

SCRABBLE®

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E I U D S S S

A A I U T N G

E E I N N L M

E O R D L T S

RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 135-145

BEST SCORE 199

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@naspaplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrags@gmail.com.

01-01

NON SEQUITUR by Wiley

BEG PARDON, BUT I CAN'T SEEM TO FIND THE NINE CELLAR

THAT'S 'CUZ WE DON'T HAVE ONE, UNCLE REGGIE

WHAT?! I HAD A HUGE NINE COLLECTION WHEN I BUILT THIS HOUSE. WHAT HAPPENED TO IT?

MY GUESS IS, YOU DRANK IT ALL OVER THE PAST 100 YEARS

AND IT NEVER OCCURRED TO ANYONE HERE TO RESTOCK?

GUESS NOT

WELL, WHAT CAN ONE EXPECT FROM HEATHENS WHO KEEP LIVESTOCK IN THE HOUSE...

UHH... HEY!

LET IT GO, LUCKY. DEAD GUYS TEND TO GET A LITTLE CRANKY

HERB, DOES TOOTSIE EVER NAG YOU ABOUT WATCHING SO MUCH FOOTBALL?

NEVER

SHE KEEPS HINTING OVER AND OVER AND OVER ONCE IN A WHILE...

BUT SHE NEVER NAGS

YOU'RE A LUCKY GUY, BRO!

HI & LOIS by Chance Browne

WHAT HAPPENED TO THE REFRIGERATOR?

I DECIDED TO START THE NEW YEAR WITH A CLEAN SLATE.

HAGAR THE HORRIBLE by Chris Browne

THIS PIGEON FLEW 100 MILES TO DELIVER A RECIPE FROM MY FRIEND!

WOW! WHAT'S IT A RECIPE FOR?

THAT'S WHERE IT GETS IRONIC...

DENNIS THE MENACE by Hank Ketcham

"IF YOU KEEP FUSSING OVER THAT DOLL, YOU'RE GOING TO SPOIL HER!"

THE FAMILY CIRCUS by Bil Keane

HAPPY

2019

1-1

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Inflammation may be cause of nocturia

Dear Dr. Roach: I am 80 years old and have had problems with a slightly enlarged prostate for years. This, of course, means frequent nightly trips to the bathroom every one and a half to two hours. I stumbled upon the fact that if I take two ibuprofen (400 mg) at bedtime, I seldom have to go to the bathroom before my normal 6:50 a.m. wake-up time. This has been wonderful, and I wonder if there might be some good medical reasoning here, or if it is just dumb luck on my part. I'm sure many of your readers would be interested in this bedtime subject. — R.H.

DR. KEITH ROACH TO YOUR GOOD HEALTH

prostate. Some authors have speculated that inflammation of the bladder might be the underlying cause for nocturia ("noct" for "nighttime," and "uria" for "urinating"), which is how ibuprofen might work. Small doses are unlikely to cause harm; however, some people with sensitive stomachs might have problems, and people with kidney disease need to be very careful with any anti-inflammatory.

Dear Dr. Roach: I have been taking metformin 500 mg once daily for several months, with little results. I am in my 70s, and overweight by 25 pounds. My average sugar level is still around 160. I read that metformin will drop your glucose level by only 20 percent. Will that percent-age increase if I take more?

If so, by how much? Do I have to take metformin for the rest of my life? Will my body ever correct itself? — R.I.

Average sugar level, also called estimated average glucose, is a way to describe blood sugar control in people with diabetes or prediabetes. A level of 160 is equivalent to an A1c level (a more commonly used measure of blood sugar control) of about 7.2 percent. This is a reasonable level for most people in their 70s, where lower levels ("tighter" control) increase the risk for dangerously low blood sugars. Most medicines are more effective at higher doses. For metformin, 500 mg twice daily is the most common dose I see. Although it can be dosed up to 1,000 mg twice daily, it's not much more effective in most people, and is more likely to cause side effects, especially nausea.

Not everybody with Type 2 diabetes needs to be on medicine forever. Losing weight, exercising and having a diet with small amounts of simple sugars all may help treat diabetes, and I have had many patients stop all their diabetes medications when adhering to these recommendations.

Dear Dr. Roach: I have used colloidal silver for years to help lichen planus in my mouth. It helps, but recently a friend of mine said not to use it. She is a retired military officer and a nurse. I usually trust her, but I still think it helps my sore mouth. Am I poisoning myself? — L.H.

Thank your friend for her military service and for helping you. Colloidal silver is neither safe nor effective. True poisoning is rare, but it can happen with persistent use. Talk to your dentist about proper care.

Bridge by Frank Stewart

His normal game

Today's South played at two spades. Many players would have opened two spades (a weak two-bid) with his hand and landed at the same spot. West led the ten of hearts, and East took the queen and ace and led a trump. Declarer finessed, and West won and led ... a low club. South pondered that, but he finally played the jack from dummy. East took the queen and returned a club to the ace, and when the diamond finesse lost, South was down one. "Another unlucky misguess," South sighed. "Just once, I wish I could play my normal game."

clubs, he bids two hearts and you try 2NT. Partner next bids three clubs. What do you say? ANSWER: If partner had rebid two spades at his second turn, suggesting a minimum hand, his three clubs would be discouraging. Since he actually bid an unlimited two hearts, three clubs is forcing. You shouldn't persist to 3NT with only one diamond stopper. Bid three hearts. East dealer Both sides vulnerable

NORTH

♠ J 9 3

♥ K 6 4

♦ A Q 5 4 2

♣ K J

WEST

♠ K 6

♥ 10 9 8 3

♦ J 9 3

♣ A 7 5 2

EAST

♠ 7 4

♥ A Q 7

♦ K 10 8

♣ Q 10 8 4 3

SOUTH

♠ A Q 10 8 5 2

♥ J 5 2

♦ 7 6

♣ 9 6

East Pass South Pass West Pass North 1 ♦
Pass 1 ♠ Pass 1 NT
Pass 2 ♠ All Pass

Opening lead — ♥ 10
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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

1 Deadly African fever

6 Cesar Chavez's grp.

9 Seven: pref.

14 Son of Lot

15 ___ Paulo, Brazil

16 Heavenly headwear

17 Critical juncture

20 Keep in custody

21 Society gal

22 Welcoming rug

23 German chief

24 Tail wiggle

27 Leopold's cohort in kidnapping

29 Xenon or neon

30 Charged into

32 Tissue: suff.

35 Programming language

37 Certain NCO's

38 Recurrent evenly separated actions

42 Remove wrinkles

43 Pippen of basketball

44 Introduction

46 Marching drum

47 "Oh, Pretty Woman" singer Orbison

50 CLXV times X

52 Tex. campus

53 Interlaken's river

54 Arctic surface

56 Mandible

58 Actress Strassman

60 Online businesses

64 Cornerstone abbr.

65 Yucatan uncle

1 2 3 4 5 6 7 8 9 10 11 12 13

14 15 16

17 18 19

20 21 22

23 24 25 26 27 28

29 30 31 32 33 34

35 36 37

38 39 40 41

42 43

44 45 46 47 48 49

50 51 52 53

54 55 56 57 58 59

60 61 62 63

64 65 66

67 68 69

Visit: ADailyCrossword.com

1/1

Yesterday's Puzzle Solved

ABLE PAINT SMUG
RAIL RIGOR TIRE
NINASIMONE OLGA
IRENIC REVELLER
EDS TET IVES
FISHBONE TAB
ASHEN RENO MOLE
BOONS EAT TONAL
ELMS MESA EVENT
TEE POSTPONE
AMEN END SPA
VOLATILE SEATER
EROS TORRIDZONE
SENT OGLED ORCA
TOES REEVE VEES

12-31

DOWN

1 Toady

2 Single-celled organism

3 Hits, Biblically speaking

4 Underwater detection device

5 Part of ABM

6 Tampa sch.

7 Air stirrer

8 Natalie of "Gypsy"

9 Hit by Cyndi Lauper

10 What to do at Joe's

11 Lubricant in nuclear reactors

12 One-third of a WWII movie?

13 Ain't corrected?

18 Ahead

19 Theol. belief

25 Shenanigans

26 French boys

28 Borden milker

30 Joey in Australia

31 Type of gong

33 RR stop

34 Writer's writings, in brief

35 Imposed a cash penalty

36 Bridge bid

38 Domino spot

39 Blunder

40 Sleeping-car compartment

41 Two to two for one

45 Food services employment

47 Ethnic

48 Position properly

49 Leavening agents

51 Take a powder

53 Golfer Palmer

54 Graphic beginning?

55 Snug

57 Prohibition grp.

59 Golden agers' org.

61 Motor vehicle

62 Peanut product

63 Family member

BEETLE BAILEY by Mort Walker

ZERO, NOTHING I SAY GETS THROUGH TO YOU. YOU'RE JUST SLOW AND FOGGY

THAT'S A LOAD OF BUSHWA AND PROPAGANDA!

GREG+ MORT WALKER

WHAT DID YOU SAY?

I DUNNO, BUT I LIKED THE SOUND OF IT!

SNUFFY SMITH by Fred Lasswell

SEZ HERE EMPLOYMENT IS DOWN AN' INFLATION IS UP AN' TH' DOLLAR IS WEAK !!

RECKON THAT'S BAD NEWS FER RICH FOLKS !!

HOOTIN' HOLLER GAZETTE

YEP--BUT TH' REST OF US IS USED TO IT !!

HOOTIN' HOLLER GAZETTE

Conceptis Sudoku

9 4 7 1 2

7 9 4 8

4 8 5 9

2 1 3 5

5 9 4 2 4

4 6

Difficulty Level ★★★★★

1/01

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

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

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