

SCRABBLEGRAMS

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A1O1M1R1G2L1T1

RACK 1

A1I1Y4L1C3C3

RACK 2

E1U1L1G2G2S1M3

RACK 3

A1E1Y4R1R1V4B3

RACK 4

PAR SCORE 150-160  
BEST SCORE 236

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.

08-13

NON SEQUITUR by Wiley

UMM... JEFFREY? THE BUS STOP IS OVER HERE

I KNOW

SO WHY DON'T YOU COME STAND HERE NEXT TO ME?

BECAUSE I CAN READ

NOT LIABLE FOR ANY WEAPONS THAT MAY OCCUR AROUND HERE

MAYBE THERE'S SUCH A THING AS A DISCLAIMER WORKING TOO WELL...

BLONDIE by Dean Young and John Marshall

MR. B., CAN YOU HELP US PUT OLYMPIC LANES IN OUR POOL SO WE CAN SWIM LAPS? LAPS?

ACCORDING TO OUR OLYMPIC DISTANCE APP... IT'LL TAKE OVER 25 LAPS TO SWIM 50 METERS

SO?

CAN YOU SHOW US HOW TO DO FLIP TURNS?

HI & LOIS by Chance Browne

WHERE ARE YOU GOING?

NORMANDY BEACH.

REALLY?

NO, BUT IT IS LIKE PREPARING FOR THE D-DAY INVASION.

HAGAR THE HORRIBLE by Chris Browne

GRANDPA, WHAT WAS MY FATHER LIKE AS A KID?

HE WAS TOUGH! YOUR DAD FOUGHT OTHER KIDS FOR THEIR LUNCH MONEY!

IS THAT WHEN YOU KNEW HE WOULD BE A VIKING?

NO, THAT'S WHEN I KNEW HE WOULD BE FAT!

DENNIS THE MENACE by Hank Ketcham

8-13

"I DIDN'T KNOW YOU LIKED BIKINIS SO MUCH, GEORGE."

"MAYBE I'LL WEAR ONE TOMORROW."

THE FAMILY CIRCUS by Bil Keane

8-13

"How do you know I'm just lying here doin' nothing? Maybe I'm meditating."

JUMBLE

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

ZISEE

CEILR

ULUYNR

UTXODE

Check out the new, free JUST JUMBLE app

Whoa! Now that he's closer, I can see how big he is.

Nice catch!

THE FISHERMAN THOUGHT HE'D HOOKED A HUGE ONE IT DIDN'T TAKE LONG UNTIL HE WAS

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

Print your answer here: " " (Answers Monday)

Yesterday's Jumbles: BRAVO LIMIT MIDDAY UNLESS  
Answer: Following his friend's advice instead of seeing his doctor was — ILL-ADVISED

Light pollution; Type 2 diabetes, fruit

**Q:** I read that 80 percent of Americans can't see the Milky Way because of all the lights at night. Does light pollution affect my health? — *Suzi C., Clearwater, Florida*

Light pollution can interfere with your sleep-wake cycle (that's your circadian rhythm, which controls 10 to 15 percent of your genes), and that can throw off your metabolism. It's also associated with changes in brain-wave patterns and cell regulation, and it's linked to depression, insomnia, cardiovascular disease and cancer. A 2007 report from a National Institute of Environmental Health Sciences meeting even suggested that there may be a relationship between increased light pollution and an increase in the risk for breast and prostate cancers, obesity and early-onset diabetes.

The American Medical Association has come out

DOCTORS OZ AND ROIZEN

with an advisory, telling cities to turn down new LED streetlights. Recent large surveys found that brighter residential nighttime lighting is associated with reduced sleep times, dissatisfaction with sleep quality, excessive sleepiness, impaired daytime functioning and obesity."

How can you protect yourself?

1. Get light-blocking shades and curtains.
2. Use nightlights with RED wavelengths only.
3. Keep blue-light-emitting digital devices and TV out of your bedroom.

4. Talk to your city council about turning off buildings' lights at night; turning down LED streetlights and turning off high-intensity lights around empty ballfields and shopping malls.

**Q:** I've just been diagnosed with Type 2 diabetes. I know fruits are full of carbs and are loaded with fructose/sugar, so can I still eat them? — *Claudia C., Houston*

Every diet should contain some fruit. It's packed with fiber and heart-, brain- and gut-healthy phytonutrients, along with a sugar called fructose. As to how fruit will figure in your diet, well, you'll have to experiment to see how different types affect your blood glucose levels.

For a general guideline, however, you can use a food's glycemic index, or GI. On

a scale of 1 to 100, it ranks how quickly a food's carbohydrates (fructose is a carb) turn to sugar; 100 is pure sugar. Generally, most fruits have a low GI.

But remember, the index isn't a precise measure. So much depends on how the fruit was grown, the type it is, how it's prepared and what you ate beforehand. So stick with unprocessed and uncooked fruits.

Knowing your portion size is another way to make sure you can eat fruits without too rapidly increasing your blood sugar level. Get a scale, and weigh your fruit. After a while, you will be able to tell what a serving of 120 grams/4 ounces looks and feels like.

But the single smartest move you can make if you're newly diagnosed with diabetes is to make an appointment with a certified diabetes educator (www.diabeteseducator.org) and work together to develop a personalized plan.

Chess

by Shelby Lyman

Domination in human activity sports, in particular, is in large part a result of immersion and an eagerness for challenge. Bobby Fischer famously stressed that he engaged 99 percent of his abilities, while other players used as little as one percent.

As a boy he loved games and puzzles and was especially attracted to chess because of its complexity and difficulty. His immersion in the game is legendary.

According to contemporary neuroscientists (Wall St. Journal, Dec. 9: "How your job can make you smarter:") "Training in certain mental skills can build the brain's capacity to process information and solve problems ... it takes more than just sitting down at your desk though. A person must be challenged and stimulated, tackling progressively harder tasks and reap rewards as an incentive to keep building the brain."

For a few, a super brain develops which may be a large part of what we call genius — with capabilities that are difficult for others to comprehend.

Bobby Fischer, who was regarded by other grandmasters, including Garry Kasparov, as being at least 10 years ahead of his time, is the prime example of such superiority in chess.

Robert Byrne, one of Fischer's most able contemporaries observed: "He has the

WHITE TO PLAY

ability to overcome the chaotic complexity of modern chess — the baroque scramble — and isolate a single theme. How he does it is his secret."

Below is a win by Vladimir Malakhov against Yuri Yakovich from the Russian Team Championship in Sochi, Russia.

Yakovich	Malakhov
1. d4	g6
2. e4	Bg7
3. Nc3	d6
4. Be3	a6
5. h4	Nf6
6. f3	b5
7. Qd2	N(b)d7
8. g4	h6
9. O-O-O	Nb6
10. Bd3	N(f)d7
11. Qf2	Bb7
12. N(g)e2	b4
13. Nb1	c5
14. c4	Qc7
15. d5	Ne5
16. b3	a5
17. g5	hxg5
18. hxg5	White resigns

SOLUTION TO BEGINNER'S CORNER:

1. Re3! (attacks the queen). If 1. ... Qxb2 2. Rh3ch! Kg8 3. Rh8 mate.

The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- 1 Slant
- 8 Repack for reshipping
- 15 Del Rio of films
- 16 Stars in Paris
- 17 Stuff oneself
- 18 Tug
- 19 Capital of Togo
- 20 Pine product
- 22 Nursing a grudge
- 23 Part of TGIF
- 24 Also not
- 25 Enemy
- 26 Elitist
- 28 Sal of Hollywood
- 30 Grab hold of
- 31 Capital of Nicaragua
- 33 Names turned into words
- 35 A call for urgent assistance
- 36 Actress/director
- 37 Lupino
- 37 Satellite, e.g.
- 41 Hepburn and Meadows
- 45 Dishonorable man
- 46 Get new weaponry
- 48 Carrie's "Star Wars" role
- 49 Chin. food additive
- 50 "Fawltly Towers" network
- 51 Grant the use of flats
- 52 Word on a red sign
- 54 Chocolate coffee flavor
- 56 Glamour competition

Visit: ADailyCrossword.com

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- 57 Marilyn's blonde part?

- 59 Righteous Brothers hit
- 61 Display
- 62 Ease
- 63 Sneaky mammals?
- 64 Animal restraints

DOWN

- 1 Worshipping graven images
- 2 Jana of tennis
- 3 Tigers of the ACC
- 4 Tribal history
- 5 Pique experience
- 6 In the area
- 7 Country on the Baltic
- 8 Pensioner
- 9 Orwell's alma mater
- 10 Mrs. O'Leary's mooer
- 11 Chest bones
- 12 Apart
- 13 Small British restaurant
- 14 Holds in high regard
- 21 Chip off the old block
- 27 Quintessential Sherlock Ponderer
- 28 Narcotic from poppies
- 30 Knot on a tree
- 32 Came down with
- 34 Quaint
- 37 Principle of current flow
- 38 Make like new
- 39 Sacre bleu in Dublin
- 40 Returns to 212 degrees
- 41 Superlatively condescending
- 42 Squiggly and slippery
- 43 One giving in
- 44 Cotton fabrics
- 47 TV network
- 53 Pod contents
- 54 Dinner
- 55 Up to the task
- 56 Incise deeply
- 58 Powerful cleaner
- 60 Have a turn at the plate

Yesterday's Puzzle Solved

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

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8-12

Scrabble Solution

922  
99  
99  
96  
9

RACK 4  
RACK 3  
RACK 2  
RACK 1

SCRABBLEGRAMS SOLUTION

BEETLE BAILEY by Mort Walker

THE GOLF SHOP STAFF HAS A GIFT FOR YOU

WOW! A BAG OF BALLS!

HEY! THEY ALL HAVE MY INITIALS ON THEM!

WE DREDGED THE POND!

SNUFFY SMITH by Fred Lasswell

YORE ROSES ARE BEE-YOO-TI-FUL, ELVINEY !! THEY MUST TAKE A HEAP OF CARE !!

YEP-- BUT I GOT EXPERT HALP !!

BOSSIE TAKES CARE OF PRUNIN' AN' FERTILIZIN' !!

Conceptis Sudoku

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

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

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

Difficulty Level ★★★★★

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