

SCRABBLE®

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I

U

U

S

S

T

N

RACK 1

A

E

U

G

P

T

S

2nd Letter Triple

E

E

O

Y

L

D

F

Double Word Score

I

O

O

U

M

N

D

RACK 4

PAR SCORE 145-155

BEST SCORE 210

FOUR RACK TOTAL

TIME LIMIT: 20 MIN

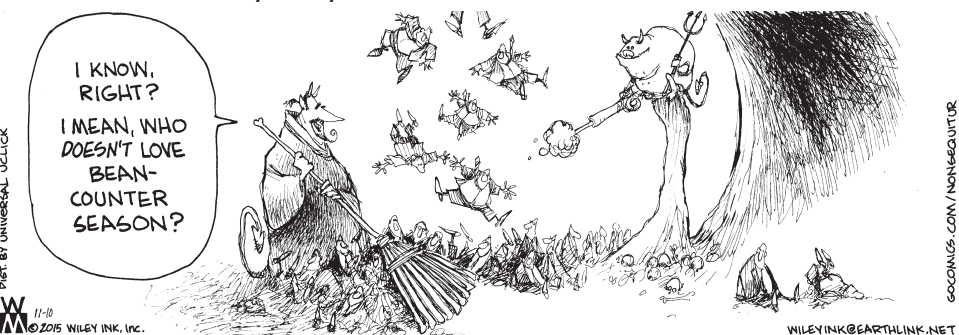
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

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.

11-10

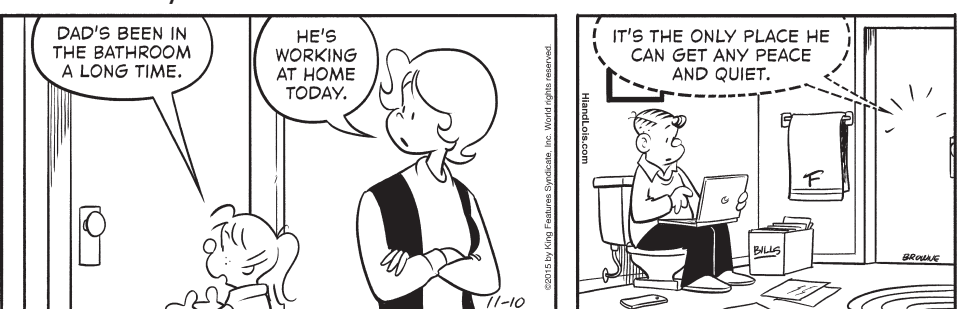
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



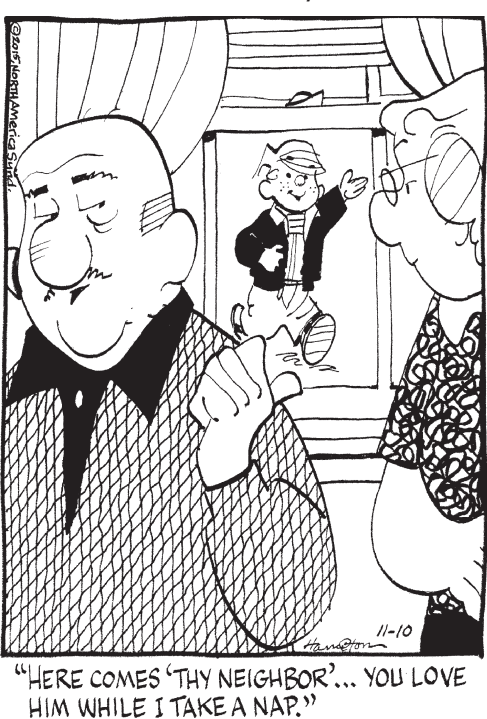
HI & LOIS by Chance Browne



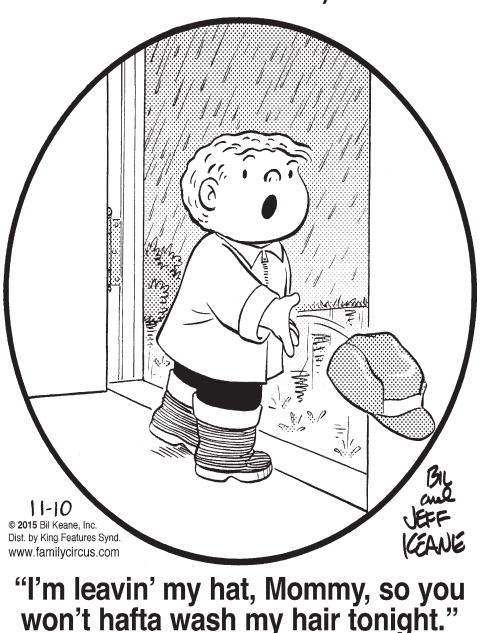
HAGAR THE HORRIBLE by Chris Browne



DENNIS THE MENACE by Hank Ketcham



THE FAMILY CIRCUS by Bil Keane



JUMBLE

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

YTIKT

GLICO

LINTOO

SARTYA

Print answer here:

(Answers tomorrow)

Yesterday's

Jumbles: KIOSK TREND GROUND HARBOR

Answer: The prison inmate used acne cream because he was — BREAKING OUT

Some people have high potassium level

Dear Dr. Roach: I am a 75-year-old man in excellent overall health. Routine blood work recently showed an elevated potassium level of 5.6. For the most part, I follow a vegetarian diet, which includes a number of very healthy foods that also happen to be high in potassium. I exercise regularly. Two years ago, my level was 4.9. My cardiologist stopped my metoprolol, as he said that could have pushed up the potassium, and he felt that based on my routine tests it was safe to stop it. I also stopped the 500-mg turmeric supplement I was taking. I take no other drugs. I'd hate to have to give up bananas and the other fruits that contain potassium, which I eat in moderation. Do you think the 5.6 level is cause for concern? — V.D.

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Although metoprolol can raise potassium, it's not one of the medicines that is very likely to do so, such as an ACE inhibitor or spironolactone. Some people just have a high normal potassium. Turmeric, on the other hand, has lots of potassium, so stopping that was reasonable.

I would recommend that you not worry too much about the potassium and keep up your diet, including fruits in moderation. I would recommend that you avoid salt substitutes, since they have very high amounts of potassium.

Dear Dr. Roach: I have two health questions that have been on my mind for months. I have hypothyroidism and am taking 50 mcg of Synthroid every day. I started this medication in 2001.

I became a vegan in 1990. I ate a lot of soy products, especially tofu. When I learned I had hypothyroidism, I was told that soy was a big negative, so I stopped eating soy products and added eggs and fish to my diet. My question to you is: Could this be the reason why I am hypothyroid? I asked my doctor, and he says there is nothing in the medical field telling him that soy is a problem. Should I still stay away from soy products?

I also have heard in the news that when taking Synthroid in the morning, you should wait at least one hour before drinking coffee. Is that something I should do? I have been drinking my coffee every morning right after I have taken my Synthroid pill. — S.C.

I also have read that soy protein can have adverse effects on thyroid metabolism. However, a 2006 review of 14 studies found that soy has very

little effect on metabolism in adults; however, because soy protein can decrease absorption of thyroid hormone (thyroxine, or T3), infants with congenital hypothyroidism are recommended not to take soy-based formula.

Eating lots of soy doesn't cause hypothyroidism. Most cases are caused by an autoimmune response against the thyroid. I don't think you need to avoid all soy protein, but keep to reasonable levels.

Other foods can decrease thyroid hormone absorption. You are on a small dose of thyroid hormone, so it could possibly be affecting you. Waiting 30-60 minutes after breakfast improves absorption. The study looked at breakfast, not just coffee, but some experts recommend waiting after even coffee if your levels are low.

If you have been fine, by both symptoms and blood tests, I wouldn't recommend changing.

Bridge
by Frank Stewart

National championship?

The ACBL has a few events for women. The Women's Knockout Teams at the Summer NABC runs concurrently with the Spingold, the tournament's major event. While 90 teams entered the Spingold this year, the women's KO had eight. Its main purpose seems to be giving women professionals a chance to collect some fees.

In today's deal, West led a spade against 3NT: ten, queen, king. Declarer led a club to the ace, came to her queen of diamonds ... and took the ace!

West discarded, and South was sunk. She took the king of clubs and the king of diamonds, lost a diamond to East, won the spade return, cashed the fifth diamond and gave up.

he bids two clubs and you try two diamonds. Partner then bids two spades. What do you say?

ANSWER: Your values are maximum; your two-diamond preference showed at most nine points. Since partner's two spades says he is still interested in game, you can cooperate, especially since your ace of hearts is a good card opposite his likely singleton. Bid five diamonds.

South dealer
N-S vulnerable

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

| SOUTH | |
|--------------|--|
| ♠ K 7 3 | |
| ♥ Q 10 | |
| ♦ A Q 2 | |
| ♣ K 10 9 8 4 | |

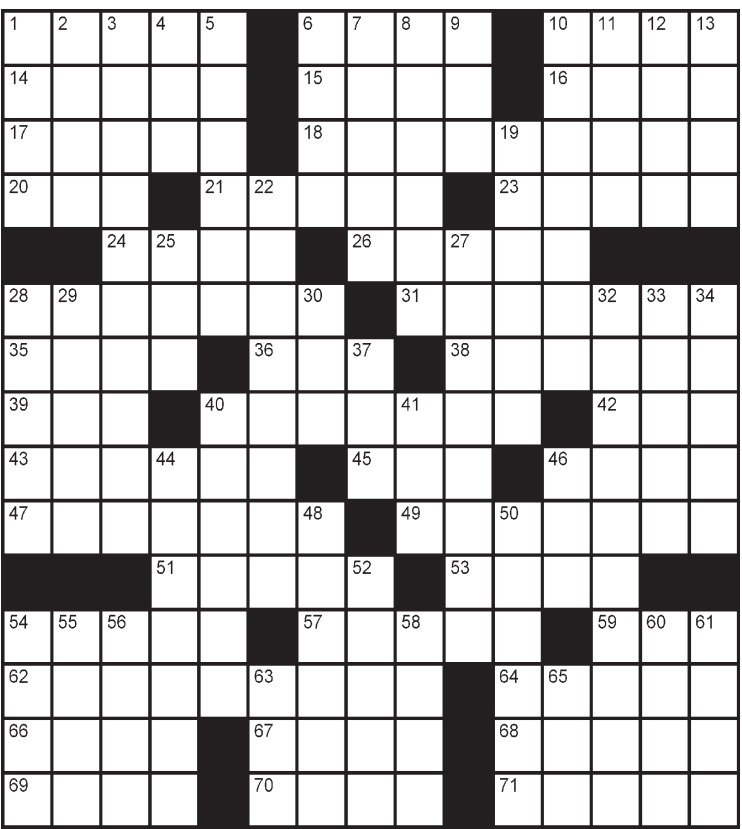
| | | | |
|-------|----------|-------|------|
| South | West | North | East |
| 1 NT | Pass | 2 ♣ | Pass |
| 2 ♦ | Pass | 3 ♦ | Pass |
| 3 NT | All Pass | | |

Opening lead — ♠ 5

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The Daily Crossword Edited by Wayne Robert Williams

- ACROSS
- Whippersnapper
 - African antelope
 - Min. units
 - Nick of golf
 - The gamut
 - Legal order
 - Smart guy?
 - Public rooms
 - Poison warning
 - Medicinal: pref.
 - Textile-dyeing substance
 - Arabian port
 - foot oil
 - Active involvement
 - Grooved like muscle
 - "Das Lied von der —"
 - French king
 - Mohammed's favorite wife
 - Part of Canada's Y.T.
 - Eventide
 - Cribbage counter
 - Androgynous
 - Healthy retreat
 - Hoarfrost
 - Of biblical poetry
 - Cryptographer
 - Full calendars
 - Polynesian amulet
 - Former name of Guam's capital
 - Quinn of "The Book of Daniel"
 - Jack of "Barney Miller"
 - Neighbor of Paraguay



Visit: ADailyCrossword.com

11/10

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

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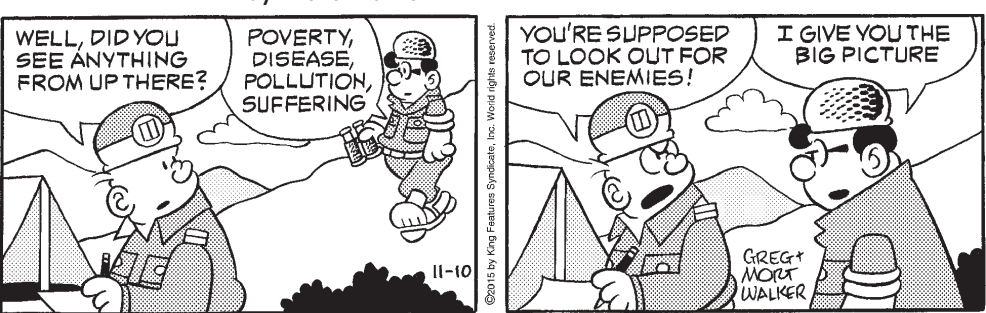
- DOWN
- Tunisian port
 - Crumby metal residue
 - Egyptian seaport
 - Four CDs
 - Slammers
 - Twins hurler-turned-broadcaster
 - 180-degree maneuver
 - Long-extinct birds
 - Gun from Israel
 - Actress Kurtz
 - Makes a miscalculation
 - Tenth of MXXX
 - Getz or Kenton
 - Detonator substance
 - nervosa
 - like's initials

- Hungarian river
- Stranger
- Some lambs, someday
- Grp.
- Sphere of influence
- Loser to Hippomenes
- Overly excited
- Moshe of Israel
- Without further delay!
- Common houseplant
- Essay
- Impatient
- Conditions
- Lower in dignity
- Big lug
- Fox trait
- Asian nat.
- Jenny and Daniel
- Dead ember
- Trigonometric functions
- Bern's river
- Expanded
- "A Death in the Family" writer
- Dang's cousin
- French eye
- Utah city near Provo
- Bagged brew
- Large shoe width

Scrabble Solution

| | |
|-------------------|---------|
| PAR SCORE 145-155 | 151-159 |
| RACK 4 = 4 | 9 |
| RACK 3 = 3 | 78 |
| RACK 2 = 2 | 99 |
| RACK 1 = 1 | 57 |

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

Difficulty Level ★