

Daily Delight

SATURDAY • AUGUST 30 • 2025

National Grief Awareness Day

National Grief Awareness Day takes place on August 30th each year, with the mission to educate people on grief and create space for loss. The day also offers resources for those experiencing grief and an opportunity to share stories of grief and let others know they are not alone. Grief doesn't always entail the loss of a life. It can occur through life transitions, changes in identity, and both large and small traumas. Be gentle and patient with yourself as you honor your grief, and don't be afraid to ask for help from loved ones.

Express yourself through hobbies, art, or writing, come up with ways to process and honor what you've lost, and open yourselves to letting others do so without judgment, barriers, or needing to have answers.



Today in History



In 1976, television journalist Tom Brokaw started as the news anchor of NBC's "The Today Show". In 1982, he became the anchor and managing editor of NBC Nightly News. After stepping down in 2004, Brokaw worked as a special correspondent and published several books.

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activity assistant
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DID YOU KNOW? Dennis the Menace

On March 12, 1951, "Dennis the Menace" made its debut in the British comic magazine The Beano and simultaneously launched in 16 American newspapers. However, the characters were quite different. The British Dennis, created by David Law, was a dark-haired troublemaker, while the American version, drawn by Hank Ketcham, was blonde with good intentions that often led to mishaps. Both characters enjoyed successful runs without concern for copyright issues.

TRIVIA

Curing illnesses using herbs is known as what?

A Homeopathy

B Acupuncture

C Herbalism

D Faith Healing

TODAY'S FUNNY

Why do candles always go on top of cakes?

Because it's hard to light them from the bottom.

TODAY'S WISDOM

*"This morning, the sun endures past dawn.
I realize that it is August: the summer's last stand."
- Sara Baume*

WORD SEARCH

CHECKMATE!



Blunder

Amateur

Attack

Battery

Expert

Grandmaster

Forfeit

Resign

Skittles

Stalemate

Knight

Pawn

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.

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

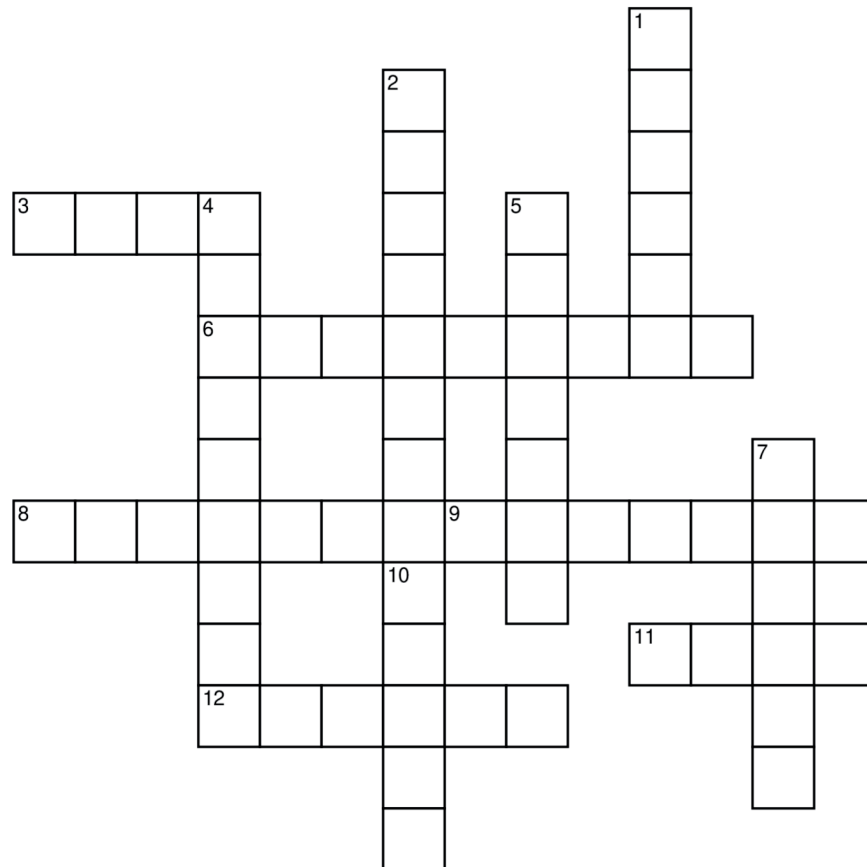
5	2	7	1	4			6	9
		6			8			2
	4				6	3	5	
		1				9		3
2				7	1		8	
6	8	3		5	2	4		7
4	7		2		9		3	8
9	1		8		5			4
		8			7			5

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

Football



Across

- [3] Supporters
- [6] Broadcaster
- [8] Uniform top
- [9] Venue
- [11] Cushions
- [12] Traction aids

Down

- [1] Mishandle
- [2] Phillie Phanatic e.g.
- [4] Data
- [5] Infraction
- [7] Pre-snap meeting
- [10] Team leader

Connect the Dots





SOLUTIONS

Trivia Answer: C

Herbal medicine (also herbalism) is the study of pharmacognosy and the use of medicinal plants, which are the basis of traditional medicine.

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

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

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

