

Daily Delight

SATURDAY • FEBRUARY 28 • 2026

National Public Sleeping Day

Nodding off in public happens every day, but it's not every day that it's appropriate to sleep in public. If you're someone who can't help themselves or enjoys sleeping in public, you must be happy that it's National Public Sleeping Day!

Almost one-third of Americans are getting less than six hours of sleep per night as opposed to the recommended eight hours. This equates to a large number of people being sleep-deprived. While you can't really make up sleep or bank sleep, naps still help to bridge that sleep gap so many of us have. Whether in a park, on the beach, on the bus, or at work, today is the day to grab that catnap. Sweet dreams!



Today in History



In 1976, Natalie Cole won the Grammy for Record of the Year for "Love Will Keep Us Together," making her the first African American to win the award. The daughter of jazz pianist and pop singer Nat King Cole, she sang on her father's 1960 Christmas album "The Magic of Christmas."

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DID YOU KNOW? The Science of Spuds

Raw potatoes are composed of 79% water, and boiling retains most of that moisture at 77%. Interestingly, baking reduces the water content to 75%, while microwaving brings it down further to 72%. However, frying leads to dramatic water loss: French fries retain only 39%, and potato chips can have as little as 2%. This fascinating transformation highlights how cooking methods dramatically alter potatoes, turning them from hydrated spuds to crispy snacks!

TRIVIA

Who was the oldest Beatle?

- A** John Lennon
- B** George Harrison
- C** Ringo Starr
- D** Paul McCartney

TODAY'S FUNNY

What did the janitor say when he jumped out of the closet?

Supplies!

TODAY'S WISDOM

*"Quiet people have the loudest minds."
- Stephen Hawking*

WORD SEARCH

Bread Types



Bagel

Banana

Bun

Challah

Cornbread

Italian

Matzo

Naan

Oat

Pita

Rye

Wheat

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.

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

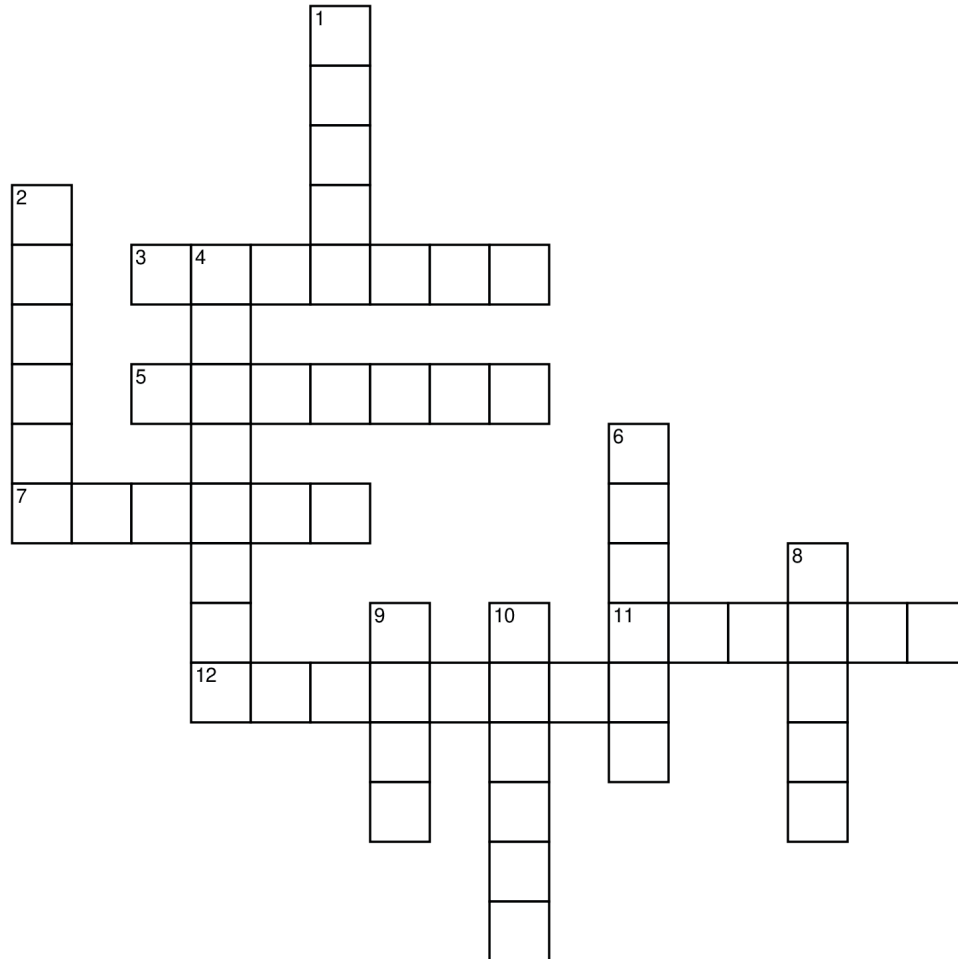
	9	2				4	8	
6							3	
3		4			9	6		
				7	3		2	
8		6	4					
		7	6	9		8	4	3
	6			5	4	1		
		8	7		2	3		9
7	1	9			8			4

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

Mythical Places



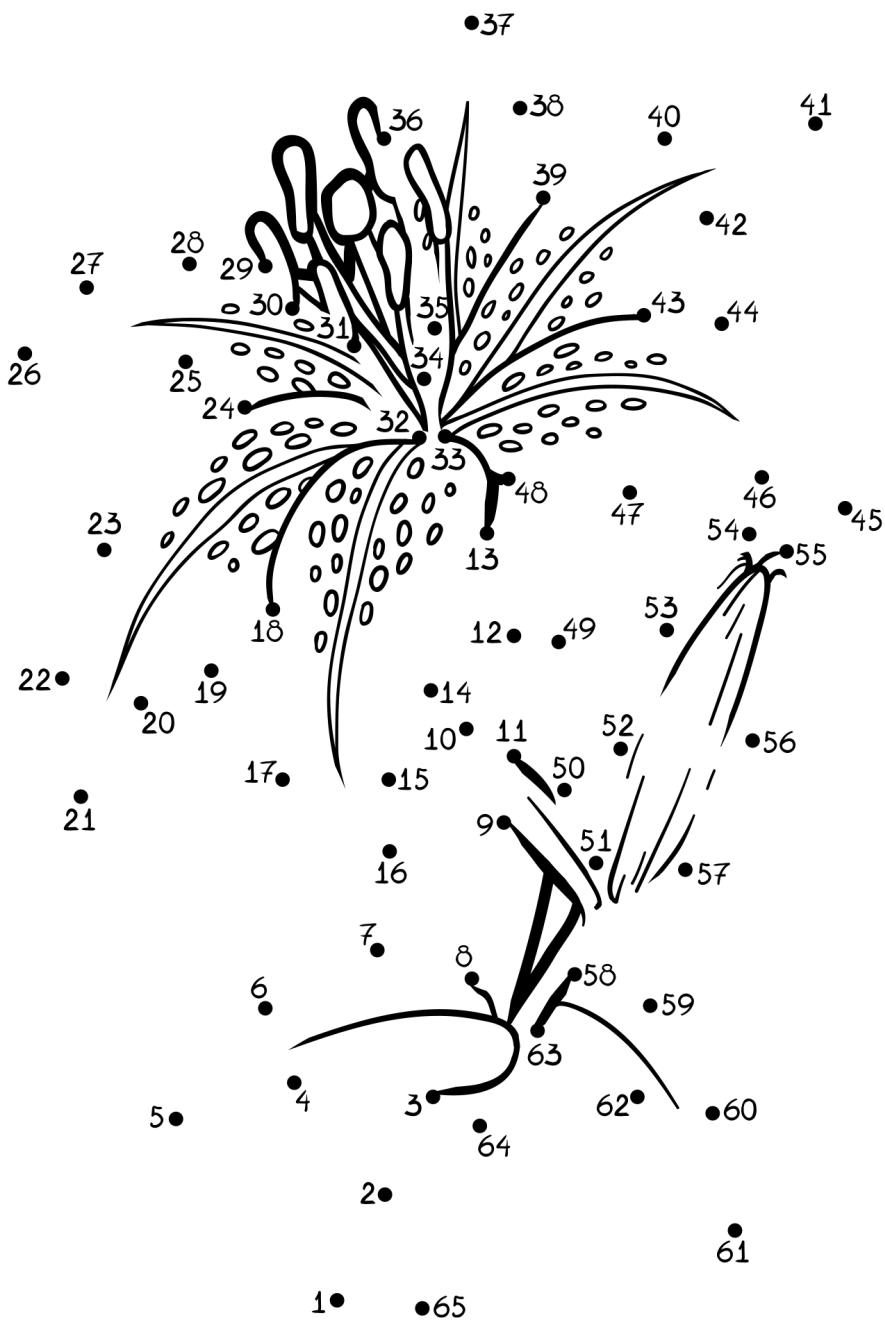
Across

- [3] King Arthur is the ruler
- [5] Peak in NW Wash
- [7] Can only be found in a wardrobe
- [11] Odin's realm
- [12] Robin Hood's Forest

Down

- [1] Town in Greenland
- [2] Singer Frankie _____
- [4] Aquaman's home
- [6] Olivia Newton-John film
- [8] Pluto's realm
- [9] "Iliad" setting
- [10] Where the one ring was forged

Connect the Dots





SOLUTIONS

Trivia Answer: C.

Born in 1940 as Richard Starkey, Ringo Starr was born just a few months earlier than fellow Beatle John Lennon.

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

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

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

