

SCRABBLEGRAMS

Hasbro and its 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.

A1E1I1Y4M3T1D2

RACK 1

A1E1I1U1F4R1Q10

2nd Letter Double

A1E1I1G2W4J8S1

RACK 3

I1U1K5N1M3P3B3

Triple Word Score

PAR SCORE 170-180

FOUR RACK TOTAL

BEST SCORE 260

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.

08-31

NON SEQUITUR by Wiley

BECAUSE SOMETIMES HAPPY HOUR JUST ISN'T HAPPY ENOUGH

BAR

BACK TO SCHOOL SALE!

OPEN

© 2016 WILEY INK, INC. 8-31

WILEY INK@EARTHINK.NET

PAULA GABALOT CALLED AGAIN, BUT SHE DIDN'T LEAVE A MESSAGE

OF COURSE SHE DID

NOT LEAVING A MESSAGE IS HER WAY OF SAYING SHE STILL ISN'T SPEAKING TO ME

I WHY ISN'T SHE SPEAKING TO YOU?

SHE WON'T SAY

© 2016 King Features Syndicate, Inc. World rights reserved

WILEY INK

BLONDIE by Dean Young and John Marshall

PAULA GABALOT CALLED AGAIN, BUT SHE DIDN'T LEAVE A MESSAGE

OF COURSE SHE DID

NOT LEAVING A MESSAGE IS HER WAY OF SAYING SHE STILL ISN'T SPEAKING TO ME

I WHY ISN'T SHE SPEAKING TO YOU?

SHE WON'T SAY

© 2016 King Features Syndicate, Inc. World rights reserved

WILEY INK

PAULA GABALOT CALLED AGAIN, BUT SHE DIDN'T LEAVE A MESSAGE

OF COURSE SHE DID

NOT LEAVING A MESSAGE IS HER WAY OF SAYING SHE STILL ISN'T SPEAKING TO ME

I WHY ISN'T SHE SPEAKING TO YOU?

SHE WON'T SAY

© 2016 King Features Syndicate, Inc. World rights reserved

WILEY INK

HI & LOIS by Chance Browne

DAWG WILL EAT JUST ABOUT ANYTHING I FEED HIM.

WHAT'S THAT ON THE FLOOR, TRIxie?

SOME FOOD EVEN DAWG WOULDN'T EAT.

© 2016 King Features Syndicate, Inc. World rights reserved

WILEY INK

WISE MAN, YOU'VE HELPED ME SO MANY TIMES... IS THERE ANY WAY I CAN HELP YOU?

YES, THERE IS!

© 2016 King Features Syndicate, Inc. World rights reserved

WILEY INK

HAGAR THE HORRIBLE by Chris Browne

WISE MAN, YOU'VE HELPED ME SO MANY TIMES... IS THERE ANY WAY I CAN HELP YOU?

YES, THERE IS!

© 2016 King Features Syndicate, Inc. World rights reserved

WILEY INK

WISE MAN, YOU'VE HELPED ME SO MANY TIMES... IS THERE ANY WAY I CAN HELP YOU?

YES, THERE IS!

© 2016 King Features Syndicate, Inc. World rights reserved

WILEY INK

DENNIS THE MENACE by Hank Ketcham

8-31

Hank Ketcham

"WE WEREN'T CUT OFF, MARGARET. I HUNG UP ON YOU!"

© 2016 King Features Syndicate, Inc. World rights reserved

WILEY INK

THE FAMILY CIRCUS by Bil Keane

8-31

© 2016 Bil Keane, Inc. Dist. by King Features Synd. www.familycircus.com

"Where should I take my nap today, Mommy? Kitty cat is usin' up my bed."

Bil and Jeff KEANE

JUMBLE

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

HLIEW

LRUBB

RATEHH

FRIDTA

Check out the new, free JUST JUMBLE app

THE BRIDGE PAIR ARGUED CONSTANTLY, SO THEIR OPPONENTS HOPED THEY'D

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

(Answers tomorrow)

Yesterday's Jumbles: ADAGE JUDGE KITTEN HYPHEN Answer: The pilot's three-line poem spoken at 30,000 feet was a — "HIGH-KU"

Nose whistle isn't music to reader's ears

Dear Dr. Roach: Every night for the past several months, my sleep has been interrupted by a whistling sound when I exhale. I notice it only when I wake up in the early morning. It prevents me from going back to sleep. My husband tells me that it is constant during the night. If I concentrate, I can hear it during the day, but it doesn't bother me. I am a 61-year-old female; I don't smoke and am in good health, with no medications. This nighttime wheezing/whistling is very annoying. Is there a natural remedy you could recommend? — P.M.

A whistling sound happens with airways that are small enough to cause turbulent flow (which is why we purse our lips to whistle). In the nose, you could have a deviated septum, which leads to a smaller passage on the affected side. You also might

DR. KEITH ROACH TO YOUR GOOD HEALTH

have congestion in the nasal passages; this can come from allergies or infection. There are several other less-common causes.

In order for me to suggest a "natural" remedy (I'm guessing you mean drug-free), I would need to know which of these is more likely. However, one possible treatment would be to try nasal strips. They use tape to open the nasal passages at a common site of blockage. This might stop the whistling and make it easier to breathe through your nose. Another possible solution would be to rinse the nasal passages with saline: There are several ways to do this, such as with a Neti pot or a suction device. Identifying any allergens you may be reacting to could allow you to avoid them. In this, an allergist may be helpful.

DR. ROACH WRITES: A recent column about a young man who fainted during an injection led to many comments on my Facebook page (facebook.com/keithroachmd). There were two common questions, the first of which was whether this event could have been a seizure. The answer is that a seizure is very unlikely given the time course (immediately with the injection) and the prior history of near-fainting episodes. The muscle movements described are more consistent with a faint than with a seizure. Many people were unaware that involuntary muscle movements are common in faints.

The second question is how to prevent further episodes. I had recommended lying down. It might not be 100 percent effective in preventing a faint, but it can at least prevent injury. Others recommended stress-reduction techniques

such as breathing exercises or muscle contraction and relaxation before the injection (or a blood draw, if that is the issue). Distraction techniques can be helpful. One reader said her doctor told her to shout during the blood draw, and that technique worked (smiling or coughing during the procedure has helped some people, too).

A colleague of mine in anesthesia gives a surprisingly hard punch in the opposite arm, and the person barely notices the needle on the other side. One reader had success by using an ice pack on his head and a second on the back of his neck: He said he is so focused on his freezing neck and forehead that he can't think about anything else.

Making sure you are well-hydrated ahead of time helps, too. Very occasionally, I have given a fast-acting sedative for people who can't tolerate the procedure any other way.

Bridge by Frank Stewart

Quiet, please!

Unlucky Louie and I went by the local library. He returned a book on human anatomy.

"It didn't have an appendix," Louie told me blandly.

The young librarian was pregnant, looking as if she could deliver any minute.

"Do you suppose she's overdue?" Louie wondered. "Maybe she'll have to pay a fine."

Louie could use a book on dummy play. As declarer at five diamonds, he took the ace of hearts, led a trump to his ace and returned a spade: deuce, king, ace. East cashed his king of hearts and led a trump.

rebids two hearts. What do you say?

ANSWER: Your partner promises six or more hearts. If his pattern were, say, 3-5-2-3, he could have bid 1NT or raised to two spades at his second turn. With a four-card minor, he could have bid it. You have enough values to invite game, and your indicated action is a raise to three hearts.

South dealer Both sides vulnerable

NORTH		WEST		EAST	
♠ K Q 7 5 4		♠ 10 3 2		♠ A J 9 8	
♥ A 6		♥ Q J 10 7 5		♥ K 9 4 2	
♦ Q 6 5 3		♦ 2		♦ 8 7 4	
♣ 7 5		♣ Q 10 8 2		♣ 9 3	
SOUTH					
♠ 6					
♥ 8 3					
♦ A K J 10 9					
♣ A K J 6 4					

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

Opening lead — ♥ Q

©2016 Tribune Content Agency, LLC

The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Stresses
- Law enforcement grp.
- Frisco hill
- Volcanic crater
- Slick liquid
- Letters on a G.I.'s letter
- Start of a quote by Mason Cooley
- D.C. wheeler-dealer
- Literary snippets
- Skirt or computer starter
- Cabbie's cargo
- Part 2 of quote
- Pix in pix
- Coho or sockeye
- Abdul or Poundstone
- Set an explosive's timer
- Stereo part
- Part 3 of quote
- In honor of
- Expand
- Woman in tears
- Lapis follower?
- Clandestine
- Part 4 of quote
- Wrestler Hogan
- River under the Ponte Vecchio
- Indian title
- Check fig.
- End of quote
- Balin or Claire
- Color property
- Earthy
- Adult male

1 2 3 4 5 6 7 8 9 10 11 12 13

14 15 16

17 18 19

20 21 22

23 24 25 26 27

28 29 30

31 32 33 34

35 36 37 38 39 40

41 42 43

44 45 46 47

48 49 50 51

52 53 54 55 56

57 58 59 60 61

62 63 64

65 66 67

Visit: ADailyCrossword.com

8/31

DOWN

- Recorded proceedings
- "High Hopes" lyricist
- Sammy
- Explains
- News honchos
- Bk. after Ezra
- Hobos
- Capp character
- Hawkins
- Postulate
- Brief life?
- TV alien from
- Melmac
- Fire-bomb stuff
- Portuguese port
- Henry VIII's Anne
- Bus. letter abbr.
- Thin coating
- Elongated fish
- Stationary sculpture
- SDI weapon
- Title above knight
- Syst. of sound syllables
- "Platoon" setting, briefly
- Org. of Strange and Couples
- Gradually slower, in music: abbr.
- Compass dir.
- Charles Lamb's pen name
- Clairvoyant
- Recognition from Eliz.
- Veteran's abbr.
- Twilight
- I in Innsbruck
- Hebrew toast
- Female graduate
- Director Korda
- Pelted with rocks
- Called sheepishly
- Direct extension?
- Join together
- South African money
- Graphic or logical beginning?
- Alphabet trio
- Take flight
- Soviet mil. intelligence
- Govt. medical grp.

Yesterday's Puzzle Solved

A W E C L O S E S D A M E

C A B L O L I T A E D E N

M Y B L O O D R U N S C O L D

E S S E S I D E A

T E A R S A L L O W S

P G A T R I A B L E S I T

E R M A N A C H I N O

P O U R C O L D W A T E R O N

P O S E R T I L T N I N E

E V E I R O N E R S S A D

R E D S E A G R A T E

A R C S R A T I O

C O L D S H O U L D E R I N G

A N T I E R R O R S N F L

M O D E L E N N Y S T O E

© 2016 Crosswords WRW All rights reserved

8-30

Scrabble Solution

SCRABBLEGRAMS SOLUTION

PAR SCORE 170-180

TOTAL 982

RACK 4 = 101

RACK 3 = 47

RACK 2 = 79

RACK 1 = 63

BEETLE BAILEY by Mort Walker

YOU SEEM NERVOUS TONIGHT

I FEEL LIKE I'M BEING WATCHED

GREG MORT WALKER

© 2016 by King Features Syndicate, Inc. World rights reserved

DOESN'T YOUR MOTHER HAVE TO GO TO BED SOON?

SUCH A CUTE COUPLE...

8-31

SNUFFY SMITH by Fred Lasswell

YOU'RE A LI'L SHORT-- DON'T QUOTE OVER IT, SNUFFY !!

HMM... WELL... OKAY...

© 2016 by King Features Syndicate, Inc. World rights reserved

COULD I GET AN ADVANCE ON THAT SENIOR DISCOUNT YOU'LL BE GIVIN' ME LATER ON DOWN TH' LINE ?!

JOHN ROSE

Conceptis Sudoku

5 4 1 3 8

7

9

7

4

2

8

6

1 6 2 9 7

Difficulty Level ★★★

©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

4 9 1 3 8 6 7 5 2

5 2 6 7 1 4 9 8 3

7 3 8 5 9 2 6 1 4

9 4 7 8 3 5 2 6 1

8 1 3 2 6 9 4 7 5

6 5 2 1 4 7 3 9 8

1 8 9 4 7 3 5 2 6

3 7 5 6 2 1 8 4 9

2 6 4 9 5 8 1 3 7

Difficulty Level ★★

8-30