

**SCRABBLE**™  
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Triple Word Score  
 RACK 1: E I E I P D T M  
 RACK 2: I O U R T B R  
 RACK 3: A U Y L F R B  
 RACK 4: E O M T C N M

3rd Letter Double

PAR SCORE 150-160  
 BEST SCORE 225

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.

**NON SEQUITUR** by Wiley



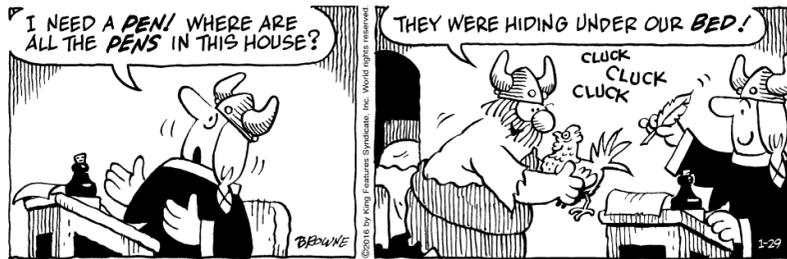
**BLONDIE** by Dean Young and John Marshall



**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.

LEWDL  
 NAHYD  
 MZYEEEN  
 ANKAWWE

Check out the new, free JUST JUMBLE app

Can you beat Tire Tower's price? Of course! I'll also throw in an alignment, rotation, and a free spare.

SHE NEEDED NEW TIRES FOR HER CAR, AND THE TIRE SALESMAN WAS READY TO...

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

(Answers tomorrow)

Yesterday's Jumbles: THINK JOKER PALACE RADIUS  
 Answer: Their pancakes were becoming popular and selling — LIKE HOTCAKES

**Lightheaded feeling linked to anxiety**

**Dear Dr. Roach:** Lately I have had lightheadedness and a feeling of floating while standing or walking. I have seen my primary doctor and a neurologist. I had an echocardiogram and a Holter monitor (a 24-hour heart monitor), and nothing was found.

My primary doctor told me to take escitalopram. I have taken Xanax for years. This new prescription has so many worrisome side effects. My doctor says it will make me feel better. I have been frustrated about not getting answers to my lightheadedness issue and some GI problems. What are the risks and benefits to escitalopram? — *B.R.*

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

quent that physicians make the diagnosis of anxiety or depression as the cause of symptoms, and it turns out later to have been something more serious.

It may be absolutely reasonable to have a trial of medication for someone with anxiety symptoms. Xanax does cause dependence in some people. I often prefer to change a person from a medicine like Xanax (alprazolam) — similar to diazepam (Valium), clonazepam (Klonopin) and Ativan (lorazepam) — to a medication like escitalopram (Lexapro), which is similar to citalopram (Celexa), sertraline (Zoloft) and fluoxetine (Prozac). In many people, the side effects are lower and effectiveness is higher. One important criterion to make that switch is how often someone is taking a

Xanax-like medication. If it's very occasionally, then I don't usually recommend changing. Even though escitalopram and its cousins are useful for anxiety disorders, they can have many side effects. I think it's wise to reserve these medications for people whose symptoms are severe enough to be worth the risk of side effects.

**Dear Dr. Roach:** I was diagnosed with emphysema 12 years ago, and have been on oxygen for 10 years and on Flovent for the past five years. I am 86 years old. I have just had a lengthy bone density test and was told that I have borderline osteopenia, a precursor to osteoporosis. The two prior tests, done at three-year intervals, showed bone density "younger" than my age group. I am fairly active: I raise a vegetable garden, live by myself and cook my own healthy meals. My weight is on the slight side.

I am worried about the continued use of the corticosteroid, since it is a potential road to osteoporosis in my old age! Any thoughts or advice? — *A.G.*

Osteopenia isn't a disease, and it doesn't need to be treated. It's a warning that the bones are losing mineralization, which increases risk for fracture. At age 86, that is extremely common, especially in slightly built women and those with a history of smoking, which I infer from the emphysema (though there are less-common causes of emphysema).

Inhaled corticosteroids like Flovent do increase the risk of bone loss; however, you have to balance the risks and benefits. In most people with emphysema, there is a modest benefit and a small risk. I feel it's likely worth it, but you can discuss stopping it with your doctor.

**Bridge**

by Frank Stewart

**Infinite variety**

Cy the Cynic says that when you've seen one shopping center, you've seen a mall. But you're unlikely to see the same deal twice in your bridge career. Every deal presents a fresh problem.

Against today's slam, West led a trump. South won with the nine and saw that his easiest route to 12 tricks was to ruff both of his low diamonds in dummy. He led the king of diamonds to West's ace, won the trump return and ruffed a diamond.

South next led a club to his king and ruffed his last low diamond with dummy's last trump. But on that trick, West parted with his singleton spade, and when South tried to return to his hand with a high spade to draw trumps, West ruffed.

you bid two hearts and he tries three clubs. You bid 3NT, and partner bids four hearts. What do you say?

**ANSWER:** Partner has suggested slam. If he wanted to play at game, he would have bid it over two hearts. Since you have good trumps and little wasted spade strength, cooperate. Cue-bid five clubs. Partner may hold 5, Q J 10 8, A K J 7 6, K Q 6.

South dealer  
 Both sides vulnerable

<b>NORTH</b>	♠ J 9 7 6 4	♥ A K 4 2	♦ 4	♣ A 7 6
<b>WEST</b>	♠ 5	♥ 7 6 5 3	♦ A 7	♣ J 9 8 5 3 2
<b>EAST</b>	♠ Q 10 8 3 2	♥ 8	♦ 10 9 8 5 3	♣ Q 10
<b>SOUTH</b>	♠ A K	♥ Q J 10 9	♦ K Q J 6 2	♣ K 4

**CAREFUL**

If South ever sees this deal again, he will be more careful. If West has shortness in a black suit, it's more likely to be in spades. So after South ruffs the first diamond, he must get back to his hand with a spade.

South can then ruff his last diamond and come to the king of clubs to draw trumps.

**DAILY QUESTION**

You hold: ♠ J 9 7 6 4 ♥ A K 4 2 ♦ 4 ♣ A 7 6. You open one spade, your partner responds two diamonds,

South	West	North	East
1 ♦	Pass	1 ♠	Pass
2 ♥	Pass	4 NT	Pass
5 ♦	Pass	6 ♥	All Pass

Opening lead — ♥ 3

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

- ACROSS**
- Leafy course
  - Tie down
  - Eyeball impolitely
  - Soap plant
  - Both: pref.
  - Forehead
  - Countermarch
  - Norse character
  - Gary man
  - Carries a tune
  - Louis and Bill
  - Mark sale prices
  - Gray wolves
  - Being sprightly
  - Yoko's relatives
  - Type of angel?
  - Yay, team!
  - "Losing My Religion" group
  - Magnum portrayer
  - Nice assent
  - Catch in the act
  - Catholic father
  - Bygone cosmonaut's insignia
  - Mobile man
  - Boats' trails
  - Tibetan legends
  - Editorial instruction
  - Shake up
  - Herschel of "Fiddler on the Roof"
  - Transport by truck
  - Low blow
  - At some prior time

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

**Yesterday's Puzzle Solved**

S	C	H	U	P	B	E	A	T	L	A	C	E		
P	L	O	N	U	A	N	C	E	A	M	O	N		
O	A	S	R	E	D	Y	E	S	D	E	A	D		
K	I	N	D	E	R	G	A	R	T	N	E	R	S	
E	M	I	R	A	T	E	A	N	I	T	A			
E	D	O	B	I	B	I	C	I	V					
A	C	T	A	M	A	G	U	S	A	N	A			
G	O	O	D	F	O	R	N	O	T	H	I	N	G	S
A	L	T	O	S	I	E	R	M	A	S	T			
I	L	A	L	A	S	S	L	I	P					
N	A	L	D	I	I	O	N	E	S	C	O			
P	L	E	A	S	A	N	T	I	S	L	A	N	D	
A	S	I	F	I	D	A	T	E	Y	O	D			
L	E	N	A	T	A	B	L	E	T	S	T	L		
S	S	G	T	E	R	R	O	R	S	T	E	Y		

- DOWN**
- "Garden of Roses" poet
  - Egyptian fertility god
  - Fortissimo
  - Those lacking pigmentation
  - Postponements
  - Rich cakes
  - Somali supermodel
  - "E.R." network
  - Cartoonist Browne
  - Hugh of "Wyatt Earp"
  - Seattle sound
  - Drawn-out
  - Woolly females
  - Opposite of WSW
  - Reek
  - Irritates
  - Upright
  - Doone of fiction
  - National Park in Utah
  - Bangkok populace
  - Tatum or Ryan
  - Mumbai entree
  - Mel or Woody
  - Gravy
  - Flotilla components
  - National Accelerator Laboratory honoree
  - Secret moniker
  - Sudden outburst
  - Nose-and-throat problem
  - "The \_\_\_ of St. Trinians"
  - Attacked
  - Begin
  - Give it a go
  - Nautical call
  - Carvey or Andrews
  - Verve
  - Actress Hayworth
  - 602 in Roman numerals
  - Alibi \_\_\_ (excuse makers)
  - Buffer area in a war. abbr.
  - Here in Paris

**Scrabble Solution**

PAR SCORE 150-160  
 BEST SCORE 225

RAK 1: E I E I P D T M  
 RAK 2: I O U R T B R  
 RAK 3: A U Y L F R B  
 RAK 4: E O M T C N M

3rd Letter Double

ANSWER: GRAMS SOLUTION

**BEETLE BAILEY** by Mort Walker



**SNUFFY SMITH** by Fred Lasswell



**Conceptis Sudoku**

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

Difficulty Level ★★★★★

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**

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

Difficulty Level ★★★