

SCRABBLE®

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E1E1O1T1N1M3M3

1st Letter
Double

A1A1E1O1B3L1M3

RACK 2

A1I1P3P3R1S1N1

RACK 3

O1U1H4S1M3R1B3

Triple
Word Score

RACK 4

PAR SCORE 145-155

BEST SCORE 227

FOUR RACK TOTAL

TIME LIMIT: 20 MIN

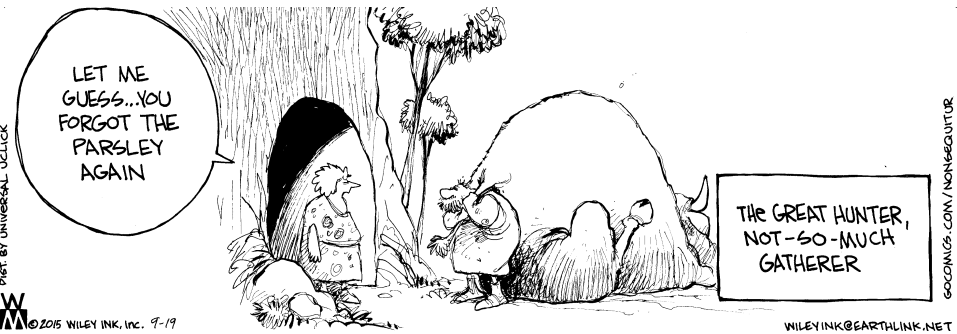
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

Answer below

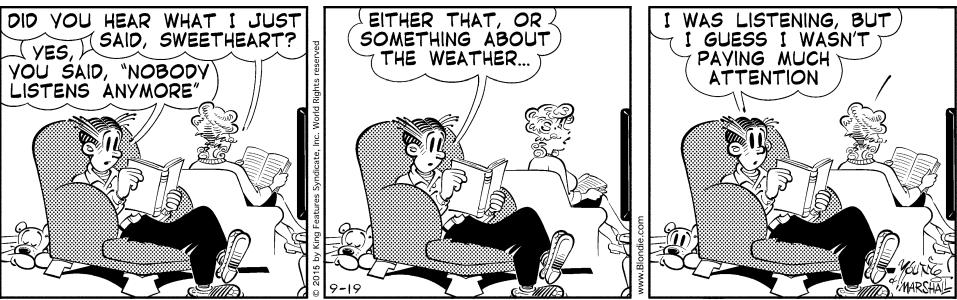
For more information on tournaments and clubs, email NASPA - North American SCRABBLE® Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrags@gmail.com.

09-19

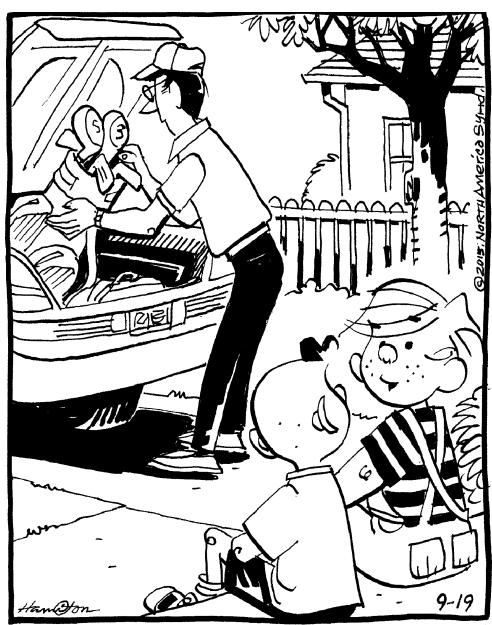
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



DENNIS THE MENACE by Hank Ketcham



JUMBLE

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

ATING

PIMLE

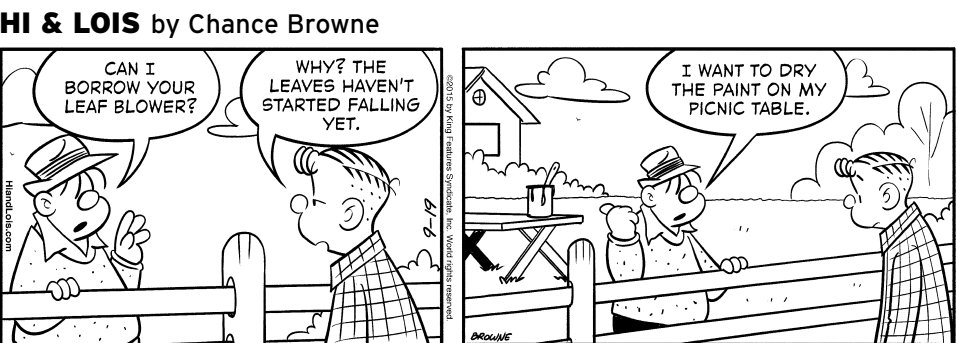
DERTON

DOLHUS

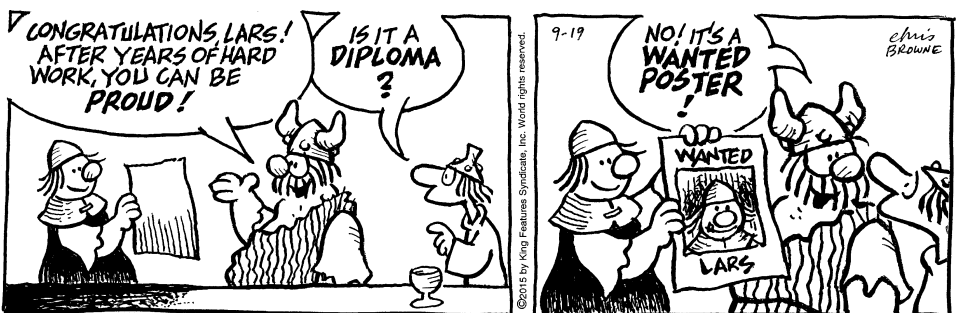
Print your answer here:

Yesterday's Jumbles: PANSY SHINY WETTER PAGODA
Answer: After a tiger escaped from the zoo, there would be this until there was this. — APPREHENSION

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



HAGAR THE HORRIBLE by Chris Browne



THE FAMILY CIRCUS by Bil Keane



Testing 1, 2, 3; defeating prediabetes

Q: I'm an ovarian cancer survivor. When my doctor said that I should have a CT scan to check out suspicious lymph nodes, my insurance company turned down the request. Luckily, my doctor didn't take no for an answer. She asked for a peer-to-peer review with the insurance company doc, and the scan was approved. How can insurance companies challenge a doctor's request for a cancer screening? — *Maggie D., Poughkeepsie, New York*

Whenever you find yourself in this kind of situation, a physician's peer-to-peer review is in order. But you can bet your doc had to spend a lot of uncompensated time trying to get you the right treatment, and a lot of folks don't even know it's possible.

To be fair, though, one reason you ran into trouble is that today the cost of over-testing and overscreening is in the billions of dollars.



DOCTORS OZ AND ROIZEN

And overtesting/over-screening can cost you: It leads to overdiagnosis, which can lead to unnecessary treatments. Some researchers believe that one in three breast cancers detected by screening actually may be harmless. And after years of research we now know that about 70 to 80 percent of men with an elevated PSA do not have prostate cancer.

Clearly, the public, insurance companies and doctors have to find ways to hold down costs and eliminate unnecessary procedures. But in your situation, you were lucky

your doctor spent the time asking for a peer-to-peer review. And we're glad to spread the word: Peer-to-peer review of denial of services/payment is available for almost everyone with health insurance.

Q: My doctor says that I have prediabetes. I know he wants me to get my act together, but all I hear is: "Exercise! Eat right!" How do I do that? — *Gwenda E., Des Plaines, Illinois*

Your doctor has done you a favor by alerting you to your higher-than-normal blood sugar levels. More than one in three North Americans has prediabetes, but only one in 10 even knows it! That's a shame, because prediabetes increases your risk for heart disease and stroke, as well as sexual dysfunction and cognitive problems.

The Community Preventive Services Task Force (www.thecommunityguide.org) just released a new set of diabetes-prevention guidelines recommending programs that include trained providers who work directly with patients. Before these programs become mainstream, here's how you can set up your own task force for diabetes prevention.

Check out sharecare.com and myclevelandclinic.org for dietary advice, walking programs and emotional support. Losing just 5 to 7 percent of your body weight slashes your risk for Type 2 diabetes by 58 percent. Get support. Every study that shows success depends on building a good team around you. Find diabetes prevention programs in your area. Your American Diabetes Association chapter will be very helpful, and many Y's offer programs. Check out www.defeatdiabetes.org for peer-support groups in all 50 states.

Chess

by Shelby Lyman

Sports are curiously contradictory.

They range in character from activities that are pure play — or almost pure play — to those that are brutally competitive.

The same sport can, of course, wander the extremes.

The harmless activity of children playfully sparring with each other in a playground is transformed in a professional boxing ring into a brutal and bloody attempt to pummel the opponent into unconsciousness.

Bodily and cognitive maiming are frequent results. Death an occasional one. For most of us chess is more a relaxing form of play than a competitive sport.

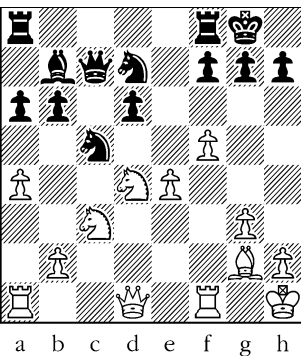
Jose Capablanca — world champion 1921-27 — offered the following insight:

"During the course of many years I have observed that a great number of doctors, lawyers, and important businessmen make a habit of visiting a chess club during the late afternoon or evening to relax and find relief from the preoccupations of their work."

The Cuban nonpareil of chess probably is describing a scene he repeatedly witnessed at the Manhattan Chess Club, which he often frequented in his later years.

My own personal experience is that chess — as a form of play — is an alluring diversion from stress of any kind.

Besides its feel-good quality, it reinvigorates you for a return



WHITE TO PLAY

to the battlefield of life.

Below is a win by Romain Edouard against Andrei Shchekachev from the French Championship in San-Quentin, France.

Edouard	Shchekachev
1. e4	c5
2. Nf3	e6
3. d4	cx d4
4. Nxd4	a6
5. Bd3	Bc5
6. Nb3	Be7
7. Qg4	g6
8. Qe2	d6
9. O-O	Nc6
10. Nc3	Ne5
11. f4	Nxd3
12. cxd3	Nf6
13. f5	e5
14. d4	Rg8
15. dxe5	dx e5
16. Bg5	Bd7
17. R(a)d1	Rc8
18. Kh1	Nh5
19. f6	Bf8
20. Qf2	Nf4
21. Bxf4	exf4
22. Nd5	Black resigns

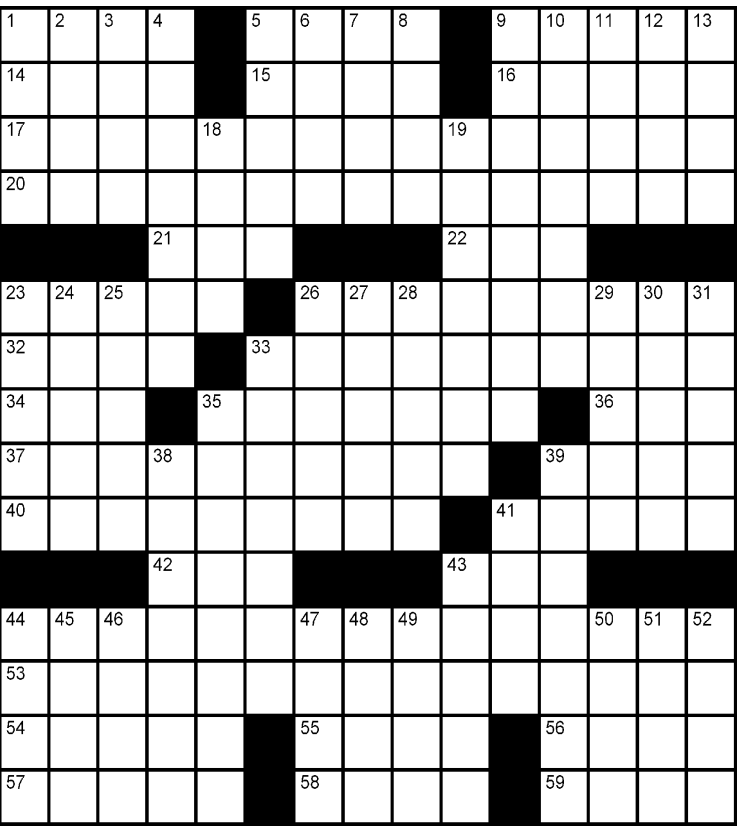
SOLUTION TO BEGINNER'S CORNER: 1. b4! (winning a knight).

The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- 1 Reminder of a trauma
- 5 Anorak or duster, for example
- 9 Numero uno
- 14 Location on the web
- 15 Two wistful words
- 16 Surveillance, shortly
- 17 18th-century Italian artist
- 20 Nothing to do
- 21 Genetic material
- 22 His: Fr.
- 23 Period of distraction
- 26 Appraising
- 32 Escutcheon border
- 33 Dancing prima donna
- 34 FDR's power group
- 35 Singles
- 36 Imitator
- 37 Governors of fortresses
- 39 Common man of ancient Rome
- 40 Johnny Fontane of "The Godfather"
- 41 Stood
- 42 Prefix with dent or corn
- 43 "Wheel of Fortune" purchase
- 44 Yakking
- 53 Western musical
- 54 One who digs hard rock
- 55 Aspect



Visit: ADailyCrossword.com

9/19

DOWN

- 1 Certain NCO
- 2 One-tenth of MXXX
- 3 Molecule component
- 4 Do a U-turn
- 5 Tropical plant with brilliant flowers
- 6 This can't be!
- 7 Infamous African tyrant
- 8 French head
- 9 Warms ahead of time
- 10 Meals
- 11 Image of a god
- 12 Foundry form
- 13 Yoko's family
- 18 Top of the line
- 19 Distributors
- 23 Writer Federico Garcia
- 24 Of acreage
- 25 Proto- or ecto-add-on
- 27 Edgar __ Poe
- 28 Grassy plain
- 29 Balbo or Calvino
- 30 Neck parts
- 31 Bird that eats feathers
- 33 Departing abruptly
- 35 Backside
- 38 Shabbier
- 39 TV show
- 41 Korean apricot
- 43 Ages and ages and ages
- 44 The Crimson Tide
- 45 Blyton or Bagnold
- 46 AD word
- 47 Pearls of wisdom
- 48 Elisha of elevator fame
- 49 Turndown, from Putin
- 50 Citrus fruit
- 51 Charged lepton
- 52 Scottish dagger

Yesterday's Puzzle Solved

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

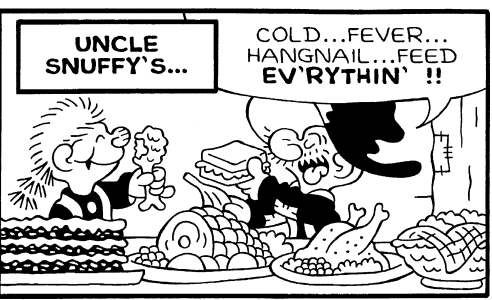
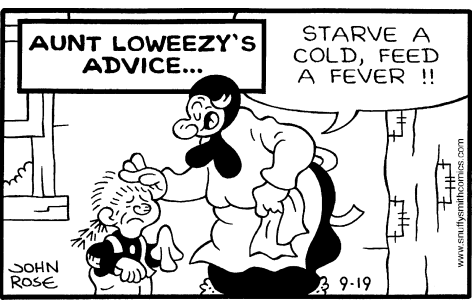
Scrabble Solution

PAR SCORE 145-155	227
BEST SCORE 227	92
RACK 4	92
RACK 3	61
RACK 2	10
RACK 1	64

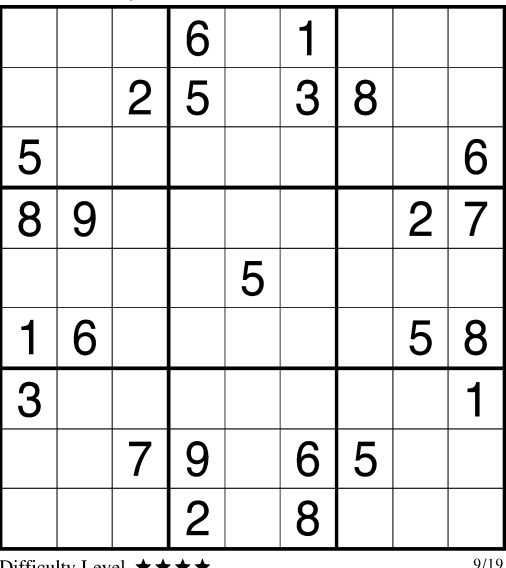
BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku



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

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

Difficulty Level ★★★★★