

### SCRABBLE GRAMS

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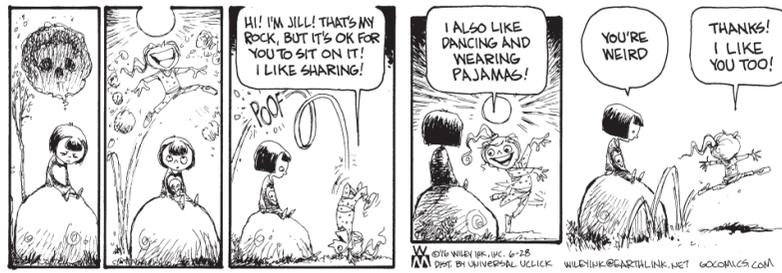
E1 E1 O1 U1 L1 P3 C3 RACK 1  
 A1 O1 U1 L1 F4 B3 F4 RACK 2  
 A1 E1 O1 L1 D2 P3 T1 3rd Letter Double RACK 3  
 A1 E1 E1 D2 F4 C3 F4 Triple Word Score RACK 4

PAR SCORE 150-160  
 BEST SCORE 235  
 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 scrgrams@gmail.com.

### NON SEQUITUR by Wiley



### BLONDIE by Dean Young and John Marshall



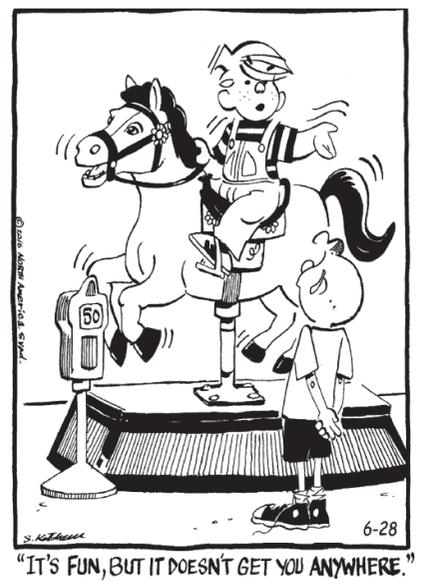
### HI & LOIS by Chance Browne



### HAGAR THE HORRIBLE by Chris Browne



### DENNIS THE MENACE by Hank Ketcham



### THE FAMILY CIRCUS by Bill Keane



### JUMBLE

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

TRUTE  
 CANTE  
 HODARI  
 WRUCEF

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

Yesterday's Jumbles: TRULY TIPSY FRIGID LOUDLY  
 Answer: The owner of the maid service was making a — TIDY PROFIT

# Weighing benefits against harms of scan

Dear Dr. Roach: I know so many people who have had a heart attack and open heart/bypass surgery due to blocked arteries.

Isn't there a test or scan we can have done every five years or so to check our arteries and be proactive about this before a heart attack happens?

We have colonoscopies; why not a heart scan? — G.T.

It's an entirely reasonable question. However, before committing to a screening program, one has to ask whether the potential benefits outweigh the harms of the screening test.

Then finally, one looks at the outcomes of people in a screening program compared with those who don't get screening.

There are several candidates for a heart screening test. The most evidence is on either a test of heart function (such as a stress test) or a

**DR. KEITH ROACH**  
TO YOUR GOOD HEALTH

heart scan, which looks at the anatomy of the heart vessels (such as a CT or MRI scan). None of these tests is perfect. They can have a false-positive result, meaning they say you have heart blockages when you don't.

This can lead to unnecessary medication and even procedures. The tests also may have a false-negative result, which means you might not get the treatment to prevent a heart attack or it might keep people from going to the ER when they experience symptoms of a heart attack.

Since screening, by definition, is done in people with no symptoms, there must be a high degree of certainty that there is a net benefit before recommending it to the population. So far, the studies have shown no benefit in screening

for coronary artery disease, and so I don't recommend it in general.

However, for some people who are at high risk, such as those with a strong family history or multiple risk factors, it is reasonable to consider a screening test on an individual basis.

It is also reasonable in high-risk individuals to treat them as though they have blockages in their arteries, with interventions as needed on their diet, exercise pattern, strategies for dealing with stress, aspirin, a statin medication and possibly a beta blocker. People at high risk should discuss these options with their doctor.

DR. ROACH WRITES: A reader sent me a 24-page booklet that he received in the mail asking whether a "tiny pill could put your doctor out of business." I have seldom seen such hyperbole, with prom-

ises to help all the organs of the body, curing baldness, eliminating irritable bowel and washing away "years of toxins" from the liver. It was a multivitamin and mineral supplement.

While some people with a poor diet may benefit from multivitamins, well-designed studies have repeatedly shown that multivitamins do not improve lifespan or reduce disease risk. (There may be an exception in vitamin D, for which studies are ongoing.)

Many people have low vitamin D, and if associated with symptoms or with low bone density, vitamin D supplementation is clearly indicated.)

Apart from vitamin D in some, people with no symptoms do not need supplements, so long as they have a healthy diet. The liver and kidneys are sufficient to remove toxins. As always, something that seems too good to be true probably is.

### Bridge

by Frank Stewart

# Entry management

Some people learn bridge as if they're training to be a garbage collector: They just pick it up as they go along. But absorbing techniques of play such as managing entries (my topic this week) takes effort.

Against 6NT, East took the ace of hearts and returned a heart. South won and had to win the rest; he needed East to hold the king of clubs.

South led a diamond to the king and returned a club to his queen, winning. He led a diamond to the queen and led a second club to his jack. The club finesse won again, but when West discarded, South lost the 13th trick to East's king.

### THREE FINESSES

South's technique was deficient. In case East's clubs are K-8-4-3, South needs an extra dummy entry so he can finesse three times. He must take the ace of diamonds at Trick Three, then lead his jack to dummy's queen.

When East discards, South finesses in clubs, leads a diamond to the nine, finesses in clubs, and goes back to the king of diamonds for a third club finesse. Making six.

What do you say?  
ANSWER: Bid two clubs, which will certainly be a much safer contract than 1NT. You don't need to be concerned that partner may have opened with a "prepared bid" on a three-card club suit. Since he neither raised your hearts nor bid one spade at his second turn, he must have at least four clubs.

South dealer  
Both sides vulnerable

**NORTH**  
♠ J 10 5  
♥ J 7  
♦ K Q 9 4  
♣ 9 6 5 2

**WEST**  
♠ 8 4 3  
♥ 10 9 8 4 2  
♦ 10 8 6 5  
♣ 7

**EAST**  
♠ 9 7 6 2  
♥ A 6 5 3  
♦ 2  
♣ K 8 4 3

**SOUTH**  
♠ A K Q  
♥ K Q  
♦ A J 7 3  
♣ A Q J 10

South 2♣ Pass  
West 3NT Pass  
North 2♦ Pass  
East 6NT All Pass

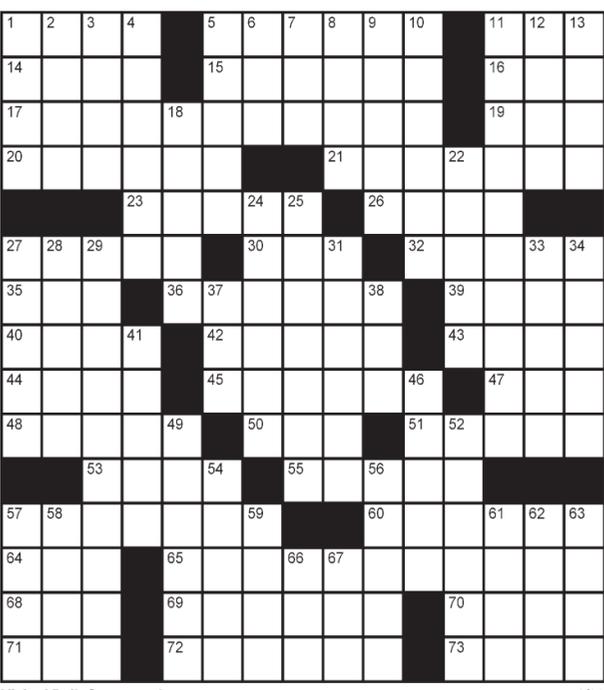
Opening lead — ♥ 10

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### The Daily Crossword Edited by Wayne Robert Williams

#### ACROSS

- Tasse or monde starter
- Ploy
- Short haircut
- Links' club
- One of Jerry's clique
- Rhoda's TV mother
- Neighborhood store
- Yap or kisser
- Pie (frozen treat)
- Brief gist
- Signs of sorrow
- Sighted
- Expectant dad, e.g.
- Jug handle
- Weekend cowboys
- ET's vehicle
- Busybodies
- ERA or RBI, e.g.
- Howard and Silver
- Orleans river
- Soften
- Choir's level
- Tendons
- Old-time actor
- Ayres
- Heat source
- Flag thrower
- Loafs
- Thunder peal
- Iron Mike of boxing
- Closely linked series of excerpts
- Don of "Cocoon"
- Wallach of "The Magnificent Seven"



Visit: [ADailyCrossword.com](http://ADailyCrossword.com)

6/28

#### Yesterday's Puzzle Solved

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

#### DOWN

- Chop finely
- Child of Aphrodite
- Spiritual hermit
- Ask over
- Port on the Mediterranean
- Boxing great
- West or Murray
- Open receptacles
- Anvil in the ear
- Swarmed
- Specialty clothing store
- Olfactory prod
- Infant
- Fine-grained corundum
- Verdun's river
- French impressionist
- Inferior, shiny fabric
- Dawson or Deighton
- T-shirt sizes
- No holds barred
- Knitting stitches
- In progress
- Candy store
- Make more refined
- Chart prop
- Frets
- '02 winner of The Open
- Hem or mend
- Lacking in originality
- Sports play replay, often
- Handbook
- Left jab, right cross
- Linguini or penne
- Mineral cathartics
- Prison unit
- Botanical balm
- Visionary
- English gent
- In this spot
- Cable channel's letters
- Man's best friend
- Entrance line

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### BEETLE BAILEY by Mort Walker



### SNUFFY SMITH by Fred Lasswell



### Conceptis Sudoku

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

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

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

Difficulty Level ★