

**SCRABBLE**™ (HASBRO)  
 SCRABBLE™ is a trademark of Hasbro in the US and Canada. ©2015 Hasbro. Distributed by Tribune Content Agency, LLC. All rights reserved.

G<sub>4</sub> R<sub>1</sub> A<sub>1</sub> M<sub>3</sub> S<sub>1</sub>  
 A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> R<sub>1</sub> S<sub>1</sub> W<sub>4</sub> K<sub>5</sub> Triple Word Score RACK 1  
 E<sub>1</sub> U<sub>1</sub> R<sub>1</sub> R<sub>1</sub> T<sub>1</sub> P<sub>3</sub> B<sub>3</sub> RACK 2  
 A<sub>1</sub> O<sub>1</sub> Y<sub>4</sub> W<sub>4</sub> T<sub>1</sub> R<sub>1</sub> D<sub>2</sub> RACK 3  
 E<sub>1</sub> O<sub>1</sub> H<sub>4</sub> D<sub>3</sub> T<sub>1</sub> Z<sub>0</sub> N<sub>1</sub> 3rd Letter Double RACK 4

PAR SCORE 165-175 FOUR RACK TOTAL  
 BEST SCORE 246 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



**HI & LOIS** by Chance Browne



**HAGAR THE HORRIBLE** by Chris Browne



**DENNIS THE MENACE** by Hank Ketcham



**THE FAMILY CIRCUS** by Bill Keane



**JUMBLE**

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

CEYDA  
 LEPSL  
 TRRIWE  
 GNURHY

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: HABIT HIKER CACKLE BOTTLE  
 Answer: The mother bird transported her eggs in a HATCHBACK

**Prednisone dose causing lack of sleep**

**Dear Dr. Roach:** I have a medical condition that currently requires me to take 60 mg of prednisone per day, resulting in insomnia. I get approximately five hours of sleep per night. Sometimes I'm able to take a one-hour nap in the afternoon. Is there anything I can do to reduce the insomnia? — M.H.S.

Prednisone is a powerful anti-inflammatory and immune-system suppressor that is used for many conditions. It can cause some degree of insomnia in 50 to 70 percent of those who take it, but the higher the dose, the more likely the insomnia. It sounds like crazy advice, but many of my patients have had luck following my recommendation to take the prednisone immediately before bedtime. Prednisone takes time to

**DR. KEITH ROACH TO YOUR GOOD HEALTH**

work, and some people are able to fall asleep before the effects of the medicine kick in. Unfortunately, others have medical conditions that require them to take prednisone twice daily. This is more effective, but it's more likely to cause side effects, including insomnia. Although I often have recommended against the use of sleep aids, medications are necessary in some people with insomnia due to prednisone. Before resorting to prescription medications, I will give the usual advice for anyone with insomnia: Avoid bright lights, computers, televisions and tablets for a few hours before bed; use the bed only for sleeping, and if you are unable to sleep, get out of bed.

I also recommend some simple and usually safe over-the-counter treatments such as melatonin or chamomile. These are, unfortunately, often ineffective, but they may be worth a try.

**Dear Dr. Roach:** My 65-year-old uncle had surgery and many chemo treatments for liver cancer, which he had three years ago. It has relapsed. Besides incontinence, he is becoming confused, and is disoriented at times. Are these the signs of approaching death? Should he be in hospice care? — R.I.

I am sorry to hear about your uncle. Confusion and incontinence can be symptoms of many different medical problems common in people with cancer, and can be due to the cancer, to its treatment or unrelated. I would be very worried

about increased intracranial pressure, suggestive of metastatic disease to the brain. However, these symptoms are not uncommon in people near the end of life from cancer without specific, identifiable causes. Medications probably are the most important reversible cause of confusion, and should be carefully evaluated for effectiveness and side effects. As far as hospice care goes, your uncle or his proxy needs to understand the implications of hospice care. Hospice means that the goals of treatment have switched to being primarily about improving his quality of life, rather than lengthening it. I am a strong proponent of hospice care, and have found that referrals to hospice care are made much later than is optimal for many patients and their family members.

**Bridge** by Frank Stewart

**Gearing up**

Cy the Cynic says that life is like riding a 10-speed bicycle. Most of us have gears we never use. Against today's four spades, West led the queen of hearts and continued with the jack. (A club shift, hard to find, might have been best.) South ruffed and led a trump to dummy's ace, groaning when East discarded. South then took the K-Q of trumps and led the jack of diamonds for a finesse. East produced the queen and shifted to a club. Declarer took the ace and tried to discard his losing club on a high diamond, but West ruffed the third diamond and cashed a club. Down one.

**NORTH**  
 ♠ A 4  
 ♥ K 7 6 4  
 ♦ AK 8 7  
 ♣ A 9 2

**WEST**  
 ♠ J 9 6 3  
 ♥ Q J 10  
 ♦ 5 3  
 ♣ K J 6 5

**EAST**  
 ♠ None  
 ♥ A 9 8 5 2  
 ♦ Q 6 4 2  
 ♣ Q 10 8 3

**SOUTH**  
 ♠ K Q 10 8 7 5 2  
 ♥ 3  
 ♦ J 10 9  
 ♣ 7 4

North 1 ♣ East Pass South 1 ♠ West Pass  
 2 NT Pass 4 ♠ All Pass

You hold: ♠ None ♥ A 9 8 5 2  
 ♦ Q 6 4 2 ♣ Q 10 8 3. Your partner opens one heart. The next player

Opening lead — ♥ Q

© 2015 Tribune Content Agency, LLC

**The Daily Crossword** Edited by Wayne Robert Williams

- ACROSS**
- "St. \_\_\_ Fire"
  - Switch position
  - Crime syndicate
  - Well-muscled
  - Car grille protector
  - Bedeck
  - Romantic entertainer
  - Ticked off
  - Khartoum populace
  - Wildly out of control
  - Director Spike
  - More repellantly fat
  - Hollywood swimmer Williams
  - Succumb to worry
  - Now \_\_\_ seen it all!
  - Satchel Paige's given name
  - Entreaties
  - Fisherman's profit?
  - At the pinnacle
  - Tunes for two
  - Shrek, for one
  - Second person
  - Divided country
  - Shot in the dark
  - Small lump
  - Flock females
  - Babbling bird
  - Display piece
  - New Testament bk.
  - Contradict
  - Brief summary
  - Like a hermit
  - Nightclub entertainer

Visit: [ADailyCrossword.com](http://ADailyCrossword.com) 10/27

- DOWN**
- Recedes
  - Hawaiian feast
  - Balmy
  - Clay cooking pot
  - Cup of the NHL
  - Corpulent
  - At large
  - Much removed
  - Burrowing rodents
  - So long, senorita
  - Traditional entertainer
  - Acrimony
  - "Pride \_\_\_ Prejudice"
  - Stag, doe and fawn
  - Vicinities
  - Actress Scacchi
  - Howard of "Happy Days"
  - Drop-leaf piece
  - Marsh bird
  - OK
  - Industrial city on the Ruhr
  - Very, very
  - Send back to the labs
  - Comic Boosler
  - Display for exhibition
  - Traveling entertainer
  - '50s dance
  - Runs away
  - Blender button
  - Wedding present?
  - A part of us
  - Most avid
  - Old French dance
  - Oscar winner Sean
  - Literary category
  - Robert and Meg
  - Loafer or pump
  - Pod contents
  - Very long sandwiches
  - \_\_\_ Royale National Park, MI
  - Visualized
  - Jungle denizen
  - Captain's journal
  - Break down

**Scrabble Solution**

PAR SCORE 165-175  
 TOTAL 246  
 RACK 4 = 80  
 RACK 3 = 13  
 RACK 2 = 61  
 RACK 1 = 92

BRAND GRAMS SOLUTION

**BEETLE BAILEY** by Mort Walker



**SNUFFY SMITH** by Fred Lasswell



**Conceptis Sudoku**

Difficulty Level ★★

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

© 2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc. 10/27

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.

Difficulty Level ★

**Yesterday's Puzzle Solved**

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

© 2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc. 10/26