

SCRABBLE®

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E

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RACK 1

RACK 2

RACK 3

RACK 4

2nd Letter Triple

Double Word Score

PAR SCORE 155-165

BEST SCORE 240

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

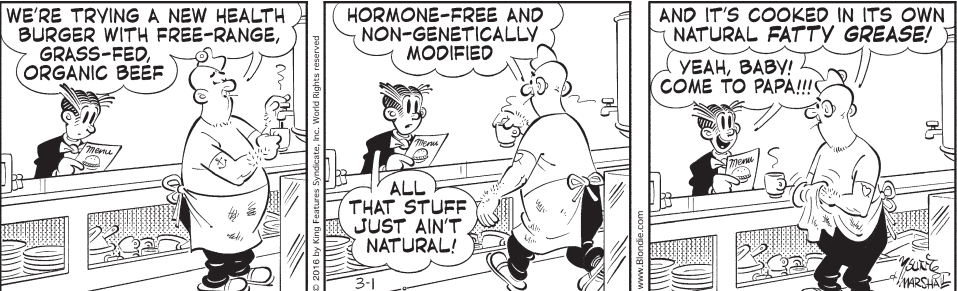
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@naspa.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrags@gmail.com.

03-01

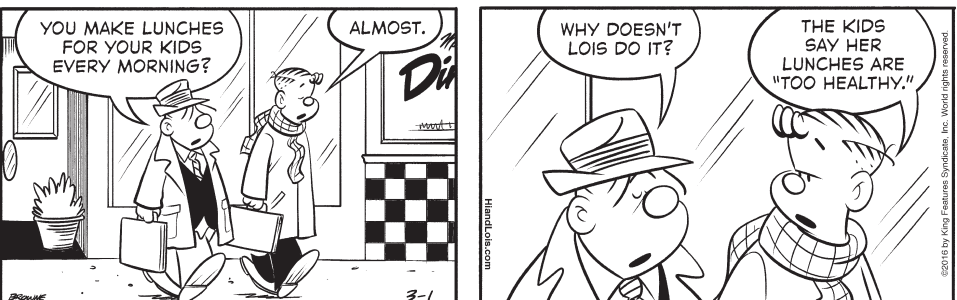
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



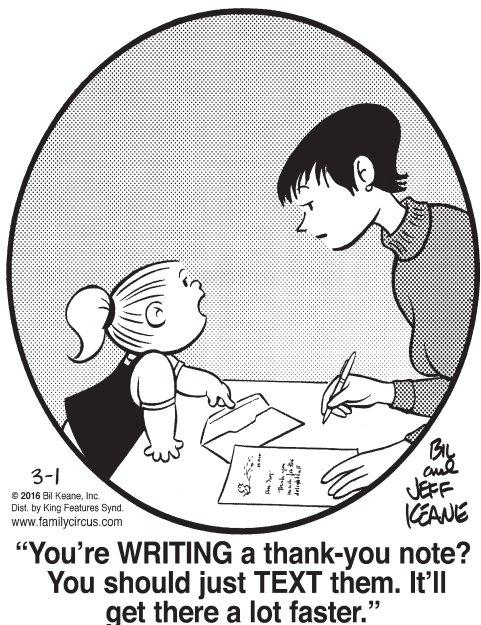
HAGAR THE HORRIBLE by Chris Browne



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.

DUATI

SIMNU

FEERUG

RUYHOL

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

(Answers tomorrow)

Yesterday's

Jumbles: RAINY ALIBI TEACUP CLERGY

Answer: Regardless of when the Olympics were held, for the high jumper it was a — LEAP YEAR

Reducing the risk of prostate cancer

Dear Dr. Roach: My brother started having pains in his body and swelling in his shoulder/collarbone area and feeling quite bad when he was 49. Doctors puzzled over what might be wrong for several months before my brother decided to go to his urologist. The urologist gave him a digital rectal exam that revealed no issues, but when the PSA came back it was 400. The prostate cancer had spread to his bones and other organs. He was dead about nine months after his diagnosis, just after his 50th birthday. My father also died from prostate cancer.

When I went to my urologist to ask how I can avoid prostate cancer, he suggested cruciferous vegetables. I think you've had similar recommendations. But I went to PubMed and found more helpful recommendations in the "Risk factors for prostate cancer incidence and progression in the

DR. KEITH ROACH
TO YOUR GOOD HEALTH

health professionals follow-up study." The study has been following over 50,000 men since 1986 with detailed questions annually about what they eat, how they exercise, how much they weigh, etc.

What I found suggested that increased calcium intake is associated with an almost doubling of the risk of fatal prostate cancer. Being tall also may double your risk (like me, my brothers and my father). Maybe this research isn't bullet-proof, but it's a lot more guidance than I'm finding in traditional consumer media. It seems good enough that every urologist and even family doctor should have a trifold pamphlet based on this research available to any patient who asks how he can reduce his risk of prostate cancer.

The study seems to suggest the following: Don't consume excessive amounts of foods that are high in calcium; keep your calorie intake at a reasonable level; avoid high alpha-linolenic acid foods; keep your BMI at a good level; and don't smoke.

Things you can do to avoid prostate cancer include participating in a lot of physical activity and eating a decent amount of tomato sauce. I'm writing because it would be nice to see this in the newspaper where a lot of people could learn from it. I hope you will publish this info. — A.

Prostate cancer remains a large cause of morbidity and mortality in North America, and I certainly can understand why men with a strong family history would want to do whatever they could to reduce their risk.

The connection between calcium and prostate cancer

is controversial; however, it is likely to be complicated by and possibly related to vitamin D, which affects calcium and may protect against prostate cancer. Animal fats are more clearly associated with increased risk of prostate cancer (and are high in alpha-linolenic acid and low in the protective linoleic acid).

Some studies have shown a reduction in prostate cancer risk with vegetables and legumes. Some studies, but not all, on omega-3 fatty acids show an increased risk for prostate cancer; these are taken by many to protect the heart. Coffee appears to be protective against prostate cancer, while smoking, as you note, is clearly a risk factor. Obesity is a very modest risk factor.

Other protective activities against prostate cancer are the exercise you mention, which is particularly important as men get older.

Bridge

by Frank Stewart

Test your play

At each of the ACBL's 10-day North American Championships, a "Daily Bulletin" provides news, results and interesting deals. For many years, my friend Eddie Kantar (kantarbridge.com) has contributed an instructive problem in dummy play to each issue.

Try today's deal. You bulled your way into six spades and must produce 12 tricks when West leads the ten of hearts. Kantar warns you to plan before you play.

Say declarer plays dummy's queen, accepting the "free finesse." East will correctly play low.

NO ENTRY

Then declarer can draw trumps, but since dummy has no entry, declarer can't get all four of his diamond tricks; the diamonds are blocked. With both missing club honors offside, South will probably take only 11 tricks.

Kantar notes that declarer must play low from dummy on the first heart and take the ace. Then he can draw trumps, unblock the jack of diamonds and lead a heart. He reaches dummy with a heart honor to pitch his low clubs on the A-K-Q of diamonds, making six.

double, and your partner cue-bids two spades. You try three diamonds, and he bids three hearts. What do you say?

ANSWER: Your hand was barely worth a double, but your partner's cue bid promised strength, and his bid of a new suit is forcing. (With 9 4, A K 10 7, 5 4 2, K 8 6 5, he would have jumped to three hearts over your double to invite game.) Bid four clubs.

North dealer
N-S vulnerable

NORTH		EAST	
♠ 8 2		♠ 6 5 4	
♥ Q J 5		♥ K 7 4 3	
♦ A K Q 6		♦ 10 8 7 2	
♣ J 9 4 3		♣ 6 5	
SOUTH			
♠ A K Q J 10			
♥ A 6 2			
♦ J			
♣ A 10 8 7			

North	East	South	West
1 ♦	Pass	1 ♠	Pass
1 NT	Pass	3 ♣	Pass
3 NT	Pass	6 ♠	All Pass

Opening lead — ♥ 10

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The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- Progressive jazz style
- Drink voucher
- Third of ML
- Class of organic compounds
- Puerto ____
- Smack attachment?
- Flax product
- Trebek or Rodriguez
- "The Right Stuff" org.
- Identical sibling
- Morning hrs.
- Lettuce variety
- Female grad
- Hello, Paolo!
- Magazine blow-in: abbr.
- Pastel shade
- Helsinki native
- Part of U.A.E.
- To begin with
- Purple seaweed
- Wyatt of the O.K. Corral
- Pre-Einstein space filler
- Continental NASA equivalent
- "Prince of Egypt" character
- Babies, at times
- Mineo or Maglie
- Brit. flyboys
- 1971 Bogdanovich film, with "The"
- Pavarotti showstopper

Visit: ADailyCrossword.com

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Yesterday's Puzzle Solved

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

- Shut
- Pitcher's miscue
- Scottish Highlander
- Tennille and
- Braxton
- Blackthorn
- Hook's mate
- 1950's blast

DOWN

- Soothing ointment
- Pinza of opera fame
- City on the Rhine
- Imitation butter
- "Pirates of ____"
- Rocky outcrops
- Hawaiian seaport
- "New Jack City" co-star
- Poisonous
- Nickel parts
- Goose's gullet
- Mozart's "____ fan tulle"
- Temporary funds
- Singer Sumac
- Talk baby talk
- Shape of fashion
- Engravers' sketches
- Part of UHF
- Half a dolphin fish
- Wisp clouds
- Title for M. Clouseau
- Astronomer Tycho
- Pro driver
- Talking trucks
- Autostrada auto
- High: pref.
- Emotions
- Track bet
- Dupe
- Ford or Dodge
- Claim
- Moscow money
- Practical classes
- Caspian's neighbor
- Farm storage building
- Bivalve mollusk
- Family plan
- Vegas machine
- Put an edge on
- Medical suffix
- White House wing

Scrabble Solution

PAR SCORE 155-165	TOTAL 240
RACK 4 = 98	RACK 3 = 16
RACK 2 = 66	RACK 1 = 60

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

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

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

Difficulty Level ★

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