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.







"WITH MY NEW PAJAMAS AND YOUR NEW ROBE;

DENNIS THE MENACE by Hank Ketcham

WE'RE HAVING GUESTS OVER TONIGHT, SO YOU NEED TO CLEAN UP IN HERE.

WE DON'T MIND IF H

THE FAMILY CIRCUS by Bil Keane

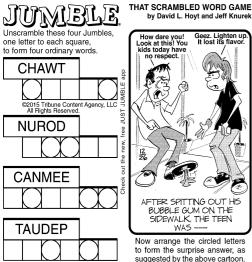
IT'S A SHAME TO GET DRESSED AT ALLTODAY."



"Santa's gonna have a hard time topping this Christmas next year!'

NON SEQUITUR by Wiley

HEY, HAPPY IMAGINARY WAR ON CHRISTMAS ARMISTICE



Answei WEIGH MOOSE VIABLE The fireplace in their new home made for a nice — HOUSEWARMING

HAGAR THE HORRIBLE by Chris Browne





Lowering HBP; optimizing retirement

Q: I read a newspaper article that said my top blood pressure number should be 120. I have worked my tail off to get it to 140. What's with this new guideline? — Fred, G., Akron, Ohio

Bravo for putting in the hard work it takes to lower your systolic blood pressure. Less than half of Americans with high blood pressure have it under control, and that's risky. HBP is related to everything from strokes and heart attacks to kidney disease.

The recent findings of the SPRINT (Systolic Blood Pressure Intervention Trial) study confirm the benefits of that lower number. The researchers concluded that around 18 million Americans who have systolic BP over 120 are candidates for treatment. That will prevent 25 percent of heart attacks.

But, there's something we need to mention. The 9,361



DOCTORS OZ AND ROIZEN

each were taken into a quiet room, hooked up to an automatic BP machine and left alone — three times. BP was determined by averaging those readings. Why? That's how you get an accurate result! Having your doc do it in a rushed setting elevates BP in many folks and can lead

to overdiagnosis! your average is above 130, discuss lifestyle changes and health and your romance, too! patients in the SPRINT trial medical treatments. If it's 120

get rechecked in three

Q: My husband and I are retiring in January; after 35 years, we're selling our bed and breakfast. We'll get some rest and relaxation, but after that I

want to make sure we stay active and healthy. Any thoughts on the best way to proceed? — Barbara T., Flemington, New Jersey

There are lots of ways to stay active after retirement. First, use the extra time you'll have for daily exercise. Then, we bet you're good cooks (at So if your doc says to aim least for breakfast), so spend

Also, consider going back

to 130, continue with to school to study something sharp. Many studies have skills are boundless. found that when seniors give The game is available online 3 and enhances the chance of Connect and play. It's as easy a longer, healthier life. You at that. and your husband have a lot of experience running an inn. make a hundred, and you may Perhaps you can help others still have a bright future as a in your area who are starting player. out in that business.

And most important, to prospective heart surgeons or encourage each other to make airplane pilots. healthy choices. Affection and intimacy make you both younger. So spend this time your life. More and more folks sible in a short span of time is planning the next phase(s) of are living to 90 and even 100. You've got plenty of time to ous improvement. for a systolic BP of 120, insist time cooking Mediterranean reinvent yourselves and have on getting a series of read-style; if you don't already fun! As Jimmy Carter said besides. ings done in the least stress- know how, take a cooking about retirement, "We should ful environment possible. If class. That veggie-rich diet consider our life expanding, instantly available for review. will fuel your brain and heart not contracting." And look what he accomplished after has subsided, it is possible to he left the White House!

Chess

by Shelby Lyman

Chess offers exceptional 6 vour hard work and that's always interested you; opportunities for rapid progress. 5 this keeps cognitive abilities The opportunities to hone one's

> back to their community it for everyone, 24 hours a day, 2 reduces their risk of depres- despite limitations of age, physision, lowers blood pressure cal capacity and geography. 1

> > Make a mistake, make five or Such largesse is not available

The game is especially attractive to the autodidact.

The sheer volume of play pos-

And there is a special bonus,

Before the heat of battle discover better and even winning moves that had been overlooked.

It is also possible to see how smugness, inattention, fear, or other emotions have influenced performance.

The lessons learned are valuoff the chess-

1 1

b c d e f g h WHITE WINS THE QUEEN from the Biel Master Open tournament in Biel, Switzerland.

ilaniciic ini Dici, c	WILL CITATION
Gharamian	Watson
1. e4	e6
2. d4	d5
3. Nd2	Nf6
4. e5	N(f)d7
5. c3	c5
6. Bd3	Nc6
7. Qg4	Qc7
8. a3	h5
9. Qf4	cxd4
10. cxd4	f6
(8)	fxe5
12. Bg6ch	Kd8
13. Ng5	Nf6
14. Qh4	Kd7
15. Nf7	Rg8
16. Nf3	exd4
17. O-O	Be7
18. Bf4	Ne4
19. N(3)g5	Nxg5
20. Nxg5	e5
21. Qh3ch	Kd6
	Kc5
* /	Black resigns
SOLUTION	_
BEGINNER'S	CORNER

TO CORNER: n by Tigran 1. Qe1ch! followed by Be4! (win-John Watson ning the queen).

The Daily Crossword Edited by Wayne Robert Williams

- 1 Hymn of praise
- 6 House numbers? 10 Kill with a hand grenade
- Hit song of years
- ago 15 "The Luck of Roaring Camp'
- author Harte 16 Lucky streak
- 17 Turning point Tree with lavender 18
- blooms 20 Exhausted
- Positions of 21 superiority
- 22 Piece of antiquity
- Decorates with heraldic arms
- 25 Profiterole or cream puff
- Slender swimmer 28 Accumulates
- Mass migrating 29 rodent
- Conflagration 35 Domingo
- showstopper 36 Lover at a secret
- meeting Open insult
- Cheer for the 43
- toreador
- Entry-level position
- Feeling inadequate
- 52 Shabby

Traffic cacophony

	Thursday's Puzzle Solved													
W	Α	G	Е	S		\supset	L	Α		Α	S	Р	С	Α
Α	R	Е	Ν	Α		Ν	0	R		М	Α	0	R	_
S	Ι	Z	G	L	Е	В	Α	R	R	Ш	L	∟	Е	O
Ν	Α		R	0	В	_			0	N	U	S	Ε	S
Т	S	Ε			Ε	N	G	R	0	S	S			
			С	0	N	D	U	Τ	Т			Α	N	S
Ε	R	R	0	L			1	N	Ι	М	Π	С	Α	Г
D	0	U	В	L	Ε	_	N	D	Е	М	N	_	Т	Υ
Н	0	Т	S	Α	U	С	Е			L	П	D	0	s
S	D	S			R	Ε	Α	D	М	1	Т			
			Α	D	0	R	N	Ε	R			Α	Т	Т
S	Т	Ε	Ρ	U	Р			Α	Ε	R	Α	Т	0	R
Т	R	П	Р	L	Е	W	0	R	D	s	С	0	R	Ε

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14						15					16			
17						18				19				
20						21								
		22			23			24						
25	26							27						
28								29			30	31	32	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	_	⊢	<u> </u>		62	<u> </u>		<u> </u>	_

Visit: ADailyCrossword.com

- 50 Crop guardian
- 55 Poet Rossetti

60 Bring to heel 61 Kick back "Waiting for Lefty"

dramatist **DOWN**

57

59

- 5 Courageous spirits
- 6 Expresses dissent 7 Apothecary measure
- 8 Sound unit Marvel Comics man 46 10 Dennis of "N.Y.P.D.
 - Standish's
- Socks in the kisser Boat-launching spot

56 Think the world of

Is beholden to

Salami type

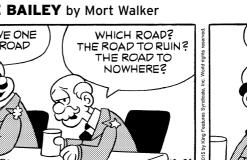
58 Done with

- 3 Opponent Serengeti predators
- Blue' 11 Infomercial name
- competition 13 Drinking vessel

Scrabble Solution

.01		SCRABBLETs a trademant of Hastro in the US and C Distributed by Tribune Content Agency, LLC All
210	JATOT	PAR SCORE 145-155
ħΔ	EACK 4 =	1 0 M F 0 0 L
10	EACK 3 =	P3 U3 E3 B3 L1 O1
69	BACK 2 =	THE MITHME
<u> 7</u> 9	BACK 1 =	UR GENGK
	SOLUTION	остудоры вкаль била

	Gnarannanagamsi
LET'S HAVE ONE FOR THE ROAD	WHICH ROAD? THE ROAD TO RUIN? THE ROAD TO



ROUGH DAY, HUH?

SNUFFY SMITH by Fred Lasswell





Conceptis Sudoku

Difficulty Level ★★★

12/26

19 Sphere of influence

25 Witless in London

Soaked before

Hard white pottery

Supreme Court?

Scholarly textbooks

From side to side, at

Neutral vowel sound

Muslim women's

Change for a five Easy run

54 Thumbs-up votes

26 Arabian prince

Temper

cooking

32 Count of the

33 Entranceway

Citizen of a

democracy Hit a Mulligan

To and _ 42 Medley

quarters

48 Surface

45 British racetrack

30

37

39

40

47

53

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

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.

Thursday's Puzzle Solved

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

Difficulty Level ★★★

12/26