

SCRABBLE[®] (TM) **G R A M S**

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RACK 1: A1 E1 T1 T1 S1 F4 D2

RACK 2: E1 I1 U1 L1 M3 M3 D2 (1st Letter Triple)

RACK 3: A1 O1 U1 D2 R1 G2 N1

RACK 4: A1 E1 E1 E1 Y4 R1 W4 (Double Word Score)

PAR SCORE 150-160
BEST SCORE 213

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.

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



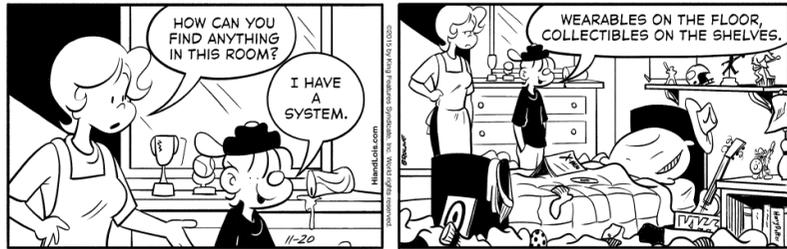
BLONDIE by Dean Young and John Marshall



DENNIS THE MENACE by Hank Ketcham



HI & LOIS by Chance Browne



THE FAMILY CIRCUS by Bill Keane



JUMBLE

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

TABAE

SAHLS

ERRDAH

VIDLER

Print your answer here: _____

(Answers tomorrow)

Yesterday's Jumbles: GUARD MOOSE SURELY KERNEL
Answer: What the starter said to my wife right before the couples' piggyback race — ON YOUR MARK

HAGAR THE HORRIBLE by Chris Browne



Energy supplement likely not harmful

Dear Dr. Roach: My son, in his mid-20s, uses a preworkout energy supplement to which I am opposed. Can you tell me if this is harmful so that I can show him scientific research and your educated and medically sound response?

DR. KEITH ROACH
TO YOUR GOOD HEALTH

amino acids. These are the building blocks for proteins, and are safe in reasonable amounts. Creatine is generally safe for adults, and has been shown modestly effective at helping improve strength in young male weightlifters. One gram is a fairly low dose and is generally considered safe. The 150 mg of caffeine is about the same as a cup of strong coffee.

Velvet bean seed extract I had to look up. It has been used both as a food crop and in traditional medicines. It has toxicity at high doses, but at the dose in the supplement, it should be safe.

In summary, I think this supplement is not likely to be harmful if taken in recommended doses, and it might have some small benefit. There is nothing in the supplement

that cannot be obtained easily and cheaply from food, apart from the velvet bean, which I think has the least proof of benefit of all the components of the supplement.

Dear Dr. Roach: I am 49 years old and in good health. I recently was told by my doctor that what was first diagnosed as a swollen lymph is actually a condition called carotidynia. Can you please publish some information about this condition and what I can expect? Sometimes it is worse than at other times, but it never really goes away. I would not consider it painful; it is just uncomfortable, and when severe, it radiates up into my ear and down into my chest. — S.W.

Carotidynia (literally, "pain in the carotid artery") can come from several distinct causes, some of which are catastrophic such as a carotid

artery dissection, which is a tearing of the lining of the artery. In some cases, carotidynia may be a form of migraine. After surgery or angioplasty to the carotid artery, one also can get pain that comes from the carotid itself.

In the case of no other cause being identified, the condition is sometimes called idiopathic (which means "of unknown cause") carotidynia, and some experts think this condition comes from a type of inflammation around the artery, which can sometimes be seen on CT or MRI scan.

Idiopathic carotidynia is usually treated with anti-inflammatory medicines — ibuprofen, or prednisone in more severe cases. Most cases respond quickly, in a few days or up to a few weeks. However, I want to emphasize the need to thoroughly search for other concerning causes of neck pain.

Bridge
by Frank Stewart

Superb magazine

In October 1929, four years after contract bridge was born, The Bridge World published its first issue. It has continued since, earning a reputation for excellence. The magazine offers material for experts and learning players.

In an "Improve Your Play" feature, South plays at four spades. West leads a heart, and East wins and returns a heart.

If declarer starts the trumps, West will win the second trump and force with a heart. After South ruffs and draws all the trumps, he'll have none left. West will cash a heart when he takes the ace of diamonds.

THIRD HEART

South needs a diamond trick early. If he leads a diamond at Trick Three, he is safe: Dummy's trumps will protect against a third heart lead.

The Bridge World is highly recommended for any aspiring player. I've had the honor to contribute since 1978. For a subscription and interesting features, see bridgeworld.com. Mention this column as you subscribe and get a free copy of Jeff Rubens' "Secrets of Winning Bridge."

the player at your left overcalls two diamonds and your partner bids two hearts. The next player passes. What do you say?

ANSWER: Partner's "free bid" of two hearts implies extra strength or shape, but even if your opponent had passed, your hand, with a fifth heart and two aces, would be potent. Bid four hearts. Partner may hold K J 8 7 6, A K 7 6, 6 5, A 4.

South dealer
N-S vulnerable

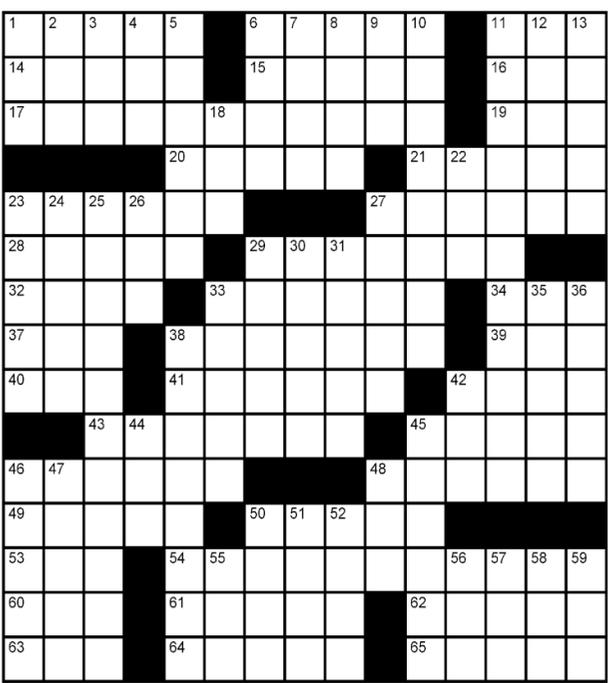
NORTH	WEST	EAST
♠ K 7	♠ A 5	♠ 8 6 4 2
♥ Q 6	♥ 10 9 8 5 3	♥ A 7 4 2
♦ K Q 8 7 2	♦ A 10 4	♦ J 6 5
♣ 9 8 6 3	♣ 7 5 2	♣ 10 4
SOUTH		
♠ Q J 10 9 3		
♥ K J		
♦ 9 3		
♣ A K Q J		

South 1♠ Pass
West 2♣ Pass
North 3♥ Pass
East 4♠ All Pass

Opening lead — ♥ 10
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The Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- Top spots
 - Santa __, CA
 - Make a purchase
 - Hebrew scripture scroll
 - Norse god of the sea
 - Hour past noon
 - Recklessly wasteful
 - Org. of Jaguars and Panthers
 - Estate
 - Furnish
 - Dose of cough syrup
 - Price-fixing groups
 - Where van Gogh painted like mad
 - Soldier
 - New Zealand island territory
 - Shinbones
 - Possessive pronoun
 - Pothook shape
 - Some deodorants
 - Made in the __
 - OED item
 - Ants
 - Tiny insect pest
 - Makes beloved
 - Move evasively
 - Domestic flights?
 - Backslides
 - Terra __
 - Savory meat gelatin
 - Inuit knife
 - In addition
 - Aachen article



- Visit: ADailyCrossword.com 11/20
- Set of three
 - Like the old bucket of song
 - Fr. holy woman
 - Litigators
 - Schon and Cassady
 - Charge for service
 - Part of TWA
 - Mrs. Flintstone
 - More qualified
 - Public uproars
 - Weighty volumes
 - Wordsmith's concern
 - Sets a value on
 - Manuscript revisions
 - Republicans
 - Louse-to-be
 - Synthetic fabric
 - Desert Storm missiles
 - "Rent me" sign
 - Abandon the truth
 - 1997 Indy winner
 - Luyendyk
 - Zubenelgenubi or Dubhe, e.g.
 - Advanced degs.
 - South American nat.
 - Marsh or West
 - Volga tributary
 - Fam. member
 - Two in nine?

Yesterday's Puzzle Solved

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

- DOWN**
- Supped
 - Courteney of "Friends"
 - A-Team member
 - Organ of equilibrium
 - Private detective
 - "Misery" star
 - Building block
 - Substitute for gelatin
 - First name of a canine star
 - Main roads
 - Additional opportunities
 - Physically lacking
 - Kennel sounds
 - Actor Kilmer
 - Quid pro __
 - Didn't spare the rod
 - Spring from
 - Asset

Scrabble Solution

PAR SCORE 150-160
BEST SCORE 213

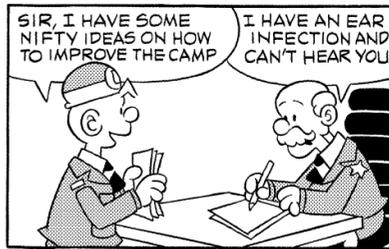
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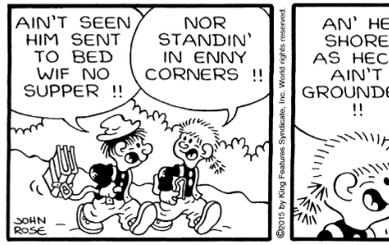
RACK 3: A1 O1 U1 D2 R1 G2 N1

RACK 4: A1 E1 E1 E1 Y4 R1 W4

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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