

### SCRABBLE GRAMS

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E1 I1 R1 R1 K5 B3 S1 Triple Word Score RACK 1

E1 E1 O1 U1 D2 D2 R1 RACK 2

A1 E1 I1 C3 H4 M3 T1 3rd Letter Double RACK 3

A1 E1 E1 D2 N1 L1 B3 RACK 4

PAR SCORE 145-155 FOUR RACK TOTAL  
BEST SCORE 224 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.

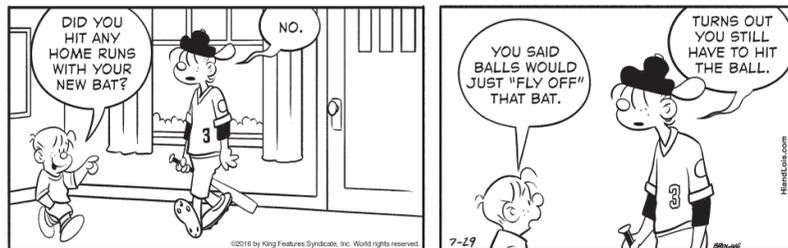
### NON SEQUITUR by Wiley



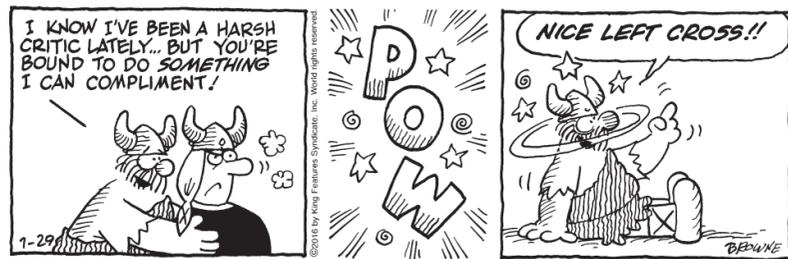
### BLONDIE by Dean Young and John Marshall



### HI & LOIS by Chance Browne



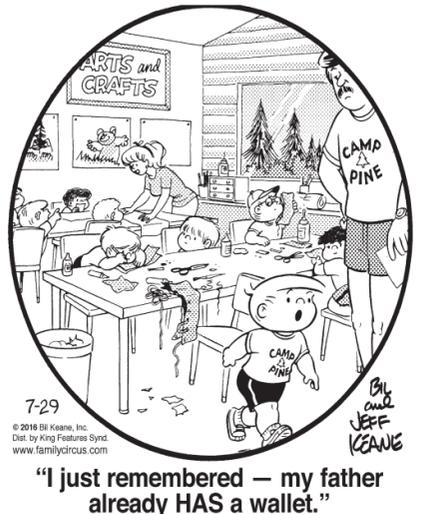
### HAGAR THE HORRIBLE by Chris Browne



### DENNIS THE MENACE by Hank Ketcham



### THE FAMILY CIRCUS by Bill Keane



### JUMBLE

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

CANTE

BIRTO

DAPCMA

RUXULY

Print your answer here: \_\_\_\_\_

(Answers tomorrow)

Yesterday's Jumbles: CHAOS ELECT SORROW MONKEY  
Answer: When the rancher's cattle escaped under the fence, he said — "HOLE-Y" COW

# Hypoglycemia means low blood sugar

**Dear Dr. Roach:** Please explain the difference between hypoglycemia and diabetes. A few years ago, I had major surgery. After surgery, I felt lightheaded and weak; when I relayed this to a nurse, she came in with a large glass of orange juice, saying my sugar was down. I explained to the nurse that as a hypoglycemic I could not have orange juice, that she was to give me protein to bring down my insulin level and not try to bring up my sugar level. I suggested she talk to my doctor.

Hypoglycemic people will have no problems as long as they don't break the food and drink rules and follow a hypoglycemic diet. It is a great way to lose weight healthily. — Anon.

### DR. KEITH ROACH TO YOUR GOOD HEALTH

cine that causes the body to make insulin. This is more likely when someone isn't eating his or her normal amount, or with ingestion of alcohol, which prevents the body from making sugar.

In people without diabetes, the most worrisome cause of hypoglycemia are tumors, which can secrete insulin or insulin-like hormones. The high insulin levels bring down blood sugar, sometimes to a very dangerous level, since the brain is absolutely dependent on sugar as an energy source. Persistent very low sugar levels can cause irreversible brain damage and death, which is why the nurse wanted to give you orange juice (a fast way of getting sugar into the blood). It's absolutely the right immediate treatment in any case of severe hypoglycemia

in someone who can still safely swallow.

Symptoms of hypoglycemia relate to the low sugar itself, and also to the body's response. As blood sugar goes down, most people have symptoms of sweating, anxiety, hunger, tremor and palpitations. These are warning signs that remind us to go and get food. However, if blood sugar gets below about 50 mg/dL (2.8 mmol/L), then people can become confused and sleepy. This is dangerous because they often are no longer able to get food (again, why the nurse wanted to give you orange juice).

A search for the cause of hypoglycemia should be undertaken in people with accurately measured severe low blood sugar (less than 40 mg/dL or 2.2 mmol/L) with symptoms that are relieved by raising blood sugar.

However, the vast majority of people with symptoms

of hypoglycemia do not have this worrisome type of hypoglycemia. I suspect that what you have is now called "post-prandial syndrome," where blood sugar can "crash" after ingesting a large quantity of sugar, and can cause tremor, dry mouth and other symptoms. These symptoms can be avoided by eschewing excess sugar and by eating meals that include protein, fat and fiber.

**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

## Refuting deception

"Didja hear about that new superhero, Aluminum Man?" Cy the Cynic asked me. "Yesterday he foiled a robbery."

Declarers have been known to engage in trickery, so defenders must be careful. Today's West led the king of clubs against South's game, and South falsecarded with his eight, hiding his three and deuce in an effort to make East's six look like an encouraging signal. But West figured that East could have spared a higher club if he wanted a club continuation, so West shifted to the queen of diamonds: deuce, six, three!

spade and he jumps to three diamonds. The opponents pass. What do you say?

**ANSWER:** Your partner's jump-shift is forcing — in fact, forcing to game. You might yearn to pass, but that action would be undisciplined and a system violation. Some players would raise to four diamonds, others would rebid three spades to give partner a chance to try 3NT.

South dealer  
N-S vulnerable

### CLUB DISCARDS

Say West leads another diamond. South can win, lead a trump to dummy, pitch his queen of spades on the king of diamonds, and take a ruffing spade finesse against East's ace to get two club discards.

Luckily for the defense, West was on the ball. He noted that East's six was his lowest diamond. So West trusted his partner and foiled South's plot by leading a spade. East took the ace and led a club, and South lost two more clubs. Down two.

**NORTH**  
♠ K J 10  
♥ Q 9 6 2  
♦ K 5 2  
♣ 7 5 4

**WEST**  
♠ 7 6 4 2  
♥ 4 3  
♦ Q J 10 4  
♣ A K J

**EAST**  
♠ A 9 8 5 3  
♥ J  
♦ 9 8 7 6  
♣ 10 9 6

**SOUTH**  
♠ Q  
♥ A K 10 8 7 5  
♦ A 3  
♣ Q 8 3 2

South 1♥  
West Pass  
North 2♥  
East Pass

Opening lead — ♣ K  
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### The Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- Open containers
  - Knocks for a loop
  - Tarzan's son
  - Ill-mannered child
  - Reseal a package
  - Single
  - Spaceflight center
  - Monotonous routine
  - Favored ones
  - Andre of tennis
  - Insteps
  - Onionlike bulb
  - Horney of psychiatry
  - Tavern by a tube station
  - Impromptu
  - Clickable image
  - Spectrum makers
  - Attempt
  - Do some greenskeeping
  - People of the press?
  - Sizable
  - \_\_\_ appetit!
  - Witches' gatherings
  - Day laborer
  - When to enter
  - Down a frank
  - French city known for textiles
  - Peterson and Wilde
  - Group of seven
  - Vowel mutation
  - Stalactite site
  - Carnival city

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15							16		
17				18							19		
		20						21		22			
23	24	25				26	27						
28					29				30		31	32	
33					34				35		36		
37					38						39		
40					41				42				
43			44			45			46				
		47			48				49				
50	51							52					
53					54		55	56			57	58	59
60					61						62		
63					64						65		

- Visit: [ADailyCrossword.com](http://ADailyCrossword.com) 7/29
- 54 Wearable part of Europe?  
60 Roadhouse
- 61 Additional performance  
62 Lumber-to-be  
63 Blue hue  
64 Hunting dog  
65 Discharge
- 25 British governor's purview  
26 Former British gold coins  
27 Not here  
29 Evidence provider  
31 Bird at Camden Yards  
32 Young swan  
34 Golf club employee  
35 "\_\_\_ Robinson"  
38 Frozen blocks  
42 Transference tube  
44 Made in the \_\_\_  
46 First name in denim?  
48 Expiate  
49 More secure  
50 "Battle Cry" writer  
51 Weasel's relative  
52 Apple leftover  
55 Columbus Day mo.  
56 Little one  
57 Humerus location  
58 Island gift  
59 Nevertheless

### Yesterday's Puzzle Solved

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

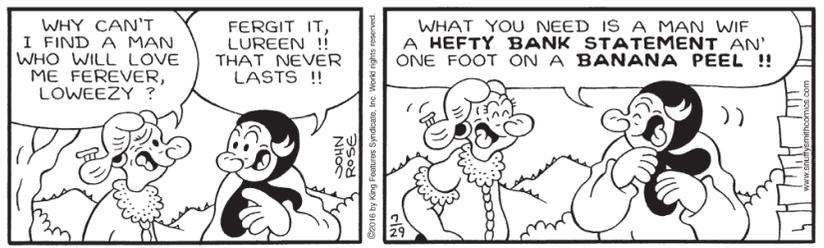
### DOWN

- U.K. channel
- Letters for savers
- Cat's wink
- King or Hawking
- Guitar ridges
- Optical device
- Possess
- Bauxite, e.g.
- Speed checker
- Small telescope
- Catskills
- Burden
- Himalayan legend
- Avid
- Help out
- With hands on hips
- Omnivorous nocturnal mammal

### BEETLE BAILEY by Mort Walker



### SNUFFY SMITH by Fred Lasswell



### Conceptis Sudoku

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

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

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