

SCRABBLE®

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A1E1Y4Y4L1D2H4

A1O1U1N1R1C3T1

A1O1O1P3X3B3S1

E1E1I1O1T1P3M3

RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 150-160
BEST SCORE 224

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.

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

08-13

NON SEQUITUR by Wiley

MURIEL DECIDES IT'S NEVER TOO EARLY TO PLAN FOR RETIREMENT

GOOGLER YOURSELF

SALE

SINCE WE BOTH HAVE FITNESS BANDS, LET'S SEE WHO CAN WALK MORE MILES

UH-OH, THERE GOES HERB FOR A WALK!

NO PROBLEM, I'VE GOT THAT TAKEN CARE OF...

08-13

BLONDIE by Dean Young and John Marshall

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08-13

HI & LOIS by Chance Browne

WE'RE PLAYING TWO-ON-TWO.

THERE ARE TWO MEN ON BASE.

SO WE NEED DAWG FOR A PINCH RUNNER.

08-13

HAGAR THE HORRIBLE by Chris Browne

WE REALLY NEED TO CLIP SNERT'S TOENAILS!

ARE HIS NAILS REALLY THAT LONG?

LONG ENOUGH TO DEFFY GRAVITY

08-13

DENNIS THE MENACE by Hank Ketcham

TIMES GET TOUGH. YOU GOTTA PULL YOURSELF UP BY YOUR BOOTSTRAPS.

I'M IN REAL TROUBLE. I DON'T EVEN HAVE BOOTS.

08-13

THE FAMILY CIRCUS by Bil Keane

08-13

"The one at the front of the school is the teacher. Right, Mommy?"

JUMBLE

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

PERIG

DUNHO

TANTEN

CCINES

Check out the new, free JUST JUMBLE app

He could actually win this if he stays close.

You've got this!

HE WASN'T FAVORED TO WIN THE MARATHON, BUT HE WAS

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

(Answers tomorrow)

Yesterday's Jumbles: RUGBY SCOUR COBWEB DEADLY

Answer: When they asked Robin Hood if he'd like to have their next meeting in the forest, he said he — SURE WOULD

Cardiac toxicity is most dangerous type

Dear Dr. Roach: My 70-year-old husband's mantle cell lymphoma is being treated with chemotherapy, including doxorubicin, and he received his first cycle at MD Anderson, where they took 48 hours to infuse the doxorubicin chemo. When this cycle was repeated at our local hospital, they administered it as a push in just a few minutes. I am aware of the cardiac toxicity associated with this drug, and I questioned it being done in minutes rather than days. I had read that administering this slowly could reduce the toxicity, yet the doctor who ordered the push said it didn't matter. I thought when we brought our regimen from MD Anderson it would be done exactly the same way. I am not finding that, and I am concerned. — L.S.

DR. KEITH ROACH TO YOUR GOOD HEALTH

agents, especially in combination with other anticancer drugs. However, it needs to be dosed cautiously and skillfully, because there are several toxicities. The most important and dangerous is the cardiac toxicity. High doses for prolonged periods can permanently reduce the ability of the heart to squeeze. This is commonly reported as the "ejection fraction," the proportion of blood emptied by the heart with each stroke. Normal values are typically about 50 to 75 percent. Although the major predictor for doxorubicin toxicity is the total lifetime dose, there is evidence that slower rates of infusion may reduce risk of developing cardiac toxicity. MD Anderson is one of the premier cancer hospitals in the U.S. (and the world). I

would recommend speaking to your husband's attending oncologist about the rate of infusion.

Dear Dr. Roach: With everyone drinking a lot of water during the summer, I noticed that the water depot where I fill up my gallon jugs supplies water in different ranges of alkalinity, from 8-10. This seems to be a new venture for the depot. The owner sells the alkaline water from inside the store and claims the benefit of this water is to neutralize the acidity of the many products we eat daily. He suggests that one might start by taking water with a pH of 8 or stronger, then dilute it to one's requirements. The purified water involves reverse osmosis so the company reintroduces calcium, magnesium and potassium to bring it up in value. Do you have any comments on alkaline water being consumed

during this hot summer season? — B.A.

I recently have seen much confusion about acid and alkaline consumption. By adding a base to water, you raise the pH, making it more alkaline. You can do this at home simply by adding a bit of baking soda (sodium bicarbonate) to your water — you don't need to buy alkaline water. Calcium carbonate is a common antacid. Calcium, magnesium and potassium are all elements we need, so the alkaline water you are talking about is better than the sodium you would add to water with baking soda. However, the important point is that under normal circumstances your body does not need any help in maintaining pH or in neutralizing acid. The body's systems are able to maintain pH under almost any dietary condition.

Bridge by Frank Stewart

Louie's rainy day

Two weeks into the month, Unlucky Louie had told me he was actually ahead in his penny game. "Maybe I'll be able to get aside something for a rainy day," he said. Alas, Louie lost heavily that very afternoon, thanks in part to today's deal. At six spades, Louie took the king of clubs and drew trumps. He next tried a heart to dummy's queen. East won and shifted to a diamond, and Louie had to guess whether to finesse or take the ace and rely on a 3-3 heart break. As the cards lay, he had no way home.

ANSWER: This is partly a matter of temperament. Some players would jump to 3NT. That might be the best spot, and the opening leader would get no more help. Others would bid three clubs, hoping to get to four spades after partner supported the spades. I would bid 3NT but have no strong feelings. South dealer Both sides vulnerable

GRUMBLES

"I'm hoping to save for a rainy day," Louie grumbled to me two weeks later, "and the rainy season sets in."

After Louie draws trumps, he can take the ace of clubs, ruff dummy's last club, and lead the ace and a low heart. When East's king appears, Louie has 12 tricks. If instead West captured Louie's jack, his only safe return would be a heart (if he had one), and Louie could learn whether hearts were breaking 3-3. If not, he could finesse in diamonds.

NORTH

♠ Q 9 8 4 3

♥ A Q 4

♦ J 6

♣ A 4 2

WEST

♠ 7

♥ 10 9 7 2

♦ K 10 7 3

♣ J 10 9 8

EAST

♠ 6 2

♥ K 8

♦ 9 8 5 4 2

♣ Q 7 6 3

SOUTH

♠ A K J 10 5

♥ J 6 5 3

♦ A Q

♣ K 5

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

1 Municipal grp.

4 False identities

11 Chew the fat

14 Afore

15 Cram for an exam, perhaps

16 Pugilistic poet

17 "All for You" group

19 Argument against

20 Jot

21 Called on

23 Goal post connection

28 David's king

29 Writer Rand

30 Garlic-basil sauce

32 Packs away

35 "A-Team" role

37 Glenn of the Eagles

38 Storyteller

41 Russian composer

43 Jacob's twin

44 Lana Turner movie

46 Soup scoop

48 School for Sartre

49 Actress Carrera

52 Earnings

54 One-twentieth of a pound

56 Mourns a loss

59 Within: pref.

60 Uncle Tom's charge

61 Fellow Black man

66 Med. blackout

67 Overly nosy

68 Literary miscellany

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Visit: ADailyCrossword.com

8/13

Scrabble Solution

PAR SCORE 150-160
BEST SCORE 224

FOUR RACK TOTAL
TIME LIMIT: 20 MIN

08-13

BEETLE BAILEY by Mort Walker

STOP! CAN I GET OUT UNTIL YOUR HICCUPS ARE OVER?!

08-13

SNUFFY SMITH by Fred Lasswell

WHAT HAPPENED TO YORE BILLY GOAT, LUKEY?

ELVINEY MADE ME GIT RID OF HIM !!

TURN'S OUT HE WUZ'N'T MUCH OF A LAWN MOWER...

BUT HE WUZ AN EXPERT AT KILLIN' TH' ROSES !!

08-13

Conceptis Sudoku

Difficulty Level ★★★

8/13

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

Difficulty Level ★★★

8/12