

SCRABBLE®
TM BRAND

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

A1A1A1D2M3L1B3

E1I1O1V4N1L1B3

A1E1I1Y4D2B3S1

A1A1E1F4L1B3F4

RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 155-165

BEST SCORE 222

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.

12-29

JUMBLE

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

CITDH

GUEOG

SOLIFS

GALGEG

Check out the new, free JUST JUMBLE app

So, what can we expect tomorrow?

Well, we usually just guess.

ASKED IF THERE'D BE MORNING MIST, THE WEATHERMAN DIDN'T HAVE THE ---

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

(Answers tomorrow)

Yesterday's

Jumbles: WHILE QUACK JOCKEY AFLOAT

Answer: The math teacher liked teaching addition and subtraction — EQUALLY

NON SEQUITUR by Wiley

WIKI-WIKI WHAT WAS THAT?!

IT'S JUST A WARMLESS OLD GHOST HAUNTING OUR HOUSE. HIS NAME IS REGINALD

OH, IT'S SUCH A PITEOUS WAIL! HIS SOUL MUST BE SO TORMENTED...

WELL, SORT OF...

OOOHH, GOOD LARD! IS IT TOO MUCH TO ASK TO GET ONE DECENT BOTTLE OF CHAIRAZ AROUND HERE?!

12-29

©2015 Wiley Maguire. All rights reserved.

HAVE YOU FINISHED SHOVELING THE SNOW, DEAR?

MORE OR LESS

HAVE YOU STARTED COOKING DINNER YET?

MORE OR LESS

12-29

©2015 Wiley Maguire. All rights reserved.

12-29

©2015 Wiley Maguire. All rights reserved.

HI & LOIS by Chance Browne

WHAT'S ALL THIS?

WRAPPING PAPER, BOXES, PACKING MATERIAL, RIBBONS...

12-29

©2015 King Features Syndicate, Inc. World rights reserved.

BAH, HUMBUG!

YOU'RE A REAL SCROOGE AFTER CHRISTMAS.

12-29

©2015 King Features Syndicate, Inc. World rights reserved.

HAGAR THE HORRIBLE by Chris Browne

I NEED TO TALK TO YOU ABOUT YOUR BATTLE CRY...

...SHOUTING "YOU ALL HAVE COOTIES!" DOESN'T REALLY SCARE THE ENEMY!

12-29

©2015 King Features Syndicate, Inc. World rights reserved.

DENNIS THE MENACE by Hank Ketcham

12-29

©2015, NEA/ST. AMERICA Synd.

THE FAMILY CIRCUS by Bil Keane

12-29

© 2015 Bil Keane, Inc. Dist. by King Features Synd. www.familycircus.com

“Daddy, will you make Billy’s nose stop whistlin’? It’s keeping me awake.”

B vitamins in treatment of Alzheimer’s

Dear Dr. Roach: My wife of 59 years has a number of health issues, of which the most devastating is Alzheimer's disease. This year she was selected to participate in the study of a new investigational drug. She has been receiving a monthly injection of B-12 for a number of years. During the screening process, it was determined that she has not been receiving the full benefits of the B-12 injections. It seems that she had some kind of blockage, preventing full acceptance. Her regular doctor put her on Deplin. She would be required to take this medication for the rest of her life, but because it's not covered under our medical plan and is costly, he gave her L-methylfolate Cap Forte 15. After a short amount of time, its price also became economically difficult. Her doctor then put her on SAME, 200 mg daily. It is my understanding that he has begun

DR. KEITH ROACH
TO YOUR GOOD HEALTH

changing other patients over to SAME because of the cost issue. Is my wife receiving the benefits from this over-the-counter medicine, and will it provide the results intended? — A.N.

Some research suggests that dementia may be slowed by treatment with a mixture of B vitamins, especially B-12, folic acid and B-6. I am grateful to you and your wife for being part of a study so we can answer with some certainty if it really helps.

One issue that many investigators are actively researching is whether some individuals with different versions of a gene responsible for folic acid metabolism, MTHFR, have increased risk for dementia. Deplin is the brand name of L-methylfolate, an activated

form of folic acid that may be better for some people. Methylfolate is much more expensive than regular folic acid, which is purchasable anywhere. In most people, it probably doesn't make a large difference.

SAME, on the other hand, has some good evidence as a supplement in people with depression, and those with osteoarthritis. Biochemically, SAME and methylfolate are similar in that they are methyl donors. It's not unreasonable to think that it may have value in slowing dementia, but there is not enough evidence for me to recommend it.

I am confused, though, about why you and your wife are paying for these medications; study medications normally are provided free to participants. I can't recommend these supplements outside of a clinical trial, despite the fact that they are very safe. One final point is that in people

with vitamin B-12 deficiency, taking folic acid supplements (of any type) can make the B-12 deficiency critical.

The booklet on Alzheimer's disease gives a detailed presentation of this common illness. Readers can obtain a copy by writing: Dr. Roach Book No. 903, 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.

DR. ROACH WRITES: I recently wrote a column on the small amount of decreased absorption of thyroid replacement hormones following food and even coffee. I had recommended waiting an hour after eating, especially if the dose of thyroid hormone were small or needed to be precisely regulated. Several readers asked whether it is safe to take thyroid hormone on an empty stomach, and it is.

Bridge
by Frank Stewart

Weird bidding

Today's deal comes from an event in France years ago. The bidding strikes me as weird. I can accept North's 1NT as an attempt to describe his hand in a competitive auction. His two spades, after South showed a minimum with long diamonds, was inexplicable. Against three diamonds, West led the K-A of hearts. Declarer ruffed, led a spade to dummy and returned a trump to his jack and West's queen. West was Gerard Desrousseaux, a French expert. He could count nine winners for South: four trumps, four spades and a club. The defense needed two club tricks to prevail, so West shifted to the jack of clubs.

tries two spades. You bid 2NT, and partner bids three hearts. What do you say?

ANSWER: Partner's three hearts is forcing; his "reverse" to two spades as responder created a game-force. You shouldn't be eager to bid 3NT with a tenuous club holding after having bid 2NT. Bid three spades to show playability in that suit.

South dealer
Both sides vulnerable

NORTH
♠ K Q 8 2
♥ J 8 5 3
♦ 6 2
♣ Q 5 4

WEST
♠ 10 6 3
♥ A K 9 7
♦ A Q 8
♣ A J 7

EAST
♠ 9 5 4
♥ Q 10 4 2
♦ 7 5
♣ 10 8 3 2

SOUTH
♠ A J 7
♥ 6
♦ K J 10 9 4 3
♣ K 9 6

South
1 ♦
2 ♦
3 ♦

West
Dbl
Pass
All Pass

Opening lead — ♥ K

© 2015 Tribune Content Agency, LLC

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 Dinger or drum starter
- 4 Unnecessary extra
- 9 Bring to an end
- 14 NASA's ISS partner
- 15 Veranda
- 16 Started again from scratch
- 17 Non-member sympathizers
- 20 Private teacher
- 21 Rowed
- 22 Top suit
- 24 Art of pace
- 29 Power
- 33 Barbershop quartet member
- 34 Expression of disgust
- 37 White-collar worker?
- 39 Plumlike fruit
- 40 French author of "The Necklace"
- 43 Kudrow or Alther
- 44 If you're lucky
- 45 Word from a pro?
- 46 False gods
- 48 Selling points
- 50 One of the Finger Lakes
- 52 Bed linen
- 56 Milo of "The Verdict"
- 60 Eurasian primrose
- 61 2000 Ashton Kutcher movie
- 66 Computer post
- 67 Hi, Don Ho
- 68 Lyricist Gershwin

12-29

Visit: [ADailyCrossword.com](#)

69 "___ of Iwo Jima"
70 Coty and Auberjonois

71 Period of light

DOWN

- 1 Judges weight by lifting
- 2 Deplete
- 3 Mediterranean island nation
- 4 South Carolina city
- 5 Cold and wet
- 6 Sondheim's "___ the Woods"
- 7 Tomb raider Croft
- 8 Tall tale teller
- 9 Believe in
- 10 Sushi delicacy
- 11 Last of a lemon?
- 12 Paul McCartney's title
- 13 Company founded by H. Ross Perot
- 18 Prospector's strike
- 19 Doggie doc
- 23 Actress Diamond
- 25 Untidy state
- 26 Dental filling
- 27 Opposite of everybody
- 28 Garbo of films
- 30 Gaucho's rope
- 31 Digs for food
- 32 Holy cow!
- 34 Citrus fruits
- 35 Show the way to
- 36 Green tea
- 38 Private Eye projects
- 41 Roy Rogers' wife
- 42 One of the U.S. Virgin Islands
- 47 Nasty looks
- 49 Lolita-ish
- 51 Silver-gray color
- 53 Spanish national hero
- 54 Crownlet
- 55 Spindrift
- 57 Listen to
- 58 Perry's penner
- 59 Long period of time
- 61 Some French?
- 62 Ms. Thurman
- 63 Dapper fellow
- 64 End of Ramadan
- 65 That woman

YESTERDAY'S PUZZLE SOLVED

CAROB LPGA LLSAT

OTARU ALIT ETTE

PADDLEBALL TOON

AROBLOCK CHORS

LINA SUEY HEP

HAIRBALL BAR

CABMEN OLIO AXE

AILERON UNROLLS

HRAORTS EAGLET

NYCBESTBALL

KAIBURG ETC

REBECBSBIENROO

CRAGMRBASEBALL

MMLIOMENSONDE

PALS GADSSASSY

12-28

© 2015 Crosswords WRW
All rights reserved

Scrabble Solution

PAR SCORE 155-165

12-29

©2015 King Features Syndicate, Inc. World rights reserved.

BEETLE BAILEY by Mort Walker

WHY IS YOUR CHAIR PLUGGED IN?

IT NEEDS POWER

12-29

©2015 by King Features Syndicate, Inc. World rights reserved.

SQUEAK!

FOR THE BUILT-IN SQUEAKER!

12-29

©2015 by King Features Syndicate, Inc. World rights reserved.

SNUFFY SMITH by Fred Lasswell

WHAT'S TATER DOIN' OUT IN TH' GARDEN, MAW?

SILAS GAVE HIM A BAG OF BIRDSEED--NOW HE THINKS HE'S PLANTIN' CHICKADEES!!

12-29

©2015 by King Features Syndicate, Inc. World rights reserved.

Conceptis Sudoku

Difficulty Level ★★

12/29

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

4 7 8 1 5 2 6 3 9

2 6 5 3 9 4 1 7 8

3 1 9 6 8 7 2 4 5

1 9 2 5 7 6 3 8 4

8 5 4 2 3 1 7 9 6

7 3 6 9 4 8 5 1 2

5 4 1 8 6 3 9 2 7

9 8 3 7 2 5 4 6 1

6 2 7 4 1 9 8 5 3

Difficulty Level ★

12/28