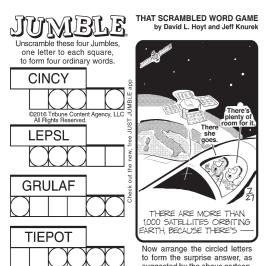
point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 5th Edition.

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.



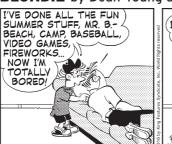
Jumbles: GRIME ABOUT TIGHTS DRENCH

office. - IT BUGGED THEM





BLONDIE by Dean Young and John Marshall







HI & LOIS by Chance Browne



HAGAR THE HORRIBLE by Chris Browne

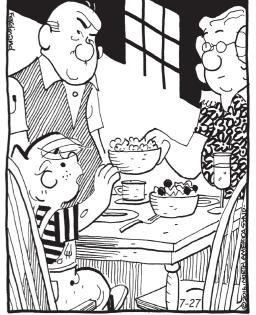
MOM SAYS THAT'S

A "SUNFLOWER."



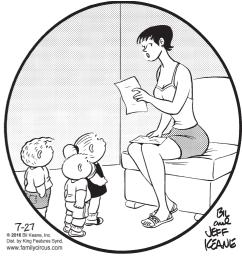


DENNIS THE MENACE by Hank Ketcham



NO BROCCOLI, PLEAGE...IM TRYIN' TO QUIT.

THE FAMILY CIRCUS by Bil Keane



"Dear Mommy and Daddy: Today we've gotta write home. Love, Billy. PS: Don't touch this letter or you might catch my ivy poison.

Long bike ride brings painful cramps

Dear Dr. Roach: For the DR. KEITH ROACH past few months, I have been training for a 160-mile bike ride, scheduled for this July. After almost every long ride (longer than three hours) I suffer the most excruciatingly painful cramps in my vastus medialis quad muscle. I am a 59-year-old male, a life-long runner and have had quad, hamstring and calf cramps before, but I rate the pain from those cramps as 2-3 on a 1-10 pain scale. The inner-thigh cramps I've been getting are 9-10! I've almost passed out a couple of times. They always hit a few to several hours after the hard ride, sometimes in one leg, sometimes in the other, and once in both. They always occur when I've been sitting for a while and start to get up, or am bending over to put on shoes. I've tried "home" remedies such as eating Tums,

eating mustard and drinking

pickle juice. The pickle juice

seems to help the most.

TO YOUR GOOD HEALTH

I suspect dehydration has a role in the cause, and I drink 16-20 ounces of liquids containing electrolytes every hour during the rides, but I still get the horrible cramps later in the day. They are so severe that I almost don't want to ride anymore. Any thoughts on cause? — B.R.

There are many causes of cramps. Losing fluid and electrolytes are two important ones, but it sounds like you are working hard to prevent that (although many sports drinks have too much sugar and not enough sodium or overdo it are at risk, but that doesn't seem like you.

My best guess in your ing, which is a very common was the first thing I noticed.

your training rides may prevent the problem entirely, and stretching at onset of cramps can stop them quickly. A physical therapist or exercise trainer can help you learn the best stretches for your vastus medialis muscle, a muscle that extends the leg at the knee.

Pickle juice, amazingly enough, has been found in studies to quickly relieve cramps in athletes with electronically stimulated cramps, and this effect is thought to be neurologically mediated, rather than an effect of the salt and other compounds in pickle juice.

to eye twitching. I noticed that percent of the time. you did not mention myasthenia gravis as one of the case is inadequate stretch- possible reasons. Twitching

16

40

50

55

problem, especially among It took two and a half years, cyclists. Stretching well before two GPs and two ophthalmologists to make the diagnosis. I am hoping to bring awareness to this disease. Maybe you can further the discussion on this. I had to put my finger on the twitch to quiet it. — *V.B.*

Myasthenia gravis is a neuromuscular disorder whose first symptom is weakness in the muscles of the eye and eyelid. I did not read anything about MG presenting with eye twitching, but I have looked it up and have found several case reports of people with undiagnosed MG being inappropriately treated with Botox for the diagnosis of blepharospasm (which my Dear Dr. Roach: Twice in previous columns were about). potassium). Those who are the past six months, I read Apparently eye twitching can just beginning to exercise and responses from you in regard occur in MG, but less than 10 He knew that South had a five-card

> I appreciate your writing to tell me, as it is clear that many people do not know about this less-common presentation.

by Frank Stewart

Bridge

Pickpocket defense The game was matchpoint duplicate. After South's raise to three

clubs, North's three spades accepted South's invitation to game and showed three-card support. North's third bid was logically forcing; otherwise the partnership might play at the three level in a weak 4-3 fit. Four spades was a good contract,

but declarer had his pocket picked by East. After the defense took two hearts, West led a club. South won in his hand and led a trump to dummy's jack. If East takes the king, South will later lead a trump to the ace, see West discard, and finesse against East's

FIVE-CARD SUIT

East wouldn't follow that script. spade suit, so when dummy played the jack of spades, East followed smoothly with the eight.

South feared that East had a singleton or maybe the 10-8 doubleton. So South got back to his hand and led the queen of trumps. If East had indeed held no more trumps, South would have been a hero; as it was, East created a second trump trick for himself.

DAILY QUESTION

You hold: ♠ A J 7 \bigcirc 64 ♦ A K J 9 ♣ Q 10 8 3. Dealer, at your left, opens one heart. Your partner and the next player pass, you

double and your partner bids two clubs. What do you say?

ANSWER: You would have "balanced" with a double with fewer points. Balancing actions may be light: You may act on the assumption that your partner has some points because the opponents stopped low. Since you actually have a sound hand, tell partner. Raise to three

North dealer E-W vulnerable

> **NORTH ♠** A J 7 ♥ 64 ♦ AKJ9 ♣ Q 10 8 3

EAST ♠ K 10 8 3 ♦ 10865 ♦ 743 **♣**762

SOUTH ♠Q9652 ♥ 10 5 ♦ Q 2

North East South West Pass Pass Pass Pass All Pass

Opening lead -- 🗘 7

©2016 Tribune Content Agency, LLC

The Daily Crossword Edited by Wayne Robert Williams

18

- 1 Lowly worker
- Caulking material Word of regret
- Cap or pad starter Borge's instrument
- 16 Debussy's "Clair 17 Start of a quote by
- Marquis de Sade
- 19 69 letters 20 Coffee choice
- 21 In an adorable
- manner 23 $_{ extstyle }$ in the bag!
- Blackjack 24
- 25 Part 2 of quote 32
- Fowl female 33 Slight
- Irregular as if eaten 34 away
- 36 Clamorous Filmmaker Jean-39
- Godard 40 Income from
- properties Rich kid in "Nancy"
- 42 Peeves Is qualified to 44
- 45 Part 3 of quote 49 Fish-lovers' mecca
- 50 Stevedore's assoc. 51 Llama relative
- 54 Place of fabulous wealth 59 Morales of "La

REAL

SCRIP

D|O|N|N|Y|B|R|O|O|K

|M|O|N|O|R|A|||L|

TEN

SEMI

1

GENIE

|H|||C|||K|||E|||N|||F|||||G|||H||

- End of quote
- Bamba' Pied Piper's followers
- Visit: ADailyCrossword.com 63 Creative Muse 64 Bear in the sky?

SEPTA

|B|A|R|R|O|O|M|B|R|A|W|L

W|U|S|A|

F

ELLIS

N A R C

SNT

AORTA

A D E N

STAND

FINAL

S |S|T|

ENOUNCED

F A

FREEFORALL

NEER

OLGA

26

- 66 Plant new seeds 67 Annoyingly slow
- 65 Utah city near Provo DOWN Yesterday's Puzzle Solved Terrier breed 2 Hall-of-Famer
 - RAMP 3 Sign on once again A C T A

60 61

63

4 Of iron Animal that plays

Slaughter

42

- dead Abets Bout ender
- Cycle beginning? Russian capital Completely rational
- 11 De __ (sumptuous) Indigo plant Like the Beatles 13 Sadie
- 18 Hebrew letter "U Don't Have to Call" singer Inspects she blows!

Southern wading

First name in B-29

27

7/27

replacement 29 Shanks of legs

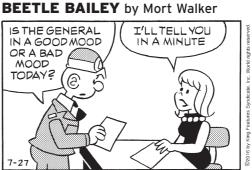
lore

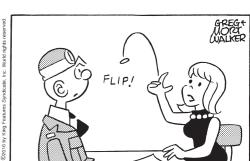
28 Sentry's

- 30 Infomercial name
- Business bldg.
- Slave of the past 37 Selflessness Port on the Seine 38
- 43 Bad part of town 46 Parent, for example
- Blackthorn yield Ripped apart Beach, FL
- Danube tributary 53 Blanchett of "Elizabeth" Le Gallienne and
- Gabor Apollo's mother Height: pref. Writing table
- "Undercover Angel" singer Alan Afore

Scrabble Solution

Heatin and it is took GARABBLE thems game board, and the districtive when the designs are trademistric of Heatin of the Childed States and Canada & 2016 Heatin Allinghis reserved. Distributed by Tilbune Combert-Agency L.C.										
525	JATOT	PAR SCORE 145-155								
99	BACK 4 =	B R O A D L Y								
68	EACK 3 =	He Et Lt It P3 At D2								
11	KACK 2 =									
69	EACK 1 =	E N A B L E R								
ECKYBBLE GRAMS SOLUTION										





SNUFFY SMITH by Fred Lasswell







Conceptis Sudoku

Difficulty Level ★★★

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	1	3	9	8	4	6	7	5		
7	4	6	5	3	1	8	2	9		
8	5	9	2	6	7	4	3	1		
1	7	8	3	9	6	2	5	4		
6	2	4	1	5	8	7	9	3		
3	9	5	4	7	2	1	8	6		
4	3	1	8	2	9	5	6	7		
9	8	7	6	1	5	3	4	2		
5	6	2	7	4	3	9	1	8		
Difficulty Level ★★										

© 2016 Crosswords WRW All rights reserved

C S

BURR