SCRABBLE GRAMS

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E1	E1	N1	L1	D2	T1	C3		RACK 1
E1	U1	Y4	T1	C3	R1	N1		RACK 2
E1	I1	I1	S1	V4	S1	M3	1st Letter Triple	RACK 3
A1	E1	K5	P3	L1	P3	T1	Double Word Score	RACK 4

PAR SCORE 150-160
BEST SCORE 219

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.

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.

06-09

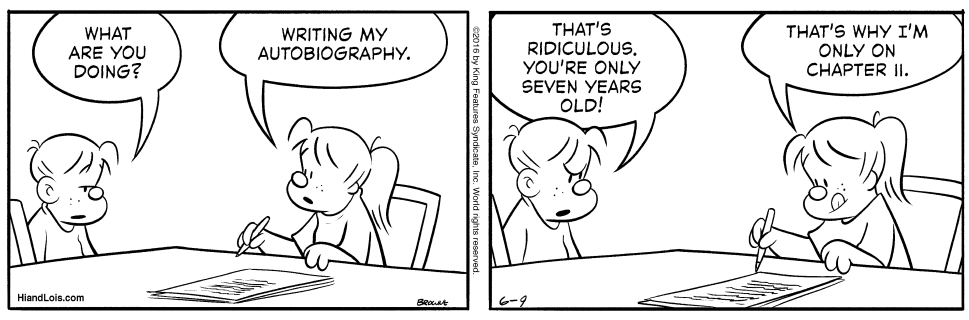
NON SEQUITUR by Wiley

DENNIS THE MENACE by Hank Ketcham

"BOY, THERE SURE ARE A LOT OF THINGS I CAN'T GET AWAY WITH."

BLONDIE by Dean Young and John Marshall

HI & LOIS by Chance Browne



JUMBLE

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

SYPHU

DURFA

NERROY

ITOXCE

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

Check out the new, free JUST JUMBLE app

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

Print your answer here: ____ - ____

(Answers tomorrow)

Yesterday's Jumbles: GLAZE ISSUE EQUITY FLAVOR
Answer: The priest took his workout routine very seriously and went to the gym — RELIGIOUSLY

HAGAR THE HORRIBLE by Chris Browne

THE FAMILY CIRCUS by Bil Keane

"Why does God do this now? Doesn't He know my school's out?"

Pain is the body's way of relaying info

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: If I recline in my recliner and fall asleep, after an hour I am awakened by a pain from my upper legs, buttocks and lower back. Two Aleve pills remove the pain, but the pain returns if I return to the recliner. If I relocate to a solid chair, I get continuing relief. What is causing my discomfort? — *K.L.*

Your body is trying to tell you that the recliner is putting it into a position where your nerves are being pressed on. The pain is there to tell you to change position or, better yet, get up and move around.

Dear Dr. Roach: I got shingles four months ago. I have bad nerve pain when my clothes touch my skin. Is there anything to help this? I have had pain pills and creams, but none of them work. — *E.R.*

Pain four months after an attack of shingles is called "postherpetic neuralgia," and it is more common and often more severe in older individuals. Many people describe it as one of the most painful conditions they have ever experienced. It can be hard to treat, but my experience and most published literature suggests that gabapentin (Neurontin) or pregabalin (Lyrica) are very effective agents; sometimes additional treatments are necessary, especially tricyclic antidepressants, such as amitriptyline. The doses necessary are high, and take time to reach, since the body needs time to become accustomed to the side effects. The cream you tried likely was capsaicin, which is moderately effective for most people but doesn't work in everybody.

Postherpetic neuralgia usually goes away by itself, but it can take a frustratingly long time — up to three years in older adults. The shingles vaccine is no longer of help to you, but it can prevent this terrible complication. The rate of PHN is a little over two cases per thousand people per year without the vaccine, and only 0.7 cases per thousand people per year who have been vaccinated.

Dear Dr. Roach: I am concerned about my 48-year-old son, who is very active and a hard worker. He has a good marriage and is always happy. He is tall and thin, enjoys food and has a good appetite. He drinks 10 to 12 cans of cola on a daily basis. No coffee, tea or other drink. Maybe he has a beer, but only on rare occasions.

I've read articles on cola in pancreatic cancer and also articles on cola in diabetes. What are your thoughts on this? — *C.M.*

There is no reliable evidence that drinking sugar-sweetened beverages increases risk of pancreatic cancer, but there is some evidence that saturated fat may be a risk factor. Smoking is, and a diet high in fruits and vegetables probably reduces risk. The connection between new-onset diabetes and pancreatic cancer remains controversial.

On the other hand, the amount of sugar in 12 cans of a sugary soft drink is immense — nearly a pound of sugar. This clearly increases the risk of diabetes, despite the fact that he is thin. Further, those calories are "empty": Soft drinks provide no other nutrients that his body needs. He would be at less risk for developing chronic disease years from now if he were to reduce his soda intake to no more than one or two a day and instead would enjoy healthier foods, like fresh fruits and vegetables.

Bridge
by Frank Stewart

Refuting deception

An expert declarer can employ many types of deception. The defenders can counter with careful signaling and logical thinking.

At today's four spades, South took the king of clubs, led a trump to dummy and returned a tricky jack of hearts. East played low, expecting that declarer might be about to lose a finesse to "West's" queen. But West took the king and led another club.

South won, led a diamond to dummy and returned a second heart. East took his ace, but South won the diamond return, drew trumps and threw dummy's diamond loser on the queen of hearts. He lost two hearts and one club.

SECOND HEART

East erred. East-West needed two hearts, a diamond and a club. If South had, say, K-10-x in hearts, he could always set up a second heart trick for a diamond discard. If his hearts were K-10, he would attack the minor suits, hoping to delay his guess in hearts or end-play a defender.

To refute South's deception, East needed to cover the jack of hearts with his ace.

DAILY QUESTION

You hold: ♠ Q 8 6 2 ♡ J 6 ◊ A K 7 ♣ 6 5 3 2. The dealer, at your left, opens one club. Your partner doubles, and the next player bids two clubs. What do you say?

ANSWER: Your decision is close. Partner has opening values or more, and his hand is short in clubs. If he has a sound hand such as A K 10 3, A Q 4 3, 8 6 5 3, 4, you may take 10 tricks at spades. If your side is not vulnerable, bid two spades. But if vulnerable, jump to three spades to invite game.

South dealer
Both sides vulnerable

NORTH
♠ Q 8 6 2
♡ J 6
◊ A K 7
♣ 6 5 3 2

WEST
♠ 10 7
♡ K 10 9 3
◊ 8 6 4
♣ Q J 10 8

EAST
♠ 9 5 4
♡ A 8 5 4
◊ Q J 10 3
♣ 9 7

SOUTH
♠ A K J 3
♡ Q 7 2
◊ 9 5 2
♣ A K 4

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

Opening lead — ♣ Q

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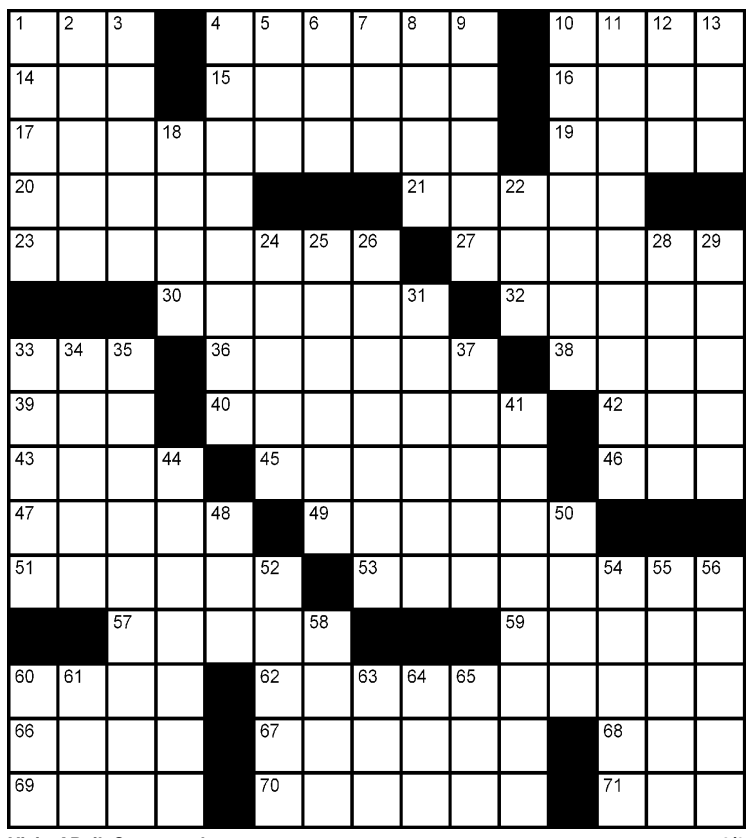
The Daily Crossword
Edited by Wayne Robert Williams



ACROSS
1 Grave letters
4 Woodwinds member
10 Novelist Oz
14 Bat wood
15 Gung-ho
16 Nothing in Granada
17 1970 Roger Corman movie
19 Got bigger
20 Bight of __
21 Impassive
23 Sets apart
27 Church gatherings
30 Gulps of liquor
32 Drink like a cat
33 That guy
36 Parish clergyman
38 Company emblem
39 Sweet drink
40 Curio shelves
42 Eye cover
43 Alan or Cheryl
45 Whine
46 First grade
47 Burglar
49 Removes frost
51 Car wash gizmo
53 Reacquiring sorts
57 Hellenic
59 "Separate Tables" star
60 Morose
62 After the birth of Christ
66 Crew's tools
67 More inferior
68 Vietnamese New Year
69 Numbered musical piece
70 Accent
71 Silly billy

DOWN
1 Jewish teacher
2 Man and Dogs
3 Graph starter?
4 Military materiel
5 Reddish-brown horse
6 Electrical resistance unit
7 401(k) alternative
8 Neill and Waterston
9 Sinatra song, "__ Life"
10 Of a painful spasmodic attack
11 13th-century Venetian merchant traveler
12 Keats composition
13 Workbench cutter
18 Artist's medium
22 Miss Olive
24 Racetrack tipsters
25 Quick trip
26 More theatrical
28 Entrenched
29 Josiah of bone china
31 Nicks of Fleetwood Mac
33 Ceases
34 British Columbia's neighbor
35 Politician's consultant
37 Put up
41 Roosevelt and Powell
44 Lower one's spirits
48 Payment
50 Pass over lightly
52 Harvests
54 Madonna title role
55 Russo and Auberjonois
56 States of agitation
58 Windsor or bowline
60 Halloween hoot
61 Baby's seat?
63 Neither partner?
64 Comstock output
65 __ Plaines, IL

Visit: ADailyCrossword.com 6/9

Yesterday's Puzzle Solved

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

6-8

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Scrabble Solution

SCRABBLE GRAMS SOLUTION

D2	E1	C3	E1	N1	T1		RACK 1 =	9
C3	E1	N1	T1	U1	R1	Y4	RACK 2 =	62
M3	I1	S1	S1	I1	V4	E1	RACK 3 =	68
P3	E1	P3	T1	A1	L1	K5	RACK 4 =	80

PAR SCORE 150-160 TOTAL 219

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BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

Difficulty Level ★★★ 6/09

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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

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

Difficulty Level ★★★ 6/08

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