

SCRABBLE GRAMS

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E	E	H	S	V	N	T	RACK 1
A	E	I	O	B	R	C	2nd Letter Double
E	I	O	B	B	S	H	RACK 3
A	O	U	K	P	M	C	Triple Word Score

PAR SCORE 185-195
BEST SCORE 237

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.

NON SEQUITUR by Wiley



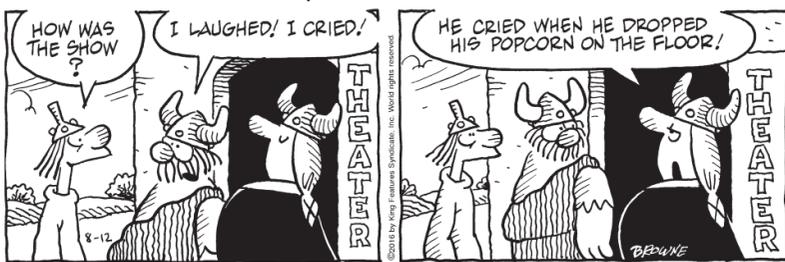
BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



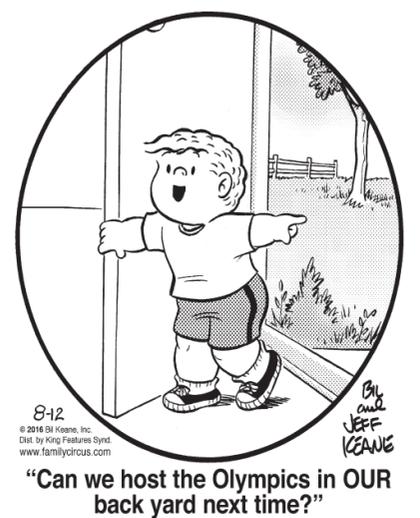
HAGAR THE HORRIBLE by Chris Browne



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.

VORBA
MILTI
DYIMAD
SENSUL

Answer here: _____

Yesterday's Jumbles: LEAKY MILKY NORMAL TURNIP
Answer: The fabric she'd use to make a new dress was — IMMATERIAL.

Wellness exam is time for assessments

A recent column on Medicare's wellness exam has generated a lot of confusion.

DR. KEITH ROACH
TO YOUR GOOD HEALTH

A Medicare wellness exam is intended to go over the results of a health risk assessment, based on a person's answers to questions about health behaviors and risks. It also is supposed to make sure that the entire health care team is known to the primary-care doctor taking care of the patient, and to go over any changes in medical history, family history and medications. The provider assesses the patient's risk for depression and falls, checks hearing and reviews home safety, measures height, weight, waist circumference and blood pressure, and takes any other appropriate measurements. The provider, based on this information, makes recommendations on appropriate testing and treatment options.

required for this special Medicare wellness visit; however, the provider is not prevented from doing an exam. My personal practice is to perform a physical exam during these visits. However, many practitioners wrote to me that there is simply not enough time to do a physical exam while fulfilling the necessary requirements of the annual wellness exam.

Several of my colleagues perform both an annual wellness visit and a routine exam on the same day; however, this leads to the patient being billed for the routine visit, and many have given up on this practice. I heard from patients who have said they have not been examined at all in five years, having been told Medicare does not cover physicals. This is not how

medicine should be practiced. If the annual wellness visit is used to go over the results of a health risk assessment and other issues, as above, then the patient should come back at a different visit for evaluation of any symptoms or questions he or she may have.

Dear Dr. Roach: Are there any long-term side effects from getting many steroid shots over the years? I'm 73 and have had them in my shoulder, knees, hip and for trigger finger. What are the limits on them for safety? — W.S.

Excess steroids can cause problems both locally (where they are injected) and systemically (to the body as a whole). However, the amount of steroid given in an injection to a joint (usually for arthritis), a bursa (for bursitis) or other locations such as a finger, is relatively small — usually less than a day's worth of the

steroids your body naturally produces. Systemic problems from steroid shots for these purposes are rare. Decades ago, it was common to give intramuscular injections of steroids for allergies. This occasionally caused serious problems, and is not recommended.

Steroid injections can cause damage to cartilage if done too often, and most authorities recommend a limit of four injections per year. However, some people — say, those with rheumatoid arthritis — can have 10 or more injections per year with no damage to the cartilage. So, there is no upper limit on injections for safety in terms of total number, just in terms of how frequently they are given.

DR. ROACH WRITES: I am very sorry to note the passing of Dr. Paul Donohue, who wrote this column for many years, and who was a true gentleman.

Bridge

by Frank Stewart

Expanded logic

In the middle of baseball season, a major-league player was asked why summer days are longer. He pondered and answered that the heat makes things expand.

East's logic in today's deal wasn't much better. Against two spades, West led the nine of hearts, a high spot to deny strength in the suit. When East took the ace, he passively returned a heart.

Declarer cashed the A-K of trumps and two more hearts. He next led a club, and after West won, the defense took the top diamonds and gave up. Making two.

What do you say?

ANSWER: Your partner has extra strength; he tried again for game though your two-club preference showed at most nine points. Since your values are a maximum, be aggressive. Bid at least 2NT. A jump to 3NT would be reasonable since partner may hold K 8 5 2, K Q 5, 3, A K Q 9 7.

West dealer
N-S vulnerable

NORTH
♠ 10 8 2
♥ 5 4
♦ Q J 10 3
♣ K J 10 3

WEST
♠ J 7
♥ 9 8 7
♦ A 8 7 4
♣ A Q 9 7

EAST
♠ Q 4 3
♥ A 6 3 2
♦ K 2
♣ 6 5 4 2

SOUTH
♠ A K 9 6 5
♥ K Q J 10
♦ 9 6 5
♣ 8

PASSIVE LEAD

East couldn't stand the heat. At the second trick, he can reason that West chose a passive opening lead because no other lead was attractive. Since the contract may be unbeatable anyway if South has the ace of diamonds, East should shift to the king of diamonds.

West wins the next diamond and gives East a ruff. East then leads a club, and West wins and leads a fourth diamond, letting East uppercut with the queen of trumps. West's jack wins the setting trick.

DAILY QUESTION

You hold: ♠ Q 4 3 ♥ A 6 3 2
♦ K 2 ♣ 6 5 4 2. Your partner opens one club, you respond one heart, he

West Pass
North Pass
East Pass
South 1 ♠

Opening lead — ♥ 9

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The Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- Milanese eight
 - Conductor's beat
 - "The work week is over!"
 - Stem-to-stern connection
 - Celestial hunter
 - Noble address
 - Hide-and-seek player's ultimatum
 - Author Hunter
 - Attack
 - Takes to task
 - "Beau ____"
 - Cozumel cash
 - Veronica of "Hill Street Blues"
 - Spherical object
 - Agreement's conditions
 - Self-importance
 - Immerses
 - Wait a minute!
 - Musical aptitude
 - Big place in California?
 - Apprehend
 - Artie's Gardner
 - Ceases to function
 - Coloring agent
 - Author Follett
 - Winter droppings
 - Bad grade
 - Filer
 - "A time to __, a time to sow..."
 - Tot rod?
 - Send into exile
 - Seal for reshipping

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			68			
69				70					71			
72				73								

Visit: ADailyCrossword.com

8/12

Yesterday's Puzzle Solved

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

- DOWN**
- Southern side dish
 - Golf-ball holders
 - Earl Grey and oolong
 - Golden years
 - Workbench items
 - Miscalculate
 - Kitchen utensils
 - Milne's Winnie
 - Scheduled next
 - Dangerous flies
 - Approximately
 - Teheran's country
 - Wetland areas
 - Concedes
 - Hardened
 - Traveled from place to place
 - Obeys
 - Another time
 - Just about
 - Become established
 - Down at the mouth
 - Overly curious
 - Idyllic gardens
 - Pelion's partner
 - Drinking spree
 - Relocation expert
 - Slap on the buttocks
 - Wildier play, "___ Town"
 - Express vocally
 - Boris of tennis
 - Julia of "SNL"
 - Easing of international tensions
 - Succumb to gravity
 - Releases
 - No longer fashionable
 - Oscar winner
 - Jeremy
 - Colorful mount
 - Large intl. show
 - Evened the score
 - Hole-making tools
 - Common papal name
 - Thompson or Samms
 - Family reunion invitees

Scrabble Solution

PAR SCORE 185-195
BEST SCORE 237

RACK 4 = 48
RACK 3 = 64
RACK 2 = 62
RACK 1 = 63

SOLUTION: SCRABBLE GRAMS

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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