

**SCRABBLE**™  
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Triple Word Score

RACK 1: G, R, A, M, S

RACK 2: O, O, T, T, H, H, S

RACK 3: E, E, U, C, L, T, T

RACK 4: A, A, I, D, L, N, V

1st Letter Double

PAR SCORE 145-155  
BEST SCORE 216

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.

VEEKO

PAYPL

NASOSE

TEVORL

Answer here: \_\_\_\_\_

Check out the new, free JUST JUMBLE app

Mr. Scotty will only take bottled water. If it's too warm, he won't drink it. Mrs. Poofy only likes to be scratched front to back or she'll claw you. And don't speak too loudly.

HER CAT AND DOG WERE HIGH MAINTENANCE BECAUSE THEY HAD SO MANY \_\_\_\_\_

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

(Answers tomorrow)

Yesterday's Jumbles: AGILE RODEO TAVERN CANNON  
Answer: The hypnotist made a — GRAND EN-TRANCE

**Therapy for diverticulitis is preferred**

Dear Dr. Roach: I have had many bouts of diverticulitis, and was recommended for surgery.

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

However, one gastroenterologist recommended treating my chronic constipation with Miralax, and since then I haven't had one bout of diverticulitis.

that increases water in the bowel movement, preventing hard, dry stool. It is not indicated for long-term use.

Is this something you have seen? — S.V.

vent further episodes. Although surgery is effective in preventing recurrences of diverticulitis in people where the disease is mainly in the sigmoid colon, people who respond to medical therapy don't need surgery.

Diverticula are small pouches in the wall of the colon. They occur most frequently in the left side of the colon, the sigmoid (S-shaped) colon.

There are prescription medicines indicated for long-term constipation, such as lubiprostone (Amitiza); however, I haven't seen even regular use of Miralax cause problems so long as it isn't overused.

While diverticula occasionally bleed, when they become blocked they may become inflamed — that's diverticulitis, a condition that causes pain and fever.

In general, if the outcomes for medical and surgical therapy are similar, I tend to prefer medical treatments. Medical treatments to prevent further episodes are aimed at reducing pressure in the colon and maintaining normal transit of material through the bowel, which is why a high-fiber diet is the most common recommendation.

Acute episodes usually are treated with clear liquid diet and oral antibiotics. Once an episode is resolved, it's time to consider what to do to pre-

vent further episodes. Although surgery is effective in preventing recurrences of diverticulitis in people where the disease is mainly in the sigmoid colon, people who respond to medical therapy don't need surgery.

heart to both digest and exercise, which is also not true.

The body has mechanisms for providing your heart, muscles and brain with all the blood it needs during peak exercise, even if it means taking some blood flow away from the gut (or even kidneys) for a short while.

Otherwise, there is no risk to swimming after eating. Long-distance swimmers routinely eat during swims, in fact.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu) or request an order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from [www.rbmail.com](http://www.rbmail.com).

Dear Dr. Roach: Is there any valid reason for not swimming immediately after eating? — R.C.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu) or request an order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from [www.rbmail.com](http://www.rbmail.com).

Not really. It is often said that you can get a cramp; however, this isn't likely unless you have significantly over-eaten, and then, vomiting probably is the more worrisome problem.

It is often stated that you don't have enough blood or enough output from your

**Bridge**

by Frank Stewart

**The way to play well**

I continue a series on card-reading. When we say someone played "double dummy," we mean he played as if he could see all four hands: with remarkable skill. Declarer sees only his hand and dummy but can use logical reasoning to "see" the defenders' cards. It's easier to play well when you know what everyone has.

clubs and he rebids two hearts. What do you say?

In today's deal, West leads a low club against 2NT. South wins with the ten, leads a heart to dummy and returns a diamond: five, jack, ace. West then takes the ace of clubs and leads a third club to set up his suit.

ANSWER: Your partner may have six cards in hearts but has not promised more than five. One option is to leap to 3NT, giving the opening leader no more guidance. I would choose a bid of three diamonds. If partner bids 3NT, pass. If he bids three hearts, raise. If he bids four clubs or four diamonds, try four hearts.

**SECOND DIAMOND**

South decides not to play for a 3-3 heart break: He leads a second diamond, and East plays low. Should South play the queen or finesse with the nine?

**NORTH**  
♠ 7 6 3  
♥ A Q 5 3  
♦ 8 3 2  
♣ Q 5 4

**WEST**  
♠ J 9 2  
♥ 10 4  
♦ A K 7  
♣ A J 7 6 3

**EAST**  
♠ Q 10 8  
♥ J 9 8 7  
♦ 10 6 5  
♣ 9 8 2

**SOUTH**  
♠ A K 5 4  
♥ K 6 2  
♦ Q J 9 4  
♣ K 10

An inference is available. If West had no further side entry, he would have led a second low club, not the ace and a low club, to keep communication with East. If South trusts his opponent to defend logically, he will finesse with the nine of diamonds, losing three clubs and two diamonds.

South 1 NT  
West Pass  
North 2 ♣  
East Pass

**DAILY QUESTION**

You hold: ♠ J 9 2 ♥ 10 4  
♦ A K 7 ♣ A J 7 6 3. Your partner opens one heart, you respond two

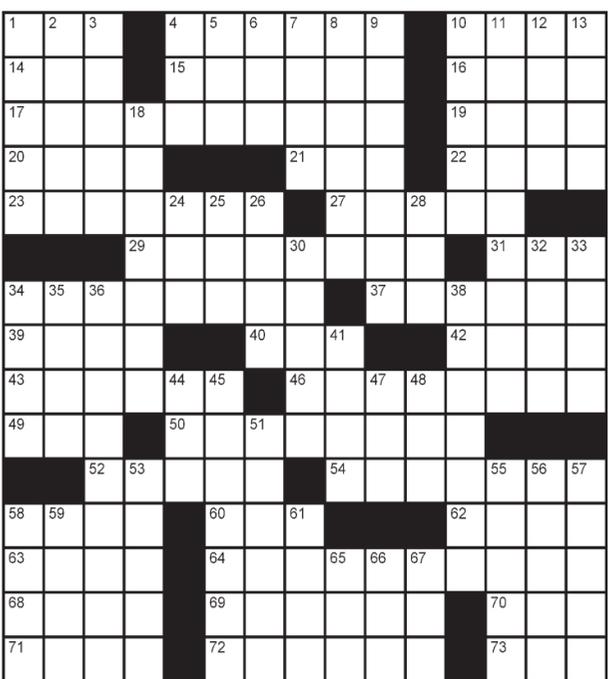
Opening lead — ♣ 6

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

**ACROSS**

- Gore and Capp
- Nightmarish spirits
- Lift in Aspen
- Order form abbr.
- Capital of Iran
- Chip off Eliel's block
- Street corner sellers?
- Wizard
- Auricular
- Entrepreneurs' org.
- Salariated sportsmen
- Smoking mixture
- Dome shape
- Celebrate?
- Small snake
- Future frogs
- Legendary Notre Dame coach
- Curvy molding
- 987-65-4321 grp.
- Extra-wide shoe width
- Spanish rice dish
- Give rise to
- Ex-Bruin Bobby
- Advice columnist?
- "Woman Drying Her Feet" painter
- Offers counsel
- Golda of Israel
- TV guide abbr.
- Act dejected
- Knightsbridge cleaning lady
- Gravelly speech?
- Old Spanish coin
- Deep secrets
- British actor Herbert



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

10/23

**DOWN**

- Jargon
- At a slow tempo
- Newspaper filler piece
- Eng. instruction letters
- Abbr. on a battery
- Fidel's revolting friend
- Vases with feet
- Dugout gofer
- More irrational
- Pace
- Au naturel?
- Golden Fleece vessel
- Several small Eurasian deer
- Surgeon's knife
- AFL-
- Fig. list
- Single bucks
- Late starter?
- Industrial city on the Ruhr
- Rds.
- Dunfermline dagger
- Member of the nobility
- Ed Sullivan's Giglio
- Ice cream ingredient
- Journal opener?
- Fraction of a guarani
- Writer Seton
- Fail to keep up
- Christie and others
- One of the tribes of Israel
- Ltr. container
- Abolitionist Charles
- Flynn of films
- Gets grimy
- Magic Kingdom neighbor
- Appears
- Start of the 15th century
- Barak of Israel
- Reliquary
- Patriotic men's org.
- Opp. of WSW
- Alt. spelling

**Yesterday's Puzzle Solved**

BUGLE SCAM SPAN  
ONEAL IAGO KANE  
WHOWILLYOURUNTO  
LID ELS NEATEN  
SPENCES STASH  
ELK BLIP EBB  
SCHWAPALIDWINE  
WHATWILLMAYSA  
AIRSNOMEYETIS  
PTADVDS TAT  
SLUES TOSHIBA  
ORSONS DAD RAM  
WHERE THE BOYS ARE  
NERD EARL EATEN  
SASS DYNESLEDS

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10-22

**Scrabble Solution**

PAR SCORE 145-155  
BEST SCORE 216

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RACK 4: A, A, I, D, L, N, V

1st Letter Double

ANSWER: HELGA

**BEETLE BAILEY** by Mort Walker



**SNUFFY SMITH** by Fred Lasswell



**Conceptis Sudoku**

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

Difficulty Level ★★★★★

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

Difficulty Level ★★★

10/22