

# SCRABBLE GRAMS

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E	E	U	R	V	N	N	RACK 1
E	E	O	U	R	C	C	RACK 2
U	U	H	P	S	R	B	Double Word Score RACK 3
E	I	U	R	R	V	P	2nd Letter Triple RACK 4

PAR SCORE 150-160  
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. "Blank" 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



## HI & LOIS by Chance Browne



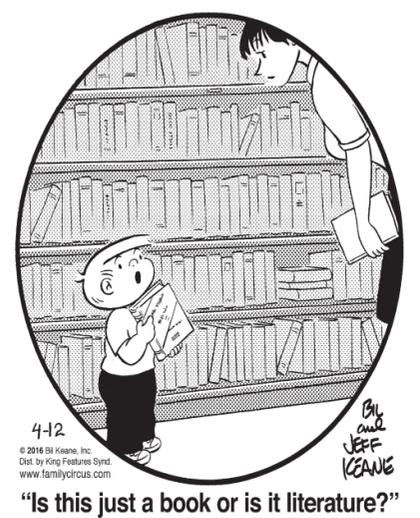
## HAGAR THE HORRIBLE by Chris Browne



## 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.

UNDOUW

DIGYD

GIMSAT

PICANT

## THAT SCRAMBLED 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.

Yesterday's Jumbles: WHEAT BRINK CANCEL BRIGHT  
Answer: She knew what two times two equaled and didn't have to — THINK TWICE

# Succession splash is sound in stomach

**Dear Dr. Roach:** I am a woman in my mid-20s, am not overweight and never have been. I have two children. Ever since about age 13, I have had this swishing sound in my stomach. When I push my stomach out, it sounds as if something is filling up with fluid, and when I let my breath out, it gurgles again. It comes and goes whenever, and I've never been able to pin it to a specific time of the month or to something I've eaten or drunk. I've never been to a doctor to check it out, as it is not painful. I checked out hernias on websites, and it doesn't seem to match anything. Can you help me? — G.O.

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

hear the fluid in the stomach sloshing around, even without a stethoscope (there almost always is a little air in the stomach as well). If the stomach gets very distended, as in gastroparesis, a condition where the stomach doesn't empty normally, the succession splash can be abnormally prolonged.

**Dear Dr. Roach:** Is a vegan diet the healthiest possible option? — W.H.

A vegan diet — that is, one with no animal products — can be a very healthy option. There is little doubt among experts that less red meat and more vegetables, fruits, whole grains and nuts will reduce risk of coronary artery disease and many malignancies. However, experts believe that

adding, for example, two servings of fatty fish weekly to a vegan diet will further reduce a person's net risk. Adding modest amounts of skinless poultry also may have benefit, or at least have no harm compared with a strict vegan diet.

A vegan diet is a serious lifestyle change, and I don't recommend it in general, but I certainly support it for my few patients who have made that choice, based on health, moral or ecological reasons. However, I do recommend increasing plants, fish, nuts and whole grains to most. Almost everybody would benefit from eating less meat, especially less red and processed meat. You don't need to be strictly vegan to gain benefit. Even on a vegan diet, it still is necessary to limit refined sugar. Vegans also need a source of vitamin B-12, whether it's B-12 fortified foods or a supplement.

**Dear Dr. Roach:** I'm 48 years old. My menstrual cycles started at age 12 — always heavy, and always lasting seven days, with mild cramps before bleeding started. In the past several cycles, it has been less heavy and fewer days, but I find it unusual that there are no cramps before my period but mild cramps a few days after the cycle. Is this unusual? — A.

It is not at all unusual for women to notice changes in their menstrual periods as they approach menopause, which happens in most women around age 51. The most common change I see is that the cycle length — say, 30 days — starts to get longer and longer. The amount of bleeding often diminishes, but that isn't always the case. Cramps are highly variable, with some women noticing them getting worse temporarily, but most getting better.

# Bridge

## Deception on defense

by Frank Stewart

I continue a series on deception by the defenders. Many deceptive plays are easy to execute because they are based on one of two simple ideas: (1) Play a card declarer already knows you hold; (2) let him win his first try at a repeatable finesse.

At today's four spades, South takes dummy's king of clubs and leads a trump to finesse with his queen. Say West takes the king and leads a second club to the ace.

South then uses dummy's last entry to finesse in hearts. When his queen wins, he draws trumps and concedes a diamond and a club, making his game on the nose.

### NO HUDDLE

When South takes a trump finesse at Trick Two, West should play low — without a huddle, hopefully. Then declarer has a losing option.

Declarer could still lead a club to dummy to finesse in hearts (and maybe he should since East's trump holding might be K-7). But if South goes to the ace of clubs for a second trump finesse, West will win and exit safely, and South will lose a trick in each suit.

and he bids two clubs. The opponents pass. What do you say?

**ANSWER:** You scraped up a one-heart response on the chance that partner could raise and your side could make a game, but that looks unlikely now. (If partner has three cards in hearts, the opponents have a 10-card spade fit and might have bid.) Pass and hope for a plus or a small minus.

South dealer  
Both sides vulnerable

<b>NORTH</b>		<b>EAST</b>
♠ 6 5 2		♠ 9 7
♥ 9 6 5		♥ K J 7 4 3 2
♦ 8 7 4 3		♦ J 10
♣ A K 5		♣ 8 7 2

<b>SOUTH</b>	
♠ A Q J 10 4	
♥ A Q	
♦ A K 6	
♣ 6 4 3	

South	West	North	East
1 ♠	Pass	2 ♠	Pass
4 ♠	All Pass		

Opening lead — ♣ Q

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## The Daily Crossword Edited by Wayne Robert Williams

### ACROSS

- Opera singer Gluck
- Of vision
- Moroccan region
- Woods in Paris
- O. Henry forte
- Christmas in Paris
- Sheepskin
- Obsolete anesthetic
- Use a phaser
- Portion: abbr.
- That woman
- ISS partner
- Evaluate
- Special parliament group
- Summer at the Sorbonne
- Winglike parts
- Social follower?
- Work hard
- Tag-player's call
- Trademark ear cleaner
- Idaho hrs.
- Nuremberg conclusion
- French water
- Flaming dessert
- Callas and Shriver
- Orinoco tributary
- One-time link
- Colony critter
- DDE's political opponent
- Some IRAs
- Comes out clean
- \_\_\_ fixe
- Substructure for plaster

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					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				62			63				
64					65						66	
67						68					69	

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

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### DOWN

- Convent head
- Detest passionately
- Legrand or Fokine
- U.S. tennis stadium honoree
- OPEC output
- Trademark antidepressant
- One-third of a WWII movie?
- Title for M. Clouseau
- Dancer Charisse
- Consume
- No need to thank me
- Banns word
- Land in la mer
- Put up
- Vanessa's nickname
- Former Mississippi senator
- Unpaid performer
- Planet-finding grp.
- Cheeky lip
- Spread slowly
- Moray or conger
- Author of "Them"
- Letters for 1051
- XXIX times C
- Employee safety grp.
- Said again
- Poetry from Pindar
- On the \_\_\_ vive
- Muse of poets
- Terminate
- Removed suds
- Violinist Heifetz
- Roman Catholic worship of God
- Kennedy and Merman
- Studio stands
- Remote
- Punta del \_\_\_
- Switch positions
- Gerard or Hodges
- Author LeShan
- Trip in an SST
- CIA precursor

## Yesterday's Puzzle Solved

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

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## Scrabble Solution

PAR SCORE 150-160  
BEST SCORE 216

RACK 4 = 68  
RACK 3 = 78  
RACK 2 = 10  
RACK 1 = 60

SOLUTION

## DAILY QUESTION

You hold: ♠ 9 7 ♥ K J 7 4 3 2  
♦ J 10 ♣ 8 7 2. Your partner opens one diamond, you respond one heart

## BEETLE BAILEY by Mort Walker



## SNUFFY SMITH by Fred Lasswell



## Conceptis Sudoku

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

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

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

Difficulty Level ★

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