

SCRABBLEGRAMS

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A1E1E1R1N1B1L1

RACK 1

A1E1I1I1D1D1V4

RACK 2

A1E1I1L1D1H1P3

RACK 3

A1O1Y4D1R1L1B3

RACK 4

PAR SCORE 145-155
BEST SCORE 225

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.

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.

07-27

NON SEQUITUR by Wiley

YES, I'M SURE YOU'RE THE ONE WHO'S IN THE WRONG LINE

I'VE DONE ALL THE FUN SUMMER STUFF, MR. B. BEACH, CAMP BASEBALL, VIDEO GAMES, FIREWORKS... NOW I'M TOTALLY BORED!

THEN I WONDER: I'M 6 YEARS OLD... IS THIS AS GOOD AS IT GETS?

I THINK I HEAR YOUR MOTHER CALLING, ELMO

WILEY INK © 2016 WILEY INK, INC. 7-27

WILEY INK @ EARTH LINK.NET

DENNIS THE MENACE by Hank Ketcham

"NO BROCCOLI, PLEASE... I'M TRYIN' TO QUIT."

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JUMBLE

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

CINCY

LEPSL

GRULAF

TIEPOT

Check out the new, free JUST JUMBLE app

There's plenty of room for it. There she goes.

THERE ARE MORE THAN 1000 SATELLITES ORBITING EARTH, BECAUSE THERE'S

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

(Answers tomorrow)

Yesterday's Jumbles: GRIME ABOUT TIGHTS DRENCH
Answer: When they found listening devices in their office, — IT BUGGED THEM

HI & LOIS by Chance Browne

MOM SAYS THAT'S A "SUNFLOWER."

IF YOU CAN MAKE A FLOWER THAT BIG, SUNBEAM, WHAT CAN YOU DO FOR ME?

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HiandLois.com

HAGAR THE HORRIBLE by Chris Browne

IT'S TRUE! IN TIMES OF DANGER, YOUR WHOLE LIFE DOES FLASH BEFORE YOUR EYES!

I GOTTA GO APOLOGIZE TO GRETCHEN FENWINKLE FOR MAKING HER CRY ON THE PLAYGROUND!

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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."

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Long bike ride brings painful cramps

Dear Dr. Roach: For the 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.

DR. KEITH ROACH
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 potassium). Those who are just beginning to exercise and overdo it are at risk, but that doesn't seem like you.

My best guess in your case is inadequate stretching, which is a very common

problem, especially among cyclists. Stretching well before 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.

Dear Dr. Roach: Twice in the past six months, I read responses from you in regard to eye twitching. I noticed that you did not mention myasthenia gravis as one of the possible reasons. Twitching was the first thing I noticed.

It took two and a half years, 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 previous columns were about). Apparently eye twitching can occur in MG, but less than 10 percent of the time.

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

Bridge
by Frank Stewart

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 ten.

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 clubs.

North dealer
E-W vulnerable

NORTH
♠ A J 7
♥ 6 4
♦ A K J 9
♣ Q 10 8 3

WEST
♠ 4
♥ K J 8 7 2
♦ 10 8 6 5
♣ 7 6 2

EAST
♠ K 10 8 3
♥ A Q 9 3
♦ 7 4 3
♣ 5 4

SOUTH
♠ Q 9 6 5 2
♥ 10 5
♦ Q 2
♣ A K J 9

North 1 ♦
East Pass
South 1 ♠
West Pass
2 ♣
Pass
3 ♣
Pass
4 ♣
All Pass

Opening lead -- ♥ 7

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Lowly worker
- Caulking material
- Word of regret
- Cap or pad starter
- Borge's instrument
- Debussy's "Clair de "
- Start of a quote by Marquis de Sade
- 69 letters
- Coffee choice
- In an adorable manner
- ___ in the bag!
- Blackjack
- Part 2 of quote
- Fowl female
- Slight
- Irregular as if eaten away
- Clamorous
- Filmmaker Jean-___ Godard
- Income from properties
- Rich kid in "Nancy"
- Peeves
- Is qualified to
- Part 3 of quote
- Fish-lovers' mecca
- Stevedore's assoc.
- Llama relative
- Place of fabulous wealth
- Morales of "La Bamba"
- End of quote
- Pied Piper's followers

Visit: ADailyCrossword.com

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DOWN

- Terrier breed
- Hall-of-Famer Slaughter
- Sign on once again
- Of iron
- Animal that plays dead
- Abets
- Bout ender
- Cycle beginning?
- Russian capital
- Completely rational
- De ___ (sumptuous)
- Indigo plant
- Like the Beatles' Sadie
- Hebrew letter
- "U Don't Have to Call" singer
- Inspects
- ___ she blows!
- Southern wading bird
- First name in B-29 lore
- Sentry's replacement
- Shanks of legs
- Informal name
- Business bldg.
- Slave of the past
- Selflessness
- Port on the Seine
- Bad part of town
- Parent, for example
- Blackthorn yield
- Ripped apart
- Beach, FL
- Danube tributary
- Blanchett of "Elizabeth"
- Le Gabbienne and Gabor
- Apollo's mother
- Height: pref.
- Writing table
- "Undercover Angel" singer Alan
- Afore

Yesterday's Puzzle Solved

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

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Scrabble Solution

SCRABBLEGRAMS

PAR SCORE 145-155
BEST SCORE 225

RACK 4 = 66

RACK 3 = 89

RACK 2 = 11

RACK 1 = 59

SOLUTION

DAILY QUESTION

You hold: ♠ A J 7 ♥ 6 4
♦ A K J 9 ♣ Q 10 8 3. Dealer, at your left, opens one heart. Your partner and the next player pass, you

BEETLE BAILEY by Mort Walker

IS THE GENERAL IN A GOOD MOOD OR A BAD MOOD TODAY?

I'LL TELL YOU IN A MINUTE

FLIP!

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SNUFFY SMITH by Fred Lasswell

THIS FUNNY STORY IS GOIN' RIGHT OVER YORE HAID, AIN'T IT ?!

GMNST !!

'KAY, LEMME SEE IF I CAN PUT THIS SO YOU'LL UNDERSTAND...

KJWPT !!

TXWFD QRTU XBOUF IBNCP DOOFLE BOZ !!

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Conceptis Sudoku

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

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 ★★

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