

SCRABBLE GRAMS

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RACK 1: A, E, E, E, I, N, L

RACK 2: A, A, M, S, S, R, C (Triple Word Score)

RACK 3: E, E, I, Y, M, D, R

RACK 4: A, E, U, R, M, H, N (1st Letter Double)

PAR SCORE 145-155
BEST SCORE 218

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



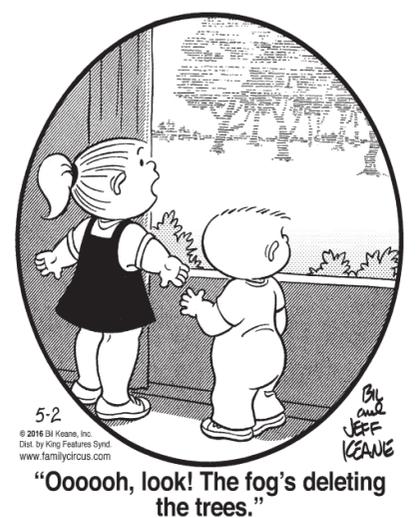
HAGAR THE HORRIBLE by Chris Browne



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.

EUKQA
TPYUT
SINITIS
SUREUP

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

Answer here: "RATIO DIGIT APATHY INFUSE"

Answers tomorrow

Saturday's Jumbles: RATIO DIGIT APATHY INFUSE
Answer: They thought their new garbage can was animal-proof, but the animals — TRASHED IT

'Adrenal fatigue' increasingly used term

Dear Dr. Roach: I had apoplexy, a ruptured pituitary tumor, developed panhypopituitarism, then adrenal insufficiency. I am doing fairly well with cortisol replacement, thyroid supplement and oral diabetic medicine. My problem is exhaustion. I have other ailments to blame, too — fibromyalgia and tendinitis. I am 67. Is adrenal fatigue a real issue? — S.M.

DR. KEITH ROACH TO YOUR GOOD HEALTH

without TSH from the pituitary gland, the thyroid won't release thyroid hormone, and importantly, the adrenal gland can't make cortisol without the influence of ACTH from the pituitary. Rather than trying to replace TSH, ACTH and the other pituitary hormones, it is easier to directly replace the hormones made by the adrenal, thyroid and gonads. That's why you are taking cortisol and thyroid hormone. Although there is nothing wrong with your thyroid and adrenal glands, they simply won't work unless stimulated. Inadequate adrenal function from any cause leads to profound fatigue, and in the presence of severe stress, the body's need for cortisol increases dramatically. Unless enough adrenal hormone is given in response, the result

can be an immediate life-threatening condition called an Addisonian crisis.

There are many reasons for fatigue. Inadequate cortisone or thyroid replacement are both possible, and you should discuss whether you are on the correct doses. Fibromyalgia itself nearly universally causes fatigue.

DR. ROACH WRITES: A recent column on personality change, psychiatric medications and possible elder abuse generated many emotional letters. Several people wondered about my contemplating discontinuing medications, and one person asked me if I would suddenly stop medications taken by a patient with heart disease.

A person should not suddenly discontinue his or her own medications that are suspected of causing side effects. However, a physician taking care of the patient certainly should consider stopping

medications, especially if the patient seems to be getting worse after starting them. I vividly recall a patient seeing me for congestive heart failure, and I thought his medication regimen completely inappropriate. Discontinuing it with careful monitoring turned out to dramatically improve his situation. Similarly, discontinuing powerful psychiatric medication may improve a person's mental state.

Still other letters questioned and commented on the use of olanzapine, a powerful medication that can dramatically improve function in some people with serious psychiatric illness. An experienced psychiatrist was aghast that a geriatrician was prescribing it. I am a general internist and am not comfortable prescribing olanzapine; however, if someone is ill enough to need it, I refer that patient to a psychiatrist whom I know is cautious about its use.

Bridge by Frank Stewart

Louie's taxing deal

"Did you ever get your tax return sent off?" I asked Unlucky Louie. He does his own taxes despite having a stack of forms to fill out.

"This year I used a software package," Louie told me.

"Did it help?"

"I'm not sure," Louie said. "After I entered my information, the software advised slipping across the border into Mexico."

I don't know whether Louie deducts his bridge losses, but they do add up. As today's declarer, he took the ace of spades, drew trumps, cashed the A-K of diamonds and ruffed a diamond. East discarded, so Louie next tried a club to dummy's queen. When East won and returned a club, Louie went down two.

diamonds and he bids two hearts. What do you say?

ANSWER: A system in which your two diamonds was game-forcing might gain here; you could bid two spades, forcing, saving room to look for your best contract. (That style has drawbacks as well as advantages.) In "Standard," bid three spades, forcing. If partner bids four spades next, cue-bid five clubs to try for slam.

North dealer
N-S vulnerable

NORTH
♠ Q 10 4
♥ 9 4
♦ A K 9 7 3
♣ A Q 2

WEST
♠ 3 2
♥ J 6 5 4
♦ J 6 5 4
♣ 10 9 4

EAST
♠ K J 9 8 6 5
♥ 2
♦ Q 10
♣ K J 5 3

SOUTH
♠ A 7
♥ A K Q J 8 3
♦ 8 2
♣ 8 7 6

North 1 NT East 2♠ South 6♥(?) West All Pass

Opening lead — ♠ 3

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The Daily Crossword Edited by Wayne Robert Williams

- ACROSS
- FSU, UF or USF
 - Made sense
 - Wharton deg.
 - S.A. country
 - Epoch of the Tertiary Period
 - Stylish after
 - Gain materially
 - Plunk starter?
 - Bonheur and Parks
 - bene
 - Neurological test letters
 - Pretenious performer
 - Stride triumphantly
 - Containing iron: pref.
 - Jared of "Panic Room"
 - Chapel Hill inst.
 - Reed or Fargo
 - Carvey and Ivey
 - Two squared
 - Exploits
 - Port starter?
 - Ready to be served
 - Starchy meal from tubers
 - Yang's counterpart
 - Ripening agent
 - Bochco TV drama
 - One who gives in to pressure
 - Unlawful
 - Scrooge expletive
 - Claire and Balin
 - In unison

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

5/2

Saturday's Puzzle Solved

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

- DOWN
- "Kama _"
 - Coagulated gore
 - Sentimental novelist
 - Fannie
 - Accumulated
 - Tango move
 - "Le coq _"
 - Rimsky-Korsakoff opera
 - Bus. sch. course
 - Clear the windshield
 - Type of algebra
 - Arrayed like a flower
 - Work for a living
 - Censor
 - Piratical grumble?
 - Childlike person
 - Medico
 - One who has lost a limb
 - Fanatic fan
 - Fraternal order member
 - Confers
 - Barnyard residence
 - Set foot (on)
 - Sea eagles
 - Provo's state
 - Tatum or Ryan
 - Sci-fi transport
 - Nice turn-down
 - Pay with paper
 - Dwight's opponent, twice
 - Boxing great
 - Religious prohibition
 - Fashion craze
 - Move merchandise
 - Passenger tricycle
 - Royal residences
 - Change a file code
 - Birthday gift?
 - Dwelling
 - Holiday tune
 - Abrasive files
 - Mints
 - Computer data
 - Cantankerous
 - Closed
 - O.J. Simpson's judge
 - Just out

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Scrabble Solution

PAR SCORE 145-155
BEST SCORE 218

RACK 4 = E, E, I, Y, M, D, R

RACK 3 = E, E, I, Y, M, D, R

RACK 2 = A, A, M, S, S, R, C

RACK 1 = A, E, E, E, I, N, L

SOLUTION: RATIO DIGIT APATHY INFUSE

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★

5/02

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

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

Difficulty Level ★★

4/01