

Daily Delight

MONDAY • SEPTEMBER 7 • 2026

National Grateful Patient Day

We love our healthcare workers, who do the impossible under sometimes trying circumstances. National Grateful Patient Day, which is held on September 7th, is the perfect day to show appreciation for the hard-working professionals in the medical industry. This day also honors the spirit of the courageous patients and their families. The impetus for this date is the return of kicker Rolf Benirschke to pro football after he nearly lost his life to multiple conditions. He would become a tireless crusader for patient advocacy. The gift of gratitude is meant to be shared by everyone who has ever felt a healing touch.

You can take a moment to thank your families, doctors, and nurses who have played a role in your or a loved ones recover.



Today in History



In 1970, Jerry Lewis hosted his 5th Muscular Dystrophy telethon. He became famous in the 1940s when he and Dean Martin had a comedy act together. He started a solo career when the two split in 1956. Lewis was very popular in France and was awarded the Légion d'honneur in 2006.

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DID YOU KNOW?

Avocado Related Injuries

A 2020 study described an "epidemic" of hand injuries due to attempts to cut avocados, estimating 50,413 avocado-related injuries between 1998 and 2017. Women between 23 and 39 years of age were most at risk, with the majority of avocado-related ER visits occurring on Sundays between April and July. So be forewarned — and treat the delicious delicacies with the respect they deserve.

TRIVIA

What flamboyant Italian cyclist, known for his gold earrings and colorful bandanas, was nicknamed "Il Pirata" (The Pirate)?

- A** Miguel Indurain
- B** Lance Armstrong
- C** Marco Pantani
- D** Jan Ullrich

TODAY'S FUNNY

Did you know corduroy pillows are in style?

They're making headlines.

TODAY'S WISDOM

*"Whoever said money can't buy happiness simply didn't know where to go shopping."
- Gertrude Stein*

WORD SEARCH

Jobs



Doctor

Teacher

Nurse

Firefighter

Police

Chef

Artist

Writer

Engineer

Pilot

Builder

Scientist

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

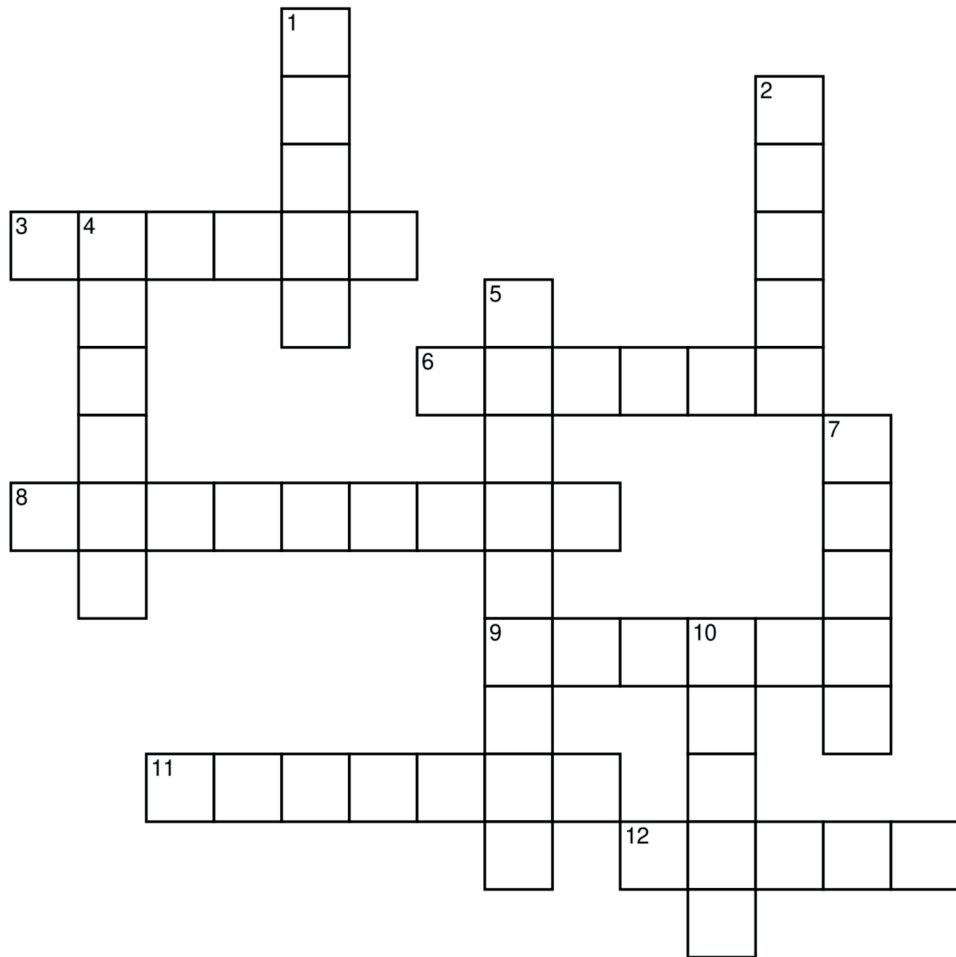
				8		6		
	9	8		6		1	5	
2	6		5	4	1			
9			4	7	2	8		5
3	4	2			8			
	8	5		1	6			2
	7			3				
	2		1					
	5	9			7		8	

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 that Repeat



Across

- [3] Canyon sounds
- [6] Pond sounds
- [8] Pump thump
- [9] Minor snag
- [11] Annual changes
- [12] Morning alert

Down

- [1] Moon-related pulls
- [2] Ocean motion
- [4] Presoak, wash, rinse
- [5] Air in, air out
- [7] Gives a hand
- [10] Honeycomb units

Test Your Knowledge

Solve the questions below to test your knowledge and give your brain a workout!

Which country per capita has more donut shops than anywhere else in the world?

- A. Canada
- B. United States
- C. France
- D. Germany

What is the oldest civilization in the world?

- A. Egypt
- B. China
- C. Rome
- D. Mesopotamia

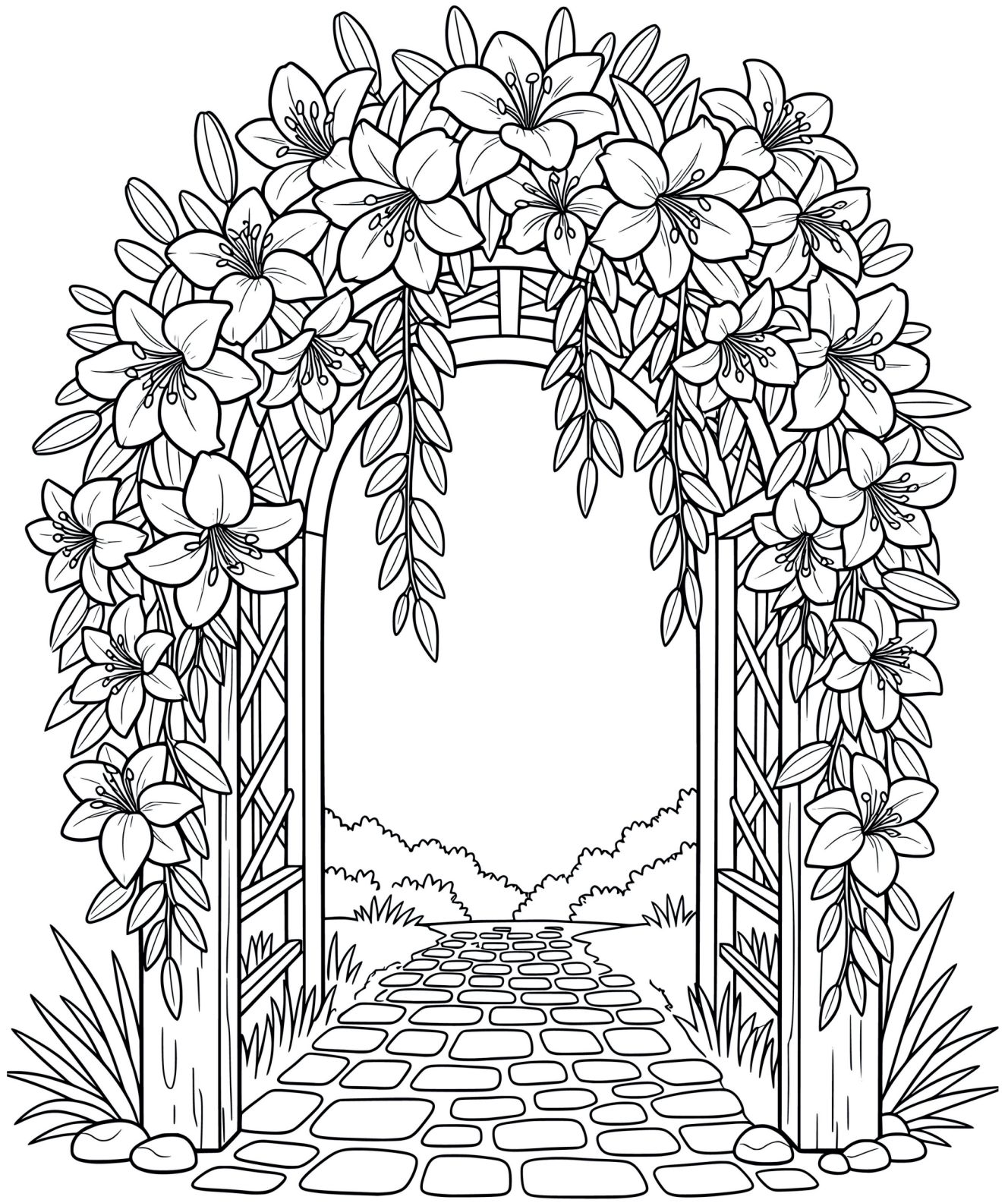
Solve the math problems:

What are the missing numbers in the sequence?

2840, 2940, _____, _____,
3240, 3340

What was the highest-grossing film of the 1980s?

- A. E.T. The Extra-Terrestrial
- B. Top Gun
- C. The Empire Strikes Back
- D. Back to The Future



SOLUTIONS

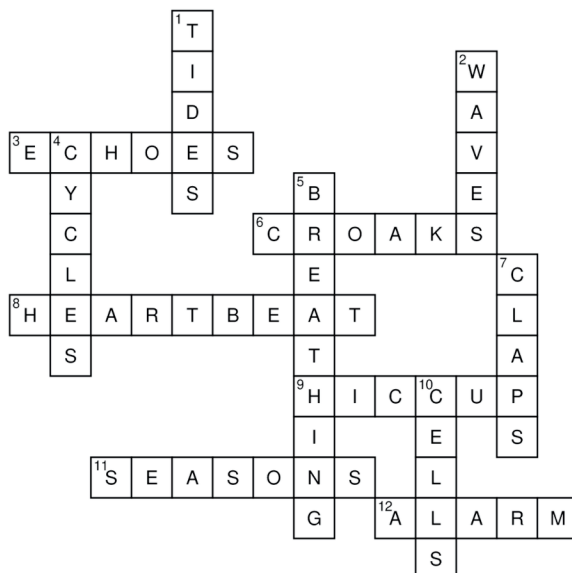
Trivia Answer: C

Marco Pantani became one of the few cyclists to have won both the Giro d'Italia and the Tour de France in the same year when he achieved this feat in 1998.

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

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

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



Answer:
A. Canada

Answer:
D. Mesopotamia

Answer:
B. 3040, 3140

The numbers are increasing by 100 each time, so the missing numbers can be found by adding 100 to the previous number in the sequence.

Answer:
A. *E.T. Extra-Terrestrial*, one of Steven Spielberg's many hit movies of the 80s, was the highest-grossing film of the decade, earning more than \$792-million.