

SCRABBLEGRAMS

I

O

N

C

R

F

L

RACK 1

A

I

U

Y

T

N

N

1st Letter Double

RACK 2

A

O

Y

L

N

C

H

Triple Word Score

RACK 3

E

O

O

T

R

N

C

RACK 4

PAR SCORE 140-150

BEST SCORE 226

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. "Banks" 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.

04-19

NON SEQUITUR by Wiley

I SAID YOU SHOULD JUST USE YOUR FIRST NAME, BUT WOULD YOU LISTEN TO ME? NO-O-O-O...

SAL MONELLA'S DINER

2nd MONELLA'S DINER

HONEY, IF YOU WANT A REAL SURPRISE, YOU NEED TO OPEN THE FRONT DOOR

4-19

SURPRISE!

4-19

BLONDIE by Dean Young and John Marshall

HONEY, IF YOU WANT A REAL SURPRISE, YOU NEED TO OPEN THE FRONT DOOR

4-19

SURPRISE!

4-19

HI & LOIS by Chance Browne

YOUR DOG DIDN'T EVEN BARK AT ME.

4-19

YEAH, HE ISN'T MUCH OF A WATCHDOG.

4-19

I WATCH DOGS ALL DAY!

4-19

THERE GOES A CUTE ONE NOW.

4-19

HAGAR THE HORRIBLE by Chris Browne

LUCKY EDDIE, DO YOU KNOW THE SEVEN DEADLY SINS?

4-19

HMMM... I'M NOT SURE...

4-19

BUT I BET THEY'RE ALL ON THIS DESSERT MENU!

4-19

DENNIS THE MENACE by Hank Ketcham

"NOW I'M GOING TO CLOSE MY EYES AND IMAGINE YOU ARE NOT HERE."

4-19

THE FAMILY CIRCUS by Bil Keane

"My backpack needs a backpack."

4-19

JUMBLE

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

DYNHA

GOUBS

RIYVEF

DENORY

"

Answers tomorrow

"

Yesterday's Jumbles: DOILY BRAVE PILLOW SYMBOL Answer: The alligator was stressed out because he was — SWAMPED

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

It's great having the old team together.

I'm so glad you made it.

I couldn't miss seeing everyone.

WHEN THE GROUP OF FRIENDS TOOK A PHOTO TOGETHER, THEY TOOK A PHOTO OF —

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

Surgery depends on diagnosis of CTS

Dear Dr. Roach: Recently, I was diagnosed as having carpal tunnel syndrome. It seems to be getting worse, despite my having been given a cortisone injection in my wrist and wearing a sling when I sleep or do repetitive work, as advised. I would appreciate any advice from you and would like your opinion on whether surgery would be advisable. The condition is in my left hand, but I'm not left-handed. I seem to feel the most pain while in bed, and it often keeps me from getting a good night's sleep. My symptoms run the gamut from numbness and tingling to pain and stiffness. I'm now starting to get some numbness in my right hand as well. Can this condition be present in both of my hands? Could this be something other than CTS? — *B.B.*

It could very well be carpal tunnel syndrome, which is caused by compression of

DR. KEITH ROACH TO YOUR GOOD HEALTH

the median nerve in the carpal tunnel, an anatomic structure in the wrist. You have identified some of the major symptoms: pain (usually in the thumb, index, middle and half of the ring finger, often radiating up to the elbow but rarely above), tingling sensation in the same distribution, and with severe disease, weakness and atrophy of the hand muscles (specifically the large muscles at the base of the thumb, called the thenar eminence).

A physical exam usually is sufficient to make the diagnosis; however, I would not recommend surgery without a definitive diagnosis, which can be made by an electromyography test. An EMG can differentiate carpal tunnel syndrome from other causes, such as compression of the

nerves of the brachial plexus, in the axilla, or of the nerve roots as they exit the cervical spinal cord in the neck.

The relief from injections in the wrist seldom lasts for more than a few months, and braces and lifestyle changes also sometimes are ineffective, though they are always worth trying. Surgery is effective about 98 percent of the time, as long as the diagnosis is correct.

Dear Dr. Roach: After being stuck in a hospital bed battling a painful bout of constipation — winning with the help of stool softeners, grunting and not a small amount of anguish — I finally took the advice from caregivers to drink prune juice at breakfast. Although difficult to stomach initially, it grew on me, and it works. It is a wonderful combatant to constipation! I now drink about 4 ounces every morning. Constipation is no

longer a problem. Please extol the virtues of prune juice and how it works.

Together, we can up the prune juice industry significantly. It's time to buy prune juice supplier stock. — *H.R.*

Prunes contain several naturally occurring laxatives, including sorbitol and phenolic compounds. Prunes themselves have a lot of fiber, but most juices have the fiber removed. Prunes and prune juice have been shown to be a safe and effective treatment for constipation, and they raise the blood sugar only modestly. Some data suggest that prunes may have benefit in preventing bone loss.

Mixing with water and drinking cold can make the juice more palatable for some people. I know you are joking, but I don't have any financial relationship with any pharmaceutical or nutrition company that I know of.

Bridge

by Frank Stewart

Taming the 4-3 fit

A declarer at a “Moysian” 4-3 trump fit has many possible approaches. If he has plenty of side-suit winners, he may strive to keep control. Otherwise, he may try to “scramble” tricks with a crossruff. Against today's four spades, West led the K-Q of hearts, and South ruffed and hopefully drew three rounds of trumps. When East threw a diamond, declarer tried to cash some minor-suit winners, but West ruffed the second diamond, and the defense took two hearts. Down one.

ANSWER: This is a judgment call. My judgment would tell me to pass. The hand has only 10 high-card points, mostly secondary values and no heart fit. Partner has shown six or more hearts but a minimum opening bid. He may take eight tricks at hearts, but the combined values will seldom produce nine tricks at notrump.

North dealer
Both sides vulnerable

NORTH
♥ A K J
♦ J 7 4 2
♦ K 5
♠ A K 4 3

WEST
♥ 10 9 5 3
♦ K Q 9 6
♦ 10
♣ J 8 7 6

EAST
♥ 7 2
♥ A 10 8 3
♦ J 9 7 4 3
♣ 10 9

SOUTH
♠ Q 8 6 4
♥ 5
♦ A Q 8 6 2
♣ Q 5 2

North
1 ♣
2 NT
4 ♠

East
Pass
Pass
All Pass

South
1 ♦
3 ♠
Pass

Opening lead — ♥ K

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The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- Drops into a liquid without a splash
- "101 Dalmatians" author Smith
- Spicknel
- Containing gold
- Spiral-horned antelope
- Novelist Rand
- Downplays
- Man from Vientiane
- One archangel
- City south of Moscow
- John's Yoko
- Tarzan wannabes
- Too polite
- Fang
- "The Age of Anxiety" poet
- Criticize harshly
- Mexican annuals
- Dizzy twosome?
- Trap or yap
- "Divine Poems" poet
- Blow away
- Agamemnon's father
- Frequently, to a bard
- German river to the French
- Sanskrit aphorism
- Advanced deg.
- Leave the red behind?
- Before in a poem
- Famine's opposite
- Palmer of "The Gentle Sex"

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

Visit: ADailyCrossword.com

4/19

- Puncture sound
- Lone Star State

- Short-term govt. investment

- Greek Aurora
- Old Testament book

DOWN

- Simon or Cezanne
- Goddess of the moon
- Church calendar
- Chart shape
- Crumple and squeeze
- Moore of movies
- Greek wine flask
- Willie Wonka's creator
- Actress Balin
- McBain and McMahon
- Simoleons
- Button holder
- Deranged
- Switch attachment?
- Latin way
- Correct: pref.
- Fruit drinks
- Bic or Flair
- Wagering site in NYC
- Intl. broadcasters

- Software bundle
- Pocatello's place
- Pigeon sounds
- suit
- Ltr. holder
- Vane dir.
- Sun. talk
- E. Lansing campus
- Loss due to not showing up
- Canal boats
- Different people
- Drops a line
- Carson's successor
- Standard
- Tunisian port
- Major constellation
- Recent walkers
- 1551
- Telephone man?
- Seed covering
- Instructors' grp.
- Golf prop
- Sharp point

Yesterday's Puzzle Solved

SAG DOGAPERSVP

ILE ELEVEN ETES

MSTHELENS TRET

MATEO SCHIRRA

SIERRA GOOIER

ENLIVENS TRA

ESPNI SAR AMENS

STAC FOLIC INSP

SATES LECH SSTS

EPH HEATHENS

SHOVEL FEEBLE

GALILEE ANAIS

OLEG TEAGARDENS

BENU ENRAGERDA

JOSE SANDED SAY

4-18

Scrabble Solution

PAR SCORE 140-150

TOAL 226

RACK 4 = 69

RACK 3 = 96

RACK 2 = 61

RACK 1 = 41

SOLUTION

BEETLE BAILEY by Mort Walker

THESE LOOK LIKE LEFTOVERS

I DON'T CALL THEM LEFTOVERS

4-19

SNUFFY SMITH by Fred Lasswell

YOU'VE BEEN CHARGED WIF ILLEGAL GAMBLIN'--WHATTYA HAFTA SAY FER YORESELF, SMIF ?

NUTHIN', YORE HONOR !!

4-19

Conceptis Sudoku

3 4 8

9 5 6

5 7 6 3

3 9

1 7 8 2

6 8

2 7 1 2 9

5

Difficulty Level ★★

4/19

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 9 4 6 3 1 7 2 8

6 3 7 4 2 8 5 9 1

1 8 2 7 5 9 6 4 3

4 5 3 2 1 6 9 8 7

2 7 8 5 9 4 1 3 6

9 6 1 8 7 3 4 5 2

8 4 5 3 6 7 2 1 9

7 2 9 1 8 5 3 6 4

3 1 6 9 4 2 8 7 5

Difficulty Level ★

4/18