

SCRABBLE®

G

R

A

M

S

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A1

I1

I1

F4

B3

L1

F4

1st Letter Triple

A1

E1

I1

T1

M3

X8

R1

A1

A1

D2

L1

R1

C3

P3

Double Word Score

A1

A1

X8

N1

T1

R1

H4

PAR SCORE 165-175

BEST SCORE 227

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.

09-09

NON SEQUITUR by Wiley

OH, MY... ALL OF YOU AAA RUNNIN' FAN PRESIDENT?

YES... THIS IS THE GREAT ONE PERCENT DEBATE TOUR!

DOES THAT MEAN YAW'R BILLIONAIRES OR JUST PROMOTIN' INTERESTS OF BILLIONAIRES?

NO, WE'RE NOT BILLIONAIRES. IT MEANS WE DON'T POLL HIGHER THAN 1% AND CAN'T GET MEDIA COVERAGE

I NOTICE YA DIDN'T ADDRESS THE SECOND PART OF MY QUESTION

NEXT QUESTION, PLEASE

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WILEYINK@EARTHLINK.NET

GOCOMICS.COM

BLONDIE by Dean Young and John Marshall

SLIGHT DELAYS-ONE MILE

THESE ELECTRONIC SIGNS ARE LIFESAVERS!

I'LL SAY!

WORSE DELAYS-CONSTRUCTION AHEAD

IT'S NICE TO HAVE A HEADS-UP!

FOR SURE!

NOW IT'S A PARKING LOT! TURN AROUND, YOU BONEHEAD! WHAT WERE YOU THINKING?!

UH-OH! THIS CAN'T BE GOOD!

REALLY!

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HI & LOIS by Chance Browne

YOU CAN'T WEAR THAT!

SORRY, I'M NOT CHANGING MY SUMMER CLOTHES UNTIL SUMMER IS OFFICIALLY OVER.

IT'S NOT MY FAULT THEY STARTED SCHOOL TWO WEEKS EARLY!

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HAGAR THE HORRIBLE by Chris Browne

HEY!

TOK!

I'M HERE TO PICK UP MY SON FROM HIS PLAY DATE!

MY APOLOGIES! I DIDN'T KNOW YOU WERE HAMLET'S FATHER!

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DENNIS THE MENACE by Hank Ketcham

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“No, MA’AM, THERE’S NO MORE AT HOME LIKE ME.”

THE FAMILY CIRCUS by Bil Keane

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“Yeah, I had just figured out what I wanted to do during summer vacation and then it was over.”

JUMBLE

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

ROWNS

DUHIM

GOTOES

DOLCED

Check out the new, free JUST JUMBLE app

THESE BIRDS OF PREY MET LATE IN THE EVENING BECAUSE THEY WERE

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

Answer here:  (Answers tomorrow)

Yesterday's Jumbles: MUGGY AWAIT LONELY MISERY  
Answer: The construction of their new pool had gone — SWIMMINGLY

Diet for prediabetes and kidney failure

Dear Dr. Roach: I have been diagnosed with prediabetes (A1c 5.8) and kidney failure (eGFR 18, creatinine 0.97). I am confused about which problem to address through diet.

I was advised to eat wheat bread and oatmeal for breakfast, and now I am told that wheat and oatmeal are not good for my kidneys. I understand that white bread, pasta and rice are not good for prediabetes.

I do eat a lot of vegetables — asparagus, string beans, escarole — at dinner, but I just don't know what to do about breakfast. Could you please give me some direction on diet? I don't want to become a diabetic, and I don't want to end up on dialysis either. — V.C.

The creatinine level is one of the most important ways that physicians evaluate kidney function, and the GFR

DR. KEITH ROACH TO YOUR GOOD HEALTH

(glomerular filtration rate) uses the creatinine level to estimate kidney function based on age, sex and weight. An estimated GFR of 58 is moderate kidney dysfunction.

At this point, your doctor should have looked at all of your medications to make sure they are at the right dose and warned you about medications that can harm the kidney (like excess doses of Tylenol and anti-inflammatory medications).

Protein restriction is controversial, but most experts believe that it is not helpful until the GFR is lower (below 50), and even then has only a modest benefit.

To prevent prediabetes from progressing to diabetes, you'll want to avoid simple sugars and processed foods, like most white breads, pasta

and rice.

Whole grains are better, since the fiber slows absorption, and combining carbohydrates with protein and fat amplifies this effect.

For breakfast, if you like cereal or oatmeal, you should have whole grain and maybe also have some protein or fat. Animal protein seems to be more likely to worsen kidney function than plant protein.

I strongly advise a visit to a nutritionist for people with severe kidney disease.

Dear Dr. Roach: Is it possible that when immersed in water, you absorb it through your skin? Whenever I spend more than 30 minutes in the pool, I later have to urinate more than when I don't spend time in the water. Can the absorbed water travel to kidneys? Can the chemicals added to pool water do some damage? — E.M.

Water is not absorbed to any appreciable effect when the body is immersed.

The reason you urinate more may be due to unnoticed swallowing of pool water, which is very common in swimmers.

Don't worry about the chlorine in pool water. The amount of chlorine is similar to or only a bit higher than most tap water, and is not enough to be dangerous.

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](mailto: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.rbmamall.com](http://www.rbmamall.com).

Scrabble Solution

PAR SCORE 165-175

TOTAL 227

RACK 4 = 67

RACK 3 = 74

RACK 2 = 15

RACK 1 = 71

BRAND GRAMS SOLUTION

BEETLE BAILEY by Mort Walker

SARGE GAVE YOU A PASS TO TOWN AND LOANED YOU HIS JEEP?

I MADE A DEAL

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SNUFFY SMITH by Fred Lasswell

I HEAR TH' BARLOW BOYS ARE ON STRIKE FER SHORTER HOURS !!

WELL, YA CAN'T BLAME 'EM, SNUFFY !!

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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 Concepts Sudoku increases from Monday to Sunday.

Yesterday's Puzzle Solved

9 4 8 2 6 3 1 7 5

1 5 2 7 9 4 3 6 8

3 6 7 8 5 1 2 4 9

7 2 9 1 8 6 5 3 4

5 3 4 9 2 7 6 8 1

8 1 6 4 3 5 7 9 2

2 8 1 3 7 9 4 5 6

4 7 5 6 1 8 9 2 3

6 9 3 5 4 2 8 1 7

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Yesterday's Puzzle Solved

S H E D H A R K S Q U A T

W A L E E R I E C U R I O

O N E S R A M P H A N D Y

R O C K L O B S T E R S

D I T S Y A V O I D E R

E J E C T E D O D E

S P A T A V A E R N S T

P A P E R B A C K W R I T E R

O U T D O T I E O S L O

I L L L E T I T B E

L O Y A L L Y L O F T S

S C I S S O R S K I C K

P I E T A O K A Y A R E A

E A S E L N A H A P E L T

G N A R L S T U N I S L E

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DOWN

1 Learning method

2 Very funny!

3 Galena and cuprite

4 Polish capital

5 Wallach or Whitney

6 Easy letters?

7 Freshwater fish

8 Chilling

9 Snacked

10 Nobel-winning Danish physicist

11 River under the Ponte Vecchio

12 Fruitless

13 Wraps up

18 Part of AT&T

22 Vote for

24 Yacht nose?

25 Stopped slouching

27 Temporary fix

28 Islander's farewell

72 Greenstreet of Hollywood

73 Bering or Barents, e.g.

29 Patrick or Bruce

31 Corn cob and briar

33 Above it all

34 March King

35 Sign on a door

37 Crosses

39 Marshy lowland

42 "Norma" or "Louise"

43 One on a list

48 "Dirty" McGee

50 Mickey Mouse man

53 Tiresomely sentimental

55 Word with throw or prayer

56 Houston and Peckinpah

57 Edible hodgepodge

58 Fragment

59 Auctioneer's closer

61 Distance measures

62 Elation

63 "Giant" and "So Big" writer Ferber

66 Break the tape

67 Eisenhower's nickname

Conceptis Sudoku

4 9 1 6

1 3 9 4

3 4

8 4 6 9 2

6 1 9 2 7 8 5

6 9 7

6 9 5

Difficulty Level ★★★

9/09