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YILVN

TABYT

SEODUX

TUCLAA

THAT SCRAMBLED WORD GAME

NEW FOUR-STRINGED INSTRUMENT, HE SAID THIS.

Now arrange the circled letters

DIRTY HONEY PAYDAY DILUT Tom Cruise played a pilot in "Top Gun" after

LOOKS A LITTLE FAMILIAR, BUT ... UM...EITHER A NICE GESTURE OR IT'LL GET DOWNSIDE YOU PUNCHED. of UPDATING **BLONDIE** by Dean Young and John Marshall WHY? THESE THESE SHOES FEEL I AREN'T L YOU DON'T WANT TO DOOK AT YOU GOING COMFORTABLE! AND THEY FIT! I'M GOOD!

HI & LOIS by Chance Browne

NON SEQUITUR by Wiley

DON'T KNOW., NOT A CLUE ...







THE SPORT

HAGAR THE HORRIBLE by Chris Browne





THE FAMILY CIRCUS by Bil Keane

IF YOU'RE INTERESTED IN LOOKIN' AT BIRDS,

THERE'S A WHOLE MESS OF PIGEONS ON THAT STATUE."

DENNIS THE MENACE by Hank Ketcham



"I don't want people to think I'm married, so which finger gets to use my ring?

Beat burnout; problem with phthalates

Q: My dad has been diagnosed with Parkinson's disease, and my kids are 13 and 17 and struggling in school. On top of that, I used to love my job, but the company's been sold twice in five years, downsized, and I'm doing the work of three people. Sometimes I just want to get in my car and drive away. What's wrong with — Maria C., San Diego

Our guess is that you're suffering from burnout, an all-too-common condition that combines physical and emotional exhaustion from handling ongoing problems and depression. A new study of 1,386 teachers in New York City revealed that 10 percent of women and 7 percent of men registered that combo of mental exhaustion and signs of depression. And burnout is associated with heart disease, high blood pressure, being overweight and diabetes.

You can cool down your burn-services that can help you tribute to future health com-

ACROSS

19

20

22

23

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29 32

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37

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55

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59

60

1 Like the runt

Left out

Object of a

Resistance

measurement

Belly muscles

Do lacework

Not the least bit

Hero and Leander

_ avis

Mockingly

Attender Site of the tale of

e.g.

Discompose

Proud step

business

Bath place

Renowned

Math subj.

Swiss Capital

Bristle

Street-facing

Unlawful torching

Himalayan gazelle

Sink to the bottom

Gets by with less

yet delivered

DOCTORS OZ AND ROIZEN out and protect your health

home! Try these techniques: Move it! Don't tell yourself you'll exercise tomorrow. Do it today. Take a 10-minute walk. It'll ease depression and counteract burnout's damage to your cardiovascular system.

without running away from

Practice mindfulness.

Draw a line between home and work. Getting texts from increased their blood levels your kids while you're working and checking work email times, putting those kids at an at home boosts burnout.

Get help. There are eldercare organizations, support up with higher blood levels of But Maria, don't despair. groups and visiting-nurse phthalates, and that may con-

The Daily Crossword Edited by Wayne Robert Williams

illness. Take advantage of them pronto!

Q: I keep hearing about the damage chemicals in plastics can do to kids, and I don't know how to protect mine! Suggestions, — Jonda H., please. Tampa, Florida

Exposure to phthalates and BPA/BPS in plastics is a problem. A report by Belgian researchers, delivered at the recent Endocrine Society's annual meeting in Boston, highlights how phthalates in tubing used to help manage the care of children in pediatric intensive-care units of phthalates a whopping 18 increased risk for ADHD.

Premature infants also end handle them).

manage your father's plications. Additional animal studies indicate that phthal- again in St. Louis.

At first glance it seemed like 5

and may contribute to cancer. extra. ate fast food had up to 40 perthan those who passed by the and sixth, respectively, on the drive-thru. The chemical gets

Naz' Paikidze was the women

phthalates and BPA/BPS, but Krush. phthalates and BPA/BPS, but Adding spice to the occasion you can avoid nutritionally was Garry Kasparov who played

You also can buy products Kasparov, who retired from that come in glass, store your tournament chess a decade ago, wash your hands if you do

E4 11 21 11 11 P1 F1 BACK 2 = 62

B3 O M K3 N1 O I I BACK 1 =

Chess

by Shelby Lyman

The heavies were back at it 6

ates, as well as BPA/BPS, are associated with damage to the liver and reproductive system, championship plus something 3

Plus, a study by the Milken

Finishing in first place was 2
the second-ranked player in Institute School of Public the world, Fabiano Caruana 1 Health in Washington, D.C., who recently botched a chance found that folks who regularly world championship world championship.

ate fast food had up to 40 per-Trailing in second and cent higher levels of metabo-third place were Wesley So and lized phthalates in their blood Hikaru Nakamura ranked 10th

Naz' Paikidze was the wominto the food through the production process. Now, you can't dodge all the perennial champion Irina

empty, overly processed fast in a featured side event, the foods.

Ultimate Blitz Challenge with You also can buy products Caruana, So and Nakamura.

foods in glass and avoid tak- occasionally emerges to play in ing receipts (they have BPA; rare exhibition events. The one wash your hands if you do in St. Louis was competitively, the strongest ever.

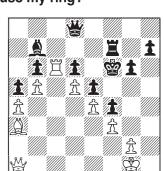
andle them). The former world champion,
As for kids' toys, opt for who dominated the chess scene all-natural products, and keep plastics out of baby's mouth.

for 20 years, finished third in the Blitz Challenge, a point and a half behind the front-runner in the 18-round event.

Scrabble Solution It was a remarkable display for a 53-year-old against sharplyhoned players less than half his

> general MacArthur once reminded us: "Old soldiers never die, they just fade away.

> Below is a win by Magnus Carlsen against Pavel Eljanov from the Norway Chess tournament in Stavanger, Norway.



b c d e f WHITE TO PLAY Carlsen Elianov 2. c4 3. Nf3 e6 Nf6 Bb4ch Be7 O-O 6. Bg2 7. O-O N(b)d7 8. Qc2 9. a4 10. Rc1 Ne4 12. N(b)d2 Bd6 14. Qd1 15. cxd5 16. Nb1 cxd5 Ba6 18. Nb5 19. axb5 Rc8 20. Bf1 21. Rxc1 22. Rxc7 Rc7 Bxc7 23. Qa4 Qb8 24. b4 25. Bxb4 axb4 26. Qc2 27. Qc6 28. Bxd6 N(d)f6 Oxd6 29. Qc8ch 30. Ne5 31. Qc6 Ng4 32. Nxg4 fxg4 33. Bd3 g6 dxe4

Black resigns

CORNER:

SCKABBLE GRAMS SOLUTION

TOTAL JATOT

72

EACK 4 =



PAR SCORE 145-155

D2 II E1 T1 A1 R1 Y4



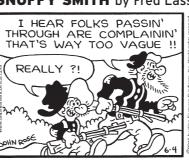
34. Bxe4

35. Qxb6

SOLUTION BEGINNER'S

1 Qxe5ch! Kxe5 2. Bb2 mate.

SNUFFY SMITH by Fred Lasswell





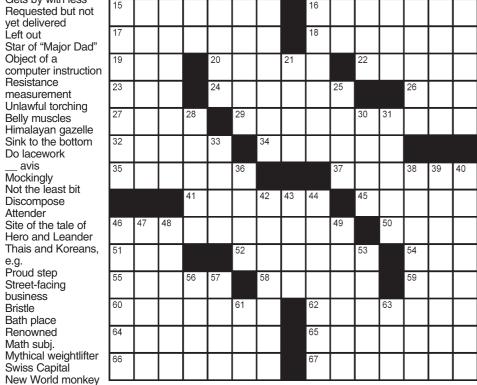




Conceptis Sudoku											
	1			7			9				
7			9		2	6		5			
	4										
	9						4				
2				3				9			
	6						7				
							6				
9		4	3		6			7			
	5			1			8				

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



Incentives Bubble over 66 British automatic Aromatic tropical

Visit: ADailvCrossword.com

A T E S

shrub								weapon								
65 Comebacks								67 Last to finish								
	Yesterday's Puzzle Solved															
	Α	Р	Н	1	S		Α	Н	Α	В		N	0	Α	Н	
	Р	I	Α	Ν	0		Ν	Ε	В	R		Α	R	Ι	Α	
	В	U	D	Α	Р	Ε	S	Т	Н	U	N	G	Α	R	Υ	
				R	0	N	Α		0	В	0		Ν	Τ	L	
	S	0	N	0	R	Α		Т	R	Ε	F		G	Ε	Ε	
	С	Н	Е	W	S	Т	Н	Ε	S	С	Ε	N	Ε	R	Υ	
	Α	N	Ε			Ε	0	N		Κ	Α	Υ				
	D	0	R	S	Α		-	F	S		R	Е	Т	Α	G	١,
				U	D	Ε		0	Р	Α			R	Α	W	1 1
	S	Ε	L	F	Ε	Χ	Ρ	L	Α	Ν	Α	Т	0	R	Υ	1
	L	Χ	Т		S	Т	U	D		Ν	G	U	Υ	Ε	N	1
	Ε	Ι	N		Т	Ε	Т		D	Ι	Ε	Т				1
	Ε	L	Ε	٧	Ε	N	Т	Н	С	Ε	N	Т	U	R	Υ	2
	۱/	F	N	П		T	F	Δ	П		\Box	ш	N	N	F	2

SEMI

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E S S E

DOWN

Type of X-ray 2 In an early stage of development

3 Sally Field movie

4 "Rosemary's Baby" author Levin Ferber and Buchanan

6 Get angry Rendezvous participant 8 Like a brightish niaht

Unit of elec 10 Dyeing vat To be, in Toulon

12 Ancient Hebrew spice Tooth-related 14 Unusual item Spaniard's other

Guessed figs. Tabernacle table Islands in the Aisne Sleeveless garments

-majesty Repeated rhythmic 36 phrase "The __ of the

6/4

Sierra Madre Holds out longer Most affected

Horse breed Seward Peninsula citv Annovina

bunkmates 46 Conditions of balance Expression of

reproof Make grateful 49 Underground passage

Brief, heated argument Sherman Hemsley sitcom Warbled

Lucy of "Charlie's Angels" In what manner

Difficulty Level ★★★★