

SCRABBLE™ BRAND
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3rd Letter Double
 RACK 1: E, I, I, I, O, N, D

RACK 2: A, A, E, Y, D, L, R

RACK 3: I, O, O, D, L, G, B

Double Word Score
 RACK 4: A, E, I, R, C, N, F

PAR SCORE 140-150
 BEST SCORE 205
 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

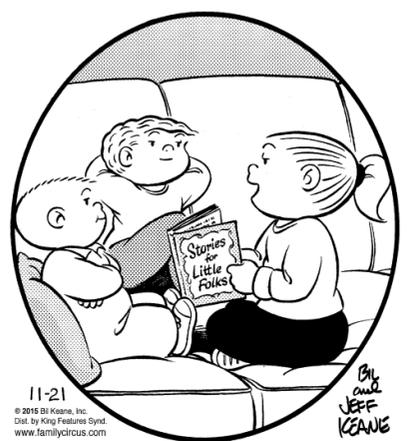


DENNIS THE MENACE by Hank Ketcham



"YOU'RE RIGHT, MR. WILSON. SOMETIMES DOING NOTHING IS AS MUCH FUN AS DOING SOMETHING."

THE FAMILY CIRCUS by Bill Keane



JUMBLE

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

NEyah

TTCAR

LURBYR

UTDOGU

Answer here:

Today's Guest JUMBLER is **BILL KING**, co-creator of **MAC KING'S MAGIC IN A MINUTE**

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

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For more info on our Guest Jumbler, go to facebook.com/jumble

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

(Answers Monday)

Yesterday's Jumbles: ABATE SLASH HARDER DRIVEL
 Answer: Chewie's biggest worry isn't Stormtroopers or Sith Lords... It's — HAIRBALLS

Finding balance; in-flight health risks

Q: I'm constantly being pulled in 10 different directions at once. How I can regain control over my life? — *Lucy V., Little Rock, Arkansas*



DOCTORS OZ AND ROIZEN

We hear you, and we know how overwhelming everyday life can be. As our good friend Dr. Sanjay Gupta says: "We're taking in so much data — up to 35 megabytes every moment! And if you are doing one thing and thinking about something else, you feel guilt, and that removes happiness and balance."

That's why we've launched our Blueprint for Balance. It's dedicated to helping you achieve the mindfulness needed to restore a sense of balance in your life.

Surprise No. 1: Finding your balance means being present in whatever you're doing. Mindfulness is less about WHAT you are doing than about WHERE your mind is. Pay attention to the conversation you're having,

the landscape you're viewing. Surprise No. 2: There are five questions to ask yourself that will help you create a sense of balance in your life.

1. What do I enjoy about this moment?
2. What can I do to give something to someone or the world in this moment?
3. What can I learn from this moment?
4. How would I like this situation to happen next time?
5. And most important ... what's funny about this situation? Sometimes the craziest things can happen, but at least you get a good story out of it!

Q: After the American Airlines pilot died in-flight, I wondered, are heart attacks a flight risk? — *William W., Seven Hills, Ohio*

The pilot you're referring to was 57 and had had a double bypass nine years ago. So even though his calendar age was young, he had a history of early-onset heart trouble that may have advanced his RealAge. But overall, in-flight incidences of cardiac arrest are rare.

When they do happen mid-air, it's good that all planes are required to have automatic defibrillators plus other first-aid equipment that the crew is trained to use. Most airlines also contract with ground-based medical consultation services that they can call on to provide guidance for in-flight emergencies. In addition, about 48 percent of the

time, there's a passenger/doctor on board who ends up handling medical emergencies.

Most in-flight medical issues involve problems such as syncope (fainting or passing out), gastrointestinal troubles, trouble breathing or heart-attack-like symptoms. They happen about 50 times a day on U.S. flights!

If you want to up your chances for a smooth flight, here's what you can do.

First, don't fly if you're not feeling well. Know that your chances of getting a refund are good if your request comes with a physician's letter confirming that you couldn't travel due to illness.

Also, stay well hydrated. Start the night before with a glass of warm water before and after two low-dose 81 milligram aspirins, try to drink something with electrolytes before your flight, and no alcohol the night before or while on board; altitude amps up its effects.

Chess

by Shelby Lyman

Before the Fischer-Spassky Match of 1972 in Iceland, chess enjoyed participation as limited as women's sports before the advent of Title IX.

Children, especially, were a rarity at chess clubs. They simply did not play the game in significant numbers. Chess was often crudely characterized as an activity of "sages and old men."

But, as if by magic, that all changed.

Overnight, the millions of parents who had followed — often game-by-game and sometimes move-by-move — the match in Reykjavik, began to see it as a valuable and prestigious activity for children — perhaps even as a skill to be touted in a college application.

At the very least it was a status symbol.

Whereas very few had taught chess before, hundreds of teachers — some quickly, many more gradually — emerged from the chess woodwork.

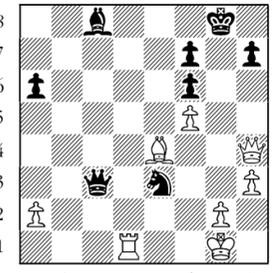
Today, when middle-class status is becoming more difficult and more expensive to achieve, the number of chess teachers continues to grow and thrive.

For many, teaching chess is a way to make an independent and even affluent living.

A reflection of the ground level interest by young children is the existence of a Boy Scouts chess merit badge.

Internet age or not, the Scouts awarded twice as many Chess merit badges last year as those focused on Robotics.

Below is a win by Yi Wei against Chen Wang from the



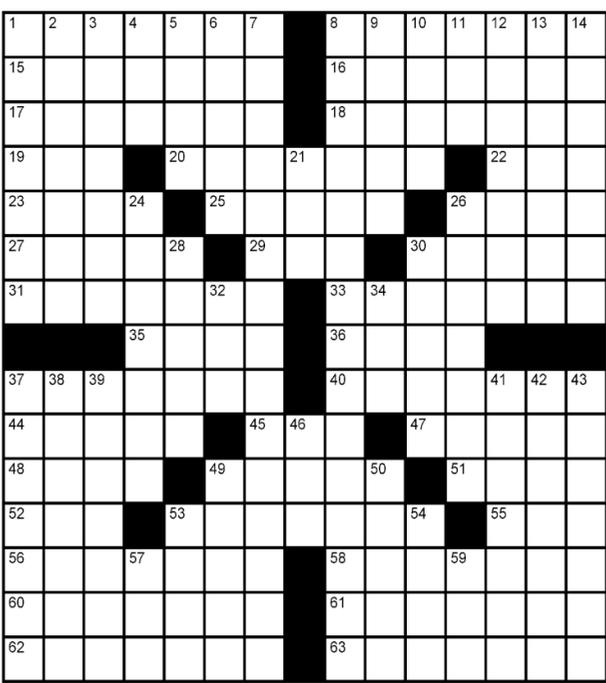
WHITE TO PLAY
 HainanDanzhouGMTournamentin Danzhou, China.

- | Wang | Wei |
|-----------|-------|
| 1. e4 | c5 |
| 2. Nf3 | Nc6 |
| 3. Bb5 | g6 |
| 4. O-O | Bg7 |
| 5. c3 | Nf6 |
| 6. Qe2 | O-O |
| 7. h3 | Qb6 |
| 8. Ba4 | d5 |
| 9. e5 | Nd7 |
| 10. Bxc6 | bxc6 |
| 11. d3 | f6 |
| 12. exf6 | exf6 |
| 13. c4 | Ba6 |
| 14. Qe6ch | Rf7 |
| 15. Nc3 | Nf8 |
| 16. Qe2 | dx4 |
| 17. dx4 | Qb4 |
| 18. Nd2 | f5 |
| 19. Qf3 | Rc8 |
| 20. a3 | Qb8 |
| 21. Re1 | Re8 |
| 22. Rxe8 | Qxe8 |
| 23. Qe3 | Re7 |
| 24. Qxc5 | Re1ch |
| 25. Kh2 | Ne6 |
| 26. Qxa7 | Bd4 |
| 27. Qxa6 | Qbch |
| 28. g3 | Bxf2 |

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 Navy construction battalions
- 8 Least demanding
- 15 "God's Little Acre" co-star
- 16 City on Lake Ontario
- 17 Uprises
- 18 Improved
- 19 Grow old
- 20 Muse of music
- 22 Unite
- 23 Golf standards
- 25 City in Scotland or Australia
- 26 Pickle pick
- 27 Follow
- 29 Bride's acquired title
- 30 View twice
- 31 Long-serving Mississippi senator
- 33 Small shallow dishes
- 35 Profits
- 36 Potpourri
- 37 Crusader's adversary
- 40 Babysitters
- 44 City on the Adige
- 45 Holy cow!
- 47 Reach
- 48 Surrounding edges
- 49 Baseball equipment
- 51 Went by horseback
- 52 Wedding declaration



Visit: ADailyCrossword.com

11/21

Yesterday's Puzzle Solved

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

- 56 Lush greenery
- 58 First
- 60 Fundamental nature
- 61 Tell the story
- 62 Loud speaker
- 63 More seaisic or jealous?
- 21 Make a miscalculation
- 24 Summertime browns
- 26 Cryptographer
- 28 Legislate
- 30 Bitterly regretting
- 32 Candidate to like?
- 34 Legendary puglist
- 37 Tries hard
- 38 Maximally dry
- 39 Moral anguish
- 41 Certain English schoolboy
- 42 Emerge in waves
- 43 Thief
- 46 Yada, yada, yada
- 49 Italian explorer
- 50 Echolocation
- 53 Littlest of the litter
- 54 Father of a foal
- 57 Secluded hideaway
- 59 Number of coins in the Trevi fountain

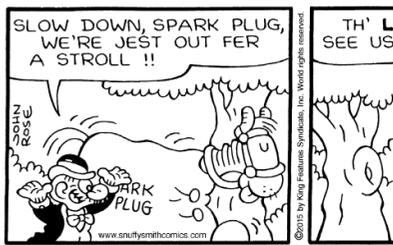
Scrabble Solution

TOTAL 205
 RACK 4 = 74
 RACK 3 = 61
 RACK 2 = 61
 RACK 1 = 9

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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

Difficulty Level ★★★★★