

SCRABBLE®

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RACK 1

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RACK 2

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RACK 3

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2

RACK 4

PAR SCORE 155-165

BEST SCORE 234

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.

10-17

NON SEQUITUR by Wiley

I THINK WE'VE FINALLY HIT THE FANTASY LEAGUE SATURATION POINT

WILEY INK © 2015 WILEY INK, INC. 10-17

WELCOME TO THE CLEARWATER LIBRARY! MAY I HELP YOU?

I'M LOOKING FOR A PARTICULAR BOOK

SEE, I MADE A COFFEE TABLE THAT WOBBLES, SO I NEED A BOOK ABOUT THIS THICK

DID YOU FIND WHAT YOU WERE LOOKING FOR AT THE LIBRARY, DEAR?

SURPRISINGLY, I DIDN'T

10-17

DENNIS THE MENACE by Hank Ketcham

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10-17

"YOU HAVEN'T TOLD ME I'M BOTHERIN' YOU IN A LONG TIME, MR. WILSON. IS EVERYTHING OK?"

JUMBLE

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

SLAFK

SAREO

DUEXLE

TUTELO

Print your answer here:

(Answers Monday)

Yesterday's Jumbles: SCARF LUCKY ATTAIN POLICY

Answer: Everyone loved Leonard Nimoy's role as a Vulcan and thought he was — "SPOCKTACULAR"

10-17

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

He's resolved to be ready for the Olympics.

Wow! He's so focused on sprinting!

WHEN IT CAME TO TRAINING FOR RACES, THE SPRINTER WAS —

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

10-17

HI & LOIS by Chance Browne

ANOTHER COLD ONE, IRMA.

YOU'LL HAVE TO WAIT. I'M ON MY BREAK.

WHY DO YOU LET HIM TREAT YOU LIKE A WAITRESS?

I DON'T GET A BREAK WHEN HE TREATS ME LIKE A WIFE.

10-17

HAGAR THE HORRIBLE by Chris Browne

I CAN'T REMEMBER IT, BUT THERE'S AN OLD SAYING WHY YOU SHOULD BE MARRIED JUST LIKE ME!

HAGAR! MUCK OUT THE STABLES!

"MISERY LOVES COMPANY"?

THAT'S IT!

10-17

THE FAMILY CIRCUS by Bil Keane

10-17

"I think this dollar is just about all spent up."

Workplace stress; eat less to lose weight

Q: My brother puts in ridiculous hours and doesn't like what he does. I'm worried about his health. What can I tell him to help him feel better about things? — *Rosera B., Atlanta*



DOCTORS OZ AND ROIZEN

Workplace stress that often comes from long working hours, shift work, work/family conflict and job strain is very prevalent and has a far-reaching impact on health.

A new study from Harvard and Stanford says workplace stress is as damaging as secondhand smoke. That's probably an underestimate, but everyone agrees that stress ups the risk of premature coronary heart disease and heart attack by at least 23 percent.

Rosera, tell your brother about the risks and tell him he's not alone! Sixty percent of Americans say on-the-job tensions are their main source of stress. Then, emphasize that he and everyone else can take steps to ease those tensions.

Stress-busting 101: Get 7-8 hours of sleep nightly; 5-9 servings of fruits and veggies daily; eat no added sugars or syrups, only lean proteins and no trans and few saturated fats; and make sure you get in at least 30 minutes of physical activity five days a week.

Next, at work, take break times: Try using 5-10 minutes for mindful meditation (see "Dr. Oz: The 5 Minute Meditation Plan") or head outside to stretch your legs.

Then reach out to your employer to discuss ways to ease tensions. Some proven stress-reducers: Creating a

way for employees to offer suggestions for improving the work process, and limiting overtime. Everyone wins when job-related stress loses.

Q: I exercised regularly all summer, but I didn't really lose any weight! What am I doing wrong? — *Jane P., Wichita, Kansas*

You are voicing a very common complaint, and you and millions of other folks are probably making a simple mistake: eating incorrectly. Steady workouts burn more fuel, and that can increase hunger big-time. Often you end up eating more calories than you've used up, and that's why you don't lose weight!

A recent study conducted by the Loyola University Chicago Stritch School of Medicine echoes that answer, loud and clear: "There is only one effective

way to lose weight: eat fewer calories." That means you need to pay attention to how many you are burning up. And you want to learn how to ease your hunger by eating foods that provide great nutrition, power you up and don't load you down with extra calories.

The formula for weight loss? Drink a couple of glasses of water 30 minutes before each meal. Increase your fruits and veggies to nine servings a day; they fill you up, build muscle power, stimulate secretion of your "I'm full" hormone leptin and keep blood sugar levels steady. Eat small servings of lean protein several times a day; that also avoids hunger panic and builds muscle. You should lose a half pound to a pound a week.

Don't stop your exercise routine when the weather turns colder. Join a gym or take spin classes, and change your diet so you lose weight slowly and won't gain it back.

Chess

by Shelby Lyman

On the heels of one dreadful and a second merely mediocre tournament, Magnus Carlsen's international rating has taken a dive.

The statistical odds, if he were to play a future title match with second-ranked Hikaru Nakamura, are now a modest 11-9 in his favor.

The latter, the current US Champion, has been a fixture in the ranks of the world's top 10 for several years but never before positioned so close to the top.

But Carlsen's numbers are deceiving, probably no more than a temporary low from which he is likely to quickly rebound.

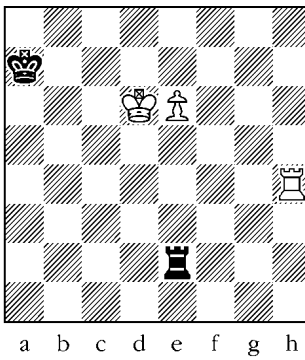
The narrowing gap is a tribute to the steady improvement and ascent of Nakamura, who is the first serious contender from his country since Fischer forfeited the title, 40 years ago.

Casting a shadow on his prospects, however, is a lopsided 11-0 trouncing in decisive games (draws not counted) which Carlsen has inflicted during their careers in classical chess.

His embarrassing ineptness with the Champion, notwithstanding, the American's mercurial style is a spectator's delight.

An unusual choice of openings and dynamic tactical play — often difficult to predict — are a highlight of his game.

Both players are virtually equal, besides, in both blitz (5-



WHITE TO PLAY minute) and rapid (15-minute) chess in which they tower above most of the international field.

Below is a win by Liren Ding against Shanglei Lu from the Hainan Danzhou GM tournament in Danzhou, China.

Ding	Lu
1. d4	d5
2. c4	e6
3. Nc3	Nf6
4. Bg5	dx c4
5. e3	a6
6. a4	h6
7. Bh4	b6
8. Bxc4	Bb7
9. Nf3	c5
10. O-O	cx d4
11. ex d4	Be7
12. Qe2	O-O
13. R(a)d1	Nc6
14. R(f)e1	Nd5
15. Bxd5	Bxh4
16. Be4	Re8
17. d5	ex d5
18. Rxd5	Qe7
19. Qd2	Qf6
20. Rd7	Black resigns

SOLUTION TO BEGINNER'S CORNER: Most direct is 1. Rh5! (threatens Re5! followed by e8=Q, etc.)

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 Veteran mariner
- 7 Headliners
- 15 Former Indian Prime Minister Gandhi
- 16 Newborn
- 17 "The Ballad of the Green Berets" singer Barry
- 18 Able to draw fine distinctions
- 19 Prosodic feet
- 21 Moved with stealth
- 22 Stuffing stuff
- 24 N.L. East team
- 26 William and Sean
- 27 Henri's girlfriend
- 28 Sorghum and millet
- 31 Femy prefix
- 32 Dine al fresco?
- 33 Op. ___ (footnote abbr.)
- 36 Baseball scores
- 37 Bearings
- 38 Dished out
- 39 Gore and Hirt
- 40 Subordinate bureaucrat
- 41 Persian Gulf nation
- 42 Able to perceive
- 43 Caen's river
- 44 Desert of Israel
- 47 Resinlike substance
- 48 Far-reaching
- 49 Click beetles
- 52 Violin of value

Visit: ADailyCrossword.com

10-17

Yesterday's Puzzle Solved

LOW TENDOR ASTOR

ARE IRENE BURMA

BEAVER TON UBOAT

SONIC OBSCURE

CLASS BELT

SAW ANTE CRAVAT

UGH SNAPS NILE

ELI PARTHIA LIP

ROTH REALM LEI

SWEETS TREE END

HARP SIXTH

THOREAU HATES

AORTA KITTY HAWK

POSED ELIAS TEA

EDENS SLEPT ART

10-16

DOWN

- 1 Bro's sib
- 2 Bambi's cinematic aunt
- 3 New wings
- 4 Eye-openers?
- 5 Utah city near Provo
- 6 Worker who makes housecalls?
- 7 Tropical black cuckoo
- 8 Mardi Gras follow-up
- 9 Centers of attention
- 10 Scrap
- 11 Likes and dislikes
- 12 Noun-forming suffix
- 13 Black and shiny
- 14 Musers' vehicles
- 20 Gibraltar passage
- 22 Iraqi port
- 23 Medicine vial
- 25 Pass to the side
- 29 Musical compositions
- 30 Regarding as untrustworthy
- 33 "Nashville" star Keith
- 34 Pavlov and Reitman
- 35 Fundamental principle
- 38 Italian poet
- 40 More than just a few
- 42 Longhaired hunting dog
- 44 Requisites
- 45 DeGeneres series
- 46 Greek letter
- 50 M. Descartes
- 51 Visionary
- 53 Serengeti plaint
- 55 Sixties campus grp.
- 57 South American sloths
- 58 Born in Marseilles

Scrabble Solution

PAR SCORE 155-165

BEST SCORE 234

RACK 4 = 66

RACK 3 = 17

RACK 2 = 92

RACK 1 = 59

10-17

BEETLE BAILEY by Mort Walker

THIS CATALOG IS A LITTLE PUZZLING

IT'S GOT A SWISS ARMY KNIFE, A SWISS ARMY AX AND OTHER SWISS ARMY STUFF

GREG + MORT WALKER

10-17

BUT WHEN IS THE SWISS ARMY EVER IN A WAR?

NEVER. THEIR WEAPONS ARE SO GOOD, NOBODY WANTS TO FIGHT THEM

SNUFFY SMITH by Fred Lasswell

ELVINEY'LL BE HOME TOMORROW, LUKEY !! YOU BEST DO SUMPIN' 'BOUT THIS KITCHEN !!

BUT IT'S NEAT AS A PIN, LOWEEZY !!

JOHN ROSA

10-17

'ZACTLY !! IF SHE THINKS YOU DON'T NEED HER, IT'LL BREAK HER HEART !!

Conceptis Sudoku

Difficulty Level ★★★★★

10-17

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 3 8 1 2 7 9 6 4

9 1 2 3 4 6 8 5 7

4 7 6 9 8 5 3 2 1

6 4 1 7 5 9 2 3 8

2 9 3 4 6 8 1 7 5

8 5 7 2 1 3 6 4 9

3 6 4 8 7 1 5 9 2

7 8 9 5 3 2 4 1 6

1 2 5 6 9 4 7 8 3

10-16