

SCRABBLE®

G2R1A1M3S1

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A1E1I1L1M3M3D2

A1A1E1M3H4Z10T1

I1U1B3H4T1M3S1

E1E1I1S1F4L1S1

RACK 1

RACK 2

RACK 3

RACK 4

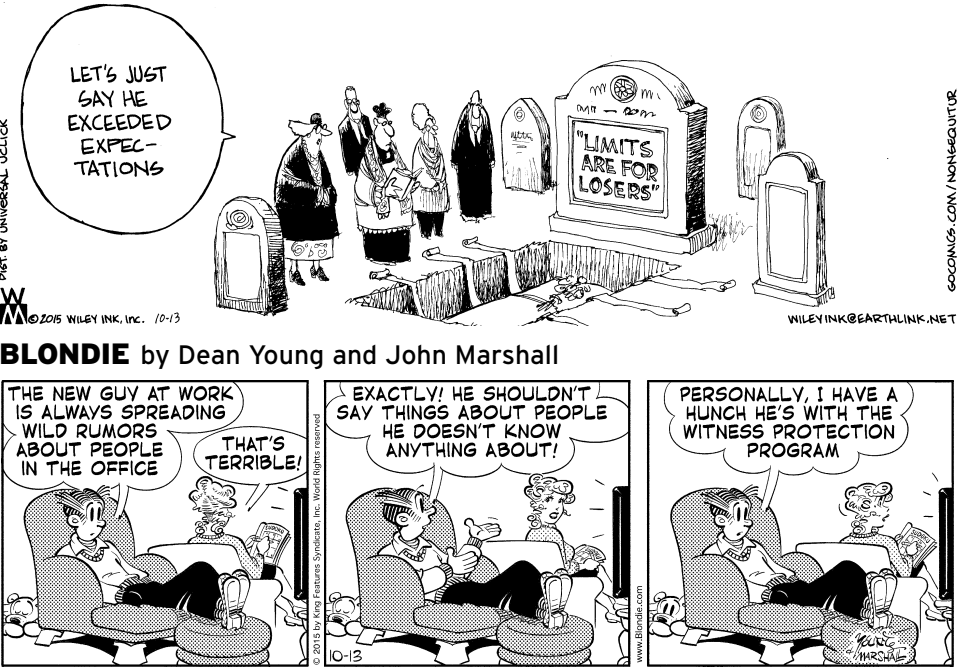
PAR SCORE 165-175
BEST SCORE 244

FOUR RACK TOTAL
TIME LIMIT: 20 MIN

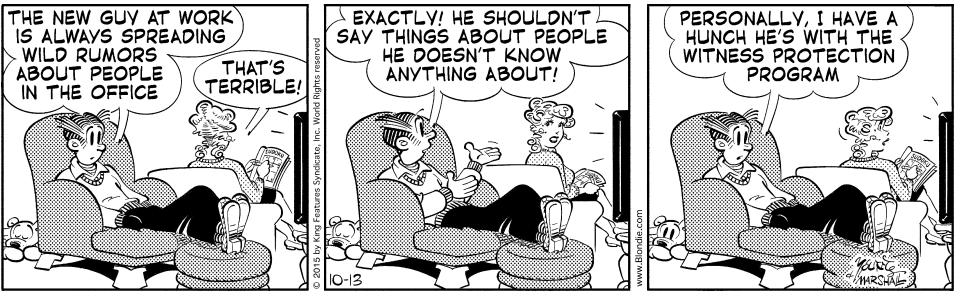
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

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

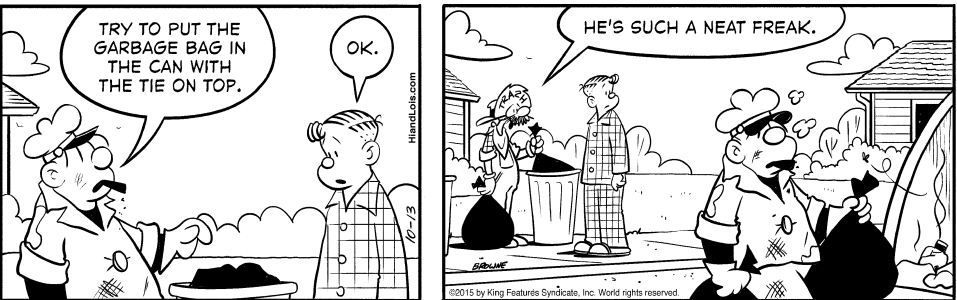
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



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.

GRETI

FEHTT

OKERIO

LETOTU

Check out the new, free JUST JUMBLE app

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

Answer here: (Answers tomorrow)

Yesterday's Jumbles: HOIST METAL GOALIE NIMBLE
Answer: The retired army general tried to lose weight, but it was a — LOSING BATTLE

Chronic cough can have many causes

Dear Dr. Roach: My doctor put me on atenolol for occasional racing-heart incidents: In the past five or so years, I've experienced only three or four such incidents a year, lasting five to 15 minutes each time.

I also have had a cough for years. I have had lung X-rays, a medication trial for asthma and an endoscopy to check for esophageal cancer; none of these panned out. Antihistamines help a little, as do cough drops, but I still cough all the time.

Finally, I saw a new ENT who said it was acid reflux and started me on pantoprazole 40 mg twice a day for a month, then once a day after that.

It worked! I was so excited that my cough was finally subsiding! But it came with a price: I was having the heart-racing episodes now at least twice a week.

My doctor was skeptical

DR. KEITH ROACH
TO YOUR GOOD HEALTH

that the pantoprazole was causing this, but he changed to another such drug to take once a day.

After starting the new drug, I had two racing-heart problems in one week that lasted 45-60 minutes!

I knew it had to be the acid-reflux drugs, so I quit taking it. That was in February, and I have not had a single heart-racing problem since. I still take the atenolol once a day. I simply cannot take a chance with my heart, yet I know I have to get rid of this cough, which must be from acid reflux. I'm afraid of getting esophageal cancer, too. Help! — M.A.S.

Chronic cough can have many causes, but the majority of people will have one of only three: post-nasal drip,

asthma or gastroesophageal reflux disease. It's not uncommon to have some components of more than one.

A trial of medication, such as the antihistamine, asthma inhaler and proton pump inhibitor, like omeprazole or pantoprazole, often is done.

Since you had dramatic improvement with pantoprazole, it's likely that GERD is the major cause of the cough.

But exacerbations of the heart rate are a known side effect of pantoprazole, and it might be due to magnesium deficiency. This can be tested by your doctor; alternatively, you could ask your doctor about a magnesium supplement to see if that prevents the fast heart rate you experience with pantoprazole.

However, using a medicine to counteract a different medicine's side effect might not be the best way to handle it. Nonpharmacological treatments, including diet (avoid-

ing excess fat, caffeine, chocolate, carbonated beverages, peppermint and spicy food), lifestyle (no food three hours before bed, raising the head of your bed) and weight loss, if appropriate, can be effective without the risk of medication side effects.

Avoid tight clothing, quit smoking, chew gum and practice breathing exercises, as these also can help.

If medicines are still necessary, the H2 blockers, like ranitidine (Zantac) and famotidine (Pepcid), are as effective in some people as the PPIs.

The booklet on heartburn explains this common disorder. Readers can obtain a copy by writing: Dr. Roach Book No. 501, 628 Virginia Dr., Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

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Bridge

by Frank Stewart

Losing tricks

It's no fun to lose, unless maybe you're battling temptation. But you must realize that some of your finesses will lose. The idea is to lose them at the right moment.

At four hearts, South ruffed the second spade and drew trumps. He led the queen of clubs to finesse, and East took the king and led another spade, forcing out South's last trump.

Declarer next led a club to dummy and let the nine of diamonds ride. When that finesse lost also, West cashed two spades.

South was unlucky to lose two finesses but could still make game if he lost them at the right time. After South ruffs the second spade, he can draw trumps ending in dummy and finesse in diamonds. West's overall showed long spades, and if South must lose a finesse to West, he must do so before West has cashable spades.

West takes the king of diamonds and forces with a spade, but when South finesses in clubs next, East has no spade to lead. South can win East's return and take his 10 winners.

spade, you bid two diamonds and he tries three clubs. What do you say?

ANSWER: You have too much extra strength to sign off at 3NT. Your partner would pass that with a hand such as A Q 6 4, Q 4, 7 6 5, A K 7 6. Bid three hearts, suggesting a six-card or strong five-card suit. If partner bids 3NT next, raise to 4NT as a "quantitative" try for a notrump slam.

South dealer
Both sides vulnerable

NORTH
♠ 9 7 5 2
♥ Q 9 8
♦ Q 9 8
♣ A 8 7

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

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

SOUTH
♠ J
♥ A K J 10 5
♦ A J 10 4
♣ Q J 10

South 1 ♥
West 1 ♠
North 2 ♥
East Pass

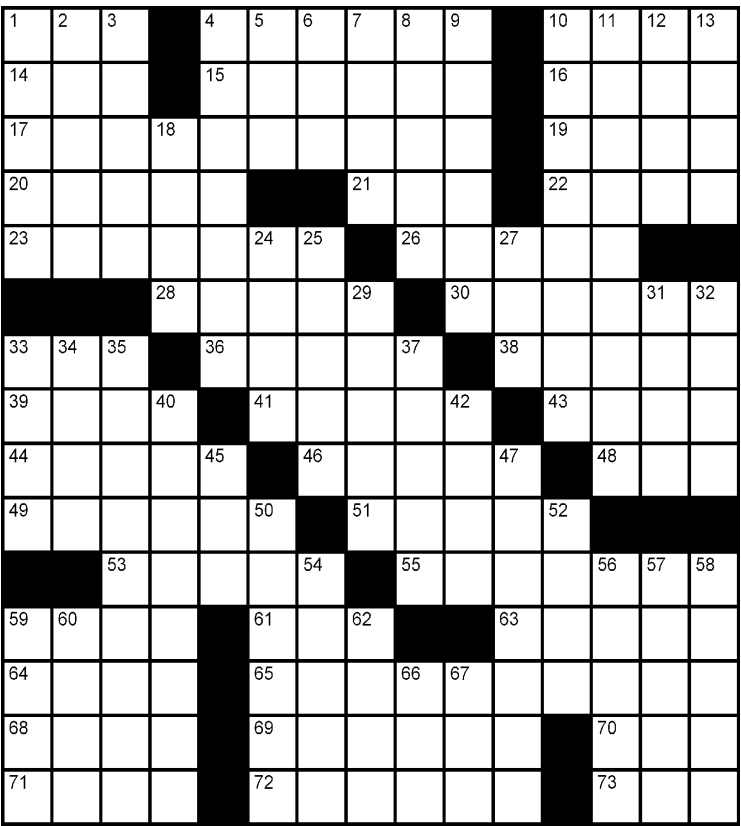
Opening lead — ♠ K

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

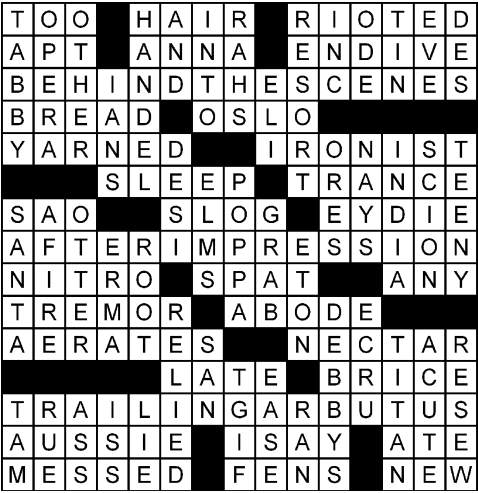
- Pompous individual
- At the same time
- Terrestrial newts
- Quieting sound
- Scotto or Tebaldi, e.g.
- Type of lily
- Giveaway
- Anatomical network
- Entomb
- Very small landmass
- majesty
- Superlatively shrewd
- Yuletide song
- Treble sign
- Change grave sites
- Whit
- Eucalyptus eater
- Salami variety
- Japanese salad ingredients
- Inaccurate
- Old English bard
- Flora and fauna
- Republic on the Nile
- Gilbert and Sullivan's "— Pinafore"
- Low clouds
- Small combos
- :S:
- Ships' flags
- One of the Simpsons
- Kimono accessory
- Snow abode
- Kuwaiti ruler



Visit: ADailyCrossword.com

10/13

Yesterday's Puzzle Solved

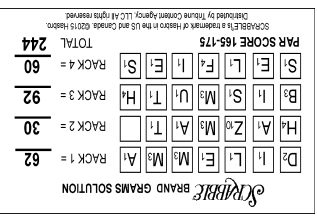


DOWN

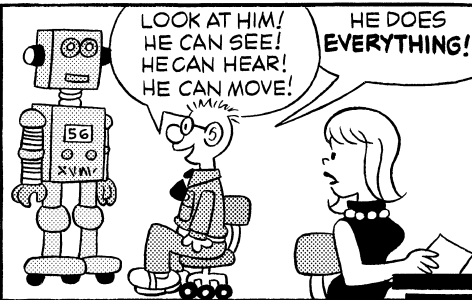
- Savory meat gelatin
- Journalist Alexander
- Doubtful gesture
- Old World woodpecker
- Playboy honcho, to pals
- Actress Balin
- Hot flower?
- Unemotional
- Fish sauce
- Locations for rings
- Giveaway
- Sounds of mild reproof
- Pirate in Neverland
- H.S. math class
- Apply brakes
- Indications of sorrow
- Abbreviation on a gas pump

- Treat with contemptuous disregard
- Space
- Jabbers
- Vats
- Miner's entrance
- Giveaway
- Composer Previn
- Sci-fi classic
- Acquire
- Took lunch
- Queen of the busybodies
- Line on a weather map
- Exhale audibly
- Dwelling
- Sharon of "Cagney & Lacey"
- Wyle and Gordon
- Fizzy drinks
- One Truman
- Nice friend?
- Yeah, sure
- Athlete's deg.
- Some linemen: abbr.

Scrabble Solution



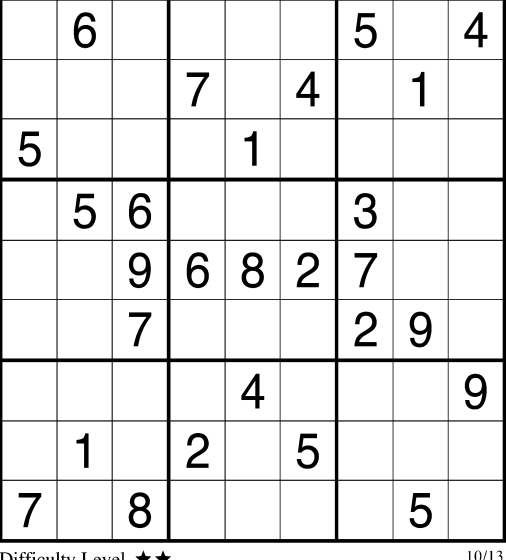
BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



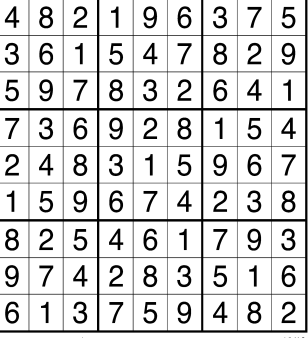
Conceptis Sudoku



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 ★