SCRABBLE GRAMS

Hasbro and it's logo, SCRABBLE, the associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada © 2016 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

A1	O1	L1	D2	B3	L1	D2	3rd Letter Double	RACK 1
O1	U1	Y4	T1	L1	N1	C3		RACK 2
E1	I1	O1	L1	C3	B3	M3	Triple Word Score	RACK 3
E1	I1	O1	M3	R1	H4	S1		RACK 4

PAR SCORE 145-155
BEST SCORE 225

FOUR RACK TOTAL _____
TIME LIMIT: 20 MIN

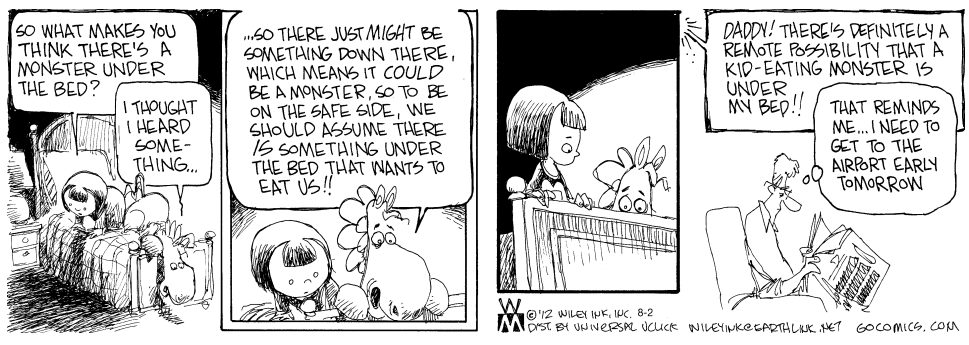
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 5th Edition.

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.

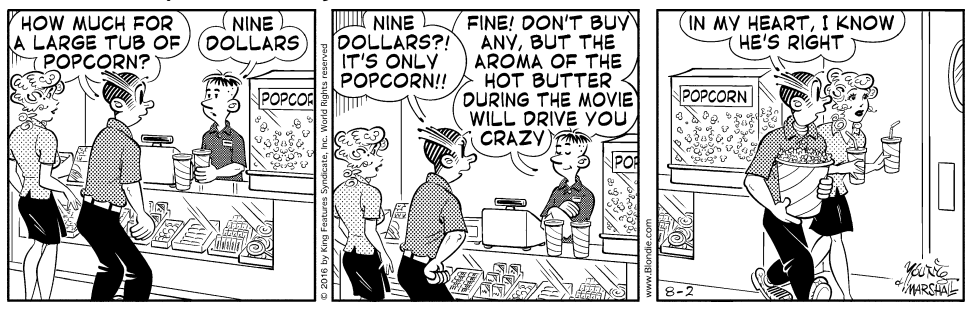
08-02

NON SEQUITUR by Wiley

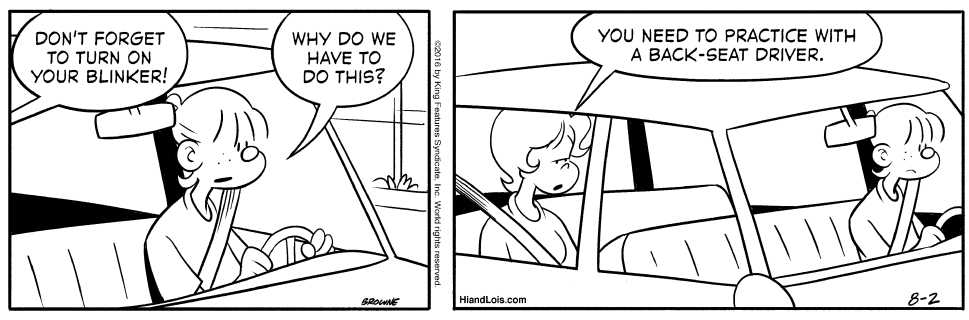


DENNIS THE MENACE by Hank Ketcham

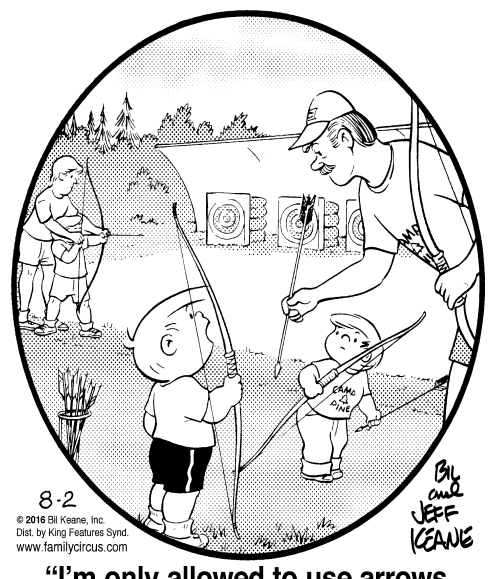
BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



THE FAMILY CIRCUS by Bil Keane



"I'm only allowed to use arrows with rubber suction tips."

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.

LIDUF

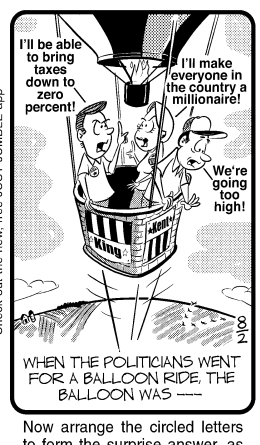
LOFDO

RODTIR

ZHRAAD

©2016 Tribune Content Agency, LLC All Rights Reserved.

Check out the new, free JUST JUMBLE app

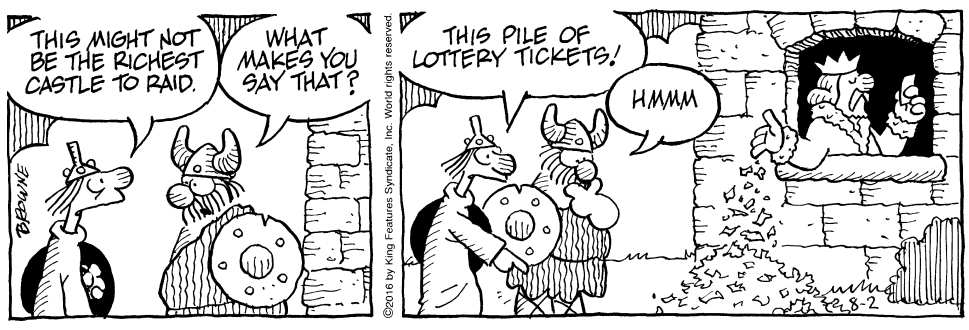


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

Yesterday's Jumbles: VOCAL TINGE INFORM SCRIBE
Answer: At the trial, the defendant avoided this by testifying with this — CONVICTION

HAGAR THE HORRIBLE by Chris Browne



Mercury testing is not always necessary

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: I'm a healthy, 54-year-old female who recently found out from a blood test that my mercury level is 17. I do not eat meat, but I do eat quite a bit of seafood, including sushi. I got tested because I eat a lot of seafood and know that mercury can be an issue. I do not have any symptoms, as far as I can tell.

Is 17 way-too-high a level for a healthy adult? How concerned do I need to be? I've read that "toxic levels" are far higher than 17 (I understand that you do not want to see elevated levels for a growing child or pregnant woman).

Should I stop taking cod liver oil? Are the benefits of cod liver oil greater than the potential tiny amount of mercury it adds? Is it possible to get fish oil prescribed by physicians that might be healthier?

Would you recommend some kind of treatment plan in my case, with retesting? My physician has not offered any suggestions at this point. — *F.L.*

There are three forms of mercury: metallic mercury, such as in a thermometer, which is toxic if inhaled; inorganic mercury, which is toxic, especially to the kidneys, and is found mostly through industrial exposures; and organic mercury — for most people, the major source is fish, especially tuna, shark, swordfish, king mackerel and tilefish. Most people in North America have small amounts of organic mercury in their blood, but symptoms become more likely when mercury levels are above 50, and levels above 100 are likely to have symptoms such as tingling sensations around the mouth or in fingers and toes, and poor muscle coordination.

In someone with no symptoms, mercury testing generally is not recommended. In that case, no treatment is necessary for a level like yours. I do agree that you should avoid fish that are at high risk for mercury, and instead eat low-risk fish like shrimp, salmon, canned light tuna and catfish.

Fish oils do not contain much mercury, as the mercury is bound to the proteins in the fish and does not go into the fat used to make medicinal fish oil. Still, I don't recommend cod liver oil, as it isn't generally needed for healthy adults with a good diet.

Dear Dr. Roach: My father had a stroke last year. This year he had a ministroke. Can an oxygen tank prevent this? He has not changed his diet or exercise. What steps can he take to prevent another stroke? — *K.*

A stroke is death of brain cells. The most common causes are blood clots in the brain and bleeding, but all strokes are due to lack of oxygen to the brain. It seems reasonable that adding extra oxygen might help; however, oxygen is only useful for people with severe lung disease and low oxygen levels. People with normal oxygen levels can completely oxygenate blood. The problem in a stroke is that the oxygenated blood can't get to that part of the brain due to blockage or bleeding inside the brain.

While treatment depends on the specific type of stroke he had, all people with a history of stroke benefit from careful observation of blood pressure, blood sugar if appropriate and abstinence from tobacco. A plant-based diet with little refined sugar probably is helpful, as is regular exercise if approved by his physician.

Bridge
by Frank Stewart

Louie's honest mistake

Unlucky Louie continues to blame his poor results on bad luck, despite all the evidence to the contrary.

"The man is so unlucky," says Cy the Cynic, "that if he were a politician, he'd probably be honest."

In a penny game at my club, Louie was declarer at today's slam. He got a break when West led a heart, giving a free finesse. Louie won with the ten and took the A-K of trumps. East-West followed. So far, so good.

LAST HEART

Louie next took the K-A of hearts and ruffed his last heart in dummy. East threw a diamond, and Louie next cashed the A-K of clubs for a diamond discard and ruffed a club. The queen didn't fall, so Louie had to stake the slam on a diamond finesse with the queen. East produced the king and cashed his high trump.

"My luck," Louie sighed.

After Louie ruffed the fourth heart in dummy, he could take the ace of clubs, ruff a club and exit with a trump, East would have to lead a club or diamond, giving Louie another free finesse and his 12th trick.

DAILY QUESTION

You hold: ♠ K 9 7 6 2 ♡ A J 10 3 ◊ J 8 3 ♣ 5. Your partner opens one club, you bid one spade and he raises to two spades. What do you say?

ANSWER: Since a suitable minimum hand for your partner such as Q 10 5 3, K 5, A 10 2, A 8 6 4 will make four spades a fine contract, you should try to get there, especially if you're vulnerable. Bid three hearts, asking him to decide, based especially on whether he has help for your second suit.

North dealer
Both sides vulnerable

NORTH
♠ A 8 3
♡ K 6 5
◊ A Q 6
♣ A K J 3

WEST
♠ Q 4
♡ Q 9 7 2
◊ 9 5 2
♣ 9 7 6 4

EAST
♠ J 10 5
♡ 8 4
◊ K 10 7 4
♣ Q 10 8 2

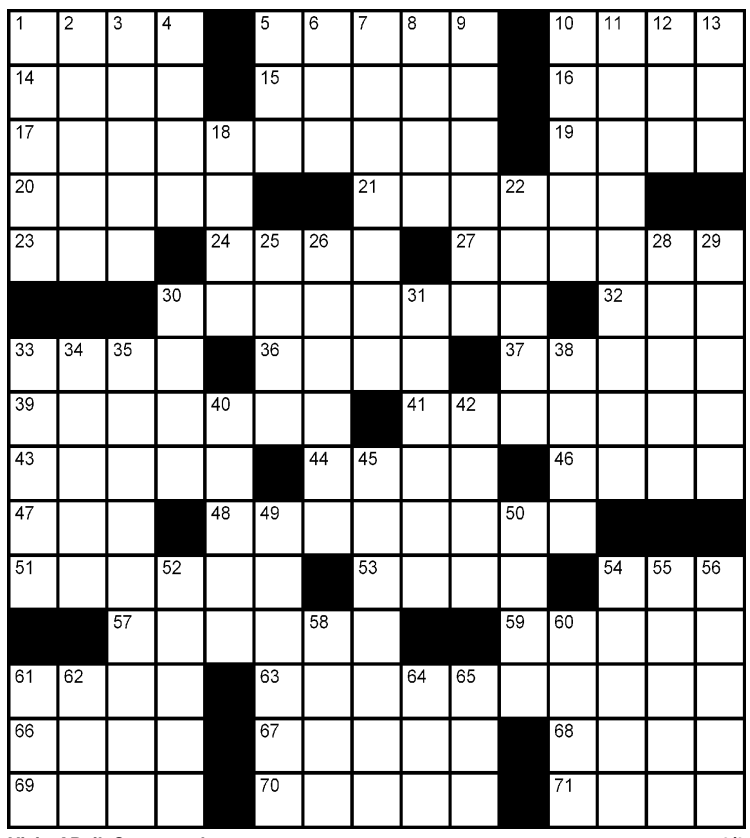
SOUTH
♠ K 9 7 6 2
♡ A J 10 3
◊ J 8 3
♣ 5

North	East	South	West
2 NT	Pass	3 ♣	Pass
3 ◊	Pass	3 ♠	Pass
4 ♠	Pass	5 ♠	Pass
6 ♠	All Pass		

Opening lead — ♡ 2

©2016 Tribune Content Agency, LLC

The Daily Crossword
Edited by Wayne Robert Williams



Visit: ADailyCrossword.com 8/2

ACROSS
1 Festive occasion
5 Swamped
10 Tracy Marrow's stage name
14 Saucers without cups?
15 The king of France
16 565 in old Rome
17 Tom Selleck movie
19 "Kiss Hollywood Good-by" author
20 Jack up
21 Hips
23 Precursor of the CIA
24 Eye defect: suff.
27 Art stands
30 E.G. __ of "The Defenders"
32 Converse amorously
33 __ dixit
36 Aphrodite's boy
37 Japanese port
39 Gandhi title
41 Lloyd and Arlen
43 Make amends
44 Deuce, at the French Open
46 Ingrid's "Casablanca" role
47 Orbiting part of Russia?
48 St. James's Palace location
51 Stupefyingly drunk
53 Extra-wide shoe
54 Give the once-over
57 "The __ Queene"
59 Of an ecological sequence
61 Inland sea east of the Caspian
63 Oddball
66 Neighbor of Java
67 Habituate
68 Italian noble name
69 Brain tissue
70 Flooring maker
71 Barbecue

DOWN
1 Okra stew
2 Bushy hairdos
3 Gray wolves
4 Gray and Candler
5 Maugham's "Cakes and __"
6 Spider's lair
7 Great Plains tribe
8 Bottom of the foot
9 Foundation for Jewish students
10 Remains in neutral
11 Narrow escape
12 Outer: pref.
13 Boob tubes
18 Portico for Plato
22 Gallantry
25 Bond pymt.
26 State since 1948
28 British peers
29 The March King
30 Malicious
31 Sad news
33 Muslim priests
34 Poolside area
35 Deficit
38 Drudgery
40 Conical condo
42 Winglike structures
45 Jubilant
49 Skillful
50 __-majesty
52 Shire of movies
54 Rub out
55 Conference site of 1945
56 Carl of the gridiron
58 Region of Morocco
60 Cote dwellers
61 U.S. dance grp.
62 Arctic explorer John
64 Trevi fountain coin count
65 That girl

Yesterday's Puzzle Solved

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

8-1

© 2016 Crosswords WRW
All rights reserved

Scrabble Solution

SCRABBLE GRAMS SOLUTION

O1	D2	D2	B3	A1	L1	L1	RACK 1 =	63
C3	O1	U1	N1	T1	Y4		RACK 2 =	11
E1	M3	B3	O1	L1	I1	C3	RACK 3 =	89
H4	E1	R1	O1	I1	S1	M3	RACK 4 =	62

PAR SCORE 145-155 TOTAL 225

Hasbro and it's logo, SCRABBLE, the associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada © 2016 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

Difficulty Level ★★ 8/02

©2016 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

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

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

Difficulty Level ★ 8/01

©2016 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.