SCRABBLE BRAND — G2 R1 A1 M3 S1

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E1 E1 O1 V4 D2 R1 V4		RACK 1
E1 I1 O1 P3 R1 S1 H4	2nd Letter Double	RACK 2
O1 O1 U1 N1 F4 B3 F4	Triple Word Score	RACK 3
I1 O1 O1 H4 P3 S1 R1		RACK 4

PAR SCORE 150-160
BEST SCORE 233

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.

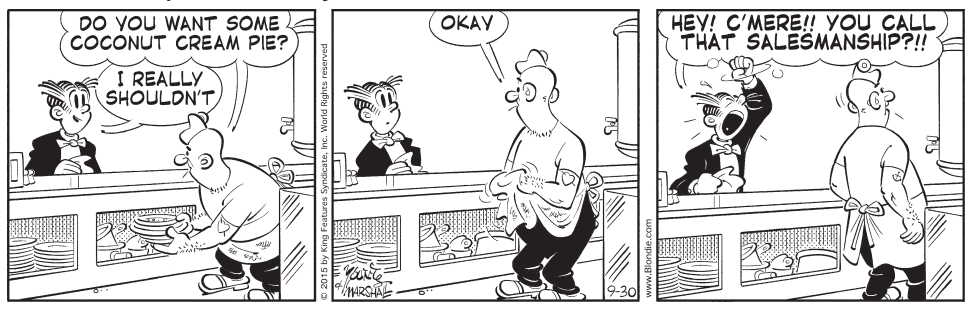
09-30

NON SEQUITUR by Wiley

DENNIS THE MENACE by Hank Ketcham

"BE NICE TO MARGARET. THAT LOOKS LIKE POPCORN."

BLONDIE by Dean Young and John Marshall



JUMBLE

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

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

ORCUC

SRAHH

MANEBO

STECKH

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Check out the new, free JUST JUMBLE app

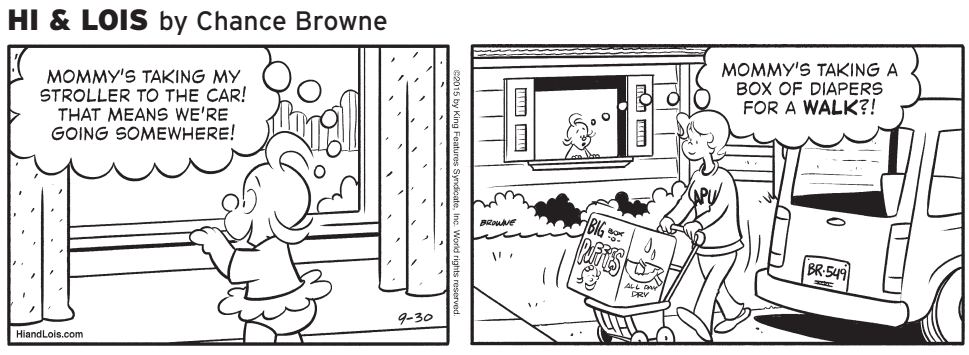
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Ans: ____ ____ ____

(Answers tomorrow)

Yesterday's Jumbles: STOMP WEDGE HANGAR UPROOT
Answer: Lassie bought the house because the neighborhood had — GONE TO THE DOGS

HI & LOIS by Chance Browne



THE FAMILY CIRCUS by Bil Keane

"I'm gonna have to hang up soon. I think my phone plan data minutes are just about used up."

HAGAR THE HORRIBLE by Chris Browne

The pros, cons of prostate screening

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: Your recent discussion on prostate cancer screening appears to bear out my belief that neither statistical evidence nor anecdotal evidence can be ignored in proving or disproving a case for screening.

I am a 93-year-old who is 17 years post-op, having had a radical prostatectomy in 1998. My PSA had been 2.4 for at least a dozen years before it doubled in a year. A biopsy revealed cancer cells and a Gleason score of 5. I decided that I did not want anything malignant in my body.

During the surgery, it was discovered that the seminal vesicles were involved, and the pathology exam upped the Gleason to 9.

Postoperative radiation was prescribed, and I underwent 36 sessions. I did lose sexual function but experienced very little incontinence or other problems, and have been able to enjoy an active and happy life — a very good bargain, I would say. — *A.M.*

You are quite right that it is impossible at the individual level to prove the benefit of screening. At the population level, most authorities who have looked at the data dispassionately have concluded that there is no large net benefit nor harm. For this reason, there are conflicting guidelines. The U.S. Preventive Services Task Force has stated that the harms likely outweigh the benefits, and it recommends against screening, but screening remains the choice of the individual. At age 76, you normally would not have been recommended for screening, and since you have thankfully exceeded your life expectancy at that time, it shows another limitation to guidelines on screening.

I have found your experience after receiving the diagnosis of prostate cancer the norm — nobody likes the idea of a cancer inside slowly growing, and even if there might be increased risks of removing it compared with leaving it there, most men want to remove it.

In your case, given the findings in surgery, it does appear that you may have been one of the "lucky" ones who had significant prolongation of life from treatment, and the final vote on whether you made the right decision is yours.

Dear Dr. Roach: I read that microwaving food can cause the food to lose nutritional value or even to become carcinogenic. Is this true? — *S.G.*

Not really. Heating food does cause some nutrients, such as vitamin C, to break down. But microwaves don't do that more than any other cooking method does. In general, the longer a food is kept very hot, the more nutrients are lost. So quick heating keeps in the most nutrients. Quickly steaming is another way. That's essentially what a microwave does, since it heats water molecules very efficiently, steaming the water contained in food or that you use to rinse it. In fact, microwaving may be better than boiling, since many nutrients can be lost in the water if you just throw it out.

As far as carcinogens (cancer-causing chemicals) go, these are products of very high heat, especially grilling meat. Because microwaves can heat unevenly, some areas of the food can get very hot while others stay cold, which is why it's best, when microwaving, to cook for a short while and allow the heat to distribute itself before heating further or serving.

Bridge
by Frank Stewart

Deceptive practice

Wednesday, September 30. It was warm in Los Angeles. We were working the daywatch out of Bunco. The boss is Captain Stewart. My partner's Bill Gannon. He's a good player. My name's Friday.

We got a call about a scam at a Ventura club. We checked it out. The suspect was still playing. One of his opponents spoke with us.

"It was terrible, officer."

"Just the facts, ma'am."

"That man sitting South swindled my partner. South was at 3NT, and I led a low club. My partner put up the queen ... and South followed with the four!"

SPADE SHIFT

"Naturally, my partner led another club. South took the A-K, discarding dummy's A-K of diamonds, and led the jack of diamonds to force out my queen. I shifted to a spade, but after we took the king and ace, South claimed. He's a con artist. Cuff him!"

We arrested South on a charge of deceptive practice. (If he wins the first club, he probably won't succeed.) At trial, he was found guilty. The judge said he wished he played so well.

DAILY QUESTION

You hold: ♠ Q 10 6 5 3 2 ♡ A Q 5 2 ◊ A K ♣ 7. Your partner opens one club, you bid one spade and he raises to two spades. You try three hearts, and he bids four spades. What do you say?

ANSWER: Your partner has four-card spade support and a maximum single raise or a fair raise with help in hearts. Slam chances are bright enough to bid 4NT, Blackwood. Unless partner has no aces, bid six spades. He may hold K 9 8 7, K 4, 8 7 6, A K 6 5 or A J 7 4, 4 3, J 6 5, A K 6 5.

North dealer
Both sides vulnerable

NORTH
♠ Q 10 6 5 3 2
♡ A Q 5 2
◊ A K
♣ 7

WEST
♠ A J 8 7
♡ 10
◊ Q 5 2
♣ 10 8 6 5 2

EAST
♠ K 9
♡ J 9 8 7 6
◊ 6 4 3
♣ Q 9 3

SOUTH
♠ 4
♡ K 4 3
◊ J 10 9 8 7
♣ A K J 4

North	East	South	West
1 ♠	Pass	2 ◊	Pass
2 ♡	Pass	2 NT	Pass
3 ♠	Pass	3 NT	All Pass

Opening lead — ♣ 5

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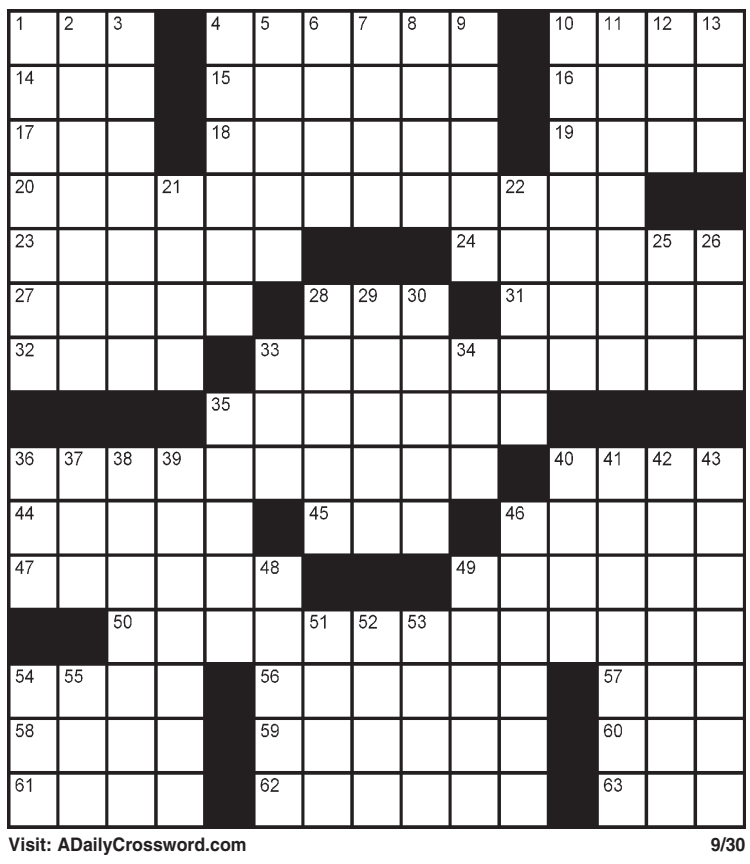
The Daily Crossword
Edited by Wayne Robert Williams



Visit: ADailyCrossword.com 9/30

ACROSS
1 Dockers grp.
4 Leaves bed
10 Shell game, e.g.
14 Part of M-F
15 UFO pilots
16 Donahue or Rizzuto
17 Food from taro
18 Soprano Tebaldi
19 Listen up!
20 Start of a quote by Marvin Davis
23 Oldavai anthropologist
24 Small, dark falcon
27 Fall bloomer
28 Mayday!
31 "Common Sense" writer
32 French religious figs.
33 Wishing harm to others
35 Part 2 of quote
36 Follows through on
40 "Citizen __"
44 Tourney type
45 Half and half?
46 County in southwest England
47 Tool for enlarging holes
49 End a partnership
50 End of quote
54 Norse deity
56 Trip to the bank, e.g.
57 Lion's lair
58 Chianti or Burgundy, e.g.
59 Betrothed man
60 Down a frank
61 Stool parts
62 Reaping tool
63 Expected to arrive

DOWN
1 Leaping antelopes
2 Superlatively limber
3 Perk up
4 First Roosevelt VP
5 Threnody
6 Prong
7 Do some ushering
8 Old-fashioned preposition
9 Sacred poem
10 Rounded
11 __ Bird Parker
12 Ventilate
13 Jan. honoree
21 Supplements, with "out"
22 Bus terminal
25 Place for the night
26 Trawling device
28 Right to decide
29 Nancy of "Pollyanna"
30 Transition
33 Shemp's tormentor
34 VFW member
35 Track official
36 EMT's specialty
37 100 square meters
38 Traveling aimlessly
39 "Punking Out" group
40 Florida isles
41 Stayed away from
42 Word with riche or cuisine
43 International understanding
46 Scottish seaport
48 Coral formations
49 Perch in a playground
51 Clapton or Carmen
52 Radiology photo
53 Breathe shallowly
54 Nocturnal raptor
55 Bite the dust

Yesterday's Puzzle Solved

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

9-29

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Scrabble Solution

SCRABBLE BRAND GRAMS SOLUTION

R1 E1 V4 V4 E1 D2	RACK 1 =	13
R1 O1 S1 E1 H4 I1 P3	RACK 2 =	63
B3 U1 F4 O1 O1 N1	RACK 3 =	95
P3 O1 O1 R1 I1 S1 H4	RACK 4 =	62
PAR SCORE 150-160	TOTAL	233

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BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

Difficulty Level ★★★ 9/30

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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 Conceptis Sudoku increases from Monday to Sunday.

Yesterday's Puzzle Solved

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

Difficulty Level ★★ 9/29

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