

SCRABBLE®

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RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 155-165

BEST SCORE 233

FOUR RACK TOTAL

TIME LIMIT: 20 MIN

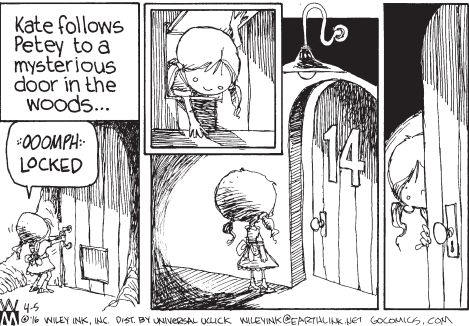
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary 5th Edition.

Answer below

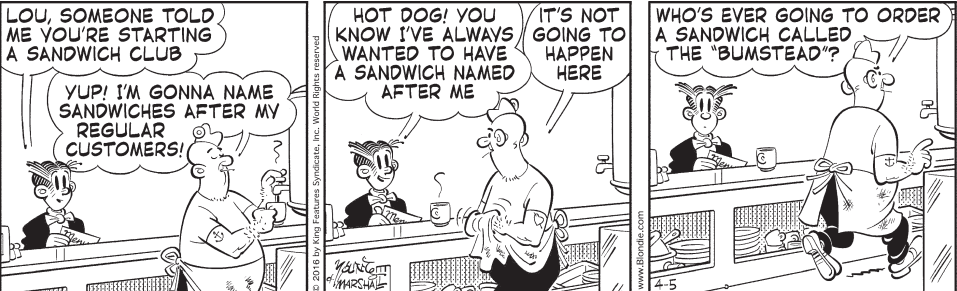
For more information on tournaments and clubs, email NASPA - North American SCRABBLE® Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrags@gmail.com.

04-05

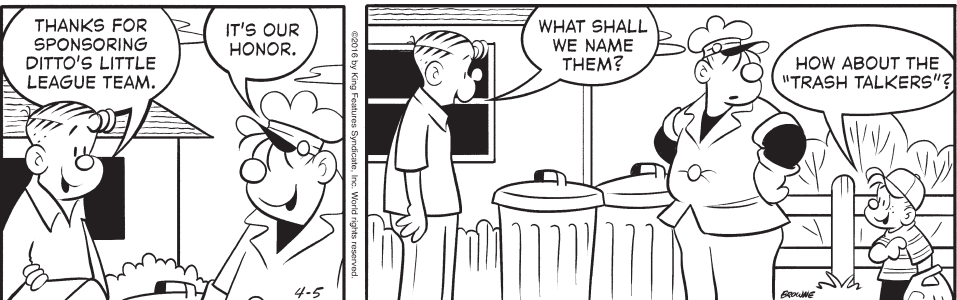
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



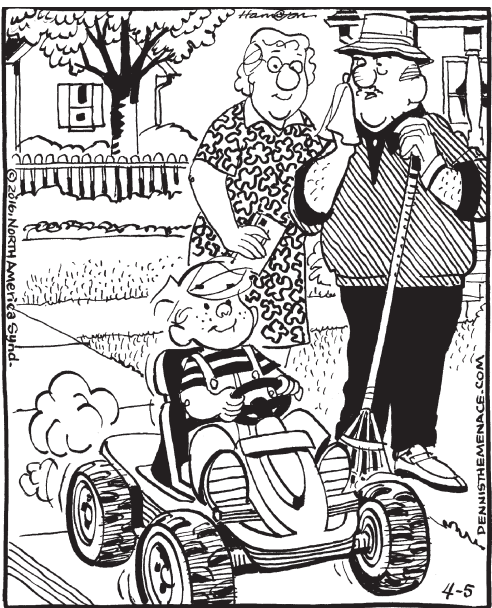
HI & LOIS by Chance Browne



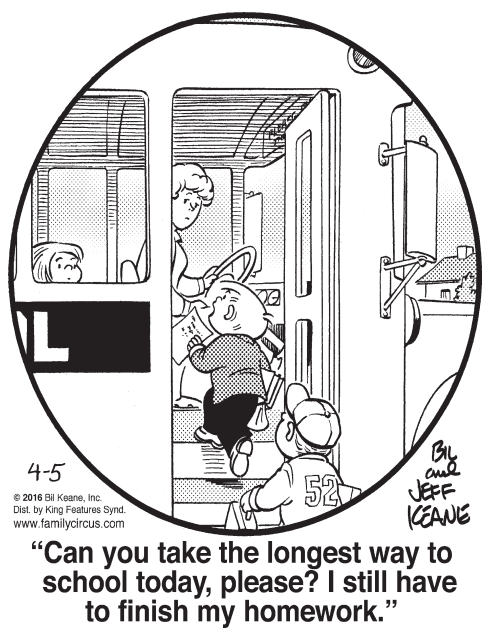
HAGAR THE HORRIBLE by Chris Browne



DENNIS THE MENACE by Hank Ketcham



THE FAMILY CIRCUS by Bil Keane



JUMBLE

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

SUDEO

BEKOR

GAMEAD

FREEBO

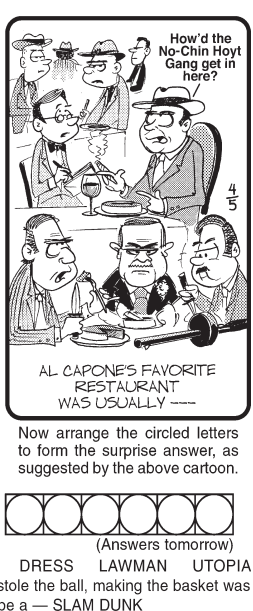
Print your answer here:

(Answers tomorrow)

Yesterday's Jumbles: MURKY DRESS LAWMAN UTOPIA

Answer: After he stole the ball, making the basket was going to be a — SLAM DUNK

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



PRP injections may be future therapy

Dear Dr. Roach: My mother is in her mid-60s and was diagnosed with osteoarthritis of the thumb last year. She is in good health. Conventional treatment thus far has consisted of multiple injections of triamcinolone and lidocaine coupled with splinting, as well as six sessions of physical therapy. Medications taken without relief were meloxicam, Limbrel and aspirin. Surgery has been discussed. Mom does not want to have surgery, and has tried the following: curcumin, turmeric, bone broth and 13 sessions of low level laser therapy. Now Mom is considering therapy with platelet-rich plasma by an orthopedic doctor. The therapy costs \$1,200 and is not covered by insurance. There is a list of supplements to be taken in conjunction with the PRP. The literature distributed by the doctor during his seminar — which Mom dragged me to — sounds

DR. KEITH ROACH TO YOUR GOOD HEALTH

impressive; however, I'm concerned that Mom could be taking a precarious step with this treatment and procedure. What is your take on PRP for treatment of osteoarthritis? — C.D.

More trials and reviews have been published on platelet-rich plasma injections since the last time I commented on it. Obtaining PRP involves drawing the patient's own blood and separating out various components of platelets, serum proteins and sometimes white blood cells (there are several protocols). PRP injections continue to show promise in several conditions; but specifically for degenerative arthritis, most studies have shown a benefit. However, the benefit might not be lasting, with several

studies suggesting the benefit will last about one year. Further, PRP may be most useful in younger people with early disease.

The fact that it is not covered by insurance reflects the early stage status of this therapy. The procedure appears safe, and the biggest risk probably is to her pocketbook. Several readers have written to me about their experiences, and most were favorable. I believe that PRP will become a more commonly used therapy, and that U.S. insurance companies eventually will start covering it. However, I personally am fairly conservative when it comes to adopting new treatments, and I would like to see additional studies on the long-term effectiveness and safety of PRP injections before recommending them in general.

Dear Dr. Roach: I am a 33-year-old man. I started feeling twitches in the left side

of my chest. My family has a history of high blood pressure. I'm on medication for it. I had an anxiety attack back in October. An EKG was performed, and my heart rate was normal. Could it have changed? — Anon.

The likelihood that a twitching sensation represents heart disease in a 33-year-old is very, very small. Anxiety attacks certainly can cause a variety of chest symptoms. Still, I think it's a good idea to regularly see your doctor who is prescribing the high blood pressure medicine. In my experience, people with anxiety do better with regular checkups. Certainly an EKG may change (even a glass of ice water can make the EKG look different over a few minutes), but the best evaluation remains a concerned provider who will listen to your history, do a thorough exam, and perform only the necessary tests.

Bridge

by Frank Stewart

Be not discouraged

When you begin bridge, you have much to learn. (After 50 years, I learn something every time I play.) You will often fall short, but perseverance is a quality of a winning player. Let failure be your teacher, not your undertaker.

At 3NT, South takes the ace of hearts, cashes the king of diamonds and leads a diamond to his jack. Good news, bad news. The finesse wins, but West discards. South can't return to dummy for a second finesse and has little other chance for a ninth trick. He goes down one.

clubs. Partner next bids three hearts. What do you say?

ANSWER: Your partner is trying for game and has "bid out his pattern" so you can tell whether you have useful values. He has 1-3-5-4 or 0-4-5-4 shape. Since you have only a wasted jack in spades, jump aggressively to five clubs. Partner may hold 2, K Q 5, A 10 7 5 2, A Q 5 3.

South dealer  
Both sides vulnerable

NORTH  
♠ J 9 5 3  
♥ A  
♦ K 6 3  
♣ J 9 7 4 2

WEST  
♠ 10 4 2  
♥ Q 10 7 6 4  
♦ 9  
♣ K Q 5 3

EAST  
♠ K Q 7  
♥ J 9 5 3  
♦ Q 8 7 5  
♣ 10 8

SOUTH  
♠ A 8 6  
♥ K 8 2  
♦ A J 10 4 2  
♣ A 6

South 1 NT  
West Pass  
North 2 ♣  
East Pass

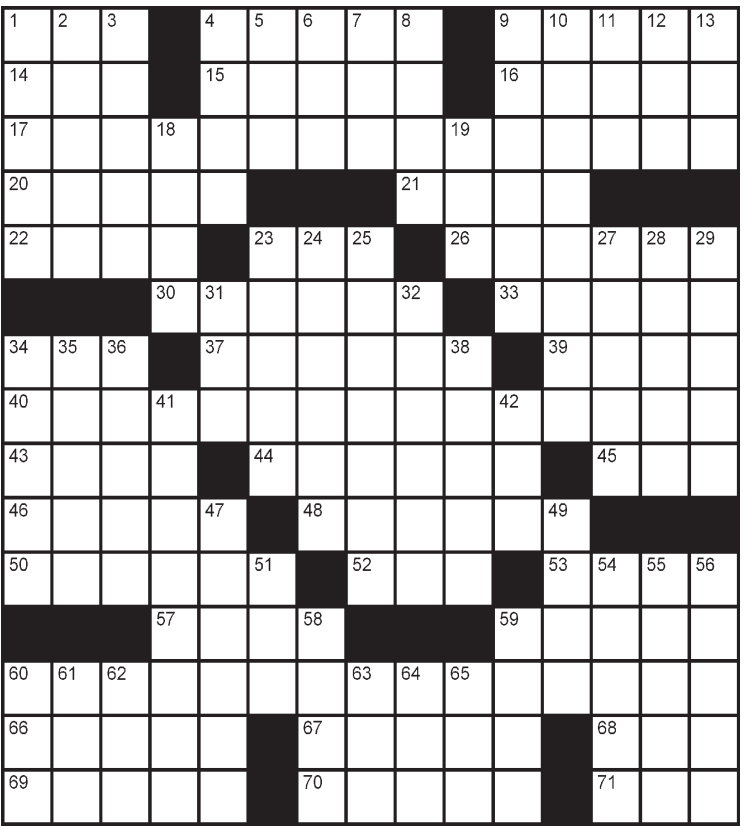
Opening lead — ♥ 6

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Tartan topper
- Dot-com letters
- Discompose
- Thurman of "Pulp Fiction"
- Mediterranean island
- Composer Blake
- Hit by the Four Seasons
- TV's Mr. Grant
- Piano-violin piece, e.g.
- Pillow cover
- Calendar abbr.
- del Fuego
- Low tracts
- Paint additive
- Dined
- One making amends
- Involved in
- "Mary Poppins" extras
- Sci-fi award
- Go by again
- Shad delicacy
- Signs of what's to come
- Turned-down corner
- Conan or Pat
- Holiday in Hanai
- Fairy-tale baddie
- William Howard or Robert
- Propelled a shell
- Quality of being deliberately unhelpful
- Mother-of-pearl



Visit: ADailyCrossword.com

- Reef base
- the line
- Umbel family plant

- Theater focal point
- Hole puncher

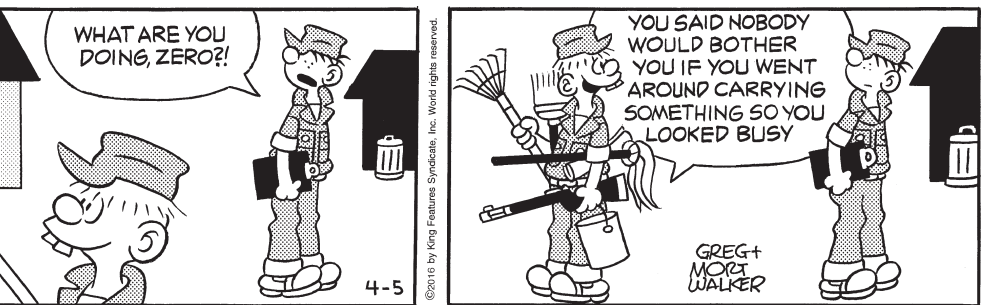
DOWN

- Big brass
- Pennsylvania Anabaptists
- cum laude
- Bahrain ruler
- Do damage to
- Every last one
- "a Wonderful World"
- "Shane" star
- Epic by Virgil
- Brown-nose
- Easy letters?
- Letter starter
- Informal greeting
- Birthstones
- Not in the running
- Grade-B western
- Supplied to excess
- \$10
- Even more mature
- Fashionably old-fashioned
- Cropped up
- Pale-faced
- Waste matter
- Allergy-season sound
- Opposable digit
- Trevelyan novel, "The Sanction"
- Turn counter back to zero
- Computer screens
- NASA's ISS partner
- Navy construction worker
- Reddish brown horse
- Giants and Titans org.
- Ms. Garbo
- Plant new seeds
- Short-lived Ford
- Nervous twitches
- Feast the eyes on
- Genetic letters
- Writer Fleming
- H.S. class
- Came down with
- Nest-egg letters
- Scold constantly

Scrabble Solution

PAR SCORE 155-165	88	70	13	62
RACK 4 =	RACK 3 =	RACK 2 =	RACK 1 =	
E	L	E	F	
V	A	M	R	
O	B	O	B	
I	R	O	E	
M	A	M	E	
H	O	M	E	
R	E	B	E	
F	R	E	E	

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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

Difficulty Level ★