

SCRABBLE®  
TM BRAND

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A1O1U1W1D1R1P1

RACK 1

A1U1Y1G1L1D1B1

RACK 2

3rd Letter Triple

A1A1R1R1D1W1B1

RACK 3

Double Word Score

A1O1U1D1T1S1N1

RACK 4

PAR SCORE 150-160  
BEST SCORE 214

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.

10-26

NON SEQUITUR by Wiley

OBJECTION!  
THEIR FACTS  
ARE UNDER-  
MINING MY  
EVASIONS  
AND  
INNUENDOS

WHY HONESTY  
ISN'T ALWAYS  
THE BEST POLICY

WILEY INK®/EARTH LINK.NET

BLONDIE by Dean Young and John Marshall

I RAN INTO  
NAOMI WINDERBACK  
AND SHE SAID TO  
GIVE YOU HER  
BEST

SHE'S THE  
BIGGEST  
GOSSIP  
I KNOW!

SHE SEEMS TO KNOW  
EVERYBODY'S BUSINESS  
IN TOWN!

DID SHE SAY  
ANYTHING ELSE?

www.blondie.com

DENNIS THE MENACE by Hank Ketcham

COME ON, DAD... YOU JOG AT THE SAME  
SPEED MOM WALKS."

PENULTIMATEMENACE.COM

JUMBLE

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

BIHAT

KRIHE

ACCELK

TOLBET

Print your answer here:

(Answers tomorrow)

Saturday's Jumbles: ABIDE HEFTY EMBLEM DISMAL  
Answer: When it came to buying weather stripping, the fact that it was on sale — SEALED THE DEAL

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

We really need to get together soon.

Looks like you're going to have company on the way home.

THE MOTHER BIRD TRANSPORTED HER EGGS IN A —

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

HI & LOIS by Chance Browne

WE GOT A NEW PHONE BOOK.

WHAT DID YOU DO WITH THE OLD ONE?

TRIXIE IS RECYCLING IT... ONE PAGE AT A TIME.

RIP!

HAGAR THE HORRIBLE by Chris Browne

IT WOULD BE MORE POLITE IF WE RANG THE BELL!

YOU MAY BE RIGHT...

MEN! AIM FOR THE DOORBELL!

10-26

THE FAMILY CIRCUS by Bil Keane

"The two places we know we're always welcome are church and Grandma's house."

Bil and Jeff KEANE

# Solutions for reactive blood pressure

Dear Dr. Roach: I am sensitive to blood pressure machines. Whether on my wrist, arm or leg, they hurt, and my blood pressure goes up. This has resulted recently in a dentist not wishing to extract a tooth because her machine measured my pressure at 190/98. A few years ago, prior to minor surgery, the machine got a similar result. They tried to inject me with something to bring it down, and it went down alarmingly low. During visits to my primary-care physician, my pressure is consistently around 138/82. An old-fashioned cuff is used, and is gently and slowly pumped up. I feel I am at risk of medics misunderstanding this and refusing treatment or overreacting. What can I do? — R.W.G.

## DR. KEITH ROACH TO YOUR GOOD HEALTH

higher. It sometimes can be very difficult to know whether the blood pressure is really elevated or whether it is reactive hypertension (also called “white-coat hypertension”). In your case, the easiest solution seems like asking to have an old-fashioned manual blood pressure draw by a trained clinician who can gently and accurately take your pressure. You also need to warn the other clinicians besides your PCP that automated blood pressure cuffs have this effect.

As a primary-care doctor, I often have to decide whether the elevations in blood pressure are reactive to the situation, so I routinely recommend checking the blood pressure at home several times weekly between visits. There are automated blood pressure

devices you wear for 24 hours, which take the blood pressure every 15 minutes or so. Many people react poorly initially but, after a few hours, don't even notice when the device inflates. Occasionally I have to resort to looking for signs of damage to the heart or blood vessels of the eye to determine whether the reactive blood pressure needs to be treated.

Dear Dr. Roach: A recent column responded to a person questioning why he or she felt an increased need to urinate after spending 30 minutes immersed in water, plus asking if water might be absorbed through the skin. Your answer missed the mark. The phenomenon is known as immersion diuresis, or pressure-induced diuresis. In laymen's terms, when we immerse ourselves in water, the blood retreats from the limbs back to the torso. The body interprets this

as too much fluid, so it signals the kidneys to get rid of any excess fluid. The temperature of the water affects our bodies the same way: The cooler the water, the more the blood retreats from the limbs to the torso. The bladder fills, and the urge to urinate comes upon us. Divers find this a common occurrence. Those of us in the aquatic exercise business typically limit class times to about 45 minutes to avoid the problem of class participants peeing in the pool! Upon occasion, I have measured ankle circumferences before and after aquatic exercise classes and have witnessed as much as a half-inch reduction in circumference when exiting the water. — A.A.

Thank you for writing in. Several people have written to confirm this phenomenon. I had thought this would be more likely in divers than in swimmers.

## Bridge by Frank Stewart

# Parting company

Some players might admit that the best part of their game is being dummy. But it's the worst part for Cy the Cynic. He expects all his partners to goof.

When Cy was North in a penny game, West led a diamond at the second trick. South won, ruffed a diamond and led a trump to the queen. East took the king and returned a diamond. South threw a heart, won in dummy and drew trumps. He led a heart to his queen, but East got two heart tricks. The result was down one, and the Cynic was frustrated and showed it.

“A fool and my money are soon parted,” Cy grumbled.

vulnerable, you open three clubs. The next player bids three spades, your partner doubles and the player at your right passes. What do you say?

ANSWER: Partner's double is for penalty. He promises to beat three spades, and though your preempt promised no sure defensive tricks, you have the A-K of your suit. Pass and expect a big profit. To run to four clubs would be a breach of partnership trust.

West dealer  
N-S vulnerable

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

WEST  
♠ 8  
♥ 10 2  
♦ J 7 2  
♣ A K 10 8 7 6 5

EAST  
♠ K J  
♥ A J 9 6  
♦ Q 9 8 6 5  
♣ 4 2

SOUTH  
♠ 10 9 6 4 3  
♥ Q 8 7 3  
♦ 4  
♣ J 9 3

West North East South  
3 ♣ Dbl Pass 3 ♣  
Pass 4 ♣ All Pass

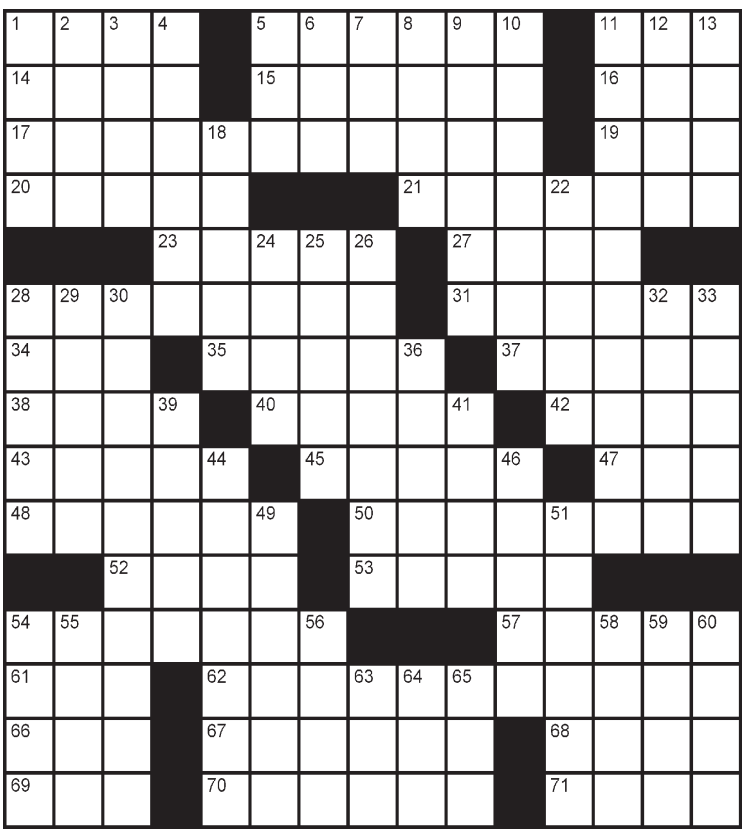
Opening lead — ♣ K

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## The Daily Crossword Edited by Wayne Robert Williams

### ACROSS

- Public auction
- Sites for fights
- Cry out loud
- Algerian port
- Damage severely
- Can. province
- Womanizer
- Vase with a foot
- Grouchy Muppet
- Tree-hugger, of a sort
- Trait carriers
- Silently ill-humored
- Guaranteed
- Capital on the Colorado
- Title role for Will Smith
- Job duration
- Rho-tau separator
- Standard
- Steep slope
- Holes in greens
- In first place
- Porkers' pads
- Trawling device
- Political platform promise
- Furtively
- Diva's time to shine
- Already up and about
- Superlatively concise
- Worldly-wise
- Bubble stuff
- Blouses with buttons down the



Visit: [ADailyCrossword.com](http://ADailyCrossword.com)

10/26

- “One \_\_\_ Beyond”
- Because of
- Tasteful
- Word before hall or house

- Forum figure
- Lord's house
- In seclusion
- Subsistence landowner
- Urge forward
- Yucky
- “Lemon Tree” singer
- Lopez
- Othello and others
- Cats and cockatoos, e.g.
- Catholic clerics
- Queen of the Bible
- Five iron, formerly
- Sign up
- End-of-the-week cheer
- Continental dollar
- Prevailing trend
- Regarding
- Mishmash entree
- Games channel's letters
- Periphery
- Part of AT&T
- Subtly humorous

### DOWN

- Fair to middling
- Large, commodious boats
- Non-cleric
- Infuriate
- Javelin's flight path
- Cheerleader's call
- Uncle Tom's charge
- Shuttle launcher
- Committee's to-do list
- Grave
- Water pistols
- Couple's pronoun
- Inclination
- Hank of hair
- “\_\_\_ of the Heart”
- Off one's rocker
- Severeid and Clapton

### Saturday's Puzzle Solved

M	A	D	E	A	S	T	A	B	A	T	S	A	M
C	L	E	F	T	P	A	L	A	T	E	T	R	U
P	E	R	F	E	C	T	I	B	L	E	R	E	T
H	U	R	S	A	S	S	O	N	S	I	T	E	
A	T	I	L	T			S	N	A	P	P	E	R
T	I	N	E		S	C	R	A	G	G	Y		
T	A	G	S		A	R	A	B	L	E		P	A
E	N	D	S		N	E	L	L	A		A	L	D
R	S	O		S	T	E	L	E	S		C	U	D
					A	N	A	L	Y	S	T	C	R
M	U	S	L	I	M	S					S	T	A
O	R	T	E	G	A		E	L	E	M		L	I
T	A	O		G	R	A	V	I	T	A	T	I	V
E	L	K		L	I	B	E	R	A	L	I	Z	E
S	S	E		E	A	R	N	E	S	T	N	E	S

10-25

## Scrabble Solution

PAR SCORE 150-160	10-26
TOTAL 214	
RACK 4 = 58	
RACK 3 = 76	
RACK 2 = 68	
RACK 1 = 12	

### DAILY QUESTION

You hold: ♠ 8 ♥ 10 2 ♦ J 7 2  
♣ A K 10 8 7 6 5. With both sides

## BEETLE BAILEY by Mort Walker



## SNUFFY SMITH by Fred Lasswell



## Conceptis Sudoku

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

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

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

Difficulty Level ★★