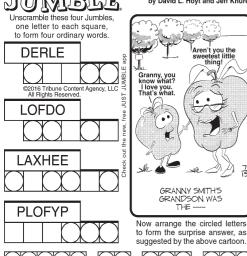
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.





(Answers tomorrow) TRIPLE FEMALE SUSHI DINKY Jumbles: The housefly and the cockroach were -

NON SEQUITUR by Wiley





DAD WOULD LIKE THIS.





HI & LOIS by Chance Browne

WHAT AN IMPRESSIVE

COLLEGE LIBRARY.



VI'LL PROBABLY

JUST SIT

DREAD MONDAY

HAGAR THE HORRIBLE by Chris Browne





DENNIS THE MENACE by Hank Ketcham



MAYBE WE SHOULD TELL 'EM THE 'UGLY DUCKLING' STORY, MOM"

"WHAT? SHE TURNS INTO A BEAUTIFUL SWAN IN THE END."

THE FAMILY CIRCUS by Bil Keane



"Daddy, why did you tell Mommy you think they oughta do away with tipping?

Type 2 diabetes and insulin resistance

Dear Dr. Roach: What DR. KEITH ROACH is your personal experience with the natural progression of Type 2 diabetes? Are medications like metformin used with the hope that the diabetes will get a little better or at least not get any worse? Does monotherapy usually progress to the use of multiple diabetic drugs and then eventually to insulin depletion, with required insulin shots? — R.I.

Type 2 diabetes is mostly about resistance to insulin, and in general it can be treated by reducing insulin needs or by increasing insulin. Metformin works by reducing the amount of sugar made by the liver, thereby reducing the amount of insulin needed. This improves blood sugar in the short term, and in the long term, it helps the pancreas by giving it a bit of a rest.

In contrast, the oldest oral work by forcing the pancreas tive for many.

to make more insulin. Most people on these medicines fail

after several years and need

TO YOUR GOOD HEALTH

different treatment. In my experience, many people recently diagnosed with Type 2 diabetes do very well on metformin alone, especially if they make some changes to their lifestyle. The critical changes are to reduce sugar intake and to increase sugar utilization through exercise (which also reduces insulin resistance). The combination of improved diet and more exercise helps most peo-

improves diabetes control. There are many other choices of medication for people with Type 2 diabetes

ple lose weight, which further

year-old mother suffers from Cogan's syndrome vasculitis. She was diagnosed three years ago, and is now totally deaf. She has since had serious vision problems in both eyes. She wants to have a cochlear implant, but was told by her general practitioner that her vision could be lost as a result of cochlear implants. Is there any research that indicates this could happen? I did some research, and nowhere was it mentioned that cochlear implants can cause blindness. S.D.

Cogan's syndrome is a rare disease. It is thought to be autoimmune, causing inflammation in the inner ear, and also with variable eve problems, including inflammation in several parts of the eve. But metformin by itself, along sive, despite medical treatmeans universal. Vasculitis. have made a mistake.

Dear Dr. Roach: My 89- the inflammation of blood vessels, often accompanies Cogan's syndrome.

> Cogan's syndrome is most commonly diagnosed in young adults, but sometimes it occurs in older adults.

> It's estimated that 60 percent of people with Cogan's syndrome will worsen to the point where a cochlear implant is necessary. This is an electronic device that sends signals to the brain in people with severe hearing loss due to nerve damage. They have been found to be very helpful in people with Cogan's syn-

drome. I am by no means an expert in this disorder, but I read quite a bit about it and was unable to find reports that vision worsens as a result of medicines, like glyburide, with diet and exercise, is effective, but blindness is by no knowledge that I don't, or may

Bridge by Frank Stewart

Who was at fault?

"Never underestimate a woman's ability to make anything that happens your fault," a club player told me

He was today's East. Against four hearts, West led the ace and king of clubs, showing a doubleton. East

played the six and deuce. "My wife was West," he told me. 'She led the jack of diamonds next. Declarer took the ace, drew trumps and took the K-O of diamonds to pitch dummy's last two clubs. He lost a spade to my ace, making four. My wife said the result was all my fault, but I feel unjustly accused."

THIRD TRICK

I would not fault West since the getting a cochlear implant. I contract might be cold if South had think you should find out from the ace of spades. East gets most of now, both oral and injection. Hearing loss is often progres—your mother's doctor what the the blame. He must follow to the king risk is. He or she may have of clubs with the queen as a suitpreference signal: a strikingly high club to tell West to lead the highranking suit next. If West shifts to a spade at Trick Three, East wins and gives West a club ruff for down one. Scrabble Solution

To avoid being blamed for poor results on defense, save your partner from error.

DAILY QUESTION

You hold: ♠ 10 8 5 4 2 ♥ 6 5 ♦ J 10 7 2 ♣ A K. Dealer, at your left, opens one diamond. Your partner

doubles, and the next player bids two diamonds. What do you say?

ANSWER: Game chances are bright. Your partner has opening values or more with spade support, his hand appears to be short in diamonds, and your fifth spade will be helpful. Jump to three spades, invitational. You would bid two spades to compete if your king of clubs were a low club.

South dealer Both sides vulnerable

> **NORTH ♠** K Q 7 3 ♥ Q 10 7 4

WEST **EAST ♠** 10 8 5 4 2 ♥83 ♦ J 10 7 2 **♦ 9654** ♣Q962

SOUTH 4 9 ♡ A K J 9 2 **♦ AKQ3**

South West North East Pass 20 Pass All Pass

Opening lead — ♣ A

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The Daily Crossword Edited by Wayne Robert Williams

- "Battle Cry" writer
- Baffling question Surface layer of
- impurities
- Academic grade
- Speak
- Wash down 16 17 Sternum
- Persian Gulf nation 19
- 20 Temporary car
- Crow's-nest location
- 23 You Experienced?"
- Notoriety Before it's too late 27
- 30 Not to mention
- 32 Blackjack 33 Killer whale
- 36 Prune 37 Marcus Aurelius, for example
- Collegiate cheers 39 40 Couldn't stand
- 42 Reverse an action 43 Let up
- 45 Flintstones' pet 46 Settle and raise chicks 47 Drink like a puppy

Constructed of

- uncemented rocks 51 Old sound system
- 53 Shredded

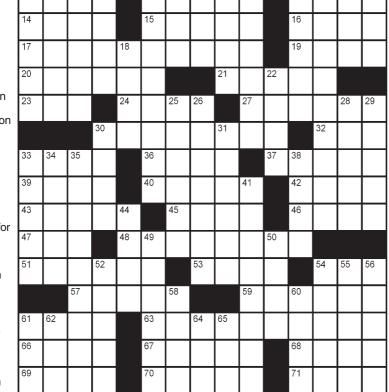
48

- Abyss 57
- Constricted
- Accumulated, as a debt
- 63 Lowest brass wind instrument 66 First-rate
- 61 Bullet-riddled
- Yesterday's Puzzle Solved CASKS ARE AVAIL 1 G L O O G E N E R A L T O M T H U M B ULNAS POI |S|||S F O R |C|A|R|A|F|E R|E|S|T|H|O|M|EKNOLL A R A B S T|U|R|N|S|T|H|U|M|B|S|D|O|W|N W|H|O|A A F I R E O|U|T|P|U|TS|H|E|E|N|A SEE ORA EASEL AROMA L|E|T E D S

SEWUP

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A D E L E



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- - DOWN
 - 4 Three-hand card
 - 6 Sphere Paulo, Brazil Sicilian erupter
 - Work stretch 10 11 Land of Yanks
 - 13 Checkers and pawns Out of danger Washington bills
- 67 "My Cousin Vinny" co-star 68 Mideast leader

29

31

33

41

49

50

55

56

60

Center of central

Go the distance

examinations

Morocco's capital

Dead comparative

Tree of Life spot

Wakes sleepers

Teens' big nights

Not close-minded

Florida?

about

Spoken

Frat-party

points

Tide type

Evaluator

Ancient land

exclamation

Large flightless

Clod chopper

Thurman of films

Pipsqueak

58 Impatient

bird

Low

Stitch

supervisor

38 Adjust plugs and

- 69 Buck or stag 70 Shoulder warmer 71 Pronto letters
- 1 Eclipse shadow2 More uncommon More uncommon 3 Dunne or Rvan
- game Ceremonial feast
- _ and Rockin"
- Arthritis palliative
- Ailment Upper cruster Sheet changers

TIS JATOT

M3 I1 N1 I1 M3 U1 M3 RACK 4 = 63 Ki Ei Ci [i [i | 2i Ei | 840K3 = 28 21 E1 P1 B3 O1 O1 L1 B9CK 5 = 11 C3 K1 E1 K1 K3 X4 BACK 1 = 18 **SCKABBLE GRAMS** SOLUTION

BEETLE BAILEY by Mort Walker THAT'S A TRICK IFI SAY "YES," YOU'LL MAKEME HEY, BEETLE! WANNA GO GO GRAB A SIX-PACK BEER?

I CAN'T BELIEVE HE NEVER THOUGHT OF THAT MORET WALKER



NAW--SHE JEST HAD ME AROUN' TO BABYSIT TH' OTHER TWELVE YOUNG-UNS !!

Conceptis Sudoku

7/15

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

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

rooterday or allie corroa											
6	4	2	7	3	8	1	5	9			
5	8	9	2	1	4	6	7	3			
3	1	7	9	6	5	4	2	8			
1	7	5	6	9	2	3	8	4			
8	9	3	5	4	7	2	1	6			
2	6	4	1	8	3	5	9	7			
7	2	8	4	5	6	9	3	1			
4	5	1	3	7	9	8	6	2			
9	3	6	8	2	1	7	4	5			