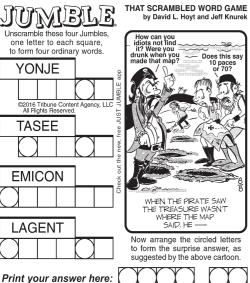
point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 5th Edition.

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.



Jumbles: UNFIT NINTH AWHILE Business at the new driving range was - NON SEQUITUR by Wiley





**BLONDIE** by Dean Young and John Marshall



DOESN'T MATTER! YOU REALIZE HE WAS JUST FOUR YEARS FROM NOW I'M PULLING EXPECTING YOUR CHAIN DON'T YOU,

HI & LOIS by Chance Browne

YOU KNOW WHAT

I LIKE ABOUT

THIS FAMILY?



HAGAR THE HORRIBLE by Chris Browne

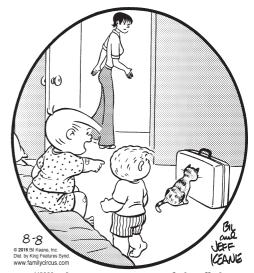


**DENNIS THE MENACE** by Hank Ketcham



IT'S A NEW THING IT'S CALLED A PAYPHONE

THE FAMILY CIRCUS by Bil Keane



"I'll show you some of the fish I caught at camp when we unpack my suitcase.'

# High cholesterol is just one risk factor

tor recently suggested I start taking a statin. After reading some of the recent literature, it appears that statin therapy is more controversial than in the past.

From my reading, 50 percent of heart attacks occur in folks with normal cholesterol

A re-evaluation of previous studies (such as Framingham) have shown all-cause mortality is better in folks with higher cholesterol.

Since our bodies make over 80 percent of our cholesterol, it appears that those with higher levels might need those level for good health.

And it seems many of the degenerative diseases of aging occur more frequently in those with lower choles-

Researchers are now questioning whether it is the

Dear Dr. Roach: My doc- DR. KEITH ROACH

GLOSSY

TO YOUR GOOD HEALTH

LDL) that contribute to these health problems. — R.R.

There certainly are people who argue against statin use. Clearly, statins aren't for everybody. Some of what you say is right, but some is wrong or misleading. Let me explain.

Current recommendations for healthy cholesterol levels are a total cholesterol of less than 200.

Only 20 percent of heart attacks happen to people who are in this group.

Of the group of people with heart attack and normal risks, such as low HDL, a family history of heart problems or are smokers.

The important message

there are multiple risk factors besides high cholesterol.

All-cause mortality across the population is strongly associated with high total and high LDL cholesterol.

The exception is in frail elderly people, often those with other medical illnesses, where malnutrition (associated with low cholesterol) is a real problem.

This may be why people with chronic or degenerative diseases have low cholesterol: It's an effect of the disease, not a cause.

For healthy adults of any age, the higher the cholesterol, the greater the risk of heart disease and all-cause mortality.

inflammation Chronic attacks.

People with chronic inflamchronic inflammation or the from this is not that low chomatory diseases appear to be actual cholesterol (mainly lesterol is dangerous, it's that at higher risk for heart attack,

even with normal cholesterol levels.

On the other hand, even people with normal cholesterol levels have a reduced chance of developing a second heart attack by taking a

Also, people with high levels of an inflammatory marker, C-reactive protein, get benefit from statins even if they have no known heart disease.

The decision to take a statin is complex, and it should be based on all of a person's risk, including nontraditional risk factors like chronic stress, and known risk factors that we physicians often fail to emphasize, like physical inactivity and poor diet.

High cholesterol alone cholesterol, many have other undoubtedly is a cause of might not be reason enough development of coronary to take a statin, and some peoartery disease and heart ple with normal cholesterol would benefit from statins.

> Only a comprehensive evaluation can answer whether a statin would be of benefit.

# Hearing from the cards

**Bridge** by Frank Stewart

Mv wife, Charlotte, is a pediatric speech therapist. She once worked in a practice that provided business cards with her phone number, degrees, certifications and this slogan: "We have ways of making

The cards will speak to you if you listen. At today's four hearts, East took the Q-K of spades and led the ace. South ruffed, led a trump to dummy and let the queen of diamonds ride. When West won, South could take only nine tricks.

NINE POINTS

The cards declaimed that South's diamond finesse would lose. East had shown nine points in spades and rated to have a club honor but hadn't opened the bidding. At Trick Four, South must lead the five of diamonds

If West ducks, dummy wins, and South can take the top clubs, concede a club and ruff his last club in dummy. If instead West takes the king of diamonds to lead a trump, South wins, cashes the ace of diamonds, draws trumps ending in dummy, and discards clubs on the Q-J of diamonds.

This week: reading the cards.

DAILY OUESTION

♦ A 5 ♣ A K 7 3. The dealer, at your

right, opens one spade. What do you

ANSWER: A takeout double might work. If your partner bid two diamonds, you could show your hand by bidding two hearts next. But if left-hand opponent raised to two spades and two passes followed, you would have to introduce your fivecard suit at an uneasy level. Bid two hearts. After two spades-pass-pass, you can double or bid three clubs. North dealer

Both sides vulnerable

**NORTH ♦** J 10 4 ♡ K J 10 ♦ Q J 7 2

WEST **EAST** AKQ6 **775 3842** ♦ K 10 9 4 3 ♦ 86 ♣ Q 4 ♣J1052

> **SOUTH ♠** 5 2 ♥ AQ963 **♣** A K 7 3

East South West North Pass Pass Pass Pass All Pass

Opening lead — ♠ 9

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## The Daily Crossword Edited by Wayne Robert Williams

- 1 Rawls and Costello Easy wins
- 10 Blockhead 14 Leisure
- 15 One of Calliope's sisters
- 16 Prego rival 17
- Venice thoroughfa
- 19 Stanley Gardne
- Part of speech 20
- 21 Maxims 23
- More wily
- 26 Swashbuckler 28 Brief death notices
- 29 Prohibit
- Change charts
- Angelico and 33

- Diavolo
- Chinese soup
- 36 Altar avowal 37 Enthusiast
- 38 Circus structures
- 39 Org. of Flames an Liahtnina Bangor's summer 40
- hrs. 41 Sprinkle with oil
- 42 Mental plan 43 Satisfy a debt
- 45 NFL prop
- 46 Ferry back 47 Bakery emanation
- 49 Ranked at Wimbledon
- Site of the Palazzo
- Ducale Baloney
  - manufacturer?
- 53 Auto on the

	Saturday's Puzzle Solved													
Р	0	Р	Ε	S		F	Ι	R	S	Т	N	Α	М	Е
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Т	Ε	Р	Ε	Ε		Ν	0	Н	Τ	Т	Т	Ε	R	S
			С	Α	В		L	Α	٧	Е	R			
Р	0	R	Τ	R	Α	Υ		В	Ε	М	П	R	Ε	S
Α	Р	Ε	R	Τ	Т	Τ	F		L	Ι	Т	Α	N	Υ
L	E	V	0	N	Н	Ε	L	М		С	E	N	Т	S
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Α	Т	Е	Α	S	Е		Т	0	N	Е	Р	0	Ε	М
R	Е	S	Т	Ι	N	G		S	Т	R	Α	N	D	S
			Ε	N	D	U	Р		0	Ι	L			
F	Α	N	N	Π	Ε	М	Α	Ε		Т	Π	Т	Н	Е
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BANDEROLE

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6	63					64						65			
	Visit:	L ADail	<u>L</u> yCros	sword	.com										8/8

autobahn

E N E M Y

DENSE

65 Newbie **DOWN** 

Segment of a journey Boat mover 3 "Surfin"

54 HOMES

Levin

Remsen and

Indian corn

Just about

64 Chilean mountains

Stand up

60

63

Straw plaits Happen once again "The Plague" setting Son of

Educ. group 9 Of the sun 10 Manufacture 11 Liberal

22 Repairs socks

12 Feast the eyes upon 13 Membership fee 18 Bunny moms

23 Strongbox Wear away

24 Chinese animals Women's 26 underwear

29 Capital of Colombia Stick 31 Where the Vistula 32 flows

Speak mechanically

Take the top prize 35 Make a choice 38 "Born on the \_ 42

Repeating 44 Creative drawer Streamlined swimmer

Igneous rock source Web locations 50 Flexible body armor Intangible quality Goof off 52 55 Dashed

56 End of Ramadan 57 E or G, e.g. 58 Organ of equilibrium 59 Full-house sign

Difficulty Level ★

## Scrabble Solution

	of Hasbro in the Unit	Haston and it's logs, SCRABBLE, the associated logs, the design- game board, and the distinctive letter the designs are trademarks. Canada,© 2016 Haston, Minghts reserved. Distributed by Tribune C
515	JATOT	PAR SCORE 150-160
79	BACK 4 =	C3 H4 A1 N1 N1 E1 L1
8	EACK 3 =	N N C O O F
<b>Z</b> 9	KACK 2 =	21 N B 21 N W E1
87	EACK 1 =	H4 H P3 P3 E1 S1 T1

**SCKABBLE GRAMS** SOLUTION

**BEETLE BAILEY** by Mort Walker SOMEONE TOOK MY SAFE BOX FIND THEM KEYS SIR



### **SNUFFY SMITH** by Fred Lasswell





### **Conceptis Sudoku**

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

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