

SCRABBLE®
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E1O1U1P1R1V1C1

E1I1W1K1N1T1C1

E1I1I1H1N1R1T1

A1E1P1S1B1L1C1

RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 155-165
BEST SCORE 232

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@naspaplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrags@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 Bil Keane

JUMBLE

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

MIPLE

ALKIE

GUCTAH

TINYTE

Print your answer here:

(Answers Monday)

Yesterday's

Jumbles: SPOIL SLANT BEHAVE LUNACY

Answer: To teach subtraction, the teacher had a — "LESSEN" PLAN

Sugar facts; online stem cell treatments

Q: I don't understand how sugar can be so bad for you. We need glucose to survive. So what's the deal? — Jason T., Sebring, Florida

First, the sheer amount of sugar Americans consume is mind-boggling. Twenty years ago, when the obesity epidemic was just starting, the average American consumed about 26 pounds of sugar a year. Today, the average American gobbles up to 150 pounds annually!

Second, high fructose corn syrup has invaded almost every corner of the American food chain. Try finding condiments, baked goods and packaged meals without HFCS. A new study from UC San Francisco and Touro University California reveals that sugar directly contributes to metabolic syndrome, a precursor to diabetes that is characterized by a cluster of symptoms, including a large waist size, high blood pressure, low HDL cholesterol,

DOCTORS OZ AND ROIZEN

high triglycerides and high blood glucose.

Working with a group of obese children, the researchers found that after only nine days of reduced sugar intake, "virtually every aspect of the participants' metabolic health improved," without a change in weight. And the scientists concluded, "This study demonstrates that 'a calorie is not a calorie.' ... Sugar calories are the worst."

So if you ever thought that soda or candy bar couldn't hurt you, think again. Added sugars and syrups add to your health woes with every bite!

Q: I found a site online that offers stem cell treatments for Alzheimer's disease. Would it be smart for my grandmother to try this? — Kendra G., Moline, Illinois

While self-derived, pluripotent stem cells offer great hope, we in science don't yet know how to use them to successfully treat most diseases. According to the National Institutes of Health, the Food and Drug Administration has approved only a few therapies using what are called hematopoietic stem cells (that means they are derived from blood or bone marrow) to "treat patients with cancers and other disorders of the blood and immune systems."

If you're interested in having your grandmother participate in a clinical trial for an Alzheimer's treatment, check www.clinicaltrials.gov

for a listing of those being conducted by medical centers and research facilities NOT aligned with for-profit stem cell clinics.

As for online offers of treatment, a study from the National University of Ireland, Galway looked at 68 websites in 21 countries that advertised "prescribe-to-yourself" stem cell therapies. The researchers found that only 29 percent of sites had internationally recognized accreditation, only 25 percent provided outcome data and more than 40 percent of sites never tell you the number or duration of treatments! That's why a recent New England Journal of Medicine article warns that as of 2014: "The United States has the world's highest density of online 'stem-cell tourism' clinics. So for now skip the online hope-mongers and work with your grandmother and her doctors to find the best care and the most supportive environment possible."

Chess

by Shelby Lyman

The notion that games such as chess can be at least a partial antidote to the mental ravages of aging is a common one, and, probably a priori true. The argument is simple: if you use it, you are less likely to lose it.

Arnold Denker, a U.S. Champion (1945 and 1946) observed that he had never met a serious chess player with dementia. Hyperbole perhaps, but reasonable enough to contain a large element of truth.

It's a serious question, of course.

The population of the world's industrial countries is noticeably aging.

In Japan, for example, the average life expectancy is 87 for women, a few years less for men.

There are already many 90 year olds — with even more in the pipeline — and of course many younger seniors who might benefit from the game, as this writer, who has played serious chess for more than a half-century, can attest.

Subjectively, at least, there is an enhanced experience of mental alertness when I play regularly on the Internet.

But even more important, already a strong player of master strength in my youth, I find my chess improving in certain respects, the more I play.

That's the greatest part of the fun — life-encouraging and enhancing, to say the least.

We used to say that "chess makes kids smarter." It may also be true, not as dramatically but

WHITE 'S BEST MOVE? no less significantly, for older adults as well.

Below is a win by Roman Edouard against Anatoly Karpov from the Karpov Trophy tournament in Cap d'Agde, France.

Karpov	Edouard
1. d4	Nf6
2. c4	e6
3. Nc3	Bb4
4. Qc2	d5
5. cxd5	exd5
6. Bg5	h6
7. Bxf6	Qxf6
8. a3	Bxc3ch
9. Qxc3	O-O
10. e3	Bf5
11. Nf3	Nd7
12. b4	a5
13. Be2	axb4
14. Qxb4	c5
15. Qd2	c4
16. O-O	Qc6
17. R(f)c1	b5
18. Ne5	Nxe5
19. dxe5	Ra4
20. Bf3	Be6
21. g4	R(f)a8
22. Qb2	b4
23. axb4	c3

White resigns

SOLUTION TO BEGINNER'S CORNER: 1. Rb8ch! Kf7 2. Rf8ch Ke6 3. Rxf3.

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

1 Rod of "The Pawnbroker"

8 Marching band member

15 Newman of "SNL"

16 In general

17 Developed gradually

18 Banned pitch

19 Family dog

20 Sent forth

22 ___ had it!

23 Corn or pod starter?

24 Damascus populace

25 Enthusiastic supporter

26 Back of the bus.

27 Harbinger

28 Stroke on the green

29 Govt. advisory grp.

30 Morrow or Damone

31 Used goods transactions

34 Easter season

35 Former mates

36 Is ambitious

39 4Runner or Highlander, e.g.

40 Small amount

43 Kerouac's generation

44 Housecoat

45 Slangy intensifier suffix

46 Double-cropper

47 "Gone with the Wind" composer

1 2 3 4 5 6 7 8 9 10 11 12 13 14

15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61

Visit: ADailyCrossword.com

12/12

Yesterday's Puzzle

MALISIGMA TATE

OMARENLAION

UPPERCRUSTUGLI

ELIARUMS SPEED

SESAMES EASEL

UPTHRUST DAP

PEAKS ESTS UPI

IANS ATSEAASSE

MRTCLEO OTTER

ALIREADJUST

TREES ORINOCO

SEROW DIRGECON

PLUS WANDERLUST

COSI ALTARALTA

ANTE REINS SOAP

50 MapQuest abbrs.

51 Pale or Newcastle Brown

52 Falls for honeymooners

53 Vietnamese New Year

54 Abby and Timothy

56 Trumpet blast

58 Expand

59 Cryptographer

60 Navy construction battalions

61 Estate manager

DOWN

1 Like last night's pajamas?

2 Bars

3 Sexually stimulating creations

4 Adjective-forming suffix

5 Cedex

6 '85 Dennis Quaid sci-fi flick

7 Changes the course of

8 Penne or linguini, e.g.

9 Colorado ski resort

10 Surprise attacks

11 Deco or nouveau lead-in

12 Obesant

13 Lift

14 Continues the lease

21 Maleable material

28 Pops

31 Echoes

32 Frolicsome

33 Separation

34 Coll. course

36 Wears down by friction

37 Ocean passage

38 Kneecap

40 Tex-Mex choice

41 Tailor, at times

42 Malicious coward

44 Fix a roulette wheel?

47 Serenade the sheets

48 Slight trace

49 Frees from anxiety

55 Bill at the bar

57 AAA service

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

8 2 6 5 7 4 3 1

5 9 4 1 2 7 3 6

7 3 6 4 2 1 5 8

1 3 5 8 6 9 4 2

2 4 7 3 1 5 8 6

6 1 9 2 4 7 3 5

3 8 2 6 5 1 4 7

4 5 1 3 7 2 8 6

Difficulty Level ★★★★★

12/12

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

3 7 4 1 5 2 8 6 9

2 9 6 7 4 8 1 3 5

5 8 1 3 9 6 2 4 7

1 2 5 9 8 4 6 7 3

6 3 8 5 1 7 9 2 4

9 4 7 2 6 3 5 1 8

7 6 9 4 2 5 3 8 1

4 5 2 8 3 1 7 9 6

8 1 3 6 7 9 4 5 2

Difficulty Level ★★★★★

12/11