SCRABBLE GRAMS

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A1	I1	W4	T1	N1	R1	D2	2nd Letter Double	RACK 1
O1	U1	Y4	R1	T1	N1	C3	Triple Word Score	RACK 2
A1	A1	C3	R1	K5	N1	S1		RACK 3
A1	E1	T1	K5	L1	F4	S1		RACK 4

PAR SCORE 150-160
BEST SCORE 224

FOUR RACK TOTAL _____
TIME LIMIT: 20 MIN

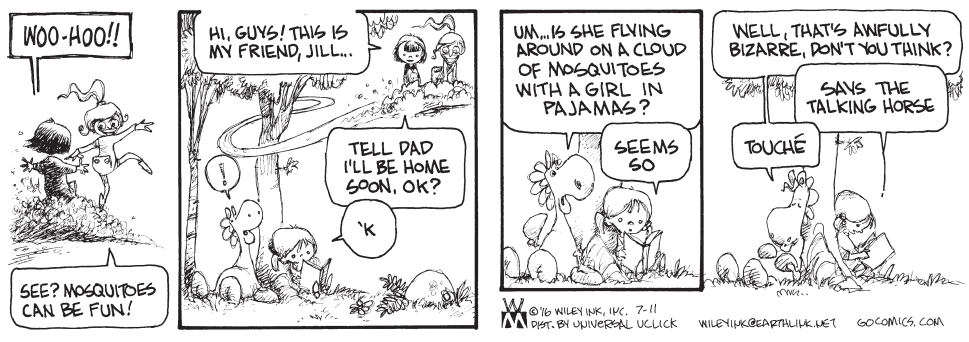
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

Answer below

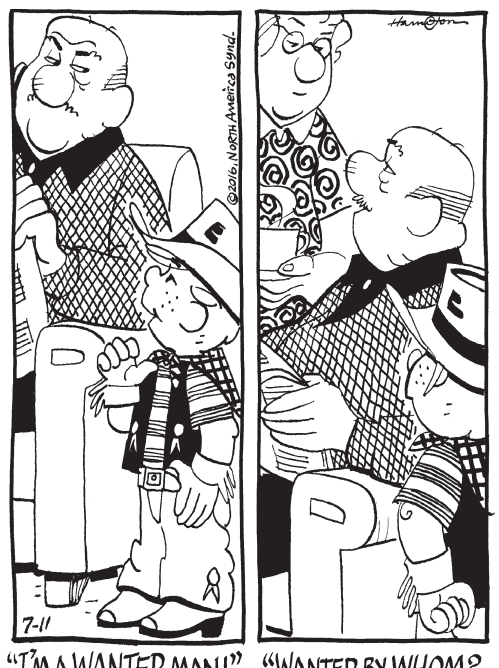
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

07-11

NON SEQUITUR by Wiley

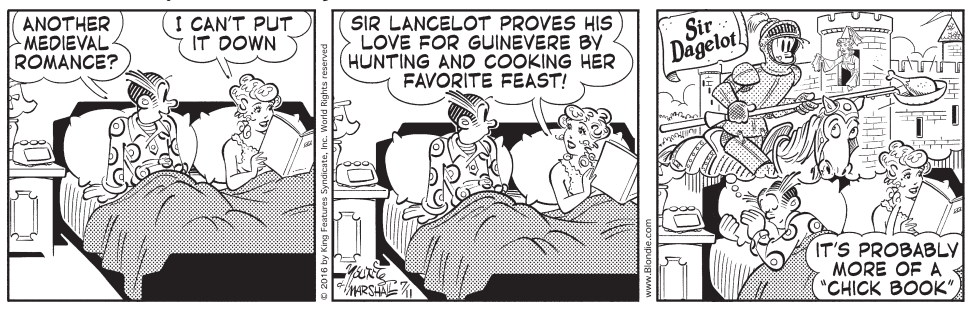


DENNIS THE MENACE by Hank Ketcham



"I'M A WANTED MAN!" "WANTED BY WHOM? THAT'S THE QUESTION."

BLONDIE by Dean Young and John Marshall



JUMBLE

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

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

TOARI

NLATS

RELGIB

KARCEY

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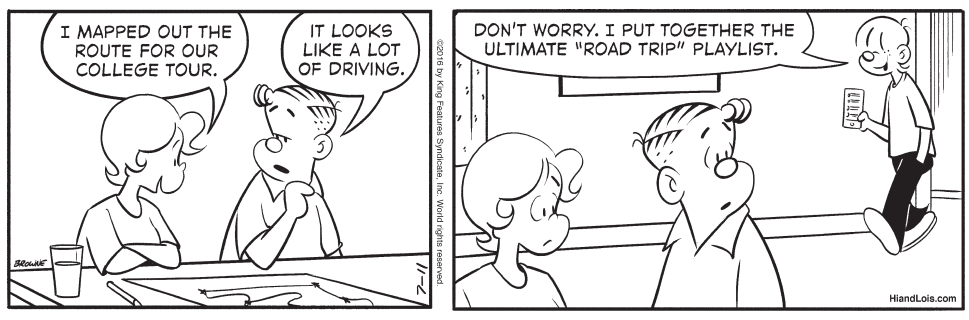
Check out the new, free JUST JUMBLE app

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

(Answers tomorrow)

Saturday's Jumbles: PLAID CYCLE MISFIT AMBUSH
Answer: When the wind stopped, he told everyone on the sailboat to — STAY CALM

HI & LOIS by Chance Browne



THE FAMILY CIRCUS by Bil Keane

"We're helpin' Mommy by doin' our spillin' outside."

HAGAR THE HORRIBLE by Chris Browne

Three types of sleep apnea explained

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: I am a pretty healthy 53-year-old female and have central sleep apnea, along with a few obstructive events. I see a neurologist for this, and he doesn't seem concerned with finding out why I have the central events.

I should mention that I use a BiPAP nightly, and my apneas average 10-12 per night. All I have read about CSA online indicates an underlying cause, like stroke, heart problems, Parkinson's disease (which my dad had) or Alzheimer's disease. Is central apnea a precursor to one of these conditions? I worry constantly! Should I push to find answers? — *R.A.*

Sleep apnea is a condition where people stop breathing for a period of time during sleep. It comes in three types. By far the most common is obstructive sleep apnea, in which the muscles controlling the soft palate become relaxed, so the airway closes. A partial closure is what causes snoring, a major risk factor for OSA. Obesity is another major risk factor, but some people who are not obese have neck anatomy that predisposes them to OSA.

In OSA, the airway is completely closed, so the negative pressure from the lungs closes the airway even more tightly. As the oxygen level goes down and carbon dioxide levels rise, sensors in the brain cause the person to wake up, which causes the muscles in the airway to open enough to get a few good breaths, "silencing" the alarm.

In very severe disease, this apnea event may happen hundreds of times in a night, without the person ever being aware.

In central sleep apnea ("central" meaning the brain), the problem is with the alarm sensors themselves or in the parts of the brain that regulate breathing.

Severe heart failure and several brain problems, especially the ones you mention, often are the underlying cause, but sometimes no cause is found. When it is associated with one of these causes, it's usually with a well-established problem, rather than being the first sign.

Some people have both obstructive and central events, leading to the term "mixed" or "complex" sleep apnea.

This probably is more common than recognized, and is likely what you have. In some people, the central events are related to the CPAP (continuous positive airway pressure, which essentially uses air pressure to keep the airway open) or BiPAP (bilevel positive airway pressure, where the airway pressure is higher in inhalation than exhalation.

I suspect you have a mixed sleep apnea syndrome, and I think it is unlikely to herald the onset of disease.

DR. ROACH WRITES: A recent column on a severe case of blepharospasm (eye twitching) generated some helpful letters from readers. I had readers tell me they had been cured by making sure their glasses were prescribed correctly; with magnesium supplements; and with vitamin B-12 supplements for an unrecognized B-12 deficiency. I did not find these in my reading about this problem, but blepharospasm can be extremely uncomfortable to live with, and it is easy to check for B-12 and magnesium deficiency and to ensure that the eye is correctly refracted. As always, I appreciate helpful suggestions from my readers.

Bridge
by Frank Stewart

Avoid a switch

"Why don't you ask Wendy to dinner after the game?" I urged Cy the Cynic. Cy, a chauvinist, and Wendy, my club's feminist, are always at odds.

"We'd never agree on where to go," Cy said gloomily. "She's like all women. She won't say what she wants me to do, but she gets mad when I don't do what she wants."

"You had another defensive foul-up?" I asked.

"In a deal today," the Cynic nodded. Against four spades he had led the ace of hearts as West.

SOUR LOOK

"Wendy gave me a sour look and played the deuce," Cy said. "I obeyed and shifted ... to a club: three, jack, queen. South drew trumps and led a club to the nine, setting up a diamond discard. He lost one trick in each side suit."

Wendy played the deuce of hearts because she didn't like Cy's lead, but her duty was to direct the defense. Since no shift was safe or necessary, Wendy should have encouraged with the nine. If Cy led a second heart, South should still succeed but might not.

This week: defensive signals.

DAILY QUESTION

You hold: ♠ J 3 ♡ J 10 9 8 2 ♢ A J 3 ♣ A J 5. Your partner opens one diamond, you respond one heart and he bids one spade. What do you say?

ANSWER: You have two options, both reasonable, depending on your style and temperament. One is a jump to 3NT, which will often be the best contract. The other, if you prefer careful investigation for game, is a bid of two clubs, a "fourth-suit" action that asks partner to make a further descriptive bid.

North dealer
Both sides vulnerable

NORTH
♠ A 9 6 4
♡ 7 5 4
♢ Q 10 6
♣ K 9 3

WEST
♠ 5 2
♡ A 3
♢ 9 7 4 2
♣ 10 7 6 4 2

EAST
♠ J 3
♡ J 10 9 8 2
♢ A J 3
♣ A J 5

SOUTH
♠ K Q 10 8 7
♡ K Q 6
♢ K 8 5
♣ Q 8

North	East	South	West
Pass	1 ♡	1 ♠	Pass
2 ♠	Pass	3 ♠	Pass
4 ♠	All Pass		

Opening lead — ♡ A

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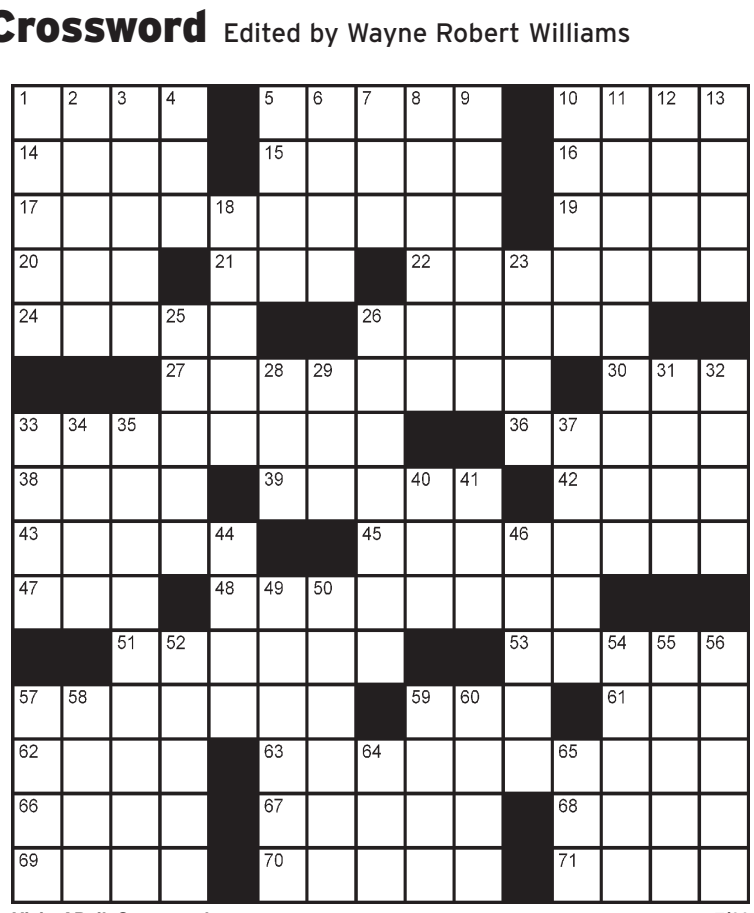
The Daily Crossword
Edited by Wayne Robert Williams



ACROSS
1 __ St. Vincent Millay
5 Prepare to advance on a fly
10 Carried out
14 Type of tide
15 Vinegary: pref.
16 To a distance
17 No longer under suspicion
19 Former Spanish toehold in Africa
20 Global positioning fig.
21 Glob ending?
22 "A Star Is Born" director
24 Underlings
26 Create colorful fashions
27 Not vigilant
30 Flap
33 Small Christian symbol
36 Mr. Arafat
38 Clods
39 Hebrew letter
42 Land of Lot's descendants
43 Surmise
45 Food not eaten
47 Fair competition watchdog agcy.
48 Intermittently
51 Empty boastful talk
53 Affected
57 Leak stopper
59 Tempe sch.
61 Brit. flyboys
62 Legal scholar Guinier
63 Informally
66 Drugstore chain
67 Paavo the Flying Finn
68 Nastase of the nets
69 Summers in Provence
70 Cut dramatically
71 Pair

DOWN
1 Tautomeric compounds
2 Skim, as soup
3 Can./U.S./Mex. treaty
4 Suited for
5 Old Chinese money
6 Molar problem
7 Logical start?
8 Ideal place
9 More given to dawdling
10 Milk processor
11 When the weather is wrong
12 One-billionth: pref.
13 Poet's Ireland
18 Blows hard
23 Little whirlpool
25 "Cabaret" director
26 Of guardianship
28 Part of FSU
29 Hairstyling product
31 Oblique: abbr.
32 Spheres
33 Hair style
34 Declaim wildly
35 Unlikely event
37 Acid type
40 Functional quill
41 Came down with
44 British work schedule
46 Fashion magazine
49 Papal capes
50 Intermittently stopping and starting
52 Medleys
54 Without any doubt
55 Rotgut rum
56 Rubbed out
57 Wild plum
58 River of NYC
59 24-hr. cash conveniences
60 __-Tzu
64 Monk's title
65 El __ Campeador

Visit: ADailyCrossword.com 7/11

Saturday's Puzzle Solved

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

7-10

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Scrabble Solution

SCRABBLE GRAMS SOLUTION

I1	N1	W4	A1	R1	D2		RACK 1 =	11
C3	O1	U1	N1	T1	R1	Y4	RACK 2 =	86
R1	A1	N1	S1	A1	C3	K5	RACK 3 =	63
F4	L1	A1	S1	K5	E1	T1	RACK 4 =	64

PAR SCORE 150-160 TOTAL 224

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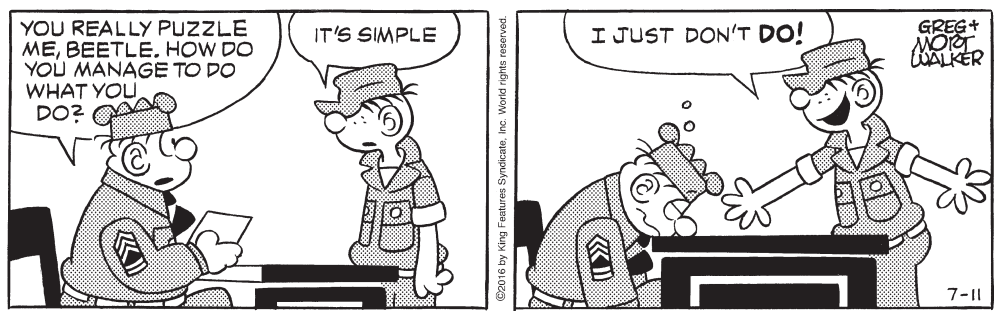
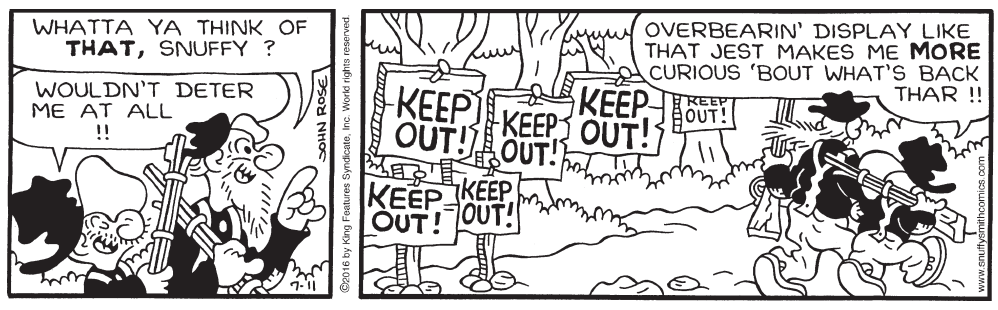
BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★ 7/11

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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

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

Difficulty Level ★★★★ 7/09

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