

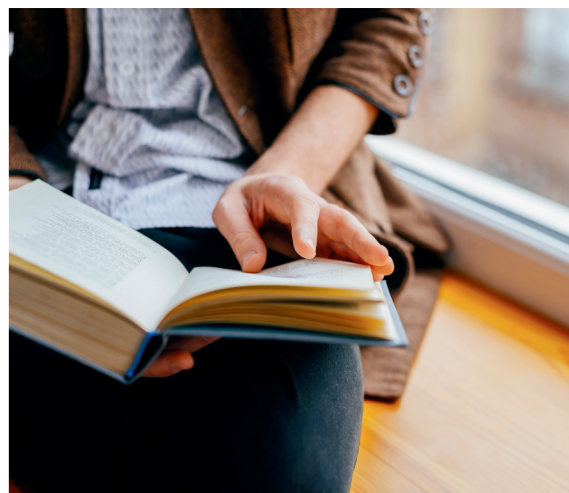
Daily Delight

SATURDAY • SEPTEMBER 6 • 2025

National Read a Book Day

Get lost in a good book on September 6th, National Read a Book Day. Reading improves memory and concentration and reduces stress, which is particularly important as we age. Older adults who spend time reading show a slower cognitive decline and tend to participate in more mentally stimulating activities over their lifetime. Books are an inexpensive entertainment, educational tool, and time machine, too!

Whether you prefer to read a new book or an old favorite, share your experience by reading aloud to a grandchild, friend, or even a plant! And, a good book is always a good conversation starter-maybe it's time to start a book club or meetup group, which are great ways to get ideas on something new to read as well as to tell others about the great book you just finished.



Today in History



In 1866, abolitionist Frederick Douglass became the 1st U.S. black delegate to a national convention. He was most famous for his oratory and writing. Douglass published abolitionist newspapers, including the "North Star." He was also appointed to many public offices by the government.

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DID YOU KNOW?

The Dragnet Sandwich

The Dragnet sandwich, famously known as Officer Bill Gannon's creation, made its memorable debut in the "Dragnet" episode titled "The Masked Bandits" from 1967. This eccentric culinary delight features a bold mix of corned beef, imported Swiss cheese, crisp lettuce, Russian dressing, coleslaw, kosher pickle, juicy tomato, mayonnaise, peanut butter, horseradish, and hot mustard, all nestled between slices of rye bread. A true tribute to unique flavors!

TRIVIA

Which of these animals is biologically immortal, meaning it doesn't die from old age?

- A** The Greenland Shark
- B** The immortal Jellyfish
- C** The Aldabra Giant Tortoise
- D** The Red Sea Urchin

TODAY'S FUNNY

Did you know milk was the fastest liquid on earth?

It's "past your eyes" before you can even see it

TODAY'S WISDOM

*"Life was never meant to be safe.
It was meant to be lived right to the end."
- Caroline Myss*

WORD SEARCH

Dinosaurs



Dinosaur

Trex

Stegosaurus

Triceratops

Velociraptor

Brachiosaurus

Fossil

Prehistoric

Extinct

Bones

Egg

Jurassic

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.

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

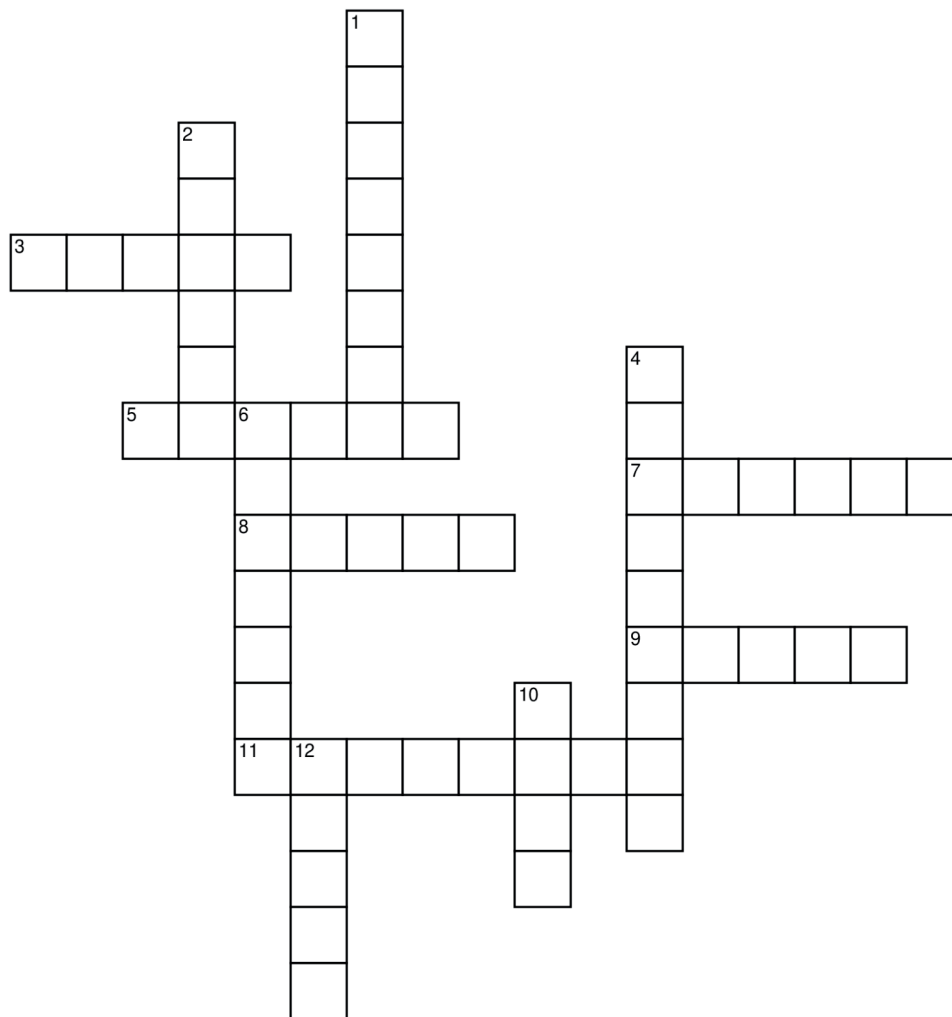
			7					5
				9			3	7
	6			3			9	
5		1	3	2	6	4		
	3	2	5	8		1		
8	4					5		
		3		5	7	9		
		8				3	5	
6			9	1			8	2

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 with Legs



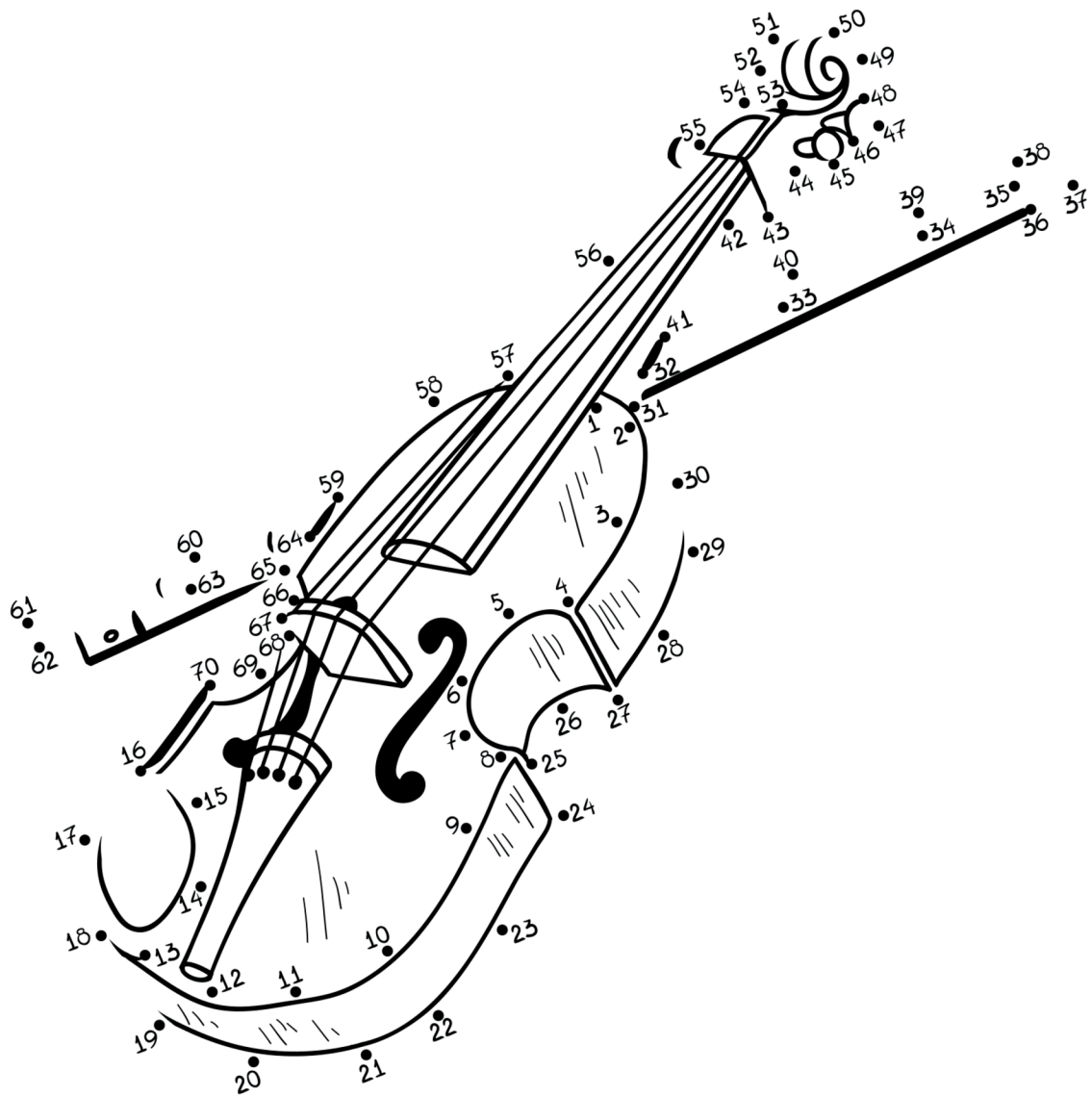
Across

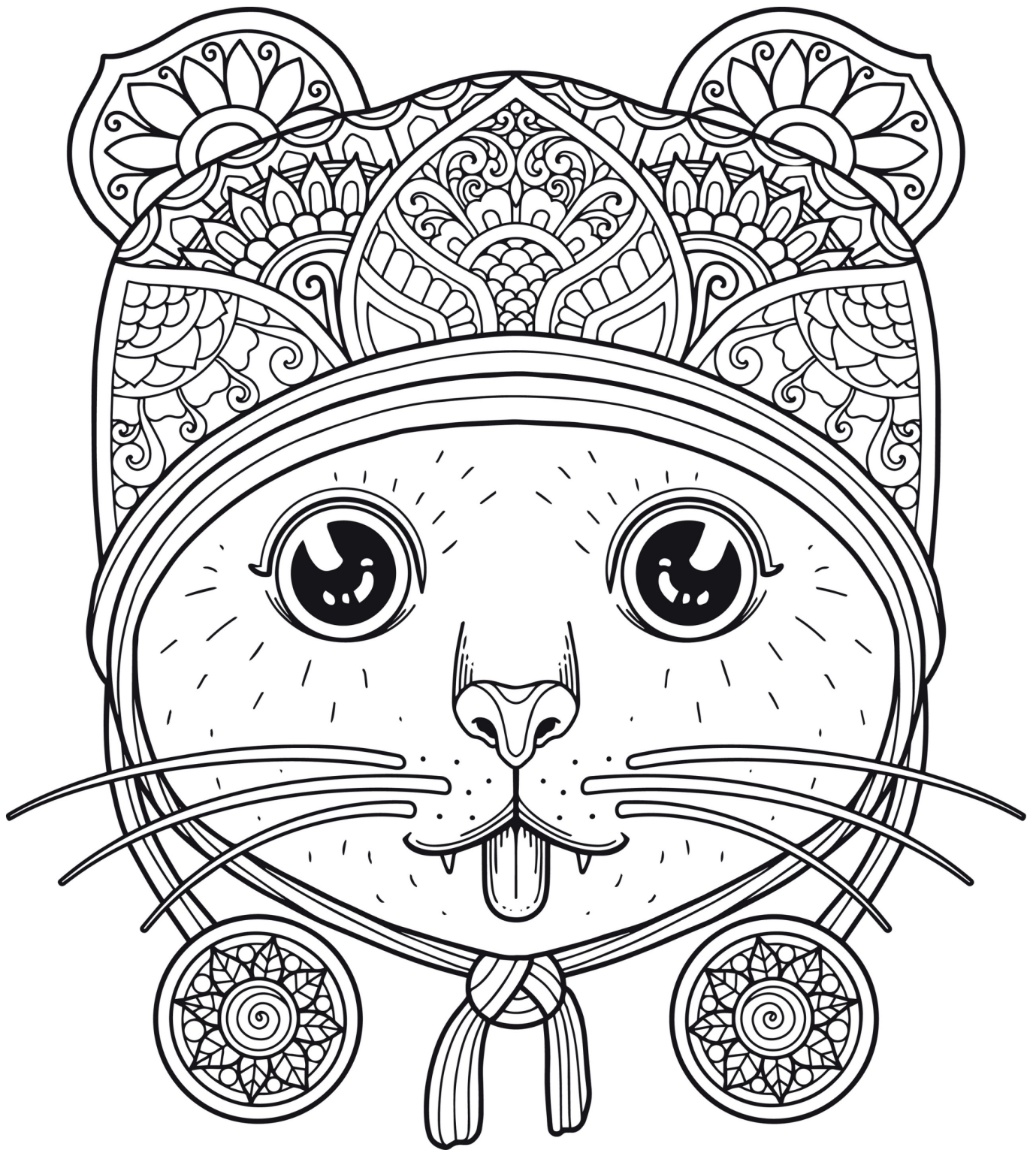
- [3] Dining room centerpiece
- [5] Artist easel
- [7] Gives you a leg up
- [8] Bar seat
- [9] Trousers
- [11] Construction site sight

Down

- [1] Aussie hopper
- [2] Ambulatory aid
- [4] Thousand-legger
- [6] Creepy-crawlies
- [10] Type of house
- [12] Tush rest

Connect the Dots





SOLUTIONS

Trivia Answer: B

The immortal Jellyfish has the unique ability to revert to its earliest life stage when it faces stress, physical harm, or starvation. Instead of dying of old age, it can transform back into a polyp, effectively restarting its life cycle.

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

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

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

