

SCRABBLEGRAMS

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A<sub>1</sub>E<sub>1</sub>E<sub>1</sub>F<sub>4</sub>L<sub>1</sub>M<sub>3</sub>T<sub>1</sub>

RACK 1

A<sub>1</sub>E<sub>1</sub>I<sub>1</sub>U<sub>1</sub>L<sub>1</sub>B<sub>3</sub>F<sub>4</sub>

3rd Letter Triple

E<sub>1</sub>I<sub>1</sub>O<sub>1</sub>U<sub>1</sub>S<sub>1</sub>D<sub>2</sub>V<sub>4</sub>

Double Word Score

A<sub>1</sub>A<sub>1</sub>E<sub>1</sub>D<sub>2</sub>R<sub>1</sub>W<sub>4</sub>D<sub>2</sub>

RACK 4

PAR SCORE 150-160

FOUR RACK TOTAL

BEST SCORE 213

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.

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.

05-07

NON SEQUITUR by Wiley

YES, LARRY... I KNOW I'M THE ONE WHO SAID WE NEED FULL DISCLOSURE BETWEEN DEPARTMENTS, BUT...

WHY LITERALISTS NEED AN INTERPRETER

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WILEYINK@EARTHINK.NET

BLONDIE by Dean Young and John Marshall

I WENT TO MY HIGH SCHOOL REUNION LAST NIGHT

I DIDN'T RECOGNIZE ANYONE!

WOW! DID THEY REALLY CHANGE THAT MUCH?

EITHER THAT OR I WAS AT THE WRONG REUNION!

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HI & LOIS by Chance Browne

WE'RE MAKING CARDS FOR MOTHER'S DAY.

YOU DIDN'T FORGET, DID YOU?

OF COURSE NOT.

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A PRESENT, FLOWERS, A CARD, FOOD FOR BREAKFAST AND DINNER...

MALL

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HAGAR THE HORRIBLE by Chris Browne

REMEMBER HOW YOU PROMISED ME I'D BE A LUCKY WOMAN IF I MARRIED YOU?

WELL, I HAVE A DIRT FLOOR!

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DID YOU NOT NOTICE THE FOUR-LEAF CLOVERS GROWING IN THAT DIRT?

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DENNIS THE MENACE by Hank Ketcham

5-7

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“BUT IF I LEAVE THE WRAPPER ON THE SOAP, IT’LL LAST LONGER.”

THE FAMILY CIRCUS by Bil Keane

5-7

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“I might need a shave too, Daddy. I think I feel some whispers right here on my chin.”

JUMBLE

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

SOYBS

LIXEE

LUDTON

WHERDS

Check out the new, free JUST JUMBLE app

Does it include the clubhouse, putting green, etc.?

Everything.

THE GOLF COURSE WAS FOR SALE THE OWNER WANTED TO SELL THE

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

(Answers Monday)

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

FOR SALE

THE GOLF COURSE WAS FOR SALE THE OWNER WANTED TO SELL THE

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

(Answers Monday)

Yesterday's Jumbles: STOMP PROOF ICONIC ANNUAL Answer: The math teacher was being reprimanded because of his — INFRACTIONS

Making life changes; high triglycerides

**Q:** I want to lose weight, stay more focused, eat better, get enough sleep and stop stressing. But I can't do it all at once. What should I do? — *Martin G., Miami*

When listing your goals like that makes it seem like too much to handle, relax. There's actually a good chance it's easier to make bundled changes than to string out individual changes over a longer stretch of time. For example, if you want to get more sleep and cut down your coffee habit to three cups a day, tackling both issues together increases the likelihood of a positive outcome for each goal.

And there's scientific confirmation: New research published in *Frontiers in Human Neuroscience* makes it clear that human beings seriously underestimate their ability to effect wide-ranging changes in their lives.

In the study, big changes happened to a group who

DOCTORS OZ AND ROIZEN

did two and a half hours of physical exercise daily, as well as an hour of mindfulness, and attended a 90-minute lecture on topics such as sleep, nutrition, exercise, mindfulness, compassion, relationships or well-being. After six weeks, participants showed significant improvement in strength, flexibility, cardio health, task focus, working memory, mood, life satisfaction and self-esteem. Wow!

How can you apply this to accomplishing your goals?

1. Don't go it alone. Group support reinforces determination.

2. Keep a daily log of food and alcohol consumption, workouts, hours slept.

3. Do at least one act of kindness daily. Being generous improves self-esteem.

**Q:** My triglyceride levels are high, but my doctor says not to worry; they'll come down when I take care of some other issues, like my high LDL cholesterol and high blood pressure. Shouldn't I do something? — *Jerry F., Denver*

When your doctor does a blood test to check your lipid levels, you get info on lousy LDL and good HDL cholesterol levels and triglycerides. We know high LDL levels can clog your arteries. Healthy HDL levels may help protect you from those cardiovascular risks. But triglycerides? Well, when you have elevated triglycerides (above 150

mg/dL), research shows that it's likely you also have insulin resistance, diabetes, metabolic syndrome, low high-density lipoprotein cholesterol, obesity and/or hypertension. Each of those conditions ups your risk for cardiovascular woes and other problems such as some cancers and dementia. Yet despite years of study, no one is 100 percent sure if elevated triglycerides are an indicator or a cause (we favor cause) of heart problems.

So yes, you should do something. Generally speaking, you don't need to take medication for elevated triglycerides. Instead you need to eliminate all processed carbs from your diet, and up your intake of DHA omega-3 fatty acids from fish such as salmon and through algal supplements (900 mg a day). Also, 10,000 steps a day and strength-training two to three days a week for 30 minutes will trim excess weight and metabolize lipids more effectively.

Chess

by Shelby Lyman

One word characterized Bobby Fischer's involvement in chess: "Immersion" — extraordinary, seemingly unparalleled immersion.

At the age of 12, he told Grandmaster Larry Evans that he thought about chess 24 hours a day consciously or subconsciously.

The reigning world champion Tigran Petrosian observed that during one chess Olympiad, Bobby spent more of his "free" time working on chess than the entire Soviet six-man team combined.

Famously, Bobby was willing to play spontaneous blitz games at tournaments, morning, noon or night. On one occasion he cancelled a plane trip at the last minute to engage in a session with the former world champion Mikhail Tal, whom he openly idolized.

From the moment he learned the moves he was hooked — playing games against himself when his sister Joan refused to play — later declaring, "We Fischers do not like to lose."

Who was favored in those solitary encounters of "Fischer One" versus "Fischer Two?"

Headstrong and precise as he was, it is unlikely he would yield easily to either incarnation. Frequent draws were a likely occurrence.

Bobby could not be swayed from his interest in chess despite considerable effort by his mother Regina.

Worrying at first about his seemingly bizarre obsession, she finally threw in the towel.

First, win the World Championship, she urged, then

WHITE TO PLAY

you can begin a normal life.

Below is a win by Hikaru Nakamura against Viswanathan Anand from the Candidates Tournament in Moscow.

Nakamura	Anand
1. c4	e5
2. Nc3	Nf6
3. Nf3	Nc6
4. g3	Bb4
5. Nd5	e4
6. Nh4	O-O
7. Bg2	d6
8. a3	Bc5
9. O-O	Re8
10. e3	g5
11. b4	Bb6
12. Bb2	Nxd5
13. cxd5	Nd4
14. d3	gxh4
15. dxe4	Ne6
16. dxe6	Rxe6
17. e5	hxg3
18. hxg3	Qg5
19. exd6	Rxd6
20. Qb3	h5
21. R(a)d1	Rh6
22. Rd5	Qe7
23. Qc4	Bg4
24. Qf4	Rg6
25. Re5	Qd6
26. Be4	Black resigns

**SOLUTION TO BEGINNER'S CORNER:** 1. Ne5ch Kf8 (or ... Kh8) 2. Ng6 mate.

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Big drinkers
- Leftover piece
- Not consumed
- British hospital worker
- City on the Snake River
- Calendar-watch abbr.
- Rimski-Korsakov's first name
- Sib of a sis
- Years of note
- Maori figurines
- Political takeover
- Earth tone
- Recline
- Mineo of films
- Afraid of one's own shadow
- Set right
- "Java" trumpeter
- Smoky bullet
- Hemophiliac
- Funeral vehicles
- Small change
- Old name of Tokyo
- A-Team actor
- Hurtin'
- Moves emotionally
- Rope fiber
- FDR program
- Glass and Roth
- Joey in Australia
- Inductive reasonings
- Class talk
- Cause to smell

Visit: ADailyCrossword.com

DOWN

- Semblance
- "... the Boardwalk"
- Don't hesitate
- Contemptuous exclamation
- Type of jacket or collar
- Supply with new equipment
- In a zigzag course
- One coming from behind
- Lanchester and Schiaparelli
- 2002
- Soundless agreement
- Hormone used for muscle growth
- Motilal or Jawaharlal of India
- Group of scouts
- Mischievous Norse god
- Hunger gratification
- Nose-and-throat problem
- Geeky individuals
- Go away quickly
- Short, sharp punch
- Less than chipper
- A1A, e.g.
- Cezanne's summer
- Professional charge
- Gen. units
- Changed bathroom walls
- Where earth and sky meet
- Portuguese Timor's capital
- Corner
- Fisherman's basket
- Possess jointly
- Black card
- Historic motor racing circuit
- Catcher Buster
- Danube tributary
- Put belowdecks
- Yada, yada, yada
- Tax grp.

Yesterday's Puzzle Solved

LBS	OPPOSE	FDIC
OYL	EARTH	RULE
GRAND	HOTEL	EDEN
IONE	MOI	TREAT
ANTWERP	LAYER	
	BOOTCAMP	ALG
DOMINEER	BORNEO	
EVOE	RAF	OCTO
JETSET	WORKSHOP	
ANESKIL	ODGE	
	LEMON	TABORET
OCHRE	SAP	LENO
SHEM	JAM	ICAINN
SELA	ANITRA	GUY
AWLS	REDHOT	NIS

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Scrabble Solution

PAR SCORE 150-160

FOUR RACK TOTAL

BEST SCORE 213

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05-07

BEETLE BAILEY by Mort Walker

MARTHA! I DIDN'T THINK YOU KNEW ANYTHING ABOUT BASEBALL

I DO NOW!

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THE CUTE GUY WITH THE NICE BEARD IS ARGUING WITH THE GUY IN TIGHT PANTS!

GREG! MORT WALKER

BUT WHAT'S THE SCORE?

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SNUFFY SMITH by Fred Lasswell

WHICH HAT SHOULD I WEAR, PAW ? TH' FLOWERS OR TH' FEATHERS ?!

THIS AIN'T 'ZACTLY MY LINE, MAW !!

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BUT I RECKON TH' FEATHERS TICKLE ME !!

JOHN ROSE

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Conceptis Sudoku

9 8 2 6 7 5 4 3 1

6 1 9 7 2 4 5 3 8

7 2 4 6 3 1 5 8 9

5 4 3 2 1 6 7 8 9

8 9 1 2 3 4 5 6 7

3 6 5 7 9 2 4 1 8

1 2 7 5 4 8 6 9 3

4 8 9 3 6 1 2 5 7

2 1 6 9 8 5 3 7 4

5 4 3 2 7 6 9 8 1

9 7 8 1 3 4 5 2 6

6 9 1 8 2 3 7 4 5

8 3 2 4 5 7 1 6 9

7 5 4 6 1 9 8 3 2

Difficulty Level ★★★★★

5/07

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

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

Difficulty Level ★★★★★



CLOSE TO HOME by John McPherson



"In just five days the sparrow should totally clear up your case of head lice."

# Mother wants to deflect rude question

Dear Abby: I need help developing a response to a very rude question. My daughter recently turned 13. It seems that every time we go to a gathering and the moms get together talking, someone will ask me if my daughter has gotten her period yet.

It isn't even a question from people I'm close with. She would be mortified if she knew that people were fixated on it.

What is a good way to reply that it is none of their business without seeming rude? — *Offended in N.Y.C.*

Dear Offended: My goodness, what a question. And from someone who is only an acquaintance. If the person is someone I don't know well, I would reply, "That's a personal, private matter between my daughter and me."

Or, if I was feeling mischievous, I might smile and say, "She hasn't had one for the last four months and it's beginning to worry me." (Just kidding.)



JEANNE PHILLIPS  
DEAR ABBY

Dear Abby: I am curious about your opinion on setting people up on dates. I am considering introducing one of my best friends, "Sierra," to my uncle "Wade."

Do you think it's a good idea to set a friend up with a family member? I'm worried if it doesn't work out that my friendship with her won't be the same. Your advice is greatly appreciated. — *Cupid in Peoria*

Dear Cupid: I don't think there are any hard and fast rules about this. If you think Sierra and Wade have enough in common that they would enjoy meeting each other, go ahead and introduce them.

If it works out — fine. If it doesn't, it shouldn't have a negative impact on your relationship with her. Personal chemistry is hard to predict, and if they are both mature individuals, neither should blame you if there isn't a "spark" between them.

Dear Abby: I'm a 16-year-old piano student. My piano teacher is a wonderful person and I enjoy taking lessons from her, but there is one problem: She is always late.

Usually it's 15 to 20 minutes, but other

times I might be kept waiting for an hour or more. She also switches my lesson because of her busy schedule, which means I have to forgo many activities at the last minute. I have never missed anything important, but still, I am annoyed when I have to miss something I was looking forward to for a piano lesson.

I'm not sure what to do. How should I tell her to start coming on time? I really don't want to find another teacher, but this is very annoying. — *Frustrated in Wisconsin*

Dear Frustrated: I don't blame you for being annoyed. Before your next lesson, talk with the woman and tell her how you feel about her inability to stay on schedule. She isn't your "friend"; she is paid for these sessions.

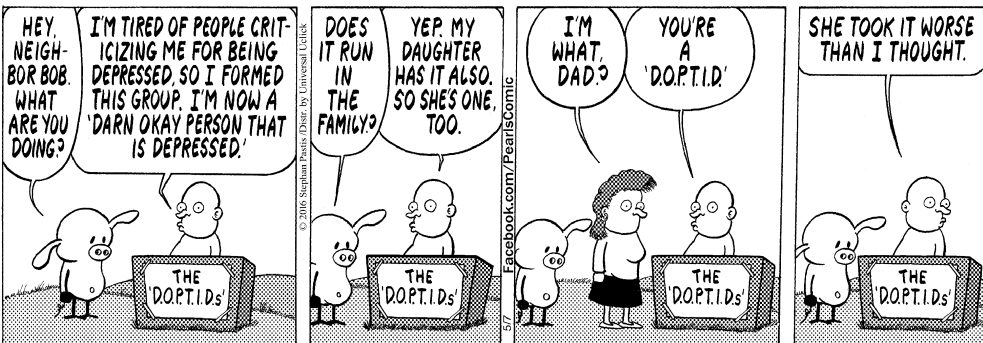
An occasional 15-minute wait is understandable; making someone wait an hour or more is inconsiderate and disrespectful. If she can't do better than this, you might be happier if you found another teacher, and she might be happier because she'll be less overscheduled.

Write Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

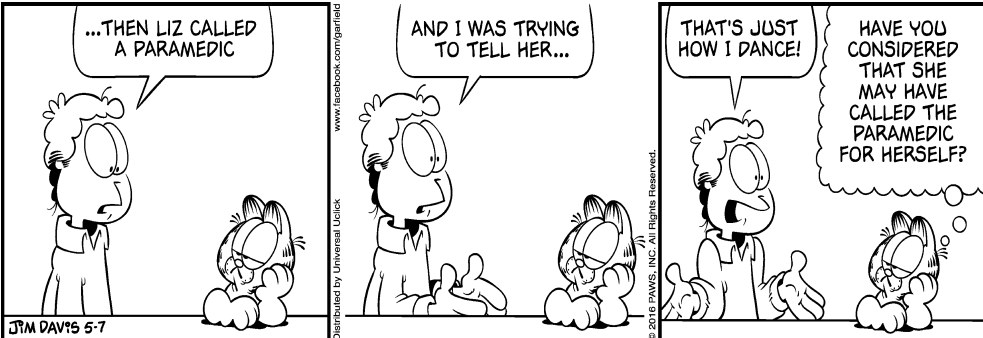
TUNDRA by Chad Carpenter



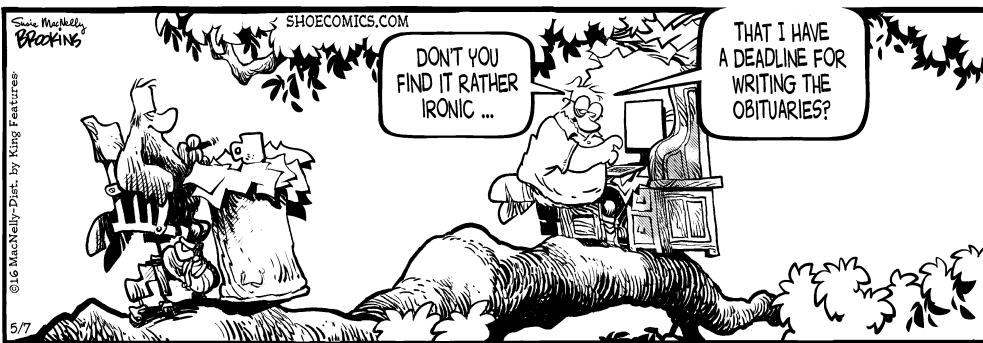
PEARLS BEFORE SWINE by Stephan Pastis



GARFIELD by Jim Davis



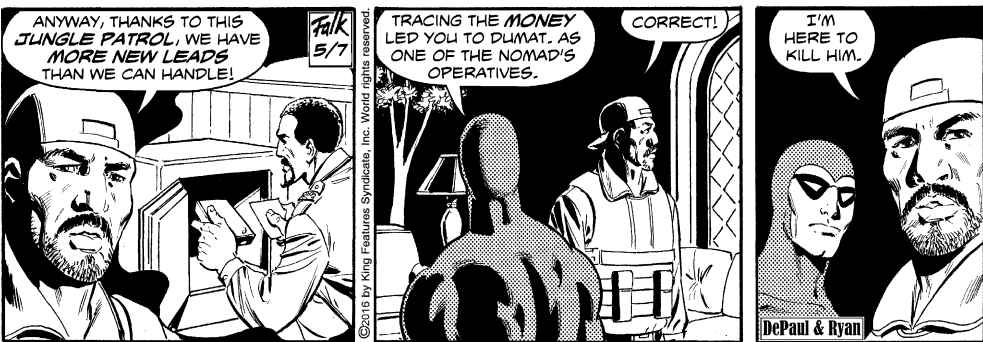
JEFF MACNELLY'S SHOE by Chris Cassatt and Gary Brookins



WIZARD OF ID by Brant Parker



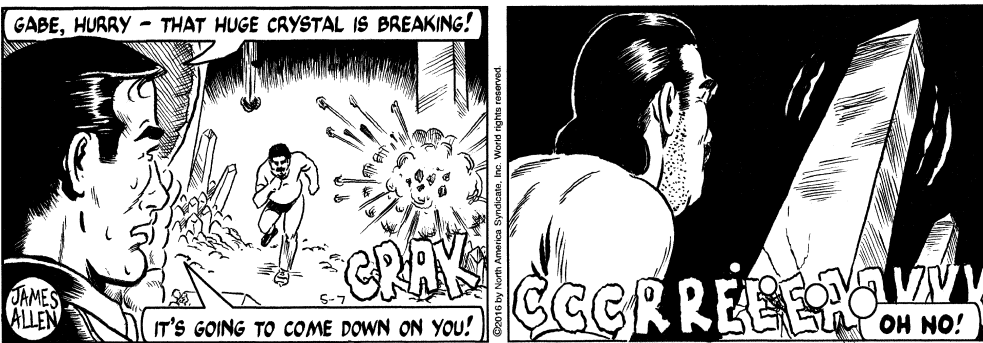
THE PHANTOM by Lee Falk



DILBERT by Scott Adams



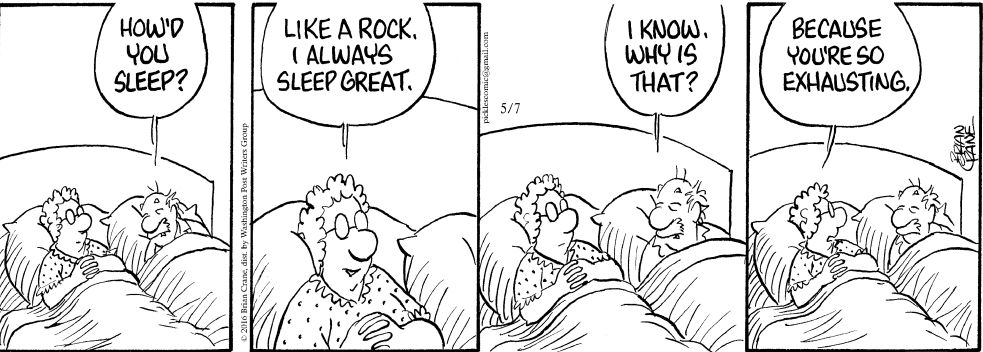
MARK TRAIL by James Allen



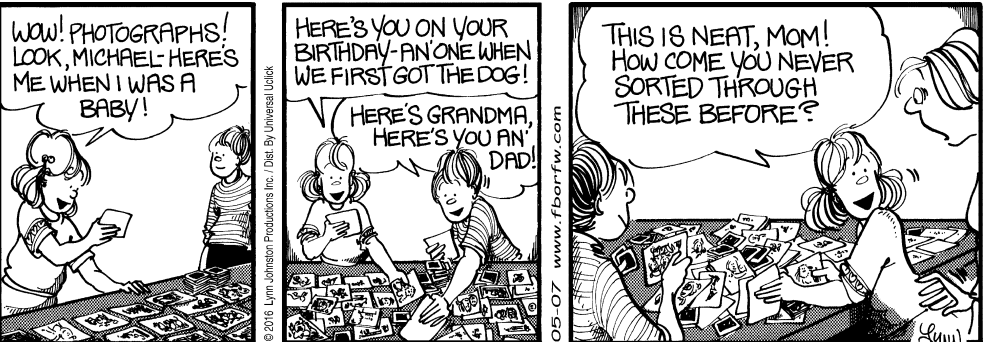
PEANUTS by Charles Schulz



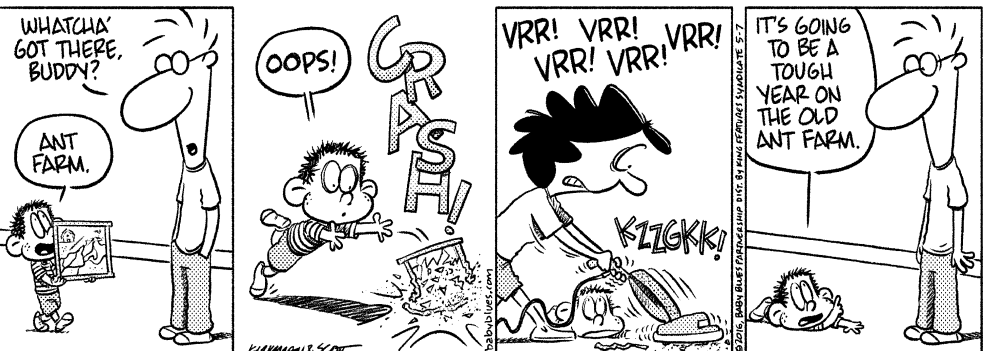
PICKLES by Brian Crane



FOR BETTER OR FOR WORSE by Lynn Johnston



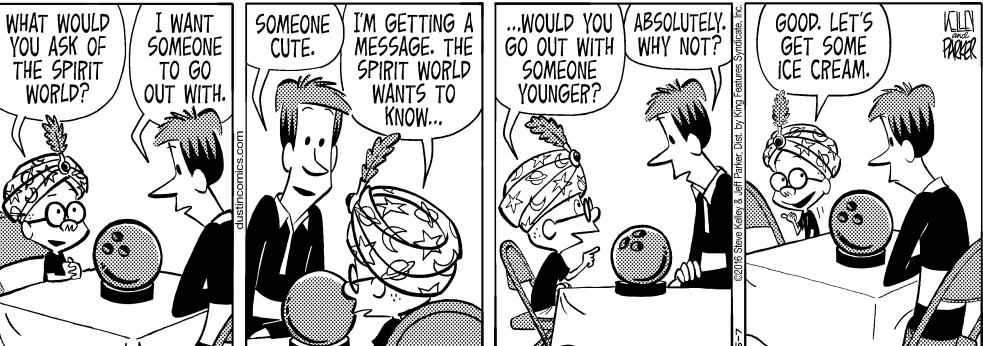
BABY BLUES by Jerry Scott & Rick Kirkman



ZITS by Jerry Scott & Jim Borgman



DUSTIN by Steve Kelley and Jeff Parker



## Daily Horoscope

**ARIES (March 21-April 19).** You're not randomly choosing moods here. You're working on a problem all of the time — even when you're not aware of it. So be kind to yourself and allow for all kinds of feelings. They are informing you.

**TAUROS (April 20-May 20).** You'll come to a crossroads. Honestly, these two choices are not all that different from one another and may in fact lead to the same place. So don't agonize; just choose.

**GEMINI (May 21-June 21).** Music is powerful. Share the songs you love with people. And when the people you love aren't demonstrating that in the way you'd prefer, the songs you love will bring joy and healing.

**CANCER (June 22-July 22).** Human beings are the only known animals who publish their words and broadcast their ideas. To express yourself publicly is to exercise part of your humanity. Besides, you have a lot to say right now.

**LEO (July 23-Aug. 22).** The project you're tackling alone could die from neglect if you don't pick it up and run with it soon. Better yet, share your ideas, wants and needs with others: They'll help you stay on track if you ask them to.

**VIRGO (Aug. 23-Sept. 22).** People who feel good about who they are generally don't need a lot of validation from the outside world. Comfortable in your skin, you suspect that you're

doing great — but a compliment still makes your day.

**LIBRA (Sept. 23-Oct. 23).** You'll be in the company of smart, aware people who will enjoy the mystery of trying to get to know you and maybe even impress you a little, too. For these reasons and more, bring your A-game.

**SCORPIO (Oct. 24-Nov. 21).** It takes courage to demonstrate affection. Whether or not you can return a person's amorous feelings you'll appreciate the risk this person took in sharing that with you.

**SAGITTARIUS (Nov. 22-Dec. 21).** You're not going anywhere until you want to. You can't be pushed, persuaded or cajoled. You'll be especially resistant to anyone trying to influence you who hasn't taken the time to get to know you first.

**CAPRICORN (Dec. 22-Jan. 19).** Don't try to keep the peace at your own expense. Martyrdom isn't necessary either: Pause and step back. What do you want from this? That question will keep you from being a doormat or enabler in the situation.

**AQUARIUS (Jan. 20-Feb. 18).** Instead of demanding or even requesting that life greet you in your preferred manner, you accept what comes. To welcome the full spectrum of life, the good and the bad, is to live in wholeness.

**PISCES (Feb. 19-March 20).** Where there is sunshine there are shadows. If you run away in fear, they'll always follow you. Stay and play with the shadow aspects of life and you'll be quickly reminded of their illusive qualities.



HOLIDAY MATHIS