

SCRABBLE GRAMS

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□	□	□	□	□	□	□	□	□	□	□
O ₁	O ₁	T ₁	M ₃	S ₁	P ₃	C ₃				Double Word Score
□	□	□	□	□	□	□	□	□	□	RACK 1
A ₁	I ₁	U ₁	T ₁	H ₄	L ₁	B ₃				RACK 2
□	□	□	□	□	□	□	□	□	□	RACK 3
A ₁	E ₁	I ₁	U ₁	P ₃	S ₁	C ₃				RACK 4
□	□	□	□	□	□	□	□	□	□	RACK 5
A ₁	I ₁	O ₁	Y ₄	N ₁	D ₃	M ₃				2nd Letter Triple

PAR SCORE 155-165
BEST SCORE 219
FOUR RACK TOTAL
TIME LIMIT: 20 MIN

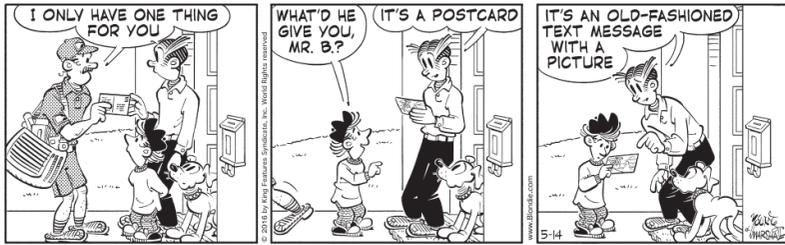
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 5th Edition.

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.

NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



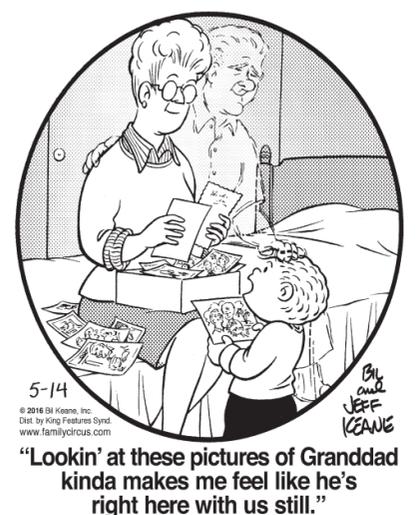
HAGAR THE HORRIBLE by Chris Browne



DENNIS THE MENACE by Hank Ketcham



THE FAMILY CIRCUS by Bill Keane



JUMBLE

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

RAWEF
OTHS
GWILEG
ONTRYH

Check out the new, free JUST JUMBLE app

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

(Answers Monday)

Yesterday's Jumbles: WOUND BURLY GOVERN LOOSEN
Answer: After rolling 12 strikes in a row for a 300, he was — BOWLED OVER

Meditation for pain; food intolerance

Q: I hear that meditation can cure my chronic lower-back pain. Is that true? — *Linda P., Easton, Pennsylvania*

Well, meditation might not be a cure, but in many cases it's an effective treatment.

Chronic lower-back pain is the No. 1 reason for lost workdays in the U.S., and causes more disability globally than any other health problem. It's also a major reason that folks get opioid pain medicine prescriptions. And we are committed to helping folks avoid the hazards of taking those meds if at all possible.

That's why we think it's good news that a study out of the University of Washington on the benefits of mindfulness-based stress reduction and cognitive behavioral therapy for folks with chronic lower back pain is so exciting. More than 44 percent of the study's 290 participants (average age 50, 66 percent women) who practiced MBSR and received



DOCTORS OZ AND ROIZEN

CBT for six months to manage back pain that they'd had for an average of 7.3 years reported "clinically meaningful improvement," compared with 27 percent of those treated with "usual care." The positive results persisted for 52 weeks.

One caveat: We're not talking about using it as a substitute for medical intervention for back pain that's the result of an injury or stenosis. But even for people who have those physical problems, mindful meditation can improve their quality of life.

Follow the instruction for

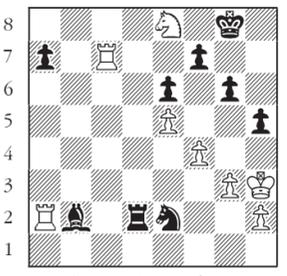
mindful mediation found at www.sharecare.com.

Q: Recently I've been getting a stomachache a few hours after most meals. My brother-in-law says I could be lactose-intolerant, but I've been drinking milk for years. Why would I be allergic to milk now? — *Samantha A., Jackson, Mississippi*

An allergy is very different from an intolerance, and yours is probably an intolerance. A food allergy is an immune system response, and a food intolerance is a digestive system problem that is usually dose-related. You can develop a food allergy or food intolerance at any age. Lactose intolerance is the most common food intolerance, affecting about 10 percent of Americans. Here's our basic advice:

Chess

by Shelby Lyman



BLACK TO PLAY

Of course not, he admits. He would lose easily.

Below is a win by Anish Giri against Magnus Carlsen from the Norway Blitz tournament in Stavanger, Norway.

- | | | | |
|-------------|-----------|----------------|-------|
| Giri | 1. e4 | Carlsen | e5 |
| | 2. Nf3 | | Nc6 |
| | 3. Bb5 | | Nf6 |
| | 4. d3 | | Bc5 |
| | 5. Bxc6 | | dxcc6 |
| | 6. N(b)d2 | | Be6 |
| | 7. O-O | | Nd7 |
| | 8. Nb3 | | Bb6 |
| | 9. Ng5 | | Bxb3 |
| | 10. axb3 | | Qe7 |
| | 11. Bd2 | | O-O-O |
| | 12. b4 | | Kb8 |
| | 13. c4 | | Bd4 |
| | 14. Nf3 | | Nf8 |
| | 15. Qa4 | | a6 |
| | 16. b5 | | cxb5 |
| | 17. cxb5 | | Qd7 |
| | 18. bxa6 | | Qxa4 |
| | 19. Rxa4 | | Ne6 |
| | 20. axb7 | | Nc5 |
| | 21. Ra3 | | Bxb2 |
| | 22. Ra2 | | Nxd3 |
| | 23. Rb1 | | c5 |

Black resigns. **SOLUTION TO BEGINNER'S CORNER:** 1. ... Ng1ch1 2. Kh4 Nf3ch 3. Kh3 Rxh2 mate [Sabalov-Robson '16].

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- "Carmina Burana" composer
- Prepare to take notice?
- Footnote word
- Compositions for one performer
- Doone of fiction
- H.H. Munro's nom de plume
- Slimy garden pest
- Early arcade name
- Too, too cute
- Alaska component
- Bled
- Hall-of-fame pitcher Warren
- Gratifies completely
- du Diable
- Starting letters
- Native Canadian
- MCI halved
- Yiddish aggravation
- Cultivator
- Medusa or Stheno
- Cure starter?
- Coal ending?
- "Magnificent Obsession" director
- Common conjunctions
- Industrial fairs
- Miss USA topper
- Country's \$ output
- False friend
- The Johnny — Singers
- Neon Sanders
- Tarzan Lincoln

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		

Visit: ADailyCrossword.com 5/14

- Until
- Eaten away unevenly

- Sluggish
- Way of walking
- Units of force
- Hangs down

- Unattractive ones
- Jargon
- cotta
- Not well
- Like fresh lettuce
- Dancing spot
- Politico Kefauver
- Demand payment
- Cycle start?
- Mousebird
- Delivery service's letters
- Contrary
- Lang, course
- Helped
- Trait carriers
- Self-satisfied
- California wine valley
- Nonconformist
- Wash down
- Old-time actress Nazimova
- Atmospheric problem
- Spreads seeds

Yesterday's Puzzle Solved

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

5-13

DOWN

- Pellion's partner
- Wallpaper unit
- Ventilation duct
- Numerical tie?
- Killed violently
- Very small amount
- Writing from one language to another
- Still green
- Fraction of a rupee
- 1968 Gene Barry movie
- Natural alarm clock?
- Supplemented, the hard way
- Architect, van der Rohe
- School trainees, in brief
- Apso

Scrabble Solution

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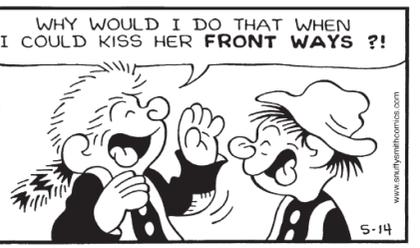
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers Monday)

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

Difficulty Level ★★★★★