

SCRABBLE[®] (TM) (USA)

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Triple Word Score

RACK 1: A1 E1 E1 E1 V4 R1 B3

RACK 2: E1 E1 O1 R1 L1 H4 F4

RACK 3: E1 O1 U1 D2 R1 B3 S1

1st Letter Double

RACK 4: E1 O1 N1 R1 C3 C3 N1

PAR SCORE 145-155
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.

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.

NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



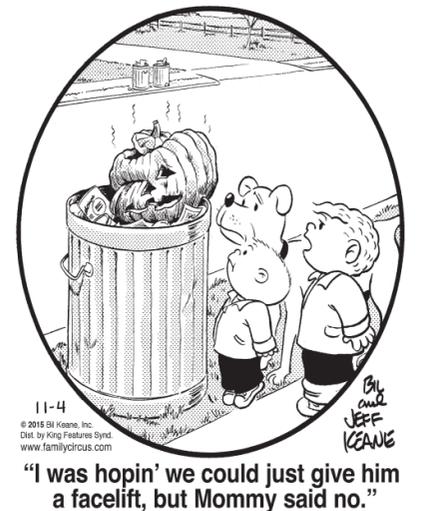
HAGAR THE HORRIBLE by Chris Browne



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.

PENIT

TOAIR

WORNAD

QUAPOE

Check out the new, free JUST JUMBLE app

How did you get Billy King here? I told him people were going to think he was chicken if he didn't compete. And I paid him a ton.

THE COWBOY DIDN'T WANT TO PARTICIPATE IN THE RODEO, BUT HE GOT

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

(Answers tomorrow)

Yesterday's Jumbles: ORBIT WORLD LIKELY LIQUID
Answer: After discovering oil on his property, they would become — WELL-TO-DO

Making sense of cholesterol numbers

Dear Dr. Roach: Several years ago, I started going to a new doctor, who said that the way to get the correct cholesterol number is to divide the HDL into the LDL, and if the answer is not 2.5 or lower, I have a problem and should be taking steps to lower it. I am currently interviewing other doctors, as I have stopped going to this doctor for personal reasons. My previous doctor stated that you subtract the HDL from the LDL, and if it is below 100, it's OK. Which is correct? I am 68 years old now and in very good health. I was told by a doctor I met while visiting another state that he'd never heard of the "2.5" solution. — T

DR. KEITH ROACH TO YOUR GOOD HEALTH

so you have mentioned two approaches to evaluate the cholesterol picture in a single number. The first is the HDL:LDL ratio. Some authorities have described this number as the single best predictor of heart disease. The higher the ratio, the higher the risk. A ratio of 2.5 is extremely good, with a very low risk of heart disease. A ratio of 3.5 or lower is generally considered desirable. At that level, the risk for heart disease is about half the average (the average ratio is 5). A ratio of 9.6 is associated with double the average risk. The second is the non-HDL cholesterol, which is what you get when you subtract HDL from total cholesterol. This also has met with considerable acceptance, and a number below 100 is considered in

the desirable range. Personally, I think that since HDL cholesterol has independent predictive ability on the likelihood of coronary disease from both LDL and total cholesterol, I use both absolute numbers. I think both the ratio and non-HDL cholesterol are useful, but don't tell the whole story. Remember that cholesterol is only a part of the story for heart disease risk. Diet, exercise and stress management are very important, and most of us physicians don't pay enough attention to these.

Dear Dr. Roach: I have been experiencing shortness of breath whenever I vacation and walk in the mountains. I was a smoker, but I quit 31 years ago. My doctor has sent me for the lung capacity breathing test, and I passed with flying colors. The technician stated that my number was one of the highest she has

seen. Can you shed some light on why this is happening, as it concerns me? — N.L.

I have two concerns. The first is that lung capacity is a measure of just what it sounds like — how big the lungs are. When the technician says it's among the biggest she's seen, I worry that it's too big. An elevated lung capacity can go along with emphysema, which can be related to distant smoking or can be due to a condition called alpha-1 antitrypsin deficiency. Emphysema can be diagnosed by other components of pulmonary function tests, particularly a test called the DLCO, and confirmed by X-ray or CT. However, breathing problems also might indicate heart problems, so you might need another visit. On the other hand, there is less oxygen in the thin mountain air, so some degree of shortness of breath might not be abnormal.

Bridge
by Frank Stewart

Unlikely contract

Had a prize been awarded for the most unlikely successful contract at the Summer NABC, Jim Bachelder of Columbus, Ohio, would have won. Bachelder was South in the Senior Swiss Teams. In North-South's methods, South's three clubs asked for a five-card major; North's three spades showed four cards in hearts. When West unwisely doubled, North redoubled, intending to suggest strong spades. South, thinking his partner showed four spades, passed after much thought.

TRUMP LEAD

West should have led a trump. After he started with the ace of clubs, he surely should have led one. But West continued with a second club. Bachelder won, took the ace of diamonds, ruffed a diamond, led a heart to dummy and ruffed a diamond. He cashed a heart for his sixth trick and led a club. West ruffed but had to lead a trump. South won with dummy's jack, exited with another heart and had to score the A-Q of trumps. Making three redoubled for the rare score of plus 760.

NORTH
♠ A Q J
♥ K J 8 4
♦ A J 7
♣ K Q 6

WEST
♠ K 10 8 7 6 2
♥ 9 7
♦ 8 6 3
♣ A 9

EAST
♠ 4 3
♥ 10 3 2
♦ K Q 10 5 4 2
♣ J 7

SOUTH
♠ 9 5
♥ A Q 6 5
♦ 9
♣ 10 8 5 4 3 2

North 2 NT
East Pass
South 3 ♣
West 3 ♠
3 ♦ Pass
Redbl Pass Pass(!) Pass

Opening lead — ♣ A

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The Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- 1 Touch tenderly
 - 4 Away's partner?
 - 7 Liturgical vestment
 - 10 Mata Hari, e.g.
 - 13 Eng. instruction letters
 - 14 Along in years
 - 15 Idyllic pasture
 - 16 U-turn from WNW
 - 17 Start of a Napoleon Bonaparte quote
 - 19 Be relevant
 - 21 Contaminate
 - 22 Pet in a cage
 - 23 Latin handle
 - 24 Liquid or idol finisher
 - 26 Salt, to a chemist
 - 29 Addams Family relative
 - 30 Part 2 of quote
 - 33 Ropers
 - 35 Caught in a snare
 - 36 Caused to grow together parts from different plants
 - 38 Blethyn or Fricker
 - 41 Shaq's one-pointer
 - 45 Part 3 of quote
 - 47 After the style of
 - 48 Water conduit
 - 49 Medieval tale
 - 50 Big sch.
 - 51 Camelot king
 - 54 Gauntlet
 - 55 Loss of memory

- Visit: ADailyCrossword.com
- 11/4
- 57 End of quote
- 59 Online 2 cents?
- 60 Writing implement
- 61 Former queen of Spain
- 62 Directional suffix
- 63 Blue Hen St.
- 64 Retirement grp.
- 65 End of Ramadan
- 66 Pretoria's nat.
- 25 Hawaii, before '59
- 27 Stage prompt
- 28 English corp. letters
- 30 Wine-and-cheese dish
- 31 Have a funny feeling
- 32 Christmas songs
- 34 Earnest
- 37 "The Seven Little"
- 38 Art Tatum's jazz style
- 39 DH's stat
- 40 Talk of Toledo
- 42 City near Bremen
- 43 Stone and Hardy
- 44 Greek cafe
- 46 Galapagos lizard
- 50 Glob or mod ending
- 52 Recipe meas.
- 53 Makes haste
- 54 Alum
- 55 Assistance
- 56 Parisian Mrs.
- 57 Entry charge
- 58 Sailors' admin.

Yesterday's Puzzle Solved

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

11-3

DOWN

- 1 Plait of braided hair
- 2 Olympics site of 1996
- 3 Chinese religionists
- 4 A.J. of auto racing
- 5 Will Smith title role
- 6 Rtes.
- 7 Bandleader Herb
- 8 Lustful look
- 9 Sting remark
- 10 Underwater science facilities
- 11 Greek letter
- 12 Craving
- 18 Cellular letters
- 20 Cheap idols
- 22 Pursues
- 24 Sour brew

Scrabble Solution

PAR SCORE 145-155
BEST SCORE 222

RACK 1: ♠ ♣ ♠ ♣ ♠ ♣ ♠ ♣

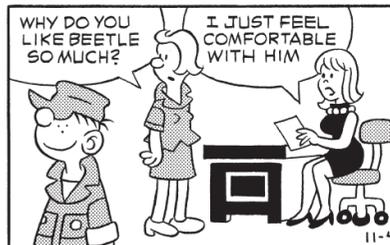
RACK 2: ♠ ♣ ♠ ♣ ♠ ♣ ♠ ♣

RACK 3: ♠ ♣ ♠ ♣ ♠ ♣ ♠ ♣

RACK 4: ♠ ♣ ♠ ♣ ♠ ♣ ♠ ♣

BRAND GRAMS SOLUTION

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★★★

11/04

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

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

Difficulty Level ★★

11/03