

SCRABBLEGRAMS

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A1E1E1U1L1N1B3

3rd Letter Triple

RACK 1

A1A1E1I1M3N1N1

RACK 2

A1E1O1U1T1T1D2

RACK 3

E1I1H4P3D2N1C3

Double Word Score

RACK 4

PAR SCORE 140-150

BEST SCORE 211

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.

09-21

NON SEQUITUR by Wiley

AS THE FINAL WEEKS OF THE BASEBALL SEASON MELD WITH THE OPENING WEEKS OF FOOTBALL SEASON, WE BID ADIEU TO ROGER UNTIL MARCH....

THE SPORTS CHRYSALIS

BUMSTEAD, THAT PRESENTATION YOU STRUGGLED THROUGH BACK THERE WAS ATROCIOUS

ATROCIOUS? THAT SOUNDS KINDA HARSH, BOSS

FINE! HOW DOES INEPT SOUND TO YOU?

THAT SOUNDS PRETTY HARSH TOO, BUT AT LEAST I CAN LIVE WITH IT

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BLONDIE by Dean Young and John Marshall

BUMSTEAD, THAT PRESENTATION YOU STRUGGLED THROUGH BACK THERE WAS ATROCIOUS

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HI & LOIS by Chance Browne

YOU SENT DITTO TO HIS ROOM FOR MISBEHAVING?

NO, THAT'S WHERE ALL HIS TOYS ARE.

I SENT HIM TO OUR ROOM.

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HAGAR THE HORRIBLE by Chris Browne

HOW DO YOU WANT TO DIE, HAGAR?

IN MY SLEEP!

THIS MIGHT BE A GOOD TIME TO TAKE A NAP!

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DENNIS THE MENACE by Hank Ketcham

THIS LOOKS EDIBLE, BUT LOOKS CAN BE DECEIVING!

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9-21

THE FAMILY CIRCUS by Bil Keane

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

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9-21

By and Jeff KEANE

JUMBLE

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

YEXOP

SUYBH

TOONIM

DEEELN

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Check out the new, free JUST JUMBLE app

THE PRIZEFIGHTER NEEDED TO GET HIS POSSESSIONS READY TO BE MOVED, SO HE —

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

(Answers tomorrow)

Yesterday's Jumbles: YOUNG WEDGE SAFETY JAGUAR Answer: When the twins ordered the "Buy One, Get One Free" lunch special, it was — "TWOS-DAY"

Leaking lymph causes swelling in legs

**Dear Dr. Roach:** Forty-five 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

**DR. KEITH ROACH 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 leaked out by blood vessels back to the heart. In venous insufficiency, the veins leak more than they ought to.

This is often because the valves in the veins, which 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 conditions. Manual lymphatic drainage is the most effective treatment for lymphedema, but it is labor-intensive, often not covered by insurance and can be hard to find. The booklet on edema and

lymphedema provides information 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 order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from www.rbmamail.com.**

Bridge by Frank Stewart

Killing lead?

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.

North dealer N-S vulnerable

<b>NORTH</b>		
♠ K 7		
♥ K 10 8		
♦ A Q J 4		
♣ K 7 5 3		

<b>WEST</b>		<b>EAST</b>
♠ J 8 6 5		♠ Q 10 4 3
♥ 9 7 6 4		♥ Q
♦ 9 8		♦ K 10 7 6
♣ Q 9 2		♣ J 10 6 4

<b>SOUTH</b>		
♠ A 9 2		
♥ A J 5 3 2		
♦ 5 3 2		
♣ A 8		

North	East	South	West
1 NT	Pass	3 ♥	Pass
4 ♥	Pass	4 ♠	Pass
5 ♦	Pass	6 ♥	All Pass

**Opening lead — ♥ 4**

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

1 Stool pigeon

4 Intuitive feelings

9 Confronts

14 Inventor Whitney

15 Make suitable

16 Space or horse follower

17 Cap with a pompon

18 More teed off

19 Of the kidneys

20 Out of proper order

22 Audiobooks personnel

24 Start of a quote by Rainn Wilson

26 Cavity

27 Make a decision

30 Novelist Jong

32 Following day, poetically

34 Singing the blues

37 Chews though toothless

39 Savoir faire

40 Part 2 of quote

44 Concisely, briefly

45 Piece of South Fork

46 Retrieve

47 Squirm

49 Synthetic fiber

52 Professional charge

53 Ump's cousin

55 End of quote

59 Ford model

62 Methuselah's father

63 Maine campus

65 Country singer

67 Period of light

DOWN

15

18

21

22

23

25

26

27

28

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Visit: [ADailyCrossword.com](#)

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Yesterday's Puzzle Solved

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

9-20

68 Altercation

69 Shankar's instrument

70 Shade provider

71 Pulses

72 Poem of lamentation

73 Daisy Yokum's middle name

25 Speak with one's hands

28 Chase group

29 Bird chirp

31 Shell rival

33 Shad output

34 Leave without paying

35 Putter Palmer

36 Othello's beloved

38 Substitute

41 Beer vessel

42 Ralph Waldo and Roy

43 Starter starter?

48 Lunar New Year

50 William Sydney Porter

51 Holy woman

54 Quiz response

56 Dial-up device

57 Central Florida city

58 Standard poem

60 College credit

61 Diamond or Simon

63 Poetic globe

64 Feel sorry about

66 Henpeck

BEETLE BAILEY by Mort Walker

WOULD YOU LIKE ME TO RUB SOME LOTION ON YOU?

WHY? IT'S CLOUDY!

GREET MORT WALKER

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

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SNUFFY SMITH by Fred Lasswell

BLESS TH' 'TATERS, BLESS TH' MEAT, PASS TH' GRAVY, C'MON, LET'S EAT !!

RECKON YORE NEPHEW AIN'T QUITE READY FER TH' PULPIT, PARSON !!

JOHN ROSE

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9-21

Conceptis Sudoku

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

Difficulty Level ★★★

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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

Difficulty Level ★★

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