

SCRABBLE®
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E I O M C D L

A I I U L H R C

E E I O S C D

I O H F D S C

RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 145-155
BEST SCORE 218

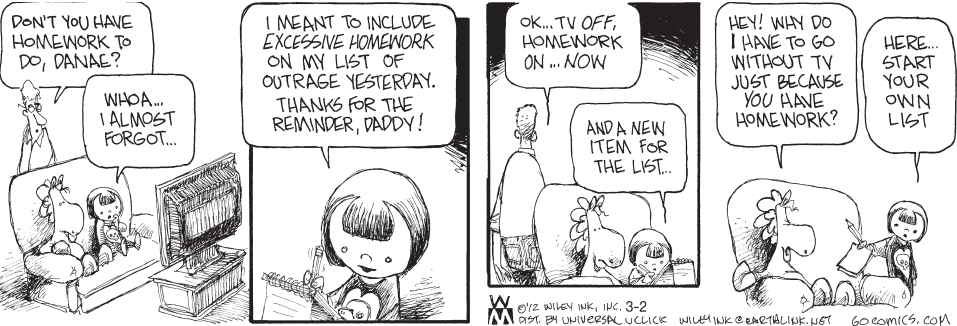
FOUR RACK TOTAL
TIME LIMIT: 20 MIN

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.

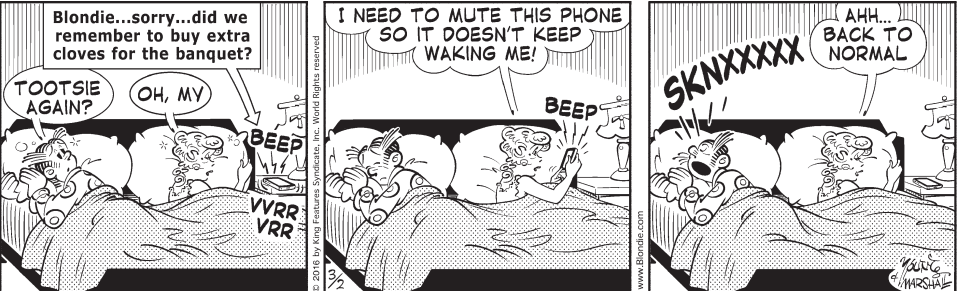
Answer below
For more information on tournaments and clubs, email NASPA - North American SCRABBLE® Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrags@gmail.com.

03-02

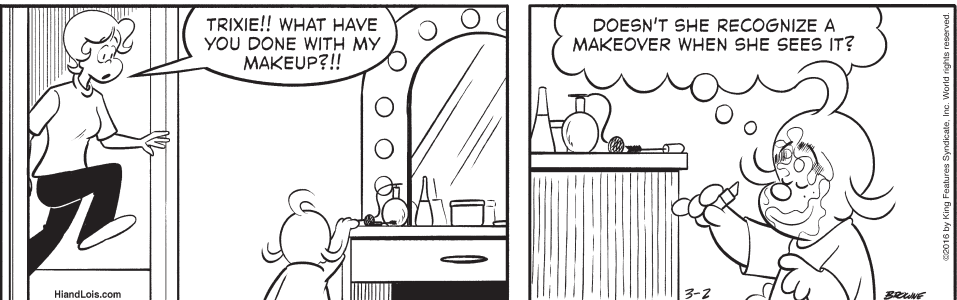
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



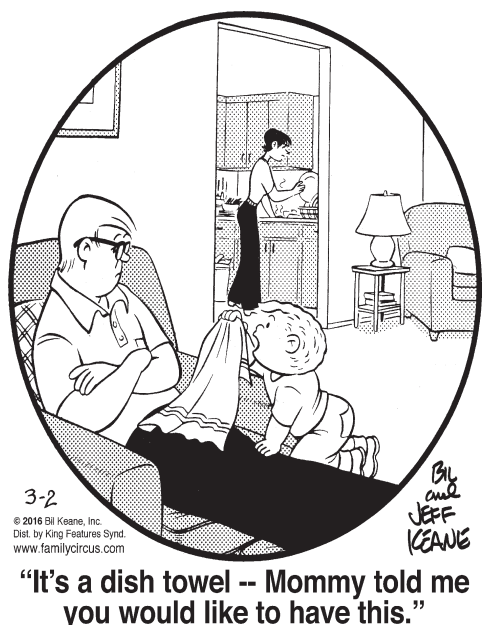
HAGAR THE HORRIBLE by Chris Browne



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.

PEMOT

VENOL

CTILHG

FIRFAT

Check out the new, free JUST JUMBLE app

It's fascinating how they balanced on those beams.

I can't believe that's how they built those buildings.

THE DOCUMENTARY ABOUT THE HISTORY OF SKYSCRAPERS WAS

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

Print answer here:

(Answers tomorrow)

Yesterday's

Jumbles: AUDIT MINUS REFUGE HOURLY
Answer: He worked as a tailor until he decided the job wasn't — SUITED FOR HIM

Vitamin supplementation not required

Dear Dr. Roach: Will a blood test reveal deficiencies in levels of vitamins D and C, magnesium, Co-Q10, etc? — D.S.

Vitamin levels can be measured in the blood, but it is seldom necessary to do so. There are some exceptions. Vitamin D remains controversial, with most experts recommending checking vitamin D levels in people at risk for deficiency (including dark-skinned individuals, those who seldom get sun exposure and people who take medications that interfere with vitamin D or who do not absorb it properly, such as those with sprue or inflammatory bowel disease). Many experts recommend vitamin D supplementation in healthy adults, but it is still not clear whether this is necessary. Vitamin C is rarely deficient from diet (scurvy), but it can be seen in cases of severe malabsorption. Co-

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Q10 is almost never measured outside of research settings. Magnesium deficiency is common in people taking diuretics. In general, vitamin blood levels are not necessary to check in healthy people. With the possible exception of vitamin D, most people with a healthy diet do not need vitamin supplementation.

Dear Dr. Roach: Why do we not see studies on plant sterols and stanols as a way of reducing cholesterol? I take a pill supplement, CholestOff, and also eat foods with plant sterols and stanols. Plus, I take fish oil and folic acid. My cholesterol decreased by 35 percent, and I no longer have to take a statin. My HDL is about 80. The sterol/stanols seem to work. Why is this not well-known, and why

don't doctors tell us about it? — D.E.

Plant sterols and stanols can lower blood cholesterol, although most people will see a drop of about 6 percent to 15 percent rather than the 35 percent you saw. Plant sterols and stanols are better absorbed with fat, so they are often used in margarines, but can be used in pill form with lecithin, which helps absorption. The reasons doctors typically don't recommend them are that there have not been any long-term safety studies. And although they do lower cholesterol, there isn't any proof that they reduce risk of heart attack. There have been several medications that lower cholesterol but increase risk of adverse events. Reported side effects of plant sterol and stanol tablets include heartburn, nausea, constipation and erectile

dysfunction in men. A statin drug is likely to have more effect on cholesterol, probably at lower cost, and with a similar low risk of side effects, yet has been proven to reduce heart attack in people at high risk for heart disease. In my opinion, plant sterol and stanol supplements are a useful adjunct treatment in those who can't tolerate a statin or those in whom the response has been insufficient.

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.rbmamail.com.

Bridge
by Frank Stewart

Extra chances

In the Blue Ribbon Pairs at the Fall Championships, most Souths played at 3NT. Many pairs use a style in which a new-suit response at the two level forces to game, and South's 2NT was forcing.

At most tables, South won the second spade and led the jack of hearts. West grabbed his ace, and the defense cashed two spades. When East next led a club, declarer had to guess: If the hearts were running, he had the rest, but if a defender still had the guarded ten, South needed the club finesse.

As reported in the "Daily Bulletin" by Barry Rigal, some declarers made the winning play, others failed. South might have done better to lead his four of hearts at Trick Three. If West rose with the ace, South would be home. If instead the king held, dummy could lead a low heart. As the cards lay, East would discard, and declarer would know he needed the club finesse. If East had the ace of hearts, South would be back to guessing, but he would have given himself an extra chance.

spade and he bids two diamonds. The opponents pass. What do you say?

ANSWER: Two diamonds isn't the contract you longed for, but you must pass. Your partner has fewer than 18 points, and game, though not impossible, is unlikely. Your hand isn't strong enough to invite game with a bid of 2NT and certainly not strong enough to bid three clubs, forcing.

North dealer
N-S vulnerable

NORTH
♠ 9 7 2
♥ K Q 9 8 2
♦ A K J 10
♣ 7

WEST
♠ Q J 6 5
♥ A 10 7 6 3
♦ 6 5 2
♣ 2

EAST
♠ A 10 4 3
♥ 5
♦ 8 4 3
♣ K 10 9 5 3

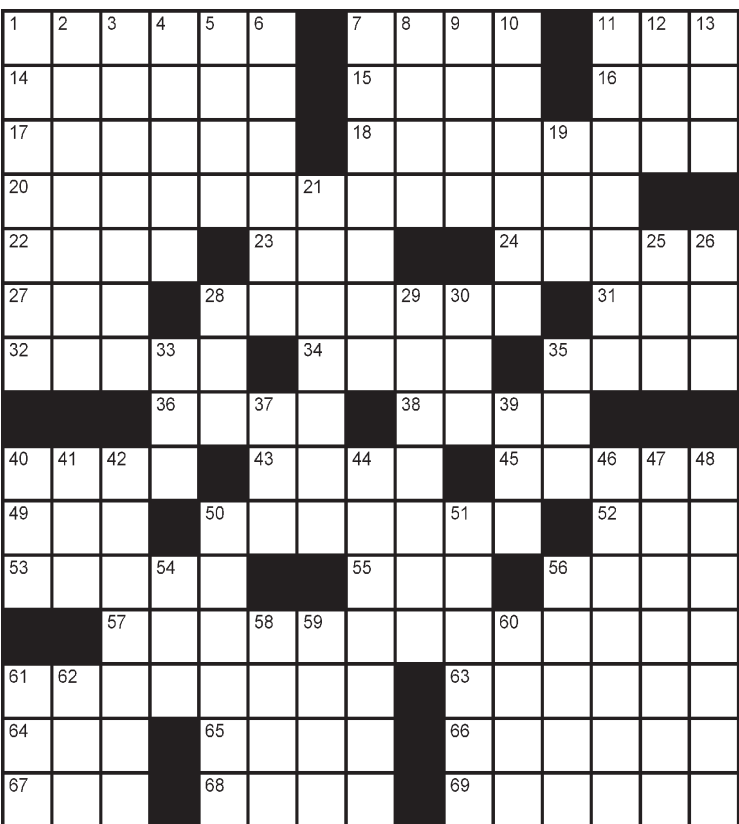
SOUTH
♠ K 8
♥ J 4
♦ Q 9 7
♣ A Q J 8 6 4

North 1♥
East Pass
South 2♣
West Pass

Opening lead — ♠ Q
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The Daily Crossword Edited by Wayne Robert Williams

- ACROSS
- 1 Trinket
 - 7 Clique members
 - 11 Phooey!
 - 14 Charioteer of stars
 - 15 Laughfest
 - 16 Wallach of "Lord Jim"
 - 17 Slender, pointed weapon
 - 18 With plastic
 - 20 Start of a quote by Herodotus
 - 22 God of war
 - 23 Call on
 - 24 Fancy very much
 - 27 Tape meas.
 - 28 19th-century American artist
 - 31 Castor or olive follower
 - 32 Cozy retreats
 - 34 Forest ruminants
 - 35 Playful rascals
 - 36 Part 2 of quote
 - 38 Part 3 of quote
 - 40 Large, scholarly book
 - 43 Let fly
 - 45 Jostle
 - 49 "Which Way You Can"
 - 50 Reproduction devices
 - 52 Dance in France
 - 53 Up the globe
 - 55 Bearded African grazer
 - 56 Count (on)
 - 57 End of quote



Visit: ADailyCrossword.com

3/2

- 61 Travel by dematerializing
- 63 Novelist Gordimer

- 64 Comstock output
- 65 It's all clear to me now
- 66 Make manifest
- 67 "Robinson"
- 68 Require
- 69 Long narrow elevations

DOWN

- 1 One primary pipe
- 2 Muse of music
- 3 Dry quality of humor
- 4 Unmated sows
- 5 Maturing agent
- 6 Dance of 1961
- 7 Apprentice
- 8 ...and that ___ hay!
- 9 Leven or Lomond, e.g.
- 10 Steady current
- 11 Sleeping chamber
- 12 Will Smith title role
- 13 Success
- 19 End of Ramadan
- 21 Lampoons
- 25 Grave engraving
- 26 Golfer Ernie
- 28 Big inits. in camping
- 29 Greek
- 30 Is plural
- 33 Pipe joint
- 35 Mag
- 37 Greek letter
- 39 Puncture sound
- 40 Soak up rays
- 41 Sean Lennon's mom
- 42 Periwinkles
- 44 Regained proper position
- 46 Paying heed to
- 47 Combining capacity
- 48 Le Champs
- 50 "Cat's in the Cradle" singer
- 51 Damager
- 54 Definite article
- 56 Made over
- 58 Cyrano's distinguishing feature
- 59 Clan chart
- 60 Sitar star Shankar
- 61 Turkey mister
- 62 Make a miscalculation

Yesterday's Puzzle Solved

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

Scrabble Solution

PAR SCORE 145-155
BEST SCORE 218

RACK 4: 82

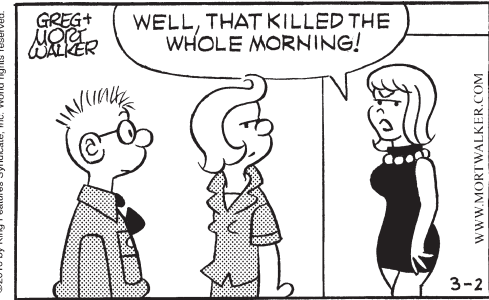
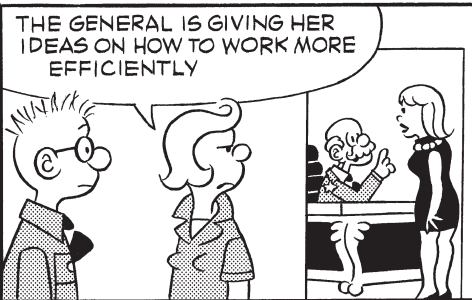
RACK 3: 60

RACK 2: 14

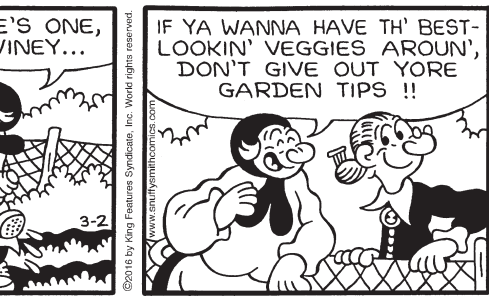
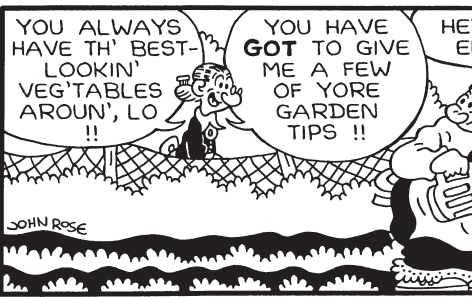
RACK 1: 62

BRAND GRAMS SOLUTION

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

3 7 4 8 1 2 9

5

1

5

2 9 1 3 4

6

4

7

9 5 3 2 7 8 6

Difficulty Level ★★★

3/02

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