

Daily Delight

WEDNESDAY • OCTOBER 14 • 2026

Be Bald and Free

Bald is beautiful, and if you're bald, Be Bald and Free Day is for you! When you're bald, it's a wonderful thing because it means you no longer have to worry about how your hair looks or if you are losing it. You can just wake up, get dressed, and run out the door without a care in the world as to how your hair looks. Plus, think of all the money bald people save on haircuts and hair products!

From Michael Jordan and Stone Cold Steve Austin to Vin Diesel and Samuel L Jackson, there are plenty of people who can rock the bald look. Before you people with hair get jealous, take a moment to celebrate today with someone you know who is bald and beautiful!



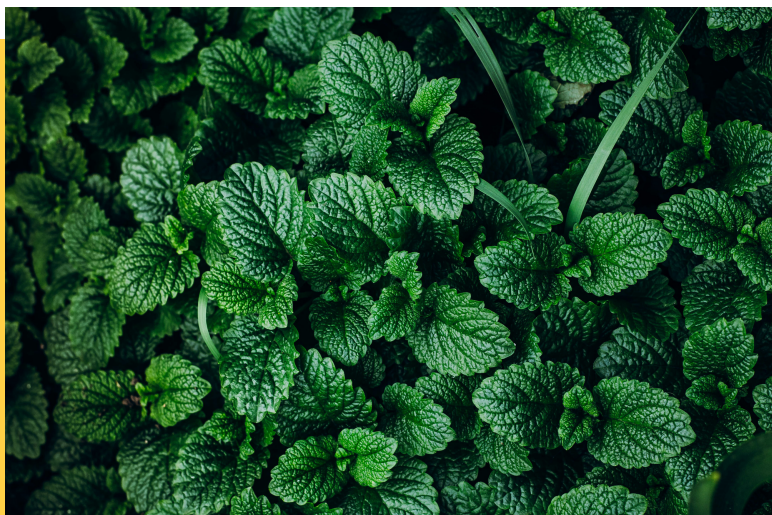
Today in History



In 1964, Martin Luther King Jr. was announced as the winner of the Nobel Peace Prize for his non-violent struggle for civil rights and his commitment to achieving racial justice. He led marches for the right to vote. Martin Luther King Day was inaugurated as a federal holiday in 1986.

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DID YOU KNOW? A Little Bit Of Spice

While often confused, herbs and spices are distinct. Herbs (like mint) are harvested strictly from the leaves of non-woody plants. Spices (like cumin) are harvested from other plant parts, including the roots, bark, fruit, or seeds. Finally, despite being grouped with them in the grocery store aisle, salt is actually a mineral.

TRIVIA

What does the abbreviation MRI mean in medicine?

A

Medical Research Interface

B

Metabolic Radiological Image

C

Magnetic Resonance Imaging

D

Microbial Resistance Indicator

TODAY'S FUNNY

Where do basketball players go when they need a new uniform?

New Jersey!

TODAY'S WISDOM

*"To be old is a glorious thing when one has not unlearned what it means to begin."
- Martin Buber*

WORD SEARCH

First Ladies



Martha

American Queens

Hostesses

Washington

Daughters

Wives

Career Women

Social Events

Louisa Adams

Mary Todd Lincoln

Ida McKinley

Bess Truman

Nancy Reagan

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.

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

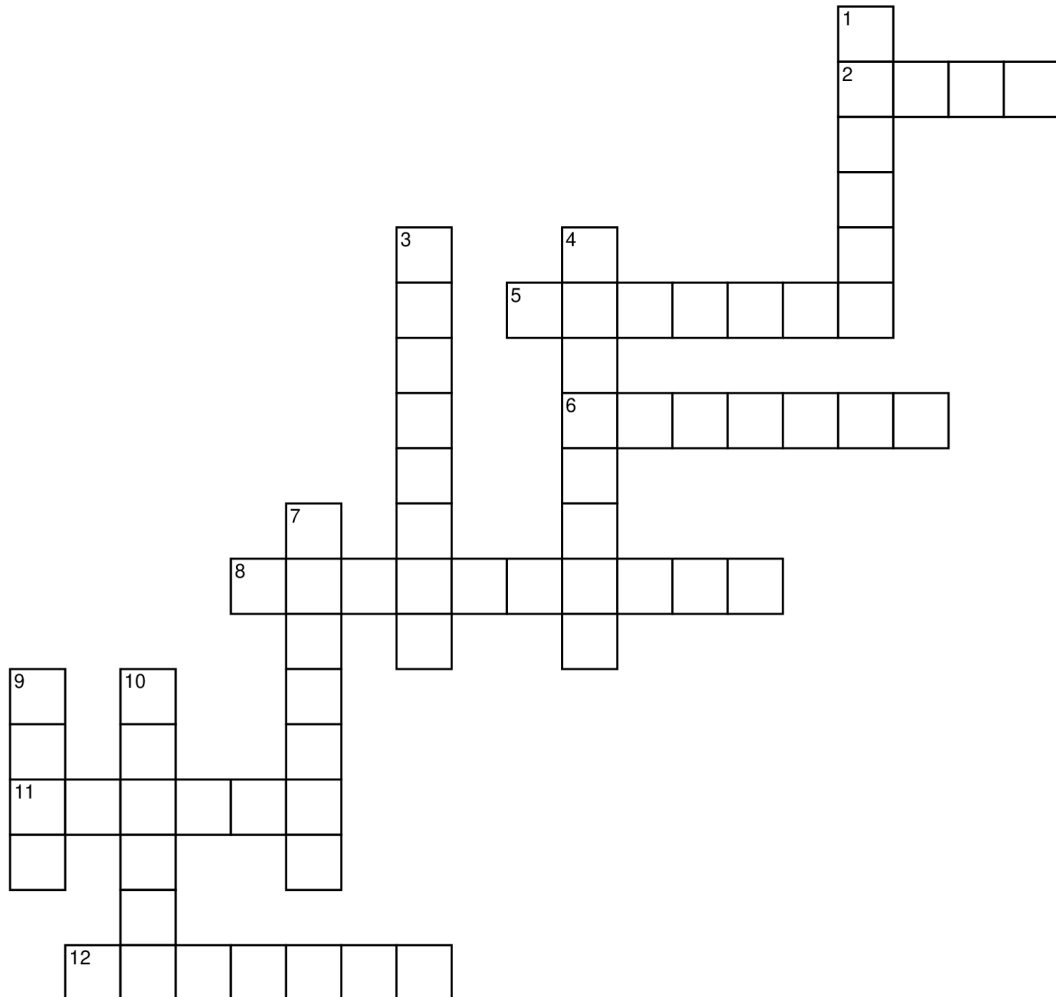
6		1	3		8	9	5	
						2	4	
	4						1	3
5		8	9		6			
	6	9					2	8
2			1		3		6	
8		7	2				9	
4				3	9	6		1
					5			2

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 to Respect



Across

- [2] Statutes
- [5] Convictions
- [6] Voluntary approval
- [8] Outer limits
- [11] May honoree
- [12] Alone time

Down

- [1] Seniors
- [3] Points of views
- [4] Class instructor
- [7] Music genre
- [9] Ump's call
- [10] June honoree

Conversation Starters

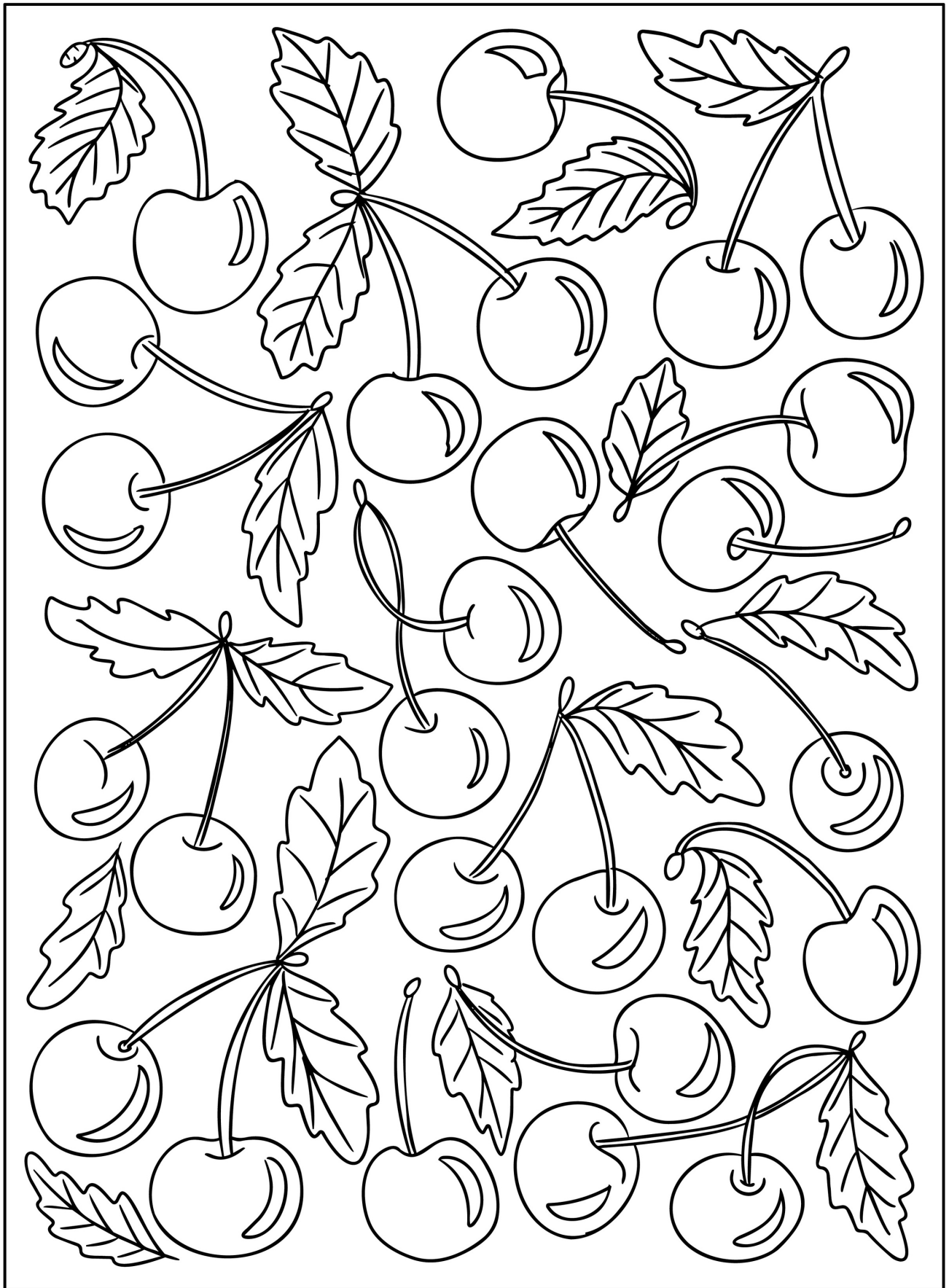
Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.

What is a topic you could easily give a 30-minute unscripted presentation on right now?

What is a completely useless skill you possess that you are secretly very proud of?

If your personality was a highly specific candle scent, what would the label say? (For example: "Old Books and Mild Anxiety" or "Fresh Coffee and Unfinished Projects")





SOLUTIONS

Trivia Answer: C

Magnetic resonance imaging (MRI) is a procedure that uses radio waves, a powerful magnet, and a computer to make a series of detailed pictures of areas inside the body.

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

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

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

