

SCRABBLEGRAMS

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E1O1U1U1T1C3

RACK 1

I1U1L1H1S1B3L1

RACK 2

A1E1U1D2N1F4D2

RACK 3

E1E1K5P3N1C3H4

RACK 4

PAR SCORE 145-155

BEST SCORE 237

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.

07-30

NON SEQUITUR by Wiley

THE THING HE LIKED MOST ABOUT SOCIAL MEDIA WAS UN-FRIENDING

IT SEEMS LIKE ONLY YESTERDAY WHEN I GAVE HIM A SURPRISE SOAKING

WAIT A SECOND! IT WAS ONLY YESTERDAY!!

AND YET IT NEVER GETS OLD!

7-30

BLONDIE by Dean Young and John Marshall

IT SEEMS LIKE ONLY YESTERDAY WHEN I GAVE HIM A SURPRISE SOAKING

WAIT A SECOND! IT WAS ONLY YESTERDAY!!

AND YET IT NEVER GETS OLD!

7-30

HI & LOIS by Chance Browne

WHAT DO YOU CALL THAT?

A "CONVERSATION PIECE," I GOT IT AT A TAG SALE.

SHE TOLD ME TO RETURN IT.

SO IT WAS A SHORT CONVERSATION.

7-30

HAGAR THE HORRIBLE by Chris Browne

BROTHER HAGAR, IF YOU LISTEN TO GOD, YOU WILL NEVER GO WRONG!

1 TAKE IT GOD DIDN'T RECOMMEND YOUR BARBER.

7-30

DENNIS THE MENACE by Hank Ketcham

IF I WANT TO SEND A MESSAGE IN A BOTTLE, HOW MANY STAMPS DO I NEED TO PUT ON IT?

7-30

JUMBLE

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

GAMIE

RAHHS

REPPOR

CRANEP

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

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: ENACT ORBIT MADCAP LUXURY

Answer: With each glass of wine they filled, money — POURED IN

House calls; colon cancer screening test

**Q:** My 85-year-old aunt cannot get to her doctor's appointments unless we drive around 50 miles to take her, and that isn't always possible. I wish doctors made house calls these days! Is there any way to arrange that? — *Emma S., Dayton, Ohio*

DOCTORS OZ AND ROIZEN

House-call programs are springing up all over the country, and they're saving Medicare and insurance companies a lot of money! For example, there's the Medicare and Medicaid program called Independence at Home. It started in 2014 and will be re-evaluated by Congress in 2017.

Dr. Mike's Cleveland Clinic runs one of those innovative programs (there are 16 more), called Medical Care at Home. The Visiting Physician's Association also is administering several of these programs, and at last count, they operate in 15 states. You can get in touch with them by

calling 877-HOUSECALL or going to [www.visitingphysicians.com](http://www.visitingphysicians.com). Besides bringing medical care to people who have a difficult time getting to the doctor's office or hospital, they're saving Medicare around \$25 million a year. The advantages for elderly and house-bound patients are enormous. Let's hope, for everyone's sake, that these programs continue to be funded and supported by local, state and federal agencies (write your representatives!) and that you can access them in your aunt's area.

**Q:** I just turned 50, and I'm dreading getting a colonoscopy and the prep. Do I really have to go through all that? — *John W., Lexington, Kentucky*

Prepping really is the toughest part, but once it's done correctly, colon cancer screening is incredibly effective.

In fact, colon cancer is highly preventable if the screen IDs intestinal polyps, which can take five to 10 years to become malignant, and your doctor removes them.

A brand-new United States Preventive Services Task Force report states that screening "substantially reduces deaths" from colon cancer, and they recommend screening start at 50 and continue as needed up to age 75. Unfortunately, they found that 33 percent of eligible adults have NEVER been screened, which may be why colon can-

cer is the second leading cause of cancer death in the U.S.

In the report, the task force also reviewed evidence on the effectiveness and risks of various screens, including colonoscopy, flexible sigmoidoscopy, computerized tomography (CT) colonography, the guaiac-based fecal occult blood test, the fecal immunochemical test, or FIT, and the multi-targeted stool DNA test that detects biomarkers associated with both precancerous lesions and cancer. They reported that the tests "have varying levels of evidence supporting their effectiveness, as well as different strengths and limitations."

We say, go for the gold standard — a colonoscopy. (If you pick another test, do it regularly; that's essential.)

And adopt a gut-healthy diet: Eat plenty of high-fiber foods, 100 percent whole grains and produce; and banish red and processed meats from your plate.

Chess

by Shelby Lyman

Magnus Carlsen earned over \$2 million last year. It was a fabulous amount, by all measures, compared to the \$100 a world-class player like Pal Benko collected for winning a very competitive weekend tournament in New York in the '60s.

In that light, it is not a surprise that Bobby Fischer was likely relieved and even proud when he earned \$30,000 during the entire year before he became World Champion.

With his limited physical needs and the blessings of a rent-controlled Brooklyn apartment, it was an ample sum. But Fischer was nevertheless aggrieved by the flagrant earnings gap between other top sportsmen and himself.

Notably, Bobby frequently talked about his desire for money.

In part, though, it was a sham. His lifestyle was naturally one of simplicity and frugality. He wanted to earn the money he thought he deserved — but not to become wealthy for its own sake.

Ironically, when he had a chance to cash in on the value of the Fischer brand, he demurred, choosing instead to live in poverty and seclusion.

The gap that Fischer decried still exists in part.

This is a small matter for Carlsen — with his more than ample earning power — who like Fischer, incidentally, is absorbed with chess for its own sake.

But the ceiling is still too low for many other players — a

WHITE TO PLAY

notch or two below the top — who after their prime years are dependent on teaching, personal appearances or writing books and articles for survival.

Below is a win by Sergei Zhigalko against Avital Boruchovsky from the European Individual Tournament in Gjakova, Kosovo.

Zhigalko	Boruchovsky
1. e4	c6
2. d4	d5
3. e5	c5
4. dxc5	e6
5. Qg4	h5
6. Qf4	Ne7
7. Bd3	Nd7
8. Be3	Qa5ch
9. Nc3	Nxc5
10. Bxc5	Qxc5
11. Nf3	g6
12. Qf6	Rg8
13. Ng5	Rg7
14. O-O-O	Qb6
15. Bb5ch	Nc6
16. Rxd5	Bd7
17. Rd3	a6
18. R(h)d1	Black resigns

SOLUTION TO BEGINNER'S CORNER:

1. Kb1! Nf6 2. Bg7 mate! (a study by Georgiev).

The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- Baby's word
- Bridge seats
- First victim
- Composer Khachaturian
- Fleece source
- Unit of loudness
- Prefix for gravure
- Actress Bernhardt
- Fiji's capital
- Microsoft man
- Fundraisers
- Volcanic mountain on Ross Island
- Burial garment
- Familiarize
- Solemn pledge
- Grp. of gridlers
- One of the Ripkens
- Leaky PA reactor
- French pal
- Full theater sign
- Tolkien forest creature
- Give permission to
- Notes of scales
- Gradually slower, in mus.
- Star Wars letters
- WWII zone
- 34th president
- "Little" Stowe girl
- Tokyo banjos
- Italian boats
- Go by again
- Problem-solving rule
- "...thus \_\_\_ the Lord"
- "Performance" director Nicolas

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

64 65 66

Visit: [ADailyCrossword.com](http://ADailyCrossword.com)

7/30

Yesterday's Puzzle Solved

BINS FLOORS BOY

BRAT REWRAP ONE

CAPEKENNEDY RUT

PETS AGASSI

ARCHES GARLIC

KAREN PUB ADHOC

ICONPRISMS TRY

MOW IRONERS BIG

BONCOVENSPEON

ONCUEEATLILLE

OSCARS SEPTET

UMLAUTCAVE

RIOBOOTOFITALY

INNENCORETREE

SKYSEETTEREMIT

7-29

DOWN

- Mrs. Homer Simpson
- Clamorous
- Dull, picture border
- One-celled organism
- Switchback curve
- Hunter of Moby Dick
- Pinnacles of ice among the crevasses of a glacier
- Stove-top whistlers
- Curvature measurement device
- Sand rise
- Jovian satellite
- Canasta display
- Mach toppers
- Pancake topping
- Goes out with
- Northeast Indian state
- Heir
- Musical half-steps
- Brings into disrepute
- When all is said and done
- Concerning
- Featherbrained
- Right-angled triangle ratio
- Beatty/Hoffman movie flop of 1987
- Involuntary movements
- Venetian honchos
- Mann of music
- Upright stone marker
- Outbuildings
- Japanese ship name
- Dig a trench

Scrabble Solution

PAR SCORE 145-155

TOTAL 152

RACK 1 = 9

RACK 2 = 29

RACK 3 = 29

RACK 4 = 8

SCRAMBLE G R A M S

BEETLE BAILEY by Mort Walker

I WANT A PEANUT BUTTER SANDWICH

I WANT IT CHUNKY, WITH GRAPE JELLY, TRIMMED CRUST, CUT INTO QUARTERS, WHOLE GRAIN...

7-30

SNUFFY SMITH by Fred Lasswell

LIFE IS A MYSTERY, LUKEY !! IT'S TH' NATURE OF MAN T' QUESTION !! BUT SOME THINGS IN THIS WORLD ARE UNKNOWNABLE !!

DON'T FEEL BAD, PARSON !! I RECKON NOBODY KNOWS WHY WOMEN TALK SO MUCH !!

7-30

Conceptis Sudoku

7 3 9 1

9 1 3 6

8 9 3 4 6

4 3 5 2 7

5 7 4 2

2 1 8 9

Difficulty Level ★★★★★

7/30

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

1 9 6 7 3 5 8 2 4

5 8 2 4 9 1 7 3 6

7 4 3 6 2 8 1 5 9

6 5 4 1 7 3 2 9 8

2 3 7 8 4 9 6 1 5

8 1 9 5 6 2 4 7 3

4 2 1 9 5 6 3 8 7

9 6 8 3 1 7 5 4 2

3 7 5 2 8 4 9 6 1

Difficulty Level ★★★★★

7/29