**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.

**GAEIL****RODPO****MYLOBS****NOHHOC**

## THAT SCRABLED WORD GAME

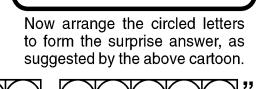
by David L. Hoyt and Jeff Knurek



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Check out the new free JUST JUMBLE app!



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

(Answers tomorrow)

Yesterday's Jumbles: DRESS AFOOT SAILOR MAGPIE

Answer: When asked if the horror film was too scary for his little brother, he said — I'M AFRAID SO

**HI & LOIS** by Chance Browne**HAGAR THE HORRIBLE** by Chris Browne**THE FAMILY CIRCUS** by Bil Keane

# Variability of Crohn's disease is immense

**Dear Dr. Roach:** I am 59 and recently received a diagnosis of mild to moderate Crohn's disease. I find the treatment options to be overwhelming. It seems as if drug treatment — e.g. Humira — has as many detractors as supporters.

The same can be said of Remicade and some of the other treatments. I have family members who are pushing me to consider natural treatments. What course of action would you recommend? — TT

Crohn's disease is an inflammatory bowel disease of unknown cause. Unlike ulcerative colitis — the other form of inflammatory bowel disease, which affects only the colon) — Crohn's disease can affect the gastrointestinal tract anywhere from the lips to the anus.

The variability of the disease is immense. I trained in an institution with special

**DR. KEITH ROACH**  
TO YOUR GOOD HEALTH

expertise in IBD and saw the full spectrum of the disease in the days before medications like infliximab (Remicade) and adalimumab (Humira) were introduced, and I promise you that for many people, these medications are literally lifesaving.

However, they clearly are not for everyone and should be used only for carefully chosen patients after a thorough evaluation by an expert.

Initial treatment certainly does consist of dietary modification. Lactose is so frequently a problem in people with Crohn's disease that a trial of a lactose-free diet usually is recommended. Many experts also recommend an elimination diet, meaning removing the likely triggers for IBD flares and then slowly adding them back in to see

whether they cause a problem. Probiotics have been shown to be beneficial in some people with Crohn's disease.

Since you asked specifically about natural or complimentary treatments, I would advise you to use these in addition to, not instead of, the standard therapies recommended by an IBD expert.

**Dear Dr. Roach:** I'm 89, and my systolic blood pressure is usually between 130 and 140, but my diastolic is down to 50-60. What does this wide difference mean? I've read that when one is as old as I am, one should not worry about the systolic number (which has been the same for 10 years, even while taking 50 mg of losartan daily). But nothing is ever said about the diastolic. — L.O'B.

The difference between the first number (the systolic) and the second, smaller number

(the diastolic) is called the pulse pressure, and it varies considerably among normal, healthy people. A very large pulse pressure makes physicians think about four conditions. The first is aortic insufficiency, a leakage of the valve between the left ventricle and the aorta. When that happens, blood flows backward into the left ventricle and causes the pressure to drop suddenly.

Aortic insufficiency is serious and can be diagnosed easily by listening to the heart and feeling the pulses, and it is confirmed by an echocardiogram.

As we age, our arteries tend to calcify and harden, and that leads by itself to a wide pulse pressure. Thyroid disease is another cause. A very slow heart rate also widens the pulse pressure. The medication you are on, losartan, relaxes arteries and is probably a good choice for someone with a wide pulse pressure.

"Thank goodness for women," Cy the Cynic growled. "Without them, we men would never know we do everything wrong."

"I take it Wendy gave you a hard time again," I sighed.

Cy, a shameless chauvinist, and Wendy, my club's feminist, are always at odds.

"I was West," Cy said, "and Wendy was East. I led a heart against 3NT. Declarer put up dummy's queen and led a spade: five, queen. I took my ace and led another heart, but declarer ducked Wendy's jack and won the third heart. He lost a spade finesse with the ten but had two spades, two hearts, three diamonds and two clubs."

South dealer

N-S vulnerable

**NORTH**  
♠ K 10 6 3  
♥ Q 6  
♦ Q 6 5 4  
♣ A 5 4

**WEST**  
♠ A 7 2  
♥ K 10 8 5 2  
♦ 7 2  
♣ J 8 7

**EAST**  
♠ J 9 5  
♥ J 7 3  
♦ J 10 9 8  
♣ Q 10 9

**SOUTH**  
♠ Q 8 4  
♥ A 9 4  
♦ A K 3  
♣ K 6 3 2

South 1 NT    West Pass    North 3 NT    East All Pass

Opening lead — ♥ 5

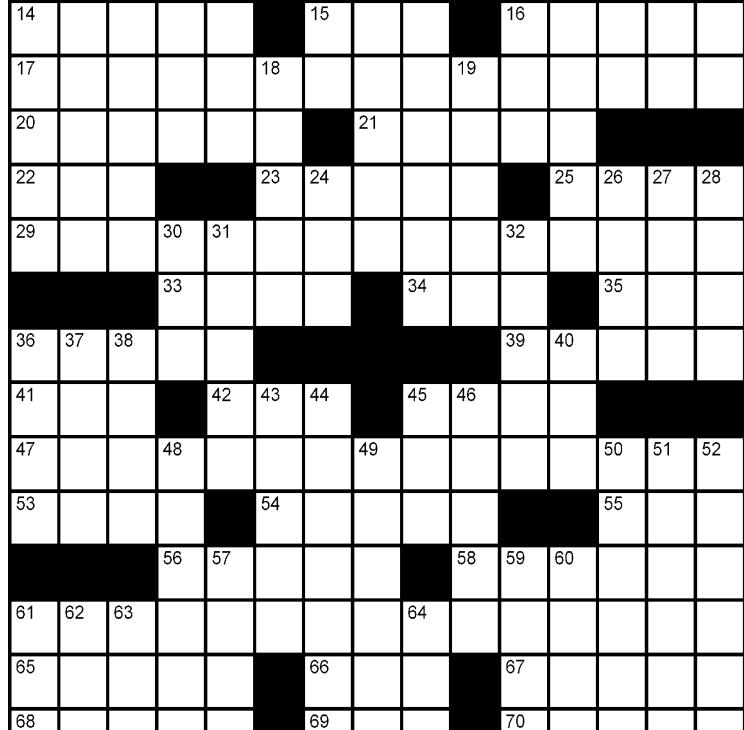
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## The Daily Crossword

Edited by Wayne Robert Williams

**ACROSS**

- 1 Top-grade topper
- 6 Indy segment
- 9 Given away
- 14 Groom with excess vanity
- 15 Khan IV
- 16 Built like Humpty Dumpty
- 17 Dressing for success
- 20 Convert into machine language
- 21 Nutmeg State sch.
- 22 Book before Esth.
- 23 Teutonic Odin
- 25 Fascinated by
- 29 Boozes it up
- 33 New Age singer
- 34 Key-punch bus.
- 35 Dawber of "Mork and Mindy"
- 36 Harsh light
- 39 Lifts at Aspen
- 41 Bard's twilight
- 42 Body shop's \$ quote
- 45 Spanish stewpot
- 47 In one's birthday suit
- 53 On (no contract)
- 54 Russian measure of distance
- 55 Govt. financial grp.
- 56 Poplar tree
- 58 With sanctity
- 61 Dead and alive feline
- 65 Mazda model
- 66 Single grain
- 67 Central Park canine statue

Visit: [ADailyCrossword.com](http://ADailyCrossword.com)

9/30

**Yesterday's Puzzle Solved**

9/29

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**DOWN**

- 1 Add on
- 2 Tree trimmer
- 3 Chinese tree
- 4 Toward
- 5 Unplanned slide
- 6 Intentionally short putt
- 7 Tropical rodent
- 8 IHOP item
- 9 Sen. McCarthy's assistant
- 10 Taken for granted that
- 11 Man about the house
- 12 WWII zone
- 13 U. acquisition
- 18 Full of recent info
- 19 Firmed up
- 24 Slangy intensifier suffix
- 26 Thatch source
- 27 Old autocrat
- 28 Stereo-speaker rating units
- 30 Saul's uncle
- 31 Delivered a low blow?
- 32 In a proper way
- 36 Roman patrilineal clan
- 37 Hopscotch move
- 38 Huber of tennis
- 40 Persian title of respect
- 43 Kept for later
- 44 "The Waste Land" poet
- 45 Trial-of-the-century init.
- 46 Shaping machine
- 48 Card game
- 49 Concert sites
- 50 Frozen hanger
- 51 Narrate
- 52 Home of the Wright brothers
- 57 Feathery scarves
- 59 Poetic peepers
- 60 Would-be atty.'s exam
- 61 Dallas sch.
- 62 Geometric fig.
- 63 Shrew
- 64 Co. that became Verizon

**Scrabble Solution**

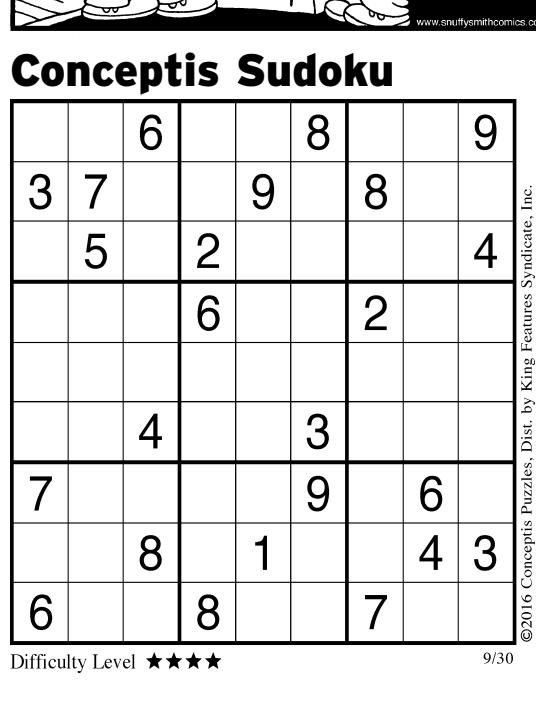
SCRABBLE GRAMS SOLUTION														
TOTAL SCORE: 145														
RACK 1 = 67														
RACK 2 = 66														
RACK 3 = 66														
RACK 4 = 86														
SOLUTION														

**BEETLE BAILEY** by Mort Walker**SNUFFY SMITH** by Fred Lasswell

JOHN ROSE



JOHN ROSE



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Difficulty Level ★★★

9/30

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**

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

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Difficulty Level ★★★

9/29