

Daily Delight

TUESDAY • FEBRUARY 3 • 2026

National Feed The Birds Day

As the long, cold winter drags on, why not help the birds by throwing them a few seeds on Feed the Birds Day? Feed the Birds Day first occurred in 1994 as a way to get people to feed birds during the coldest part of the winter where snow is plentiful, and food for them is scarce. Due to snow covering what little food they have available, placing a bird feeder outside or just going out and spreading some seed by hand can go a long way to helping the birds get some much-needed nourishment while you get some much-needed winter entertainment.

Nutrient-rich seeds include black-oil sunflower, nyjer (or thistle seed), white proso millet, and sunflower chips, but avoid using red milo seed (sorghum), as birds won't eat it.



Today in History



In 1990, jockey Bill Shoemaker retired after his 40,350th horse race. Considered one of the greatest, he held the world record for the most professional jockey victories for 29 years. Shoemaker won eleven Triple Crown races, and he won the Eclipse Award for Outstanding Jockey.

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DID YOU KNOW? **Glass Ceiling Breaker**

Susan La Flesche Picotte (1865–1915) was a Native American doctor and reformer in the late 19th century. She is known as one of the first Indigenous women to earn a medical degree. Also, as an active social reformer, she worked to discourage drinking on the reservation where she worked as a physician. Picotte campaigned to prevent and treat tuberculosis, of which at the time there was no cure. During her career, Picotte served over 1,300 patients in a 450-square-mile area.

TODAY'S WISDOM

“As an adult, I appreciate those memories. Mom taught me the importance of compassion for your waitress, your crossing guard, and your mailman.”

- Cate Edwards

TRIVIA

Of what material were the first football helmets made?

A Wood

B Tin

C Leather

D Wool

TODAY'S FUNNY

What did the doctor say to the rocket ship?

Time to get your booster shot!

WORD SEARCH

Cats That Roar

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

Bengal

Cubs

Stripes

Tiger

Lions

Conservation

Extinction

Feline

Graceful

Habitats

Powerful

Jaguars

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

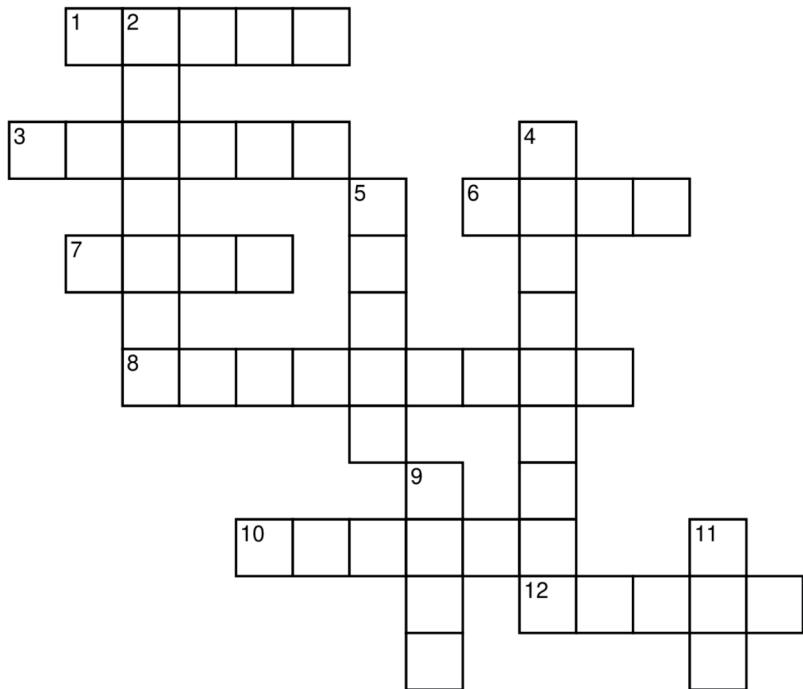
		2		6	5		4	3
5		3			7			2
	9			8				6
			2	1	4			
7	4					2	8	
2	8	7	3					
8	4			1	6			
3				2				9
2		9	3			1		

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

Retirement Activities



Across

- [1] Glue, paint, create
- [3] Road trip
- [6] Bobby Jones sport
- [7] Pedal for fun
- [8] Tame nature
- [10] Water vacation
- [12] No alarm clock

Down

- [2] Lost in the pages
- [4] Food bank
- [5] Board is a type
- [9] Catch and release
- [11] Afternoon recharge

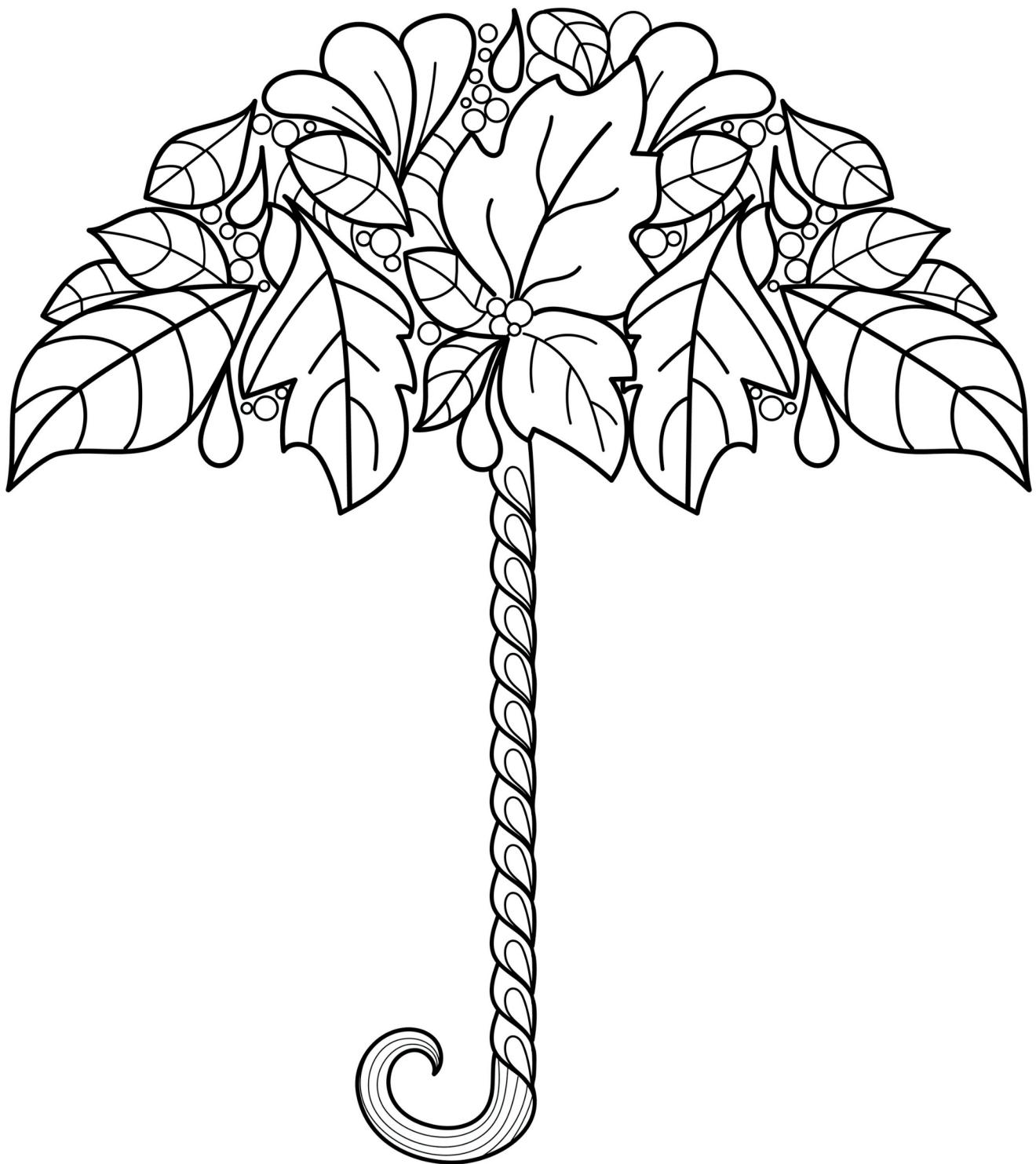
CONVERSATION STARTERS

Where's the best place you've ever been on vacation?
Is there a place you and your family would visit frequently?

Were you a fan of road trips? What's the longest trip you've taken by car? How many states have you been to?

When it comes to family vacations, were you more likely to spend time at the beach, in the mountains, or neither? Were you a trip planner, or more of a let's-see-where-this-road-takes-us kind of traveler?





SOLUTIONS

Trivia Answer: C.

The first helmets were made of leather and had some padding on the inside, but the padding was insufficient and provided little protection.

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

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

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

