

SCRABBLEGRAMS

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E1E1I1O1Y4D2L1

RACK 1

E1E1I1O1S1C3D2

RACK 2

E1I1U1R1K5H4S1

RACK 3

A1E1I1R1K5L1F4

RACK 4

PAR SCORE 155-165

FOUR RACK TOTAL

BEST SCORE 216

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.

06-27

NON SEQUITUR by Wiley

TROMP  
TROMP  
TROMP

DOES IT SEEM LIKE  
COMMERCIALS ARE EVEN  
LOUDER THAN THEY USED  
TO BE?

HI & LOIS by Chance Browne

TROMP  
TROMP  
TROMP

FOLKS, GET YER  
CHECKBOOKS  
TO CARMANIA!!  
NOW!!  
JUST \$9999.99!!!

WHAT'D YOU SAY,  
HONEY?

LOOKS LIKE IT'S GOING TO  
BE ONE OF THOSE DAYS

AS OPPOSED TO...?

UH...RIGHT.  
GOOD POINT

DENNIS THE MENACE by Hank Ketcham

6-27

"BEIN' GOOD'S NOT EASY. HOW DID YOU  
MANAGE IT ALL THESE YEARS?"

JUMBLE

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

LURTY

SIYPT

DIFGIR

DULOLY

Answer here:

(Answers tomorrow)

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

Here's your money. You must really clean up.

My business does pretty well.

THE OWNER OF THE MAID SERVICE WAS MAKING A...

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

Saturday's

Jumbles: ICIER JOKER DAMAGE SECOND

Answer: Deciding what to study in college can be a — MAJOR DECISION

HI & LOIS by Chance Browne

HOW WAS YOUR...

MOM! I NEED HELP WITH MY PROJECT!

...DAY?

LOTS OF INTERRUPTIONS.

HAGAR THE HORRIBLE by Chris Browne

IT'S DAYS LIKE THIS I WISH I WAS A DENTIST!

WELL, FEEL FREE TO KNOCK SOME TEETH OUT!

THE FAMILY CIRCUS by Bil Keane

6-27

"Child psychology would work better if KIDS would read it."

Exercise can help venous insufficiency

**Dear Dr. Roach:** I'm a 69-year-old woman in excellent health. I take valsartan and doxazosin for high blood pressure. I am concerned because I have developed swelling in my left foot and ankle, with none at all in the right foot.

My doctor says that this is venous insufficiency, but he didn't explain what that is. Is it common? Life-threatening? The doctor says there is no treatment, just compression stockings if necessary. — *W.D.U.*

A great many people suffer from chronic venous insufficiency — up to 50 percent of individuals will have it to some degree. Veins normally have very low pressure, and they efficiently do their job of returning blood to the heart. Since there isn't enough pressure to go against gravity, the veins work via a system of valves, which allow only one-way flow of blood back to the

DR. KEITH ROACH  
TO YOUR GOOD HEALTH

heart. The action of the muscles propels the blood up the legs. The word "insufficiency," when used in a medical context, refers to the inability of the valves in the veins to properly do their job, causing the pressure in the veins to increase — often producing visibly dilated "varicose" veins. Veins with high pressure allow fluid to leak out, causing swelling in dependent (meaning, below the center of gravity) areas and those with some loose tissue. This is why ankles may appear worse than feet in some people.

Venous insufficiency often is a diagnosis of exclusion — rendered after other causes are ruled out — but it can be supported by an ultrasound of the legs. In the case of one-sided swelling, there must be a concern about a blockage

in the veins or lymphatic vessels of the affected leg, so an ultrasound is done to exclude the diagnosis of a blood clot in the deep veins of the leg, thigh or pelvis. Although a deep venous thrombosis (clot) is potentially life-threatening, venous insufficiency is not. It can lead to complications that dramatically worsen quality of life, however.

Your doctor is right that compression stockings are an appropriate treatment. I hope you also heard that regular exercise and periodic elevation are effective. For people with advanced disease or visible varicosities, surgical treatments sometimes are needed.

**Dear Dr. Roach:** What do you think of human growth hormone? It's supposed to help wrinkles, help with sleep problems and reduce fat.

I just wondered how safe it is for an adult to be taking. — *A.H.*

Human growth hormone has been tested in older adults in a six-month trial, and the results were published back in 2002. The study did show that muscle mass increased and fat decreased in participants. The study did not evaluate wrinkles or sleep. Although a benefit is postulated, I couldn't find any high-quality evidence for it.

There are benefits to HGH, but there are harms, too. The most serious of these is development of prediabetes or diabetes, which occurred in half of the men taking HGH, compared with 18 percent in the placebo group. Also, 32 percent of men taking HGH reported carpal tunnel syndrome; 39 percent of women reported swelling in the legs; and 41 percent of men reported joint pain.

The authors of the study recommended against HGH in older adults except as part of further studies, and I agree.

Bridge

by Frank Stewart

Window dressing

The first trick is a hopeful time for declarer, who has a chance to shine. But for some declarers, that window of opportunity gets painted shut.

Against today's slam, West led a middle spade. South was delighted to get a free finesse and played low from dummy. East put up the queen, and South's ace won.

South next led a diamond to dummy's queen, and East took the ace and led a heart. South thought he could count 12 tricks. He took the ace and led a second diamond to the jack, but East discarded. The diamonds were blocked, and since South had no further entry to his hand, he went down.

HEART SHIFT

South's opportunity came at Trick One. To maintain his entries, he must play dummy's jack of spades. He captures East's queen, forces out the ace of diamonds and wins East's heart shift.

South can then take the J-10 of diamonds, come to the ten of spades, cash two more diamonds, and return to dummy for the high clubs and the king of spades.

This week: managing entries.

diamonds and he bids two hearts. What do you say?

**ANSWER:** You must make sure of reaching game. You could jump to three spades (forcing) or raise to four hearts, but you would owe partner a trump in either case. In modern methods, a possible solution is a "fourth-suit" bid of three clubs, not promising clubs but asking partner to bid again.

South dealer  
Both sides vulnerable

**NORTH**  
♠ K J 4  
♥ J 6 2  
♦ Q J 10  
♣ A K Q J

**WEST**  
♠ 9 6 3 2  
♥ K 7 4  
♦ 9 7 6 4  
♣ 8 4

**EAST**  
♠ Q 8 7 5  
♥ 10 9 8 3  
♦ A  
♣ 10 9 6 3

**SOUTH**  
♠ A 10  
♥ A Q 5  
♦ K 8 5 3 2  
♣ 7 5 2

South	West	North	East
1 ♦	Pass	3 ♣	Pass
3 NT	Pass	4 NT	Pass
6 NT	All Pass		

Opening lead — ♠ 6

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- 1 Old frilly hat
- 7 Put in stitches
- 10 Exchange
- 14 Custard holder
- 15 Samuel's mentor
- 16 Early American politico
- 17 "Days of Our Lives" star
- 19 John musical
- 20 Fleming and McKellen
- 21 Cap with a pompon
- 22 Injured
- 24 Word in partnerships
- 25 Fetch
- 26 "Kissing the Gunner's Daughter" writer
- 29 Skydiving thrill
- 31 Pursue with passion
- 32 Space-age material
- 35 Offer as a sacrifice
- 37 Moises, Jesus, and Felipe
- 38 Green legume
- 39 Electrical units
- 40 Uranus spotter
- 42 Stringed instruments
- 43 Free-throw value
- 44 Squash cousin
- 46 Least challenging
- 48 Writer Tan
- 49 Nighty-night spot
- 52 Lots and lots
- 53 Liquid taste
- 54 \_\_\_ podrida

12345678910111213

14151617181920212223242526272829303132333435363738394041424344454647484950515253545556575859606162636465

Visit: [ADailyCrossword.com](#)

6/27

Saturday's Puzzle Solved

RED COATS GRATIS

ENROLL EERADOME

ALANALDA ANEMIA

LAIC NICK OTT

MINICAM NIA GAB

SAFI SEN RTE

ASCENTS PAD AIL

VEE AET ELF PVT

ERN DRE CLICHES

RIT ABR TEL L

SAR GUM SNEERAT

ITA ERS E AHME

OIL MEN NIGERIAN

NOLOSE INASENSE

SNYDER DEMAREST

6-26

55 Return to water

57 Discount center

60 Woman alone on stage

61 H&R Block supervisor

62 Tour employee

63 Drying oven

64 Set of parts

65 Anxiety

DOWN

1 News services

2 Indian or Pacific

3 Window shade

4 Rakes

5 Broadcast

6 12-year-old, e.g.

7 Tailor's line

8 Plumbing joint

9 One Grimm

10 Turf-covered land

11 Fancy old tire

12 Give a boost to

13 Tiger's grp.

18 Dislike intensely

23 Less than beautiful

25 Austrian monetary unit

26 "\_\_\_ Lama Ding Dong"

27 State gambling

28 Wind-blown soil

29 Grippes

30 Meadow

32 Sierra Nevada lake

33 Kagan of the Supreme Court

34 Prevent beforehand

36 Hang loose

38 \_\_\_ up (restrained)

41 Footstool

42 Temporary tent residents

45 Bondsman's outlay

47 Dubuque man

49 Cutting edge

50 Island near the Statue of Liberty

51 Evans and Carnegie

53 At once

54 Gen. Bradley

55 Sound of disapproval

56 Polloi precursor

58 Wire service

59 Little tyke

Scrabble Solution

PAR SCORE 155-165

FOUR RACK TOTAL

RACK 4 = 64

RACK 3 = 72

RACK 2 = 70

RACK 1 = 10

SCRABBLE SOLUTION

BEETLE BAILEY by Mort Walker

WHY SHOULD I GIVE YOU A PASS TO TOWN?

BECAUSE IT'S YOUR BIRTHDAY

SNUFFY SMITH by Fred Lasswell

AN' WHAT IS THIS, BARNEY GOOGLE?

MY LATEST BIZNISS VENTURE !!

MY GIFT TO YOU IS GETTING OUT OF YOUR SIGHT ALL DAY!

Conceptis Sudoku

8

5

9

2

9

1

7

4

1

8

4

9

5

2

7

9

6

8

3

5

7

3

9

Difficulty Level ★

6/27

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

254978613

769135248

183246579

375462891

941583726

826791435

597614382

432859167

618327954

Difficulty Level ★★

6/25