

SCRABBLEGRAMS

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A1E1Y4K5L1R1C3

1st Letter Double

RACK 1

A1E1O1O1S1T1B3

Triple Word Score

RACK 2

E1E1U1C3R1L1S1

RACK 3

I1I1U1M3M3N1M3

RACK 4

PAR SCORE 155-165

FOUR RACK TOTAL

BEST SCORE 217

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.

07-15

JUMBLE

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

DERLE

LOFDO

LAXHEE

PLOFYP

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Check out the new, free JUST JUMBLE app

Granny, you know what? I love you. That's what.

Aren't you the sweetest little thing!

GRANNY SMITH'S GRANDSON WAS THE

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

(Answers tomorrow)

Yesterday's Jumbles: SUSHI DINKY TRIPLE FEMALE  
Answer: The housefly and the cockroach were — "PEST" FRIENDS

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

THE FAMILY CIRCUS by Bil Keane

Type 2 diabetes and insulin resistance

Dear Dr. Roach: What 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.

DR. KEITH ROACH  
TO YOUR GOOD HEALTH

to make more insulin. Most people on these medicines fail after several years and need 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 people lose weight, which further improves diabetes control.

There are many other choices of medication for people with Type 2 diabetes now, both oral and injection. But metformin by itself, along with diet and exercise, is effective for many.

Dear Dr. Roach: My 89-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 eye problems, including inflammation in several parts of the eye. Hearing loss is often progressive, despite medical treatment, but blindness is by no means universal. Vasculitis,

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 syndrome.

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 getting a cochlear implant. I think you should find out from your mother's doctor what the risk is. He or she may have knowledge that I don't, or may have made a mistake.

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 sourly.

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-Q 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."

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  
♦ 8  
♣ J 8 4 3

WEST  
♠ 10 8 5 4 2  
♥ 6 5  
♦ J 10 7 2  
♣ A K

EAST  
♠ A J 6  
♥ 8 3  
♦ 9 6 5 4  
♣ Q 9 6 2

SOUTH  
♠ 9  
♥ A K J 9 2  
♦ A K Q 3  
♣ 10 7 5

South 1 ♥  
West Pass  
North 2 ♥  
East Pass

Opening lead — ♣ A

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 "Battle Cry" writer
- 5 Baffling question
- 10 Surface layer of impurities
- 14 Academic grade
- 15 Speak
- 16 Wash down
- 17 Sternum
- 19 Persian Gulf nation
- 20 Temporary car
- 21 Crow's-nest location
- 23 "You Experienced?"
- 24 Notoriety
- 27 Before it's too late
- 30 Not to mention
- 32 Blackjack
- 33 Killer whale
- 36 Prune
- 37 Marcus Aurelius, for example
- 39 Collegiate cheers
- 40 Couldn't stand
- 42 Reverse an action
- 43 Let up
- 45 Flintstones' pet
- 46 Settle and raise chicks
- 47 Drink like a puppy
- 48 Constructed of uncemented rocks
- 51 Old sound system
- 53 Shredded
- 54 Abyss
- 57 Accumulated, as a debt
- 59 Constricted
- 61 Bullet-riddled

Visit: ADailyCrossword.com

7/15

- 63 Lowest brass wind instrument
- 66 First-rate
- 67 "My Cousin Vinny" co-star
- 68 Mideast leader
- 69 Buck or stag
- 70 Shoulder warmer
- 71 Pronto letters
- 29 Center of central Florida?
- 30 Go the distance
- 31 Not close-minded
- 33 Spoken examinations
- 34 Morocco's capital
- 35 Frat-party supervisor
- 38 Adjust plugs and points
- 41 Dead comparative
- 44 Tree of Life spot
- 49 Wakes sleepers
- 50 Tide type
- 52 Evaluator
- 54 Teens' big nights
- 55 Ancient land
- 56 Pipsqueak
- 58 Impatient exclamation
- 60 Large flightless bird
- 61 Low
- 62 Clod chopper
- 64 Thurman of films
- 65 Stitch

DOWN

- 1 Eclipse shadow
- 2 More uncommon
- 3 Dunne or Ryan
- 4 Three-hand card game
- 5 Ceremonial feast
- 6 Sphere
- 7 Paulo, Brazil
- 8 Sicilian erupter
- 9 "and Rockin'"
- 10 Work stretch
- 11 Arthritis palliative
- 12 Land of Yanks
- 13 Checkers and pawns
- 18 Out of danger
- 22 Washington bills
- 25 Ailment
- 26 Upper cruster
- 28 Sheet changers

Yesterday's Puzzle Solved

7-14

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Scrabble Solution

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

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

Difficulty Level ★★★

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