SCRABBLE BRAND — G2 R1 A1 M3 S1

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E1 U1 Y4 L1 C3 N1 F4	Triple Word Score	RACK 1
E1 I1 L1 H4 V4 R1 S1		RACK 2
A1 E1 O1 U1 N1 M3 C3	2nd Letter Double	RACK 3
E1 I1 O1 O1 L1 L1 H4		RACK 4

PAR SCORE 145-155
BEST SCORE 231

FOUR RACK TOTAL ____
TIME LIMIT: 20 MIN

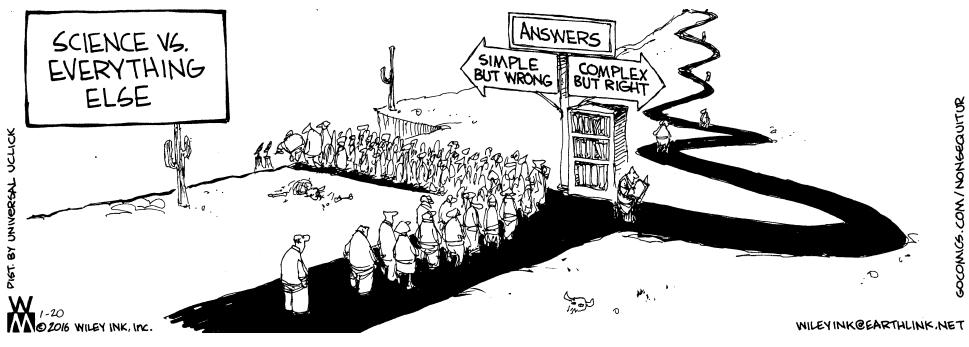
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

Answer below

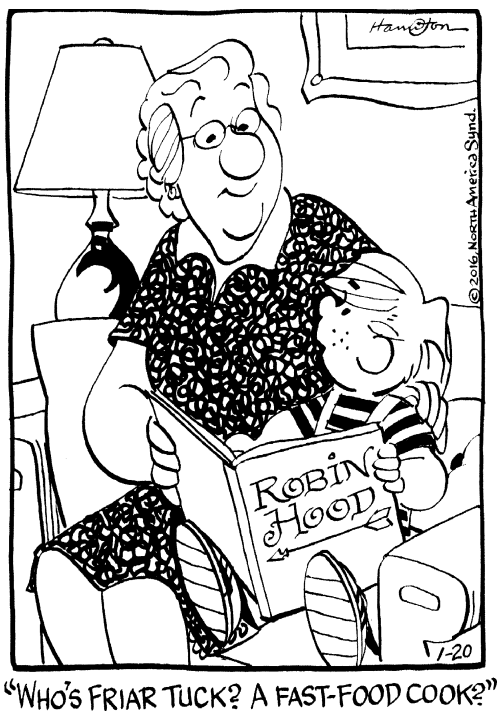
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

01-20

NON SEQUITUR by Wiley



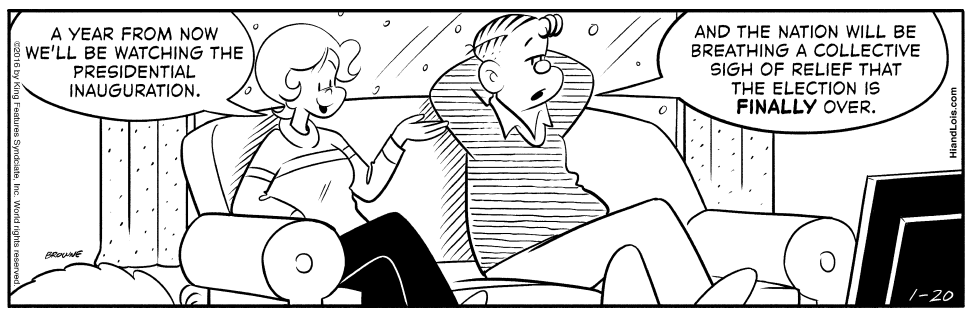
DENNIS THE MENACE by Hank Ketcham



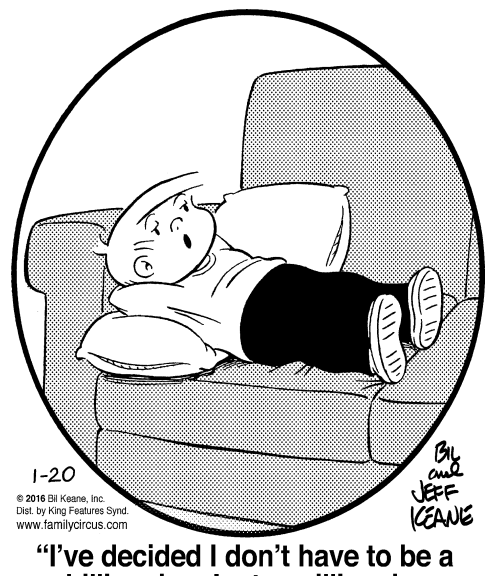
"WHO'S FRIAR TUCK? A FAST-FOOD COOK?"

BLONDIE by Dean Young and John Marshall

HI & LOIS by Chance Browne



THE FAMILY CIRCUS by Bil Keane



"I've decided I don't have to be a billionaire. Just a millionaire will be fine with me."

JUMBLE

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

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

VARWE

RRULA

PREPAA

VIOTEM

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Check out the new, free JUST JUMBLE app

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

Print your answer here: ____ ____ (Answers tomorrow)

Yesterday's Jumbles: CAMEO ACUTE KOSHER HERMIT
Answer: When he paired the two players, the tennis pro was a — MATCHMAKER

HAGAR THE HORRIBLE by Chris Browne

All anti-inflammatories are not alike

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: I'm a 62-year-old male in generally good physical and mental health.

I was diagnosed with Crohn's disease at age 21. I had bowel resection surgery, but have no debilitating symptoms now, except some diarrhea flare-ups.

My question is regarding polymyalgia rheumatica. I was diagnosed with this just two weeks ago. I've been on 10 mg of prednisone since, which has helped a lot, but I still have stiffness and very minor pain most mornings.

My symptoms started about two months ago, relatively suddenly, first in one hip and then it spread to both hips and both shoulders. A dozen 200-mg ibuprofen didn't help during the day, until I saw my doctor.

Could this be related or connected to my Crohn's, since they both are inflammatory conditions?

Is there another treatment option besides prednisone? How long might I have to take it? How might it affect my Crohn's, or my high blood pressure? What can cause or trigger PMR? Why not get cortisone injections?

If prednisone is an anti-inflammatory, and so is ibuprofen, why isn't ibuprofen effective? Lastly, does long-term prednisone use greatly increase my risk of other illnesses or infections? — *J.O.H.*

That's a lot of questions.

The cause of PMR is not known, and no trigger has been identified. People with certain HLA subtypes (there are many human leukocyte antigen subtypes — they are proteins on white blood cells) are at high risk for PMR, and others put people at high risk for Crohn's disease. The combination of the two is unusual.

Yours is not a classic case of PMR, which usually is much worse in the upper arms and shoulders than in the hips, much worse in the morning and dramatically improves with low-dose prednisone (10-20 mg).

Although ibuprofen does relieve some kinds of inflammation, it's in the class of non-steroidal anti-inflammatory drugs, which is ineffective in PMR. Prednisone, a glucocorticoid steroid, is a much more potent anti-inflammatory. A blood test, the ESR, almost always is high in people with PMR.

Although prednisone dramatically improves PMR, it needs to be taken for one to two years (sometimes longer) in most people and can cause many side effects. Steroid shots are usually not practical since many joints are affected.

High blood pressure and diabetes are common with oral or injection steroids. Reduced bone strength is so common that many experts start medication to prevent it in people at risk. Infection risk is also increased, so it's wise to make sure your immunizations are up to date, to take ANY sign of infection seriously and to see your doctor promptly.

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.rbmamall.com.

Bridge
by Frank Stewart

Confronting a problem

Cy the Cynic says you shouldn't run away from your problems, unless perhaps you're being chased by a bear.

As today's South, Cy lusted after a vulnerable game bonus when he leaped to five clubs. I would not have bid so boldly: The king of spades, located under the spade bidder, would have looked like a questionable value. (If West had jumped to two spades, preemptive, North-South would have had a harder time reaching game.)

Dummy had the ace of spades, but when West led the queen of hearts, the Cynic still had a problem. He had a heart loser and lacked the two top trumps. After he took the ace of hearts, he couldn't afford to start the trumps.

DISCARD

Cy confronted his problem by cashing the queen, king and ace of diamonds to pitch a heart from dummy and next led the jack. West ruffed with his nine of trumps, but dummy's last heart went away.

When West then led a heart, Cy ruffed in dummy and led a trump. East-West's high trumps fell together, and Cy was home.

DAILY QUESTION

You hold: ♠ K 6 ♡ A 7 ◊ A K J 7 ♣ Q J 10 6 4. Both sides vulnerable. The dealer, at your right, opens three hearts. What do you say?

ANSWER: So much for a leisurely auction. You must stab at a contract — and in doing so, you must assume that your partner has a bit of strength. You can't afford to double with only K-6 in spades. Bid 3NT. If the opening lead is a heart, you can hold up your ace once and hope to break up the defenders' communication.

South dealer
N-S vulnerable

NORTH
♠ A 3 2
♡ 8 5 4
◊ Q 6
♣ 8 7 5 3 2

WEST
♠ Q J 9 8 5 4
♡ Q 6
◊ 10 5 3
♣ A 9

EAST
♠ 10 7
♡ K J 10 9 3 2
◊ 9 8 4 2
♣ K

SOUTH
♠ K 6
♡ A 7
◊ A K J 7
♣ Q J 10 6 4

South	West	North	East
1 ♣	1 ♠	2 ♣	2 ♡
5 ♣(!)	All Pass		

Opening lead — ♡ Q

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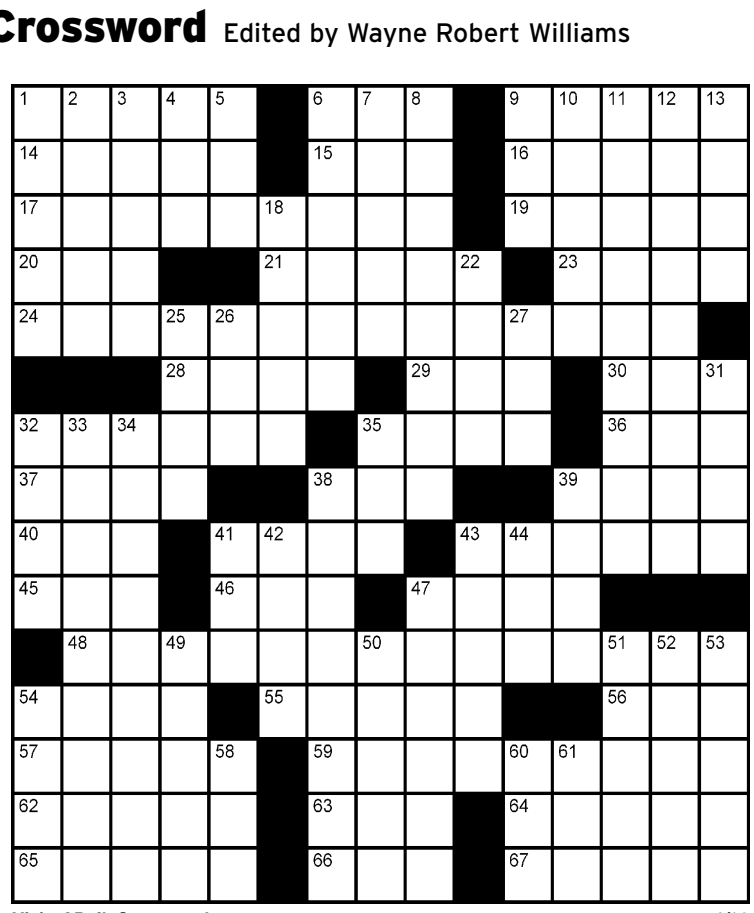
The Daily Crossword
Edited by Wayne Robert Williams



ACROSS
1 Nostrils
6 Weep aloud
9 Decorative transfer
14 Olympian Jesse
15 Type of chart
16 Creative Muse
17 Banisters
19 Grape abusers?
20 Chemical ending
21 Borscht ingredients
23 Raw sugar
24 Start of a quote by Heinrich Heine
28 Abets
29 In what way?
30 & more
32 Illinois town on the Mississippi
35 Weapon in Clue
36 Kid
37 Asian sea
38 However
39 Notoriety
40 "At Seventeen" singer Janis
41 Synthesizer maker
43 Loftier
45 Brit Co.
46 Take one's pick
47 Fodder storage structure
48 End of quote
54 Viva voce
55 Crossed one's heart
56 Hoop hanging
57 Eliot's Marner
59 Singer in Gene Krupa's band
62 Southern town in '60s headlines
63 Quick drink
64 Special extra
65 Money in the bank
66 Deed
67 Play pranks on

DOWN
1 Certainly not
2 Inundated
3 Actress Zellweger
4 Final one
5 Defunct pol. entity
6 Hidden observers
7 Lubricated
8 Most likely success
9 Morning moisture
10 Long-time soap vixen
11 Florida cape
12 Formerly
13 Diet successfully
18 Dwelling place
22 Food for hogs
25 Talon
26 Finish first
27 Ram's mate
31 "Breaker-breaker" buddy
32 Knight's protection
33 Elocution pieces
34 Seacoasts first sighted
35 Navajo creation
38 Location of Gaborone
39 Apply the whip
41 May celebrant
42 Numbered composition
43 Location of Xigaze and Gyangze
44 Pub purchase
47 Play lines
49 Burn brightly
50 Greek architectural order
51 Land of sacred cows
52 Hefti and Cassady
53 Fashion
54 Pelion's partner
58 Took chairs
60 To the rear
61 Pay dirt

Visit: ADailyCrossword.com 1/20

Yesterday's Puzzle Solved

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

1-19

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Scrabble Solution

SCRABBLE BRAND GRAMS SOLUTION

F4 L1 U1 E1 N1 C3 Y4	RACK 1 =	95
S1 H4 R1 I1 V4 E1 L1	RACK 2 =	63
A1 C3 U1 M3 E1 N1	RACK 3 =	13
O1 I1 L1 H4 O1 L1 E1	RACK 4 =	60
	PAR SCORE 145-155 TOTAL	231

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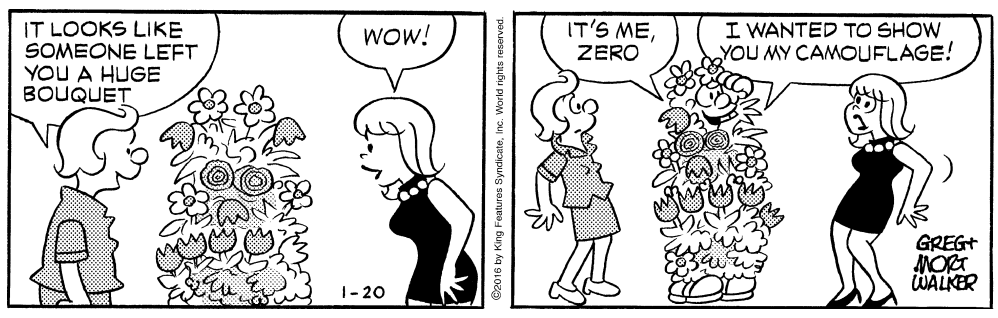
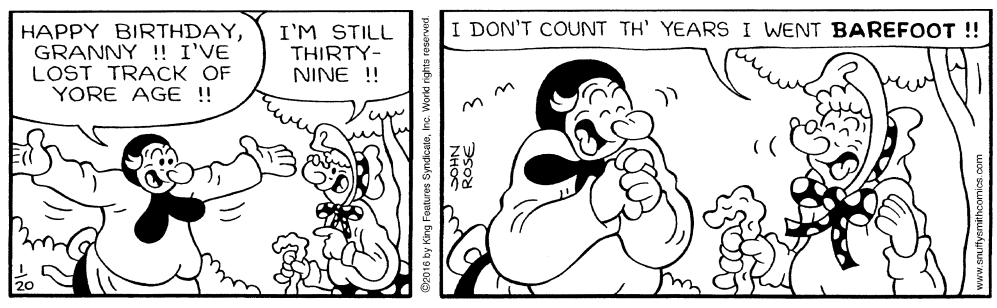
BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★★★ 1/20

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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

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

Difficulty Level ★★ 1/19

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