

SCRABBLEGRAMS

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A

U

T

S

S

W

D

3rd Letter Double

RACK 1

A

E

I

O

O

D

F

RACK 2

A

E

U

D

R

C

C

RACK 3

E

I

O

W

T

B

H

Triple Word Score

RACK 4

PAR SCORE 150-160

BEST SCORE 232

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.

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.

05-16

JUMBLE

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

SASBI

INGOG

CLIFNH

NOIDWW

Check out the new, free JUST JUMBLE app

Wow! I hit that one right on the money.

Way to go, partner!

HER HOLE IN ONE RESULTED IN —

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

(Answers tomorrow)

Saturday's

Jumbles: WAFER HOIST WIGGLE THORNY

Answer: He didn't want to go tubing, but he did to — GO WITH THE FLOW

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 Bil Keane

# Eliminate foods that worsen symptoms

**Dear Dr. Roach:** I have GERD. I've been on a proton pump inhibitor for a month, and though it's quite effective, I do not want to remain on it because of the possible side effects. Apart from Crestor, I do not take any additional medications.

I am trying to lower the acidity in my foods and have found that the Internet has conflicting lists of acid content. Where do I find a list of foods with their acid levels? — *M.W.*

The lists I have seen of acid foods on the Internet often look at the pH of the ash residue, meaning what is left behind after foods are burned. This bears no relationship to how foods are used in the body, and thus gives meaningless numbers. My advice is to ignore the lists of acid content in food, as acid content has very little effect on symptoms of esophageal reflux.

**DR. KEITH ROACH**  
TO YOUR GOOD HEALTH

Some people with very severe GERD will get immediate pain after eating acidic foods, such as strong lemonade or orange juice, but not all do.

Most people find that it's foods that weaken the lower esophageal sphincter, the valve-like muscle that should keep stomach acid from going backward into the esophagus, that are problematic. These may include chocolate, caffeine-containing beverages and peppermint. Other people note that high-fat foods seem to worsen symptoms. This possibly could be by inducing acid secretion or by slowing gastric emptying. In either case, reducing fatty foods may improve symptoms. Many people find that carbonated beverages distend the stomach and worsen symptoms.

The point is, it's far better to selectively eliminate foods that seem to worsen your symptoms and then determine whether symptoms improve with their elimination. Rather than being concerned about the acid level in any given food, it makes the most sense to simply limit the foods that bother you.

**Dear Dr. Roach:** I have a problem called syncope, or collapse. Would you comment on treatment, since I do a lot of driving? It has happened four times over the past 10 years. It is very scary. — *A.D.*

"Syncope" is the term used for sudden loss of consciousness. There are many causes, ranging from not very worrisome to extremely so. The most common, by far, is the simple faint, caused by interaction between the heart and blood vessels and the brain, mediated by the vagus nerve.

Usually, a history and physical exam are all that is necessary to make this diagnosis with high certainty, but occasionally some tests are needed to be sure there is not a more serious cause.

A simple faint when driving would be very rare, so most people who faint do not need to be concerned. Your frequency of syncope is low enough that if your doctor or other provider has evaluated you and made the diagnosis of simple faint, you probably don't need to worry.

You do need to act if you haven't had an evaluation, or if you have a history of heart disease, which makes more worrisome causes more likely.

Your regular provider, a family medicine doctor or an internist probably is the best place to start, and a cardiologist may be beneficial if there are concerns after an evaluation.

**Bridge**  
by Frank Stewart

## Can you set up a suit?

"Newsflash! Mankind's intelligence level is said to be in decline. Details at ... er ... when the little hand is on 11."

I fear that the standard of card play among all players is down, maybe due to a focus on bidding gadgetry. Beginners struggle with basic techniques such as setting up a suit.

At today's slam, South took the ace of clubs, ruffed a club in dummy, led a heart to his king and ruffed a club. He took the king of trumps and ace of diamonds and ruffed a diamond. South next led to the ace of hearts and threw a heart on the king of diamonds, but when West discarded, South lost a heart and a trump.

**ANSWER:** You have a game (at least) in hearts, but a raise to three hearts would be invitational, and a raise to four hearts would be preemptive. A conventional forcing raise such as a 2NT bid would suggest a balanced hand. The best call is a "splinter" jump to four diamonds, showing heart support and diamond shortness.

North dealer  
Both sides vulnerable

NORTH		EAST	
♠ K 4 2		♠ J 10 5	
♥ A 5 4		♥ 6 2	
♦ A K J 9 8 4		♦ Q 10 7 3	
♣ J		♣ K 9 7 4	
SOUTH		WEST	
♠ A 8 7 6 3		♠ Q 9	
♥ K J 8 7		♥ Q 10 9 3	
♦ 5		♦ 6 2	
♣ A 10 3		♣ Q 8 6 5 2	

**LAST CLUB**

South succeeds by setting up the diamonds. At Trick Two he takes the ace of diamonds. South ruffs a diamond, cashes the A-K of trumps and ruffs a diamond. He then ruffs a club and discards his last club on the king of diamonds.

East can ruff the next diamond, but dummy still has the ace of hearts as an entry to the good diamond.

This week: suit establishment.

**DAILY QUESTION**

You hold: ♠ A 8 7 6 3 ♥ K J 8 7 ♦ 5 ♣ A 10 3. Your partner opens one heart. The next player passes. What do you say?

Opening lead — ♣ 5

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## The Daily Crossword Edited by Wayne Robert Williams

**ACROSS**

- Cold pack
- FDR's successor
- Letters of acceptance
- Moon: pref.
- Tic-tac-toe win
- Mayberry kid
- Cranberry brand
- Seine feeder
- Describe vividly
- Metal fastener
- Kind of peace or ear
- Son-in-law of Muhammad
- Pueblo tribe
- Homer's neighbor
- Ride a sailboard
- Letters in record time?
- Sharp cries
- Meas. across
- Adjective-forming suffix
- Loss of language ability
- Richly melodious
- Half of CIV
- Parabola
- Proof of ownership
- Dine
- Circuit switches
- Building add-on
- "Mike Hammer" star
- Bit of Morse Code
- Variety show host
- \_\_\_ sapiens

Visit: [ADailyCrossword.com](http://ADailyCrossword.com)

5/16

- \_\_\_majesty
- Weather research agcy.

- Tsunamis
- Fuzz
- J. Hancock?
- Send abroad
- Gaelic tongue
- Expressions of uncertainty
- Australian metropolis
- Ground troops
- Having luscious lips
- FDR program
- \_\_\_ de la Plata
- Lynde or Reubens
- French Ms.
- Noted drama school
- Upolu Island city
- Horses on the sea
- Not std.
- Malcolm McDowell movie
- WWII soldiers
- In conflict
- "\_\_\_ Sutra"
- Nice schools
- Purchase alternative
- Baffin Island's neighbor
- Rhone tributary
- Irritable
- Noun-forming suffix
- Othello, e.g.
- Cops of the W. Coast
- Either half of a fly?
- Alphabet trio

**DOWN**

- Luigi's island
- Rhodes of scholarship
- Varnish ingredient
- Noggin
- Bay State cape
- Land o' \_\_\_
- Mounts
- Detergent froth
- Gift from Santa
- Arlidge of TV sports
- Marine mist
- Workbench device
- Legal equal
- Cowboy's chum

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

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## Scrabble Solution

PAR SCORE 150-160	
TOTAL	232
RACK 4 =	96
RACK 3 =	62
RACK 2 =	10
RACK 1 =	66

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

## Conceptis Sudoku

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

Difficulty Level ★

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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**

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

Difficulty Level ★★

5/14