

SCRABBLE®
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E1E1I1O1C3R1J8

E1O1U1S1N1F4C3

A1A1E1Y4L1W4S1

E1E1O1Y4K6C3S1

Double Word Score

3rd Letter Triple

RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 155-165
BEST SCORE 228

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 scrags@gmail.com.

03-21

JUMBLE

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

COTBH

YEJON

MYTESS

CUEDER

Check out the new, free JUST JUMBLE app

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What a great meal. I'm stuffed.

Honey! I thought you were on a diet?

I didn't want there to be leftovers.

IT WASN'T THE MINUTES SPENT AT THE TABLE THAT CAUSED HIS WEIGHT GAIN. IT WAS THE

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

Print answer here:

(Answers tomorrow)

Saturday's

Jumbles: WITTY ARENA DISMAY FUSION

Answer: When they heated slices of bread on the campfire, they were — WARM AND TOASTY

NON SEQUITUR by Wiley

THE TWO-PARTY DETOUR

TREPIDATION

FEAR

WILEY INK

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BLONDIE by Dean Young and John Marshall

WAKE UP, HONEY! YOU'RE TALKING IN YOUR SLEEP!

HUH? OH, I MUST'VE BEEN DREAMING

DID IT SOUND LIKE I WAS TALKING TO GEORGE CLOONEY?

QUIT MUMBLING, DEAR... I WAS ONLY KIDDING

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WILEY INK

HI & LOIS by Chance Browne

I WANT TO VOTE

YOU CAN'T, DOT, YOU'RE TOO YOUNG.

NO FAIR!

WHO WOULD YOU VOTE FOR?

I HAVEN'T DECIDED YET, BUT I KNOW WHO I'D VOTE AGAINST!

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WILEY INK

HAGAR THE HORRIBLE by Chris Browne

READY! TAKE DOWN THE GUARDS!

I'LL TAKE DOWN DINNER!

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WILEY INK

DENNIS THE MENACE by Hank Ketcham

"DID YOU LIKE THE HANDKERCHIEF I GAVE YOU FOR YOUR BIRTHDAY?"

"YEAH. COULDN'T WAIT TO BLOW MY NOSE IN IT."

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WILEY INK

THE FAMILY CIRCUS by Bil Keane

"Mommy, I can smell spring in the air right here!"

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WILEY INK

There is help for urinary incontinence

Dear Dr. Roach: I can't recall you ever addressing urinary incontinence in women. I wonder if you can tell us what can be done about it. — O.P.

Twenty-five to 60 percent of all women (and 11 to 34 percent of older men) seek care for urinary incontinence, and many more do not report it due to embarrassment or worry about treatment. This can lead to social isolation, poor quality of life, sexual problems, infection and increased burden on caregivers.

The two major types of incontinence in women are stress incontinence (for example, losing urine with a cough or a sneeze) and urge incontinence (the sensation of needing to go to the bathroom RIGHT AWAY for fear of an accident, or associated with accidental loss of urine). Other types include overflow (continuous dribbling from

the bladder). It's possible to have several types.

Treatment depends on the type of incontinence, but most women benefit from pelvic floor exercises and bladder training. My experience has been that many providers, especially male ones, don't know how to recommend these properly, and a referral to a pelvic-floor physical therapist can be extremely helpful, as can biofeedback. Since excess weight is a major risk factor for incontinence, weight loss can be helpful.

The other condition I see frequently overlooked is vaginal atrophy. Many older women have thinning of the lining of the vagina and urethra, which can predispose a person to both stress and urge incontinence. A physical exam is all that is necessary to

diagnose this condition, and estrogen cream can improve incontinence.

If none of these is effective, medication can be used, but my experience has been, and the literature supports, that teaching women techniques to prevent incontinence is more effective and has fewer side effects than medication.

Dear Dr. Roach: My daughter is in a college where there is an outbreak of mumps. She was vaccinated as a small child. The school is offering a free booster. Is it necessary to get this? — D.L.G.

Outbreaks of mumps happen periodically, even in highly vaccinated populations. The vaccine is thought to be about 95 percent effective. In a 2009-2010 outbreak, the attack rate was 4.9 percent among students. The students were offered a booster vaccine, which 80 percent received.

Following vaccination, the attack rate was 0.13 percent, suggesting that the booster vaccine was effective.

Mumps can have serious side effects. In males, the virus can cause inflammation of the testicles, rarely causing sterility. It also rarely causes inflammation of the brain, leading to death or permanent disability in a few. Although most people have only fever and swollen salivary glands, it requires staying home for two to four weeks in addition to the risk of complications. Since the risk of a booster MMR vaccine (there is not a mumps-only vaccine available) is negligible, I would recommend getting the booster vaccine during an outbreak in an environment where people live close together, such as a college. However, the vaccine should not be given to pregnant women, immunosuppressed people or those with active cancer.

Bridge

by Frank Stewart

When one door closes

"When God closes a door," Unlucky Louie says, "He makes sure my fingers are in it."

Louie has learned to expect bad breaks. His problem is that when one door closes, he won't look for another that's open.

In today's deal Louie risked 2NT at his third turn. At 3NT he won the first club with the queen and took the A-Q of spades, and East discarded. Louie then led a club to dummy, cashed the king of spades and led the jack of diamonds: three, seven, king. West took his high spade and led the queen of hearts, and Louie went down two.

Louie needs to find extra chances. After he cashes the ace of spades, he must overtake his queen with the king. If East followed, Louie could concede a spade, winning five spades, two clubs, a diamond and a heart.

When East discards on the second spade, Louie lets the jack of diamonds ride. West wins and leads another club, but Louie takes the ace and fineses in diamonds again. He has four diamonds, two spades, two clubs and a heart.

he rebids two hearts. What do you say?

ANSWER: You might survive a rebid of two spades, but your partner might have a low singleton spade or even no spades at all. Since his bidding promises six or more cards in hearts, you know that a reasonable heart fit exists. Pass. Game is impossible, and you have nothing to gain by acting again.

South dealer
Both sides vulnerable

NORTH		WEST		EAST		SOUTH	
♠ K 9 7 5 3 2		♠ J 10 8 4		♠ 6		♠ A Q	
♥ 7 5		♥ Q		♥ K 10 8 6 3 2		♥ A J 9 4	
♦ J 5		♦ K 6 2		♦ Q 4 3		♦ A 10 9 8 7	
♣ A 8 2		♣ K 10 6 4 3		♣ J 9 5		♣ Q 7	

South	West	North	East
1 ♦	Pass	1 ♠	Pass
2 ♥	Pass	2 ♣	Pass
2 NT(!)	Pass	3 NT	All Pass

Opening lead — ♣ 4
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The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

1 Physics particle

5 English potato chips

11 The woman last mentioned

14 Operatic tune

15 Container with a spout

16 Modicum

17 Behind time

19 End of Ramadan

20 Duck entree

21 Try again for admission

23 Hawaiian feasts

26 Leave out

27 Fighting battles

30 Big __, CA

32 Backbone

35 Paleozoic, e.g.

36 Took flight to unite

39 Hall-of-Famer

40 Skirted square dancer

41 Having spots

43 Obtained

44 Yucky

46 Presidential middle name

47 Wear and tear

48 Overcast and blue, e.g.

50 Angler's gear

51 Looks aglath

53 Scruff of the neck

55 Some square dances

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 66 67 68 69 70 71 72 73

Visit: ADailyCrossword.com

3/21

57 More furious

60 Pawn-shop deal

64 Name for a lion

65 Making an escape

68 Big galoot

69 Downy ducks

70 Oxen holder

71 Will Ferrell film

72 Change chairs

73 Iditarod ride

25 More lithesome

27 Patronage

28 Course

29 Relieving pain by movement

31 Pertain

33 Hangman's knot

34 Politician Kefauver

37 Highland youngster

38 Cave dwelling

42 Fairway bend

45 Birthday separation

49 Web user

52 Analyzes chemically

54 Spine-tingling

56 Dadaist Max

57 Hand-cream additive

58 "Hud" co-star Pat

59 Frees (of)

61 Off-base GI

62 Michigan or Ontario

63 Sized up

66 Churchill's gesture

67 "Rosemary's Baby" author Levin

Saturday's Puzzle Solved

S M A R T C A R D S S L U M

C A F E A U L A I T P A P A

A L L E G R E T T O E S P N

L E A F S T R A C H E Y

E S T E L L A O Y S T E R S

R I Y A L P E S C I

A S S E R R A T A R O A D

S T Y S I G N E T S U S E

S I N S C H E E S E T E D

E M A I L S T E E P

M U G G E R S H A S I D I M

B L O N D E L L C U B E

L A G S F A U L T I N E S S

E T U I S R A E L I T E S

S E E N T H E B A L C O N Y

3-20

Scrabble Solution

PAR SCORE 155-165
BEST SCORE 228

RACK 4 = 7 72

RACK 3 = 12

RACK 2 = 62

RACK 1 = 82

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WILEY INK

BEETLE BAILEY by Mort Walker

I'M GONNA TEACH YOU A LESSON YOU'LL NEVER FORGET, BEETLE!

HOW ABOUT ME, SARGE?

YOU DIDN'T DO ANYTHING WRONG, ZERO

BUT I LIKE TO LEARN!

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WILEY INK

SNUFFY SMITH by Fred Lasswell

I'M GONNA LET YA OFF WIF JEST A TICKET THIS TIME, SNUFFY !!

AN' TO MAKE IT EASY FER YA, HERE'S A COURT DATE AN' TH' LIKELY AMOUNT OF YORE FINE !!

WHY, THANKEE, SHERIFF, THAT'S MIGHTY NI--

WA-A-A-AIT MY NEW SOCK-EM- GENTLY STRATEGY !!

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WILEY INK

Conceptis Sudoku

6 4 2 7

8 3 9 5

7 6 9 2 3

4 5 3 9 8

3 1 4 2

8 5 3 4

Difficulty Level ★

3/21

Yesterday's Puzzle Solved

5 7 1 9 3 8 2 4 6

4 8 3 2 5 6 9 1 7

2 6 9 1 4 7 3 8 5

3 1 2 4 7 9 5 6 8

7 9 4 6 8 5 1 3 2

8 5 6 3 2 1 4 7 9

1 2 7 5 6 4 8 9 3

6 4 5 8 9 3 7 2 1

9 3 8 7 1 2 6 5 4

Difficulty Level ★★ ★

3/19