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 HEY, IT WORKS FOR ME, BUT MAYBE YOU NEED TO SPELL IT OUT SOME MORE FOR ALL THE JERKS OMMANDMEN DOWN HERE DON'T BE A DUMBING-UP JERK

**BLONDIE** by Dean Young and John Marshall



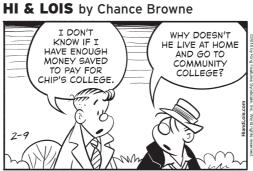




'Shucks' isn't a naughty worp, but IT LETS YOUTHINK OF ONE WHEN

**DENNIS THE MENACE** by Hank Ketcham

YOU'RE SAYING IT."



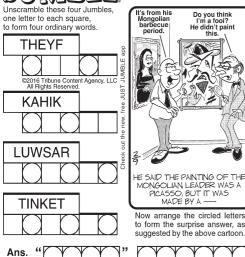


THE FAMILY CIRCUS by Bil Keane



"Tomorrow is my favorite day of soccer. Coach is gonna hand out our costumes.'

THAT SCRAMBLED WORD GAME



MOUND

SWAN SONG

SNIFF

The waterfowl's final performance was her

HAGAR THE HORRIBLE by Chris Browne





# Statin recommendations have support

Dear Dr. Roach: You have DR. KEITH ROACH made several claims about statins in your column. Could you please clarify the studies or data on which you are basing these statements?

The idea that statins are the first line of heart health seems to be universally accepted among medical practitioners, to the point of being a mantra. However, I have had several direct requests for documentation go unanswered in spite of promises to provide them. by a couple of GPs, a cardiologist, a physician assistant and a nurse practitioner who were trying to convince me that either I or a relative should use statins, or were making statements of their general effectiveness and safety.

As you also seem strongly convinced of their benefits, and publicly promote that opinion, I suspect many of your readers would apprecihealth care professionals are years to prevent one event.

GALLEY SWAMPY

TO YOUR GOOD HEALTH

relying on to endorse this drug class. — J.N.

The evidence that statins help people with existing coronary disease is overwhelming. In people without known coronary heart disease, the first study showing benefit for statins was the West of Scotland study, published in 1995 in the New England Journal of Medicine. This study looked at men with high risk for heart disease due to very high total and LDL cholesterol levels, randomized to pravastatin versus placebo. A follow-up paper was published of 30 percent reduction in heart attacks and fatal cardiac events, which in the high-risk group studied translates to ate a few actual citations that about 44 people treated for five them only when the benefit

AFCAPS/TEXCAPS study, published in JAMA in 1998, studied men and women who had normal total but low HDL cholesterol levels, and were randomized to lovastatin versus placebo. This study showed about a 24 percent reduction in coronary events, which in this group meant about 63 people needed to be treated for five years to prevent one event. All study participants were recommended a healthy diet.

The statins have a place in the prevention of heart disease, but they are not right for everybody, and they have the potential for harm. Statin drugs are clearly indicated for anyone with a history of heart in 2007, confirming a benefit attack or stroke, if they can tolerate the drugs, which most people can. For prevention in people who have no history of heart disease, I recommend clearly outweighs the risk.

16

19

22

54

42

second study, the which is usually in people at high risk from a combination of risk factors, including age, sex, family history, smoking history, blood pressure and others.

Many people can lower their risk for heart disease by managing these risk factors, and good control of these risk factors through lifestyle can have a much bigger reduction in heart disease risk than that afforded by a statin.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med. cornell.edu or request an order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from www. rbmamall.com.

### **Bridge**

by Frank Stewart

## Venice Cup final

Look at today's West cards and auction. You're playing for the United States against France in the Women's Teams final at the 2015 World Championships. The match is tight. North's two hearts showed a good hand with diamond support.

What do you lead against 3NT? The U.S. player who faced this problem was unwilling to lead a heart and let South's king score. She chose the nine of spades, hoping East could win a trick and lead a heart through.

The French declarer cashed four spades, then finessed in diamonds through East; declarer couldn't afford to let East get in. Declarer won 12 (!) tricks, plus 690. (If West had held the doubleton queen, she might have had no safe exit.)

#### SIMILAR

With the U.S. North-South, the auction was similar, but France's West led the ace and queen of hearts. The U.S. declarer won, cashed four spades and then had to guess in Scrabble Solution diamonds. With no clear indication,

she misguessed — and went down. France gained 13 IMPs for what proved a vital swing.

#### **DAILY QUESTION**

You hold: ♠ A Q 6 ♥ 9 8 ♦ K 10 7 6 ♣ A 8 5 4. Your partner

passes. What do you say? ANSWER: This problem makes

me long for the old natural and forcing 2NT response. Most modern pairs treat 2NT as a conventional forcing raise, but losing the natural 2NT response is a steep price to pay. If 2NT would be conventional in your system, respond two clubs, leaving room for partner to bid two diamonds if he has diamonds.

South dealer N-S vulnerable

> NORTH  $\triangle AQ6$  $\bigcirc 98$ ♦ K 10 7 6

♣ A 8 5 4 WEST **EAST ♦** J 10 4 **♠** 982  $\heartsuit$  AQJ42  $\bigcirc$  10 7 6 5 ♦ Q 5 4 2

**♣**KJ96 **4** 10 2 **SOUTH ♠** K 7 5 3 ♡ K 3 ♦ A J 9 8 ♣Q73

South West North East 1 ♦ 3 NT 2 7 All Pass

Opening lead — Choose it

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### The Daily Crossword Edited by Wayne Robert Williams

18

32

39

15

40

45

53

66

69

72

- 1 End of a fib?
- Greek letter Rubbed out
- Resinous secretion
- Cacophonous 16 With \_\_ breath
- 17 Southern ring? Tide type 20
- Popular ISP 21
- 22 Ate starter? Howard of "Happy 23
- Days" 25 Hebrew letter
- 27 Nice friends? 31 Animal with
- enormous flapping ears
- French soldier of 36 WWI
- Italian political party
- 38 Highland negative 39 Gist
- Test facility 40 42 Male child
- 43 Sale-tag abbr. "Xanadu" grp. 44
- Math subi 45 Dome-shaped 47 building
- 49 Sydney commuter's speed?
- Gush 53 God of pleasure
- 54 Tempe sch.
- NFL-er Manning 55
- 57 Invoice abbr.

AILEY

A Z E S

D | I | E | S | E | S

A O

Z A S U

E Y E D

DESI

- Carlton of baseball Bison 68 Black Sea feeder

ROOMCLERKS

A|N|T|E|L|O|P|E|S|

SEM

VA

S

69 Stiller partner 70 Whippoorwill bill

S

AL

A F

■ P | R | I | M | R | O | S | E | S

|D|O|O|M|S|A|Y|E|R|S

UPTO

TASK

PAOLI

SAMBAR

DRSPOCK

SES

OLI

CHE

ATTLEE

Visit: ADailyCrossword.com

Гт∣м

PHOEBE

A G R A

MERIT

E D E N S

R|O|N

- 73 Fr. holy woman
- 71 Ajaccio's island DOWN
- -Ude, Russia Yesterday's Puzzle Solved Bowling alley
  - 3 Recorded 0 0 P S proceedings Elongated fish NOAA
    - Deep secrets Marquand's sleuth Letter carriers Traiectory

72 Beasts of burden

Actress Fawcett 10 Fair competition 11 watchdog agcy. 12 Slender swimmer

NYC theater award

- 13 Ike 18 The cruelest month Regained
- consciousness Of the eye 26 Inventor Gray Philippines city Lined up Waxy insoluble

substance

30

31 Transient cessations of

43

60 61

73

2/9

- respiration Mess Pentose sugar in
- **RNA** 34 Ripe for marriage 35 Major financial scares
- 41 Language of Lebanon
- 46 Herbal drinks 48 Surly 50 Nebbishes

60

66

51 Basic character 56 Old Milano moola Business degs.

McKellen and

- McShane 61 Skirt cut 62 Hyogo prefecture capital
- 63 Military asst. 64 #6 on the dial 65 Always, poetically

Org. for GPs

Notes of scales

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	555	JATOT	PAR SCORE 150-160					
ľ	69	FACK 4 =	B O TI UI LI II Ni					
	18	EACK 3 =	K 바다다 가 어 사					
	10	EACK 2 =	B E G I FIT					
	72	BACK 1 =	II NI DS RI AI WI NI					
		SCRABBIC BRAND GRAMS SOLUTION						

SCRABBLE BRAND GRAMS SOLUTION	opens one heart. The next player
<b>BEETLE BAILEY</b> by	Mort Walker
WHI	ERE ARE YOU DING, ZERO? WOW! OTTO UNBELIEVAE
# (C)	



**SNUFFY SMITH** by Fred Lasswell





#### **Conceptis Sudoku**

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

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

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

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