

SCRABBLE®

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1st Letter Triple

RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 150-160

BEST SCORE 220

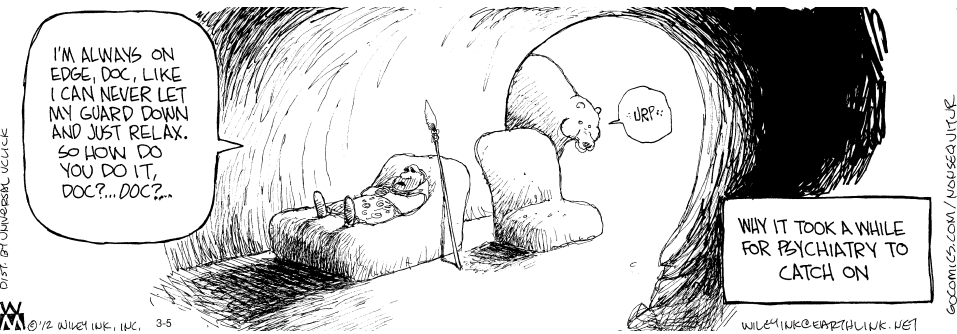
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

Answer below

For more information on tournaments and clubs, email NASPA - North American SCRABBLE® Players Association info@naspa-scrabble.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrags@gmail.com.

03-05

NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



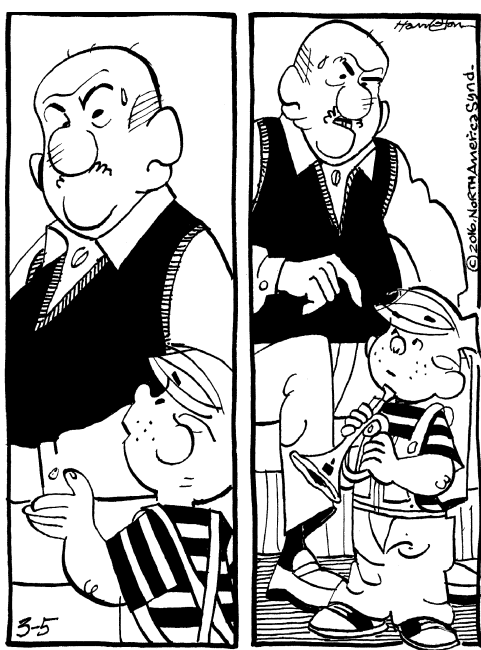
HI & LOIS by Chance Browne



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.

ESEGE

YONAN

SEWTEF

RIBGLE

Print your answer here:

Yesterday's Jumbles: YOUNG ERUPT CANVAS OPPOSE

Answer: With the ham and cheese omelets on sale, her breakfast was — "SAVE-ORY"

Zika virus; mindful eating for children

Q: My husband and I are trying to have a baby, and we live along the Gulf Coast. I am terrified that the Zika virus will get here and we won't know it! Should we put off trying to get pregnant? — *Susan G., Biloxi, Mississippi*



DOCTORS OZ AND ROIZEN

Cape Verde or anywhere else that the virus has been reported. Those precautions include using Environmental Protection Agency-certified insect repellants, sleeping under mosquito netting, staying indoors in air conditioning or in rooms with good screens, wearing long-sleeved tops and slacks, and wearing permethrin-treated items. And since the virus can be spread through sexual activity, you'll want to consider where your partner has traveled, and use a condom.

For most folks, the virus causes only minor symptoms,

so if you've traveled to an infected area and have fever, rash, joint pain or red eyes, get a blood test! Health officials need to know each case. Follow the CDC (www.cdc.gov/zika) for the latest information.

Q: My pediatrician says I have to help my 7-year-old son lose weight and keep it off. But I can't make him eat food he doesn't like, and I can't make him play baseball or swim if he says he isn't interested. What can I do? — *Kesha J., Nashville, Tennessee*

This is a problem facing many parents, and solutions often are elusive, but you do need to do something about it. Around 70 percent of overweight kids have one cardiovascular risk factor, such as high blood pressure or elevated lousy LDL cholesterol, and 39 percent have two or more.

They're also prone to Type 2 diabetes, asthma, sleep apnea and fatty liver disease.

Now, how to help him get to a healthy weight and stay there? Set an example: Serve and eat only fresh fruits and vegetables, unprocessed foods, and cut out all added sugars, syrups, trans fats and most foods with saturated fats.

Teach mindful eating. Here are the steps, but don't force them. Dish up a healthful dinner. Then say in a calm tone, for example: What shape is your spinach? What color? Don't object if you get a sassy answer, just go with the flow. Then have him place the food in his mouth and notice changes on his tongue. Then, while chewing slowly, ask him to notice how the food tastes and to calmly feel it going down as he swallows.

Do that once at every meal until the steps become a habit. And try it yourself. You'll be surprised at what you've been missing in every bite.

Chess

by Shelby Lyman

"Is chess a spectator sport?" This was not a common view held by the average American in 1972 who felt watching a chess game was like watching paint dry or grass grow.

Sports writers were more appreciative, but they often caviled at the notion of designating the game as a "sport."

But the Fischer-Spassky Match of 1972 proved that it clearly can be.

Recently I met a semi-retired, 58-year-old man who recalled his first encounter with chess as a kid.

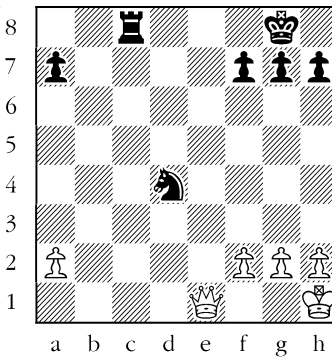
"I ran home every day after school to watch the end of the Fischer-Spassky games on television. Some days I skipped school to watch them from move one," he told me.

Two years ago I talked to a computer specialist who had basically the same story to tell.

Wonderful, I thought, as I listened to each, they were obviously captivated by the intricacies and beauty of the game.

In fact, when questioned, each was focused on the U.S. player Bobby Fischer beating the "Commie" Boris Spassky. They were fascinated by the chess, too. But winning came first.

Yes, our primary interest in sports and life in general is to have our potential winners come through for us. Not such a big surprise.



BLACK TO PLAY

Below is a win by Viswanathan Anand against Levon Aronian from the Zurich Chess Championship in Zurich, Switzerland.

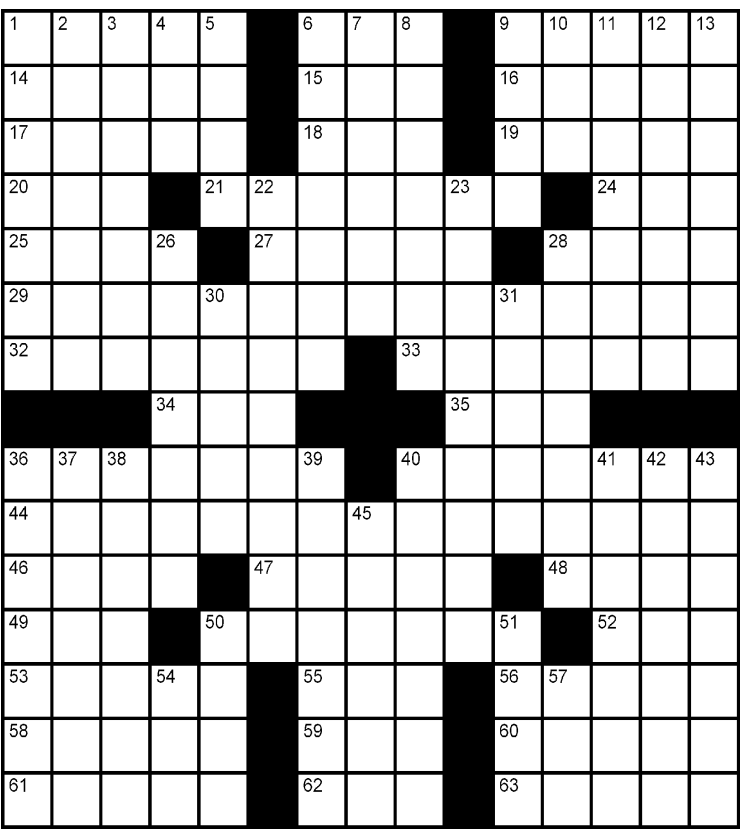
Anand	Aronian
1. e4	e5
2. Nf3	Nc6
3. Bb5	Nf6
4. Nc3	Bd6
5. O-O	O-O
6. d3	Re8
7. a3	h6
8. Be4	Bc5
9. Be3	Bxe3
10. fxe3	d6
11. Nh4	Be6
12. Nf5	Bxc4
13. dxc4	Kh7
14. Qf3	Nb8
15. Nxb6	Kxb6
16. Qh3ch	Kg6
17. Rf3	Nh5
18. Rf5	Nf6
19. Qh4	Black Resigns

SOLUTION TO BEGINNER'S CORNER: 1. ... Ne2! threatens ... Rc1 (winning the queen). If 2. Qxe2, ... Rc8ch with mate to follow.

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 Measuring instrument
- 6 Mil. honor
- 9 Irish police
- 14 French historian
- 15 Seventh Greek letter
- 16 Relating to a pelvic bone
- 17 Specter from PA
- 18 Vietnamese New Year
- 19 Pierre's book
- 20 Weeder's implement
- 21 " and Heloise"
- 24 Nth: abbr.
- 25 Gray and Candler
- 27 Slangy Mexican interjection
- 28 Zeno of
- 29 Household expense
- 32 Gregory Nava film of 1983
- 33 Former orphan
- 34 Slangy negative
- 35 Stevedores' org.
- 36 Those lacking pigmentation
- 40 Removes stitches
- 44 Devour visually
- 46 Entertainer Nina
- 47 Superman's adoptive parents
- 48 Actress Petty
- 49 Bus. ltr. abbr.



Visit: ADailyCrossword.com

- 50 Former Russian system
- 52 Part of MD

- 53 Small silver salmon
- 55 Alternative to KS
- 56 Val d'
- 58 Halloween option
- 59 Freudian self
- 60 Flynn of Hollywood
- 61 Pillages
- 62 Excite
- 63 Impertinent

DOWN

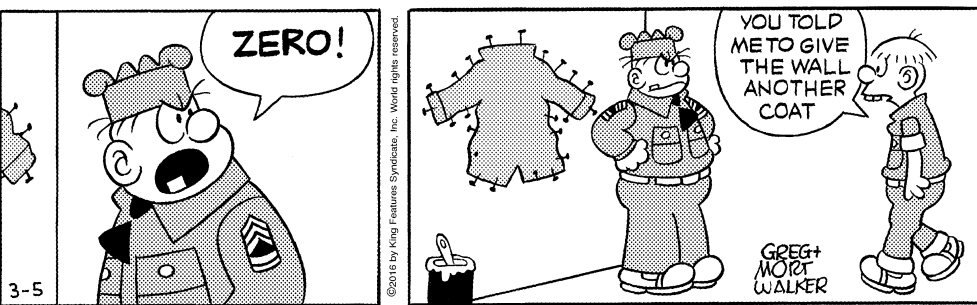
- 1 Gloria of "The Bad and the Beautiful"
- 2 Spray type
- 3 Wipe from memory
- 4 Go, in Linlithgow
- 5 Sicilian resort town
- 6 Cleanse
- 7 Inscribed stone slabs
- 8 Indian bean tree
- 9 Cover with a thin gold layer
- 10 Clay, nowadays
- 11 Small stream
- 12 One of Roseanne's TV kids
- 13 Clear plastic material
- 22 Pole-handled tools
- 23 Set state
- 26 Rocky
- 28 Select as prospective jurors
- 30 Acknowledge
- 31 Like eggs
- 36 Bears upon
- 37 "Fidelio" soprano role
- 38 Of riotously drunken merrymaking
- 39 One gym shoe
- 40 Peter of "Spartacus"
- 41 Chemically similar substances
- 42 Matadors
- 43 In a derogatory manner
- 45 Infuriate
- 50 Tongue-clicking sounds
- 51 van der Rohe
- 54 End of a hill?
- 57 Malaga Mrs.

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

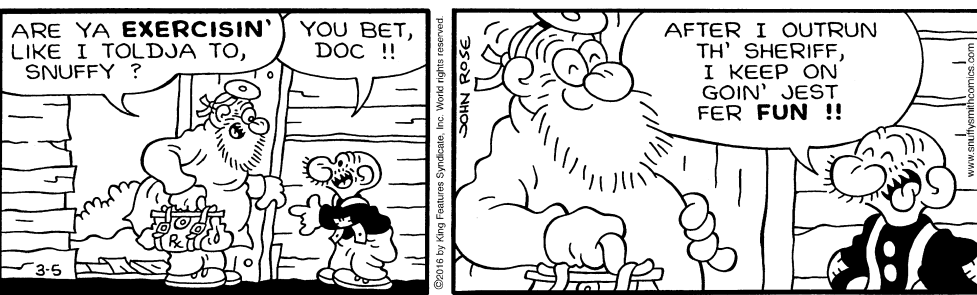
Scrabble Solution

PAR SCORE 150-160	TOTAL
80	80
64	64
11	11
66	66

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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

Difficulty Level ★★★★★