For more information on tournaments and clubs, email NASPA - North American SCRABBLE

Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

MAYBE WE SHOULD FOCUS ON GREAT CONVERTING THEM TO A PLANT-BASED DIET FIRST MOMENTS IN SALESMANSHIP

BLONDIE by Dean Young and John Marshall



NON SEQUITUR by Wiley



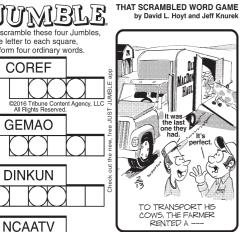


YOU'RE RIGHT.

GO BUY SOME CANDY "I WAS YOUR VALENTINE LAST YEAR. HAVEN'T I SUFFERED ENOUGH?"

DENNIS THE MENACE by Hank Ketcham





Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon

(Answers Monday) Jumbles: EXERT AGAIN SEASON The bull would lose the arm-wrestling match because he wasn't - STRONG AS AN OX



HAGAR THE HORRIBLE by Chris Browne

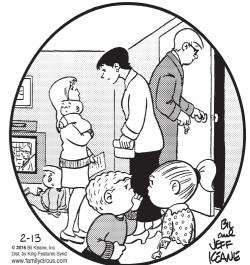




SHE'LL

THAT?

THE FAMILY CIRCUS by Bil Keane



"I think I'm gonna skip crying tonight and just go ahead and let 'em leave."

Vitamin D; health care with no teeth

Q: For a long time I heard I should be taking only vitamin D-3. Now I hear that D-2 may be as effective in maintaining healthy levels. What's up with that? Gary T., Edmonton, Alberta, Canada

Here's the basic scoop on vitamin D (and D-2 and D-3 supplements): D-3 is formed in the body as a result of the skin's exposure to sunlight and is found in some fish, like salmon and trout. Vitamin D-2 is a fungus/yeast-derived product, and is available only through supplementation and is added to foods. Both D-2 and D-3 precursors are hydroxylated in the liver and kidney, and both create an inactive storage form of the vitamin and a bioactive form.

storage forms of D, some studincreased risk for infections, circulating D-3 levels. some cancers, brittle bones and intestinal troubles.

DOCTORS OZ AND ROIZEN So what should you do? We

think everyone should supplement 1,000 IU a day - and have blood levels checked to see if they need more. But which: D-2 or D-3? Well, there's evidence that in the body it may all come to the same thing, as long as you don't overdo D-2. A 2013 study out of Boston University found that vitamin D-2 is as effective If you do not produce as vitamin D-3 in maintaining enough of the bioactive and circulating concentrations of 25-hydroxyvitamin D, and takies indicate that you are at ing D-2 didn't negatively affect heels of the World Health

if you need more than 1,000 the British health care system

and don't fret too much about choosing D-2 or

Q: I heard about a study that said the Brits actually had better teeth than Americans! Is it because they have a public health care system that covers dental? — James F.,

Brooklyn, New York

You're referring to the study recently published in the British Medical Journal that said U.S. citizens averaged more missing teeth (7.31) than the Brits (6.97) — a difference of about a third of a tooth. All things considered, in the end the study found that the Brits just don't have worse teeth than Americans.

That study comes on the Organization's global rank-Check with your doc to see ing of health care: They rank

IU supplement daily 18th in the world; the U.S. is age is not part of the reason and competition. why the British health care improve our global health care ranking if we provided dental ties for the specially focused and care and did it efficiently!)

All health care systems would be smart to cover den-Rook touraments — held on tal care, because good den- a national scale — reached as tal health can prevent many as a million children in a other illnesses. So much of yearly competition. other illnesses. So much of The Pioneer Palaces were your health depends on your graveyards for visiting granddental hygiene because your masters who happily, they mouth is your immune systhought, were giving traditional tem's frontline defense.

healthy. And if you need den- loss tal work but are financially stretched, here's a tip: Dental defeats without a single victory schools offer reduced fees if when he took on a group of you're willing to be cared for young Pioneers. by a future dentist. You can find an affordable dentist near of grandmaster defeat was America's Sammy Reshevsky vou at www.HHS.gov.

Chess

by Shelby Lyman

The secret of Soviet chess 6 37th! (FYI: Canada is ranked supremacy lay in numbers, 5 30th.) However, dental coveractively engaged in class groups actively engaged in chess groups 4

Pioneer Palaces, venues for 3 system is higher-rated than various hobby and cultural U.S. health care, as it also fails groups, produced such gradu- 2 to provide basic dental care attes as Boris Spassky, Tigran Petrosian and Vassily Smyslov, 1 for most people. (We could each a future world champion.

But these were often facilitalented. Overall youth competition was much larger.

By the mid-eighties, White

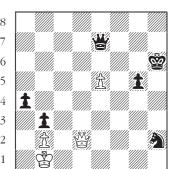
simultaneous exhibitions to a bunch of kids. But victories did Do whatever you can to not come easily. To their astonkeep vour teeth and gums ishment they piled loss upon

Robert Wade of England was

 $\bar{An exception} \, to \, this \, syndrome$ for whom losing was anathema.

In a 1956 simultaneous, he managed a slight plus score by prolonging play as late as midnight. The unfinished games of children taken home by their desperate mothers were counted as wins for the "wily American," as he was humorously described by the Soviet grandmaster Alexander Kotov.

Below is a win by Magnus Carlsen against Evgeny Tomashevsky from the Tata



b c d e f g h WHITE'S BEST MOVE? Steel tournament in Wijk aan Zee, Netherlands.

zee, riemenand	
Carlsen	Tomashevsky
1. d4	Nf6
2. Nf3	e6
3. Bf4	b6
4. e3	Bb7
5. h3	Be7
6. Bd3	0-0
7. O-O	c5
8. c3	Nc6
9. N(b)d2	d5
10. Qe2	Bd6
11. R(f)e1	Ne7
12. R(a)d1	Ng6
13. Bxg6	hxg6
14. Bxd6	Qxd6
15. Ne5	g5
16. f4	gxf4
17. Rf1	Nd7
18. Qh5	Nf6
19. Qh4	Qd8
20. Rxf4	Ne4
21. Nxe4	Qxh4
22. Rxh4	dxe4
23. dxc5	bxc5
24. Rd7	R(a)b8
25. b3	a5
26. Rc7	a4
27. bxa4	Ba8
28. a5	Rb7
29. Rxc5	Ra7
30. Nc4	Black resigns
SOLUTIO	N TO

TO **BEGINNER'S** CORNER: 1. Qd6ch! Qxd6 2. exd6 followed by by d7 and d8=Q!

The Daily Crossword Edited by Wayne Robert Williams

- Mountain pass
- His in Hyeres
- Angel dust letters 10 PGA member 13 Clay, nowadays
- RN's niceness 14 15 Enemy
- Get handed a 16
- bum
- Part of the South Atlantic subtropical
- gyre Zodiac sign
- 22 Sorry soul Street-sign abbr. 23
- English river 25
- 27 Dynamic start? 30 Marriage of
- CEOs? 33 Actor Cesar
- Q.E.D. word
- 35 Land in the Seine
- Praying figure 38 Patent medicines
- 4 times CCLI Scandinavian man's 42 name

40

- 44 Piece of men's iewelry Provencal poet
- "Nautilus" skipper Chick of jazz
- 52 Orange-red
- chalcedony End of a switch?
- 55 Full of baloney 57 Failure to fit in
- 62 Pismire
- 63 Model/actress Tyler

ULNAE

R|E|R|E|A|D

S A C H E M S

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T O A D

COGS

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H|E|E|P

PISTOLGRIP

PESO

ACEDERSE

Visit: ADailyCrossword.com 64 Saul's uncle

ESPN

T|R|O|U|G|H|S

ARMED

|T|S|E|T|S|E

AILEY

IITEMS

65 Affirmative in Orleans

H A R A

UFOS

G|R|A|B|B|A|G|S

GLOSS

TIECLASP

M O T E

STRONGHOLD

LINE

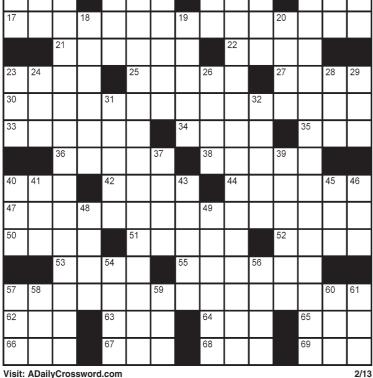
EVEN

DADA

- Yesterday's Puzzle Solved DOWN Chatter OLIO |Y||P|S

 - Covering of the
 - eyeball Lowly mil. letters
 - Country in the Andes
 - Signing up ahead of Flew the coop
 - 12 out (resign) 18 Narrow mountain 19
 - ridge 20 Rise up on hind legs

16 20 BEETLE ISN'T HERE, BUX



15

66 Affirmative in New Orleans Sugary ending 67 68 Annex

69 Anti-gun-control grp.

Pub offering Battlefield plans

4 Dumbfound Induced unconscious state

8 Found guilty by the

military

Struggling breather

23 "Born on the Bayou"

grp. Pooh cohort 24 26 Geeky one Sib

Wash. neighbor Slangy Mexican interjection Fancy little purses Small musical

combo Prepare Preferred country: abbr.

43 Vamoose! 45 Bern's river 46 Lawyer's deg.

the Explorer" Actress Mercouri Munch Museum city Hospital section

Vote option

57

58 First grade been had! Word for sharers? Long or Peeples

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	242	JATOT deeH at050 abone	PAR SCORE 145-155 PAR SCORE 145-155						
•	6	FACK 4 =	양면명말만만						
•	79	EACK 3 =	B A Y O N E T						
•	401	EACK 2 =	El Xa Ha ha Ba ha Ti						
	79	FACK 1 =	H W B N LI SI EI						
		SCRABBIC BRAND GRAMS SOLUTION							

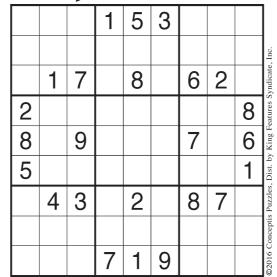








Conceptis Sudoku



Difficulty Level ★★★★

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Sunday.

Yesterday's Puzzle Solved

5	7	8	2	3	6	1	9	4		
9	2	6	1	4	7	5	3	8		
1	3	4	9	5	8	2	6	7		
2	4	7	5	9	3	6	8	1		
8	9	3	6	2	1	7	4	5		
6	1	5	8	7	4	9	2	3		
4	5	2	3	1	9	8	7	6		
7	6	1	4	8	2	3	5	9		
3	8	9	7	6	5	4	1	2		
Difficulty Level ★★★★										