SCRABBLE BRAND G2 R1 A1 M3 S1

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E1	I1	O1	D2	T1	M3	T1	2nd Letter Double	RACK 1
E1	R1	O1	G2	F4	C3	F4		RACK 2
E1	I1	U1	D2	P3	T1	S1		RACK 3
E1	E1	I1	D2	W4	S1	G2	Triple Word Score	RACK 4

PAR SCORE 150-160
BEST SCORE 223

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.

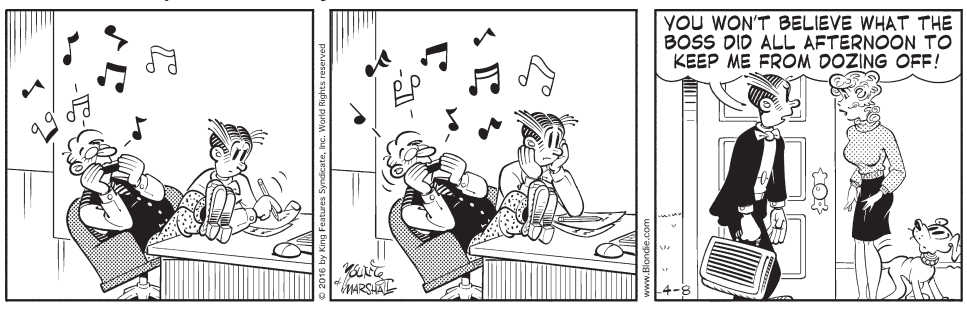
Answer below

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.

04-08

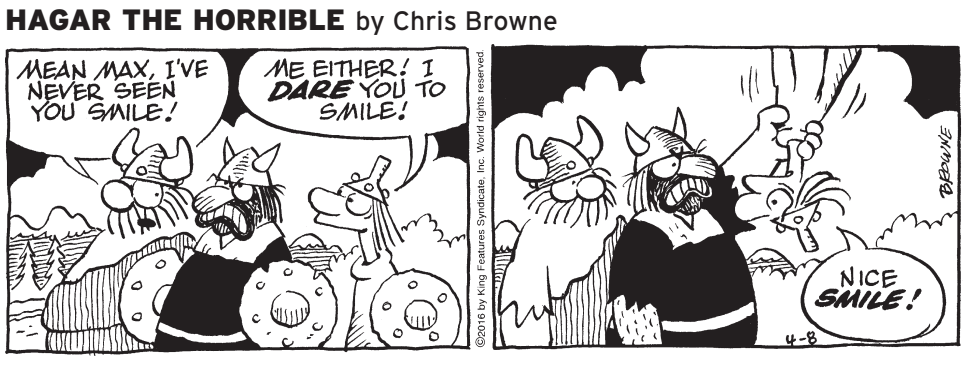
NON SEQUITUR by Wiley

BLONDIE by Dean Young and John Marshall

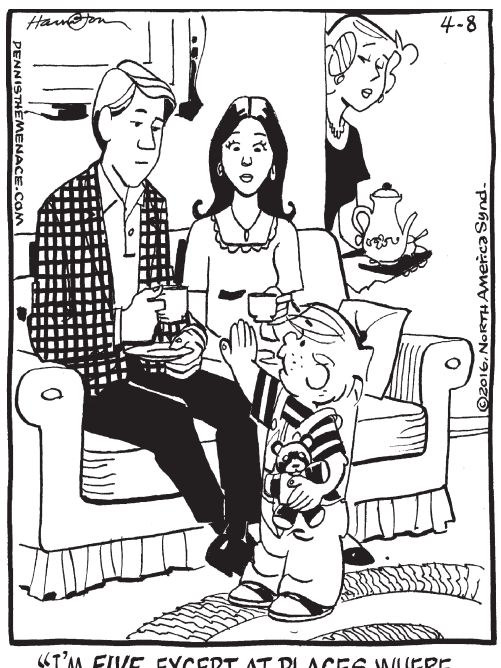


HI & LOIS by Chance Browne

HAGAR THE HORRIBLE by Chris Browne

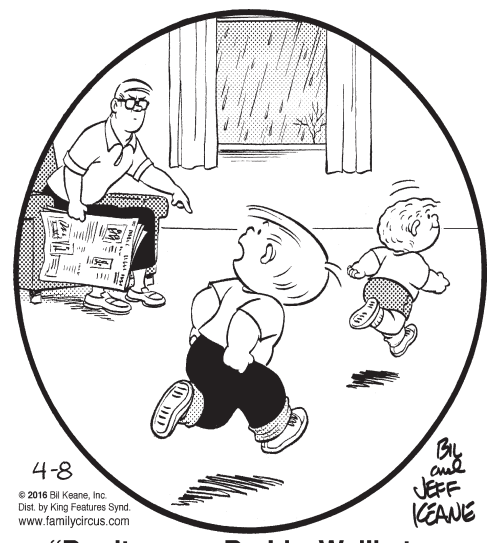


DENNIS THE MENACE by Hank Ketcham



"I'M *FIVE*, EXCEPT AT PLACES WHERE KIDS *UNDER* FIVE GET IN *FREE*."

THE FAMILY CIRCUS by Bil Keane



"Don't worry, Daddy. We'll stop running in the house before Mommy sees us."

JUMBLE

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

NOOZE

SMIPK

WHDERS

LOGIAE

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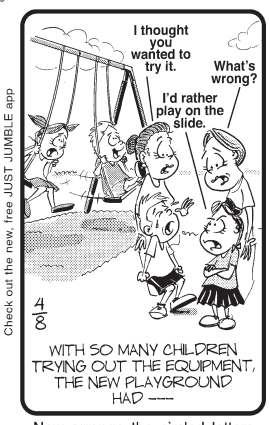
Check out the new, free JUST JUMBLE app

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.

Answer here: _____

(Answers tomorrow)

Yesterday's Jumbles: PETTY EVOKE CUSTOM DAINTY
Answer: After being so rude to the doctor, he was about to become an — OUT-PATIENT

Red meat intake, cancer development

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: I have lost two cousins in the past three years who both ate a lot of red/rare meat most of their lives. He got Parkinson's first, and she got cancer and passed away yesterday. I can't help but wonder if their almost-daily consumption of red meat had anything to do with their demise. — *J.V.H.*

I am sorry to hear about your cousins.

"Cancer" is a large and diverse group of related diseases. The underlying cause is not always clear, and although there often are genetic or behavioral risks, development of cancer has some degree of randomness.

Smoking dramatically increases the risk of many cancers, whereas the effect of red meat is modest. Red meat intake has been shown to increase the risk of colon and lung cancers and, in one recent study, to increase risk of cancers of the esophagus and lung. The group that had least red meat intake (about five servings per week) had about a 20 percent reduced risk compared with the group eating the highest amount of red meat. This doesn't mean that red meat causes cancer, as those who eat little meat often have other healthy behaviors that may reduce cancer risk.

A 2003 study on Parkinson's disease showed that reducing meat intake improved some function in people with Parkinson's. However, I can't say that meat intake is causal in any way for Parkinson's disease. I can say that overall, less red meat intake is associated with a variety of improved health outcomes, especially vascular disease, but cancer and kidney disease as well.

Dear Dr. Roach: I often read advice by health professionals on the advantage of the Mediterranean-style diet for warding off various ailments. These recommendations seem to imply that the people who live around the Mediterranean Sea, on average, have a longer, healthier life than those people who live in Northern Europe. Are there actual statistics that back this up? — *R.*

Comparing overall mortality rates of different cultures and using that information to infer relative benefits of eating patterns is fraught with peril. A country-to-country comparison has far too many uncontrolled variables to make reliable conclusions.

The reason I and many other health professionals have recommended a Mediterranean-style diet is that there was a very well-done interventional study randomizing participants to a diet consisting of high amounts of olive oil, nuts, fresh fruits, vegetables, seafood, legumes, white meat and optional wine. The diet also recommended low amounts of soda, commercial baked goods, spread fats like butter, and red and processed meats. Compared with a control group that was recommended a low-fat diet, participants in the Mediterranean-diet group had a lower rate of the combined endpoint heart attack, stroke or death from cardiovascular causes. A randomized interventional study like this provides strong evidence that the recommended diet is superior to the diet consumed by the control group. It is impossible to tell whether it was some individual component that was responsible for the benefit, or whether it was a combination of what the participants were and weren't eating that provided the observed benefit.

Bridge
by Frank Stewart

Having the last word

A player came to me in the club lounge, shaking his head.

"My wife and I discuss the deals," he said, "and I always have the last word. It's just that often she doesn't hear it."

He had been today's declarer at 3NT.

"I took the ace of hearts," he told me, "and led a diamond to dummy's nine. East took the ten and returned a heart, and I ducked and won the third heart. Next, I led the ace and a third diamond. When East won and led a spade, I was all snarled up and went down.

"My wife was upset. I tried to defend myself, but she insists I booted the contract."

THIRD HEART

I'll have the last word. It seems South's best play is to win the first heart in dummy, unblock the king of clubs and let the jack of spades ride. West wins to continue hearts, and South takes the ace, cashes the A-Q of clubs and concedes a club.

If West then takes two hearts and leads a diamond, South wins and takes a second spade finesse. He has two spades, two hearts, a diamond and four clubs.

DAILY QUESTION

You hold: ♠ J 10 6 ♡ K 7 4 ♢ A J 9 6 4 2 ♣ K. You open one diamond, your partner bids one spade, you raise to two spades and he tries 2NT. What do you say?

ANSWER: Partner has tried for game (he has about 11 points), but you can't accept. Sign off at three diamonds, showing six diamonds, only three spades and minimum values. This sequence shows the advantage of raising spades directly. If you had rebid two diamonds, you would be unsure what to do now.

South dealer
N-S vulnerable

NORTH
♠ J 10 6
♡ K 7 4
♢ A J 9 6 4 2
♣ K

WEST
♠ Q 5 3 2
♡ Q J 10 9
♢ 7 3
♣ 8 5 4

EAST
♠ K 7 4
♡ 8 5 3
♢ K Q 10
♣ J 9 7 3

SOUTH
♠ A 9 8
♡ A 6 2
♢ 8 5
♣ A Q 10 6 2

South	West	North	East
1 ♣	Pass	1 ♢	Pass
1 NT	Pass	3 NT	All Pass

Opening lead — ♡ Q

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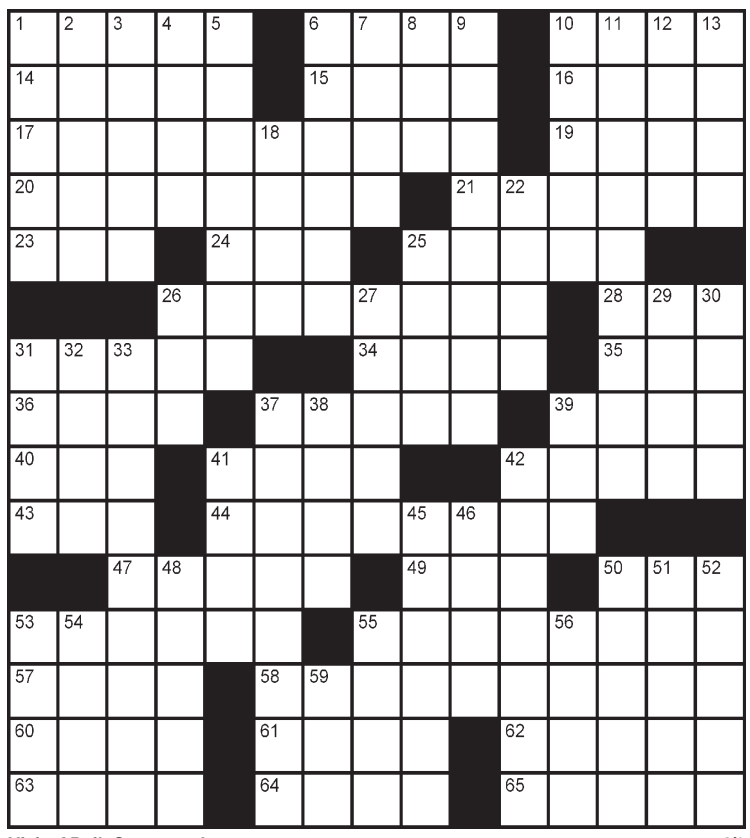
The Daily Crossword
Edited by Wayne Robert Williams



Visit: ADailyCrossword.com 4/8

ACROSS
1 Greek fabulist
6 St. Louis bridge
10 Behaves
14 Ne plus __
15 __ En-lai
16 Okinawa port
17 Use a broom thoroughly?
19 Narrow valley
20 Breed of terrier
21 Lounged around
23 School of thought
24 Drawing on an IRA
25 19th-century round dance
26 Hurries back?
28 "__ Pinafore"
31 Ear parts
34 Barks snappishly
35 Tumor: suff.
36 Stopper
37 Arctic to Kazakhstan range
39 Contents abbr.
40 Rcts.
41 Part of CPU
42 Wind: pref.
43 Ques. response
44 Killed a deer?
47 Canadian tribe
49 Wrath
50 Lemieux milieu
53 Second-time employee
55 Chinese appetizer
57 Black Sea arm
58 Intermission at the hop?
60 Indonesian boat
61 Mother of Brunhilde
62 Habituate
63 Type of tale or order
64 Song for two
65 Union leader Chavez

DOWN
1 Also in Avignon
2 Cary of "The Princess Bride"
3 Word with engine or iron
4 City south of Moscow
5 Earlier paper
6 Conspicuous successes
7 Psst
8 Letters from the morgue
9 Tanning equipment
10 __-Saxon
11 Check for messages?
12 You, to a Quaker
13 Hourglass particles
18 Joan of "The Last Emperor"
22 Cheers for Manolete
25 Hockey score
26 Std.
27 Hotel chain
29 XXIX times C
30 Pasolini picture
31 Org. of Tseng and Wie
32 Actress Lena
33 Municipal drivers' classes?
37 Ignored
38 Spanish rivers
39 Squid's defense
41 Manipulator
42 Bitter-tasting
45 Lion, leopard or tiger, e.g.
46 Entreat earnestly
48 Alternative beau
50 Intestinal obstruction
51 Bow of films
52 Glacial ridge
53 Enthralled
54 Book before Nehemiah
55 Nuremberg conclusion
56 Caen's river
59 Indonesian island group

Yesterday's Puzzle Solved

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

4-7

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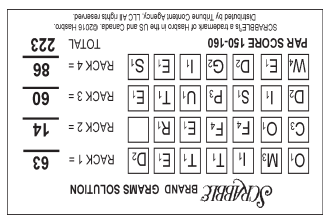
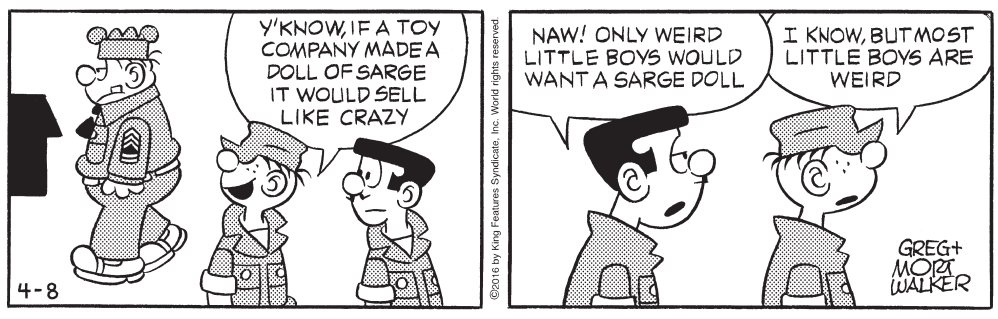
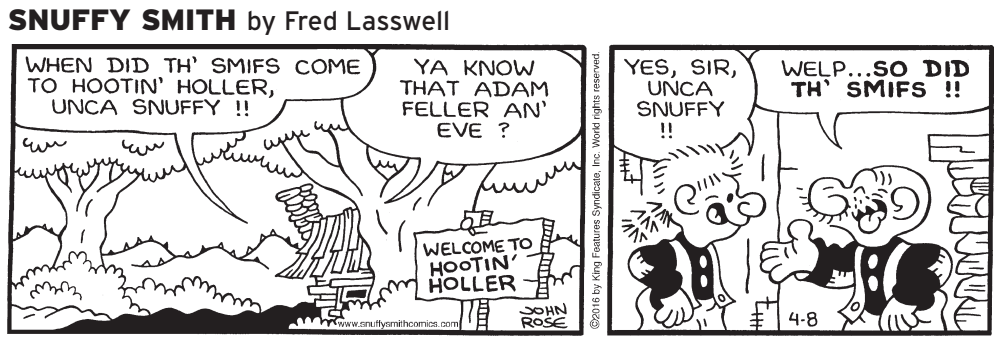
Scrabble Solution



BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★★★★ 4/08

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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

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

Difficulty Level ★★★ 4/07

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