

SCRABBLE™
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1st Letter: E, O, S, K, T, H, C
 2nd Letter: A, I, B, R, M, M
 3rd Letter: A, A, E, C, D, N, V
 4th Letter: A, Y, D, T, N, S, B

PAR SCORE 160-170
 BEST SCORE 227

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



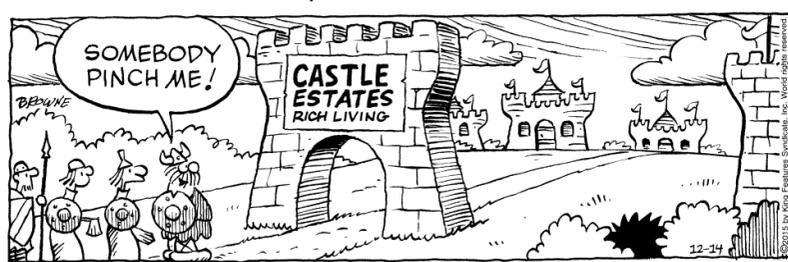
BLONDIE by Dean Young and John Marshall



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.

MILTI
 HCATH
 SECEHY
 ONOCUP

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

(Answers tomorrow)

Saturday's Jumbles: IMPEL ALIKE CAUGHT ENTITY
 Answer: After hunting all night, the wolves decided to — PACK IT IN

Head exercises might help ease vertigo

Dear Dr. Roach: I have a terrible case of vertigo. I'm not sure what causes it or what I can do to prevent it from happening to me again. I was given two medications, promethazine for nausea and meclizine for vertigo, but still the problem persists. Can you offer some help? — J.G.

DR. KEITH ROACH
 TO YOUR GOOD HEALTH

severe. Central causes are most commonly attributed to vestibular migraine and poor blood flow to the brainstem. Only a careful exam and, occasionally, more sophisticated tests can reveal the underlying cause of the vertigo. The most common cause is benign paroxysmal positional vertigo, and I suspect that is what you were being treated for, having received a nonspecific treatment for vertigo. Although it is commonplace, I disagree with this treatment if it is used for more than a day or two.

Most people get relief from an office treatment called the Epley maneuver. They can continue at home with other exercises. I would suggest that you ask your doctor about these procedures, and if he or she isn't familiar with them, it

might be wise to consult with an expert. You should find out what your diagnosis is.

Dear Dr. Roach: I have been taking statin medications for about 18 years. I found out from a CT scan (done for something else) that I have fibrosis of the liver. I understand that statin medications are not advised if a person has a diseased liver. My blood tests are normal, I drink no alcohol and I take no other medicines. My cardiologist said that I should keep taking the statin unless my liver tests come back abnormal. What would you do if this happened to you? — M.K.

Like so many others, this is a question of competing risks. Ultimately you have to weigh how much benefit you will get taking a statin against the risk of taking a statin in the presence of liver fibrosis. I don't have enough infor-

mation to answer the first part. The benefits of statins range from quite significant in high-risk people (preventing a heart attack or death in perhaps one out of 40 people who take it for five years) to almost none in people at low risk of heart disease. On the other hand, it is very unusual (perhaps one in a thousand) to have significant risk of liver disease due to statin treatment, and most cases seen were due to drug interactions. This is not an issue for you. Fibrosis of the liver is not a problem in itself so much as it can progress to cirrhosis in some cases. It's not clear to me why you have fibrosis, but hepatitis C and fatty liver disease are the most common causes I see.

I would recommend staying on the statin if there is a good reason for you to be on it. You may need further evaluation to determine the cause of your liver fibrosis.

Bridge
 by Frank Stewart

Second thoughts

Cy the Cynic says that if you're having second thoughts about something — anything — you're two thoughts ahead of most people.

At today's four hearts, South took dummy's ace of spades and cashed the K-A of trumps. When West threw a club, South began to have second thoughts about his play, but he drew East's trumps, led a club to the ace and returned a diamond: ten, queen, ace.

South ruffed the next spade, conceded a diamond and ruffed the third spade with his last trump. He took the king of clubs but lost the rest to West. Down one.

CONTROL

South almost surely needs a 3-2 diamond break to succeed (and West might have led a singleton diamond). Even so, South will have trump-control issues if trumps break 4-1. So South should start the diamonds at Trick Two.

When West wins and leads a second spade, South ruffs, concedes a diamond, ruffs the next spade and concedes a diamond. If the defense leads a fourth spade, South can ruff in dummy, draw trumps and claim.

you rebid two hearts and he tries 2NT. What do you say?

ANSWER: This is a close case. Since your heart intermediates are strong, and partner should have help in diamonds and clubs, bid four hearts, especially if vulnerable. To sign off at three hearts would not be an error, but to bid three diamonds would be questionable when your heart suit is semi-solid.

North dealer
 Both sides vulnerable

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

WEST
 ♠ K 10 8 6 3 2
 ♥ 4
 ♦ A J 9
 ♣ J 8 5

EAST
 ♠ Q 7 5
 ♥ 7 6 5 3
 ♦ K 10
 ♣ Q 10 7 4

SOUTH
 ♠ 9
 ♥ A Q J 10 9 8
 ♦ Q 8 6 4
 ♣ K 6

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

Opening lead — ♠ 6

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The Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- Composer Bartok
 - Realm of the supernatural
 - Asian New Year
 - Algerian port
 - Straw hat
 - Horse chow
 - Children's sing-along song
 - Psychic power
 - Win back
 - Banquet VIP
 - Argentine plain
 - Gathering dust
 - Ex-QB of the Broncos
 - Gov. tax collector
 - Marsh grass
 - Phooey!
 - Speaks pompously
 - Tater
 - New Haven student
 - Digit
 - Mineral matter
 - Appraise
 - Cancel out
 - Holy woman
 - Pipsqueak
 - Peke's bark
 - Unfathomable chasm
 - Drag
 - Go
 - Pick sides
 - Entertain lavishly
 - Shell propeller
 - Land in "Gulliver's Travels"

Visit: ADailyCrossword.com

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- 68 Gore and Hirt
 69 Tiger and Madonna, e.g.

- 70 Automaker Ferrari
 71 Kickoff requirement
 72 Danish port
 73 Ruby and Sandra

- DOWN**
- Ill-mannered individual
 - Perry and Della's creator
 - Alan or Diane
 - Cartwright or Lansbury
 - 44th President
 - Affectedly shy
 - Eccentric piece
 - Six-sided state
 - The king of France
 - General tendencies
 - 1949 Myrna Loy film
 - Relaxed condition
 - Classify
 - Look to
 - Barcelona bravos
 - Capital of Niger
 - Cape on the Bay of Biscay
 - Capital of the Yukon
 - Mexican wrap
 - Spiritual leaders
 - Idyllic gardens
 - Score on a diamond
 - Plopped
 - Yeast
 - Notable years
 - Southwestern dwelling
 - Sought mercy
 - Sensational
 - Spring up
 - Paint layer
 - Robust
 - Functional stick
 - Queen Boleyn
 - Kick back
 - Vanity cases?
 - Large storage container
 - Some on the Somme

Saturday's Puzzle Solved

STEIGER PARADER
 LARAINÉ ASARULE
 EVOLVED SPITTER
 PETEMITTEDIVE
 TRISYRIANS FAN
 INCOMEN PUTT
 NSAVICRESALES
 ASPIRES SUV TAD
 BEAT ROBEOLA
 RATSTEINERSTS
 ALENIAGARATEET
 DALTONS TANTARA
 ENLARGENCODER
 SEABEES STEWARD

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12-13

Scrabble Solution

PAR SCORE 160-170
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ANSWER: **PACK IT IN**

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★

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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

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

Difficulty Level ★★

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