

SCRABBLE GRAMS

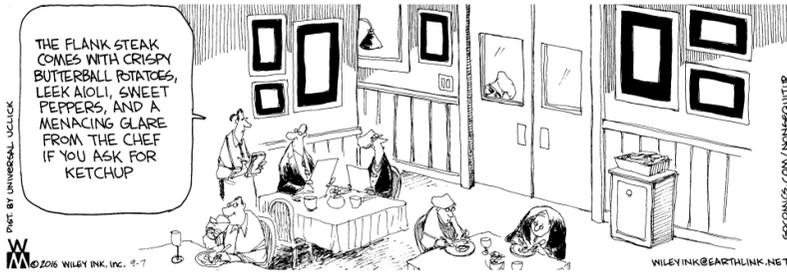
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| | | | | | | | | |
|---|---|---|---|---|---|---|-------------------|--------|
| A | A | T | G | L | R | S | 1st Letter Triple | RACK 1 |
| A | I | U | D | T | L | P | Double Word Score | RACK 2 |
| A | A | E | R | V | L | N | | RACK 3 |
| A | O | U | L | T | T | S | | RACK 4 |

PAR SCORE 140-150
BEST SCORE 198
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.

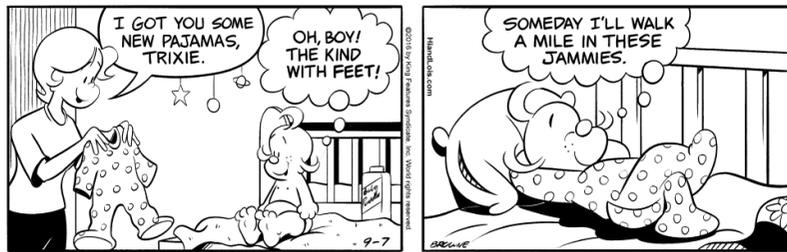
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



HAGAR THE HORRIBLE by Chris Browne



DENNIS THE MENACE by Hank Ketcham



THE FAMILY CIRCUS by Bill Keane



JUMBLE

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

VAHYE

TTUNA

COIZAD

CARDEA

Ans: " " " "

(Answers tomorrow)

Yesterday's Jumbles: HEFTY BURST THIRST APPEAR

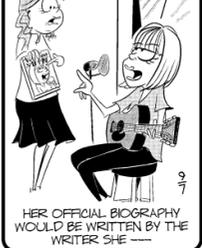
Answer: When his wife made cake mix for the baseball player, he said - BATTER UP

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

How did this unflattering biography of you get written?

I don't know, but I want you to write my new official biography and I'll need to approve every word.



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

Sleep disturbance linked to chronic pain

Dear Dr. Roach: Several years ago, my doctor told me to start taking Tylenol PM to help me get to sleep at night and to avoid some neuropathy pain.

I have been taking two before bedtime, as directed. Some nights I awaken after six or seven hours and have to take two plain Tylenol to continue my sleep.

I was diagnosed with peripheral neuropathy about three years ago, when I went to the orthopedist with a lower-back problem. The back problem was diagnosed as a pinched nerve.

At the time, I would wake up during the night with pain from my lower-right backside, down my right leg and into the right foot. The doctor put me on gabapentin, which I still take.

The Tylenol PM helps me get to sleep, and I sleep well for six or seven hours, but some nights, I wake up hurt-

DR. KEITH ROACH TO YOUR GOOD HEALTH

ing and have trouble getting back to sleep. My concern is the long-term use of the Tylenol PM. — W.H.

Tylenol PM contains acetaminophen (the substance in plain Tylenol) and diphenhydramine (sold as Benadryl and as many sleep aids).

Acetaminophen is a mildly to moderately effective pain reliever, and diphenhydramine is both an antihistamine and a mild sedative for many people.

Sleep disturbance is a big problem for many with chronic pain, including pain from neuropathy. Chronic sleep deprivation decreases quality of life and often worsens any perceived pain.

Improving sleep is a good goal for people with chronic pain. In general, I try to avoid

diphenhydramine, because it decreases wakefulness for many people in the morning (described as "grogginess"); it also increases fall risk and motor vehicle collisions in those who drive.

There may be better ways of helping you sleep besides medication.

Dear Dr. Roach: Could you explain just what electrolytes are and why they are so important to our bodies? — L.D.R.

The word "electrolyte" means that a substance can make water able to conduct electricity, because it contains electrically charged particles.

In the body, the most important electrolytes are sodium, potassium, magnesium and calcium, which are positively charged, and chloride, carbonate and phosphate, which are negative.

They are absolutely critical

to the function of the body, and are regulated to a high degree, mostly through the kidneys, but also through the GI tract.

Levels that are too high or too low are life-threatening. They are necessary for muscle and nerve functioning.

Our bodies are very good at retaining them, but we do need to obtain them from food.

The booklet on sodium, potassium chloride and bicarbonate explain the functions of these body chemicals and how low or high readings are corrected. To obtain a copy, write:

Dr. Roach
Book No. 202
628 Virginia Dr.
Orlando, FL 32803

Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

"Your honor," the district attorney announced, "we will prove that West committed a felony. He allowed declarer to make a hopeless game."

"State your case," the judge said, and the court kibitzed the evidence. "Against four spades, West led the king and ace of hearts," the DA related. "East followed with the deuce and six, and West shifted to a club. Declarer took the ace and led a trump to his king. West won and led another club, but declarer won and led a second trump. When East's jack appeared, South drew trumps and claimed. We ask for a directed verdict of guilty."

Would you convict West of misdefense?

South dealer
Both sides vulnerable

NORTH
♠ 87
♥ 95
♦ J106542
♣ AK6

WEST
♠ A96
♥ AK874
♦ 83
♣ Q42

EAST
♠ J3
♥ J62
♦ 97
♣ J109753

SOUTH
♠ KQ10542
♥ Q103
♦ AKQ
♣ 8

South 1 ♠ Pass
West 3 ♠ Pass
North 1 NT
East 4 ♠ All Pass

Opening lead — ♥ K

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Actor Tamiroff
- Hardwood tree
- 1960s radicals
- Ristorante beverage
- Greek markets
- Drink like a cat
- 1994 economic pact
- Least adorned
- Not std.
- Start of a quote by H.L. Mencken
- ETO commander
- Attention-getting calls
- "Pursuit of the Graf"
- Up and about
- Small bits
- Out of (discordant)
- Immune system component
- Drawing on an IRA
- Part 2 of quote
- 180 degrees from NNW
- Supply with new equipment
- Has debts
- Drawn in
- Long-range ahem
- Stick in the fridge?
- Expression of disgust
- Terminate
- End of quote
- Touch lightly

| | | | | | | | | | | | | | |
|----|----|----|---|----|----|----|----|----|----|----|----|----|----|
| 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 | | | | 68 | | | | | | | 69 | | |

Visit: ADailyCrossword.com

Yesterday's Puzzle Solved

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | L | T | R | O | U | G | E | S | S | C | O | W | |
| S | I | R | E | U | R | O | P | E | T | U | N | A | |
| S | T | A | N | D | I | N | G | I | N | U | T | E | S |
| E | R | N | E | S | S | O | L | A | N | T | | | |
| T | E | S | T | E | E | O | L | O | G | I | S | T | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| T | A | C | O | E | R | A | N | E | A | G | L | E | |
| A | S | A | S | N | O | L | L | E | B | I | A | S | |
| I | N | S | T | E | P | D | O | A | A | N | N | E | |
| N | E | H | T | A | K | I | N | G | I | N | | | |
| T | R | I | C | O | R | N | E | N | D | E | A | R | |
| | | | | | | | | | | | | | |
| W | I | G | S | B | L | E | A | N | K | O | R | E | |
| A | D | I | T | E | L | A | I | N | E | O | O | O | |
| D | A | N | S | A | S | H | L | A | R | T | U | N | |

DOWN

- Part of GPA
- Sportage maker
- For
- Marquand's sleuth
- Dog-faced monkey
- Culture media
- Petty or Singer
- Bellicose god
- Pravda's news agcy.
- Italian wine region
- Bridge warning
- Roseanne's TV kid
- Most zippy
- "Bill", the Science Guy
- NYC arena
- German article
- Thirsty
- Pass through a membrane
- Gambling mecca
- Ump's colleague
- Removed skin from
- Dance move
- TCU or MIT
- Temporary currency
- Carnivore's choice
- Under the weather
- Mid-sixth century date
- Soy product
- Afore
- Eur. sea
- Likewise
- Dipper
- Certain chemical compound
- Mighty long stretch
- Lay turf
- Gehrig or Brock
- Told whoppers
- Resistance unit
- Idaho capital
- Plunking sound
- Make less difficult
- Frost coating
- Screen superstar
- Corn servings
- Quarter of four
- Hang loosely

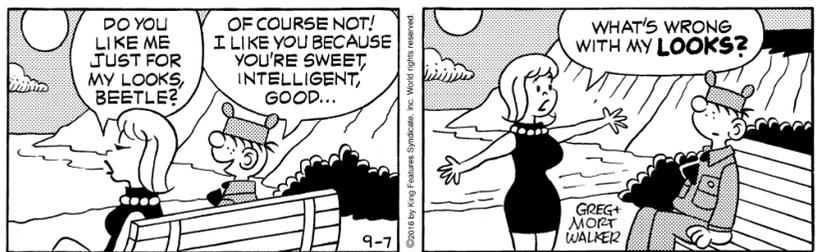
Scrabble Solution

PAR SCORE 140-150
TOTAL 191

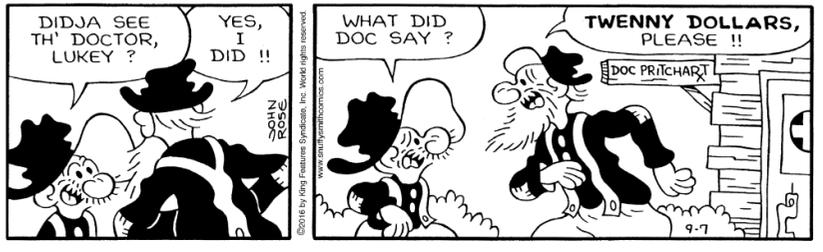
RACK 4 = 57
RACK 3 = 9
RACK 2 = 70
RACK 1 = 62

SOLUTION
S C R A B B L E G R A M S

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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