

SCRABBLE™
 G R A M S
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Triple Word Score
 A1 A1 A1 Y4 Y4 W4 L1
 RACK 1

RACK 2
 E1 U1 S1 L1 D2 N1 D2

1st Letter Double
 A1 A1 I1 H4 P3 N1 R1
 RACK 3

RACK 4
 A1 E1 O1 T1 C3 R1 V4

PAR SCORE 145-155
 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.

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.

CAKOL
 O O O O O O O O

NIRKD
 O O O O O O O O

MEVORE
 O O O O O O O O

PIMKSY
 O O O O O O O O

Check out the new, free JUST JUMBLE app

Is it sturdy? A volcano blast couldn't topple it.

BEFORE SIGNING THE CONTRACT FOR THE STONE HOME, HE WANTED TO MAKE SURE IT WAS

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

Answer here: O O O O O O O O - O O O O O O O O (Answers tomorrow)

Yesterday's Jumbles: GROOM SWOON MODEST BICKER
 Answer: The TV chef came up with the new salad concept in her — DRESSING ROOM

Diabetes and hypertension often linked

Dear Dr. Roach: My 72-year-old aunt has both hypertension and Type 2 diabetes. She is not on any medications yet. If she took medication to correct her hypertension only, would her blood sugar levels normalize? Or, if she took medication to correct Type 2 diabetes only, would her hypertension be eliminated?

I need to know what advice to give her as she wants to take the least amount of medications due to possible bad side effects. — J.I.

DR. KEITH ROACH TO YOUR GOOD HEALTH

needs treatment with medication. In some people, salt restriction, stress reduction, regular exercise and weight loss can bring the blood pressure down to the point where medicine is no longer necessary. The same good diet, exercise and weight loss usually bring down the blood sugar as well, sometimes enough that no medications are required.

However, both diabetes and high blood pressure have had effects on blood vessels, especially the ones that go to the heart and brain, predisposing people with either condition to heart attack and stroke. Having both these conditions further increases risk. The good news is that medications are much better than even a few years ago, and most people can find treatments without bad side effects.

Dear Dr. Roach: You have mentioned acupuncture as a treatment for several conditions. I have read otherwise. How strong is the evidence for its use? — A.R.

The effectiveness of acupuncture for over 50 different medical conditions was reviewed by the Cochrane Collaboration, an evidence-based medicine group. Some of these show significant benefit; for example, acupuncture improves pain and function in people with fibromyalgia and osteoarthritis, when compared with placebo pills.

On the other hand, the Cochrane group could not find enough evidence to say whether acupuncture is effective for many other conditions, such as depression or shoulder pain. More importantly, some authors have argued that the benefit from acupuncture is a placebo response, and that the apparent benefit of ac-

puncture compared with a placebo pill is merely that acupuncture is a more effective placebo than just a pill. There certainly is evidence that even surgery has a potential for a placebo response, and one interesting recent study showed that people with Parkinson's disease got more improvement in motor skills from a placebo pill they were told cost \$1,500 than they did with the identical placebo if they were told it cost only \$100. This shows me that our minds have a tremendous ability to improve our bodies. I think that to a very large extent the real benefits seen by people who undergo acupuncture are a manifestation of the placebo response.

Acupuncture has far fewer side effects than many medications and helps people with a variety of conditions. Whether its effect is "real" or placebo is almost not an issue.

Bridge

by Frank Stewart

Trying times

"Think you'll ever marry again?" I asked Cy the Cynic. "No way," he grunted. "You might change your mind," I prodded. "If you ever thinking about it, maybe you could consider a trial marriage." "What marriage isn't a trial?" Cy snorted. Cy was today's West, and his partnership with East was sorely tried. Against four hearts, Cy led the jack of spades, and East took the king and ace. When declarer played the five and eight, East led a third spade to let Cy ruff in front of dummy.

doubles, you bid two clubs and he raises to four clubs. What do you say? **ANSWER:** This case is deceptively close. Your partner has undertaken a 10-trick contract not knowing that you have a decent five-card suit. If you trust him, bid five clubs. The key is to imagine how much worse your hand might be. Partner may hold A K 10 3, A 9 3 2, 3, A Q J 7. East dealer. Both sides vulnerable.

DIAMONDS

Alas, the Cynic couldn't produce a trump higher than dummy's seven, so South made an overtrick, drawing trumps and running the diamonds to discard his clubs. "Great defense," Cy growled. East loses nothing by consulting his partner. At Trick Three East must cash the ace of clubs. If Cy had a high trump, he would signal with a discouraging club, and East would lead a third spade. On the actual deal, Cy will encourage in clubs, and East will trustingly lead a second club.

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

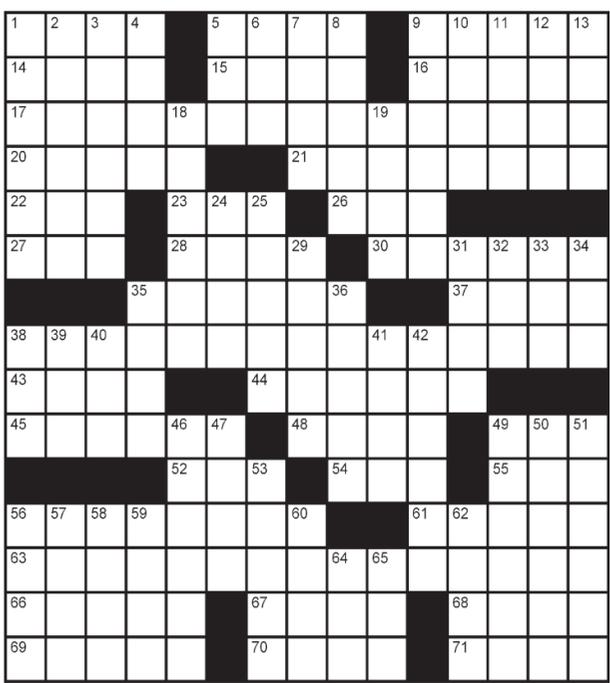
East 1 ♠ Pass
 South 2 ♥ 4 ♥
 West Pass All Pass
 North 3 ♥

Opening lead — ♠ J

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 Projection on a basilica
- 5 Frenzied
- 9 Certain radio operators
- 14 Knockoff
- 15 "Mickey Blue Eyes" co-star
- 16 "Slave Ship" author Jones
- 17 One from the final eight
- 20 Reporting to
- 21 Like the blackest nights
- 22 Crystalline water
- 23 Gore and Franken
- 26 The woman in question
- 27 Williams of baseball
- 28 Cola
- 30 Greek capital
- 35 Withstand stress
- 37 Melville tale
- 38 Bad injury
- 43 Subtle pervasive quality
- 44 Bizarre person
- 45 Evaluator
- 48 Nevada senator Harry
- 49 Mrs. Nixon
- 52 Muscular spasm
- 54 Go on snow
- 55 Altar words
- 56 Acted upon
- 61 Trevanian novel, "The ___ Sanction"
- 63 Lack of passion



Visit: ADailyCrossword.com

12/1

DOWN

- 1 Declare not guilty
- 2 Spring upon unexpectedly
- 3 Dug
- 4 Largest lake in Australia
- 5 Crackerjack
- 6 Deface
- 7 Clods
- 8 Creates booties
- 9 Red wine of Bordeaux
- 10 Ring signal
- 11 Ashtabula's lake
- 12 Ice Shelf
- 13 Tends tots
- 18 Outlined
- 19 Okinawa city
- 24 Install, as software
- 25 Threaded fastener
- 29 Boring tool
- 31 Tramp
- 32 Down Under bird
- 33 Fin. neighbor
- 34 Dad's little man
- 35 Nail
- 36 Jimmies
- 38 Label
- 39 Ben's last name?
- 40 Lyrical Gershwin
- 41 Estrada of "CHiPs"
- 42 Formed whirlpools
- 46 Engraves
- 47 Solemn ceremony
- 49 Con man's target
- 50 "Fideles"
- 51 Bodies
- 53 Come to a halt
- 56 Pequod skipper
- 57 "M*A*S*H" co-star Jamie
- 58 Fido's bane
- 59 Small salamanders
- 60 First James Bond film
- 62 Involved with
- 64 Kind of soldier or hat?
- 65 UFO pilots

Yesterday's Puzzle Solved

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

Scrabble Solution

PAR SCORE 145-155
 BEST SCORE 233

RACK 1: A1 A1 A1 Y4 Y4 W4 L1
 RACK 2: E1 U1 S1 L1 D2 N1 D2
 RACK 3: A1 A1 I1 H4 P3 N1 R1
 RACK 4: A1 E1 O1 T1 C3 R1 V4

BRAND GRAMS SOLUTION

DAILY QUESTION

You hold: ♠ J 4 ♥ 6 4 ♦ 9 7 6 2 ♣ K 9 6 4 2. The dealer, at your left, opens one diamond. Your partner

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

Difficulty Level ★