

SCRABBLE®

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A₁

A₁

I₁

U₁

R₁

S₁

M₃

E₁

E₁

I₁

O₁

N₁

H₄

R₁

E₁

I₁

O₁

O₁

K₅

L₁

B₃

A₁

E₁

S₁

R₁

D₂

S₁

D₂

RACK 1

RACK 2

RACK 3

RACK 4

1st Letter Double

Triple Word Score

PAR SCORE 145-155

BEST SCORE 212

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 scrags@gmail.com.

12-09

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.

EMACO

SMURT

PLITUP

SUHAQS

Check out the new, free JUST JUMBLE app

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THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

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

Ans: "FOCAL RELIC BISHOP MAGNET"

(Answers tomorrow)

Yesterday's

Jumbles: FOCAL RELIC BISHOP MAGNET

Answer: The regulars at the insect pub were — BAR-FLIES

Test's value depends on individual risk

Dear Dr. Roach: In my local community, there is an offer for an X-ray test (\$99) to see if a past smoker is developing lung cancer. It's been since 1996 when we both quit. Our doctor says we don't qualify for the test because of how long it's been since we quit smoking. Is he trying to say that since we quit in 1996, we will never get lung cancer? What is your opinion? — *B. and G.*

The test is called a low-dose CT scan. It can find lung cancers, but the real cost of the test isn't the \$99, it's the possibility of a false-positive test: something that looks like cancer but turns out, after biopsy, to be a benign tumor. The higher a risk someone has, the more likely that any abnormality the test finds is true cancer and not a false positive result, which is why the test is recommended only for those at high risk. In the study that

DR. KEITH ROACH
TO YOUR GOOD HEALTH

got the screening test recommended by large groups, like the U.S. Preventive Services Task Force, about 25 percent of all participants had a positive test, 95 percent of which were false-positives.

Your doctor can't say that you won't ever get lung cancer. He seems to agree, as do I, with the current recommendations that a person needs to have smoked at least one pack a day for 30 years (or equivalent, such as 1 1/2 packs a day for 20 years) and either still be smoking or have quit within the past 15 years to benefit from screening. Doing the low-dose CT scan on people at lower risk makes the risk of false-positives much, much higher than the risk of finding a true case of lung cancer. A false-positive means you would need a lung biopsy,

and these can have major complications.

Dear Dr. Roach: I work a swing shift and do lots of overtime, in addition to being a busy father and husband. I am very stressed. My friend recommended the herb rhodiola to reduce my stress hormones and provide better mood and energy. However, I have high blood pressure (well-controlled on lisinopril), and the bottle says not to take it if you are at risk of or being treated for hypertension. Is this a good supplement for me? — *S.F.*

Rhodiola supplements, taken as an extract of the root *Rhodiola rosea*, have been shown in several studies to have benefits, especially in reducing fatigue in people with stress. It was also found to have some benefit in people with anxiety and depression. Most studies used doses

between 100 and 400 mg of the SHR-5 extract.

Like any medication, this has the potential for side effects. It can be dangerous to take in combination with an antidepressant, and with a long list of medicines that are metabolized by a common system (called the CYP3A4) — your doctor can help you. As far as blood pressure goes, some blood pressure medicines (not lisinopril) are affected by this medicine, but it can make blood pressure go down in some people.

Finally, I was unable to find a rhodiola supplement online that was verified by an independent third party, so if you buy it, you are relying on the manufacturer's word that it actually is rhodiola.

In summary, there is better evidence for effectiveness and safety of this supplement than most. It might help you, but it still has a small risk of side effects.

Bridge

by Frank Stewart

Minnie miscounts

"She got me again," Cy the Cynic fumed, "and this time her glasses were no factor."

Cy was talking about Minnie Bottoms, my club's senior member. She wears old spectacles that make her mix up kings and jacks, often to her opponents' dismay. Cy is her chief victim.

"What now?" I asked.

"She miscounted trumps, allegedly."

In a pairs event, Minnie was declarer at four spades.

"I led the king of hearts as West," Cy said. "Minnie took the ace, cashed the K-J of trumps and next led a diamond. I signaled with the nine, and my partner ducked and won the next diamond. When I ruffed the third diamond, Minnie said, 'Oh, my.'"

DISCARDS

"I cashed the queen of hearts," Cy went on, "but Minnie won the rest, reaching dummy with a trump to pitch clubs on the good diamonds."

Minnie goes down if she draws all the trumps early. She won't get dummy's good diamonds and will lose two clubs.

"She's not fooling me," Cy growled. "She's an expert disguised as a little old lady."

one heart, you respond one spade and he bids two clubs. What do you say?

ANSWER: Your best contract is unknown: You may belong at 3NT or at seven of something. Partner may hold 4, K Q 10 7 5 3, A K, K Q 10 2 or 5 4, K J 6 5 2, A Q, K 9 5 2. Bid two diamonds. Modern players often use a bid of the "fourth suit" as a meaningless, mark-time action to encourage partner to make a further descriptive bid.

South dealer
Both sides vulnerable

NORTH

♠ K Q 2

♥ J 2

♦ K Q 10 8 6

♣ J 9 4

WEST

♠ 6 4 3

♥ K Q 10 6 3

♦ 9 3

♣ Q 7 5

EAST

♠ 8 5

♥ 8 7 5 4

♦ A 5 4

♣ K 10 8 2

SOUTH

♠ A J 10 9 7

♥ A 9

♦ J 7 2

♣ A 6 3

South

1 ♠

2 NT

4 ♠

West

Pass

Pass

All Pass

North

2 ♦

3 ♠

East

Pass

Pass

Opening lead — ♥ K

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Inside info
- AC/DC power
- Nine letters
- Ski lift
- Rachel's sister
- Cartoonist Wilson
- Start of a quote by Oscar Wilde
- Very in Versailles
- Martini's partner in wine
- Parrot
- Bad actor
- Leader for a while?
- Gets wind (of)
- Little pits
- Address for Tussaud
- Arias, often
- Amatory
- Self: pref.
- Part 2 of quote
- I doubt it!
- One of the Borgias
- Noxious cloud
- Mineral in the raw
- Three-spots
- Eyeball-bending pictures
- Envelop
- Those guys in Paris
- City near Rawalpindi
- Disreputable
- Evening in Venezia
- End of quote
- Davis of "Thelma & Louise"

Visit: ADailyCrossword.com

12/9

DOWN

- Bakker's TV letters
- Kimono sash
- Big galoot
- Capital of South Africa
- Animated Fudd
- Floral necklaces
- End hunger
- Graphic symbols
- Has a birthday
- Normandie
- Former Chinese leader
- Women's patriotic grp.
- Tolkien tree creature
- Angry states
- 1992 U.S. Open winner
- Expressions of confusion
- Corp. head
- Lukewarm
- Cheers
- Tex. campus
- Hanoi holiday
- New converts
- TCU or MIT, e.g.
- Retired professors
- New G.I.
- Blacktops
- In what manner
- Timetable abbr.
- Bruins' great Bobby
- Verizon, formerly
- Rowers
- "Common Sense" essayist
- Lascivious looks
- Fed
- Hasenpfeffer or slumgullion
- Time past
- Theol. belief
- Turkish honcho
- Jima
- crying out loud!
- Boston hrs.

Yesterday's Puzzle Solved

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

12-8

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Scrabble Solution

PAR SCORE 145-155

50-155

TOTAL 212

RACK 4 = 77

RACK 3 = 12

RACK 2 = 64

RACK 1 = 59

BRAND GRAMS SOLUTION

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

Difficulty Level ★★★

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12/09

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

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

Difficulty Level ★★

12/08