

Daily Delight

TUESDAY • MAY 19 • 2026

National Barber Mental Health Awareness Day

National Barber Mental Health Awareness Day on May 19th is a day to recognize the important role barbers play in promoting mental health and well-being. This special holiday was first established in 2020 and serves as an opportunity for people to take time out of their busy schedules to show appreciation for the barbers who provide support, advice, and camaraderie throughout our lives. It's also a great way to spread awareness about mental health issues around the world. It is important to be aware of mental health issues as they can affect anyone regardless of their age or profession. National Barber Mental Health Awareness Day brings attention to the struggles that barbers face daily and encourages supportive conversations about mental health in the community.



Today in History



In 2011, the Alpha Magnetic Spectrometer was installed on the International Space Station. Physicist Samuel Ting led the project to search for the origin of cosmic rays and dark matter. He received the 1976 Nobel Prize for Physics, along with Burton Richter.

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activity assistant
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DID YOU KNOW? Arsenic Dresses

Bottle-green dresses were all the rage in the Victorian era, and very expensive. To achieve this lovely shade of green, the fabric was dyed using large amounts of arsenic. Some women suffered nausea, impaired vision, and skin reactions to the dye. But the dresses were only worn on special occasions, limiting exposure to the arsenic in the fabric. The garment makers were the ones who suffered. Many died to bring this trend to fashion.

TRIVIA

Who was president when the Space Shuttle was first proposed?

A John F. Kennedy

B Richard Nixon

C Ronald Reagan

D Harry Truman

TODAY'S FUNNY

What do planets like to read?

Comet Books!

TODAY'S WISDOM

"Don't forget to drink water and get some sun. You're basically a houseplant with more complicated emotions."

- unknown

WORD SEARCH

Baby, You Can Drive My Car



Wheels

Tires

Clutch

Fender

Dashboard

Ignition

Hood

Trunk

Odometer

Engine

Keys

Horn

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

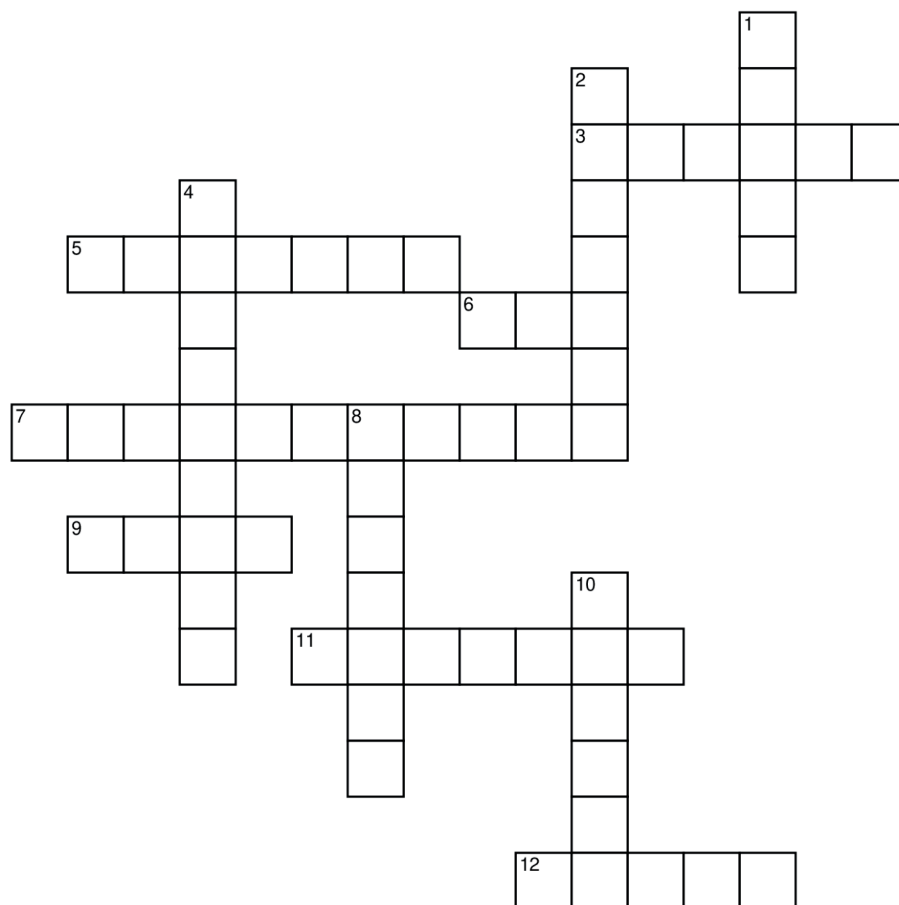
4	7		8	6	3	9		
8		9	5			4	3	6
	3			9			8	5
	9		1	4	8	3		7
3				5	9	6		1
2		4		3		5	9	
1			6	8				
7			9		4	1	6	3
9	6		3		5	8	7	4

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

British Vocabulary



Across

- [3] Capital of the UK
- [5] Family or last name
- [6] Biblical nephew of Abraham
- [7] Lower level
- [9] Stake or upright support
- [11] English word for vacation
- [12] English gent

Down

- [1] Rosy, red-faced
- [2] Intoxicated (British slang)
- [4] Teachers in college
- [8] Supplies, provisions
- [10] Portion of land

Conversation Starters

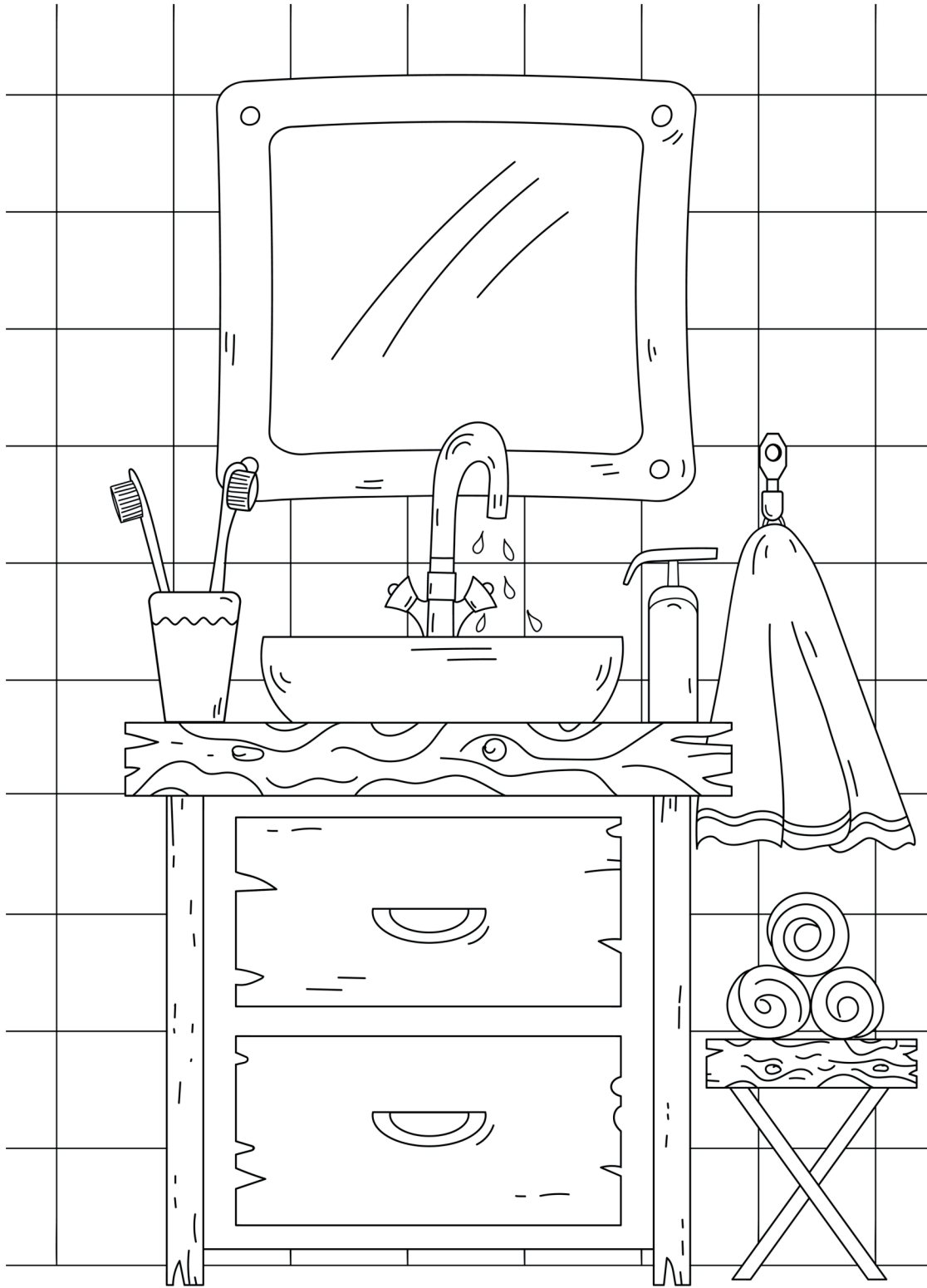
Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.

Do you enjoy cooking?

If so, what was one of your favorite things to make?

What kind of recipes do you collect, and what are they?





SOLUTIONS

Trivia Answer: B.

Though Kennedy was known for his aspiration to put a man on the moon, it was Nixon who held office during the early days of the shuttle program.

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

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

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

