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 OK, FIRST OF ALL, VAMPIRE SLUGS WELL, IF I TRIED DOING THAT, IT WOULD ONLY DON'T EXIST ... SERVE TO VALIDATE VAMPIRE SLUGS YEAH, BUT WE'VE MIGHT EXIST AND GOTTA PROVE IT JUST KEEP TAK TO LUCY IRRATIONAL FEAR ALIVE

THAT HE'S AFRAID TO LOOK UNDER WHAT? THERE, TOO NO! WELL YES, BUT FOR **SOMETHING** REAL

BLONDIE by Dean Young and John Marshall





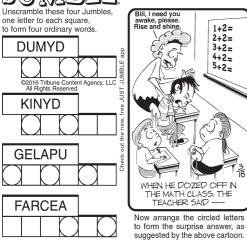


DENNIS THE MENACE by Hank Ketcham



"HOW ABOUT A NICE FAMILY VIDEO INGTEAD?"





SENSE

She didn't want to iron her four-leaf clover be

cause she didn't want to - PRESS HER LUCK





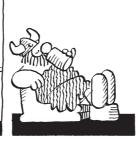
THE FAMILY CIRCUS by Bil Keane



"What's goin' on? I found ANOTHER flake that doesn't have any sugar on it!"

HAGAR THE HORRIBLE by Chris Browne







MSG and lab rats and obesity, oh my

Dear Dr. Roach: I discovered that when researchers set out to induce insulin resistance and obesity in lab mice, they use monosodium glutamate (MSG)! I found that MSG is in just about everything!

Jumbles: SHAKY

So, if MSG causes obesity and insulin resistance in mice, do you think it also might cause obesity and insulin resistance in humans? -D.B.

It is true that in laboratory rodents, high doses of MSG can cause resistance to insulin. Researchers had the same thought as you do: Since vast amounts of MSG are consumed, it could have a significant public health impact, were MSG to cause insulin resistance in humans.

The answer isn't definitively known, but a 2013 study in China showed that people who consumed more MSG were at of high blood sugar, which

DR. KEITH ROACH

CLAMOR ABRUPT

TO YOUR GOOD HEALTH

is the opposite of the original hypothesis. Not all of the information obtained from laboratory animals is directly translatable to humans.

Dear Dr. Roach: I am not overweight, but I have a LOT of excess skin around my waist and under my chin. I am aware of facial "tightening," but I am afraid to get involved with that. I have been told that the excess skin around my waist is sagging skin. I presume this is caused by old age. Do you know of a procedure to remove excess skin from the waist? — WS.

Yes. Twice I have sent 2? - S.H. my own patients to a plas tic/reconstructive surgeon to get rid of excess skin around

15

18

of weight loss. I haven't seen neither the shingles vaccine hasn't lost weight. I would be concerned about loss of skin elasticity, which can come from smoking or from not getting as much fruits and vegetables as is optimal.

The other concern I have is that losing muscle bulk, which is common as we get older, can cause looseness in the skin. A careful physical exam will help sort out why you have so much loose skin, and I would not recommend a surgical procedure until the reasons for it are clear.

Dear Dr. Roach: Does the shingles vaccine help to eliminate HSV-1? Also, is there a vaccine being developed to cure HSV-1 and HSV-

was after 100 or more pounds as shingles, is a herpes virus, read.

16

this problem in someone who nor the chickenpox vaccine is effective at preventing HSV-1 or HSV-2. Also, vaccines are more effective in preventing infection than they are at getting rid of existing or incipient infections, although there are exceptions.

There is intense work being done on a vaccine for the herpes simplex viruses, which in addition to oral and genital ulcers, cause meningitis (inflammation of the lining of the brain) and encephalitis (inflammation of the brain itself). HSV-1 also is a cause of corneal blindness. Thus, a jack. vaccine would be an immense public health benefit.

It's very difficult to make any vaccine, but one that protects against a disease without strong natural immunity is particularly problematic, and Although the varicella-zos- it won't be for several years, ter virus, which causes both at least before one becomes lower risk for development the waist, but in both cases it chickenpox and its recurrence available, from what I have

by Frank Stewart

Bridge

Taking out insurance

Unlucky Louie is shopping for new health insurance.

"What I have now is awful," Louie told me. "The deductibles and copays keep rising. If laughter were the best medicine, my insurance would

cover only giggles and snickers." I don't like the state of the healthinsurance "industry" either, but making some contracts requires insurance against a bad break. At today's 3NT, South took the ace of clubs, cashed the ace of diamonds and led a diamond to ... dummy's

EIGHT TRICKS

The finesse won, but South could get only three diamond tricks. He tried the A-K and a third spade, but when West threw a heart, South won only eight tricks.

A safety play is an insurance policy. You pay a premium — you lose the chance for the maximum number of tricks in a suit — but you make sure of what tricks you need. On the second diamond, South must play dummy's nine. As the cards lie, he makes an overtrick. But if East could win, South would have the four diamond tricks he needs for 3NT.

DAILY QUESTION

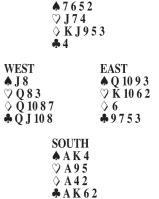
You hold: ♠ A K 4 ♡ A 9 5 ♦ A 4 2 ♣ A K 6 2. Both sides vulnerable. After two passes, the

player at your right opens three spades. What do you say? **ANSWER:** Your opponent's

preempt has cut away your bidding room. You can't investigate for a contract and must take a stab. Bid 3NT. If partner has nothing, you won't make it, but unless you assume he has a few values (even though he is a passed hand), you will often miss a good game if you don't act. South dealer

Both sides vulnerable

NORTH



West East 2 NT 3 ◊ Pass 3 ♣ 3 NT Pass All Pass Pass

Opening lead — ♣ Q

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Top berth 6 Brought to life
- 10 Part of Q & A 14 Serious 15 Fencing piece
- Push for 16 Western property 17
- development
- 20 Haughtiness
- Dedicated poems Guided explosive
- Slowly disappears 30 Challenging
- Act like a busybody 31 33 Evaluate
- comparatively Christmastides 34
- 36 Loco
- 38 Jimmy 39 Males from an historical region of
- Spain 43 Antonio or Angelo of Texas Harnessed group
- What it takes two to 45 do 47 Who's sorry now?
- Burning coal Piece of fishing 49
- equipment Actor Davis 55 Courteous formality
- 57 Bar in a tub 59 Continuous pain
- 60 Cleopatra et al. 67 Operator

- 68
- 69
- Capri or Wight Ms. Streep Sniggler's prey

|G|U|A|N|A

H T S

H|E|X

N R A E B R O

E|T|E|R|N|A|L|T|R|I|A|N|G|L|E

ARK

CATSEEE

ESCALATORCLAUSE

AAA

VENINGPRIMROSE

DERN OLA

CAPGUN

|N|||S|

ROD

A B O R

MEDICATE

P R E S S B O X

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- 23 28 30 40 42 58 61 62 65 66 63 69 68 72
 - Visit: ADailyCrossword.com
 - 71 Poker game
 - 72 Short-lived Ford

|E|S|C|A|P|A|D|E

RETOOL

STERNS

- Yesterday's Puzzle Solved

0 S L I N

P E N H

- TAILORED exam ENTENTECORDIALE
 - sitcom Choose (to)
 - Have not Starlike object Big pot
 - Deviled delight 12 13 Observe 18
 - 19 Gridiron zebra Wallflowerish 1950s Kenyan rebels
 - Francis and Dahl Gardner/Gable film Ornamental shrubs
- DOWN Sound of distaste Golf instructor Tillis or Shriver
- 5 Take a makeup

"Our Miss Brooks"

- 6 Robert Guillaume
- Son of Solomon
- Poetic planets
- 25 27

Infuriates

Firmament

- 32 Masters players'
 - 35 Rummy Aesop's industrious 37

3/18

- insect Payment for
- services Streetlight support
- Lurched and swerved
- 43 Theater sign's letters
- Spanish cheer 46 48 Stair parts
- 50 Tickled pink 51 Opulent
- Many, many moons School paper?
- Without warranty 58 Can. province Manipulate Slippery swimmer Resp. disease
- Tax collectors' Strong alkali 66 Right angle

Scrabble Solution

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585	JATOT	PAR SCORE 145-155				
152	FACK 4 =	Ja Ar Ca Ur Zra Zra Ir				
79	EACK 3 =	B Ri Ei Ai Ti Hi Ei				
13	BACK 2 =	Ca Ai Ca Ti Ui Si				
89	BACK 1 =	Ai Ri Ri Ai li Ga Ni				
NOITUJOS EMARIO GRANS SOLUTION						

BEETLE BAILEY by Mort

I'M LOSING A LOT

OF WEIGHT WITH

MY NEW DIET

Walk	er		
T'S NEW T?	ing Features Syndicate, Inc. World rights reserved.		H OB





WHA

DIE

YOUR



Conceptis Sudoku

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

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

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