

SCRABBLE®

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A1I1W4T1S1N1P3

A1I1L1T1R1P3

A1E1E1B3D2L1L1

E1E1I1C3D2M3N1

RACK 1

RACK 2

RACK 3

RACK 4

1st Letter Triple

Double Word Score

PAR SCORE 145-155

BEST SCORE 210

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.

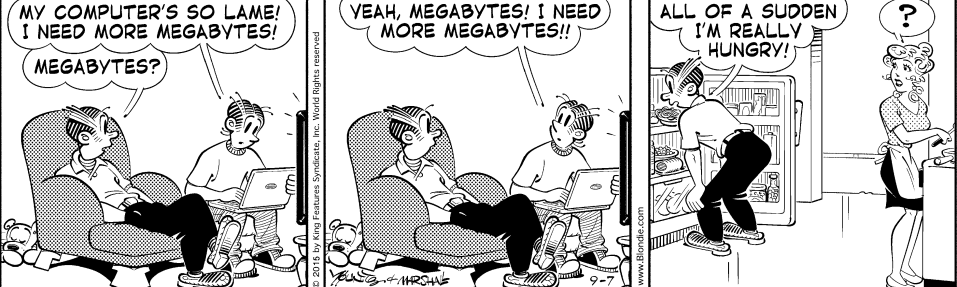
For more information on tournaments and clubs, email NASPA - North American SCRABBLE® Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrags@gmail.com.

09-07

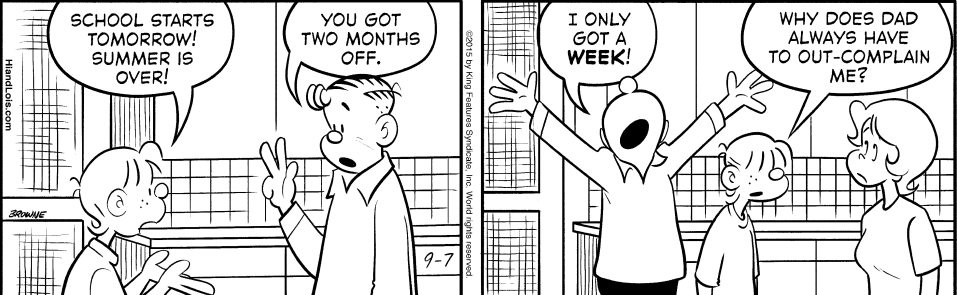
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



HAGAR THE HORRIBLE by Chris Browne

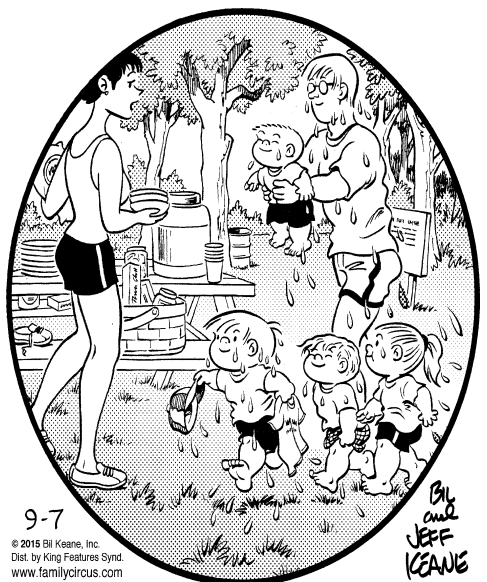


DENNIS THE MENACE by Hank Ketcham



"I HAD A CRAZY DAY... AND I NEED TO UNWIND."

THE FAMILY CIRCUS by Bil Keane



"Well, I see you found the river."

JUMBLE

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

TODAP

NILCG

CEFIN

BENTON

Print your answer here:

Answers tomorrow

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DR. KEITH ROACH

TO YOUR GOOD HEALTH

Dear Dr. Roach: I read about a follow-up study on the ACCORD population that showed that after a few years of follow-up, people in the tight blood-sugar-control arm had fewer heart attacks and need for stents.

Can you comment on this? I want to know if I should keep my A1c lower. — S.B.

In an important topic like heart disease with Type 2 diabetes, there are many studies, and it can be hard to make sense out of them all. Let me give you my personal understanding, having read many of them and consulted with experts in the field.

For people at relatively high risk for heart disease, "tight" control (meaning a goal A1c level of 6 percent or less) leads to increased deaths in the first six months to a year or so after changing to tight control.

That was the original

ACCORD study, which was stopped early. However, subsequent studies on the same population showed that if you survive the first year, your ongoing risk is lower than it would be with a less-stringent goal (such as around 7 percent).

Unfortunately, "relatively high risk" isn't easily defined. People who are older, who have had diabetes for 10 or more years, especially if was not tightly controlled to begin with, and people with other risks for heart disease, such as smoking, a family history of heart trouble or very high cholesterol certainly are at higher risk.

This is the group that is at risk for worse outcomes with tight control, and I don't recommend an A1c goal of 6 percent for those people.

One study showed that the more calcium in the arteries (this can be measured by a CT scan), the greater the risk with tight control.

On the other hand, people with newly diagnosed diabetes who don't have additional risk factors are likely to have better outcomes with relatively tight control.

There is always the danger of hypoglycemia with very tight control, so management requires an experienced clinician who individualizes therapy (medication, diet, exercise) for optimum results. Clinicians with more experience in managing diabetes are likely to have better outcomes. In my practice, we have two outstanding nurse practitioners who are expert at managing diabetes, but internists and endocrinologists who make diabetes a big part of their practice also are excellent choices. Your diabetes doctor should be working

with you to make this decision.

The booklet on coronary artery disease explains more about the risk factors for this condition. Readers can obtain a copy by writing: Dr. Roach — No. 101, 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.

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.rbmail.com.

Bridge

by Frank Stewart

No laughing matter

Cy the Cynic says that laughing is good exercise — like jogging on the inside. Over a year of play, or even in a single session, you'll meet deals about which all you can do is laugh. In today's deal, Cy was declarer at six hearts, and West led the king of clubs (not best). Cy ruffed in dummy, pondered and continued by leading a low spade toward his queen.

That play was an uproarious disaster when East took the king — and West showed out! West ruffed the spade return and led a trump, and the Cynic went down two and emitted a rueful laugh.

How would you play the slam?

to three diamonds. What do you say?

ANSWER: Your partner has at most nine high-card points, but if he has a singleton spade, a good diamond fit and a heart honor, you may make a slam. Bid three hearts. If partner is encouraged with 2, K 7 6 5, J 9 7 6 3, A 6 5 and jumps to five diamonds next, you'll bid six diamonds.

North dealer  
Both sides vulnerable

NORTH  
♠ A 9 6 4 3  
♥ A J 9  
♦ A K 10 5 4  
♣ None

WEST  
♠ None  
♥ 8 7 5 2  
♦ J 7 2  
♣ A K J 8 6 3

EAST  
♠ K J 10 8 7 2  
♥ None  
♦ Q 9 6 3  
♣ 9 7 4

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

North 1 ♠  
3 ♦  
6 ♥

East Pass  
Pass  
All Pass

South 2 ♥  
3 ♥

West Pass  
Pass

Opening lead — ♠ K

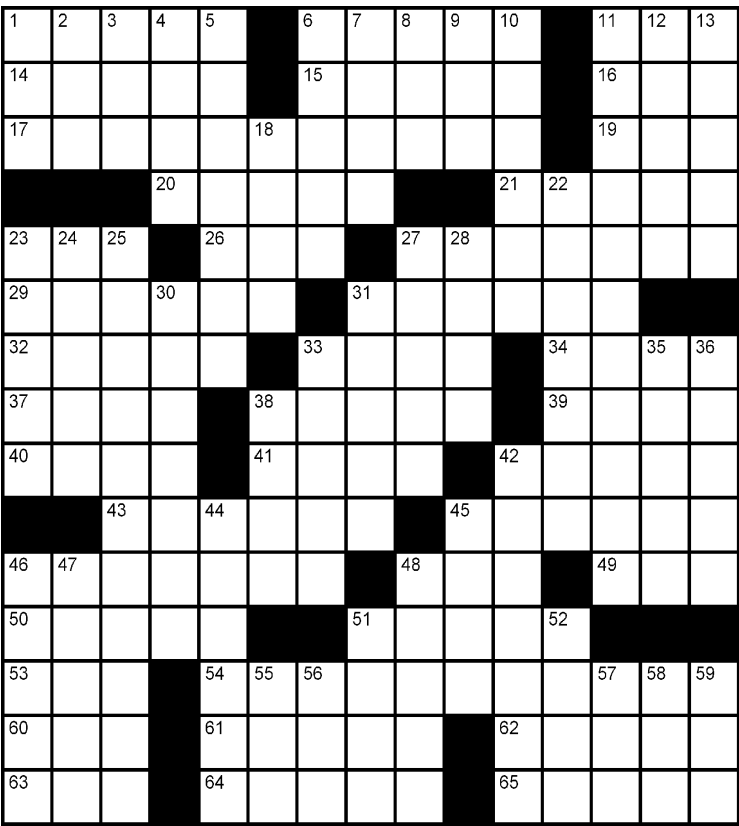
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The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- Songstress McLachlan
- Watchband
- Pronoun for a Friend
- Fred's first dance partner
- Kitties
- Gardener's clodbuster
- Persevere
- NASA's ISS partner
- Jimmy of "N.Y.P.D. Blue"
- Inciter
- Org. of Toms and Couples
- Have life?
- Low-crowned hats
- Bean and Welles
- Early release
- Litigants
- Dorothy's pooch
- "Rama \_\_\_ Ding Dong"
- Navy commando
- Burrowing mammals
- Zubenelgenubi or Dubhe, e.g.
- Additional
- Was indebted to
- Roger's response?
- Stupid talker
- Crazes
- Wavy-haired dog
- Crony
- Wool wearer?
- "Steppenwolf" author



Visit: ADailyCrossword.com

9/7

- Singer Crystal
- Utter sharply
- British sleeper

- Wallach or Whitney
- Musky cat
- Hirsute
- Itty-bitty
- Idyllic gardens
- Fumigate

- Very simple
- Destined
- God of love
- Part of the Big Easy?
- Oarsman on a punt
- Sauna wear
- Avian chatterbox
- Came to mind
- Act dejected
- Indian workers
- Penetrate
- Irish county
- Scolding woman
- "The Power of Positive Thinking" writer
- Elements of the whole
- Valley
- Mild Dutch cheese
- Lend a helping hand to
- \_\_\_ had it!
- Pedro's uncle
- Peeve
- CBS logo

DOWN

- Diego or Juan Capistrano
- Summertime beverage
- Gun it in neutral
- Pub pours
- Hesse and Melville
- Sudden flow
- "\_\_\_ in the Attic"
- Serling or Stewart
- Will Smith title role
- Phony
- 1941 Mary Astor movie
- Book after Daniel
- Decade divisions
- Knights
- Accumulates quickly
- Oater extras
- Watery porridge

Saturday's Puzzle Solvent

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

9-6

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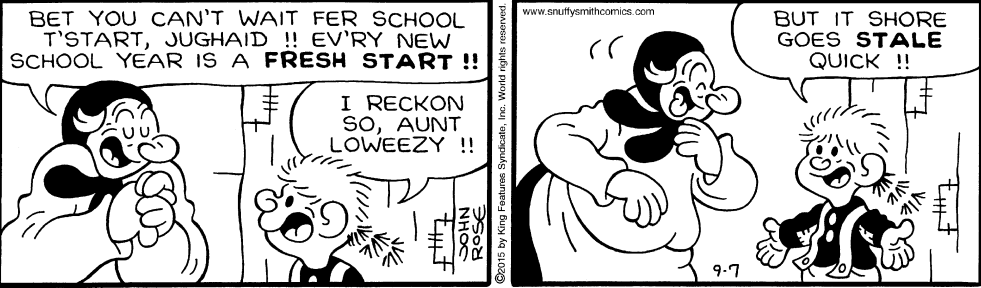
Scrabble Solution

PAR SCORE 145-155	1st Letter Triple
TOTAL 210	
RACK 4 74	E B L A B E L A
RACK 3 60	D E B A D E B A
RACK 2 65	L A T I A L T I A L
RACK 1 11	P A T I T S A M S I

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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

Difficulty Level ★★★★★