SCRABBLE GRAMS

Hasbro and it's logo, SCRABBLE, the associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada.© 2016 Hasbro. All rights reserved. Distributed by Tribune Content Agency LLC.

A1	I1	O1	W4	R1	N1	B3	1st Letter Double	RACK 1
E1	O1	U1	P3	L1	B3	N1		RACK 2
A1	E1	Y4	D2	R1	G2	G2		RACK 3
A1	I1	O1	R1	B3	Z10	R1	Triple Word Score	RACK 4

PAR SCORE 145-155
BEST SCORE 240

FOUR RACK TOTAL _____
TIME LIMIT: 20 MIN

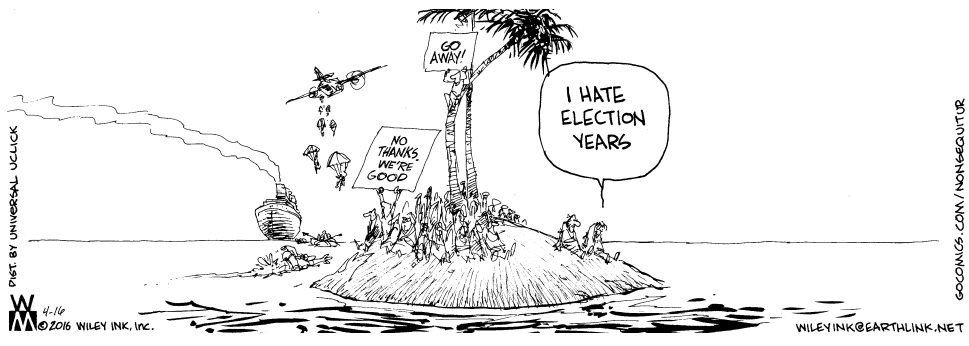
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 5th Edition.

Answer below

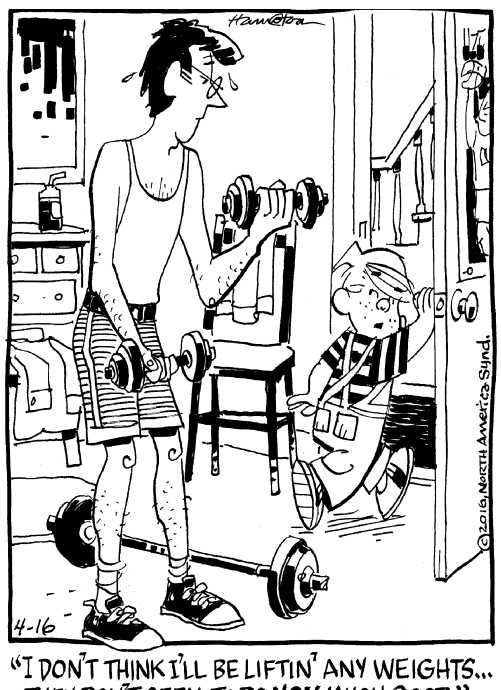
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

04-16

NON SEQUITUR by Wiley

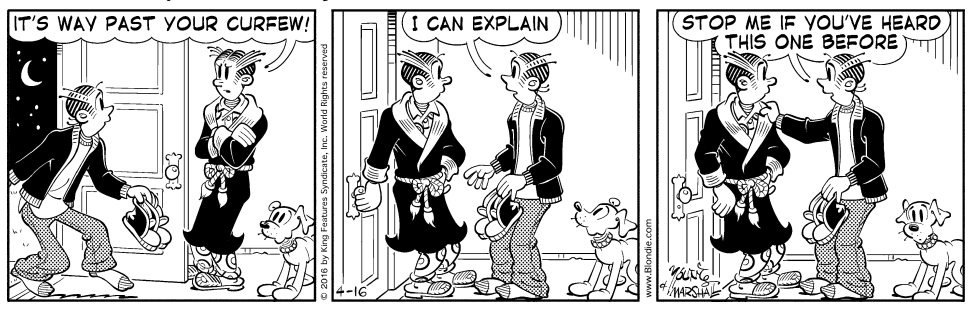


DENNIS THE MENACE by Hank Ketcham



"I DON'T THINK I'LL BE LIFTIN' ANY WEIGHTS... THEY DON'T SEEM TO DO *YOU* MUCH GOOD."

BLONDIE by Dean Young and John Marshall



JUMBLE

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

NAYLM

TIDOT

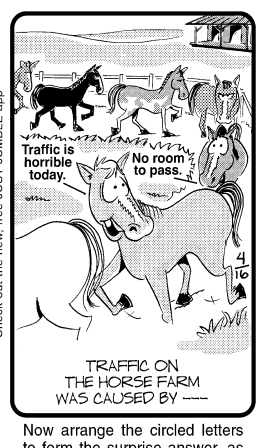
SPWIRA

YOGAVE

©2016 Tribune Content Agency, LLC All Rights Reserved.

Check out the new, free JUST JUMBLE app

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek



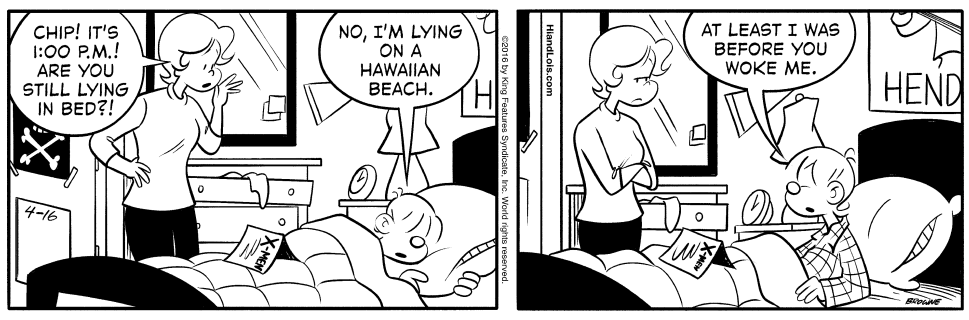
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

"_____ - _____"

(Answers Monday)

Yesterday's Jumbles: WEARY RIGID SYNTAX CAUGHT
Answer: What does your money become when you combine "THE" and "IRS"? — THEIRS

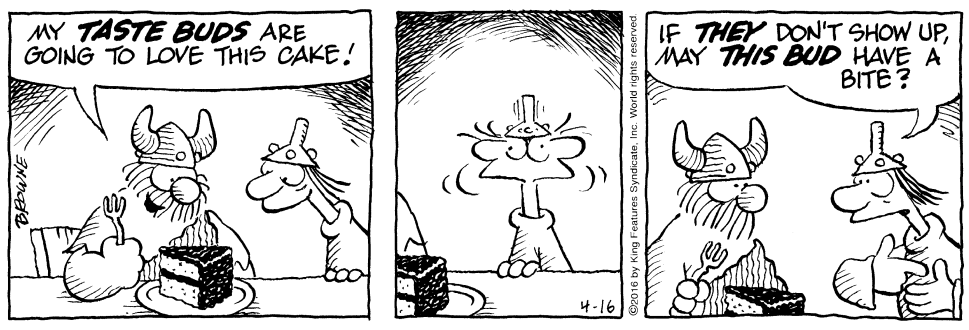
HI & LOIS by Chance Browne



THE FAMILY CIRCUS by Bil Keane

"You just get a hug this morning, Daddy. Kisses are too rough."

HAGAR THE HORRIBLE by Chris Browne



Don't combine chemo, herbal remedies

Q: My sister-in-law was diagnosed with ovarian cancer, and she says she's going to drink all these herbal teas and go on a special anti-chemo diet to reduce the side effects of treatment. Smart? Not smart? — *Casey, S. Cincinnati*

Your sister-in-law or anyone getting cancer treatment shouldn't go on a special diet or take supplements until she talks to her oncologist.

Alternative and adjunct treatments that include music therapy, meditation, whatever exercise she can muster, group therapy, stress management techniques and acupuncture/acupressure are beneficial for someone going through cancer treatment. They ease stress and help keep a positive outlook, which is helpful for quality of life and perhaps to enhance treatment outcomes. But as far as adopting a special diet, using herbs or taking supplements goes, that needs to be cleared with her treatment team.

DOCTORS OZ AND ROIZEN

A recent study of herbs used in the Middle East by cancer patients found that many are directly toxic and others alter the pharmacodynamics of treatments so drugs don't work like they're supposed to. And a 2011 paper from Northwestern University says that common supplements such as acai berry, cumin, herbal tea, turmeric and long-term use of garlic may weaken or ramp up chemotherapy drugs. St. John's wort may interfere with the efficacy of some chemo.

Bottom line? She should consider working with a dietician, take advantage of in-house integrative treatment programs that many cancer treatment centers offer, and follow her oncologist's recommendations.

Q: I am 60 and concerned about developing Alzheimer's disease. My grandfather and aunt had it. What can I do to reduce the risk? — *George L., Saugerties, New York*

Although you've seen it in some family members, it isn't necessarily in your future. Familial Alzheimer's accounts for less than 5 percent of cases. Other forms of the disease may be influenced in part by genes, but not caused by them. And you can modify many risk factors for Alzheimer's and dementia by managing your stress response, upgrading your diet and getting more physical activity, as well as by controlling your exposure to toxins.

In fact, the latest research shows that lifestyle choices, that is to say specifically physical activity and education, are effective ways to protect cognitive powers well into old age. They help prevent chronic inflammation triggered by everything from obesity to gum disease, keep oxygen levels high, neurons firing and blood flowing smoothly.

Canadian researchers, in the journal Neurobiology of Aging, report that your brain age can be a lot younger than your chronological age if you take flights of stairs every day and pursue educational activities.

But all kinds of aerobic activity — walking, gardening, dancing — can protect cognition. Tracking 876 patients in the 30-year Cardiovascular Health Study, researchers found that virtually any type of aerobic activity can improve brain structure and cut the risk of Alzheimer's in half!

Chess

by Shelby Lyman

It should be a signature chess event.

A 12-game world championship match in which Magnus Carlsen of Norway will defend his title against Sergey Karjakin of Russia. The match — organized by AGON corporation — is set for November 11 through 30 in New York City.

At 12 years of age, Karjakin became the youngest ever to earn the grandmaster title — a unique status he still maintains.

Carlson boasts a 40 point advantage in International rating points, a modest spread in such dynamic encounters.

More important, they have played a telltale sum of 19 games against each other, three of four decisive in favor of Carlsen, the remaining 15 drawn — the numbers, a sign of proximate equality.

After discovering chess at the age of five, Karjakin immediately understood it would be central to his life. Carlsen approaches it with no less fervor.

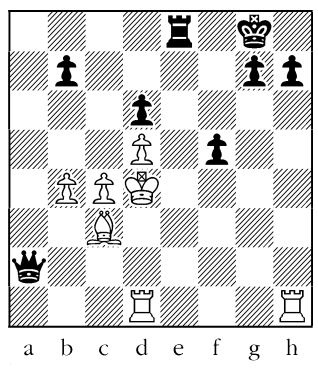
The latter is known for his insatiable desire to win. Typically, he presses forward relentlessly, hardly allowing his opponent to catch his breath.

He admittedly imitates Bobby Fischer who put his trademark on this kind of play.

Karjakin is no patsy himself.

In his last game in the qualifying Candidates match — playing aggressively for the win — he defeated Fabiano Caruana of the U.S. with a bold but risky central thrust which turned the tables in his favor, earning the right to play for the title.

Below is a win by Fabiano Caruana against Viswanathan Anand from the FIDE Candidates tournament in Moscow, Russia.



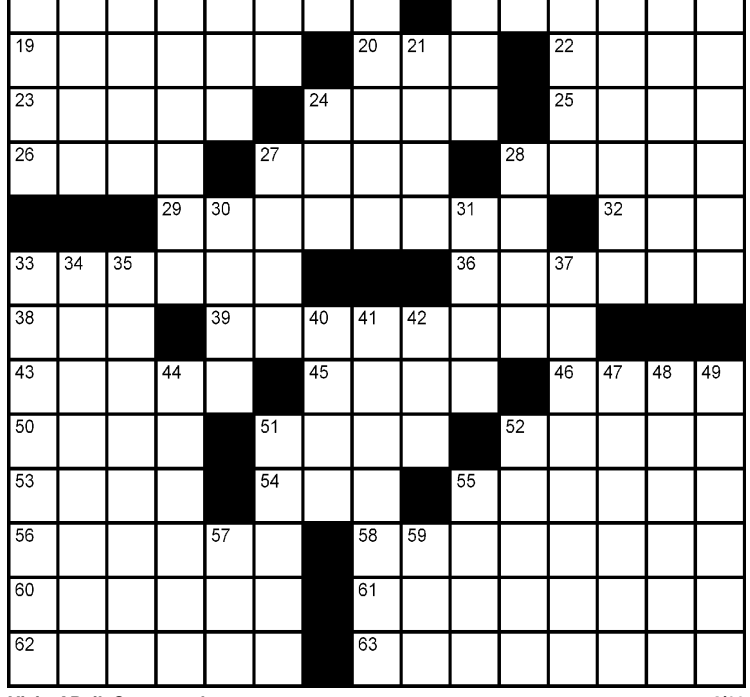
BLACK MATES IN 2

Caruana	Anand
1. c4	e5
2. Nc3	Nf6
3. Nf3	Nc6
4. g3	Bb4
5. Bg2	O-O
6. O-O	e4
7. Ng5	Bxc3
8. bxc3	Re8
9. f3	exf3
10. Nxf3	d5
11. d4	dxc4
12. Qc2	h6
13. Bf4	Ne4
14. R(a)d1	Bf5
15. Ne5	Nd6
16. e4	Bh7
17. Qe2	Ne7
18. Bxh6	gxh6
19. Qh5	N(e)f5
20. exf5	Qg5
21. Qxg5ch	hxg5
22. f6	Ne4
23. Rfe1	Nxc3
24. Rc1	Nb5
25. Bxb7	R(a)d8
26. Bc6	Nxd4
27. Bxe8	Rxe8
28. Kf2	Nc2
29. R(e)d1	Be4
30. Nxc4	Re6
31. Rd8ch	Kh7
32. Kg1	Rxf6
33. Rf1	Black resigns

SOLUTION TO BEGINNER'S CORNER: 1. ... Re4ch! 2. Kd3 Qe2 mate.

The Daily Crossword

Edited by Wayne Robert Williams



Visit: ADailyCrossword.com 4/16

ACROSS
1 Moveable containerful
9 Sandinista leader Daniel
15 Cute and cuddly
16 Hit the hay
17 Official witnesses
18 Ancient German
19 Dwellings
20 Eastern way
22 "Whip It" group
23 French fathers
24 Boxlike vehicles
25 Biting insect
26 "Put a tiger in your tank" company
27 Red root veggie
28 Prudential competitor
29 Anterior appendage
32 Tolkien's talking tree
33 Smother
36 Kiwi's neighbor
38 Moppet
39 Burt Lancaster movie "From Here to __"
43 Sharif and Bradley
45 Real cad
46 Greet the judge
50 Burrowing garden pest
51 Enclosed conduit
52 Santa Maria and Nina's sister ship
53 Dry
54 Ulan-__, Russia
55 Oil-painting surface
56 Hold gently
58 Painstaking
60 Equitable
61 Dissipate like vapor
62 Rapiers and cutlasses
63 School period

DOWN
1 Hors d'oeuvre
2 Sun-dried bricks
3 Helicopter parts
4 One-for-one deal
5 Household gods of ancient Rome
6 Japanese sashes
7 Fermented beverage
8 19th-century French writer
9 Preminger and Graham
10 Regard with regret
11 Plod
12 Political understandings
13 Italian poet Boccaccio
14 Comment in the margin
21 Prefix with trust or matter
24 Neckline style
27 One of the Mavericks
28 Be up against
30 Corrida cheers
31 Flexible armor
33 Shows intestinal fortitude
34 Procrastination time
35 Bologna tongue
37 Medical instruments
40 Barak of Israel
41 Withdraws
42 Fisherman's profit?
44 More embarrassed
47 Commit one's capital
48 Posture
49 Chilean island
51 Tunes for two
52 "Common Sense" writer
55 Burrowing mollusk
57 Dr. Leary's acid
59 __ had it up to here!

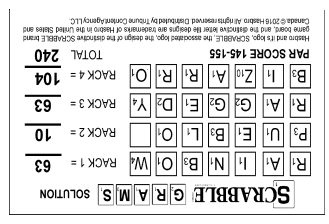
Yesterday's Puzzle Solved

S	P	C	A	■	A	S	I	N	■	D	I	G	I	N
O	B	I	T	■	C	A	S	A	■	I	N	A	N	E
P	A	R	T	I	C	L	E	P	H	Y	S	I	C	S
■	■	■	N	O	U	V	E	A	U	■	U	N	I	T
R	C	T	■	T	S	E	■	■	M	R	M	O	T	O
C	H	E	L	A	E	■	S	P	A	Y	■	N	E	R
M	I	R	A	■	■	O	P	E	N	U	P	■	■	■
P	A	R	T	H	E	N	O	G	E	N	E	S	I	S
■	■	■	E	A	T	E	R	S	■	■	R	I	C	O
E	D	A	■	T	H	A	T	■	S	M	I	T	E	R
L	I	S	T	E	N	■	■	O	H	M	■	U	T	A
A	L	T	I	■	I	R	K	S	O	M	E	■	■	■
P	A	R	T	I	C	U	L	A	R	I	T	I	E	S
S	T	A	L	E	■	D	E	K	E	■	A	R	I	A
E	E	L	E	R	■	Y	E	A	S	■	L	A	D	Y

4-15

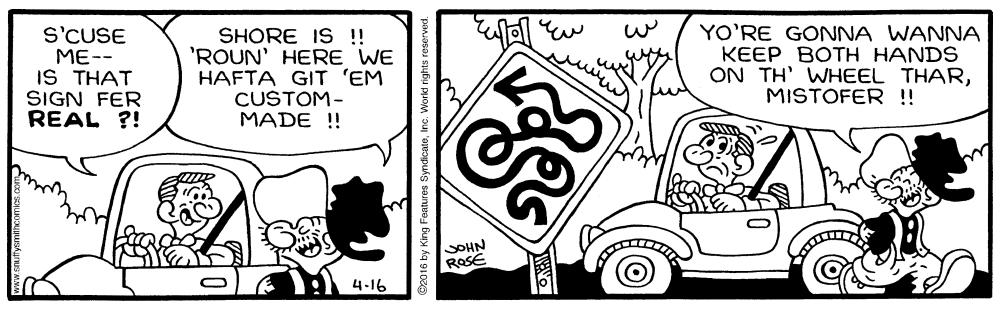
© 2016 Crosswords WRW
All rights reserved

Scrabble Solution



BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★★★★ 4/16

©2016 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

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

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

Difficulty Level ★★★★ 4/15

©2016 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.