

SCRABBLE[®] (TM)

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Triple Word Score

RACK 1: A1, A1, E1, W4, P3, B3, R1

RACK 2: E1, O1, T1, B3, D2, T1, R1

RACK 3: E1, O1, U1, M3, D2, C3, R1

2nd Letter Double

RACK 4: E1, E1, I1, O1, H4, R1, C3

PAR SCORE 150-160
BEST SCORE 229

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



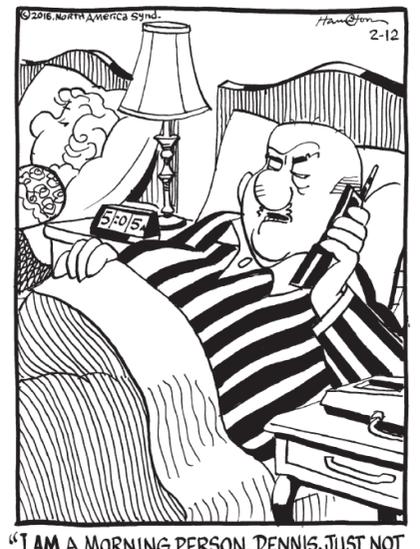
HI & LOIS by Chance Browne



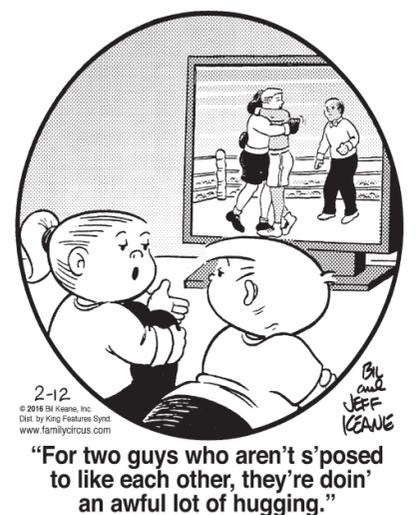
HAGAR THE HORRIBLE by Chris Browne



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.

REXET

GINAA

NESOSA

NASLOM

Check out the new, free JUST JUMBLE app

Holy cow. You're fit. You should try pulling a flow once in a while.

THE BULL WOULD LOSE THE ARM-WRESTLING MATCH BECAUSE HE WASN'T

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

(Answers tomorrow)

Yesterday's Jumbles: PLANT USHER FORBID ELIXIR
Answer: The spaceship's orbit encircling the planet was a — ROUND TRIP

Neuropathy requires doctor evaluation

Dear Dr. Roach: I am a 73-year-old male. I see my doctor on a regular basis and am taking various meds for age-related ills. I had gout in one foot and then the other about two years ago, but I now have a burning sensation in the toes of both feet. It feels as if I have a second-degree burn. My doctor says it's probably a neuropathy, so I asked for a referral to a neurologist, which he said I don't need. He seemed to fight my idea of a specialist. Could there be a reason for his hesitation? — M.B.

I agree that it does sound like a neuropathy, but there are many causes for neuropathy. Although the diagnosis is sometimes never made with certainty, it is important to get an evaluation. There are specific treatments for a few neuropathies, and nonspecific treatments for most. If your regular doctor is comfort-

DR. KEITH ROACH TO YOUR GOOD HEALTH

able performing the evaluation and is working with you toward getting you treated, great. If not, then I would think a referral to a neurologist would be appropriate.

Dear Dr. Roach: While the standard is seven to eight hours of sleep for adults, is four hours of sleep and three to four hours of lying awake acceptable, in terms of proper rest? Some of us older folks can't get a solid seven to eight hours of sleep. Any suggestions to beat the four-hour problem? — N.R.

Eight hours per night is often quoted as the correct or even optimal amount of sleep, but the amount of sleep necessary for someone to feel refreshed and have normal alertness varies greatly from

person to person and across the lifespan, with gradually decreasing sleep needs as we get older.

Less than four hours is too little for most people, but if you feel refreshed in the morning and don't get sleepy during the day, even in a monotonous setting, then that's probably enough for you. However, I don't recommend lying awake in bed. It doesn't provide the benefits of sleep and tends to make people associate the bed with lying in bed awake rather than sleeping.

For many people who aren't sleeping enough (the term "sleep insufficiency" is preferred), allowing more sleep time, either by choosing an earlier bedtime or a later waking time, is adequate to address sleep duration. For people with difficulty sleeping (insomnia), this may require evaluation, since insomnia can be related to many medical conditions.

DR. ROACH WRITES: I recently wrote a column on Pap smear screening after cervical cancer, but I was asked specifically about uterine (also called endometrial) cancer in a woman who'd had a hysterectomy. In this situation, it is recommended to have an examination every three to six months for two years, then every six months or annually. The provider will ask about symptoms of recurrence of disease and perform a careful physical exam. The use of the Pap smear in this situation is controversial, with one group (the United States National Comprehensive Cancer Network) recommending a Pap smear and the other (the Society for Gynecologic Oncologists) recommending against it. In my opinion, the careful exam and history are the important part, and the decision to perform a Pap smear ought to be left up to the treating provider.

Bridge by Frank Stewart

Curb your reflexes

"My reflexes are getting so bad," a club player told me, "that yesterday I was almost hit by a car that two guys were pushing. The only time my reflexes work well is when I play too fast as declarer."

My friend was today's South, and West led a club against his 3NT.

"When I saw dummy's clubs," South told me, "I reflexively put up the jack. It won the trick. I unblocked my A-Q of diamonds and looked around for something good to do next, but when I tried a low club, West rose with the queen and returned a club. East threw a diamond, so I took only two spades, a heart, two diamonds and three clubs. Down one."

South saw his mistake too late. (After Trick One, he would have needed a crystal ball to make 3NT.) He should play dummy's three on the first club and win with the ace.

He takes the A-Q of diamonds and leads a low club. South is sure to get to dummy with the jack of clubs, and thanks to the fortunate 3-3 diamond break, he will make two overtricks.

doubles. The next player passes. What do you say?

ANSWER: The auction may turn competitive. The opening bidder may rebid diamonds or his partner may offer delayed support. Bid one spade. If necessary, you'll bid two hearts next and play at the level of two at the major partner prefers. He may have four cards in one major, only three in the other.

South dealer
N-S vulnerable

NORTH	EAST
♠ 43	♠ Q1097
♥ 632	♥ KQ87
♦ K7532	♦ J106
♣ J103	♣ 75
WEST	SOUTH
♠ J85	♠ AK62
♥ J94	♥ A105
♦ 984	♦ AQ
♣ Q984	♣ AK62

South 2♣ Pass 2NT
West Pass 2♦ Pass
North 2♦ Pass 3NT
East Pass All Pass

Opening lead — ♣4

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 Braincase
- 6 ___-kir
- 10 Sch.in the Big Apple
- 14 Radii neighbors
- 15 Mysterious visitors
- 16 Musical medley
- 17 Certain gunstock
- 19 Puppies' cries
- 20 Opposite of WSW
- 21 Tijuana coin
- 22 TV letters for games
- 24 Double-check text
- 26 Receptacles for feed
- 29 Random samples
- 32 Marshy wetland
- 33 Entwined
- 36 Irish Gaelic
- 37 French movies
- 38 Afflictions
- 39 Luster
- 40 Inter ___ (among others)
- 41 Tightly stretched
- 42 Checkout formation
- 43 Packing heat
- 44 Tolkien tree creature
- 45 Piece of men's jewelry
- 47 Tammany Hall leaders
- 49 Feared fly
- 53 Dickens hypocrite
- 54 Dust particle
- 56 Once owned
- 57 Isle near Corsica
- 59 Fastness
- 62 Tailless amphibian

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						27	28		
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		

- Visit: ADailyCrossword.com
- 63 Equally divided
64 Choreographer Alvin
65 Gear teeth
66 Arp's art movement
67 Nuts bits
68 Links legend Sam
69 Contradicts
70 Rodeo mount, briefly
71 Diet beers
72 Singer Davis
73 Small purse
74 ___ diem (seize the day)
75 Caught sight of
76 African javelin
77 Pipe joint
78 Envelope abbr.
79 Coin-toss call
80 Oar holder
81 West Coast capital
82 Mary Baker and Nelson
83 Talking horse of old TV
84 Eugene O'Neill's daughter
85 & so on & so forth
86 W.C.
87 New Deal agcy.
88 Smack

Yesterday's Puzzle Solved

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

Scrabble Solution

PAR SCORE 150-160
BEST SCORE 229

RACK 4 = ♠ 99
RACK 3 = ♠ 62
RACK 2 = ♠ 6
RACK 1 = ♠ 96

DAILY QUESTION

You hold: ♠ Q 10 9 7 ♥ K Q 8 7
♦ J 10 6 ♣ 7 5. The dealer, at your left, opens one diamond. Your partner

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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