

SCRABBLEGRAMS

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A1E1C3C3D2H4N1

RACK 1

E1O1N1L1T1C3D2

RACK 2

I1O1M3R1B3S1M3

RACK 3

A1E1I1L1B3H4R1

RACK 4

PAR SCORE 150-160

BEST SCORE 226

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.

08-09

JUMBLE

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

GEHDE

TICHH

TCIGHL

ONTONI

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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.

(Answers tomorrow)

Yesterday's Jumbles: ENJOY TEASE INCOME TANGLE  
Answer: When the pirate saw the treasure wasn't where the map said, he — LOST IT

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

Information on volatile blood pressure

**Dear Dr. Roach:** In the past few years, I've been experiencing "volatile blood pressure." It will go from 71/38 to 280/90 in half an hour. It happens in all situations. I could be knitting and do a check, and it will be 200/68. The emergency and ambulance teams know me very well. I have had 24-hour urine tests and lots of bloodwork. Most of the time it is low, so how can I raise it up? I was on 25 milligrams of Cozaar (losartan), but it caused a real dive. Do you have any advice on how to control this? — *P.D.*

Volatile, or labile, blood pressure can have several causes. Although it is rare, a pheochromocytoma must be considered. It is a tumor that can intermittently secrete substances, like epinephrine, that raise the blood pressure. I am pretty sure the 24-hour urine test was to look for this. Blockages in the arteries to

DR. KEITH ROACH  
TO YOUR GOOD HEALTH

the kidneys sometimes cause spikes of blood pressure, as can some other uncommon causes.

If your doctor is convinced that there is no identifiable medical condition causing these high pressures, he or she may wish to give you treatment you can take at home when the pressure is very high, rather than sending you to the emergency room each time. There are several blood pressure regimens that are recommended for labile blood pressure, but all of them are limited by blood pressure getting too low.

In many people, despite no apparent symptoms of anxiety or depression, adding an antidepressant sometimes can eliminate the blood pressure spikes and improve your quality of life. It's thought that

there may be emotional issues that people are not consciously aware of. It may be worth a short trial (a few weeks) to see if this type of treatment can help stabilize the blood pressure.

**Dear Dr. Roach:** My 55-year-old son daily begins "happy hour" in late afternoon with two martinis. This is followed by other alcoholic beverages throughout the evening till bedtime. However, he complains that he awakens at 3 a.m. and cannot get back to sleep, so now he "occasionally" takes an over-the-counter sleep aide. I'm very concerned that this is a dangerous situation and feel his sleeplessness has something to do with the heavy alcohol intake. What do you think? — *A.M.D.*

I think you are right to be concerned. A martini typically has the alcohol content of about 1.4 standard drinks,

based on a National Institutes of Health drink calculator I found online (<http://tinyurl.com/hwygoru>). So your son is having nearly three standard drinks before dinner, and then it sounds like he has at least two more. This very clearly is in the "problem drinking" category. Adding an OTC sleep aid, such as diphenhydramine, can exacerbate neurological and muscular toxicity of alcohol.

There are many adverse health issues from drinking so much alcohol — a common one is sleep disturbance, both in falling asleep and staying asleep. Cutting down drinking will be likely to help many problems, both now and in the future, including the sleep disturbance.

The website above has many helpful tips for people who want to cut down. Your son also may get help from his own doctor, a psychiatrist or an addiction specialist.

Bridge  
by Frank Stewart

Appetite for risk

Cy the Cynic seems to have abandoned his latest diet. Some of us went to dinner, and Cy had a salad, then a double portion of chicken-fried steak plus mashed potatoes. He couldn't find room for dessert.

"Cy's eyes are bigger than his stomach," I observed.

"True," Rose sighed, "but his stomach is catching up fast."

Cy bit off more than he could chew when he bid six hearts as South. He took the ace of diamonds and the K-A of clubs and ruffed a club. When East-West followed, the Cynic tried to draw trumps with dummy's J-9. But West showed out, and Cy could only lead toward his king of spades next. He lost two spades.

heart, you bid 1NT and he tries two spades. The opponents pass. What do you say?

**ANSWER:** Partner's two spades is a "reverse" by responder, hence forcing to game. Partner suggests longer hearts than spades. Bid three hearts, showing your three-card support for his first suit. If he holds K Q 4 3, A K 9 6 3, 10 6 5, 4, you need to play at four hearts.

East dealer  
Neither side vulnerable

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

East	South	West	North
1 ♦	2 ♦	3 ♦	4 ♣
Pass	4 NT	Pass	5 ♦
Pass	6 ♥	All Pass	

Opening lead — ♦ 4  
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The Daily Crossword Edited by Wayne Robert Williams

**ACROSS**

- Bosc, for one
- Gauguin setting
- \_\_\_ mot (witticism)
- Only that time
- Fine figure of a man
- David's "Kill Bill" co-star
- Second-rate prize fighters
- "Mr. \_\_\_"
- Published in installments
- Load lode
- Slender woodwind
- MIT founder
- Bigelow
- First name in swashbuckling
- Offers to buyers
- Check out
- Inarticulate grunt
- Ziti topper
- "Leap of Faith" star
- Winger
- Professional golfers' circuit
- Listens to
- Grill
- Packing heat
- Plumbing problems
- Large deer
- Mongrel
- "Ivanhoe" author
- Spiritual leaders
- Layer
- Observed
- William Styron's
- Turner
- Thin sheet

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

8/9

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

8-8

**DOWN**

- Sheriff's band
- Key PC key
- Legend automaker
- Negligent
- Bankhead of "Lifeboat"
- Curb-side refreshment
- Vagabond
- Habituate
- Stopwatches
- NASA orbiter
- Black-and-yellow flier
- Melville work
- Finger
- "Misery" Oscar winner
- Exudes slowly
- Fishtailed
- Honolulu garland
- WWII marauders
- Feels regret
- Peg for a golfer
- Growths of ZZ Top
- Lively
- Divest
- Operation reminders
- Mountains dividing
- Asia from Europe
- Baseball facility
- Six-sided state
- Like slasher movies
- Abject meal
- Blore and Bloom
- Watched a tape again
- Impeccable
- Indistinct
- Basket material
- River in a Strauss waltz
- Subduers
- Polynesian island group
- Bind
- Beneath
- Weighty
- Table seasoning
- Fencing piece
- Slope transportation
- Slow, clumsy ship
- Inc. in London

Scrabble Solution

PAR SCORE 150-160	226
RACK 4 = 69	RACK 3 = 68
RACK 2 = 9	RACK 1 = 66
SOLUTION	

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

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.

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

Difficulty Level ★

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