

SCRABBLE GRAMS

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.

A ₁	E ₁	O ₁	Y ₄	G ₂	P ₃	B ₃
A ₁	I ₁	O ₁	S ₁	H ₄	N ₁	B ₃
O ₁	U ₁	X ₈	F ₄	L ₁	M ₃	M ₃
E ₁	U ₁	Y ₄	B ₃	R ₁	R ₁	B ₃

PAR SCORE 155-165
BEST SCORE 238

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.

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.

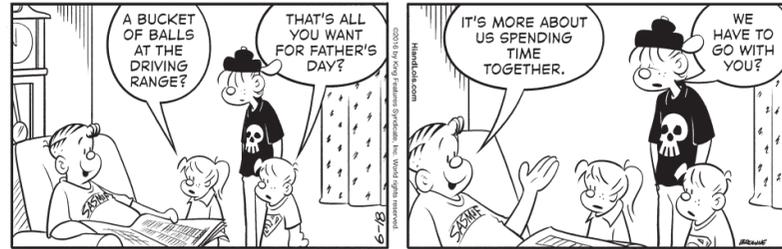
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



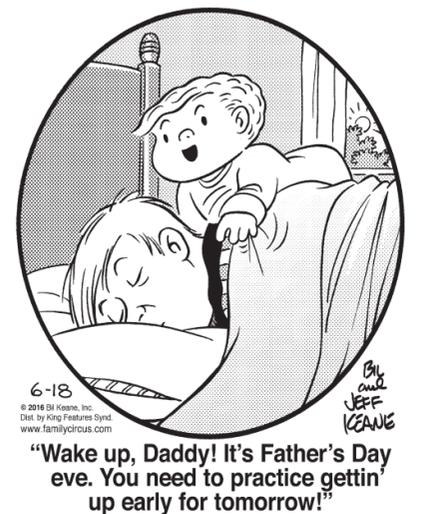
HAGAR THE HORRIBLE by Chris Browne



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.

BURYG

SODUE

NEYOLP

CFEETD

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

(Answers Monday)

Yesterday's Jumbles: MERCY VENUE INFANT DELUGE
Answer: The casino put in new slots to attract customers and was able to — REEL 'EM IN

Med disposal; soda during pregnancy

Q: My medicine chest is full of old prescriptions and unused medicines. What's the smart way to get rid of them?
— *Emalie G., Chicago*

Great question! Keeping old prescription and OTC meds around is risky, because it gives curious children and drug-abusing teens and adults a chance to sample your meds. Two-thirds of people 12 and older who have abused prescription pain relievers within the past year say they got them from a friend or relative ... often unbeknownst to the "supplier."

It's also risky for you, if you use drugs long after their expiration date. There's no guarantee that a med will be safe or effective after that date, since chemical compositions change over time. So what do you do?

1. Unless they're on the Food and Drug Administration's list of meds recommended for flushing (go to www.FDA.gov



DOCTORS OZ AND ROIZEN

and search for "disposal by flushing"), don't flush meds! Some meds are potential water-supply pollutants while others are too dangerous to dispose of in the trash.

2. Ask your pharmacist about a take-back program. Or go to the DEA Office of Diversion Control website at (www.deadiversion.usdoj.gov). Call 1-800-882-9539 to find an authorized collector.

3. No local disposal option? Remove meds from original containers, mix with unpleasant substances such as coffee grounds, kitty litter or dirt. Put the mixture in a sealed

baggie and place in trash. We hope that everyone will take these recommendations to heart.

Q: I just found out I'm pregnant and my friend says that too much sugar when you're pregnant can cause birth defects. I don't mind giving up my sodas, but I can drink diet drinks, right? — *Deborah P., Nashville, Tennessee*

To answer your question: give it up. Lab studies have shown that when expecting moms consume too much fructose (sodas with high fructose corn syrup are a major source), that can interfere with the placenta's ability to deliver nutrients to the fetus. And that can hinder proper fetal growth. Too much sugar during pregnancy also has been linked to childhood obesity and diabetes later in your

child's life. So laying off sugary soda is a great idea.

But remember, HFCS is also found in processed foods such as cereal, pasta sauces, breads, jelly and even some brands of peanut butter.

Replacing sugary drinks with diet drinks made with artificial sweeteners isn't any better. Recent research has linked artificial sweeteners to high blood sugar and weight gain, and excess weight gain during pregnancy seems to put your fetus and newborn at risk. And consider that one recent study linked diet soda-sipping with a tripled increase in belly fat in older adults.

So the smart move is to increase your water intake, enjoy unsweetened iced coffee or tea (be careful of too much caffeine when pregnant), flavor plain seltzer with lime, orange or berries, avoid all drinks that are artificially sweetened, and watch out for added sugars and syrups in all off-the-shelf products.

Chess

by Shelby Lyman

At first hearing, the concept of "blindfold" chess seems like an oxymoron.

What is more visual than a chessboard and its 64 pieces? Strong players can, in almost every instance, play at least one blindfold game without any special training. The World Champion Emanuel Lasker thought that every chess master could play at least three at a time.

The ability is founded on a profound knowledge of what can happen on the chessboard.

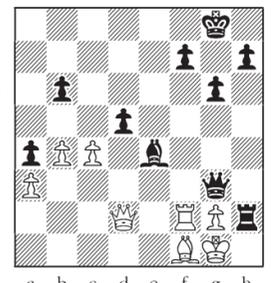
Familiarity with the ins and outs of play provide, as it were, hundreds of "mnemonic" devices to help one remember entire patterns and positions and their variants.

The blindfold chess phenomenon is based on the fact that everything we do in life, we do — in a sense — "blindfolded." Even when the object under consideration is directly in front of us, we "see" in our mind's eye only, a representation of it. But by repeatedly going back to and reinforcing what is under consideration, we create the illusion of what we call "reality."

Chessboards and pieces are nothing more than visual aids which make it easy to play with greater speed and ease.

Yes, blindfold chess is tougher: One has to always be wary of blundering away a piece or making some inept strategic error.

More effort is necessary. The games, although slower — the tournaments take longer — are not as well-played.



BLACK TO PLAY

It is, therefore, not surprising that blindfold tournaments are few and far between.

Below is a win by Ernesto Inarkiev against Demre Kerigan from the European Individual Tournament in Gjakova, Kosovo.

- | | | | |
|----------------|------------|-----------------|--------|
| Kerigan | 1. e4 | Inarkiev | c5 |
| | 2. Nf3 | | e6 |
| | 3. b3 | | b6 |
| | 4. Bd3 | | Bb7 |
| | 5. O-O | | d6 |
| | 6. Re1 | | Nd7 |
| | 7. c4 | | Qf6 |
| | 8. Nc3 | | g5 |
| | 9. e5 | | Bxf3 |
| | 10. gxh3 | | Nxe5 |
| | 11. Be4 | | Rd8 |
| | 12. d4 | | cxh4 |
| | 13. Nb5 | | Ne7 |
| | 14. Nc7ch | | Kd7 |
| | 15. Nb5 | | N(7)c6 |
| | 16. Bb2 | | Bg7 |
| | 17. Kh1 | | Qf4 |
| | 18. a4 a4 | | f5 |
| | 19. Bxc6ch | | Nxc6 |
| | 20. Bc1 | | Qh4 |

White resigns
SOLUTION TO BEGINNER'S CORNER: 1. ... Qh4! (threatens 2. ... Rh1 mate).

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Begin, for example
- David of TV's "The Fugitive"
- Saucepot companion
- French writer France
- Army-post merchants
- Lemonlike fruits
- Cycle or sex beginning?
- First lady of Eden
- Ring wins, briefly
- Kiddy
- Early Peruvian
- Chef's garment
- Woman of tomorrow?
- "Gianni Schicchi" soprano
- J.J. Pershing's troops
- Rocky mountain ridge
- A better life
- Entangler
- Pool
- Misjudgment
- WWII craft
- Nearly
- Truth twister
- Salacious stares
- Ex-superpower's letters
- "Beany" Cecil
- Transgression
- South American sloths

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				
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

6/18

Yesterday's Puzzle Solved

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

DOWN

- Publishing
- Very good-looking person
- Cross hairs
- Leather worker's tool
- Fencer's stiletto
- Newly-hatched stage
- Together forever
- Guy with many hats
- Negative particle
- Washington D.C. team
- Orch. section
- More carbon-covered
- Gregory Nava film of 1983
- Settles snugly
- Alternative to lager
- Musical repeat
- Soviet mil. intelligence
- Goose genus
- Open courtyards
- Hobbit ally
- Choice abbr.
- Living on the open ocean
- River of Venezuela
- Held in one's arms
- Part of ROK
- Dhabhi
- Dusty purplish pink in color
- Even more moth-eaten
- Leaves high and dry
- Monarch's loyal subject
- Surrounding blockade
- Distinct musical tones: abbr.
- Let text stand as is!
- Department of Justice agcy.
- Alphabetical trio

6-17

© 2015 Crosswords WRW All rights reserved

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★★★★★

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

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

Difficulty Level ★★★★★

6/17