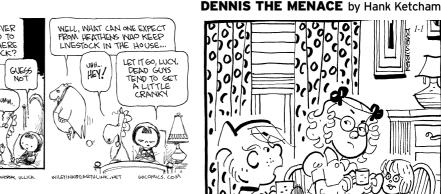
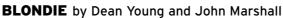
point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 5th Edition.

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.

HI & LOIS by Chance Browne





WHAT?! I HAD A HUGE WINE COLLECTION

WHEN I BUILT



NON SEQUITUR by Wiley

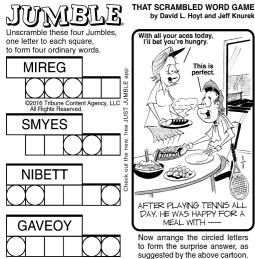




YOU'RE GOING TO SPOIL HER!" THE FAMILY CIRCUS by Bil Keane

 $^{\prime\prime}$ IF YOU KEEP FUGGING OVER THAT DOLL,





Jumbles: EVOKE CHILD GEYSER HONCHO When they toasted at the New Year's Eve party, everyone was — IN GOOD "CHEERS"



### HAGAR THE HORRIBLE by Chris Browne





# 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.

There have been a few small trials showing that some people's symptoms get better with an anti-inflammatory medicine like ibuprofen. This seems to be the case with both

1 Deadly African fever

Seven: pref.

Son of Lot

Society gal

Tail wiggle

kidnapping

Xenon or neon

Recurrent evenly separated actions

Remove wrinkles

43 Pippen of basketball

"Oh, Pretty Woman" singer Orbison

Introduction

46 Marching drum

CLXV times X

Tex. campus

Arctic surface

Mandible

RAIL

E D S

ELMS

EROS

SENT

T O E S

TEE

Interlaken's river

Actress Strassman

Online businesses

Cornerstone abbr.

NINASIMONE

|T|E|T|

Yucatan uncle

RENIC

Charged into

Tissue: suff. Programming

language Certain NCO's

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60

Cesar Chavez's grp.

Paulo, Brazil

Critical juncture Keep in custody

Welcoming rug

Leopold's cohort in

German chief

Heavenly headwear

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 level is still around 160.

drop your glucose level by only isn't working solely on the age increase if I take more? nausea.

15

25

The Daily Crossword Edited by Wayne Robert Williams

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. 1,000 mg twice daily, it's not

16

22

19

58

69

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 25 pounds. My average sugar Although it can be dosed up to helping you. Colloidal silver finishing another mediocre round. is neither safe nor effective. I read that metformin will much more effective in most True poisoning is rare, but Do you see why? people, and is more likely to it can happen with persistent men and women, so it clearly 20 percent. Will that percent cause side effects, especially use. Talk to your dentist about proper care.

Scrabble Solution

O FI DS 21 LI EI BI BYCK t=

| | C2 | U1 | A1 | M1 | A1 | RACK 2 =

[1] N1 E1 M3 E1 N1 BACK 3 = 60

ħΔ

7

## **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

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."

### **NO GUESS**

South sounded like a golfer His "guess" in clubs was no guess.

South should assume that East has the king of diamonds since the contract is safe if West has it. But East didn't open the bidding and has shown the A-Q of hearts. So South should play the king of clubs from dummy. If East had the ace, South would still make his contract since West would have the king of diamonds.

### DAILY QUESTION

You hold: ♠ 7 4 ♡ A Q 7 ♦ K 108 ♣ Q 10843. Your partner clubs, he bids two hearts and you try 2NT. Partner next bids three clubs. What do you say?

KEANE

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** 

**EAST** WEST **★** K 6 ♥ 10 9 8 3 VAQ7 ◇ K 10 8 **♦ 193** ♣A752 ♣ Q 10 8 4 3

**SOUTH** 

**♠** A Q 10 8 5 2 ♡ J 5 2 ♦ 76 **♣**96 South West

North **Pass** Pass **Pass** î NT Pass 1 🌲 Pass

Opening lead  $- \heartsuit 10$ (C) 2016 Tribune Content Agency, LLC

### моптилов вкама воситтом opens one spade, you respond two

PAR SCORE 135-145









## **SNUFFY SMITH** by Fred Lasswell



Sudoku is a number-placing puzzle based

on a 9x9 grid with several given num-

65

69 Bombards

62 63

66 Smiling

I V E S

 $R \mid E \mid N \mid O \mid M \mid O \mid L \mid E$ 

TORRIDZONE

67 Bond hearing

Visit: ADailyCrossword.com

PAIINT

RIGOR

EAT

POSTPONE

M E S A

V|0|L|A|T||L|E|||S|E|A

|R|E|V|E|L

| F | I | S | H | B | O | N | E | | | T | A | B

39 40

55

68 Einstein's birthplace

DOWN Toady 2 Single-celled Yesterday's Puzzle Solved organism 3 Hits, Biblically

T I R E

OLGA

TONAL

E V E N T

E N D S P A

L E R

speaking 4 Underwater detection device Part of ABM

Tampa sch. Air stirrer Natalie of "Gypsy"

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? Ahead 18 19 Theol, belief

31 Type of gong

penalty Bridge bid 36

compartment

Ethnic 48 Position properly 49 Leavening agents 51 Take a powder

55 Snug Prohibition grp. 59 Golden agers' org.

Conceptis Sudoku

1/1

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

bers. 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 0 0 1 7 6 0 4 5 0

| 3                       | 8 | 1 | / | 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 |
| Difficulty Level ★★★ 15 |   |   |   |   |   |   |   |   |

1/01

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A|M|E|N|

OGLED ORCA 25 Shenanigans REEVE V E E S 26 French boys 28 Borden milker 30 Joey in Australia 33 RR stop

34 Writer's writings, in brief 35 Imposed a cash

38 Domino spot 39 Blunder 40 Sleeping-car

Two to two for one 45 Food services employment

53 Golfer Palmer Graphic beginning?

61 Motor vehicle 62 Peanut product 63 Family member

Difficulty Level ★★★★