SCRABBLE GRAMS

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I1	U1	P3	P3	N1	S1	H4	Double Word Score	RACK 1
A1	I1	P3	N1	H4	S1	M3		RACK 2
A1	A1	I1	U1	N1	R1	D2	3rd Letter Triple	RACK 3
A1	E1	Y4	N1	R1	L1	B3		RACK 4

PAR SCORE 150-160
BEST SCORE 215

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.

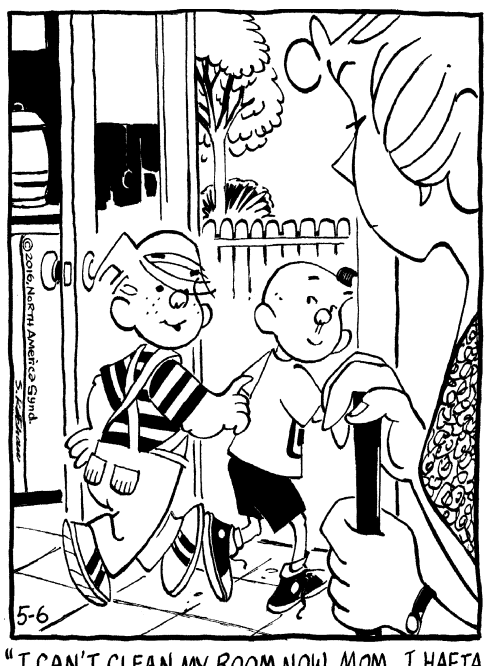
Answer below

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.

05-06

NON SEQUITUR by Wiley

DENNIS THE MENACE by Hank Ketcham



"I CAN'T CLEAN MY ROOM NOW, MOM. I HAFTA GO TO JOEY'S AND HELP HIM MESS UP HIS ROOM."

BLONDIE by Dean Young and John Marshall

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.

SMOPT

ORFPO

INCOCI

LAUNAN

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Check out the new, free JUST JUMBLE app

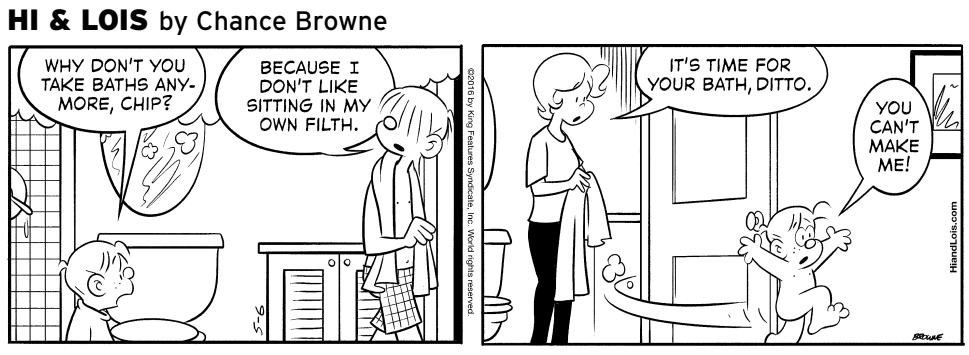
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Ans. here: _____

(Answers tomorrow)

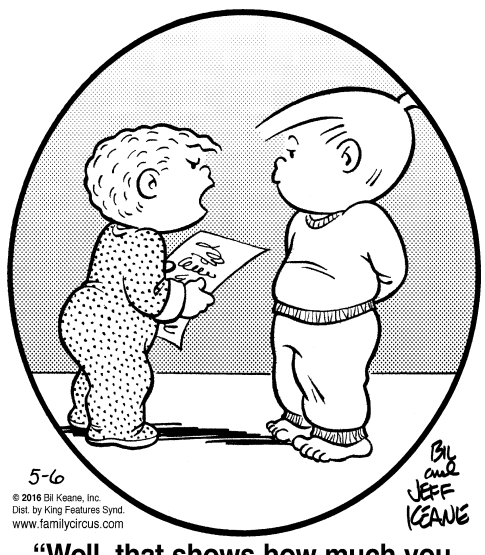
Yesterday's Jumbles: FACET APART INFAMY MODULE
Answer: Not charging as much on their credit cards — PAID OFF

HI & LOIS by Chance Browne



HAGAR THE HORRIBLE by Chris Browne

THE FAMILY CIRCUS by Bil Keane



"Well, that shows how much you know! It's not a SCRIBBLE, it's a DOODLE!"

Exercise machines show estimate only

DR. KEITH ROACH
TO YOUR GOOD HEALTH

Dear Dr. Roach: When we exercise on a stationary bike, treadmill, stair stepper, etc., many of the machines show the number of calories burned during our workout. Are the calories that are shown gross or net? For example, if the machine indicates 280 calories after an hour, is that in addition to the approximately 80-120 calories (my guess) the body uses every hour for us to live, or is the 280 calories include the 80-120 calories? We may be deceiving ourselves about our workout and how much we can eat if it is the latter. I've asked many people who exercise as well as those who work at health clubs, and no one seem to know. — *V.F.*

I believe that in most cases the number is intended to show the net calories, the ones expended in exercise over and above the amount of calories we expend on basal metabolism (which is closer to 50 calories an hour for most people). However, the machines provide only a rough estimate, with a potential for error that is pretty large. To measure accurately, the machine needs to know your body weight and heart rate, and ideally should know your VO2, a measurement of how much oxygen you consume at your peak exercise. This is obtainable by a stress test with gas exchange, something few people (but many elite athletes) have done. Some newer machines at the gym allow users to enter in this information, and some smart watches will then give you both "active calories" and "total calories."

I think many of us deceive ourselves in all kinds of ways about exercise and diet. We overestimate our exercise, and I still see people who feel that some calories consumed don't "count." But the fact remains that a 2-mile run burns less calories than are contained in many energy bars.

If you are exercising more in order to maintain weight, the best measurement is your weight. If it's higher than you want, you need to eat less, exercise more or do both.

Dear Dr. Roach: How much does dietary cholesterol have to do with cholesterol in the body? Are eggs as bad as some people think? Or does the body make enough cholesterol itself, that dietary cholesterol really doesn't make much difference? — *J.S.*

You are right that the cholesterol in the blood can come either from eating cholesterol (found only in animal products) or by the body making its own (in the liver). Eggs are modestly high in cholesterol; organ meats, such as brain and liver, are even higher in cholesterol. However, the scientific consensus is that dietary cholesterol is not a major risk factor for development of heart and other vascular disease. One egg a day does not seem to increase (and may decrease) risk of heart disease in healthy individuals. The amount of cholesterol your body makes goes down if you consume more, to a point. Also, eggs have other necessary nutrients and are more filling for most people than an equivalent amount of carbohydrates, such as cereal or oatmeal.

However, this doesn't mean that large amounts of cholesterol are always OK. Many high-cholesterol foods also are high in saturated fat, which is much more clearly linked to heart disease.

I believe that paying more attention to sugar and refined carbohydrate intake, and

Bridge
by Frank Stewart

Five stages

When gas prices rise again, we'll revisit the five stages of filling up at the pump: anger, denial, bargaining, depression and acceptance. I suspect that some declarers go through the same process after losing a makable contract.

At today's slam, South took the ace of spades and cashed the A-K of trumps. When East discarded, South tried the A-Q of clubs. West played the nine and six, and East won and led a third club for West to ruff. South got to dummy with the ten of trumps to pitch two diamonds on good clubs, but he was down one.

"Cold as Nome," North sniffed.

"I don't see how," South growled.

LAST TRUMP

After South takes two high trumps, he leads the queen of clubs. If East wins and tries to cash a spade, South ruffs, draws the last trump and runs the clubs. If instead East ducks the first club, South can lead the ace and a third club and reach dummy with a trump for the good clubs.

None of us are perfect. Blind spots and technical errors are part of the game.

DAILY QUESTION

You hold: ♠ K 7 4 3 ♡ 6 ◇ 9 8 7 6 3 ♣ K 10 7. The dealer, at your left, opens one club. Your partner doubles, and the next player passes. What do you say?

ANSWER: Your partner has opening values or more with support for the unbid suits (or a strong hand with a suit he will bid), and probably has good support for the majors. Bid one spade. You want to play at the higher-scoring strain, and if you have a game, the 10-trick game is more likely.

South dealer
N-S vulnerable

NORTH
♠ 8 6 2
♡ 10 4 3
◇ J 10
♣ J 8 5 4 3

WEST
♠ Q J 10 9 5
♡ 8 7 2
◇ K 5 4
♣ 9 6

EAST
♠ K 7 4 3
♡ 6
◇ 9 8 7 6 3
♣ K 10 7

SOUTH
♠ A
♡ A K Q J 9 5
◇ A Q 2
♣ A Q 2

South	West	North	East
2 ♣	Pass	2 ◇	Pass
2 ♡	Pass	2 NT	Pass
3 ♡	Pass	4 ♡	Pass
6 ♡	All Pass		

Opening lead — ♠ Q

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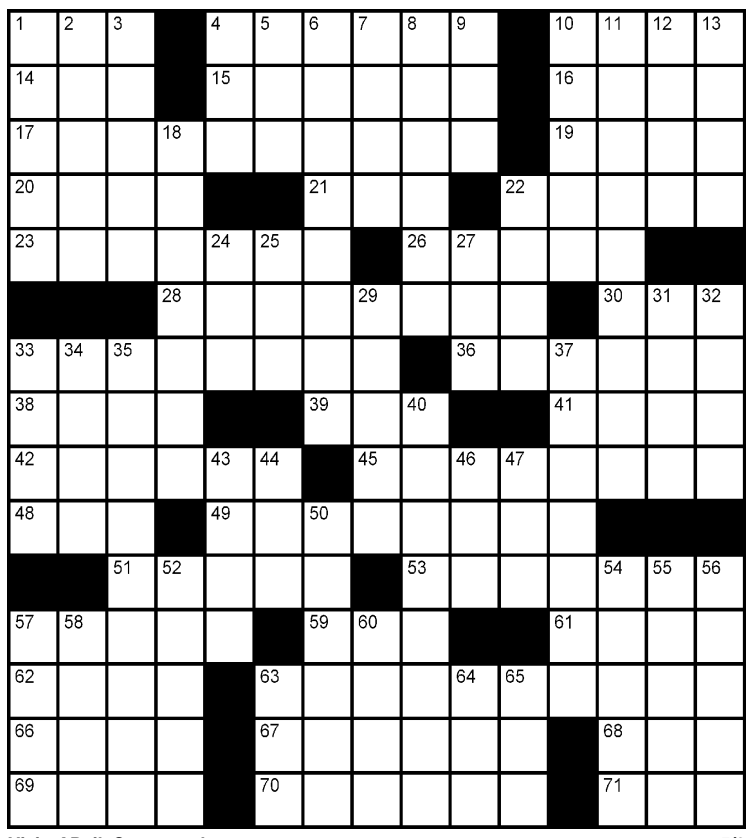
The Daily Crossword
Edited by Wayne Robert Williams



Visit: ADailyCrossword.com 5/6

ACROSS
1 Wt. units
4 Stand against
10 Bank security letters
14 Popeye's Olive
15 Lairs of burrowing animals
16 Hold sway
17 1932 Greta Garbo film
19 Paradise
20 Bulwer-Lytton heroine
21 Miss Piggy's pronoun
22 Pick up the check
23 Belgian seaport
26 Stratum
28 Military training center
30 N. African country
33 Tyrannize
36 Brunei's island
38 Bacchanalian cry
39 Brit. flyboys
41 Eight: pref.
42 High-flying elite
45 Brief intensive course
48 Sue __ Langdon
49 Winter resort
51 Clunker of a car
53 Low stool
57 Earthy pigment
59 Nitwit
61 Comic Jay
62 Noah's eldest son
63 Du Maurier novel
66 Ward of "The Fugitive"
67 "Peer Gynt" dancer
68 Doll's date
69 Hole-making tools
70 Extremely popular
71 Constantine's birthplace

DOWN
1 Gospels' source material
2 "Don Juan" poet
3 Bias
4 U.K. ref. book
5 Contemptuous exclamation
6 Reminder
7 Italian eight
8 "The Last of __"
9 U.S. emigrant's subj.
10 French brother
11 "City Slickers" location
12 Ends of small intestines
13 Small change
18 Neophytes
22 Error in the text
24 Forever and a day
25 Fish eggs
27 Emb. leader
29 Very slow pace
31 Jared of "Panic Room"
32 Sticky, wet substance
33 __ vu
34 Baking need
35 1980 Rory Calhoun movie
37 Reddish rash
40 Park trail
43 Salinger title girl
44 Ring dec.
46 Letters on vitamins
47 CIA's Soviet counterpart
50 Loony
52 Bombeck and others
54 Hold sway
55 Tedium
56 Blair and Curtis
57 Greek peak
58 Munch on
60 In the heart of
63 Unsettle
64 Worldwide help grp.
65 Alley prowler

Yesterday's Puzzle Solved

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

5-5

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Scrabble Solution

SCRABBLE GRAMS SOLUTION

P3	U1	S1	H4	P3	I1	N1	RACK 1 =	78
S1	H4	I1	P3	M3	A1	N1	RACK 2 =	64
R1	A1	D2	I1	A1	N1		RACK 3 =	11
B3	L1	A1	R1	N1	E1	Y4	RACK 4 =	62

PAR SCORE 150-160 TOTAL 215

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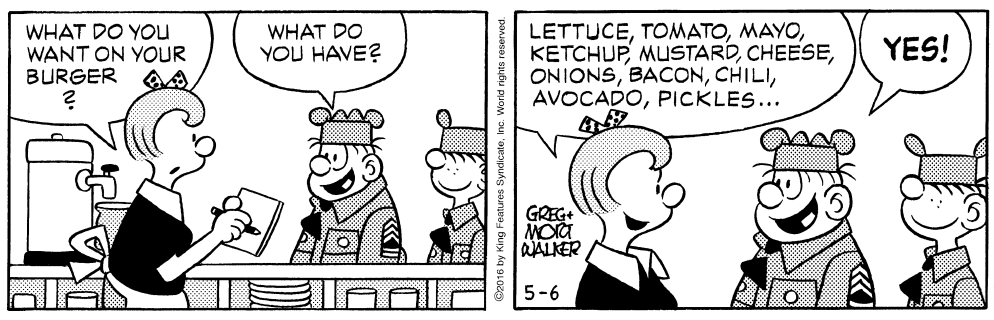
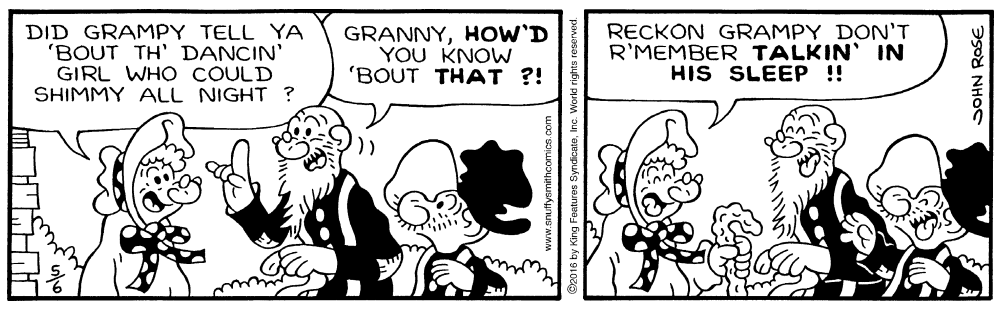
BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★★★★ 5/06

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

Difficulty Level ★★★ 5/05

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