

SCRABBLE[®] JUMBLE

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[G] [R] [A] [M] [S]
 [E] [I] [O] [K] [L] [B] [W]
 [E] [I] [O] [X] [N] [L] [C]
 [A] [A] [E] [U] [P] [R] [P]
 [A] [E] [E] [M] [H] [N] [T]

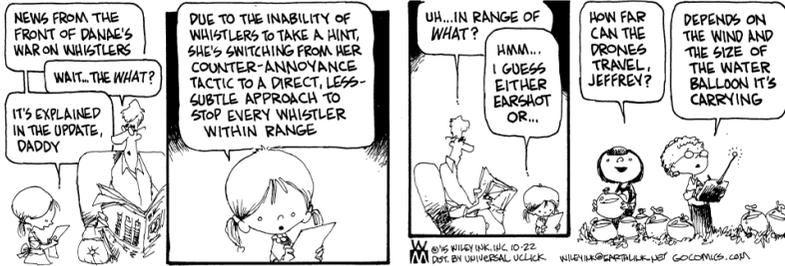
PAR SCORE 160-170
BEST SCORE 222

FOUR RACK TOTAL
TIME LIMIT: 20 MIN

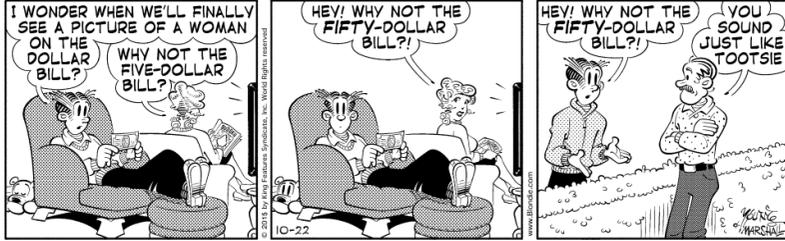
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE[®] Players Dictionary 5th Edition.

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.

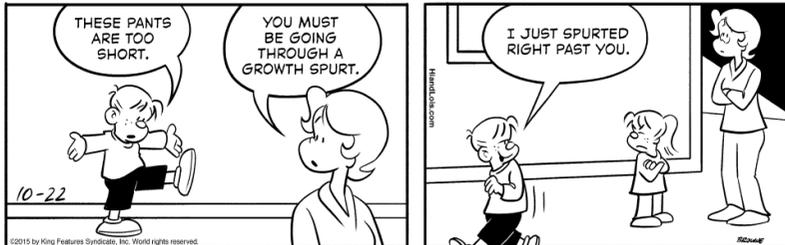
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



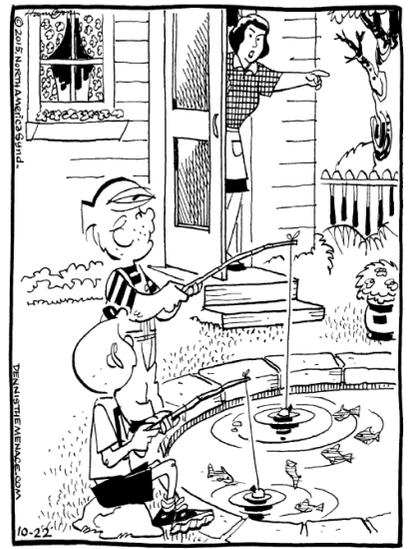
HI & LOIS by Chance Browne



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.

GALIE
ODORE
RETVAN
NNNACO

Check out the new, free JUST JUMBLE app.

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

(Answers tomorrow)

Yesterday's Jumbles: TROLL SHOWN OCTANE DENOTE
Answer: The pioneering couple argued about which tract of land to build on and couldn't — SETTLE ON ONE

Radiation doesn't make cancer spread

Dear Dr. Roach: My husband had prostate cancer in 2013. He was treated with radiation, and was thought to be cured. Well, one year later, he found out he had cancer in his liver. He lived eight months before going into hospice for his last 15 days.

Do you think the radiation of the prostate spread the cancer to his liver? If he had had only surgery, would the cancer not have spread? — B.V.

DR. KEITH ROACH TO YOUR GOOD HEALTH

you can stop feeling that your husband did not get the correct treatment. It's likely that a few cancer cells had already spread to the liver before he got radiation treatment. (That is, if the liver cancer was indeed from the prostate, since you haven't told me enough to know for sure that it was.)

If he had elected to have surgery, the cancer cells still would have already been in the liver, he likely would have had the same outcome, and you would be wondering whether the surgery had caused the cancer to spread.

I have found that after someone passes from cancer, their family and loved ones often second-guess their treatment: What if they had gone to a better hospital? What if they had tried a different diet or supplements?

However, the vast majority of the time, there is nothing for a family member to blame him- or herself for. There is no situation so bad that adding guilt on top of it can't make it worse, and the guilt doesn't help anything.

I mentioned medical oncology — some early trials suggest that chemotherapy given in addition to radiation therapy may improve cure rates in some men with high-risk prostate cancer.

Dear Dr. Roach: I have dealt with high cholesterol for 15 years or so, and am now taking Crestor. I have tried diet and exercise, with not much improvement in my cholesterol. I will try to do better with food, but I don't understand why some of the foods on the list of those considered OK have cholesterol: Should I go by the amount of healthy fats, like mono- and polyunsaturated? — R.F.

Only animal products contain significant amounts of dietary cholesterol; however, dietary cholesterol is not a major factor in determining blood cholesterol, because blood cholesterol is regulated. If you eat more, your body makes less, as your body has a certain set point, which is largely genetically regulated. For this reason, avoiding dietary cholesterol is no longer considered an important factor in treating high cholesterol.

However, some foods that are high in cholesterol also are high in saturated fat, which probably does increase the risk of heart disease. So I would indeed choose foods with low amounts of unhealthy saturated and trans-saturated fat, while getting good amounts of monounsaturated fat.

In some people, even a few pounds of weight loss can bring cholesterol levels down without medication.

Bridge Louie re-hits bottom

Unlucky Louie had lost in his penny game again.

"Every time I think I've hit bottom," Louie told me, "there turns out to be an underground garage."

Louie brings most of his bad luck on himself, of course. He plays without thinking. When he was declarer at four hearts, West led a low spade. Louie captured East's king and started the trumps. West took the ace, cashed the jack of spades and exited with a trump. Louie then led the ace and a second club. When East had the K-J, Louie lost two clubs, went down one — and blamed his luck.

How would you handle the play?

he rebids two hearts. What do you say?

ANSWER: Your hand is worth at least 10 points — enough in theory to bid again to try for game — and partner promises six or more cards in hearts. Still, you have secondary values, and no bid — 2NT with no club stopper or three hearts to aim toward a 10-trick game — is attractive. Take a slightly conservative view and pass.

West dealer
Both sides vulnerable

| | | |
|--------------|-------------|--------------|
| NORTH | WEST | EAST |
| ♠ 8 5 | ♠ Q J 6 4 2 | ♠ K 10 9 |
| ♥ 10 9 5 4 2 | ♥ A 7 | ♥ 6 |
| ♦ A K 6 | ♦ Q J 7 | ♦ 10 8 5 4 2 |
| ♣ Q 10 8 | ♣ 9 7 4 | ♣ K J 6 2 |
| SOUTH | | |
| ♠ A 7 3 | | |
| ♥ K Q J 8 3 | | |
| ♦ 9 3 | | |
| ♣ A 5 3 | | |

SECOND TRUMP

After Louie wins the second trump, he digs for information. He ruffs his last spade in dummy, takes the top diamonds and ruffs a diamond, dropping West's Q-J. Then West, who passed as dealer, is known to have had the Q-J of spades and ace of hearts also, so he can't have the king of clubs.

Louie should lead a low club to dummy's ten without cashing the ace. East takes the jack but is end-played.

DAILY QUESTION

You hold: ♠ Q J 6 4 2 ♥ A 7
♦ Q J 7 ♣ 9 7 4. Your partner opens one heart, you respond one spade and

| | | | |
|-----------|------------|-----------|------------|
| West Pass | North Pass | East Pass | South |
| 1 ♠ | 3 ♥ | 3 ♠ | 1 ♥ 4 ♣ |

Opening lead — ♠ 4
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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Taps horn
- Con job
- Hand's-breadth
- Tatum or Ryan
- Shakespearean villain
- Classic Welles character
- Heart hit
- Cap
- RRs on trestles
- Tidy up
- Old-time buttries and larders
- Squirrel away
- Large deer
- Radar screen spot
- Recede
- Unstressed vowel
- Discharged a debt
- Chianti or Burgundy
- Mathis hit
- Pretentious attitude
- Alaskan seaport
- Himalayan legends
- Mom-and-pop grp.
- PC movies
- Do lacework
- Swerves
- Big name in electronics
- Bean and Welles
- Pop
- Hit head-on
- Connie Francis hit
- Uncool kid

DOWN

- Unit of force
- Hit head-on
- Winter racers
- Impertinence
- English title
- Devoured
- Impertinence
- Unit of force
- Winter racers
- Impertinence
- Aromatic salves
- B'rith
- Former Tunisian rulers
- Even exchange
- Payment voucher
- Pestering people
- Trudges
- "Christina's World" painter
- Committed capital
- Scandinavian rugs
- Sand rise
- Commotion
- British peers
- Postpone for now
- Incensed
- Revealed
- Prayer enders
- Possesses
- Emmy winner
- Perlman
- Actor Bruce
- Rural stack
- Ouija board answer
- Actor Mineo

Visit: ADailyCrossword.com

Yesterday's Puzzle Solved

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

Scrabble Solution

PAR SCORE 160-170
BEST SCORE 222

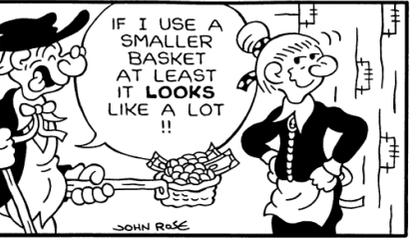
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Scrabble Solution: M E N A V A P, E I O X N L C, A A E U P R P, A E E M H N T

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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

Difficulty Level ★★★