

SCRABBLE®

G

R

A

M

S

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E

I

U

P

L

M

S

3rd Letter Double

RACK 1

E

I

I

T

B

X

H

Triple Word Score

RACK 2

A

E

O

Y

T

B

N

RACK 3

E

U

U

L

S

D

B

RACK 4

PAR SCORE 145-155
BEST SCORE 242

FOUR RACK TOTAL
TIME LIMIT: 20 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.
Answer below
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 scrags@gmail.com.

02-13

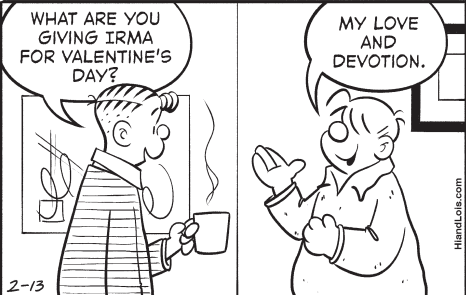
NON SEQUITUR by Wiley



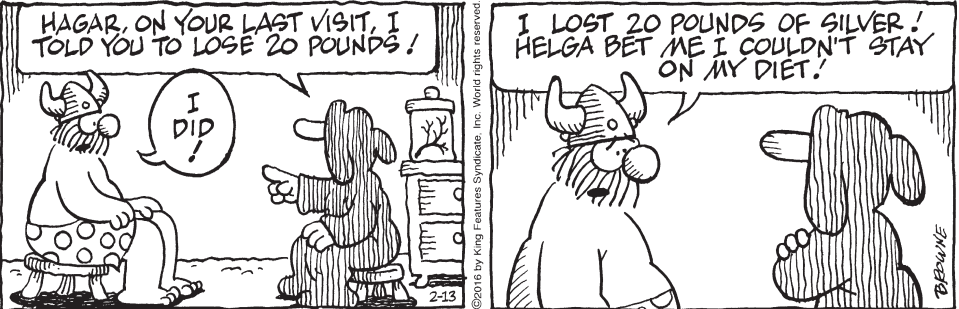
BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



HAGAR THE HORRIBLE by Chris Browne



DENNIS THE MENACE by Hank Ketcham



THE FAMILY CIRCUS by Bil Keane



JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

COREF

GEMAO

DINKUN

NCAATV

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DOCTORS OZ AND ROIZEN

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.

If you do not produce enough of the bioactive and storage forms of D, some studies indicate that you are at increased risk for infections, some cancers, brittle bones and intestinal troubles.

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 as vitamin D-3 in maintaining circulating concentrations of 25-hydroxyvitamin D, and taking D-2 didn't negatively affect circulating D-3 levels.

Check with your doc to see if you need more than 1,000

IU supplement daily and don't fret too much about choosing D-2 or D-3.

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 heels of the World Health Organization's global ranking of health care: They rank the British health care system

18th in the world; the U.S. is 37th! (FYI: Canada is ranked 30th.) However, dental coverage is not part of the reason why the British health care system is higher-rated than U.S. health care, as it also fails to provide basic dental care for most people. (We could improve our global health care ranking if we provided dental care and did it efficiently!)

All health care systems would be smart to cover dental care, because good dental health can prevent many other illnesses. So much of your health depends on your dental hygiene because your mouth is your immune system's frontline defense.

Do whatever you can to keep your teeth and gums healthy. And if you need dental work but are financially stretched, here's a tip: Dental schools offer reduced fees if you're willing to be cared for by a future dentist. You can find an affordable dentist near you at www.HHS.gov.

Chess

by Shelby Lyman

The secret of Soviet chess supremacy lay in numbers, particularly of school children actively engaged in chess groups and competition.

Pioneer Palaces, venues for various hobby and cultural groups, produced such graduates as Boris Spassky, Tigran Petrosian and Vassily Smyslov, each a future world champion.

But these were often facilities for the specially focused and talented. Overall youth competition was much larger.

By the mid-eighties, White Rook tournaments — held on a national scale — reached as many as a million children in a yearly competition.

The Pioneer Palaces were graveyards for visiting grandmasters who happily, they thought, were giving traditional simultaneous exhibitions to a bunch of kids. But victories did not come easily. To their astonishment they piled loss upon loss.

Robert Wade of England was a typical victim. He suffered 20 defeats without a single victory when he took on a group of young Pioneers.

An exception to this syndrome of grandmaster defeat was America's Sammy Reshevsky 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

