

SCRABBLEGRAMS

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O1O1T1K5N1B3W4

RACK 1

A1I1U1S1T1F4L1

3rd Letter Triple

A1O1U1L1N1D2L1

RACK 2

A1E1I1Y4R1T1D2

Double Word Score

A1E1I1Y4R1T1D2

RACK 3

A1E1I1Y4R1T1D2

RACK 4

PAR SCORE 145-155

BEST SCORE 207

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

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06-04

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 Bil Keane

JUMBLE

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

YILVN

TABYT

SEODUX

TUCLAA

Check out the new, free JUST JUMBLE app.

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When asked if he liked the new four-stringed instrument, he said this.

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

(Answers Monday)

Yesterday's Jumbles: DIRTY HONEY PAYDAY DILUTE

Answer: Tom Cruise played a pilot in "Top Gun" after he — LANDED THE PART

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 me? — *Maria C., San Diego*

DOCTORS OZ AND ROIZEN

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. But Maria, don't despair. You can cool down your burn-

out and protect your health without running away from 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. Practice mindfulness. Draw a line between home and work. Getting texts from your kids while you're working and checking work email at home boosts burnout. Get help. There are elder-care organizations, support groups and visiting-nurse services that can help you

manage your father's 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, please. — *Jonda H., 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 increased their blood levels of phthalates a whopping 18 times, putting those kids at an increased risk for ADHD. Premature infants also end up with higher blood levels of phthalates, and that may contribute to future health com-

plications. Additional animal studies indicate that phthalates, as well as BPA/BPS, are associated with damage to the liver and reproductive system, and may contribute to cancer. Plus, a study by the Milken Institute School of Public Health in Washington, D.C., found that folks who regularly ate fast food had up to 40 percent higher levels of metabolized phthalates in their blood than those who passed by the drive-thru. The chemical gets into the food through the production process. Now, you can't dodge all phthalates and BPA/BPS, but you can avoid nutritionally empty, overly processed fast foods. You also can buy products that come in glass, store your foods in glass and avoid taking receipts (they have BPA; wash your hands if you do handle them). As for kids' toys, opt for all-natural products, and keep plastics out of baby's mouth.

Chess by Shelby Lyman

The heavies were back at it again in St. Louis. At first glance it seemed like an all-star event. But it was no more than the annual U.S. chess championship plus something extra. Finishing in first place was the second-ranked player in the world, Fabiano Caruana who recently botched a chance to play Magnus Carlsen for the world championship. Trailing in second and third place were Wesley So and Hikaru Nakamura ranked 10th and sixth, respectively, on the world's rating list. Naz Paikidze was the women's winner, dramatically winning a last-round game from the perennial champion Irina Krush. Adding spice to the occasion was Garry Kasparov who played in a featured side event, the Ultimate Blitz Challenge with Caruana, So and Nakamura. Kasparov, who retired from tournament chess a decade ago, occasionally emerges to play in rare exhibition events. The one in St. Louis was competitively, the strongest ever. The former world champion, who dominated the chess scene for 20 years, finished third in the Blitz Challenge, a point and a half behind the front-runner in the 18-round event. It was a remarkable display for a 53-year-old against sharply-honed players less than half his age. As general Douglas 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.

WHITE TO PLAY

Carlsen	Eljanov
1. d4	d5
2. c4	e6
3. Nf3	Nf6
4. g3	Bb4ch
5. Bd2	Be7
6. Bg2	O-O
7. O-O	c6
8. Qc2	N(b)d7
9. a4	a5
10. Rc1	Ne4
11. Be1	f5
12. N(b)d2	Bd6
13. e3	Ra7
14. Qd1	b6
15. cxd5	cxtd5
16. Nb1	Ba6
17. Na3	Qa8
18. Nb5	Bxb5
19. axb5	Rc8
20. Bf1	Rxc1
21. Rxc1	Rc7
22. Rxc7	Bxc7
23. Qa4	Qb8
24. b4	axb4
25. Bxb4	h6
26. Qc2	Bd6
27. Qc6	N(d)f8
28. Bxd6	Qxd6
29. Qc8ch	Kh7
30. Ne5	Qe7
31. Qc6	Ng4
32. Nxf4	fxg4
33. Bd3	g6
34. Bxe4	dxex4
35. Qxb6	Black resigns

SOLUTION TO BEGINNER'S CORNER:
1 Qxe5ch! Kxe5 2. Bb2 mate.

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 Like the runt
- 8 Gets by with less
- 15 Requested but not yet delivered
- 16 Left out
- 17 Star of "Major Dad"
- 18 Object of a computer instruction
- 19 Resistance measurement
- 20 Unlawful torching
- 22 Belly muscles
- 23 Himalayan gazelle
- 24 Sink to the bottom
- 26 Do lacework
- 27 ___ avis
- 29 Mockingly
- 32 Not the least bit
- 34 Discompose
- 35 Attender
- 37 Site of the tale of Hero and Leander
- 41 Thais and Koreans, e.g.
- 45 Proud step
- 46 Street-facing business
- 50 Bristle
- 51 Bath place
- 52 Renowned
- 54 Math subj.
- 55 Mythical weightlifter
- 58 Swiss Capital
- 59 New World monkey
- 60 Incentives
- 62 Bubble over
- 64 Aromatic tropical shrub
- 65 Comebacks

Visit: ADailyCrossword.com

DOWN

- 1 Type of X-ray
- 2 In an early stage of development
- 3 Sally Field movie
- 4 "Rosemary's Baby" author Levin
- 5 Ferber and Buchanan
- 6 Get angry
- 7 Rendezvous participant
- 8 Like a brightish night
- 9 Unit of elec.
- 10 Dyeing vat
- 11 To be, in Toulon
- 12 Ancient Hebrew spice
- 13 Tooth-related
- 14 Unusual item
- 15 Spaniard's other
- 25 Guessed figs.
- 28 Tabernacle table
- 30 Islands in the Aisne
- 31 Sleeveless garments

- 33 ___mastery
- 36 Repeated rhythmic phrase
- 38 "The ___ of the Sierra Madre"
- 39 Holds out longer
- 40 Most affected
- 42 Horse breed
- 43 Seward Peninsula city
- 44 Annoying bunkmates
- 46 Conditions of balance
- 47 Expression of reproof
- 48 Make grateful
- 49 Underground passage
- 53 Brief, heated argument
- 56 Sherman Hemsley sitcom
- 57 Warbled
- 61 Lucy of "Charlie's Angels"
- 63 In what manner

Yesterday's Puzzle Solved

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

6-3

Scrabble Solution

PAR SCORE 145-155

BEST SCORE 207

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06-04

BEETLE BAILEY by Mort Walker

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		

Difficulty Level ★★★★★

6/04

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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

Difficulty Level ★★★★★

6/03

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