SCRABBLE GRAMS

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A1	E1	E1	O1	G2	N1	P3	RACK 1	
A1	E1	U1	Y4	T1	C3	L1	RACK 2	2nd Letter Double
E1	E1	L1	T1	C3	D2	T1	RACK 3	
A1	E1	O1	M3	R1	V4	R1	RACK 4	Triple Word Score

PAR SCORE 145-155
BEST SCORE 220

FOUR RACK TOTAL _____
TIME LIMIT: 20 MIN

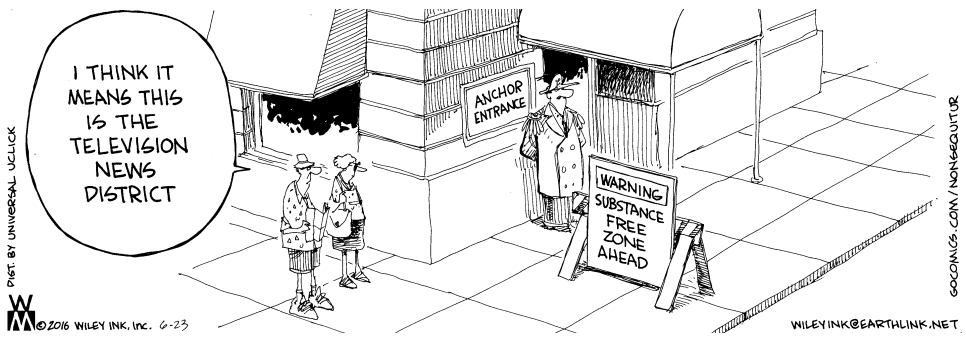
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

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.

06-23

NON SEQUITUR by Wiley

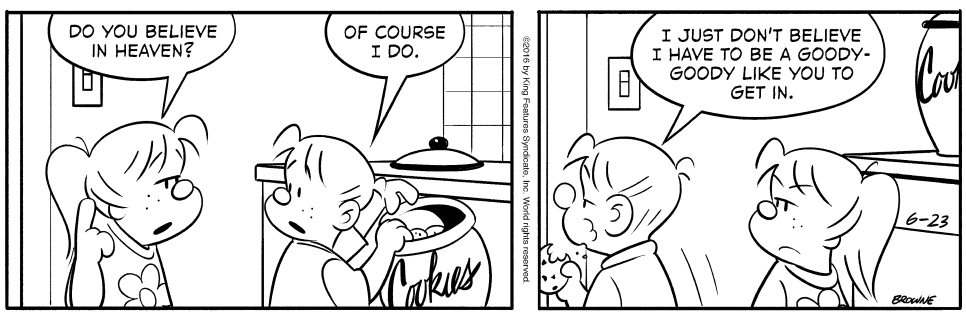


DENNIS THE MENACE by Hank Ketcham

"IT TURNS OUT MR. WILSON DIDN'T NEED ANY MUSIC TO SLEEP BY."

BLONDIE by Dean Young and John Marshall

HI & LOIS by Chance Browne



THE FAMILY CIRCUS by Bil Keane

Billy (age 7) takes his pun in hand and again fills in for his daddy.

JUMBLE

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

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

TAYRP

NFGIL

VOITEM

HRALEB

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Check out the new, free JUST JUMBLE app

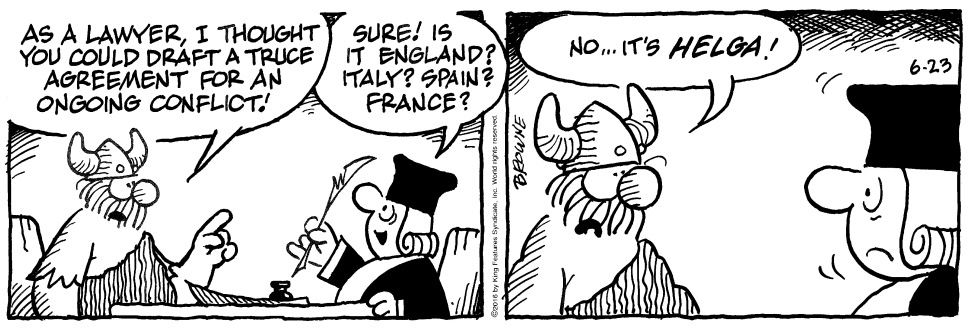
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer here: _____ _____ _____

(Answers tomorrow)

Yesterday's Jumbles: ORBIT SOUPY HIATUS SAYING
Answer: They loved the new wine bar and its — BIG "POUR-TIONS"

HAGAR THE HORRIBLE by Chris Browne



Causes of HBP may be acting together

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: I have had elevated blood pressure for a very long time. I had my son eight years ago and I don't recall what it was before that; however, I developed pre-eclampsia during pregnancy and had a cesarean section a week early. When my son was 2, I was diagnosed with ADHD, and have been on Vyvanse ever since. I was thinking that my medication is a contributing factor; however, even when we lowered the dose and I started taking blood pressure medication, my BP is still so high I feel like I'm going to faint. Yesterday it was 169/97, and my pulse was 109. My doctor did several blood tests, a 24-hour urine collection, an EKG and an echocardiogram, and everything came back completely normal. Could there be kidney damage? Should they do an ultrasound on my kidneys? I don't know what to do. I don't feel good at all, and I want to figure it out. My dad just passed away a year ago from a massive stroke. What do you suggest? — *S.*

You have several possible causes for your high blood pressure. It is likely that it runs in the family, since the majority of people with stroke have hypertension. Second, women with pre-eclampsia are at higher risk for developing high blood pressure (3.7 times more likely) later in life. Third, lisdexamfetamine (Vyvanse) causes increased heart rate and hypertension in a few percent of people who take it.

I suspect that, in you, all these potential causes are acting together. There may be other contributing risk factors in you I don't know about. One thing is clear: You need to get your blood pressure down into a safer range. Women with a history of pre-eclampsia also have increased risk for heart disease, so it's particularly important for you. Your doctor may need to add or change medication or look for another cause. It would be unlikely you'd find one, and your doctor has already done some looking.

Kidney damage is usually diagnosed by blood tests, and the cause is determined through urine tests, ultrasounds and sometimes more-sophisticated tests.

Dear Dr. Roach: I lost the hearing in my left ear completely. My nurse practitioner said I had liquid in my ear. She put me on a steroid nose spray. Will it go away? How did this happen? — *O.H.*

The middle ear is normally filled with air, but it may become filled with fluid when the Eustachian tube, which normally connects the middle ear with the throat and allows drainage and pressure equalization, becomes blocked. Allergies and infection are the most common of the many causes of the failure of the Eustachian tube.

With the middle ear filled with fluid, the eardrum cannot move properly, and sound doesn't get transmitted.

If the underlying cause is allergic, then the steroid nasal spray is a good choice. My experience is that it takes at least a week or two for nasal steroids to start working. If it doesn't work, and you still have hearing loss, you should get promptly re-evaluated, as there are many other causes, and the hearing loss may become permanent. An ENT doctor not only likely has more experience than I do or your nurse practitioner does, but also has the ability to do a direct exam, which can help make the proper diagnosis.

Bridge
by Frank Stewart

Doing one's best

I suppose Cy the Cynic is right when he says that mistakes are proof that you're trying.

In today's deal, North-South bid to a reasonable vulnerable game. West led the jack of clubs, and South hoped for only three losers. He took the king and ace, ruffed his last low club in dummy and cashed the ace of trumps.

But then South was marooned in dummy. He led a diamond to his king, but West took the ace and led his last club. East ruffed with the king, and South also lost to West's high trumps. Down one.

TWO SPADES

"West had only two spades," South noted, "so it wouldn't help me to take the A-K and ruff a spade. But at least I'm trying."

North didn't say that playing with South was very trying. At Trick Two South should lead a diamond to establish communication with his hand. If West wins and leads another club, South wins with the ace, ruffs his last low club, takes the ace of trumps, reaches his hand with a diamond ruff and leads a trump. He loses two trumps and a diamond.

DAILY QUESTION

You hold: ♠ A K 9 5 ♡ A 2 ◊ 10 7 6 4 2 ♣ K 2. The dealer, at your right, opens one heart. What do you say?

ANSWER: Few experts would pass. Some would risk an overcall of one spade. Most would double though the club support is weak. If partner responds two clubs, you must pass since a further bid would show great strength. A bigger danger is that the next player will raise hearts, and partner will bid clubs at the three level.

East dealer
Both sides vulnerable

NORTH
♠ A K 9 5
♡ A 2
◊ 10 7 6 4 2
♣ K 2

WEST
♠ Q 3
♡ Q J 7
◊ A Q J 9
♣ J 10 9 7

EAST
♠ J 8 6 4 2
♡ K 9
◊ 8 5 3
♣ 8 6 3

SOUTH
♠ 10 7
♡ 10 8 6 5 4 3
◊ K
♣ A Q 5 4

East	South	West	North
Pass	Pass	1 ◊	Pass
Pass	1 ♡	Pass	2 NT
Pass	3 ♣	Pass	3 ♡
Pass	4 ♡	All Pass	

Opening lead — ♣ J

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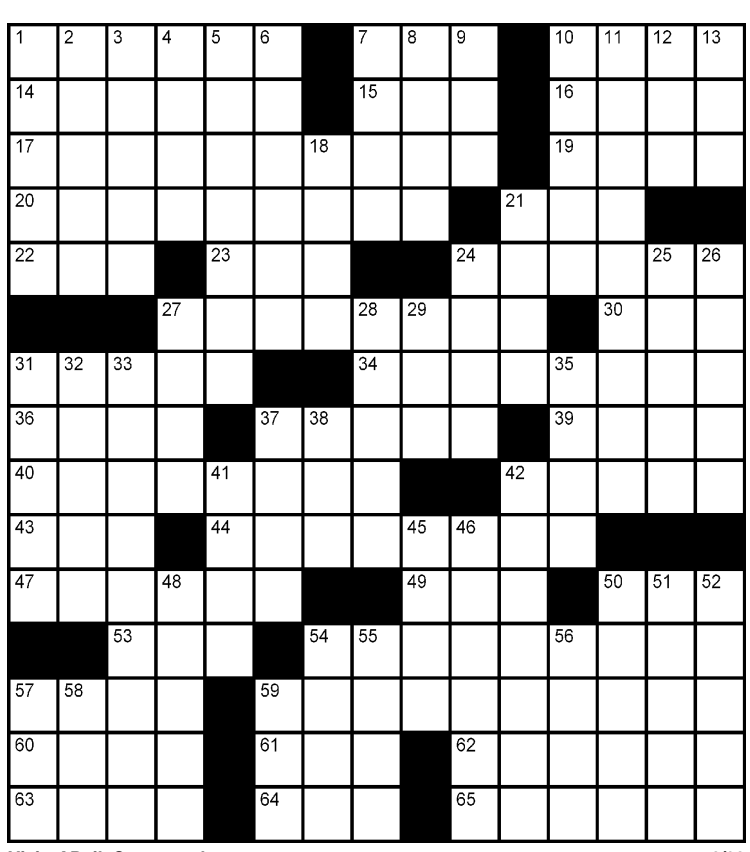
The Daily Crossword
Edited by Wayne Robert Williams



ACROSS
1 New York city
7 J.H.S. subj.
10 Flat-topped flower cluster
14 Made up some ground
15 Columnist Kupcinet
16 Some born in August
17 U.S. surrealist artist born in France
19 Peak in northern Greece
20 Five-sided figures
21 Self: pref.
22 NFL objectives
23 Sephia car maker
24 Waiting to bat
27 Former British home guard
30 King in France
31 Stratum
34 Got the wrong total
36 Conflict in ancient Greek drama
37 Twilled cotton cloth
39 Writer Ayn
40 Queasy
42 Go-ahead
43 24-hr. info source
44 Talks incessantly and tiresomely
47 Aerie youngster
49 Beer vessel
50 Saint of It.
53 City in central Israel
54 Honorees
57 Scandinavian saint
59 Letter closing
60 Type of ranch
61 Que. neighbor
62 Place of worship
63 Tan and Brenneman
64 Vocalized grunt
65 Spoke biblically

DOWN
1 Land of Luxor
2 Washed
3 Attitudes
4 MIT part
5 One recapturing
6 Slowly, in music
7 Omen
8 Shank of the leg
9 Collegiate league
10 Smoke mass
11 Classic by the Beatles
12 Cal. pages
13 NASA partner
18 Linguist Chomsky
21 Writer Seton
24 Roughly
25 Filmmakers Joel and Ethan
26 Buddy-boy
27 Cravings
28 Out of proper order
29 "A Spy in the House of Love" writer
31 Medieval weapon
32 Former name of Hagatna, Guam
33 Miss
35 Oxen pull
37 Checked garment
38 Drill instructor's one
41 Took a look at
42 Herbal quaff
45 Manchurian border river
46 German sausages
48 Treasures
50 Warm compress
51 Spills the beans
52 Thus far
54 Extensive
55 Part of TVA
56 Navy's rival
57 Harem room
58 Abner's partner
59 "__ Are My Sunshine"

Visit: ADailyCrossword.com 6/23

Yesterday's Puzzle Solved

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

6-22

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Scrabble Solution

SCRABBLE GRAMS SOLUTION

P3	E1	O1	N1	A1	G2	E1	RACK 1 =	60
A1	C3	U1	T1	E1	L1	Y4	RACK 2 =	65
D2	E1	T1	E1	C3	T1		RACK 3 =	9
O1	V4	E1	R1	A1	R1	M3	RACK 4 =	86

PAR SCORE 145-155 TOTAL 220

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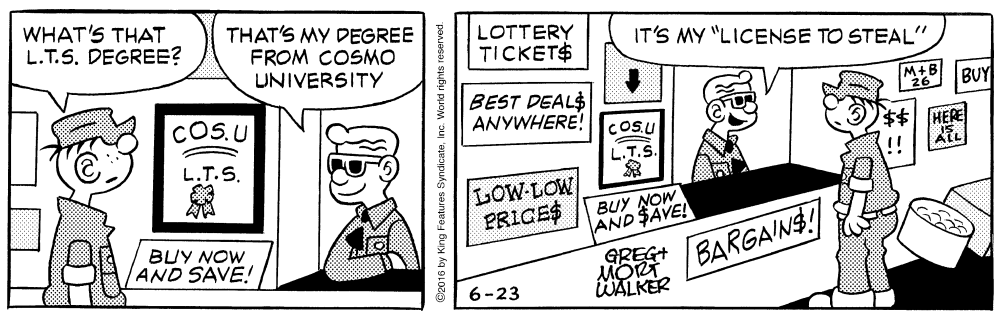
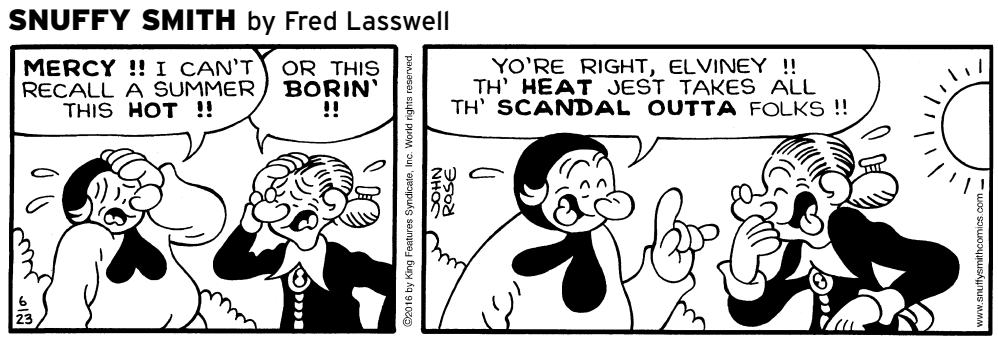
BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★★★ 6/23

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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

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

Difficulty Level ★★★ 6/22

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