

Daily Delight

SUNDAY • AUGUST 30 • 2026

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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DID YOU KNOW?

Funny Bone isn't a Bone or Funny

The term "funny bone" is a misnomer. First, that shooting pain isn't funny at all, and second, this isn't even a bone. When you hit your "funny bone," you're actually hitting your ulnar nerve, not a bone. The ulnar nerve runs along the elbow, and hitting it can cause a shooting pain in your pinky and ring finger.

TRIVIA

Pennsylvania is the only state to officially observe what holiday?

A Halloween

B Flag Day

C Arbor Day

D Patriot Day

TODAY'S FUNNY

Did you hear about the magic tractor?

He went down the road and turned into a field!

TODAY'S WISDOM

*"Sunset is still my favorite color, and rainbow is second."
- Mattie Stepanek*

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					

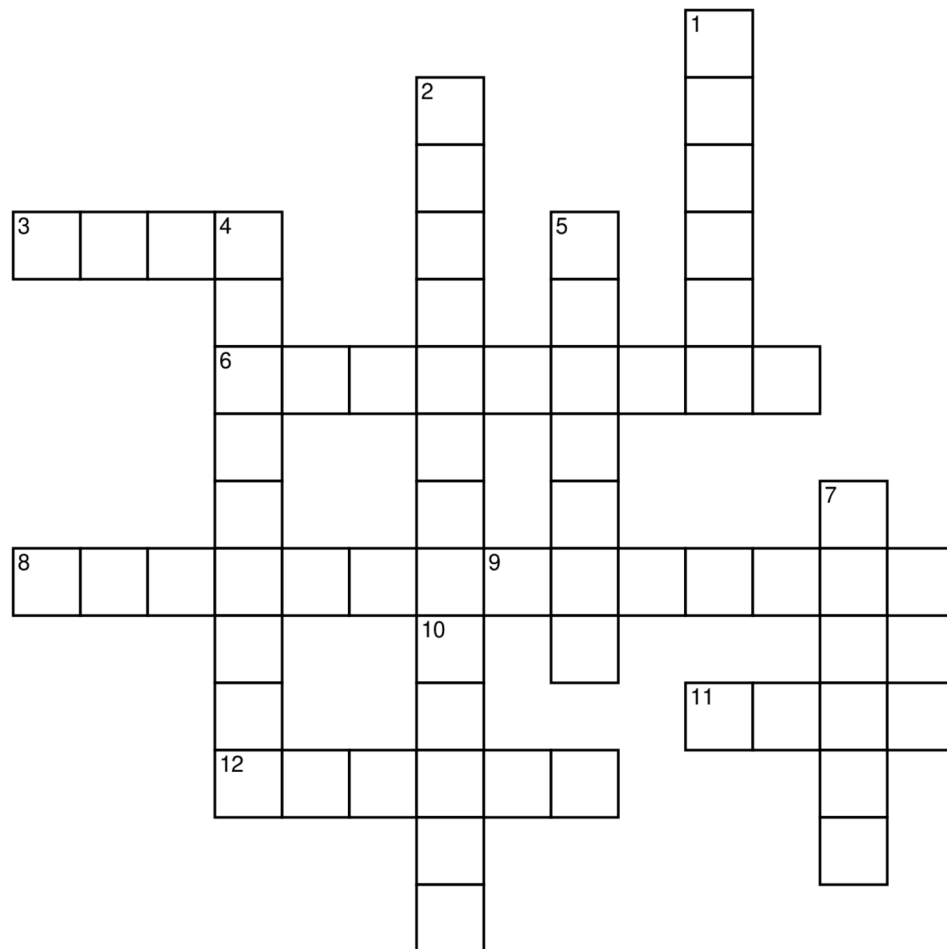
5	2	7	1	4			6	9
		6			8			2
	4				6	3	5	
		1				9		3
2				7	1		8	
6	8	3		5	2	4		7
4	7		2		9		3	8
9	1		8		5			4
		8			7			5

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

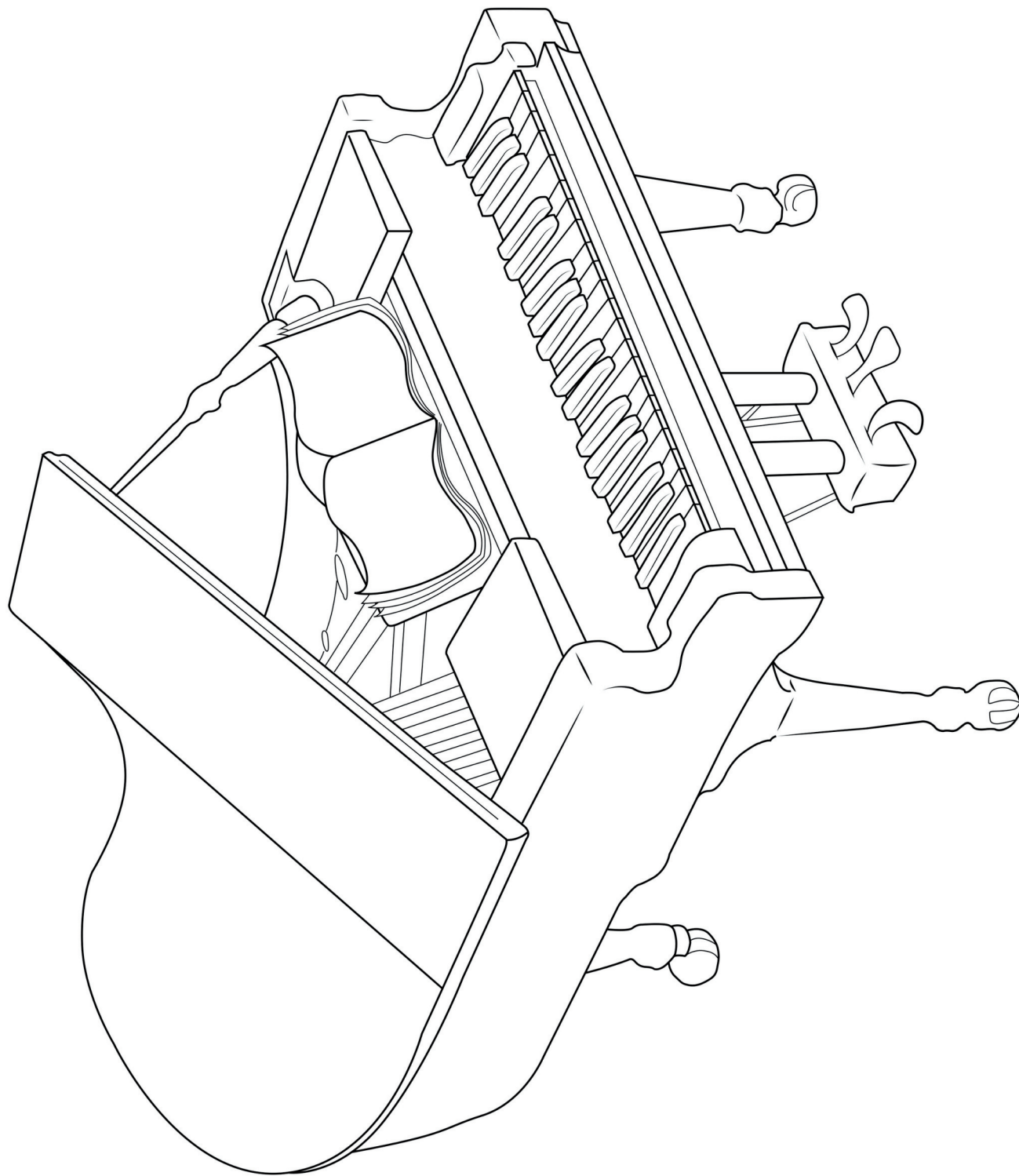
- [3] Supporters
- [6] Broadcaster
- [8] Uniform top
- [9] Venue
- [11] Cushions
- [12] Traction aids

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: B

Though Flag Day is acknowledged nationwide, Pennsylvania is the only state that recognizes it as an official day off.

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

