

SCRABBLE GRAMS

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3rd Letter Triple: E I U R R T C

RACK 1

RACK 2: U H N S R C C

Double Word Score: A O O P T T C

RACK 3

RACK 4: A E O U M N C

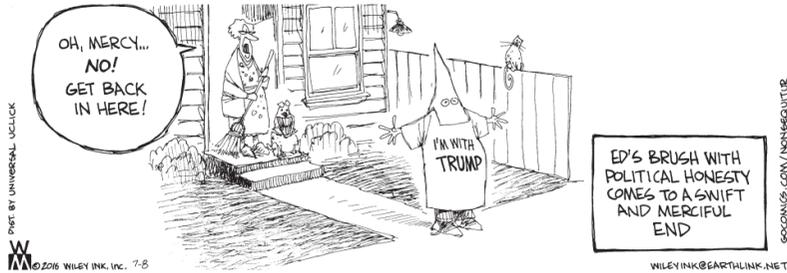
PAR SCORE 150-160
BEST SCORE 211

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.

NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



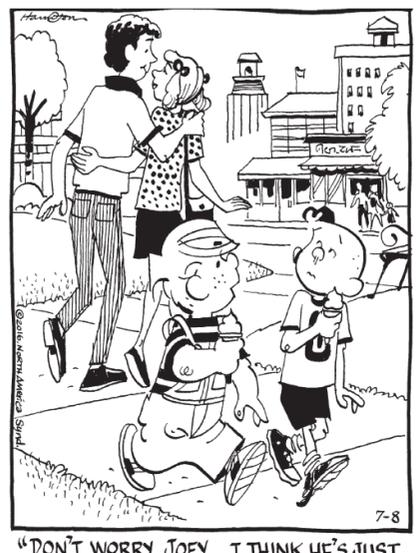
HI & LOIS by Chance Browne



HAGAR THE HORRIBLE by Chris Browne

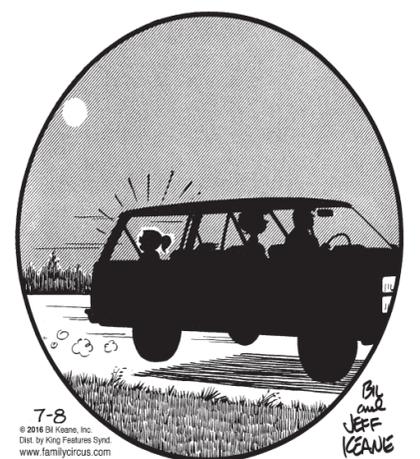


DENNIS THE MENACE by Hank Ketcham



"DON'T WORRY, JOEY... I THINK HE'S JUST TOO OLD TO KNOW ANY BETTER."

THE FAMILY CIRCUS by Bill Keane



JUMBLE

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

OSUHE

FOYLT

ARDILA

OKIREO

Check out the new, free JUST JUMBLE app

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

(Answers tomorrow)

Yesterday's Jumbles: TANGY SEEDY MATTER APPEAL
Answer: The popularity of word processors in the 1960s led to — MANY TYPES

Fat is removed from milk mechanically

Dear Dr. Roach: I've been told by a nutritionist that fat-free milk isn't good for us and that it's better to use whole milk even if restricting some fats from your diet, which we are doing. This person said that the process used to take fat out of milk is laced with many chemicals that make it harmful. I drink a cup a day along with other sources, for the calcium and vitamin D. Would you please clarify this for me? — D.L.

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Apart from vitamins A and D, chemicals are not added during the processing of milk. Most experts believe, and most of the data supports, that large amounts of saturated fat contribute to the development of coronary heart disease. Milk contains about 65 percent saturated fat, and so avoiding excess fat makes sense. However, without fat, milk is sugar and a little protein, and sugar is being increasingly recognized itself as contributing to heart disease and other health problems.

My opinion is that milk, in any form, should be consumed in reasonable amounts, and that either skim or low-fat milk is probably less likely to contribute to heart disease than whole. At one cup a day, you should drink whatever milk you prefer.

Dear Dr. Roach: I read your recent column about pancreatitis, which I have had twice. Both times, the cause was statins. Two percent of the population can get pancreatitis from statins.

I kept telling my physician that I don't drink and don't have a gallbladder, and therefore the problem had to be something else. She insisted that I drank or had gallstones.

Finally, our son called the company who makes Lipitor, and they confirmed that some people get pancreatitis from statins. Statins should be considered by every physician when there doesn't seem to be another cause of pancreatitis. — H.C.

Two percent of statin-treated patients getting pancreatitis sounded like a high number, so I looked up a recent review, which showed 204 cases of pancreatitis among

participants in clinical trials on statins, but that was from among over 150,000 participants (a rate around 0.3 percent), and the group assigned to placebo had a higher incidence of pancreatitis than those taking statins. It is always important to consider drug treatment as a potential cause of any new side effect, but the risk for pancreatitis among statin users appears to be low.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or request an order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from www.rbmamail.com.

Bridge

by Frank Stewart

Cy the pessimist

Cy the Cynic says he would become an optimist if he thought it would do any good. But Cy is a confirmed pessimist: always expecting the worst, seldom disappointed.

In a team match, both Souths played at four hearts. West led the jack of clubs. One South took the ace, led a trump to his ace, got back to dummy with a diamond and returned a trump to his jack. The finesse won, but West discarded. South then took the king of trumps and started the diamonds, but East ruffed the third diamond and shifted to the queen of spades. Down one.

10 WINNERS

Cy was declarer in the replay and saw 10 probable winners. He could succeed unless East-West took four tricks first. To make sure East couldn't get in for a spade shift, Cy played safe: He led a trump to his eight at Trick Two.

West took the nine and led a club, but Cy won and led a trump to his ace. When West discarded, Cy went back to dummy, picked up the trumps and ran the diamonds to pitch a spade.

Making four. Well done, Cy.

DAILY QUESTION

You hold: ♠ 8 7 4 ♥ 5 3 2
♦ A Q 10 4 ♣ A K 3. You open one

diamond, and your partner bids one heart. What do you say?

ANSWER: To show a balanced, minimum opening bid, bid 1NT. To bid notrump with weak spades is unpleasant, but the only other option is worse. I believe in raising a major-suit response with three-card support in an otherwise suitable hand, but this hand doesn't meet my standard. The hearts are poor and the pattern is perfectly flat.

South dealer
Both sides vulnerable

NORTH
♠ 8 7 4
♥ 5 3 2
♦ A Q 10 4
♣ A K 3

WEST
♠ A 5 2
♥ 9
♦ 8 5 3 2
♣ J 10 9 4 2

EAST
♠ Q J 10 9
♥ A Q 10 7 6
♦ 9 7
♣ Q 8 6

SOUTH
♠ K 6 3
♥ A K J 8 4
♦ K J 6
♣ 7 5

South 1 ♥
West Pass
North 2 ♦
East Pass

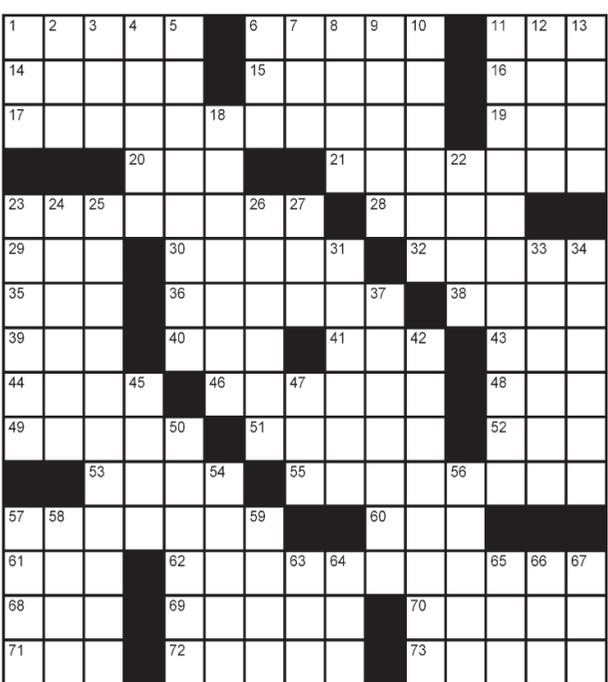
Opening lead — ♣ J

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Brief last words
- Cavaradossi's love
- Globe
- Nest on a cliff face
- Like the old bucket of song
- W.C. in Great Britain
- Shortcut?
- Doris of "Pillow Talk"
- Summer thirst quencher
- Steering levers
- Least cloudy
- Lecher's look
- Stopped in for a bite
- Idyllic spots
- William Howard and Robert
- Meteorological air mass
- Family member
- Envelope part
- Big lug
- Holiday in Vietnam
- Deteriorate
- Schooner fill
- Mysophobic's fear
- Impart
- Guys
- Game-show host Pat
- Rhino relative
- Final one
- Periods
- Thaws out
- Laurel wreath
- Jug handle
- Molinaro and Martino



Visit: ADailyCrossword.com

Yesterday's Puzzle Solved

SCOTT PRES LACE
TEPEE OAST ALAR
DEANS OMAR ILIA
SHIPBUILDERS
MADE OODI ONNE
IBISES TEEN
DEGUM EWAN ABR
SLIPOFTHETONGUE
TEN ENOL ROARS
NHRA BEGIRT
EOLIAN SAY ONOS
SKIPJACKTUNA
TAMPNOAMTROTTH
OPEL DATA SEROW
PINE OXEN BADDY

- Head off
- Architect Jones
- Asian sauce
- Musical compositions
- Kindergarten taboos
- Head off
- Architect Jones
- Asian sauce
- Musical compositions
- Kindergarten taboos
- Greens courses
- Ideal place
- Fresher t-shirt
- Sonnet finale
- Lethal letters
- Mexican shawl
- Knack
- Shells out cash
- Minute aquatic organism
- Maryland athlete
- Poi base
- Young Scot
- "Dust in the Wind" group
- Military tribute
- Down East college town
- Bounders
- Potpourri
- Crazy bird?
- Hair purchase
- Asner and Ames
- Family reunion invitees
- Teamwork disrupter
- Distress letters

Scrabble Solution

PAR SCORE 150-160
TOTAL 211

RACK 4 = 10
RACK 3 = 72
RACK 2 = 64
RACK 1 = 65

SOLUTION: SCRABBLE GRAMS

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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

Difficulty Level ★★★