

SCRABBLE GRAMS

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RACK 1: E I E I O M T N C
RACK 2: A E E N C P H
RACK 3: A A E E G R C
RACK 4: A I Y L D P S

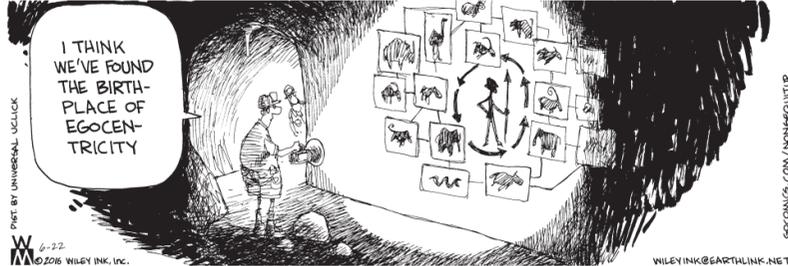
PAR SCORE 145-155
BEST SCORE 213

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.

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.

NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



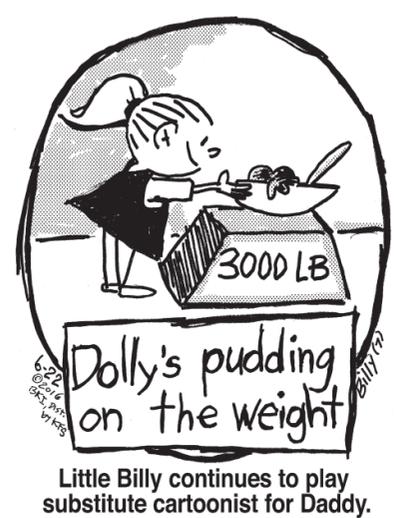
HAGAR THE HORRIBLE by Chris Browne



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.

BROTI
UYOSP
TUSHIA
YGANIS

Check out this new, fun JUST JUMBLE app!

How's your wine? I think I'll only need one glass tonight. I can barely lift this. I love this place!

THEY LOVED THE NEW WINE BAR AND ITS...
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)
Yesterday's Jumbles: NEWLY ANNEX DIVERT WALLET
Answer: The real estate agent who specialized in selling large tracts of property, had a — LANDLINE

Leg burning signals nerve involvement

Dear Dr. Roach: I am an active, healthy 67-year-old man. Several months ago, I started having a deep tightness and burning sensation in both lower legs. Nothing I do relieves the pain, including ice, heat, massage and pain medication. It is continuous and worse at night.

I have been referred to specialists, and tests for neuropathy, blood clots and stress fractures have been negative. My circulation tests, MRI, bone scans and blood workups, including ones for diabetes, all have been negative.

It is worse when walking up and down stairs, but the pain prevents me from exercising, and I can't get a good night's sleep. Any thoughts would be appreciated. — J.K.S.

DR. KEITH ROACH TO YOUR GOOD HEALTH

that you haven't arrived at a diagnosis despite extensive testing.

Unfortunately, just saying that I think this pain is a neuropathy isn't a diagnosis either. "Neuropathy" just means that I think the pain is coming from a condition affecting the nerves to your legs, but there are many different diseases that can do so. Diabetes is the most common, which probably is why you had that test. You said you were tested for neuropathy, but sophisticated testing, including nerve-conduction velocity and EMG testing, may be helpful.

One condition that comes to mind is restless leg syndrome, which may surprise readers, since you haven't mentioned anything about restless legs. However, restless leg syn-

drome (properly, Willis-Ekbom disease) is underdiagnosed. Some people are not aware of the leg movements, and symptoms almost always are worse at night. However, you didn't tell me one key feature that is nearly universal: a desire to move the legs. If that were present, I would certainly pursue that diagnosis.

I recommend visiting a neurologist for a diagnosis.

Dear Dr. Roach: How does one regain a sense of balance? Even though I use a walker, I still fall often. About two years ago I was hospitalized with piriformis syndrome, which, as I understand it, often causes lack of balance. — W.T.

The piriformis is a hip muscle. Piriformis syndrome is caused by the contracted piriformis muscle compressing the sciatic nerve. Physical therapy is the usual treat-

ment, and a physical therapist can help you with exercises to both relieve the compression as well as build strength in the muscles of the lower leg and hip to keep you from falling.

Often, what seems like a poor sense of balance is due to weakness in the muscles we use to keep ourselves upright. For that reason, my first recommendation is that you do exercises to improve both strength and balance. One of these is done while standing near something you can hold on to, like a kitchen counter-top. While steadying yourself by holding the counter, lift up one leg and hold it. Then switch legs. If that's too easy, don't hold on to the counter-top. If you can do that, try it with your eyes closed.

For someone who has fallen often and uses a walker, like you, I would recommend you do these exercises with a trained professional.

Bridge by Frank Stewart

Doing the right thing

I got to the club at nine, planning to finish a set of columns, and found Unlucky Louie asleep on a couch in the lounge.

"What are you doing here?" I asked.

"My wife and I had a spat," Louie admitted. "She said I couldn't do anything right, so I packed her bags and left."

This has happened before, and Louie and Esther will kiss and make up. But Louie does make too many bridge-table mistakes. When he was declarer at today's four spades, West led a diamond, and Louie won and led the ace and a low trump.

West won and shifted to a heart: nine, ten. East cashed his high trump and exited with a diamond, and Louie lost another heart. Down one.

one diamond, you respond one spade and he raises to two spades. The opponents pass. What do you say?

ANSWER: This decision is rather close, but since four spades could be an excellent contract, it would be timid not to try to get there. A sound minimum hand for your partner such as A K 5 2, 8 5, K 10 7 6, A 5 4 will yield a play for 11 tricks. Bid three clubs or three spades and let him decide.

West dealer
N-S vulnerable

CORRECT PLAY

Louie has a chance with correct play. At Trick Two he leads a trump to dummy's ten. East wins and returns a diamond, and Louie ruffs, takes the ace of trumps and starts the clubs.

When East never ruffs, Louie exits with a trump at Trick Nine. East can lead the king of hearts, but when dummy plays low, East is ended.

NORTH
♠ A 10 3
♥ A J 9 2
♦ 10 7 4
♣ A J 10

WEST
♠ K 5
♥ 8 5
♦ K J 9 8 6 3 2
♣ 5 2

EAST
♠ Q J 2
♥ K Q 10 4
♦ Q 5
♣ 7 6 4 3

SOUTH
♠ 9 8 7 6 4
♥ 7 6 3
♦ A
♣ K Q 9 8

West 3 ♦
North Dbl(!)
East Pass
South 4 ♠

Opening lead — ♦ 8

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Half a blackjack
- Rostand's de Bergerac
- Well adjunct
- Republicans
- Keanu of "My Own Private Idaho"
- Sheriff Andy Taylor's kid
- Rocks for a fence?
- Permits
- Peak in Thessaly
- Start of a quote by Olivia Newton-John
- Shock rocker Cooper
- Director Spike
- Have a bug
- Sample a sample
- Deli breads
- Effrontery
- Feedbag grain
- Man with regrets
- Ran on-and-on
- Sweet white root
- Tartan patterns
- Dagnabbit!
- Put in the fix
- Rhythm of activity
- Press by persuasion
- French half
- Long span
- Hang behind
- "_ of Athens"
- End of quote
- Spoonbill's relative
- Tooth covering

Visit: ADailyCrossword.com

Yesterday's Puzzle Solved

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

DOWN

- With excitement, in music
- Spiral of the inner-ear
- Certain fencer
- Long-legged wader
- Loud cry
- Count (on)
- Make a pledge
- Handrail supports
- Davis of "Do the Right Thing"
- Fiddlestick!
- Parvenu
- Letter
- Sphere of the garden
- 10 of dates
- Art schools
- Was in first
- Obvious toupees
- Truly!
- Misprint
- Have dinner
- Named reindeer
- First name in cartoon skunks
- Use a straw
- Place to grow cranberries
- Mom-and-pop grp.
- Easily deciphered
- Earhart and Bloomer
- Dismissal
- Comic Coca
- Oriental medicinal root
- Neighbor of Kenya
- Accomplished
- First-stringers
- 10th U.S. president
- Ain't right?
- Collides on purpose
- Give off
- Scant
- Author Fleming

Scrabble Solution

PAR SCORE 145-155
BEST SCORE 213

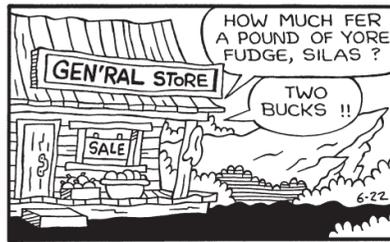
RACK 4 = 10
RACK 3 = 68
RACK 2 = 78
RACK 1 = 10

SOLUTION: SCRAMBLE GRAMS

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Yesterday's Puzzle Solved

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