**Your Longevity** 



Today's **perk** is **National Garlic Day** 

or one day only, put aside your concerns about bad breath and indulge in twenty-four hours of delicious, garlicky goodness. It is National Garlic Day, a day to recognize this pungent little clove. The origins of this obscure holiday might not be entirely clear, but its purpose is obvious: take to the kitchen and celebrate the many uses of garlic by cooking up a feast of festivity!

Garlic also affectionately known as the "stinking rose." It is a member of the lily family, which includes onions, leeks and shallots. Some of us love garlic for its delicious taste, others love it for its numerous purported medicinal benefits. Here are just a few

benefits The Perk

found interesting:

1.Helps to fight off colds and flu.

2. Lowers blood cholesterol levels.

3. Can be used as a treatment for acne and warts.

4. Can be used to treat pain from toothaches.

So where does all this garlic come from? Garlic is native to central Asia and has long popped up in European and African cooking, too. But it's China that currently holds the record for most garlic grown. A 2012 study reported that China grows a staggering two-thirds of the world's garlic—around 46 billion pounds per year. O perks in history

**1775** The American Revolution begins in Lexington Common with the shot "heard round the world."

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answer any further

questions, please call

888.736.5864 or 626-359-0108.

**1897** The first Boston Marathon is held, the first of its type in the U.S.



**1982** NASA names Sally Ride to be first woman astronaut.

### perk fact

Garlic was fed to the builders of the Great Pyramid in Egypt in the belief that it gave them strength and endurance.

#### perk pun

Even covered in salad dressing my lettuce looked bare, so I put some garlic cloves on it.

The journey of a thousand miles begins with one step.

) erk()uzzle

No Kissing Today



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PAIN PUNGENT ROASTED ROSE SHALLOTS STINKING TOOTHACHE THE PERK Yesterday's Perk Puzzle Solution



SHAPE UP Your Longevity with our brain games.



### SATURDAY, APRIL 20, 2024



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### Today's **perk** is **National Volunteer Recognition Day**

olunteers are reallife superheroes, and deserve our utmost respect and appreciation.

The Perk appreciates these well-known volunteers: Ben Franklin, who created the first volunteer fire department; Florence Nightingale, considered the mother of modern nursing, who volunteered with our wounded during the Crimean War; Agatha Christie who volunteered as a nurse in a Red Cross hospital; Mother Teresa who, of course, spent most of her life volunteering to care for the those suffering from HIV/AIDS, leprosy and tuberculosis.

Unsung heroes across the country keep many organizations running and communities safe, and provide services which would otherwise not exist. People flock to help during natural disasters, or to help people who need things that most of us take for granted—like a roof over their heads, clothing, or food and water. Others work with children to help tutor or just provide warmth, love and attention. Volunteers support abandoned pets in animal shelters and help clean the oceans, as well as visit with residents in nursing homes.

> The need for volunteers is endless and on this special day The Perk is happy to show our gratitude to all who selflessly volunteer. P

### perks in history

**1832** The first national park in the U.S. is established: Hot Springs National Park in Arkansas.

**1934** The movie "Stand Up And Cheer" opens, marking Shirley Temple's debut.



**1939** A highlight at the World's Fair in New York the first ever commercial television broadcast—is live.

### perk fact

Benjamin Franklin started The Union Fire Company, in 1736, the first volunteerrun firehouse worldwide.

#### perk pun

He didn't want to volunteer for the rodeo but he got roped into it.

We are continually faced by great opportunities brilliantly disguised as insoluble problems.

uzzle

	Helping Hands													
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RESPECT SAMARITAN SELFLESS SUPERHERO SUPPORT TUTOR VOLUNTEER THE PERK Yesterday's Perk Puzzle Solution

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### SUNDAY, APRIL 21, 2024



SHAPE UP

**Your Longevity** 



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### Today's **perk** is

### National Bulldogs are Beautiful Day

B ulldogs are one of the most popular dog breeds in the U.S.—in fact, they're #5. This trusty and adorable breed exhibits a calm, courageous and friendly personality. It's not difficult to see why people fall head over heels for these American, English or French bulldogs. They love kids and are great guard dogs.

Bulldogs were originally bred for bull baiting. This explains the stout stature (for a low center of gravity) and underbite—which made it easier for them to grab onto what they were biting. Fortunately, bull baiting doesn't exist today.

Bulldogs are known for their composure, and a not easily excitable character. They are self-sufficient and determined—making them a lot more independent than other breeds. This confidence allows them to solve problems without looking to their owners for guidance the way other breeds might. These deadpan faced creatures are great friends, too. You will never hear annoying barking or angry grunts from them, but their short snout makes them prone to gassiness,

> snorting and, as the Perk can attest to, loud snoring.

Stubbornness is also characteristic of this species. Adult bulldogs understand people perfectly, but if they don't want to obey, they will pretend to be deaf...sounds like some people we know! OP

### perks in history

**1857** Alexander Douglas patents the bustle.

**1862** Congress establishes the U.S. Mint in Denver, CO.



#### **1900** The first

book of postage stamps is issued. Two-cent stamps are available in books of 12, 24 and 48 stamps.

**1968** The Pentagon announces that troops will begin coming home from Vietnam.

### perk fact

Bulldogs don't require much exercise, so a quick jaunt during the not-sohot part of day, then hang sessions on the couch perfectly fit their bill.

#### perk pun

The man who took in too many dogs suffered from a terrible roverdose.

Great minds have purpose; others have wishes.

PerkPuzzle

### **Underbites Unite**



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POPULAR PRETEND

SNORT SPECIES STUBBORN TRUSTY UNDERBITE THE PERK

BEHAVIOR	FRIENDLY	
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Yesterday's Perk Puzzle Solution

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SHAPE UP Your Longevity with our brain games.

MONDAY, APRIL 22, 2024

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### Today's **perk** is International Earth Day

very year on April 22, more than one billion people in 175 countries participate in *International Earth Day* events. It is the largest civic

**Passover Begins** 

Solutions

observance in the world, and its purpose is to raise awareness about important environmental issues. The first Earth Day took place in 1970. After witnessing the effects of an oil spill in Santa Barbara, California, U.S. Senator Gaylord Nelson organized a grassroots "environmental teach-in" on college campuses across the country. Many people believe that this first *Earth* Day celebration marked the beginning of the modern environmental movement.

Here are some interesting facts about Earth Day.

• More than 100,000 people in China rode bikes to work in 2012. Additionally, 28 million trees

> were planted in Afghanistan on Earth Day 2011.

• There's an "official" Earth Day song. One of the most popular Earth Day songs is *Earth* Anthem, which was written in 2013 by Indian poet Abhay Kumar. It has been translated in dozens of languages, including all official United Nations languages.

• This year's *Earth Day* theme is "Planet vs. Plastics," which highlights the importance of dedicating our time, resources, and energy to solving climate change and other environmental issues. O

### perks in history

**1864** U.S. Congress passes legislation that allows the inscription "In God We Trust" to be included on one- and two-cent coins.



**1876** The first official National League Baseball game takes place. Boston beats Philadelphia 6-5.

**1889** At noon, the Oklahoma land rush officially starts as thousands of Americans race for new, unclaimed land.

#### perk fact

The Earth's diameter is 7,928 miles.



perk pun During an

earthquake in California a bank went into default.

Take the first step in faith. You don't have to see the whole staircase, just take the first step.

Dr. Martin Luther King Jr.

Perk Puzzle

### You Can't Fool Mother Nature



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ABUNDANT	EVERGREEN	MAGICAL
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Yesterday's Perk Puzzle Solution ZZGRAVITYD Z G U S R N М z Q D в н F E T 1 1 ENRCO 0 C O M P O S U R E N R D OBEYIXESICRE ΧE DNETERPDDDMWBIG

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### TUESDAY, APRIL 23, 2024



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# Today's **perk** is **National Picnic Day**

People have been eating their meals outside in the beauty of nature for centuries. In fact, our modern-day idea of a picnic evolved from Medieval hunting feasts and Victorian garden parties. These were usually quite sophisticated affairs, which involved multiple courses and elaborate preparations. During the early 19th century a group of wealthy London citizens formed "The Picnic Society" to promote picnics as social gatherings.

These picnics were potlucks, and each participant also had to provide a share of the entertainment. The society members drank from crystal goblets and listened to a live string quartet while eating their meal.

Today, picnics are usually casual meals enjoyed on a comfortable picnic blanket. Now that Spring has surely sprung in your area, it's bound to be a good day for a picnic. The most popular day for picnics in the United States is the 4th of July holiday. In Italy, it is Easter Monday, while France sees the most picnickers on Bastille Day. Whatever the day, just grab a bite and head

outdoors. It'll feel great and the fresh air is so good for you.

### perks in history

1872 Charlotte E. Ray becomes the first Black woman to receive a law degree.

**1908** President Theodore Roosevelt signs an act to create the U.S. Army Reserve.



**1985** The Coca-Cola Company announces it is changing its 99-year-old secret formula. New Coke was not successful, however, and

the original version is reintroduced.

### perk fact

A 600-mile-long picnic took place in France on July 14, 2000 to celebrate the first Bastille Day of the new millennium.

#### perk pun

The English teacher on a picnic screamed when he saw there was an antonym.

A problem is a chance for you to do your best.

PerkOuzzle

### Luncheon on the Grass



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BLANKET	GRAPES	SKY
CHECKERS	GRASS	SUMMER
CHEESE	HAMPER	THERMOS
COOLER	LEMONADE	UMBRELLA
CUP	LUNCHEON	THE PERK

Yesterday's Perk Puzzle Solution

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### Today's **perk** is International Guide Dog Day

oday is International Guide Dog Day. Dogs have long been identified as "man's best friend," but some canines go above and beyond the call of duty by working as guide dogs. This day celebrates the importance of guide dogs and how they help the blind and visually impaired live their daily lives. Guide dogs are carefully trained to avoid obstacles, access public transportation, cross roads safely, and assist with other daily tasks to help their handlers' specific needs.

Guide Dogs of America trains a group comprised of 70 percent Labrador Retrievers, 15 percent Golden Retrievers and 15 percent German Shepherds to become guide dogs. Once the dogs complete their formal twoyear training, they are matched with a blind or visually-impaired student based on size, lifestyle, energy level and personalities of both the student and dog to form a happy relationship.

Interestingly, references to guide dogs date back to at least

the 16th century. So for the hundreds of years of service that these faithful companions have provided, we say "thank you"—not just to guide dogs, but also to the hard working people who dedicate their time to train and match guide dogs to their owners. O

### perks in history

**1947** U.S. Congress proposes the limitation of the presidency to two terms.



#### 1955

Tennessee Williams' play "Cat on a Hot Tin Roof" debuts on Broadway.

**1990** The Hubble Space Telescope, built in the United States under the supervision of NASA, is sent into orbit by the crew of the space shuttle Discovery.

#### perk fact

Guide dogs are also trained to judge height and width so that their owner does not hit his/her head or shoulders into objects.

#### perk pun

Dogs have a lot of potential you just have to unleash it.

It is observed that successful people get ahead in the time that other people waste.

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Henry Ford

*u*zzle

**True Heroes** 

В	Ρ	Т	Ν	S	С	Ζ	Μ	L	В	Y	0	Χ	Ν	R
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### THURSDAY, APRIL 25, 2024



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## Today's **perk** is **National Telephone Day**

he correct answer to a trivia question like "Who invented the telephone?" is the name on the patent. In this case, the whole world knows the answer is Alexander Graham Bell. But if his attorney had been delayed by foul weather or poor planning, the answer may be a different name. It was February 14, 1876, when Marcellus Bailey, one

of Bell's attorneys rushed into the U.S. Patent Office in Boston to file the patent for what would be the telephone.

Later the same day, Elisha Gray filed a patent caveat an intent to file for a patent for a similar device.

There is also a third

contender—Antonio Meucci filed a caveat in November of 1871 for a talking telegraph but failed to renew the caveat due to hardships.

Because Bell's patent was submitted first, it was awarded to him on March 7, 1876.

Gray contested this decision in court, but without success.

Born March 3, 1847, in Edinburgh, Scotland, Bell was an instructor at a boys' boarding school. The sounds of speech were an integral part of his life. His father developed a "Visible Speech" system for deaf students to communicate.

> Bell would later become friend and benefactor of Helen Keller. (?)

### perks in history

**1901** New York becomes the first state to require license plates for cars. The fee is \$1.



**1928** A seeing eye dog is used for the first time.

**1945** Delegates from approximately 50 countries met in San Francisco to organize the United Nations.

**1950** The Hubble Space Telescope is placed into Earth's orbit. It is released by the space shuttle Discovery.

### perk fact

Three days after his patent was approved, Alexander Bell spoke the first words by telephone to his assistant: "Mr. Watson, come here! I want to see you!"

#### perk pun

A crow in a telephone booth had no money so he had to make a collect caw.

You do not pay the price of success, you enjoy the price of success.

Perk(Juzzle

### **A-Two Ringy Dingies**



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### FRIDAY, APRIL 26, 2024



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### Today's perk is National Pretzel Day

opular stories claim the pretzel was invented by a Christian monk to represent arms crossed in

prayer as a reward to children for learning their prayers. Pretzels made with a simple recipe of flour and water could be eaten during Lent when Christians were

forbidden to eat eggs or dairy, so they became associated with Lent and were hidden on Easter morning as eggs are hidden today.

In the late 18th century, southern German and Swiss German immigrants, (the Pennsylvania Dutch), introduced pretzels to America. In time, handmade pretzel bakeries populated central Pennsylvania, making it the birthplace of the American pretzel industry. Many pretzel bakers remain in Pennsylvania which produce 80% of our nation's pretzels

In the 20th century, soft pretzels

became popular with street vendors in Philadelphia, Chicago, and New York. The introduction of the new mass production methods of the

industrial age increased availability and quantity allowing the opening of multiple points of distribution at schools, convenience and grocery stores, entertainment venues and sport stadiums.

Varieties of pretzels include soft pretzels, which should be eaten shortly after preparation, and hard-baked pretzels, which have a long shelf life. Salt is the most common seasoning for pretzels, followed by sugar, chocolate and cinnamon, mustard and cheese. O

### perks in history

**1941** In Chicago, IL an organ is played at a baseball stadium for the first time.



**1977** The now infamous discotheque, Studio 54, opens at in New York City.

**1986** The world's worst nuclear disaster to date occurs at Chernobyl, in Kiev, Soviet Union. Thirty-one people die in the incident and thousands more are exposed to radioactive material.

### perk fact

The average American consumes about 1.5 pounds of pretzels annually.

#### perk pun

Why do people eat pretzels if they are knot food?

In the middle of difficulty, lies opportunity.

PerkPuzzle

### Knot Your Average Twist



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### SATURDAY, APRIL 27, 2024



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### Today's **perk** is **World Veterinary Day**

hank your favorite veterinarian for annual checkups which keep our furry family members healthy. In addition to diagnosing illnesses, disorders or injuries your vet creates a plan for their recovery. Our local vets also do important work keeping communities safe by vaccinating animals that carry dangerous diseases which could be passed onto humans. Other vets assist in neutering and spaying rescued



animals—ensuring our streets aren't overrun by stray animals.

Can your favorite veterinarian talk to the animals like Dr. Doolittle did? Veterinarians have to play detective and depend on pet owners and a variety of tests because their patients are unable to vocalize their complaints. Veterinary work is aimed at preventing problems from occurring in the future with the use of vaccinations against common animal illnesses, such as distemper, rabies and dental care to prevent or inhibit dental disease.

Some vets specialize in treating reptiles such as lizards and snakes. The Perk is squeamish about that. Large Animal Vets typically travel to provide care for their patients: cattle, horses, donkeys, pigs and sheep. A few of these mobile vets specialize in the exotic and sometimes dangerous animals that live in zoos. Imagine trying to cure a toothache in a hippopotamus!? O

### perks in history

**1880** Francis Clarke and M.G. Foster patent the electric hearing aid.

**1965** 'Pampers' disposable diapers are patented by R.C. Duncan.



**1983** Playing for the Houston Astros, Nolan Ryan breaks a 55-year old Major League Baseball record when he strikes out his 3,509th career batter.

**2006** In New York City construction begins on the 1,776-foot Freedom Tower at the site of former World Trade Center.

### perk fact

It is estimated that there are currently 1.8 million veterinarians worldwide.

### perk pun

The retriever was the only pup excited to go to the vet because he knew he'd get a good lab report.

Make the most of yourself, for that is all there is for you.

PerkOuzzle

### For the Love of Animals



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### SUNDAY, APRIL 28, 2024



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## Today's **perk** is **National Superhero Day**

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ational Superhero Day has been celebrated annually since it was created in 1995 by Marvel employees. That's Marvel, as in Marvel Comics, the creators of The Fantastic Four, The Avengers, X-men and super-villains like Magneto, Green Goblin and Loki. However, super-villains are unworthy of their own day. The idea behind superhero day is to honor those who serve and protect while fighting evil. Whether you are a fan of the Marvel Universe or icons of

the DC Comic variety, like Batman, Wonder Woman, The Flash, or Superman, honoring heroes—real or fictional—is a worthwhile cause. This is a day to honor superheroes, both real and fictional. Captain America, Iron Man and The Incredible Hulk are just some of the superheroes whose names we recognize. Even though they are fictional, these superheroes are great role models for our children. They serve and protect while fighting evil.

Our real-life superheroes may not have super powers and don't wear capes, but they are also great role models who serve and protect while fighting

evil. The Perk thinks the real heroes are

our Military personnel, police officers and firefighters who protect us on a daily basis. These days, more than ever, the Perk wishes to thank all our unsung superheros.  $\delta$ 

### perks in history

**1930** The first organized night baseball game is played in Independence, Kansas.



**1967** Citing religious grounds, Muhammad Ali refuses induction into the U.S. Army and is stripped of his boxing title.

**1992** The U.S. Agriculture Department unveils the pyramid-shaped recommended nutrition chart.

### perk fact

The 2009 Amazing Spiderman comic has Spidey meet President Barack Obama, and they even share a fist bump.

#### perk pun

Iron Man's original superpower was perfectly pressed clothing.

There are only two rules for being successful. One, figure out exactly what you want to do, and two, do it.

Mario Cuomo

(Perk()uzzle

### It's a Bird, it's a Plane



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COMICS	POLICE
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### MONDAY, APRIL 29, 2024



SHAPE UP

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### Today's **perk** is International Dance Day

nternational Dance Day, also known as World Dance Day, was introduced in 1982 by the International Dance Committee of the UNESCO International Theatre Institute to persuade governments to provide a proper place for dance in education. Here are a few interesting facts about dance that might just make you want to get up and boogie:

• The "Dancing Plague" of 1518 was a mania that lasted a month and killed dozens of people in Strasbourg, France through exhaustion or heart attack. People just danced uncontrollably until they collapsed! One other famous case involved people dancing on a bridge. Eventually so many people danced that they broke the bridge and fell into the river.

• The dance world is full of superstitions. By saying "break a leg" before a show, people are saying the exact opposite of what they hope will happen on stage.

• Hindu religion has very close relationship to dance and music. This connection can be seen in their countless Bollywood movies that all celebrate dancing.

• African slaves that were brought to Brazil 300-400 years ago were prohibited from practicing martial arts. As a result, they developed a mix of dancing and fighting that is known today as *capoeira*.  $\mathcal{P}$ 



### perks in history

**1852** The first edition of Peter Roget's Thesaurus is published.

**1831** Charlie Chaplin receives France's important Legion of Honor.

**1940** The first radio broadcast of "Young Dr. Malone" airs.

**1945** The U.S. Army liberates 31,601 people from a Nazi concentration camp in Dachau, Germany.

**1961** "Wide World of Sports" debuts on television.

**1990** Wrecking cranes began tearing down the Berlin Wall.

### perk fact

A world record for the longest conga dance line was set by 119,986 people in Miami in 1988.

#### perk pun

Dance studios have waltz to waltz carpeting.

The way to succeed is to double your failure rate. Failure is the opportunity to begin again more intelligently.

uzzle

**Boogie Oogie Woogie** 

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ABSTRACT BALLET CONGA BALLROOM DISCO BELLY FOLK **BUNNY HOP** FOXTROT **CAN CAN** HULA **CHA CHA** IRISH **JITTERBUG** CHARLESTON © THE PERK DAILY 2024. ALL RIGHTS RESERVED. DUPLICATION BEYOND LICENSE AGREEMENT STRICTLY PROHIBITED.

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### TUESDAY, APRIL 30, 2024



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## Today's **perk** is **International Jazz Day**

hen asked what the definition of jazz was, Louis Armstrong famously stated, "If you've got to ask, then you'll never know!" But one thing is sure: jazz remains America's only

original living art form. And today, its influence envelops the globe.

Jazz music started in the black ghettos of New Orleans at the end of the 19th century. In the 1920s jazz moved up river to St. Louis, then to Chicago and New York as African Americans migrated north in search of better lives. The 1930s saw the evolution of swing bands like those led by Duke Ellington and Count Basie. At the same time, great soloists emerged—virtuosi like Louis Armstrong, Coleman Hawkins and Lester Young, Charlie Parker and Dizzy Gillespie. And this list goes on and on.

International Jazz Day is intended to raise awareness in the international community of the virtues of jazz as an educational tool, and a force for peace, unity, dialog and enhanced cooperation among people. Many governments, civil society organizations, educational institution.s and private citizens currently engaged in the promotion of jazz music will embrace the opportunity

to foster greater appreciation, not only for the music, but also for the contribution it can make to building more inclusive societies.

### perks in history

**1803** The U.S. purchases the Louisiana Territory from France for \$15 million.

**1889** George Washington's inauguration becomes the first U.S. national holiday.

**1924** RCA sends the first wireless transmission of photographs by radio from London to New York City. Each transmission takes 20-25 minutes.

**1952** Mr.

Potato Head is the first toy to be advertised on television.



#### perk fact

F. Scott Fitzgerald coined the term 'The Jazz Age' in his book, "The Great Gatsby," set in the 1920s.

#### perk pun

When a jazz musician's clothes are all worn out it's ragtime.

Spectacular achievements are always preceded by painstaking preparation.

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Roger Staubach

PerkPuzzle

### Sounds groovy, Daddy-O



Т	F	I	F	G	R	D	Ε	J	Ν	D	0	Ρ	S	т
D	Μ	U	0	Н	Ι	Μ	Н	0	R	Ν	S	D	I	Н
т	Ν	Ρ	Y	D	Т	Χ	Т	Ε	L	Α	Ν	D	V	Ε
Κ	R	Т	R	т	т	S	В	Ε	G	Y	Ν	S	Α	Ρ
Μ	н	U	G	0	S	Α	R	Ρ	S	F	R	С	D	Ε
Μ	U	Α	Μ	U	V	Ν	С	Α	L	R	Ε	Α	S	R
т	R	S	С	Ρ	Ε	I	Χ	S	J	U	т	L	Ε	Κ
Χ	G	R	I	G	Ε	0	S	Κ	Ε	Ζ	т	Ε	L	D
D	Ε	Н	Ν	С	Ρ	Т	L	Ε	L	R	Α	С	Ι	S
Ρ	Ν	V	Μ	н	W	W	Ρ	Χ	L	Ρ	Ρ	Α	Μ	S
S	Q	Α	0	Ρ	0	В	Ε	В	Y	Χ	Ν	Ν	Μ	Α
J	Е	Ν	В	S	Ι	Ν	Α	т	R	Α	L	С	Α	R
Е	Е	U	Y	G	Ε	т	Α	Ρ	0	С	Ν	Y	S	В
Α	F	Α	L	I	I	Ν	D	н	L	Ζ	Ζ	Α	J	Q
Κ	Е	I	F	В	V	В	Q	W	L	Ε	Μ	Κ	S	Κ

		······································	Yesterday's Perk Puzzle Solution
BEBOP	IMPROVISE	RHYTHM	LINENBFBMCIZMCJ
BIG BAND	JAZZ	SAXOPHONE	Y P E W Y W Z Y H B T X O R S D P G L F L M A O P N S O S B
			SILGUBRETTIJRAR
BLUES	<b>JELLY ROLL</b>	SCALE	DESBWLEHSPNPLTT
BRASS	MILES DAVIS	SCAT	BTHCEIGDOCULLKH
DIXIELAND	MUSIC	SINATRA	FYCSOYNHLBELAPE LOTAMFYGKTSSBSP
			A O X N R N C L O G G I N G E
FUNK	PATTERN	SYNCOPATE	NHYTNTŹNACNACER
GENRE	PERCUSSION	TRUMPET	I J C U R T S T T A R K C R K
			R N B A A O P B L G V L B A F I Z H N H E T U A A O O E U J
HORNS	RAGTIME	THE PERK	SEGIZCHVJAWFGQC
			H O M C O N G A T S I W T S B