

SCRABBLEGRAMS

Hastbro 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.

I

I

O

V

T

L

N

1st Letter Triple

RACK 1

A

E

H

R

R

S

B

RACK 2

A

I

M

H

G

G

N

Double Word Score

RACK 3

I

O

W

N

R

G

N

RACK 4

PAR SCORE 150-160

BEST SCORE 218

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.

08-20

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.

DALEG

GEMER

GUNELO

THORYW

Ans: -

(Answers Monday)

Yesterday's

Jumbles: BYLAW AFTER BOLDLY SESAME

Answer: The sponge came to life and could now talk. Too bad he was so — SELF-ABSORBED

Beware at-home tDCS; 5 Food Felons

Q: My husband bought a brain stimulator. He says it makes him more alert and relaxes him at the same time. I'm horrified that it might harm his brain. Am I right to be worried? — *Debra G., Boston*

DOCTORS OZ AND ROIZEN

First, we don't care for these at-home transcranial direct current stimulators (tDCS). They're devices that use electrode patches placed on specific spots around the head to target brain regions with electrical current. The intent is to enhance one's state of relaxation, energy, focus, creativity, etc. Most devices do have limits on the current they send into the brain. And most come with instructions that say they're to be used for no more than 20 minutes every 48 hours. However, once they are in someone's hands, there's no telling how they get used. The reported minor side effects include redness around

the electrode cites, headache and nausea, but there are NO double-blind studies that have examined the long-term repercussions of using at-home tDCS! And that's why researchers from the University of Pennsylvania and Beth Israel Deaconess Medical Center at Harvard, along with dozens of members of the neuroscience research community, have issued a stern warning about the risks of at-home use. In an open letter in the journal *Annals of Neurology*, 39 experts wrote: "Outcomes of tDCS can be unpredictable, and the benefits that are seen

after tDCS in certain mental abilities may come at the expense of others." We'd suggest that no one use these outside of an intensely monitored medical setting.

Q: Is the government subsidizing foods that are bad for us (the Five Food Felons) and then paying billions of dollars for the health problems they cause? — *Tom T., Sioux Falls, South Dakota*

Afraid so, Tom. A recent study from the Centers for Disease Control and Prevention and Emory University shows a direct association between a higher consumption of calories from subsidized foods and "cardio-metabolic risk" associated with diseases such as obesity, heart disease and diabetes. That's because farm subsidies are heavily weighted to sup-

port food products that make added sugars and syrups, and to produce trans fats. Annual agricultural subsidies run about \$20 billion a year. While agricultural subsidies were started to "save the family farm," these days, mega-farms with factorylike production processes receive the handouts. And politicians who go against the grain will get pummeled by the big bucks they just handed out, so it's hard to change the system. The result is that in some communities, the vast majority of residents are overweight or obese. Things are changing for the better, though: Direct payments to farmers for not growing food are being shifted into crop insurance. But we think two answers to the problem are: 1. shift 5 percent a year of corn and soybean subsidies toward fruits, tree nuts and veggies; and 2. pair farm subsidies with subsidies for food education for expecting moms and infants.

Chess by Shelby Lyman

Is skill at chess simply a matter of DNA? Almost certainly not. There does not seem to be an inborn chess aptitude which per se determines the ability and success of grandmasters. A multitude of factors influence success. That was the finding of a study by three psychologists of grandmaster participants at the 1925 Moscow International tournament. This was no mean sample, as it included such premier players as Emanuel Lasker, Jose Capablanca, Carlos Torre, Richard Reti, Frank Marshall and Savielly Tartakower. The psychologists identified 16 traits critical to success in chess. Included were good health, a highly active intellect, self confidence, power of synthetic thought and imagination and the ability to think concretely and objectively. Interestingly, chess players' memories were not outstanding outside of the game itself. Although a disciplined will was mentioned, the capacity for struggle was not on the list — probably because it was not easily measurable by psychological tests. Historically, a few players seem to have understood the game better than others from the get-go. Prodigies such as Sammy Reshevsky, Jose Capablanca, and Paul Morphy are the most notable. But whatever one's DNA, the cultivation of other skills and hard work are unquestionably sine qua nons for success. Below is a win by David Navara against Zurab Sturua from the European Individual Championship in Gjakova, Kosovo.

8 7 6 5 4 3 2 1

a b c d e f g h

BLACK TO PLAY

Navara

1. d4

2. c4

3. Nc3

4. e3

5. Bd3

6. cxd5

7. Nge2

8. a3

9. bxc3

10. O-O

11. f3

12. Ng3

13. Qxd3

14. Bb2

15. e4

16. Nf5

17. Nxf4

18. fxe4

19. Rf4

20. Nxe6

21. Rxe4

22. Qxe4

23. Qe2

24. Rf1

25. cxd4

26. Qf2

27. Re1

28. Re8ch

29. Qh4ch

30. Qf6

31. Kf2

32. Ke3

33. Kf4

34. Re3

Sturua

Nf6

e6

Bb4

O-O

d5

exd5

b6

Bxc3ch

c5

Ba6

Re8

Bxd3

Nc6

h5

h4

g6

dxex4

Nxe4

Qe7

Qg5

Rxe4

Qxg6

Rd8

cx4d

Qe6

Rd5

Qf5

Kh7

Qh5

Qd1ch

Qc2ch

Bb3ch

Rd8

Black resigns

Scrabble Solution

PAR SCORE 150-160

BEST SCORE 218

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.

08-20

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

9 8 2 3 6

4 7 1

7 1 8 5

5 3

4 3 7 6

2 6 4

8 2 4 5 9

Difficulty Level ★★★★★

8/20

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

7 8 2 9 1 5 4 3 6

5 4 1 6 3 7 2 8 9

3 6 9 2 8 4 1 5 7

9 5 7 8 4 1 6 2 3

1 2 4 3 5 6 7 9 8

8 3 6 7 9 2 5 1 4

6 1 8 5 7 3 9 4 2

2 9 5 4 6 8 3 7 1

4 7 3 1 2 9 8 6 5

Difficulty Level ★★★★★

8/19

© 2016 Crosswords WRW All rights reserved