

Daily Delight

THURSDAY • AUGUST 6 • 2026

National Fresh Breath Day

National Fresh Breath Day is a fun celebration to enhance our oral hygiene and prevent embarrassing moments due to bad breath. This day serves as a reminder to prioritize our dental health with a solid routine that includes brushing twice daily, flossing, and regular dentist visits.

Surprisingly, over 50% of mouth bacteria contribute to unpleasant breath, making effective oral care crucial. While mints and sugary gum may seem like quick fixes, they can worsen the problem. Instead, choose sugar-free options to keep your breath fresh without the negatives. So, let's embrace National Fresh Breath Day by committing to better dental habits, spreading awareness, and seeking help if needed for issues like halitosis!



Today in History



In 1939, the “Dinah Shore Show” aired for the 1st time on NBC-radio. As the top-charting American female vocalist of the 1940s, she was even more successful as a television host in the 1970s. TV Guide ranked Shore at number 16 on their list of the top 50 television stars of all time.

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DID YOU KNOW?

The Power Button

Ever wonder where that symbol, or lexicon, as it is really known for the power button, originated? Well, the electronic world is run by zeros and ones, and during World War II, engineers used “1” to mean “on” and “0” to mean “off.” In 1973, the International Electrotechnical Commission codified a broken circle with a line in the middle as a “standby power state.” Today, that design is simply an emblematic stand-in for “power,” and devices still use the symbol half a century later.

TRIVIA

Which profession did President Truman have before becoming a politician?

- A** Farmer
- B** Accountant
- C** Doctor
- D** Lawyer

TODAY'S FUNNY

I broke my finger last week...

*But on the other hand,
I'm ok!*

TODAY'S WISDOM

"New knowledge is the most valuable commodity on earth. The more truth we have to work with, the richer we become."

- Kurt Vonnegut

WORD SEARCH

Only Once!



One Hit

Wonder

Popularity

Lyrics

Radio

Listening

Moderate

Mainstream

Success

Once

Momentary

Musician

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.

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

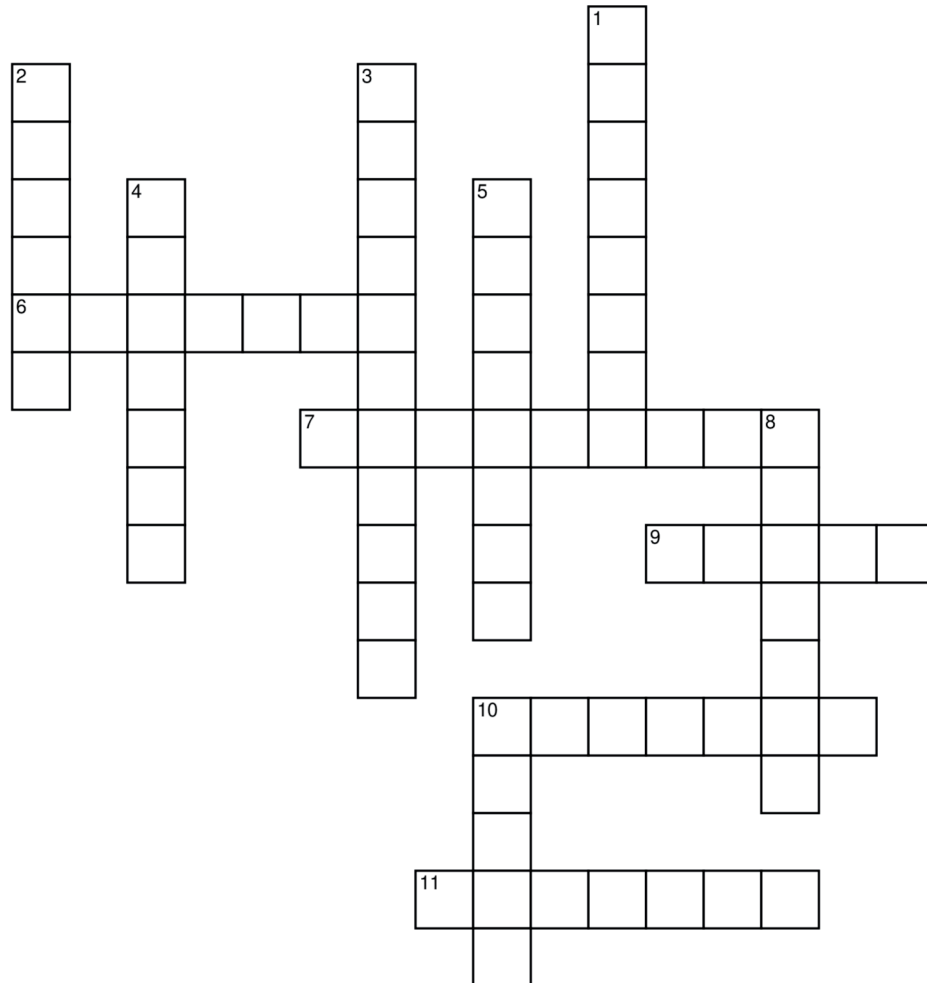
		9			3	2		
4	5	7	9		1	3		6
	3		4	8	7	5	9	
8		3	5			1	7	4
	4	1			6	8		5
	2	5			8	6		
6	1	2	7	3			5	8
	7	8	2	1	4	9		3
	9		8		5		1	

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

Hot and Spicy



Across

- [6]** Used in Ethiopian cooking
- [7]** Salsa ingredient
- [9]** Aromatic Indian stew spice
- [10]** Powdered cooking spice
- [11]** Frank topper

Down

- [1]** Dried smoked jalapeño pepper
- [2]** Sushi condiment
- [3]** Pungent root
- [4]** North African chili paste
- [5]** Hot Indian curry
- [8]** Fiery Mexican pepper
- [10]** Bayou cuisine

Spotlight Trivia

Famous August Birthdays

1. This man, widely regarded as a highly successful jockey, was born on August 19, 1931.

- A. Eddie Arcaro
- C. Frank Adams

- B. Willie Shoemaker
- D. Samuel Purdy

2. American microbiologist Albert Sabin was born on August 26, 1906. He is best known for developing the vaccine for which disease?

- A. Polio
- C. Smallpox

- B. Chicken pox
- D. Rubella

3. This American physician, poet, and humorist was born on August 29, 1809. He specialized in patriotic poems, the most famous of which is probably "Old Ironsides".

- A. Oliver Wendell Holmes
- C. Edgar Allan Poe

- B. Henry David Thoreau
- D. Henry Wadsworth Longfellow

4. This American journalist was born on August 4, 1920. She is best known for her coverage of the White House press conferences and as the UPI's Bureau Chief in 1974.

- A. Helen Thomas
- C. Barbara Walters

- B. Katherine Graham
- D. Nellie Bly

5. Maria Mitchell was born on Nantucket, Massachusetts, USA on August 1, 1818. She is best known as America's first female what?

- A. Dentist
- C. Historian

- B. Architect
 - D. Astronomer
-



SOLUTIONS

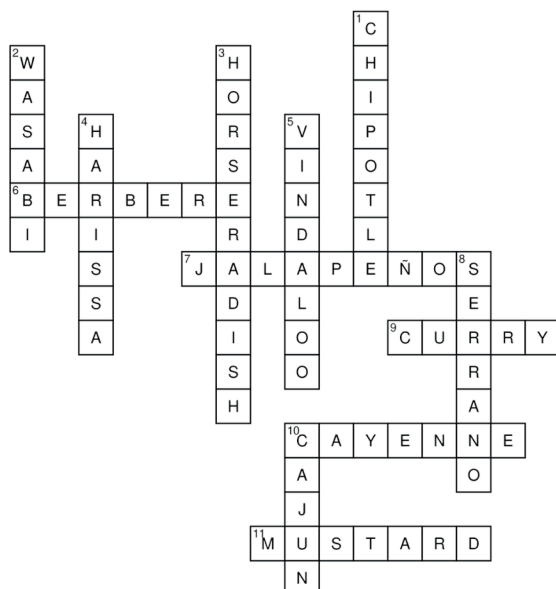
Trivia Answer: A

Truman was born in Lamar, Missouri, in 1884. He grew up in Independence, and for 12 years prospered as a Missouri farmer.

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

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

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



Spotlight Trivia:

1. B
2. A
3. A
4. A
5. D