

SCRABBLE®

BRAND

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A

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RACK 1

RACK 2

RACK 3

RACK 4

3rd Letter Double

Triple Word Score

PAR SCORE 175-185

BEST SCORE 229

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. "Blank" 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 scrgams@gmail.com.

10-02

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

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

THE FAMILY CIRCUS by Bil Keane

JUMBLE

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

VOABE

GANTW

NNALID

MURAAT

Answers here:

(Answers tomorrow)

Yesterday's Jumbles: UNITY VIDEO ELICIT FISCAL

Answer: They got the painting appraised because they — VALUED IT

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

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

# 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 when it is, the body has an effective way of getting rid of aluminum — through the 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 avoid aluminum pans or foil, as these do not raise blood aluminum levels. They don't give off aluminum to food

readily nor are any particles 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 aluminum-free 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 pH? — *K.F.*

The body has two main organs with which to regulate pH, the acid/base status of the body based on food intake, exercise, medications and other causes that would perturb the body's pH, which is very tightly regulated and slightly alkaline at about 7.4.

The more important and faster-acting is the lung. By

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 long-term 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 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 balance. Blood pH does not vary more than a minute amount from its expected level except in cases of critical illness, disturbances in kidney function or diseases that affect control of breathing.

## Bridge

by Frank Stewart

## 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 the jack of clubs. Alice took her ace and saw that, given time to draw trumps, South would discard diamond losers on dummy's spades. So Alice needed to ruff a club, but West could have no fast entry.

he rebids two hearts. What do you say? **ANSWER:** To bid four hearts would be lazy. If partner has a well-fitting 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  
♣ 7 5 2

**WEST**  
♠ J 3  
♥ 6 2  
♦ J 8 5 2  
♣ J 10 9 8 6

**EAST**  
♠ 9 8 5 4 2  
♥ K 7 4  
♦ A Q 6 3  
♣ A

**SOUTH**  
♠ A 7  
♥ Q J 10 9 3  
♦ 10 7  
♣ K Q 4 3

South 1♥  
West Pass  
North 1♠  
East Pass  
Pass  
All Pass

Opening lead — ♣ J

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## The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Flightless bird
- Fully soaked
- Word of reproof
- Trompe l'\_\_
- Ruckus
- Crude mineral
- Tormentors
- Actress Peeples
- Like jambalaya
- One seeking favoritism
- Roman emperor murdered in Egypt
- Wise-ish
- Release
- Gas: pref.
- Sailors' grp.
- Shivering fit
- Old crone
- Of the nose
- Decalogue
- Slezak and Hess
- Distress letters
- Bristle
- Hide-hair connector
- Kapek play
- Walk proudly
- Zoo housing
- Oil-rich seed
- Compensating equivalents
- Philippines port
- "Bravo"
- NYC music district
- ETA word
- Visigoth king
- Singer Autry
- Prairie chicken's display area
- Beach S. of Clearwater

Visit: [ADailyCrossword.com](http://ADailyCrossword.com)

10/2

DOWN

- Campus military org.
- Get wind of
- Strauss' "Alpensinfonie"
- Harmony part, perhaps
- U. near Tampa
- Alain's affirmative
- Letters for a combat-free area
- Hamilton or Burr, e.g.
- "Crazy Legs"
- Hirsch
- Crash-investigation grp.
- Broadway award recipient
- One archangel
- Like a three-hanky flick
- Brand for Fido
- Superlatively skeletal
- Lady's address
- Winged horse
- Recently deceased
- Hungarian river
- Pitch implement
- Sticky-toed lizards
- Unit of electrical resistance
- "Pinafore"
- Hwys.
- Westernmost island of the Aleutians
- Would-be atty.'s exam
- Rower's requirement
- Ephron or Lofts
- Close a purse, perhaps
- Ward of "The Fugitive"
- Reef-maker
- Blazing
- Wading bird
- Dice
- Hellenic H's
- Russian saint
- French islands
- Comic Jay
- and terminator
- Historic start?
- Small island

Yesterday's Puzzle Solved

10-1

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## Scrabble Solution

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

## Conceptis Sudoku

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

Difficulty Level ★★★