

Daily Delight

MONDAY • MARCH 9 • 2026

Panic Day

Usually, it is best to stay calm and not panic. However, sometimes it's cleansing just to embrace the panic and let it all out! That's what Panic Day is for. Oftentimes in life, something bad will happen, and whether it is warranted or not, we as human beings will blow it out of proportion and get ourselves all riled up for no reason. Hopefully, everything in your life is going swimmingly, but if it isn't and you've been struggling to hold it together, feel free to let out a primal roar today and let the panic consume you.

Just make sure you take some deep breaths and get it under wraps before March 20th, when we celebrate International Happiness Day!



Today in History



In 1959, the first Barbie doll was sold for three dollars. It debuted at the American International Toy Fair in New York. Ruth Handler named the doll for her daughter, and over a billion Barbie dolls have been sold worldwide since their debut.

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DID YOU KNOW? Shake, Rattle, and Roar

The 12th man is a generic term used in football to describe the impact of the crowd on the game. Seattle fans have taken this term to the extreme, getting local celebrities to raise the 12th Man flag before every home game. The noise is such a factor that opposing teams find it hard to call/hear plays from the quarterback. Seattle fans once erupted after an impressive touchdown by Marshawn Lynch, causing the equivalent of a magnitude two earthquake according to seismologists.

TRIVIA

What environmental legislation was passed in 1970?

- A** Clean Water Act
- B** Endangered Species Act
- C** Clean Air Act
- D** National Environmental Policy Act

TODAY'S FUNNY

Why is Peter Pan always flying?

He Neverlands!

TODAY'S WISDOM

"People say that money is not the key to happiness, but I always figured if you have enough money, you can have a key made."

- Joan Rivers

WORD SEARCH

In The Dojo



Aikido

Attack

Boxing

Fencing

Guru

Holds

Jet Li

Judo

Karate

Kicking

Pinning

Sensei

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.

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

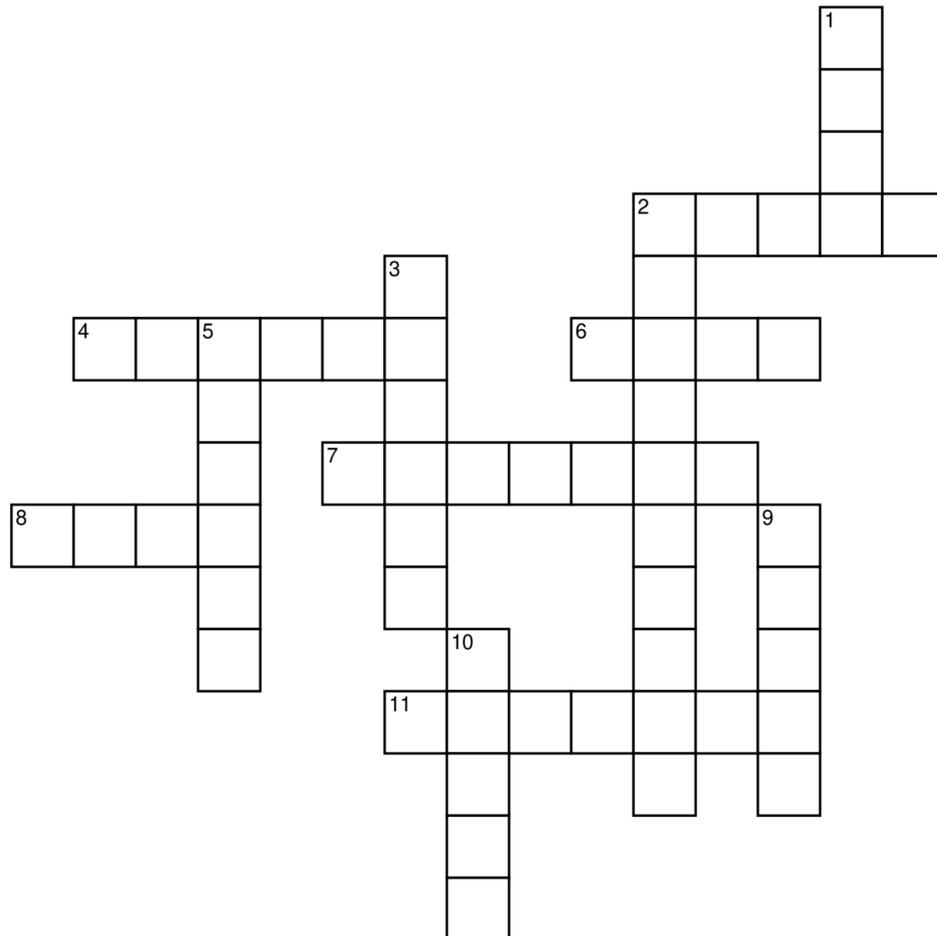
	2	9	3				4	
	7		8	4	5			
8					6	1	3	7
5	3		4		8			1
7	6		9		3		5	
			5				6	8
4				8	2			9
					9	6		
	8				4	2		

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

Just Crackers



Across

- [2] Passover bread
- [4] Pearl source
- [6] Golf bag item
- [7] Cheddar cracker brand
- [8] "It _____ Very Good Year" (2wds)
- [11] Square soup cracker

Down

- [1] Nabisco brand
- [2] Wholesome fiber-rich bite
- [3] Evangelist Billy
- [5] Bun seed
- [9] 2 ingredient, flour & _____
- [10] Symbol of thinness

MAZE

