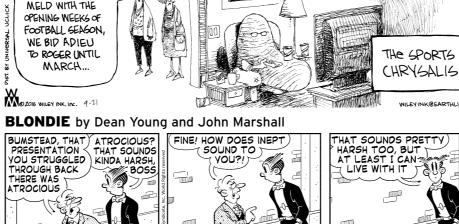
point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE Players Dictionary, 5th Edition.

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.



HIS TOYS

HI & LOIS by Chance Browne

YOU SENT

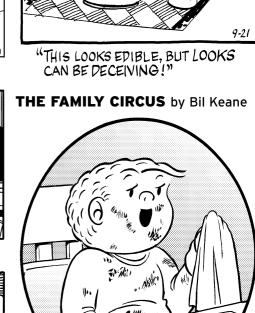
ROOM FOR MISBEHAVING

NON SEQUITUR by Wiley

AS THE FINAL WEEKS OF THE BAGEBALL SEASON



I SENT HIM TO OUR ROOM.



DENNIS THE MENACE by Hank Ketcham

"Good news, Mommy! I kept my napkin totally clean.

Bridge by Frank Stewart

Killing lead?

THAT SCRAMBLED WORD GAME one letter to each square to form four ordinary words YEXOP **SUYBH TOONIM** THE PRIZEFIGHTER NEEDED O GET HIS POSSESSIOI READY TO BE MOVED! **DEEELN** Now arrange the circled letters to form the surprise answer, as

WEDGE SAFETY Jumbles: YOUNG JAGUAR

HAGAR THE HORRIBLE by Chris Browne





Leaking lymph causes swelling in legs

Dear Dr. Roach: Forty-five DR. KEITH ROACH years ago, I had ovarian cancer. I had surgery, followed by 30 radiation treatments.

Twenty years later, I was diagnosed at first with venous insufficiency, then with lymphedema in my lower extremities.

I was on spironolactone for 15 years before I was told that a diuretic does nothing for either condition, so I stopped taking it.

I wear compression stockings and get manual lymphatic drainage treatments as needed.

What is the difference between venous insufficiency and lymphedema?

What is the role of sodium intake in both? Is there a cure for venous insufficiency? -- O.M.L.

The systemic arteries take oxygen-rich blood from the heart's left ventricle to the body, and the veins carry the

suggested by the above cartoon

TO YOUR GOOD HEALTH

oxygen-depleted blood back to the heart.

However, veins leak a little bit. They don't leak blood cells, but they do leak fluid. This fluid (called lymph) tends to collect in places where it is pulled by gravity.

Most adults have had the experience of having some swelling in the feet or fingers, especially after a hot and humid day, with a lot of standing or after taking in high amounts of salt and water.

The body uses the lymphatic system to return this fluid to the heart. Thin-walled lymphatic vessels — which, roughly speaking, parallel the veins — return excess fluid age is the most effective treat- order form of available leaked out by blood vessels back to the heart.

In venous insufficiency, the veins leak more than they should prevent blood from going the wrong way, become damaged and "insufficient."

By contrast, in lymphedema, the lymphatic vessels are damaged. Radiation and cancer are common causes, but it sometimes happens for no known reason.

Diuretics, like spironolactone, furosemide (Lasix) and HCTZ are not an effective long-term treatment for either condition

Support stockings, keeping the affected area elevated above the heart (a half-hour three times daily is usual), and avoiding excess sodium are appropriate for both con-

Manual lymphatic drainment for lymphedema, but it is labor-intensive, often not covered by insurance and can be hard to find.

The booklet on edema and

16

19

43

62

This is often because the lymphedema provides inforvalves in the veins, which mation on the causes of swelling. Readers can order a copy by writing:

> Dr. Roach Book No. 106 628 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.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med. cornell.edu or request an health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from www. rbmamall.com.

Scrabble Solution

pue sajejs pa	InU art ni ordesH to	Heaton and if its play, 2CA-MBBILE, the associated close the designs on trademarks game board, and the distribute letter the design on trademarks. Canada, © 2016 Heaton, All rights reserved. Distributed by Tribune Co
112	JATOT	PAR SCORE 140-150
08	BACK 4 =	P I N C H E D
- 28	BACK 3 =	O U Ti D2 Ai Ti Ei
8	KACK 2 =	A II EI M II A
99	BACK 1 =	N E B N L A E

Cy the Cynic says that speed doesn't kill; it's suddenly becoming stationary that will do you in.

Today's West led a trump against six hearts, and declarer must have agreed with Cy since he promptly played low from dummy, happy to get a free finesse. He captured East's queen, took the K-A of spades and ruffed a spade with dummy's ten. (To cash the king of trumps first would have been best.)

South next took the king of trumps - and when East discarded, the play crashed to a halt. South finally led a club to his hand, took the jack of trumps and tried a diamond finesse. It lost, and West's nine of trumps scored for down one.

SPADE RUFF

West would not have led a trump from the queen against a slam, so South must play dummy's king at Trick One. When East's queen falls, South can ruff a spade with the eight of trumps, draw trumps and lose one diamond.

If East followed low on the first trump, South could ruff his spade loser in dummy and take a trump finesse against East.

DAILY QUESTION

You hold: ♠ K 7 ♡ K 10 8 ♦ A Q J 4 ♣ K 7 5 3. You open 1NT, your partner responds two clubs (Stayman), you bid two diamonds and he tries two hearts. What do you

ANSWER: In classical "Standard" bidding, partner suggests about eight points with a five-card heart suit. You have options depending on your strength and the degree of your heart support. Since you have a sound hand with three good hearts, to jump to four hearts is

North dealer N-S vulnerable

NORTH **♠** K 7 ♥ K 108 ♦ AQJ4 ♣ K753

WEST EAST **♦** O 10 4 3 **♠** J865 **398** ♦ K 10 7 6 ♣Q92

♣ J 10 6 4 **SOUTH ♠** A 9 2 ♥ A J 5 3 2 ♦ 532 ♣ A 8

East West South 1 NT Pass Pass Pass **Pass** All Pass

Opening lead — ♥ 4

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The Daily Crossword Edited by Wayne Robert Williams

15

18

- Stool pigeon Intuitive feelings
- Confronts Inventor Whitney
- 15 Make suitable
- 16 Space or horse follower
- 17 Cap with a pompon
- 18 More teed off 19 Of the kidneys
- Out of proper order 20
- 22 Audiobooks personnel
- 24 Start of a quote by
- Rainn Wilson 26 Cavity
- Make a decision 27 30 Novelist Jong
- 32 Following day, poetically
- Singing the blues
- 37 Chews though
- toothless 39 Savoir faire
- 40 Part 2 of quote 44
- Concisely, briefly Piece of South Fork 45 46 Retrieve
- 47 Sauirm
- Synthetic fiber 49 Professional charge 52
- 53 Ump's cousin 55 End of quote
- 59 Ford model 62 Methuselah's father
- Maine campus 65 Country singer
- Rimes 67

REPEL

|H|||N|D||||U|N|W|||S|E

E A S I E R

ВЕ

20

44

Period of light

GOODBYEGIRL

SANTANASH

R A N G E S

E A S T

H|E|A|D|M|E|N| = E|C|S|T|A|S|Y

O|P|P|O|S|E

EMCEE

DOUSEDOBEYED

PRETTYWOMAN

A C E D

D|A|M|A|S|K

|R|M|P|||T

AYS

1 | G

В

ALONE

SET

U|S|E|R|

- Visit: ADailyCrossword.com 68 Altercation
- 69 Shankar's

64

- instrument

- 73 Daisy Yokum's TROVE

| F | I | R

SANE

| | D | L | E

ERATO

- Yesterday's Puzzle Solved
 - middle name YEP DOWN

65

69

72

Pulses

lamentation

72 Poem of

Texas mission 3 Showing lack of confidence

1 Put a new label on

- 4 Poughkeepsie college
- Wedding vow
- Pikelike marine fish
- Fencer's foil Standee's handgrip Some masts
- Copycat 11 Bleeping Significant period of
- 70 Shade provider

66

- hands 28
- 29 31 Shell rival
- paying
- Putter Palmer 35
- 38 Substitute 41
- Ralph Waldo and 42 Rov
- 51 Holy woman Quiz response
- Standard poem
- Diamond or Simon Poetic globe Feel sorry about

66 Henpeck

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	99	EACK 1 =	N E B N 다 Y E						
	SCKABBLE GRAMS SOLUTION								



OBVIOUSLY, YOU'VE NEVER HEARD OF THE OF CLOUDBURN!



Conceptis Sudoku

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

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

T|Y|K|E|S| RENES © 2016 Crosswords WRW All rights reserved

12 time Erie Canal mule The woman last mentioned Slow-witted

Chase group Bird chirp

25 Speak with one's

67

70

73

9/21

33 Shad output Leave without

Othello's beloved 36 Beer vessel

43 Starter starter? Lunar New Year 50 William Sydney Porter

Dial-up device Central Florida city College credit

Difficulty Level ★★★