SCRABBLE BRAND — G2 R1 A1 M3 S1

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O1	O1	U1	D2	N1	C3	F4		RACK 1
A1	A1	O1	P3	L1	G2	D2	1st Letter Double	RACK 2
I1	O1	U1	C3	D2	M3	M3	Triple Word Score	RACK 3
E1	E1	E1	I1	R1	V4	C3		RACK 4

PAR SCORE 150-160
BEST SCORE 230

FOUR RACK TOTAL _____
TIME LIMIT: 20 MIN

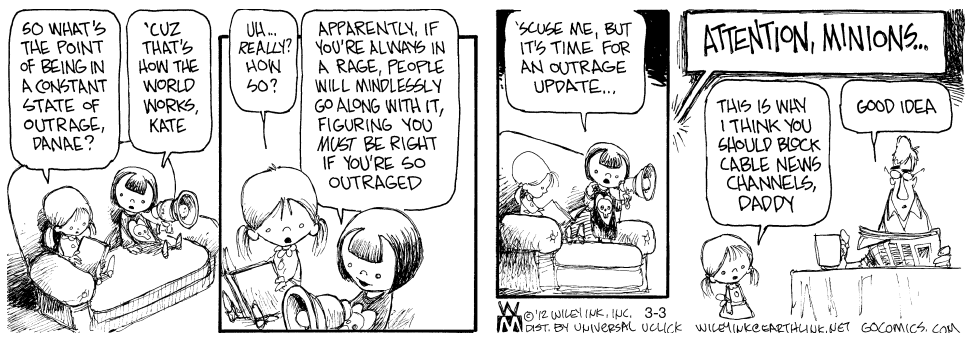
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

Answer below

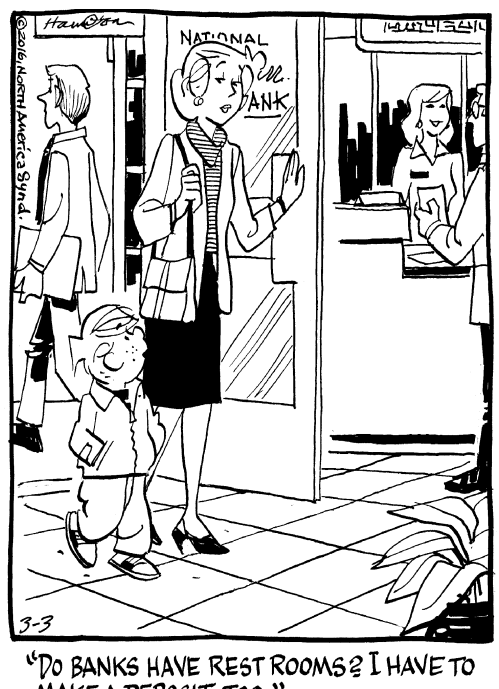
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

03-03

NON SEQUITUR by Wiley

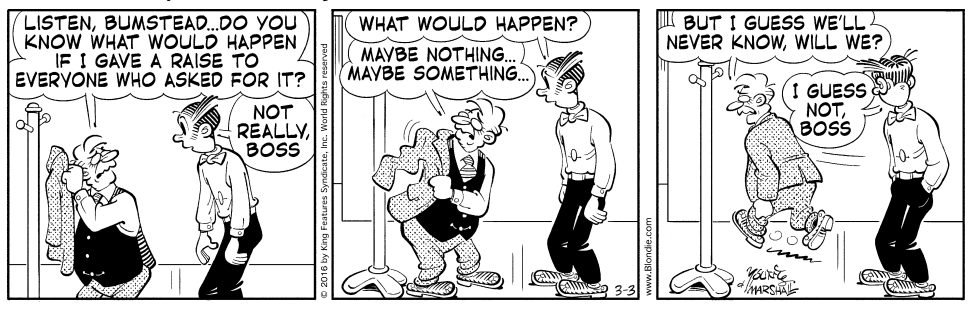


DENNIS THE MENACE by Hank Ketcham

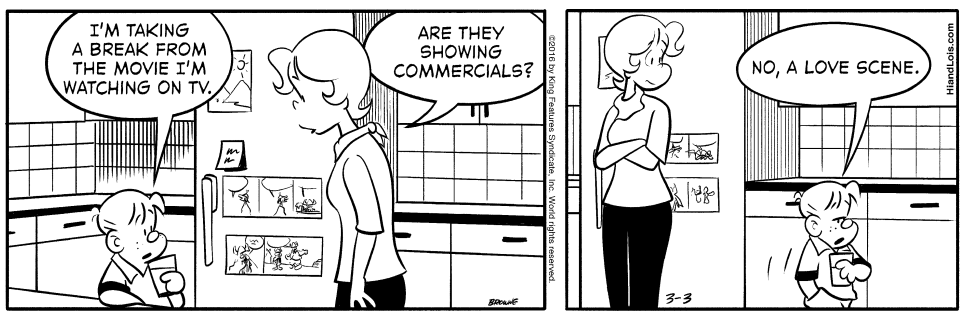


"DO BANKS HAVE REST ROOMS? I HAVE TO MAKE A DEPOSIT, TOO."

BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



THE FAMILY CIRCUS by Bil Keane

"No, hold on, Mother, Jeffy WANTS to talk to you ..."

JUMBLE

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

INGEV

CANKK

SPYPAN

CRUSIC

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

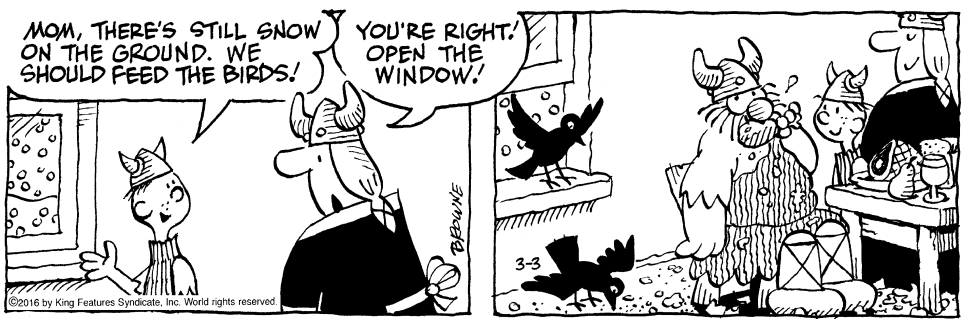
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print your answer here:

(Answers tomorrow)

Yesterday's Jumbles: TEMPO NOVEL GLITCH TARIFF
Answer: The documentary about the history of skyscrapers was — RIVETING

HAGAR THE HORRIBLE by Chris Browne



Vinegar affects blood glucose reading

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: I have been told that vinegar diluted with water and taken prior to a meal is an effective way to reduce one's blood glucose level.

Is this accurate? If so, how much vinegar and how much water?

Is there a difference between apple cider vinegar and white vinegar? Will consuming vinegar on a long-term basis harm the esophagus? — *N.J.*

There is a fair bit of research showing modest improvements in blood sugar levels by taking vinegar.

One study showed that 2 tablespoons of apple cider vinegar at night with a snack (the study used 1 ounce of cheese) reduced blood sugar about 4 percent.

Some people noted stomach upset, so the author of the study suggested using the vinegar in a salad dressing or over steamed vegetables.

The acid level of vinegar, called pH, is about 2.8 (the lower the pH, the stronger the acid). This makes it less acidic than lemonade (2.6) or a cola beverage (2.4), so I don't think you need to worry about damage to the esophagus.

Four percent is a significant drop, but it is very unlikely that apple cider vinegar by itself will be sufficient to control diabetes.

However, it may make enough of a difference, along with a healthy diet and regular exercise, to keep some people with diabetes from using a new medication, all of which have the potential for side effects.

Dear Dr. Roach: My 8-year-old granddaughter is quite tall for her age and can wear some women's-size clothes. She has small breasts and pubic hair, but still wets the bed occasionally.

Her mother says it's normal, but I don't think so. What do you think? —*Anon.*

Although she is starting to show some signs of puberty at a young age, she still has an 8-year-old's nervous system.

Even though your granddaughter is getting bigger on the outside, development of the nervous system's control of the bladder takes time, and 7 percent of 8-year-old children still have some bedwetting.

The most likely outcome is that she eventually will outgrow her bedwetting.

If she is having symptoms of a urine infection or diabetes, such as burning with urination, extreme thirst and an urgent need for the bathroom during the day, she needs evaluation.

Otherwise, your granddaughter, her mother and her pediatrician will discuss any potential medical causes, behavioral treatments (especially avoiding excess fluids in the evening and being sure to void immediately before bed), and possibly a bedwetting alarm if the behavioral treatments have been ineffective after six months or so.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or request an order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from www.rbmamall.com.

Bridge
by Frank Stewart

Quality of play?

At the ACBL Fall Championships, a "Daily Bulletin" included interesting deals. Perusing the DBs, I was amazed by how many deals involved serious errors.

In a team event, Huub Bertens played at four spades on a "transfer" auction. He took the ace of diamonds and played thus: ace of clubs, club ruff in dummy, A-K of trumps. When East discarded, declarer cashed the king of clubs, throwing a heart from dummy, and ruffed a club.

South next came to his king of diamonds and led the good fifth club. West discarded, and South threw dummy's last diamond. When he led a diamond at Trick Ten, West couldn't stop dummy from scoring another trump. Making four.

LONG SUIT

I can appreciate Bertens' play. (In the replay, South did not attack the clubs and had no chance.) The question is why West didn't ruff the fifth club and cash two red-suit winners and his other high trump for down one.

I'm convinced that the standard of play among all players is in decline, due to several factors.

DAILY QUESTION

You hold: ♠ Q J 10 4 ♡ K 9 3 ◊ 9 8 3 ♣ Q 5 4. Your partner opens one heart. The next player passes. What do you say?

ANSWER: This situation bears repeating occasionally since many beginning players get it wrong. The correct call is two hearts, which limits responder's strength and confirms a trump fit. A response of one spade would do neither. Even if a 4-4 spade fit exists, there is no way to tell whether it would prove superior to a 5-3 heart fit.

South dealer
N-S vulnerable

NORTH
♠ A 9 8 7 5 3
♡ 10 8 5
◊ J 7 2
♣ 8

WEST
♠ Q J 10 4
♡ K 9 3
◊ 9 8 3
♣ Q 5 4

EAST
♠ 2
♡ A 6 4 2
◊ Q 10 6 4
♣ J 10 9 6

SOUTH
♠ K 6
♡ Q J 7
◊ A K 5
♣ A K 7 3 2

South	West	North	East
2 NT	Pass	4 ♡	Pass
4 ♠	All Pass		

Opening lead — ◊ 9

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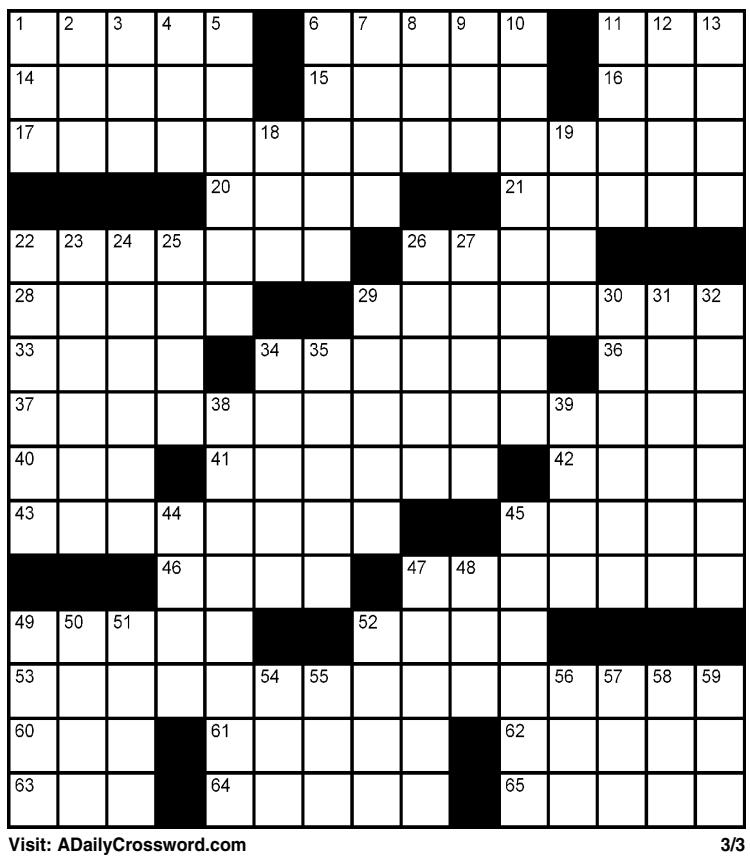
The Daily Crossword
Edited by Wayne Robert Williams



ACROSS
1 Imitate
6 Gibbs of "The Jeffersons"
11 French dance
14 Writer Segal
15 "A Spy in the House of Love" writer Nin
16 Mouths: L.
17 Animated Disney classic
20 Jordan's cash
21 Seeped
22 Gave whole-hearted support to
26 Huff and puff
28 Mexican annuals
29 Bell tower bells
33 Tim of "The Treasure of the Sierra Madre"
34 Beds down on a branch
36 Organic suffix
37 Home economist
40 Druggist's org.
41 Of bone
42 X-ray relatives
43 Double stars
45 Far out!
46 Feds
47 Get raspier
49 Kibbutz resident, perhaps
52 Harsh cry
53 Plug with holes
60 Paid athlete, for short
61 Singer Petula
62 Lubricate once more
63 Medico
64 Holy cow!
65 Disturbing cries

DOWN
1 Blanc of cartoons
2 Pension $
3 Prefix with day or way
4 Frigid
5 Rubs the wrong way
6 With insanity
7 Hardworking insects
8 Cheerleader's word
9 False story
10 Surprise, and then some
11 Husband of Ruth
12 Weapon: Fr.
13 Kin of CHiPs
18 Whippoorwill bill
19 Muslim unit of weight
22 Big name in stock brokers
23 Comic/actress Goldberg
24 Wildcatter
25 Pro __ (in proportion)
26 Turkish official
27 Soviet collective
29 Sheep shelters
30 Dern and Ashley
31 At the scene
32 "Schindler's List" star
34 Perez of "White Men Can't Jump"
35 More than occasionally
38 Ordinariness
39 One tenth of an ephah
44 Gillette blade
45 Table linen
47 Back-to-back Oscar winner
48 Part of MYOB
49 "Ironside" cops
50 Nautical starter?
51 Coll. hotshot
52 Olden times
54 Wallach of "Baby Doll"
55 Tooth or toothpaste topper
56 Corporate VIP
57 Drag
58 Olive product
59 Kidnapped author's initials

Visit: ADailyCrossword.com 3/3

Yesterday's Puzzle Solved

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

3-2

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Scrabble Solution

SCRABBLE BRAND GRAMS SOLUTION

C3	O1	F4	O1	U1	N1	D2		RACK 1 = 63
P3	A1	G2	O1	D2	A1			RACK 2 = 13
M3	O1	D2	I1	C3	U1	M3		RACK 3 = 92
R1	E1	C3	E1	I1	V4	E1		RACK 4 = 62

PAR SCORE 150-160 TOTAL 230

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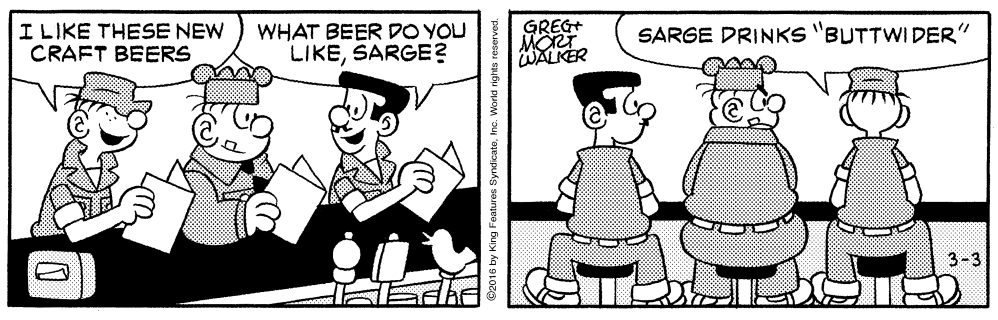
BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

Difficulty Level ★★★ 3/03

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

Difficulty Level ★★★ 3/02

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