SCRABBLE BRAND GRAMS

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								RACK 1
A1	E1	O1	T1	H4	C3	K5	1st Letter Double	
								RACK 2
E1	I1	O1	D2	M3	S1	P3		
								RACK 3
I1	I1	O1	B3	L1	K5	T1	Triple Word Score	
								RACK 4
E1	O1	U1	T1	F4	R1	F4		

PAR SCORE 155-165
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.

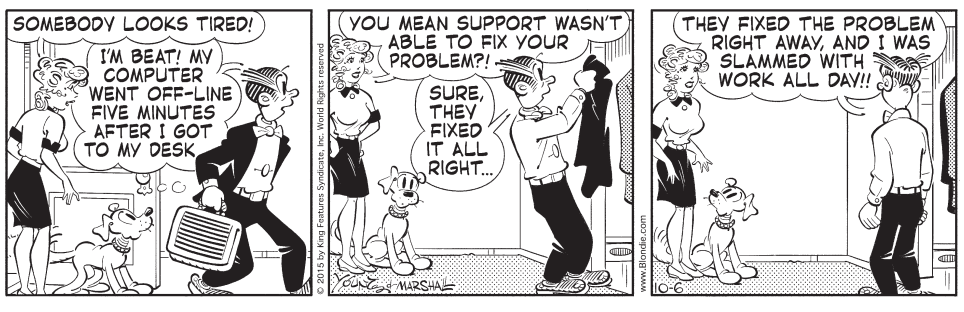
10-06

NON SEQUITUR by Wiley

DENNIS THE MENACE by Hank Ketcham

"MARGARET SURE KNOWS HOW TO PUT THE 'HOITY' IN 'TOITY'."

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.

OGDDE

VEARB

DURONA

CAINTT

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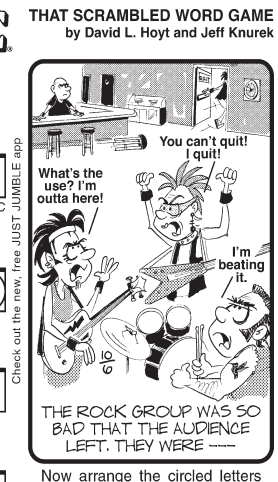


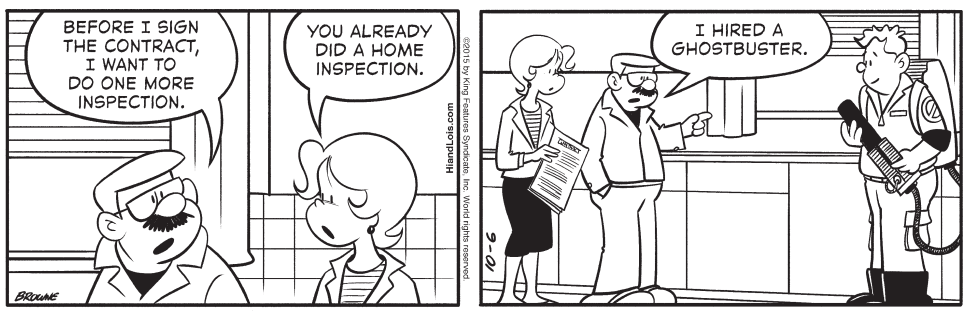
Check out the new, free JUST JUMBLE app

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

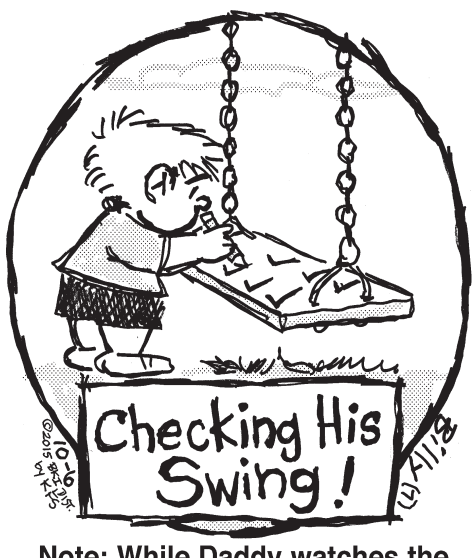
Ans: "( ) - ( ) - ( )" (Answers tomorrow)

Yesterday's Jumbles: ARENA HITCH BOTTOM GRAVEL
Answer: The play would be a disaster if the actors didn't get their — ACT TOGETHER

HI & LOIS by Chance Browne

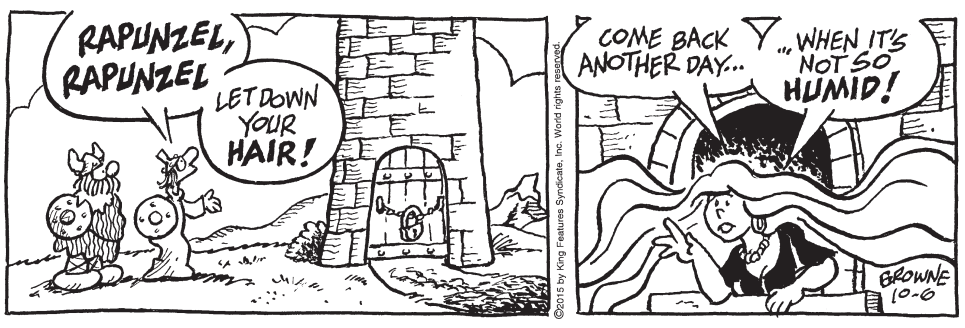


THE FAMILY CIRCUS by Bil Keane



Note: While Daddy watches the baseball playoffs, little Billy draws up his own pun-and-ink cartoon.

HAGAR THE HORRIBLE by Chris Browne



The role of alternative cancer therapies

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: I wonder why you never talk about holistic measures to prevent illnesses, such as cancer.

I just read an article by an oncologist who said there are certain anti-cancer supplements that work, including vitamin D, magnolia extract and artichoke extract, all of which have been shown in laboratory studies to kill a variety of cancer cells, including colon, breast and liver cancers, and leukemia.

Artichoke extract also contains cynarin, which decreases inflammation.

Other compounds that can reduce cancer growth are black cumin seed oil and bee propolis, which is rich in caffeic acid phenethyl ester (CAPE), chrysin and cinnamic acid — compounds that affect cancer genes.

Studies show that they reduce the growth of many cancers, including colon, prostate and kidney.

I've also read about the powerful effects that simple seasonings have on cancer cells: black pepper, sage and oregano.

My question to you is: Why isn't this blasted all over the news media, and why don't physicians who can access this information tell it to their patients? — *V.A.*

The therapies you mention are termed "complementary" or "alternative" treatments, specifically "herbal treatments." Holistic medicine, on the other hand, aims to treat the entire person — physically, mentally, emotionally, spiritually.

Holistic medicine ought to be a goal for all providers, since health consists of much more than mere absence of physical disease.

While a physician can help with some of these aspects, it is difficult or impossible for one person to be expert in helping a person meet all goals of wellness, which is why collaborative care is so important.

With respect to the herbal treatments you mention, and others like them, it is my opinion that these have potential to help treat some kinds of cancer.

However, I am quite convinced, after reading many studies, that none of them is completely effective at preventing or curing cancer.

Compounds can be very effective at killing cancer cells in a laboratory, but that is very different from killing cancer cells in a person at a level that's achievable without toxicity. That's why they aren't on the news media — they aren't a cure, and haven't been proven definitively helpful. If that changes, I will be among the first to spread the news.

Where I believe alternative therapies have the most potential in cancer is in combination with traditional therapies: helping people feel better through chemotherapy and radiation.

Some herbals, like turmeric, have solid data showing benefit in combination with chemotherapy in treating some cancers.

However, finding an oncologist who has expertise in alternative treatment might not be easy. Similarly, finding an alternative medicine provider who knows enough about cancer and chemotherapy to be of value to both the patient and the oncologist isn't easy.

There are some centers where both traditional and complementary therapies are used, and where the patient's entire care team is aware of all the treatments a patient is getting.

Bridge
by Frank Stewart

Overberried

When I watched today's deal in a penny game, declarer was the notorious Joe Overberry, who thinks it's nobler to go down in pursuit of an overtrick than to make his bid. Players dread cutting Joe as a partner.

Against four hearts, West led the queen of spades. Joe threw a club on dummy's ace and led a trump, finessing with his queen. West took the king and led a club: three, king, ace.

Joe then cashed the ace of trumps. When East discarded, Joe led the A-K and a third diamond. East won, and the defense took a club and West's high trump. Down one.

TYPICAL

"Typical," North sighed.

"If the trumps lie well, I make two overtricks," Joe said indignantly.

Declarer's best chance to make four hearts — what he bid — is to take the ace of trumps at Trick Two, then lead the A-K and a third diamond. He wins East's club shift and discards dummy's last club on a good diamond, losing two trumps and a diamond. This line gives declarer many chances for at least 10 tricks.

DAILY QUESTION

You hold: ♠ None ♡ A Q 5 3 2 ◊ K 8 6 4 3 ♣ A J 4. Your partner opens one diamond. The next player passes. What do you say?

ANSWER: An average opening bid for partner with one "wasted" spade honor — Q 6 5, K 6, A J 9 5 2, K 7 6 — will make seven diamonds a fine contract. To help you get there, jump-shift to two hearts and support the diamonds next. True, you have only 14 high-card points, but the auction will be smoother if you tell partner now that slam is likely.

South dealer
Both sides vulnerable

NORTH
♠ A 7 5 2
♡ 9 7 6 4
◊ A 5 2
♣ 8 3

WEST
♠ Q J 10 6
♡ K J 10
◊ Q 9
♣ Q 10 5 2

EAST
♠ K 9 8 4 3
♡ 8
◊ J 10 7
♣ K 9 7 6

SOUTH
♠ None
♡ A Q 5 3 2
◊ K 8 6 4 3
♣ A J 4

South	West	North	East
1 ♡	Pass	2 ♡	Pass
3 ◊	Pass	4 ♡	All Pass

Opening lead — ♠ Q

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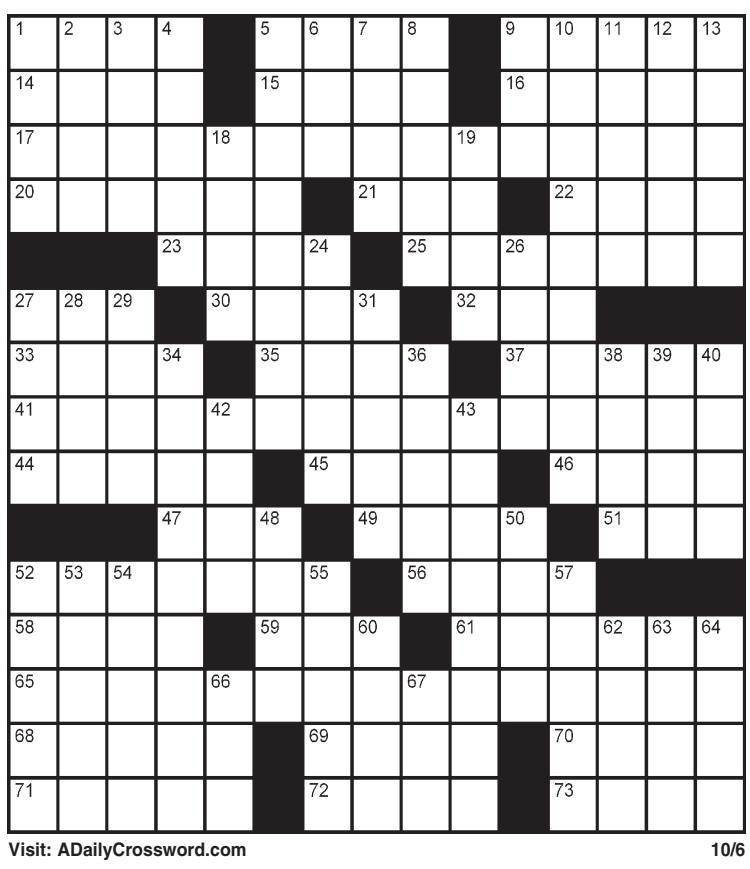
The Daily Crossword
Edited by Wayne Robert Williams



ACROSS
1 Second Greek letter
5 Ticklish Muppet
9 Market passageway
14 On the rocks
15 Colorful horse
16 Not with it
17 Whoopi Goldberg movie
20 Mogadishu resident
21 Long, narrow inlet
22 Daughter of Elizabeth II
23 Think-tank product
25 Like no-score ballgames
27 Accomplishment
30 Egotist's focus
32 Letters from the morgue
33 Thick fog
35 Take a gander
37 Razor sharpener
41 Bookmaker?
44 Asparagus shoot
45 Out of port?
46 What souffles do
47 Sound dovish
49 Hardy heroine
51 Fuzzy fiber ends
52 Emory University city
56 Cotton-tipped cleaner
58 Destitute
59 QB's quest
61 Drink garnishes
65 All-in-one residence
68 Slackens
69 Shallow notch
70 Grounded flock of birds
71 Sliding vehicles
72 Change for a five
73 Long-horned antelope

DOWN
1 Little pieces
2 Back talk?
3 Abound
4 Ike's presidential opponent
5 South African golfer
6 Future boards
7 Bryn __ College
8 Studio caution
9 Guillemot's cousin
10 Breathing device
11 Was radiant
12 Paints a word picture
13 Fencers' foils
18 Automobile pioneer Ransom
19 Glorify
24 Hilo hello
26 Snack
27 Poisonous snakes
28 Decisive takeover
29 London subway
31 Compel to accept
34 Posted bills
36 Genuflection joints
38 Undoing
39 Greek peak
40 Look furtively
42 Skillet material
43 Coal factory
48 Director Preminger
50 Ice melter
52 Church areas
53 Entire
54 Parasitic insect
55 John Hersey's bell town
57 Ditz
60 "Wheel of Fortune" option
62 Swerve
63 One of the Deadly Sins
64 "Mr. Roboto" band
66 NASA's orbiting outpost
67 High or low diamond

Visit: ADailyCrossword.com 10/6

Yesterday's Puzzle Solved

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

10-5

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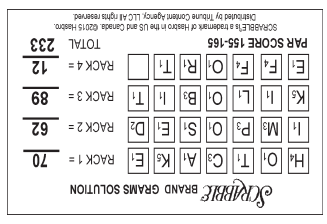
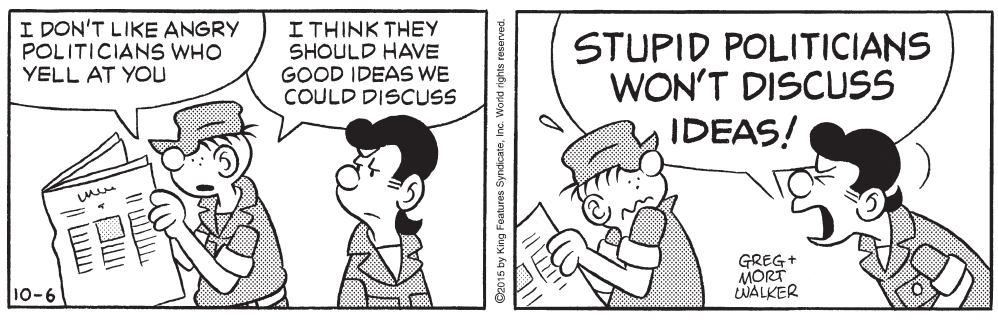
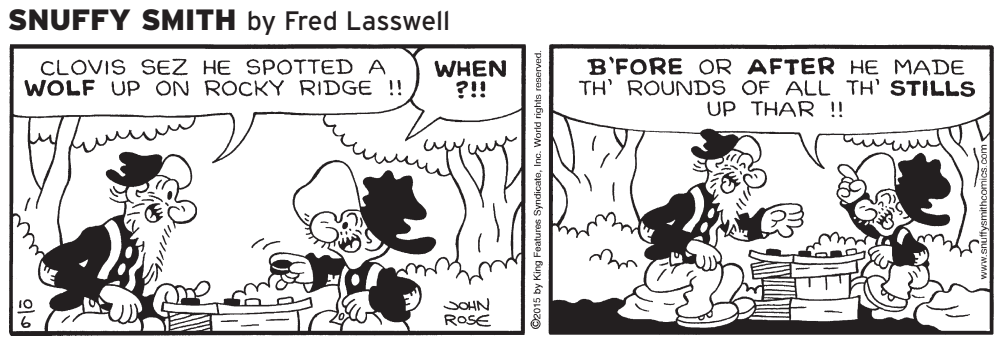
Scrabble Solution



BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★★ 10/06

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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

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

Difficulty Level ★ 10/05

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