

Daily Delight

SATURDAY • NOVEMBER 14 • 2026

World Diabetes Day

Millions of people across the globe have diabetes, with numbers in America getting increasingly worse, which is why today we observe World Diabetes Day. There are two forms of diabetes: type 1 diabetes, which you are born with or develop as a child, and type 2 diabetes, which occurs as an adult. In the case of type 2 diabetes, a good diet and regular exercise can often prevent it. However, in America, poor diets and a lack of exercise are rampant, making these the biggest contributors to this growing health issue.

Incorporating a healthy lifestyle and diet can help fight back against the disease. Reduce the amount of high-sugar and high-carbohydrate foods and drinks while working some exercise into your life.

Encourage others to do the same.



Today in History



In 1851, Harper and Brothers published “Moby Dick” by Herman Melville, considered one of the great American novels. Melville’s book “Typee” was about his real-life encounters in Polynesia and was an immediate best-seller. His other novels include “Benito Cereno” and “Billy Budd.”

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DID YOU KNOW?

Happy as a Larch

During a reforestation project on a hillside overlooking Oregon's Highway 18, landowner David Hampton planted larch pines inside a dense Douglas fir forest to form a giant, 300-foot smiley face. Every autumn, as the deciduous larch needles turn a vibrant yellow-orange before dropping, the cheerful face stands out vividly against the dark green evergreen background, giving passing drivers a delightful seasonal surprise.

TRIVIA

What is the slang word for a dishonest lawyer or politician?

- A** Jarhead
- B** Roughneck
- C** Shrink
- D** Shyster

TODAY'S FUNNY

I watched a documentary last night about how pickles are made.

It was jarring!

TODAY'S WISDOM

"Good ideas, like good pickles, are crisp, enduring, and devilishly hard to make."

- Rushworth Kidder

WORD SEARCH

Sew Buttons



Notion

Sewing

Mending

Functional

Collection

Jar

Treasure

Upcycle

Crafting

Enclose

Adorn

Ornamental

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

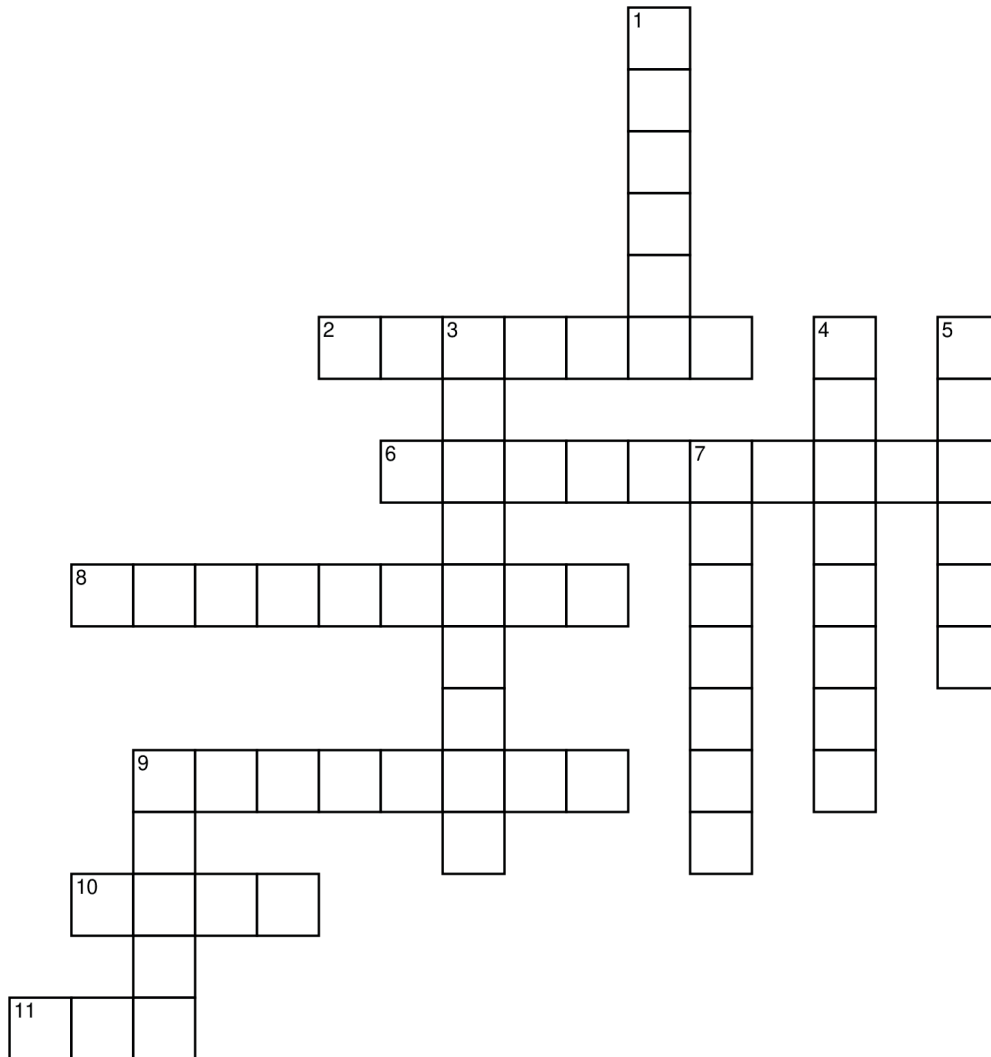
	2			6	8		3	
			7	3				
4							8	6
6			2				9	3
3	9	5				1		
		8	4					5
9		2	3	5		6		4
	3	1				2		
5	6	4	1					9

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

Camping Things



Across

- [2] Direction finder
- [6] Portable light
- [8] AA _____
- [9] Fuel for a fire
- [10] To hit the trail
- [11] Camping bedding

Down

- [1] Campfire treat
- [3] A toolbox in your pocket
- [4] Pest repellent
- [5] Mother _____
- [7] Not a flashlight
- [9] Ignition aid

CRYPTOGRAM

Each number stands for a letter. The correlating number for 3 of the letters have been provided as a starting point. Find the numbers in the puzzle and write the assigned letter. Single letters and word length are all hints. Be sure to keep track of what numbers are used for each letter to decode the message!

A B C D E F G H I J K L M

9

N O P Q R S T U V W X Y Z

14

"

9 3 7 21 14 4 4 23 8 14 5 24

9 11 1 3 24 10 6 10 20

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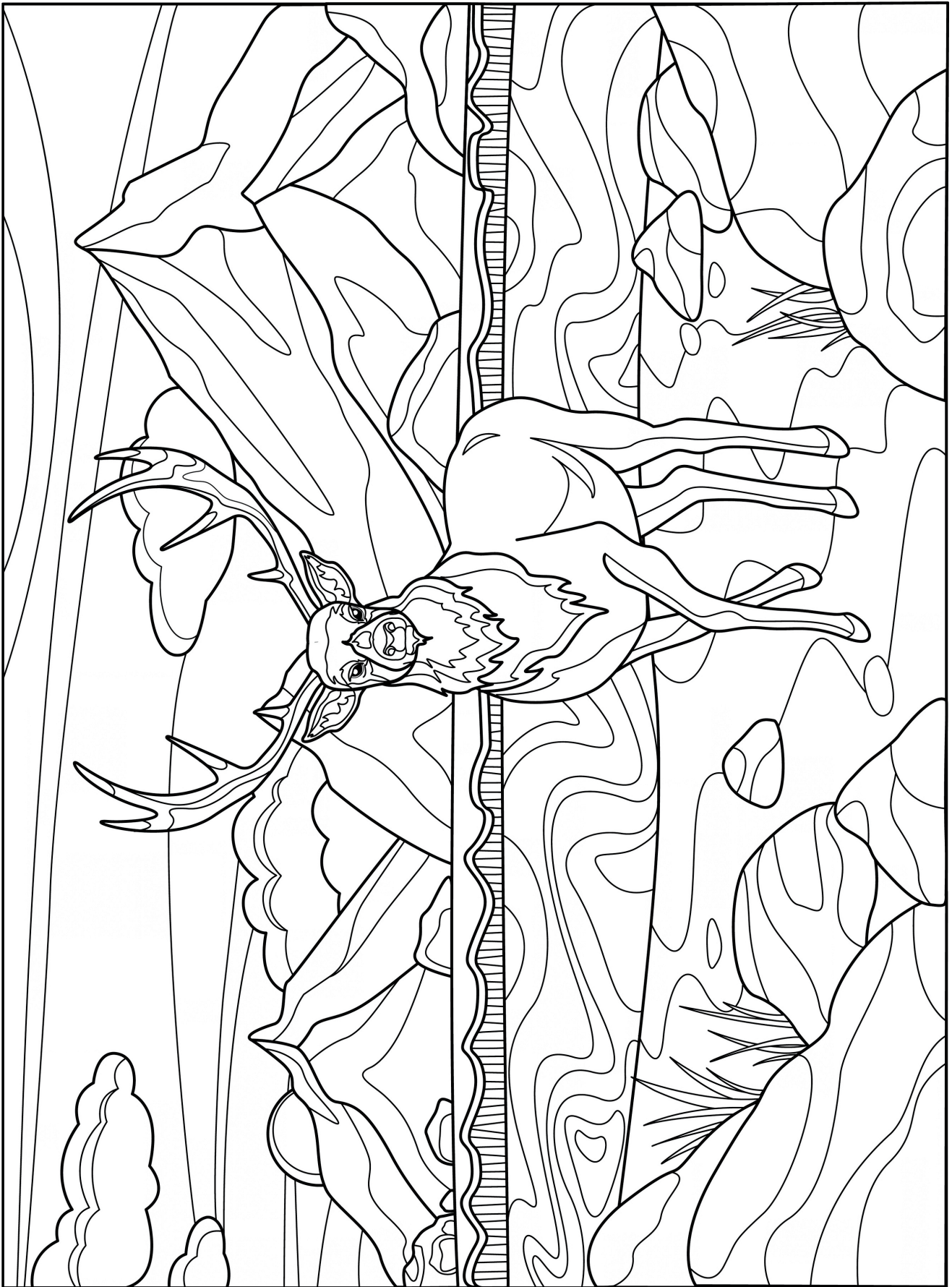
4 15 4 14 12 7 21 9 3 13 9 15 4

25 4 1 14 3 4 5 1 26 8 10 7

"

25 9 16 4 : 9 7 13 8 4 24 8 3

-Robert Frost



SOLUTIONS

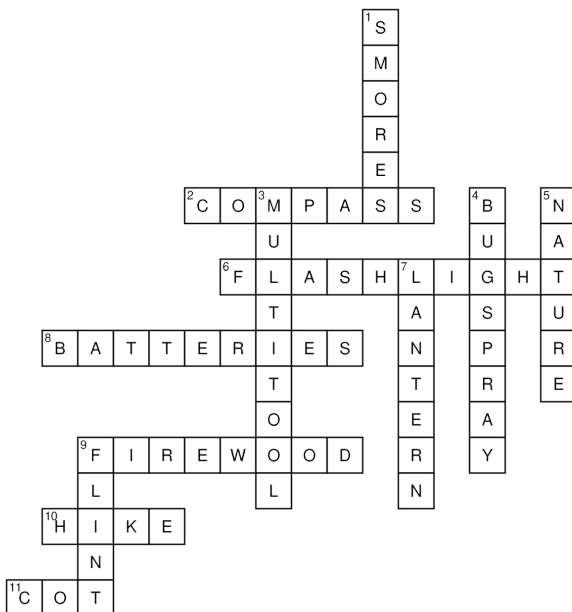
Trivia Answer: D

Shyster is a slang word for someone who acts in a disreputable, unethical, or unscrupulous way, especially in the practice of law, sometimes also politics or finance.

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

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

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



"I N T H R E E W O R D S
9 3 7 21 14 4 4 23 8 14 5 24
I C A N S U M U P
9 11 1 3 24 10 6 10 20
E V E R Y T H I N G I ' V E
4 15 4 14 12 7 21 9 3 13 9 15 4
L E A R N E D A B O U T
25 4 1 14 3 4 5 1 26 8 10 7
L I F E : I T G O E S O N
25 9 16 4 9 7 13 8 4 24 8 3"

-Robert Frost