

SCRABBLEGRAMS

Hasbro and its 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.

E1E1I1Z1N1N1D2

Triple Word Score

A1I1Y4W4D2R1T1

RACK 2

A1A1Y4F4W4H4L1

3rd Letter Double

E1I1T1F4R1S1B3

RACK 4

PAR SCORE 155-165

FOUR RACK TOTAL

BEST SCORE 246

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. "Blank" used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 5th Edition.

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

04-30

NON SEQUITUR by Wiley

SO WHO DO YOU THINK WILL GET IT?

HAHD T' SAY, BUT I'M GUESSIN...

HEY! NO STUPID POLITICS!

...EITHAA GLENN OR ABRAHAM

WAIT... WHAT'RE YOU TALKIN' ABOUT?

THE "WALKING DEAD" CLIFF-HANGER

OH...OK...THAT FALLS OUT OF THE RANGE OF STUPID POLITICAL TALK...

...BUT IF YOU SAID "DARIL", THAT'D JUST BE CRAZY TALK!

OH, DON'T EVEN GO THERE!

BLAS-PHEM!

BLONDIE by Dean Young and John Marshall

I'M WITH THE POWER COMPANY

I'M HERE TO DO A FREE ENERGY ASSESSMENT ON YOUR HOME

YOU CAN START RIGHT HERE WITH HIM

HI & LOIS by Chance Browne

ARE WE THE FIRST ONES HERE?

YES, COME IN.

I JUST HAVE TO FINISH A FEW THINGS IN THE KITCHEN BEFORE THE OTHER GUESTS ARRIVE.

I TOLD YOU. "ON TIME" IS UNFASHIONABLY EARLY.

HAGAR THE HORRIBLE by Chris Browne

I'M BACK FROM PLUNDERING THE RICH SULTAN OF PERSIA!

DID YOU GET ENOUGH?

THERE'S NEVER ENOUGH!

I'LL BE THE JUDGE OF THAT!

DENNIS THE MENACE by Hank Ketcham

"I SUPPOSE YOU LIKE LIVING IN A PIGSTY."

"OINK!"

THE FAMILY CIRCUS by Bil Keane

4-30

© 2016 Bil Keane, Inc. Dist. by King Features Synd. www.familycircus.com

"HE COULD USE A BROOM, BUT THEN NOBODY WOULD KNOW HE WAS WORKING!"

JUMBLE

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

TAIRO

GITDI

TAHYAP

SUIFEN

Answer here:

Yesterday's Jumbles: BRAWL GLAND APIECE OBLIGE Answer: The crane loved her new phone and really enjoyed the — CALL "WADING"

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

This garbage can was supposed to be the best.

What a mess!

I can't believe they throw this away!

THEY THOUGHT THEIR NEW GARBAGE CAN WAS ANIMAL-PROOF, BUT THE ANIMALS —

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

(Answers Monday)

Ultra-processed foods; NSAIDs facts

**Q:** I keep hearing that you should eat only unprocessed foods, but aren't canned soups, oils, even applesauce processed? Exactly what's wrong with processed foods anyway? — *Andrea Z., Denver*

That's a great question! Unprocessed foods are fresh veggies and fruits and whole grains. They contain the most nutrients and no harmful additives. But there are healthy minimally processed foods — nonfat Greek yogurt, steel-cut oats, walnut oil, salmon filets or frozen veggies, for example — that are altered in one way or another and still have a place in a heart-lovin,' anti-inflammatory diet.

But foods that are processed with added sugars or syrups or trans fats up your risk for heart disease, some cancers, obesity, diabetes, depression, dental woes and dementia.

And then there's ultra-processed foods: foods that have ingredients never found natu-

DOCTORS OZ AND ROIZEN

rally in any food! These foods, says a new study published in The BMJ, make up 58 percent of Americans' daily calories and include "flavors, colors, sweeteners, emulsifiers and other additives ... added to the food product to imitate the taste, smell and/or texture ... [and] to disguise undesirable qualities of the final manufactured food product."

If you eliminate calorie-dense, nutritionally vacant, chemical-laden foods from your diet, you'll be able to enjoy fresh, tasty, wholesome treats and live a longer, healthier, happier life.

**Q:** I'm taking non-steroidal anti-inflammatory drugs for chronic arthritis pain. Now I hear they might be dangerous. What should I do? — *Michelle J., Biloxi, Mississippi*

Fortunately there are many ways to reduce or eliminate chronic arthritis pain. Lifestyle changes, including losing weight, getting 30-60 minutes of aerobic activity five days a week, and two session of strength training weekly, ease joint pain for almost everyone. Alternative therapies such as DHA-omega-3s and omega-7 supplements, glucosamine, chondroitin sulfate and ASU (avocado soybean unsaponifiable), massage, acupuncture and meditation also ease pain and reduce stress from pain. Sometimes surgery (on knees or hips) is the best solution. And sometimes you just need to take a pain reliever.

Chess

by Shelby Lyman

However, there's a lot of new info on the cardiovascular dangers of the often-used pain relievers called nonsteroidal anti-inflammatory drugs, or NSAIDs, including COX-2 inhibitors.

Nonetheless, COX-2 inhibitors are prescribed often for arthritis pain. Ibuprofen and naproxen may also be prescribed in doses higher than what's available over the counter. They all increase the risk for heart attack or stroke for anyone with high blood pressure, Type 2 diabetes, elevated triglycerides, for anyone who smokes, is overweight, physically inactive, takes aspirin regularly, has a family history of early heart disease or had preeclampsia while pregnant!

Your best move is to work with your doctor to establish an exercise, supplement and meditation regimen to ease pain-amplifying stress. If you don't get enough relief, joint replacement surgery may be for you.

Because top sports are so much about winning, the competitive aspect dominates discussion. Money is where the winners and large audiences are to be found.

Play seems to be a category occasionally mentioned, but no more.

I was surprised to happen on the following description of Dennis Rodman by Phil Jackson in his basketball bestseller "Eleven Rings": "He was so uninhibited and joyful when he stepped on the floor, like a boy discovering how to fly. On some level I told the other coaches he reminded me of me."

Jackson described Shaquille O'Neal in a similar vein. Because these are big stars blessed with the bounty of success, their attitude is hardly seen as frivolous.

It might be that in the heart of every great sportsman, the play element is no less if not more essential than many of the other factors that drive their success.

No one can doubt the playfulness of Muhammad Ali. It seemed to assert itself in virtually all contexts. But recently Magnus Carlsen, a seeming opposite, who often presents a severe competitive persona in interviews, implied that play and the sheer fun of it are his starting points for sitting down at the chessboard.

Bobby Fischer, whom Carlsen tries to emulate, was turned on by the play element.

He sometimes seemed reluctant to conclude a winning game because he was engaged in it for

8

7

6

5

4

3

2

1

a

b

c

d

e

f

g

h

BLACK TO PLAY

its own sake.

Below is a win by Hikaru Nakamura against Levon Aronian from the Zurich Opening Blitz tournament.

Nakamura

Aronian

1. e4

e5

2. Nf3

Nc6

3. Bb5

Nf6

4. d3

Bd6

5. c3

O-O

6. O-O

Re8

7. N(b)d2

a6

8. Ba4

b5

9. Bc2

Bf8

10. Re1

d5

11. a4

Bb7

12. h3

h6

13. exd5

Qxd5

14. b4

Qd7

15. Ne4

Nd5

16. Bb3

R(a)d8

17. axb5

axb5

18. Bxc6

Nxc3

19. Nxc3

gxh6

20. Ne4

Be7

21. Nh2

d4

22. Ng4

Kg7

23. Nxe5

Qf5

24. Ng3

Qg5

25. Nxf7

Qg6

26. Nxd8

Bxd8

27. Rxe8

Black resigns

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 Roomers
- 8 Pale and wan to the max
- 15 Like a trans-Atlantic flight
- 16 Marvel Comics man
- 17 Divides into two equal parts
- 18 Like turkey necks
- 19 Newsroom big wigs
- 20 St. Louis skyline feature
- 21 Segment of history
- 22 Broadcasting
- 26 Even more culpable
- 30 Safe and sound
- 31 Silly goose
- 32 Obstacles
- 34 Fortuneteller's card
- 35 Harvest
- 37 Gain time
- 39 Childhood prohibition
- 40 Man from Manila
- 42 Slammin' Sammy
- 44 Sugarloaf loc.
- 45 Green fruits
- 47 Twice-baked bread
- 49 Short-lived things
- 51 Gaming cube
- 52 Shiny silica mineral
- 53 "\_\_\_, Martin and John"

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

56

57

58

59

60

61

62

63

64

Visit: [ADailyCrossword.com](#)

4/30

- 57 Of a single-celled organism
- 60 Spanish marauder

DOWN

- 1 Place for an earring
- 2 "Ars Amatoria" poet
- 3 Lucy's husband
- 4 Fairy-tale girl
- 5 Accompanies
- 6 Gets back into shape
- 7 Talk back
- 8 Egyptian dam
- 9 Gets off the ground
- 10 Tomahawk
- 11 Wrapped up
- 12 Architectural add-on
- 13 Bishop's jurisdiction
- 14 Kennedy or Turner
- 22 Sheer, stiff fabric
- 23 Goddess of the dawn
- 24 Bittersweet, perhaps
- 25 Captured back
- 26 Parking structure
- 27 Consumes completely
- 28 O.T. prophet
- 29 Roadside diner sign
- 33 Whole lot
- 36 Walkway
- 38 Exposed
- 41 Windhoek's location
- 43 Ill-starred lady of Celtic legend
- 46 Reciprocal of a cosine
- 48 Porter
- 50 Mountain division
- 53 Woe is me!
- 54 Stockings
- 55 Uninvited picnic guests
- 56 Jumble
- 57 What summers do?
- 58 Worldly West
- 59 Hold the title to

Yesterday's Puzzle Solved

BAINES

UNBOLT

DISNEYLAND

GLEECLUBS

EEN

DIO

ORIENTS

LOSS

DIS

LOPEZ

PERLO

DOSS

ST

EEG

LAND

CLUBS

TUNA

STER

SEE

REMOVES

RDS

RY

LOU

IS

ADDS

DI

ISNT

PECKS

EHUD

RCT

VILA

ITEMS

ANCE

NHS

ONEAL

HABLE

ESAYS

4-29

Scrabble Solution

PAR SCORE 155-165

FOUR RACK TOTAL

246

8

62

70

13

101

SCRABBLEGRAMS

BEETLE BAILEY by Mort Walker

WHERE'S THE CHEESE?

OH, YOUR DOCTOR CALLED

AND DON'T FORGET TO GET THE CAR FIXED

WHAT ARE YOU DOING TODAY?

SNUFFY SMITH by Fred Lasswell

WHAT'S THIS, PARSON?

THEY'VE COME FULL CIRCLE !!

Conceptis Sudoku

6

7

1

2

4

8

6

3

4

9

5

1

2

6

3

3

9

8

2

5

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

1

4

5

2

9

3

7

6

8

2

6

7

4

1

8

3

5

9

8

9

3

5

6

7

4

1

2

6

3

5

8

7

9

6

4

2

5

8

1

2

5

9

4

7

5

8

4

9

7

1

2

3

6

7

4

5

8

9

1

2

5

7

5

8

1

2

4

6

9

3

9

2

1

3

5

6

8

7

4

Difficulty Level ★★★★★

© 2016 Crosswords WRW All rights reserved

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