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.

AFTER HUNTING ALL NIGHT THE WOLVES DECIDED

Now arrange the circled letters suggested by the above cartoon

BEHAVE

LUNACY

SLANT

To teach subtraction, the teacher had a -

MIPLE

ALKIE

GUCTAH

TINYTE

Print your answer here:

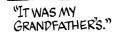


NON SEQUITUR by Wiley

Conundrum (afe

TODAY, PEOPLE WANT UNIQUE ITEMS THAT THEY CAN TRULY CALL THEIR OWN

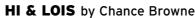






DENNIS THE MENACE by Hank Ketcham

"YOU'RE KIDDIN'. A GRANDFATHER'S CLOCK 15 EIGHT FEET TALL!"











"Can God give Santa Claus a message? I just remembered something I wanted.'

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? T., Sebring, Florida

Jumbles: SPOIL

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 high blood area.

hurt you, think again. Added ticipate in a clinical trial for and her doctors to find the Subjectively at least waist size, high blood pres- sugars and syrups add to your an Alzheimer's treatment, sure, low HDL cholesterol, health woes with every bite!



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 ing your grandmother par- work with your grandmother serious chess for more than a

16

18

39

59

treatments for Alzheimer's disease. Would it be smart for my grandmother to try this? — *Kendra G.*, Moline, Illinois

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

check www.clinicaltrials.gov

22

25

40

45

50

53

10 Surprise attacks

lead-in

Pops 28

Frolicsome

Separation

Coll. course

friction

Kneecap

Wears down by

Ocean passage

Tex-Mex choice

Tailor, at times

Malicious coward

31 Echoes

Obeisant

Deco or nouveau

Continues the lease

Maleable material

11

32

33

36

37

13 Lift

12/12

Q: I found a site for a listing of those being online that offers stem conducted by medical centers as chess can be at least a partial 5 and research facilities NOT antidote to the mental ravages cell clinics.

treatment, a study from are less likely to lose it. researchers found that only 29 tain a large element of truth. percent of sites had internationally recognized accredita- course. tion, only 25 percent provided outcome data and more than industrial countries is notice-40 percent of sites never tell ably aging. of treatments! That's why a for women, a few years less for recent New England Journal men. of Medicine article warns that If you're interested in have the online hope-mongers and as this writer,

Chess

by Shelby Lyman

The notion that games such 6 aligned with for-profit stem of aging is a common one, and, 4 ell clinics.

As for online offers of are less likely to be a common one, and, 4 probably a priori true. The argument is simple: if you use it, you 3

Arnold Denker, a the National University of Chammpion (1945 and 1946) 1 Ireland, Galway looked at 68 observed that he had never websites in 21 countries that met a serious chess player with advertised "prescribe-to-your- dementia. Hyperbole perhaps, self" stem cell therapies. The but reasonable enough to con-

It's a serious question, of

The population of the world's

In Japan, for example, the you the number or duration average life expectancy is 87

There are already many 90 as of 2014: "The United States year olds — with even more in has the world's highest den- the pipeline — and of course sity of online 'stem-cell tour- many younger seniors who ism' clinics. So for now skip might benefit from the game,

Subjectively, at least, there is best care and the most sup-an enhanced experience of menportive environment possible. all elimentees when I play regularly on the Internet.

Scrabble Solution But even more important, already a strong player of massive and the strong player But even more important, ter 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 **BEGINNER'S CORNER:** 1. be true, not as dramatically but

İ 1 2

a b c d e f WHITE 'S BEST MOVE? no less significantly, for older adults as well.

Below is a win by Roman Edouard against Anatoly Karpoy 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	c_5	
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		Т

SOLUTION Rb8ch! Kf7 2. Rf8ch Ke6 3. Rxf3.

The Daily Crossword Edited by Wayne Robert Williams

20

27

30

- 1 Rod of "The Pawnbroker'
- 8 Marching band member
- Newman of "SNL" 15
- In general 16
- Developed gradually 17
- 18 Banned pitch
- 19 Family dog 20 Sent forth
- 22 _ had it! Corn or pod starter? 23
- 24 Damascus populace
- 25 Enthusiastic supporter Back of the bus.
- 27 Harbinger
- Stroke on the green 29 Govt. advisory
- grp. Morrow or Damone 30
- 31 Used goods transactions
- Easter season 35 Former mates Is ambitious 36
- 39 4Runner or Highlander,
- 40 Small amount
- 43 Kerouac's generation
- Housecoat
- Slangy intensifier 45
- suffix
- Double-crosser "Gone with the

OMAR

P E A K S

|L|U|S|

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Wind" composer

UPPERCRUST

| | A | N | S | | A | T | S | E | A |

CLEO

|E|R|O|W| | D|I|R|G|E

A R U M S

S E S A M E S E A S E L

UPTHRUST

ESTS

R E A D J U S T

A L T A R

REINS

T | R | E | E | S | O | R | I | N | O | C | O

WANDERLUST

Visit: ADailyCrossword.com 50 MapQuest abbrs.

46

51 Pale or Newcastle

55

Yesterday's Puzzle Solved SIGMA E N L A I

ANON

ASSE

OTTER

ALTA

SOAP

59 Cryptographer 60 Navy construction UGLI battalions SPEED 61 Estate manager DOWN

52 Falls for

Year

58 Expand

honeymooners

53 Vietnamese New

54 Abby and Timothy

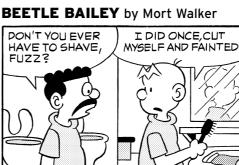
56 Trumpet blast

- 1 Like last night's
- pajamas?
- 2 Bars
- 3 Sexually stimulating
- creations 4 Adjective-forming
- suffix 5 Cedes
- 6 '85 Dennis Quaid sci-fi flick 7 Changes the course
- e.g. 9 Colorado ski resort

While self-derived, pluripotent stem cells offer great hope, we in science don't yet

and immune systems."

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232	JATOT	PAR SCORE 155-165								
68	EACK 4 =	BEICILAISIP								
79	EACK 3 =	L N H E R h T								
12	BACK 2 =	M I C K E L								
79	BACK 1 =	C3 O4 K4 E4 K4 U4 P3								
	воглиои	SCRABBIE BRAND GRAMS								





NOW MY BEARD IS AFRAID TO GROW





Conceptis Sudoku

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

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

rootorday or delic corroa								
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
Difficu	lty Lev	el ★★	**					12/11

12/12

8 Penne or linguini, 55

44 Fix a roulette wheel? Serenade the sheets Slight trace 49 Frees from anxiety Bill at the bar 57 AAA service

Difficulty Level ★★★★