

SCRABBLE®
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A1U1L1D2F4H4N1

A1I1O1T1J8R1N1

A1I1H4S1N1N1M3

E1O1Y4N1V4C3L1

2nd Letter Double

Triple Word Score

PAR SCORE 150-160

BEST SCORE 233

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.

NON SEQUITUR by Wiley

12-11

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WILEYINK@EARTHLINK.NET

BLONDIE by Dean Young and John Marshall

12-11

www.blondie.com

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DENNIS THE MENACE by Hank Ketcham

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JUMBLE

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

SOLPI

NALST

BAVEHE

CANYLU

Ans. " " " " here:

(Answers tomorrow)

Yesterday's

Jumbles: DERBY DRANK LOUNGE WOEFUL

Answer: When the couple from Sydney planted carrots in their garden, they grew — DOWN UNDER

HI & LOIS by Chance Browne

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HAGAR THE HORRIBLE by Chris Browne

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THE FAMILY CIRCUS by Bil Keane

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The future of vitamin D in medicine

Dear Dr. Roach: Please give your take on the importance of vitamin D. I have read that it greatly reduces cancer risk for most types of cancer and that it activates anti-infection genes and anti-autoimmune disorder genes and reduces the rate of Alzheimer's disease.

I also have heard that the dose needs to be high enough to get to the middle of the "normal" range, and that for adults this means a dose of 5,000 to 7,000 IU. Considering the above, it annoys me that the major organizations fail to publicize prevention information. Perhaps they have too much invested in expensive cure research and thus a financial incentive not to emphasize prevention. — *J.M.*

I have seen many proposed preventive treatments for cancer fail when they get tested in large trials. I am thus cautious not to overstate the ben-

DR. KEITH ROACH
TO YOUR GOOD HEALTH

efits of promising small trials and epidemiological data. It is clear that vitamin D has significant benefits in specific circumstances, especially in bone health. And although the studies do show that people with higher levels of vitamin D are less likely to develop some cancers, especially in the colon, a study published in October 2015 found that vitamin D did not prevent the development of polyps.

Large trials are ongoing. They will give us much more information within a few years. Until then, I remain cautious about vitamin D and confident that the major organizations wish to see more proof before making recommendations. I reject the suggestion that research organizations are deliberately withholding information on a

cancer cure or prevention for profit; I know too many dedicated and honorable researchers to believe it.

The standard dose of vitamin D is 1,000 to 2,000 IU. Although 5,000 or even 7,000 is unlikely to cause harm, I wouldn't recommend a dose that high without cause.

Dear Dr. Roach: I am a 64-year-old male. I had a stroke and lost vision in my right eye in 2005. I am right-handed. I had very high blood pressure at the time, and it's now under control. Since then, I can no longer wear polarized sunglasses. I have light-sensitive eyes, but most over-the-counter sunglasses are polarized.

My ophthalmologist and other eye specialists tell me they've never heard of my problem occurring. With polarized glasses on, I see in 3-D. Blue lines in the roadway and sewer lids or any metal covering appear to be 3-D to

me. I have to be careful stepping over the handicap space lines because they look like curbs. Have you ever heard of this, or am I unique? If I can locate nonpolarized lenses, then I have no problem. Thank you. — *J.O.*

While everyone is unique, this is a condition I have heard of before. In fact, I know people who deliberately watch television with one eye in order to enhance the 3-D effects. Polarized light does tend to accentuate lines and edges, so it doesn't surprise me that with your one working eye you have an accentuated 3-D sensation — your brain has learned to use cues that people with two working eyes might miss. In your case, the brain has interpreted things so strongly that you are having some optical illusions.

Sadly, I don't have any practical advice beyond finding nonpolarized lenses.

Bridge

by Frank Stewart

Louie hits bottom

"The man says we should change his nickname from 'Unlucky Louie' to 'Totally Rotten Luck Louie,'" Cy the Cynic told me. "He says that things can't get any worse."

Louie was declarer at today's four hearts.

"As West," Cy said, "I took the K-A of spades. I might have led a third spade, but I tried a club. Louie took the ace and cashed his three high trumps.

"When I discarded, he led a diamond to the queen and a diamond back. East correctly threw a club, and Louie won with the king. He had to lead the ace next, and East ruffed. My jack of diamonds scored for down one, and Louie said his luck was awful."

rebids two spades and you try three diamonds. Partner then bids three hearts. What do you say?

ANSWER: Your partner has only a doubleton in hearts. If he had three-card or better support, he would usually have raised directly. Since partner may have a hand such as A Q 7 6 5 4, A 2, Q 2, 8 5 2, bid three spades to show that you can stand to play in his long suit.

North dealer
Both sides vulnerable

NORTH	WEST	EAST
♠ J 7	♠ A K 10 9 6	♠ Q 8 5 4
♥ A 8	♥ 4 2	♥ J 10 9 5
♦ Q 10 2	♦ J 9 7 5	♦ 4
♣ A Q 10 8 7 2	♣ 9 3	♣ K J 5 4

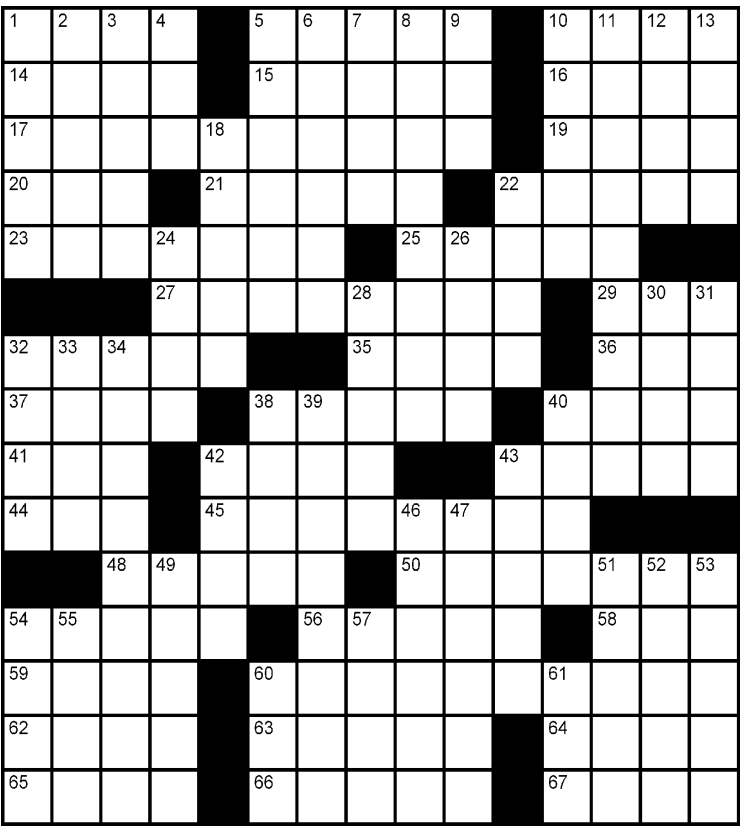
SOUTH
♠ 3 2
♥ K Q 7 6 3
♦ A K 8 6 3
♣ 6

North 1 ♣
East Pass
South 1 ♥
West 1 ♠
All Pass

Opening lead — ♠ K

The Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- Location of Timbuktu
 - Greek letter
 - Actress Sharon
 - Epops of "Scream 2"
 - Zhou of China
 - In a short while
 - Elite
 - Wrinkly citrus fruit
 - Actor Wallach
 - Calla lilies and such
 - Pace
 - Bun seeds
 - Chart prop
 - Projection skyward
 - One way to fish
 - Mountain tops
 - Ballpark figs.
 - News org.
 - McKellen and McEwan
 - Floundering
 - African fox
 - A-Team member
 - Nile queen, briefly
 - Web-footed critter
 - Pugilistic poet
 - Adapt again
 - Almond and walnut, e.g.
 - River of Venezuela
 - Sikkim antelope
 - Funeral piece
 - Sing Sing occupant
 - Positive factor
 - Nomadism
 - Like so, to Luigi



Visit: ADailyCrossword.com

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- DOWN**
- Pay to play
 - Horse controls
 - Detergent
 - Church area
 - Boater's walkway
 - High-grade cotton
 - Jimmy Carter's middle name
 - Opposing cartels
 - On the sheltered side
 - "Love Songs" poet
 - Sara
 - Abbr. on an env.
 - Ship's company
 - Willow
 - Air of basketball
 - Advocates
 - Comic O'Donnell
 - Eye: pref.
 - del Sol
 - At hand
 - Dog watchdog org.
 - North Carolina campus
 - Former Peruvian currency
 - Combat
 - Notes of scales

Yesterday's Puzzle Solved

BITTERTSONES

IDIOM

COMMONLOGARITHM

ELECTEETOTEM

OEROAKNINA

ATONSTULIPS

LOUTRATTLEDEN

ORDINARYANNUITY

WASOTTERTSSTORE

FRILLSGENET

BELLLOYLHON

ALIASELEASHES

SIMPLEFRACCTIONS

ITEYEATSELECT

LENSLASHESSES

Yesterday's Puzzle Solved

BITTERTSONES

IDIOM

COMMONLOGARITHM

ELECTEETOTEM

OEROAKNINA

ATONSTULIPS

LOUTRATTLEDEN

ORDINARYANNUITY

WASOTTERTSSTORE

FRILLSGENET

BELLLOYLHON

ALIASELEASHES

SIMPLEFRACCTIONS

ITEYEATSELECT

LENSLASHESSES

Scrabble Solution

PAR SCORE 150-160

TOTAL 233

RACK 4 = 14

RACK 3 = 62

RACK 2 = 92

RACK 1 = 65

BEETLE BAILEY by Mort Walker

OTTO, I'VE TAUGHT YOU TO BEG, ROLL OVER, SIT AND FETCH

WHAT ELSE CAN I TEACH YOU?

GREG + MORT WALKER

I'D LIKE TO KNOW HOW TO TANGO

SNUFFY SMITH by Fred Lasswell

L'I'L TATER SAYS... "REACH FER TH' STARS !!"

JOHN ROSE

12-11

BUT IF YA ONLY MAKE IT TO TH' COOKIE JAR, THAT'S PURTY DARN GOOD, TOO !!

JOHN ROSE

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Conceptis Sudoku

Difficulty Level ★★★★★

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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

319562478

648179532

572384169

194256387

865437291

723918645

936725814

451893726

287641953