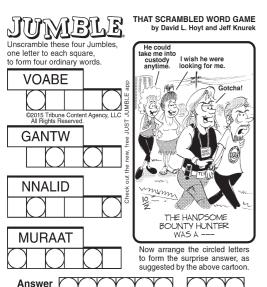
ints of each word, using scoring directions at right. Finally, 7-letter words get 50-nt bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE®Players Dictionary, 5th Edition.

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.



VIDEO Jumbles: UNITY ELICIT Yesterday's They got the painting appraised because they — VALUED IT  $\Gamma NIH$ HAPPY HOUR 5-7 PM

POLITICAL OPEN MIC

-NOON

**BLONDIE** by Dean Young and John Marshall



HI & LOIS by Chance Browne

IF YOU'RE THINKING OF CRASHING THE GIRLS' SLUMBER PARTY TONIGHT

YOU CAN JUST FORGET IT.

NON SEQUITUR by Wiley

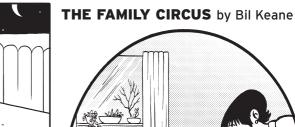




WILEYINK@EARTHLINK, NET

"BUT JUST THINK OF ALL THE WATER WE'RE SAVIN'!"

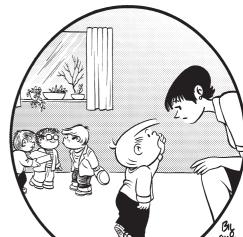
**DENNIS THE MENACE** by Hank Ketcham



BIG MOTHER IS

HAGAR THE HORRIBLE by Chris Browne





"Mommy, don't call me 'sweetheart' or 'love' while the guys are here. Just call me 'Big Bill,' okay?"

# Aluminum exposure for healthy people

Dear Dr. Roach: For about 30 years, I have heard I should avoid contact with aluminum for sustained good health. Is there science or proven studies of adverse health effects behind these recommendations? Or is avoiding contact with aluminum in deodorant or cookware an incorrect or unsupported assertion that someone once made and that has taken on momentum? I am aware that exposure to some heavy metals is bad for us and must be avoided. But what about aluminum? — G.O.

Aluminum is a light metal, not heavy, and it rarely builds up to toxic levels in the body. In the vast majority of cases where it does, it is in people with abnormal kidney function. This is because aluminum is poorly absorbed, and effective way of getting rid kidneys, where 95 percent of DR. KEITH ROACH TO YOUR GOOD HEALTH

aluminum is excreted. Even in the case of injected aluminum, such as in some vaccines, the amounts are minute and the body is able to rapidly excrete it, provided a person's kidney function is adequate.

In the case of people on hemodialysis, aluminum from diet, medication and in dialysis fluid can build up in bones. Once this is recognized (usually via a blood test showing high levels of aluminum), aluminum can be removed through chelation therapy. True aluminum overload occurs almost exclusively in dialysis patients and is increasingly uncommon due to better purification of dialysis fluid. There is no need to as these do not raise blood slightly alkaline at about 7.4. of aluminum — through the aluminum levels. They don't give off aluminum to food faster-acting is the lung. By

well-absorbed.

The preponderance of current evidence states that there is not a risk of breast cancer from aluminum-containing antiperspirants. For people who want to be as cautious as possible, there are aluminumfree antiperspirants, such as Tom's products.

Dear Dr. Roach: If a body does not need help in maintaining pH balance, why does the consumption of different foods cause changes in urine рН? — *К.Е*.

The body has two main organs with which to regulate pH, the acid/base status of the body based on food perturb the body's pH, which

readily nor are any particles increasing the respiratory rate, we excrete more carbon dioxide, which is in equilibrium with carbonic acid. Breathing more deeply and quickly can move the blood pH toward the alkaline side. This usually happens without our being aware of it.

The kidneys are the other important organ for longterm regulation of pH. The kidneys can regulate reabsorption of carbonic acid in the tubule, increasing or reducing acid secretion. So, urine that is more acidic than the jack of clubs. Alice took her ace normal may mean the body is ridding itself of excess dietary acid and thus making blood pH more alkaline. Ammonia is another way the kidney can regulate pH balintake, exercise, medications ance, Blood pH does not vary from its expected level except turbances in kidney function

# by Frank Stewart

**Bridge** 

Mad bridge party

As the game at the Mad Hatter's went on, the Red Queens kept on bickering about who was greater. 'My cousin, poor thing, can't stand

losing a trick," the Queen of Diamonds told Alice. "But sacrifice is a virtue, even among us royals.'

"Of course, your majesty."
"Deal the cards," the Queen sighed.

The Hatter became declarer at four hearts, and the Dormouse, West, led and saw that, given time to draw South would discard trumps, diamond losers on dummy's spades. So Alice needed to ruff a club, but West could have no fast entry.

### **ONE HOPE**

Alice saw one hope: Heeding the bueen of Diamonds words, she led the queen of diamonds!

The Hatter took dummy's king, led a spade to his ace and let the jack of hearts ride (not the queen, since if East had the king, declarer might lose his head). Alice won and led a low Scrabble Solution diamond. West produced the jack and led a club, and Alice ruffed.

"See what I mean?" the Queen of Diamonds smiled.

DAILY QUESTION

You hold: • 9 8 5 4 2 X 7 4 A Q 6 3 A. Your partner opens one heart, you respond one spade and

10/02

he rebids two hearts. What do you say? ANSWER: To bid four hearts would be lazy. If partner has a wellfitting minimum, you may have a slam. (Give him a hand with no wasted black-suit honors such as A, A Q 10 6 5 3, K 5 2, 7 6 5 and he may take 13 tricks.) Bid three diamonds, planning to bid four hearts next to show slam interest and club shortness. Consult your partner.

South dealer Both sides vulnerable

> NORTH **♠** K Q 10 6 ♥ A 8 5 ♦ K 9 4

WEST **EAST** ♦ J852 ♦ A Q 6 3 ♣J10986 ♣ A **SOUTH** 

> **♠** A 7 ♡QJ1093 **♦ 10 7 ♣**KQ43 West North

South East 1 **♦** 3 ♡ Pass Pass **Pass** Pass All Pass

Opening lead — ♣ J

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## The Daily Crossword Edited by Wayne Robert Williams

- 1 Flightless bird5 Fully soaked
- Word of reproof 11 Trompe l' 14
- 15 Ruckus 16 Crude mineral
- 17 **Tormentors**
- Actress Peeples 19 20
- Like jambalaya 21 One seeking
- favoritism
- 23 Roman emperor murdered in Egypt
- 26 Wise-ish
- 27 Release 31 Gas: pref 32
- Sailors' grp. Shivering fit 33 Old crone
- 34 35 38 Of the nose
- Decalogue 41 Slezak and Hess
- 42 Distress letters
- 43 Bristle 44 Hide-hair connector
- Kapek play Walk proudly 45 46
- 47 Zoo housing
- Oil-rich seed Compensating
- equivalents Philippines port "\_\_ Bravo" 53 58
- 59 NYC music district
- 62
- ETA word Visigoth king
- Singer Autry 65 Prairie chicken's
- display area Beach S. of
- 67 Hebrew musical instrument

Clearwater							Instrument							
Yesterday's Puzzle Solved														
Τ	Н	Α	Ν		Т	В	Α	R	S		S	Κ	Α	Т
0	U	Z	0		S	Е	Ρ	Τ	Α		Р	Α	٧	0
Κ	N	0	O	Κ	K	Ν	Е	Е	О		_	Ζ	Α	R
Υ	Α	L	Η	Α		Ι	L	L	Α	Т	Е	Α	S	Е
0	N	Е		L	Α	Ν	-			Α	S	Κ		
			Κ	Ι	N	G	K	0	Ζ	G		S	R	Α
U	N	Κ	-	N	D		Е	Р	Α		S	Т	Α	Ν
Р	0	U	Τ	Е	R	S		S	Т	R	Ε	Α	Κ	Υ
0	R	В	S		Ε	Е	K		Н	Ε	R	Ν	Τ	Α
N	Τ	L		Κ	Α	М	Ι	Κ	Α	Z	Ε			
		Α	Н	Α			Ν	Τ	Ν	0		U	S	F
Т	Α	Κ	Ε	S	0	٧	Ε	R		Ν	I	S	Ε	Π
$\overline{\circ}$	S	Н	Α		к	П	S	S	М	F	К	Α	Т	F

A L I C E

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SHAD

### 15 16 18 19 35 39 38 40 50 53 58 61 59 60 63

Visit: ADailyCrossword.com

EGAL

SEED

### DOWN

- 1 Campus military
- org. 2 Get wind of
- Strauss' Alpensinfonie" 4 Harmony part,
- perhaps U. near Tampa
- Alain's affirmative 7 Letters for a combat-free area 8 Hamilton or Burr,
- e.g. "Crazy Legs" 9 Hirsch 10 Crash-investigation
- Broadway award 11 recipient
- One archangel 13 Like a three-hanky flick
- 18 Brand for Fido Superlatively 22 skeletal
  - Lady's address Winged horse Recently deceased

#### and other causes that would more than a minute amount when it is, the body has an avoid aluminum pans or foil, is very tightly regulated and in cases of critical illness, dis-The more important and or diseases that affect control of breathing.

10/2

Hungarian river

Pitch implement

Unit of electrical

\_ Pinafore"

of the Aleutians

Would-be atty.'s

resistance

35 Hwys.

exam

Rower's

requirement

45 Close a purse,

Ward of "The

Reef-maker

Hellenic H's

Comic Jav

Russian saint

French islands

Historic start?

Small island

and terminer

perhaps

Fugitive'

48 Blazing Wading bird

50 Dice

Ephron or Lofts

Sticky-toed lizards

Westernmost island

29

36

39

46

52

54

55

56

57

10.		SCRABBLE's a trademark of Haebro in the US and Ci Distributed by Tribune Content Agency, LLC All
559	JATOT	PAR SCORE 175-185
98	BACK 4 =	B R E D R V
<b>49</b>	BACK 3 =	A1 S1 H4 A1 M3 E1 D2
69	BACK 2 =	C 이 다 이 M ビ 다
<b>Z</b> 9	EACK 1 =	FI M3 P3 FA T1 H4 Y
	SOLUTION	SCHABBIE BRAND GRAMS

# **BEETLE BAILEY** by Mort Walker I GOT A NEW A FLESH-COLORED BOWLING BALL BALL...WHY?







### **Conceptis Sudoku**

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

7 5 4 6 8 1 9 2 3 2 3 8 4 9 5 6 7	8 3 1
2 3 8 4 9 5 6 7	1
	1
0 0 7 4 0 0 0	
3 6 7 1 4 2 8 9 5	5
9 8 5 3 6 7 2 1	4
1 4 2 9 5 8 3 6	7
4 7 9 8 3 6 1 5 2	2
5 1 3 7 2 9 4 8 (	6
8 2 6 5 1 4 7 3 9	9