

SCRABBLE GRAMS

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A	E	I	L	M	R	V	
A	E	O	R	T	N	G	
I	O	U	K	T	C	K	Double Word Score
A	A	Y	T	C	L	P	2nd Letter Triple

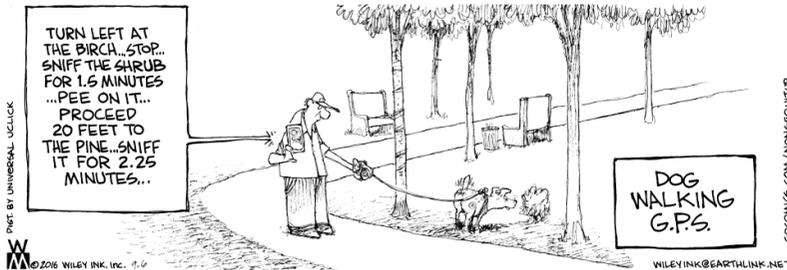
PAR SCORE 145-155
BEST SCORE 219

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@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.

THFYE

TRUBS

SHIRTT

PARAEP

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

Print your answer here:

(Answers tomorrow)

Yesterday's Jumbles: BRASH DRAWN ENTICE HICCUP
Answer: When the economy expands, the number of new job openings goes — "HIRE" AND "HIRE"

Thyroid meds are not always beneficial

Dear Dr. Roach: About 35 years ago, a renowned Beverly Hills internist prescribed Armour Thyroid for me. At the time, I was burned out in a highly stressful job and would get bronchitis, usually twice a year. Although my thyroid was in the low-normal range, he felt it would boost my metabolism and improve my resistance to colds. It did. I am now retired and have not seen this doctor for over a decade. I recognize that I can't just quit taking a thyroid supplement, but is there a danger in continuing to take Armour Thyroid? — *FL*

DR. KEITH ROACH
TO YOUR GOOD HEALTH

to get occasional infections. Chronic stress by itself certainly can predispose one to infection. Sometimes people get better with this treatment, but whether they have truly low thyroid levels or whether it is a placebo effect may be impossible to know.

The body's regulatory system of thyroid function consists of the pituitary gland, the hypothalamus of the brain and the thyroid gland itself. If someone with a normal thyroid starts taking a fairly low dose, then the body simply makes less thyroid hormone, provided the mechanism for sensing and adjusting the dose is intact. I suspect that your body is in this state of equilibrium now. If, however, you have been taking a higher dose than your body needs, then there is some danger,

both to the bones and to your heart. Even if your body shuts off your own thyroid entirely, you might still be getting too much. Again, blood tests can help sort that out.

Armour Thyroid is made from pig thyroid, and has both thyroxine (also called T4, which is synthesized to make the most commonly taken thyroid replacement hormone) and triiodothyronine (also called T3, the active form of the hormone). Your current doctor could test your thyroid hormone levels to see whether you are in balance now, at least by blood tests. If so, your doctor could try to very slowly reduce the dose, keeping a careful eye on any symptoms you may have.

The T3 in Armour Thyroid starts working very quickly. This can be dangerous in people with heart disease. On the other hand, there are a very few people who cannot properly convert T4 to the active

T3, so it is effective in some people who do not respond to synthetic T4. Being a natural product, it has more potential for variation, which is why many endocrinologists refuse to use it. The manufacturer reports testing both the raw material and the actual tablets to ensure the correct amount. Most endocrinologists prefer using thyroxine, and adding in synthetic T3 in a case of suspected inability to convert T4 to T3.

The booklet on thyroid gland problems explains this and other common thyroid illnesses. Readers can obtain a copy by writing:

Dr. Roach
Book No. 401
628 Virginia Dr.
Orlando, FL 32803.

Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

Bridge

by Frank Stewart

Back to Birmingham

On June 20, I was in Birmingham for "The Longest Day," an annual effort by ACBL clubs to benefit the Alzheimer's Association. The next day, I enjoyed dinner and a fun bridge game with some old friends and former teammates.

As South, I opened one heart and rebid two hearts with my minimum, but when North next tried three diamonds, I felt obliged to make a move: My heart suit was self-sustaining, and my king of spades looked useful.

I jumped to four hearts, and North, Doug Levene, bid slam. West led the king of clubs.

he rebids three hearts. What do you say?

ANSWER: Though slam is possible, partner may have minimum values for his two-level response. Moreover, your three diamonds (a "high reverse") showed substantial extra strength. Just raise to four hearts. An option, if partner will treat it correctly, is a cue bid of four clubs.

South dealer
N-S vulnerable

CLUB LOSER

"Textbook" problems occur in real life, and this was such a case. Having written about loser-on-loser plays, I saw a sure-fire play. I took the ace of clubs, drew trumps, cashed the K-A of spades and led the jack. When East played low, I threw my club loser.

If West had won, I would have ruffed the club return, led a diamond to the ace and discarded a diamond on a good spade. As the cards lay, I made an overtrick, but my slam was always safe.

NORTH
♠ A J 10 9 5
♥ Q 6
♦ A 7 3 2
♣ A J

WEST
♠ 8 3
♥ 4 2
♦ Q 10 6 5
♣ K Q 10 5 4

EAST
♠ Q 7 4 2
♥ 9 8
♦ K 9 8
♣ 9 8 3 2

SOUTH
♠ K 6
♥ A K J 10 7 5 3
♦ J 4
♣ 7 6

South 1♥
West Pass
North 1♠
East Pass

Pass 3♦
Pass 6♥
All Pass

Opening lead — ♣ K

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Key near ctrl
- Blushers
- Garbage boat
- Round Table address
- Marshall Plan focus
- Albacore, e.g.
- Being a substitute
- Shoshone tribe members
- Sea eagles
- Nearest star
- Colony builder
- Exam taker
- Specialist
- Collapsing
- Japanese drama
- Tex-Mex order
- Big Band, for one
- Anna of "Nell Gwynn"
- Gray and Candler
- prosequi
- Partiality
- Marching together
- Letters from the morgue
- Diarist Frank
- Bk. after Ezra
- Experiencing
- Triangular hat
- Make cherished
- One of the Bobbsey Twins
- Old-time high note
- Asian peninsula

1	2	3	4	5	6	7	8	9	10	11	12	13		
14			15											
17			18								19			
20				21				22						
23				24			25	26				27	28	
29			29			30	31					32		
33	34	35		36			37					38		
39				40			41					42		
43				44			45					46		
47				48			49					50		
51				52					53			54	55	56
57				57			58	59	60			61		
62	63			64					65					
66				67								68		
69				70								71		

- Visit: ADailyCrossword.com
- 62 Hair to wear
- 64 Mixing together
- 66 Collier's entrance
- 67 One of Jerry's clique
- 68 Tic-tac-toe winner
- 69 Duryea and Rather
- 70 Stone-worker's block
- 71 Cask holding two butts
- 62 Pedigree
- 63 Gannet goose
- 64 Nearby things
- 65 Worldwide help grp.
- 66 Nita of old movies
- 67 Tarnish
- 68 Ed who played Lou Grant
- 69 Exchanging chips
- 70 Desert
- 71 Cambodia's ___ Nol
- College on the Thames
- Funeral tollings
- Blacker
- Chooses actors
- Plant fungus
- Vowel sequence
- Spoke and spoke and spoke
- Remini of "The King of Queens"
- Indigo plant
- Roll of money
- Lupinus of films
- Arthur of "Maude"
- Recombinant letters

Yesterday's Puzzle Solved

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

Scrabble Solution

PAR SCORE 145-155

Best 99-100

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100

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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