

SCRABBLE GRAMS

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O U L S D T
 RACK 1

A I Y R C P S
 Double Word Score
 RACK 2

E U D S L M C
 1st Letter Triple
 RACK 3

A A E I L T V
 RACK 4

PAR SCORE 145-155
 BEST SCORE 213

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.

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.

SHIWK

DTRIH

CASNAV

BUYTON

Check out the new, free JUST JUMBLE app

I told them I wanted four-inch minnows. These are only two inches.

I wanted night crawlers. These are red worms!

THE FISHERMEN PAID FOR LARGE MINNOWS, BUT IT LOOKED LIKE IT WAS A _____

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

(Answers Monday)

Yesterday's Jumbles: ITCHY GOING NEPHEW SCROLL
 Answer: When the pharaoh employed an artist to decorate his tomb, it was a case of — "HIRE-O-GLYPHICS"

Muscle cramps; rewards of turning 50

Q: I trained all summer for a swim across the Hudson River. My trainer and I made sure I stayed hydrated, but I still cramped up during the swim. Is there any way to avoid muscle cramps? — Brent H., Nyack, New York



DOCTORS OZ AND ROIZEN

People believe muscle cramps are caused by a lack of hydration; a lack of electrolytes, such as salt and potassium; or a combination of both. And that's true. But there's a new theory that muscle cramps also can be a result of the misfiring of motor neurons. In other words, some muscle cramps don't start with the muscle, they start with the nerves. This would explain why athletes who are well-hydrated get cramps, why folks get them in bed at night and why loading up on potassium and salt doesn't necessarily prevent them. And it could be why drinking dill pickle juice (or other spicy or tart liquids) seems to

prevent and relieve symptoms. This new approach to controlling muscle cramps is being championed by Nobel Prize-winning neurobiologist and biophysicist Rod MacKinnon. After experiencing what could have been deadly hand and arm cramps while kayaking, he and his pal, Harvard neurobiology professor Bruce Bean, set out to find out how to prevent them. What the duo came up with was a theory about the effect on the nervous system of drinking spicy or highly tart substances: They think that a strong sensory input can

stimulate receptors in the mouth and esophagus to the point of overloading (calming) the nervous system's excessive misfiring, thereby preventing muscle cramps.

Q: My 50th birthday is coming up, and I'm getting to be a bit overweight. I guess I need to turn things around. What can I do? — Charlene G., Lexington, Kentucky

You ALWAYS have a chance for a healthy do-over, and it's not as hard as you think. Here are some recent discoveries about healthy aging that should inspire you to get started working on a younger RealAge today.

1. A study published in the journal *Neurobiology of Aging* found that being overweight is associated with brain shrinkage! Seems overweight folks at your age begin

to lose white matter — the very stuff that keeps brain functions zipping along — and their brains end up with the volume of a normal-weight person who is 10 years older!

So aim for a healthy weight by losing one pound a week. No need to "diet": Enjoy five to nine servings of fresh veggies and fruit daily, cut out all red and processed meats, and eliminate added sugars and syrups, and refined grains.

2. Regular exercise when you're 60-plus protects you against brain atrophy and helps stave off dementia! We suggest you get a buddy and a pedometer, and start a walking routine; also start a strength-building program.

When you upgrade your nutrition and increasing physical activity, you'll earn a bonus: You'll have a more positive attitude about getting older, and that will help you be better able to handle whatever challenges the next decades dish up.

Chess

by Shelby Lyman

Less than a decade ago, U.S. chess was somewhat of a wasteland with only one player of obvious future world status, the young Hikaru Nakamura.

But things have changed. In recent years, two world class talents — Wesley So of the Philippines and Fabiano Caruana of Italy — have registered as U.S. players, enticed in large part by the largesse of a St. Louis chess lover and philanthropist Rex Sinquefeld.

So, Caruana, and the American-bred grandmaster Nakamura give the U.S. a top threesome unequalled by any country in the world.

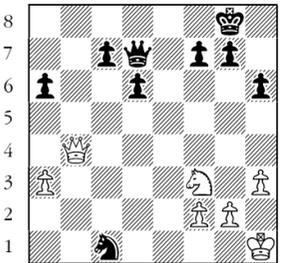
An annual hallmark of the St. Louis venue is the Sinquefeld Cup tournament — which lures to St. Louis by virtue of its funding and playing conditions — an all-star cast of international grandmasters.

The recent 2016 tournament was so laden with talent that it ranked as one of the strongest events held anywhere. The 10 players participating were 10 of the top 18 players in the world.

Included besides So, Caruana, and Nakamura was Maxime Vachier Lagrange ranked second on the World Chess federation rating list. Also included were two former world champions: Viswanathan Anand and Veselin Topalov.

So won the tournament with Anand finishing second.

Below is a win by Maxim Matlakov against Zdenko Kozul from the Individual European Chess Championship in Gjakova, Kosovo.



WHITE WINS THE KNIGHT

- | Zdenko | Matlakov |
|----------|----------|
| 1. Nf3 | d5 |
| 2. g3 | Bg4 |
| 3. Bg2 | c6 |
| 4. d3 | Nf6 |
| 5. O-O | N(b)d7 |
| 6. h3 | Bh5 |
| 7. g4 | Bg6 |
| 8. Nh4 | e5 |
| 9. e3 | Bd6 |
| 10. e4 | dx4 |
| 11. Nxc6 | hxg6 |
| 12. dx4 | Qe7 |
| 13. g5 | Nh5 |
| 14. Nc3 | O-O-O |
| 15. Ne4 | Bc7 |
| 16. Qa4 | f5 |
| 17. gxf6 | gxf6 |
| 18. b4 | Kb8 |
| 19. Ba3 | f5 |
| 20. Nc5 | Nxc5 |
| 21. bxc5 | e4 |
| 22. Rab1 | Ka8 |
| 23. Rb3 | Bb8 |
| 24. Bb2 | R(h)h8 |
| 25. Qb4 | Rd7 |
| 26. f4 | g5 |
| 27. Be5 | gxf4 |
| 28. Bxb8 | Kxb8 |
| 29. exf4 | Rg8 |
| 30. Kh2 | Nxf4 |

White resigns
SOLUTION TO BEGINNER'S CORNER:
 1. Qb8ch! Kh7 2. Qb1ch followed by 3. Qxc1.

The Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- Besmirches
 - Clog
 - Herb for felines
 - Breathed
 - Demosthenes or Cicero, e.g.
 - Uses too many crewmen
 - Strong desire
 - Isolated bit of land
 - 66 or A1A, for example
 - Connections
 - Show place?
 - Decline
 - Sedan or SUV, e.g.
 - Tires
 - Meetings' schedules
 - Drove a nail obliquely
 - Close once again
 - Unspecified threat
 - Famous cookie maker
 - Le Champs
 - Underestimate true worth
 - Bub
 - Alternatives to lagers
 - Shepard and Dershowitz
 - Skunk River state
 - Segment of a journey
 - 1904 Nobel Prize winner Pavlov

Visit: ADailyCrossword.com

Yesterday's Puzzle Solved

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

- DOWN**
- Pathfinder vehicle
 - Wedlock
 - Whatnot shelves
 - Feeds the kitty
 - Sugarloaf loc.
 - Sail-extending pole
 - Striesand's husband James
 - Young hare
 - Full of: suff.
 - EMT's procedure
 - Novak of "Vertigo"
 - Ark's landing spot
 - Like a little lamb?
 - Cars of lemon-lore
 - (_) Having My Baby
 - Flattened at the poles
 - Fish used for fertilizer
 - Library patron
 - College financial supporters
 - Subduers
 - Exhibit extravagant desire
 - Slowly disappears
 - Quite
 - Actress Patricia and others
 - Beaver projects
 - "Ciao" on Hawaii
 - Summer refresher
 - Ocean fill
 - Individuals on the lam
 - More firm
 - Sicilian landmark
 - Biblical dancer
 - Tenth of one-ten
 - Map key
 - Baltimore team
 - Expression of contempt
 - Submission to the will of Allah
 - Greek letter
 - Untrained
 - Type of poem
 - Arthur of "The Golden Girls"

Scrabble Solution

PAR SCORE 145-155
 BEST SCORE 213

O U L S D T
 RACK 1

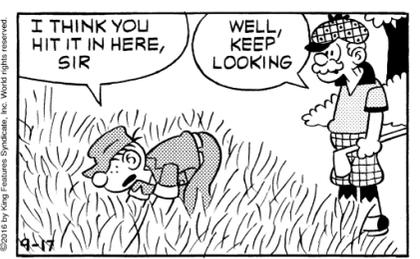
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A A E I L T V
 RACK 4

SOLUTION: SCRABBLE GRAMS

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Yesterday's Puzzle Solved

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