

SCRABBLE GRAMS

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E I O D G B L 2nd Letter Triple RACK 1

A E I O T M Z 10 RACK 2

I O O U K C C RACK 3

A A Y W T R P Double Word Score RACK 4

PAR SCORE 160-170 FOUR RACK TOTAL
BEST SCORE 229 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



DENNIS THE MENACE by Hank Ketcham



JUMBLE

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

EDOMM

TYDRA

SPOMIE

AAGGRE

Check out the new, free JUST JUMBLE app

What do you say we all go for a walk?
You know our show is on. We never miss it.

MAYBE THE REASON SOME PEOPLE WATCH TOO MUCH TV IS THAT THEY ARE

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

(Answers tomorrow)

Yesterday's Jumbles: AWAIT VENOM CREAMY HARDER
Answer: When the penguin left to hang out with his buddies, his wife said — HAVE AN "ICE" DAY

HI & LOIS by Chance Browne



HAGAR THE HORRIBLE by Chris Browne



THE FAMILY CIRCUS by Bill Keane



Dietary sources best for calcium intake

Dear Dr. Roach: I recently have been informed by my physician that there is a link between excess calcium and heart disease. She recommended that I stop taking my calcium supplements. I feel like I'm between a rock and a hard place: osteoporosis versus heart disease. Does the type of calcium matter — i.e., calcium carbonate or calcium citrate? From my research, I learned that calcium citrate is better for my bones. But now I don't know what to do. — *L.F.*

DR. KEITH ROACH
TO YOUR GOOD HEALTH

The calcium your bones need from diet. Avoiding calcium supplements is most important for people at higher risk for coronary disease or those who already have it. However, for people with osteoporosis who cannot take in enough dietary calcium (good sources include dairy, green leafy vegetables like kale and broccoli, and fish with bones, such as sardines), I think there is an overall benefit to taking calcium. Calcium citrate is better absorbed than calcium carbonate, but there is no known difference in heart risk between the two, if indeed there is any increase in risk.

Dear Dr. Roach: I am a 63-year-old female whose only medical issue is Graves' disease. I had a thyroidecto-

my and am now on thyroid replacement. My question has to do with cholesterol levels. My HDL is 100, my LDL is 88, and my total cholesterol is 204. My doctor says to try to lower my levels. My HDL (good cholesterol) is quite high, so should I try to lower that number in order to bring down my total number? My levels have been like this since I had my thyroid removed. Should I try to lower both numbers? My triglyceride level is 59, and all other blood work looks good. I am confused as to what to do. — *D.J.K.*

I am confused why your doctor wants you to lower your cholesterol. Your HDL is higher than your LDL, which is not a common occurrence, and it puts you at substantially lower-than-average risk for blockages in the arteries of your heart. I wouldn't treat your cholesterol with medications at all.

The first treatment for cholesterol is normally a good diet, low in simple sugars and starches, high in vegetables and fruits, good protein sources, and liberal amounts of healthy fats, such as those in nuts and olive oil. Along with a healthy diet, regular exercise, such as a brisk 30-minute walk daily, also can help with cholesterol. More importantly, these healthy lifestyle changes not only reduce heart disease risk, they help reduce cancer risk, probably reduce risk of Alzheimer's disease and help make people feel well and live longer. Perhaps your doctor is recommending healthy lifestyle changes for the myriad of benefits, not just your cholesterol. I would certainly not recommend medication treatment in a healthy person with your cholesterol numbers except under very unusual circumstances, such as if you had a twin with heart disease (a situation I have seen once).

Bridge

by Frank Stewart

Doing unto others

Cy the Cynic's philosophy is, "Do unto others before they do you." Cy also says there's no rest for the weary: Managing entries as declarer, my topic this week, requires foresight and focus.

In today's deal, West led a heart against South's slam, and South took the ace and cashed the king and ace of trumps. He would have been safe with a 3-2 break, but East showed out.

South then started the diamonds. He threw his last heart on the fourth diamond as West had to follow suit, but when West ruffed the fifth diamond and led a heart, South was undone. He ruffed but was stuck in his hand and lost a club to the king.

KING AND QUEEN

South could overcome the bad trump break if he were wary. He should start the trumps with the king and queen.

South then takes four diamonds to pitch his last heart, ruffs dummy's last heart and goes to the ace of trumps to pitch a club on the fifth diamond. If West doesn't ruff, declarer can throw him in with a trump to lead into the A-Q of clubs.

clubs. You try two spades, and he bids three clubs. What do you say?

ANSWER: Partner seems to have a minimum raise. Though you have 19 points, game in clubs is far away, and a heart opening lead may damage 3NT. Try once more by bidding three diamonds if you wish, but if partner has 8 6, K 8 6, 10 5 3, K 10 8 6 4, three clubs may be the last makable contract.

South dealer
N-S vulnerable

NORTH
♠ A 8 5 2
♥ A J
♦ Q J 10 6 2
♣ 7 3

WEST
♠ J 10 9 6
♥ 8 5
♦ 9 8 5 3
♣ K 8 6

EAST
♠ 3
♥ K Q 10 9 7 6 2
♦ 7
♣ 10 9 5 4

SOUTH
♠ K Q 7 4
♥ 4 3
♦ A K 4
♣ A Q J 2

South 1♣
West 3♠
North 1♦
East 3♥
Pass 4♥
All Pass

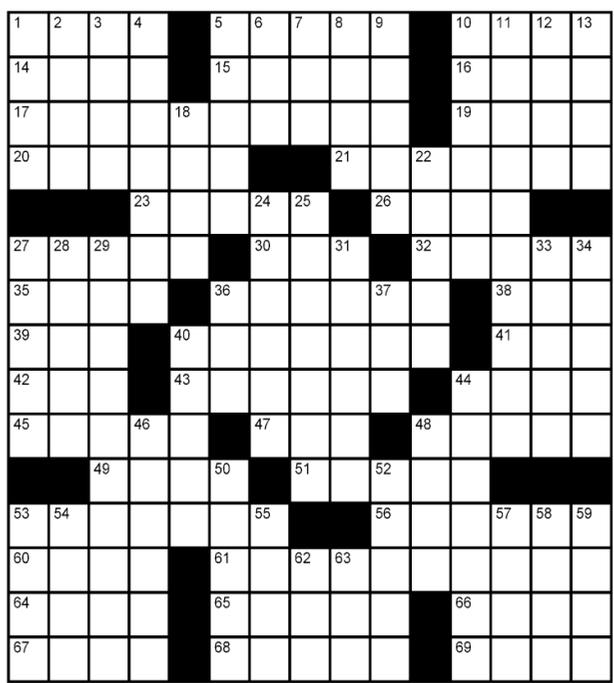
Opening lead — ♥ 8

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Speech defect
- Recreation areas
- Pile Pelion on
- Spot in a crowd
- Stand by
- High spot
- Author of "The Bronx Zoo"
- Stable newcomer
- Damascus resident
- Conductor Marriner
- Hank of hair
- Lucy lover
- Ford's folly?
- Large nut
- Dishonor
- Dishes with chips
- Trigonometric function
- Highland hat
- Maned antelope
- Humankind
- WWW connection
- Cup handle
- Proprietary product
- Italy's shape
- Horned charger
- Told ya!
- Pitcher McLain
- Acorn droppers
- Manlike automaton, for short
- Word with riche or cuisine
- Denver footballer
- Will there be anything ___?



Visit: ADailyCrossword.com

- Religious songs
- Stick-to-itiveness
- Proud step
- Object of worship
- Playthings
- Oxen couplers
- Org. headquartered in Brussels
- Deliver the goods
- Lawn maintenance device
- Ms. Shore
- In a false manner
- Reverse dive
- Stoneworker
- Vacant
- Vichy or Ems
- Ping pong partition
- Exchanged words
- Nomadic tribe of Arabs
- Bellybuttons
- Malicious gossip
- Impertinent
- Last words
- Mr. Gingrich
- Edible hodgepodge
- Occupied with
- Nothing in Spanish
- Blood formation
- Capital by a fjord
- Trouble with vexations
- Parisian street

DOWN

- More opposite
- Cosby/Culp TV series
- Practice boxing
- Natural metallic sulfide minerals
- Golfer Stewart
- Leatherworker's tool
- Shaft of light
- Brick oven
- Knight's charger
- Like a clod
- Taking by force
- Emblem
- Supporting shaft
- Actor Malden
- Sleeveless garments
- Freezing rains

Yesterday's Puzzle Solved

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

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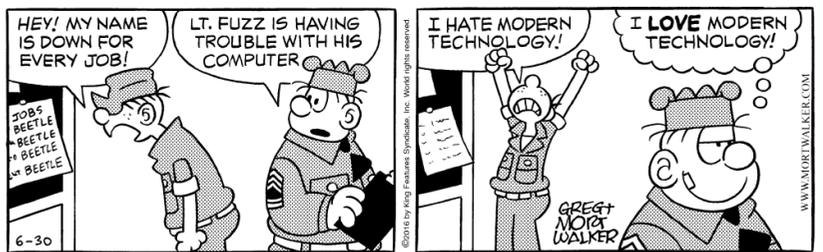
Scrabble Solution

PAR SCORE 160-170
BEST SCORE 229

RACK 4: A A Y W T R P
RACK 3: I O O U K C C
RACK 2: A E I O T M Z
RACK 1: E I O D G B L

SCRAMBLE GRAMS SOLUTION

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

Difficulty Level ★★★

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