**NON SEQUITUR** by Wiley

THE FULL DISCLOSURE DEFENSE

WILEYINK@EARTHLINK.NET

**BLONDIE** by Dean Young and John Marshall**HI & LOIS** by Chance Browne**DENNIS THE MENACE** by Hank Ketcham**JUMBLE**

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

MOSTP

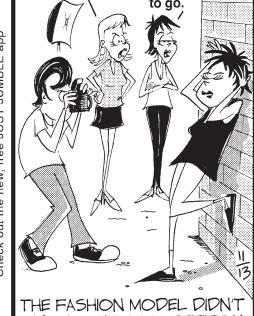
LEERD

PACTEC

DARIHO

## THAT SCRABLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

(Answers tomorrow)

Yesterday's Jumbles: KNIFE TWEAK DRESSY AVIARY

Answer: Mick and Keith worked on "I Can't Get No Satisfaction" until they — WERE SATISFIED

**THE FAMILY CIRCUS** by Bil Keane

"Jack broke his CROWN! I bet he got in a lot of trouble for that!"

# Many heart attack symptoms of women

**Dear Dr. Roach:** My question is about symptoms for women's heart attacks. I have always heard that symptoms for women can be much different from men's. Instead of the chest-clutching, sharp pain that men can have, I have read that women's symptoms can be any of these: heartburn or indigestion; pain in the jaw, neck, shoulders, back, one or both arms; fatigue and troubled sleep; dizziness and nausea; or extreme anxiety. Are you KIDDING me?

I am a healthy, active 63-year-old woman. I have had all of these symptoms at one time or another. If I acted every time I had one of these symptoms, I would be at the doctor's office every day. How is one to know which symptoms to take seriously and act on immediately, and which to wait a few days to see if it is temporary?

Thank you for addressing this confusing issue. — J.

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

I have seen many letters similar to yours. The confusing problem is that it's true: In women, heart attack symptoms and the symptoms of angina before a heart attack can include all of those vague symptoms. The same is true of men as well, although it's more likely for women than for men to have symptoms other than the classic left-sided chest discomfort (people are much more likely to describe angina as "discomfort" or "pressure" than "pain").

So your question is entirely valid: How do you know when to take common symptoms seriously? The first thing I would say is that the greater your risk for heart disease, the more seriously you should take any symptom. Age, family history of heart disease, high blood pressure and cho-

lesterol, lack of regular physical exercise and diabetes are among the most important risk factors.

The second thing I would say is to take new symptoms seriously. If you never get heartburn, for example, then heartburn at age 63 should prompt concern.

Third, context matters. Symptoms such as nausea or jaw pain that occur with exercise — even carrying a bag of groceries or walking up stairs — is definitely a reason to talk to your doctor.

Most women don't know that heart disease remains their No. 1 killer, far outstripping breast cancer (or any cancer). Both women and men need to take even vague symptoms seriously, especially if the symptoms are new, exertional or if the person has several risk factors. As a primary-care doctor, I'd rather see my patient for her concerns that symptoms may be

heart disease than see her in the ICU with a heart attack.

**Dear Dr. Roach:** I have diverticulosis. At one time I was told not to eat nuts. I have since read that eating nuts is OK. What is your take? Also, are chia seeds safe? — E.M.

There are two answers to this question. The first comes from clinical research, and a very large trial showed that nut and popcorn consumption tended to protect against diverticulitis and diverticular bleeding. This may be due to the high fiber content, recommended in people with diverticula. So most experts allow their patients with diverticulitis to eat nuts and seeds, including chia seeds.

The second is practical experience. If someone has had clinical diverticulitis after eating nuts and seeds, especially if it happens repeatedly, it makes sense not to do so.

**Bridge**  
by Frank Stewart

# Louie's unsuper play

"Are you superstitious?" Unlucky Louie asked me.

"Not much," I replied. "I guess I'm merely stitious."

"Well, do you believe that old advice that 'the queen lies over the jack'?"

"No."

Louie had been declarer at today's slam. West led the ten of clubs to dummy's ace. Louie next took the ace of trumps and led a second trump ... to his king. When West showed out, Louie threw diamond from dummy on his king of clubs and ruffed a club. When no queen fell, he took the top hearts, but West had a stopper. Louie then finessed in diamonds, but West produced the king. Down one.

**QUEEN OF TRUMPS**

"I should have played for the queen of trumps to lie over the jack," Louie sighed.

How would you play six spades?

Louie should in fact let dummy's jack of trumps ride at Trick Three, but not because of any silly sayings. If West could take the queen, he would be end-played. Whether he led another club, a diamond or a heart next, Louie would get a free finesse and a 12th trick.

**DAILY QUESTION**

You hold: ♠ AJ 10 3 2 ♡ AQ 5 4  
♦ J 10 3 ♣ A. You open one spade,

your partner responds 1NT, you bid two hearts and he tries three clubs. The opponents pass. What do you say?

**ANSWER:** Partner has a weak hand with six or seven clubs. If he had a hand such as 5 4, 3 2, A 4 2, K Q J 9 7 6, he would have responded two clubs, intending to rebid three clubs next. Clubs must be trumps, but game is unlikely at clubs and more so at notrump. Pass and take a plus.

South dealer  
Both sides vulnerable

**NORTH**  
♠ AJ 10 3 2  
♥ A Q 5 4  
♦ J 10 3  
♣ A

**WEST**  
♠ 7  
♥ J 8 7 2  
♦ K 8 5 4 2  
♣ 10 9 3

**EAST**  
♠ K 9 6 4  
♥ K 10 3  
♦ 9 7 6  
♣ Q 7 6 4 2

**SOUTH**  
♠ K 9 6 4  
♥ K 10 3  
♦ A Q  
♣ K J 8 5

**South** 1 NT  
**West** Pass  
**North** 2 ♣  
**East** Pass  
All Pass

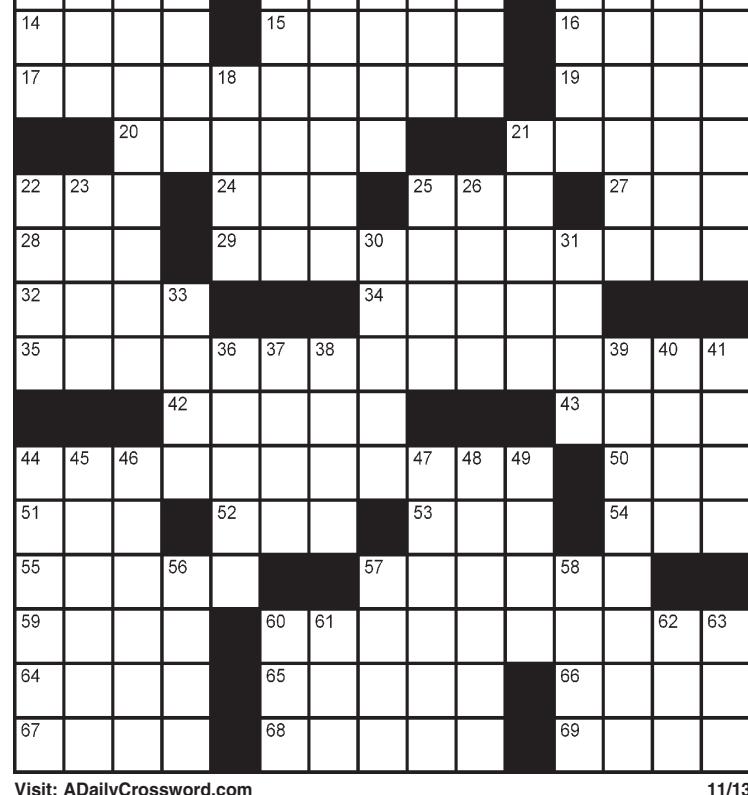
Opening lead — ♣ 10

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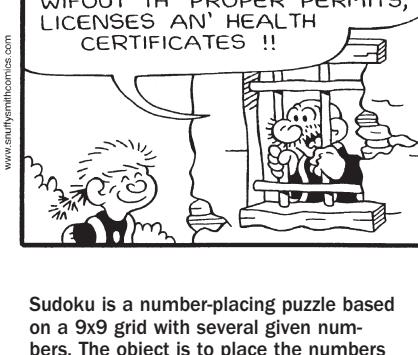
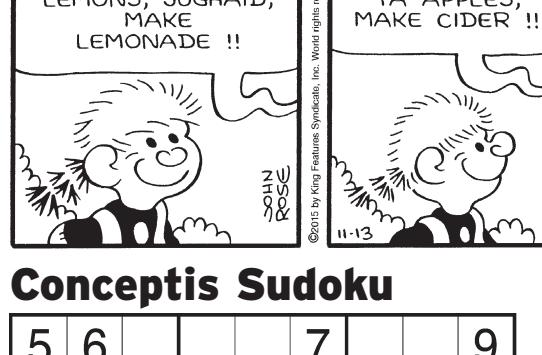
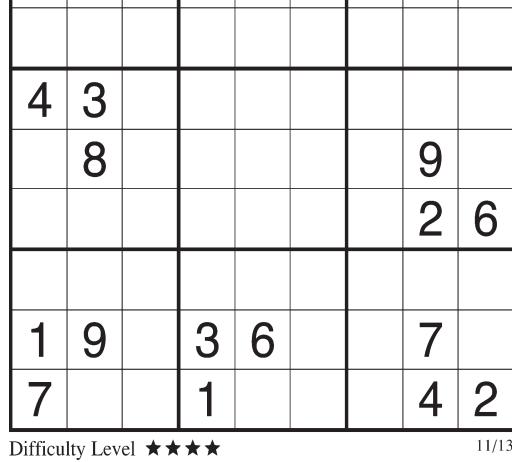
# The Daily Crossword

**ACROSS**

- 1 "Ironside" cops
- 5 Vacuous
- 10 School near L.A.
- 14 Skin soother
- 15 Ingalls Wilder
- 16 Writer Shirley Ann
- 17 High muckamuck
- 19 Chaney and Chaney, Jr.
- 20 Bible book
- 21 Writer Albom
- 22 Show no respect: slang
- 24 Bring to a halt
- 25 chi ch'uan
- 27 Fidel's comrade
- 28 Military asst.
- 29 Light volatile flammable poisonous liquid
- 32 Sign on again
- 34 Like a noisy crowd
- 35 Burns poem
- 42 Recipient
- 43 Synthesizer inventor
- 44 Untethered agents
- 50 Maui music maker
- 51 Neurological test letters
- 52 Goddess of death
- 53 Coolidge's nickname
- 54 Neighbor of Pol.
- 55 Blackmore heroine
- 57 Philosopher Spinoza
- 59 Eye defect: suff.

Visit: [ADailyCrossword.com](http://ADailyCrossword.com)**Scrabble Solution**

SCRABBLE BRAND GRAND CHAMPION SOLUTION											
S P A C E S H O W T H E R E											
PAR SCORE 64 TOTAL 212											
RACK 1 = 12 RACK 2 = 60 RACK 3 = 12 RACK 4 = 64											
S P A C E S H O W T H E R E											

**BEETLE BAILEY** by Mort Walker**SNUFFY SMITH** by Fred Lasswell**Conceptis Sudoku**

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**

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

Difficulty Level ★★★