

SCRABBLEGRAMS

A1E1O1L1N1P3W4

A1E1E1O1X8L1P3

A1E1O1O1G2M3R1

A1E1E1D2T1S1H4

RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 145-155

BEST SCORE 231

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.

10-01

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

JUMBLE

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

LIPOS

PURTE

VONPER

YETMSS

Ans: LIPOS

PURTE

VONPER

YETMSS

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

We'll all go through these again, so everybody gets them all correct.

3+3=

6-3=

2+4=

6-2=

HER STUDENTS WERE BEGINNING TO UNDERSTAND ADDITION AND SUBTRACTION

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

Yesterday's Jumbles: AGILE DROOP SYMBOL HONCHO
Answer: The popular choir was paid to perform around the world and made — GOOD "HAR-MONEY"

AD breakthrough; debt, mental health

Q: I just read that they've reversed Alzheimer's disease symptoms with some kind of standard pain reliever. Can it cure my mom? — *Sandy D., Lebanon, New Hampshire*

The breakthrough you're referring to happened in mice, not people. University of Manchester, U.K., researchers found that a monthlong IV dose of mefenamic acid, a common nonsteroidal anti-inflammatory drug, given to mice with Alzheimer's disease symptoms completely reversed their memory loss and brain inflammation. It seems the medication reduces an inflammatory process that contributes to the formation of amyloid tangles and AD. But we're still a long way from having something that can reverse AD in people. Fortunately, there's a lot of ongoing research about preventing and managing symptoms of dementia and AD. —A study published in

DOCTORS OZ AND ROIZEN

JAMA Neurology found that serum DHA levels were 23 percent lower in participants with cerebral amyloidosis (amyloid tangles) than in people without those indicators. You want 900 mg of DHA omega-3 daily. So enjoy at least two to three servings of salmon and sea trout a week, and enjoy anchovies, herring, mackerel, tuna and halibut, too. —Recently, researchers found that workplace complexity and social interaction help people retain greater cognitive powers. —Regular exercise protects the brain.

—Brain speed training works: The ACTIVE study used a "double decision" game to assess if such intervention could protect cognition. Turns out people who did 18 hours of the game over three years had a dramatically lower risk of developing dementia than folks who didn't go through that training.

Q: My daughter is going to graduate college with over \$100,000 in debt. It's changing how she sees her future. What can we do to help her cope? — *JoAnne D., Charlotte, North Carolina*

Everyone's talking about the pressures of college debt. That's because it looks like a catch-22: You need to get a degree to get a good job so you can pay off your mountain of debt that you incurred to get your degree to get a good job.

Chess

by Shelby Lyman

A recent study out of the U.K. found that a student's debt load could predict depression, anxiety, drug and alcohol abuse and eating disorders. But the U.K. study also points out that mental-health problems of students could be attributed to their stress response to debt, not the debt itself. In other words, learning how to properly handle her stress response might be one of the more valuable lessons you could help your daughter learn while she's in college. 1. Suggest that she consult a school counselor. The counselors are trained to help students with issues of self-worth, drug and alcohol abuse and debt. 2. Also help her adopt stress-reduction techniques she enjoys. 3. Talk to her about making sure she gets seven to eight hours of sleep nightly. Sleep deprivation can make stressful situations doubly damaging.

The question of nature vs nurture is both perplexing and fascinating. Bobby Fischer has been hailed as a chess genius. His biographer Frank Brady calls attention to his supposedly prolific IQ of 180. But if we take IQ as a predictor, it can be simplistic. Was Bobby's IQ the reason for his success in chess, or did his immersion in chess cause a jump in his IQ score? Fischer was a precocious child in many respects, not a surprise given the accomplishments of his father, a gifted physicist, and a multi-talented mother who told her children they could achieve anything they wanted. But genes per se are not enough. "You can't say what a gene generically does. ... Instead you can only safely say what a gene can do in the environment(s) in which it has been studied." (Robert Sapolsky, Wall St. Journal April 13-14) The Fischer household was a cauldron of activity and competitiveness — no small factor in his development. "You think I'm tough, you should meet my mother," Bobby once said. But the sine qua non of his chess greatness was the unique inner environment created by his passion, immersion and incessant work at the game. He developed an ability far above his contemporaries by turning quantity of effort into a quality of understanding that no one else could come close to

WHITE TO PLAY
match. Below is a win by Danil Dubov against Ante Brkic from the European Individual Championship in Gjakova, Kosovo.

Dubov
1. d4
2. c4
3. Nf3
4. Bg5
5. Ne3
6. Bh4
7. Bg3
8. Qc2
9. h3
10. bxc3
11. fxg3
12. e4
13. Qxe4
14. Kf2
15. c5
16. Rb1
17. Ne5
18. Qf3
19. Ba6
20. Bxb7ch
21. Bxc6ch
22. Bb7ch
23. Bxf3ch
24. Bb7ch
25. Bc6ch
26. Rb2

Brkic
Nf6
e6
d5
Bb4ch
h6
g5
Ne4
h5
Bxc3ch
Nxxg3
Nc6
dxe4
Qd6
Bd7
Qe7
O-O-O
f5
g4
gxf3
Kb8
Kc8
Kb8
Kc8
Black resigns

SOLUTION TO BEGINNER'S CORNER:
1. Qh6ch! Kxg8 2. Qh8 mate!

The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- 1 Is overly theatrical
- 7 Slope wear
- 15 Attack verbally
- 16 Pigment in plants
- 17 Bygone PLO leader
- 18 Licorice liqueur
- 19 Me-generation characteristic
- 21 Piths
- 22 Friend of Winnie the Pooh
- 27 Laura of "Wild at Heart"
- 28 Waldorf-___ Hotel
- 29 Bonehead
- 32 Offers to buyers
- 34 Benny Goodman's music
- 35 Lawman Dillon
- 37 Houdini's last name
- 39 Seating section
- 40 First sign of the Zodiac
- 42 "The Winding Stair" poet
- 44 Neither's partner?
- 45 Deep bows
- 47 Leaves
- 49 Tenzing Norgay, e.g.
- 50 Most lacking in social polish
- 54 Of a culture without writing
- 56 City in the Texas panhandle

Visit: ADailyCrossword.com

10/1

- 60 Newspaper boss
- 61 Erotic quality
- 62 Elder

- 63 Recipients of binding promises
- 64 All the rage

- 25 Starr of the Beatles
- 26 Full of enthusiasm
- 28 Bantu spear
- 29 Accumulate
- 30 The Divine
- 31 Bernhardt
- 32 Steps over a fence
- 33 Abandon the truth
- 36 Rend
- 38 Superlatively resolute
- 41 Draining
- 43 Union renouncer
- 46 Actress Matlin
- 48 Sacred space
- 50 Luster
- 51 Phone for Chinese food, perhaps
- 52 Rose from a chair
- 53 Gilliam or Bradshaw
- 55 On the other hand
- 56 Small Egyptian snake
- 57 Actor Gibson
- 58 Tin Man's tool
- 59 Dispose (of)

DOWN

- 1 Clear the board
- 2 Paris moms
- 3 Cricket pitches
- 4 Quarreled in a petty manner
- 5 Stritch and May
- 6 Spring tension device
- 7 Reads the bar code
- 8 Classic Welles character
- 9 Parts of eyes
- 10 Hot milk drinks curdled with ale
- 11 Lunched
- 12 Trawling device
- 13 Nobel's explosive
- 14 Bishopric
- 20 Collarless pullovers
- 23 Alley cat's cry
- 24 Hunter of the stars

- 31 Steps over a fence
- 33 Abandon the truth
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Yesterday's Puzzle Solved

A P L U S L A P C E D E D

P R I N K A G A O V A T E

P U T T I N G O N T H E D O G

E N C O D E U C O N N

N E H W O T A N I N T O

D R I N K S L I K E A F I S H

G L A R E E D P P A M

E E N E S T O L L A

N A K E D A S A J A Y B I R D

S P E C V E R S T C E A

A B E L E H O L I L Y

S C H R O D I N G E R S C A T

M I A T A O A T B A L T O

U R G E S T S E S T E E N

9-30

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

3

7

4

3

1

5

2

4

3

1

5

8

6

8

2

6

9

1

5

1

6

8

5

3

Difficulty Level ★★★★★

10/01

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

4 1 6 3 7 8 5 2 9

3 7 2 4 9 5 8 1 6

8 5 9 2 6 1 3 7 4

9 3 5 6 4 7 2 8 1

1 6 7 9 8 2 4 3 5

2 8 4 1 5 3 6 9 7

7 4 3 5 2 9 1 6 8

5 2 8 7 1 6 9 4 3

6 9 1 8 3 4 7 5 2

9-30