

SCRABBLE™
SCRABBLE™ is a trademark of Hasbro in the US and Canada. ©2016 Hasbro. Distributed by Tribune Content Agency, LLC. All rights reserved.

1 2 3 4 5 6 7 8 9 10 11 12 13
 E I E I Y R C N S 1 2nd Letter Double RACK 1

1 2 3 4 5 6 7 8 9 10 11 12 13
 E I O I O N H H C 3 RACK 2

1 2 3 4 5 6 7 8 9 10 11 12 13
 A I I D P K S S D 2 Triple Word Score RACK 3

1 2 3 4 5 6 7 8 9 10 11 12 13
 A E T B N K L 1 RACK 4

PAR SCORE 155-165
 BEST SCORE 237

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

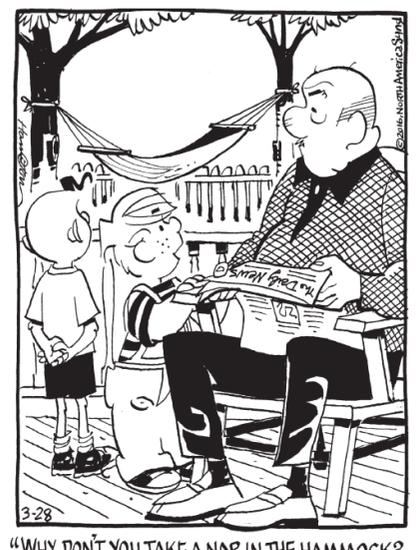
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



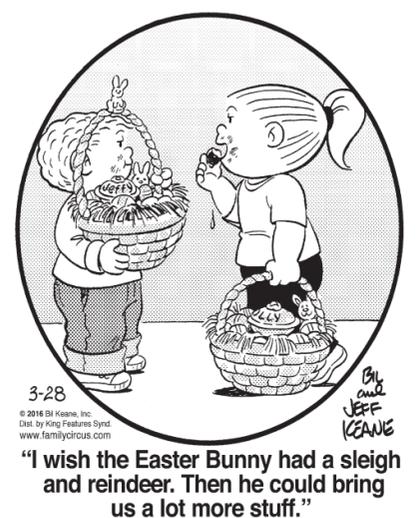
DENNIS THE MENACE by Hank Ketcham



HI & LOIS by Chance Browne



THE FAMILY CIRCUS by Bill Keane



HAGAR THE HORRIBLE by Chris Browne



JUMBLE

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

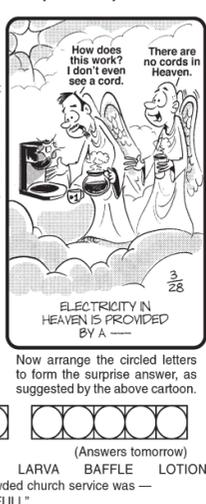
ROIRP
 EWLIH
 VERGLA
 CONHOP

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

(Answers tomorrow)

Saturday's Jumbles: HUMID LARVA BAFFLE LOTION
 Answer: The crowded church service was — "FAITH-FULL"

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



Best exercise is one you'll keep doing

Dear Dr. Roach: I am an overweight 68-year-old woman who wants to exercise. I would like to know what type of exercise I can do to help me lose weight. I am allergic to the chemicals in pools, so I cannot swim. Each knee has had a total replacement, leaving me with a limited range of motion, making it impossible to bend my knee enough to ride a bike. I am not sure what I can do. I was hoping you could help me with that. I can walk half a mile without losing my breath. I live on the second floor and always use the stairs, but I only use them two or three times a day. What type of exercise do you recommend? — *M.W.F.*

DR. KEITH ROACH TO YOUR GOOD HEALTH

and the more you will be able to walk and, I hope, the better you will feel. If walking all the time takes a toll on your knees, there are other options, including weightlifting, yoga and even chair exercises. However, losing weight requires changes to diet as well. They don't have to be big; often, just making one change can lead to a slow weight loss, such as giving up regular soda for diet or, better yet, water. Many people find that giving up sweets leads to a much easier time losing weight. I suggest you look honestly at your diet and find one thing you know you could do better on to start with.

Dear Dr. Roach: What is "early-onset dementia"? How does it contribute to death? Is there a time frame? — *D.R.*

Dementia is a progressive condition of loss of neurologic function, especially memory, judgment, movement and social interaction. Dementia usually begins slowly, and it may be hard to recognize at first, as opposed to delirium, which is a sudden, dramatic change in function usually associated with medical illness.

"Early-onset" means that the condition is recognized before the age of 65. Alzheimer's disease is the most common cause of early-onset dementia. In fact, years ago the term "Alzheimer's disease" was reserved for younger individuals, and we used the term "senile dementia" to describe what is the very same disease in older individuals.

Another common cause is vascular dementia, in which many small strokes lead to progressive loss of function

and is associated with smoking, cholesterol problems and high blood pressure. Frontotemporal dementia, formerly called Pick's disease, has two variants: one with prominent changes in behavior (bvFTD), and primary progressive aphasia, in which communication ability is the primary early manifestation. Other causes of early-onset dementia include alcohol-related dementia, the dementia associated with Parkinson's disease and Lewy body disease. There are many other less-common causes.

With such a large number of possibilities, I can't give you a timeline or prognosis. Some of these conditions progress more rapidly than the usual form of Alzheimer's. Death in someone with dementia usually is related to progressive neurologic dysfunction leading to frailty, nutrition problems and susceptibility to infection.

Bridge Somnolent play

Bridge
 by Frank Stewart

Our penny game starts at 1 p.m. Cy the Cynic slouched into the club at 12:50 looking like he had just gotten out of bed, which he had.

"If we were meant to pop out of bed in the morning," Cy says, "we would sleep in toasters."

Alas for Cy, it takes him a few deals to wake up, and every deal counts. Cy was declarer at 3NT after East had overcalled in spades. West led the queen of spades. East played the nine, and the Cynic took his king, led a heart to dummy and returned the ten of diamonds. Cy must have expected the finesse to win — East had bid — but West won and led his last spade. East took four spades for down one.

diamond, your partner responds one heart, you bid one spade and he tries 1NT. What do you say?

ANSWER: This decision is close. Your partner could be searching for a decent contract with only six or seven points, and if you try for game, you may get overboard. He could also have a sound nine points, and game might be a good proposition. If you're vulnerable, raise to 2NT.

North dealer
 N-S vulnerable

NORTH
 ♠ 10 5 3 2
 ♥ A K
 ♦ Q 10 9 8 4
 ♣ A K

WEST
 ♠ Q 6
 ♥ 6 5 3 2
 ♦ K 5 2
 ♣ 9 6 5 3

EAST
 ♠ A J 9 8 4
 ♥ 10 8 7 4
 ♦ 6
 ♣ Q J 10

SOUTH
 ♠ K 7
 ♥ Q J 9
 ♦ A J 7 3
 ♣ 8 7 4 2

North 1♦
 East 1♠
 South 2NT
 West Pass

Opening lead — ♠ Q

The Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- Lyricist
 - Hammerstein
 - Opposite of starboard
 - Old Testament prophet
 - Last of Scarlett
 - Increase
 - Titled lady
 - Realizable
 - Son of Judah
 - Delved (into)
 - "The Thomas Crown Affair" composer
 - Guinea fowl female
 - Shade source
 - 1943 penny metal
 - Cannibal
 - Permit to
 - Own up to
 - Winter runner
 - Quick on one's feet
 - Smallest possible
 - Observe
 - Reason
 - Obtuse
 - 2nd sight
 - Liver or kidney
 - Bowl-like shape
 - Lower jaw
 - Pueblo dwellers
 - Series starter
 - New York pro
 - Nation
 - Come into view
 - Grimm character
 - Center of an estate
 - "Havana" star Lena

Visit: ADailyCrossword.com

Saturday's Puzzle Solved

OBSERVATION DRAYER
 POURS INTO NAURU
 APPEALERS EILAT
 FRESCOIST
 AHS THROTTLES
 QUERNS URSINE
 UNPOPULAR CETA
 INTERFEROMETERS
 NIA MONOMANIA
 ASTRAY MORSEL
 SHEENIEST EST
 WINTERING
 LUNES ADENOIDAL
 EARLE PASTELIST
 READS ENSILAGED

- DOWN**
- Pizzazz
 - Divide up
 - Church code of laws
 - Graceful steed
 - Latest fad
 - Org. of Toms and Woods
 - Powerful sphere
 - with the punches
 - Pluck
 - Beautify
 - Using handcuffs
 - Arab sultanate
 - Broadcast
 - Perfect place
 - Fire opal
 - Cut down on
 - Gets by with less
 - Fail to make contact
 - Try
 - Neckwear accessory
 - Heavy grayish metal
 - Small salamander
 - Thistles and burrs
 - Fashion maven
 - Klensch
 - Prom goer
 - "Mephisto Waltz" star Alan
 - Forest ruminant
 - Region in northeastern China
 - Co-star of "Pretty Woman"
 - Aviator
 - Kind of market
 - In an upright position
 - River through Verdun
 - Lightened
 - Long lock
 - Aloof
 - Feast one's eyes upon
 - New Haven institution
 - I'm glad that's over!
 - Sit for a shot
 - Original
 - 10th mo.

Scrabble Solution

PAR SCORE 155-165
 BEST SCORE 237

RACK 4 = 63
 RACK 3 = 95
 RACK 2 = 14
 RACK 1 = 65

GRAMS SOLUTION

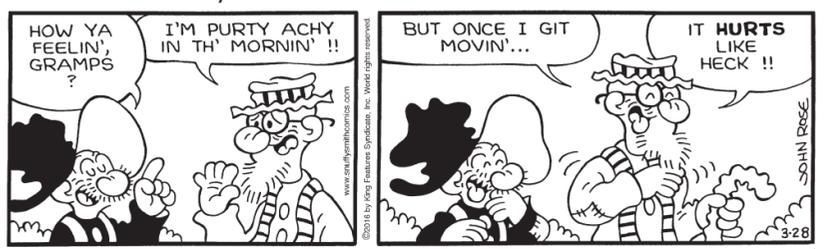
DAILY QUESTION

You hold: ♠ 10 5 3 2 ♥ A K
 ♦ Q 10 9 8 4 ♣ A K. You open one

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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