

# SCRABBLE GRAMS

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E	E	U	D	G	C	R	
A	E	I	V	G	S	M	
E	I	Y	D	R	F	P	
E	U	N	T	D	R	H	

PAR SCORE 150-160  
BEST SCORE 235

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.

## 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.

KAWAE

NUHOD

HONYWA

VERHIT

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

## THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Yesterday's Jumbles: TRACT DERBY GASKET INVITE  
Answer: The unscrupulous magician attempted to thwart his competition with — DIRTY TRICKS

# 'Bone bruise' caused by broken vessels

Dear Dr. Roach: I am a 77-year-old woman who has enjoyed good health. Several weeks ago, I fell off a stepstool while trimming a tree in the backyard, bruising the shin on my left leg.

The bruising has all disappeared by now, but a large (quarter-size), hard lump remains on my leg. I massage it gently each day, hoping it will dissolve. Should I be concerned about this, or will it take care of itself in time? — PL.

Bruising is caused by broken blood vessels internally. Although the body's systems will clot the broken vessels, the blood can be visible in the area of the injury (or pulled by gravity to an area that's lower than the injury) as a reddish/brown color, gradually changing to green and yellow as the blood is metabolized and reabsorbed.

In the case of the shin, the

tibia bone is very superficial, and pretty easily can be damaged. If the blood vessels in the periosteum, the lining of the bone, are damaged, one can develop a periosteal hematoma, or a "bone bruise." These last for weeks and can be quite tender when they first appear. I suspect that it will disappear. If it doesn't, go see your doctor.

Rarely, there is a bone tumor, which usually is benign but unfortunately isn't always, that is brought to one's attention by trauma at or near the area.

Dear Dr. Roach: Would you please comment on high-school football coaches encouraging their players to use bodybuilding supplements such as creatine and others?

Coaches want kids to bulk up to play high-school football. What happens to that body mass in five or 10 years, when physical activity slows? You would be doing a great service to millions of high-school students.

I think these coaches should be reprimanded for the future harm they are doing to these high-school kids. — Anon.

Your question is about building muscle mass in young athletes, with the concern that they may become obese in later years. This isn't necessarily true. Building muscle, through tremendous activity and weightlifting, can be somewhat increased by creatine, a supplement that is a key component of muscle.

All this muscle activity burns calories, and football players eat a great deal just to keep up with calorie needs. (A large number of high-school

athletes use anabolic steroids to build muscle, which I recommend against in the strongest possible terms.)

If the physical activity decreases, then food intake needs to decrease also, or the athlete will begin to gain fat. It is not the case that muscle turns to fat, but muscle bulk will decrease without regular exercise.

Excess calories have to go somewhere, and in men, that often means around the middle. It isn't the creatine or the muscle gain that's responsible, it's the balance between eating and exercise.

I still don't recommend high-school football. Despite recent improvements in coaching and technique, injury rates for high-school football players are unacceptably high, in my opinion as a parent and a physician. However, I recognize that that decision is made by the athlete and parent.

# Bridge Louie knows the drill

by Frank Stewart

"Want to hear about my new drill? I won't bore you with it." — graffiti

Unlucky Louie is always telling me about his "bad luck" fiascos. "Look at this," Louie said. "I was West. When South bid two clubs, Stayman, I doubled as a lead-director. But North had good clubs and redoubled, and South tried his luck right there.

"I led the king of trumps," Louie went on, "and South took the ace and led a heart to the queen, cashed the ace, ruffed a diamond, led a spade to the jack, took the ace and ruffed dummy's last diamond."

## HEART DISCARD

South next led the queen of spades. Louie ruffed with the jack, but dummy threw a heart. Declarer won the trump return with the queen, came to the king of hearts and led a spade at Trick 12. The eight of trumps had to score, and South made five, plus 1,960!

Louie makes his own luck, always bad. I guess his double of two clubs was defensible, but if he passes, North-South will be lucky to be plus 600 at 3NT.

left, opens two diamonds (weak). Your partner doubles. The next player passes. What do you say?

ANSWER: You have two options. If you're feeling timid, respond two spades. If the opponents bid again, you can try three hearts next. If you feel bold, cue-bid three diamonds and raise partner's major-suit bid to game. He has a hand worth at least 15 points, so a game may succeed.

North dealer  
Both sides vulnerable

**NORTH**  
♠ A J  
♥ 9 7 2  
♦ A Q 3 2  
♣ A Q 8 5

**WEST**  
♠ K 9  
♥ 10 5  
♦ K J 9 8  
♣ K J 10 9 7

**EAST**  
♠ 10 8 6 5 3  
♥ Q J 8 6  
♦ 10 7 4  
♣ 6

**SOUTH**  
♠ Q 7 4 2  
♥ A K 4 3  
♦ 6 5  
♣ 4 3 2

North 1 NT Pass  
Redbl All Pass  
Opening lead — ♣ K  
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## The Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- City in the San Joaquin Valley
  - Regal inits.
  - Ride the wind
  - Baggage porter
  - Wide shoe width
  - Expressions of wonderment
  - Relaxing
  - Unit of elec.
  - Trailing the field
  - Plant outing
  - Winglike parts
  - City near Leipzig
  - Kind of soldier or hat?
  - '60s radicals
  - Mighty long time
  - Letters on Cardinal caps
  - du Diable
  - Dispatched biblical-style
  - Inexact
  - Retirement party, perhaps
  - Grownup
  - Male red deer
  - Louse-to-be
  - Pseudoscience
  - "The Bridge of San Luis"
  - Commander of the ETO
  - Literature snippets
  - Exercises authority
  - Tidy
  - Expense account deduction

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](http://ADailyCrossword.com)

5/26

**Yesterday's Puzzle Solved**

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

- DOWN**
- Noisy quarrel
  - Passed, as gossip
  - Botanical swellings
  - Land's end?
  - Astronauts' grp.
  - Former U.S. policy
  - Dilapidated vehicles
  - Negligent
  - Cool dude
  - Unaccompanied performances
  - Work done jointly
  - Hesitant sounds
  - Hrs. of summer
  - Gossip
  - Something without legal validity
  - Singer DeLange
  - "... the twain shall meet"
  - Ham actors
  - 1-of-a-kind
  - Numerical ending
  - Start-up buttons
  - Water-to-wine locale
  - Asgard ruler
  - Swedish turnip
  - Brings in
  - More formal
  - Captures
  - Flour of the southwest
  - Alaska's National Park
  - Metrical unit
  - Sweet-smelling gas
  - Terrestrial sphere
  - Life-drawing subjects
  - Cold War initials
  - Like a lot
  - J. Edgar Hoover's org.
  - Scheider or Rogers

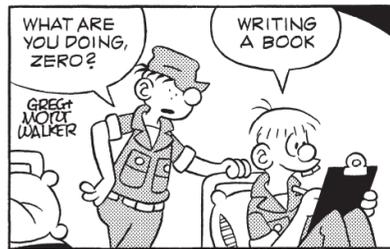
## Scrabble Solution

PAR SCORE 150-160  
BEST SCORE 235

FRACK 4 = 65  
FRACK 3 = 98  
FRACK 2 = 63  
FRACK 1 = 9

SOLUTION

## BEETLE BAILEY by Mort Walker



## SNUFFY SMITH by Fred Lasswell



## Conceptis Sudoku

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

Difficulty Level ★★★

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**

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

Difficulty Level ★★★