

SCRABBLE®

G2R1A1M3S1

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A1

O1

K5

C3

M3

H4

M3

Triple Word Score

A1

U1

N1

L1

B3

C3

M3

E1

O1

U1

N1

M3

G2

N1

I1

Y4

C3

C3

S1

H4

P3

1st Letter Double

PAR SCORE 155-165

BEST SCORE 254

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

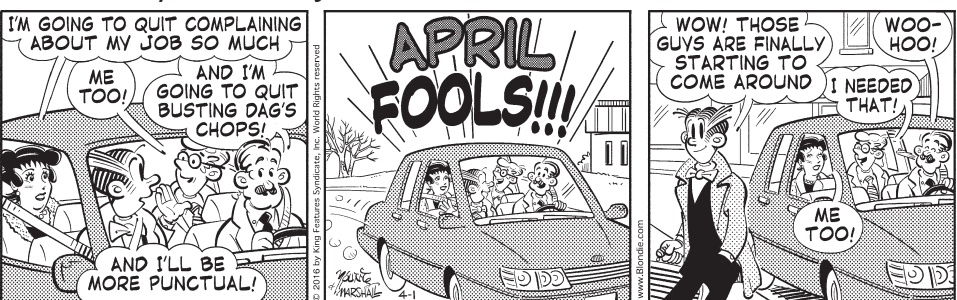
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrags@gmail.com.

04-01

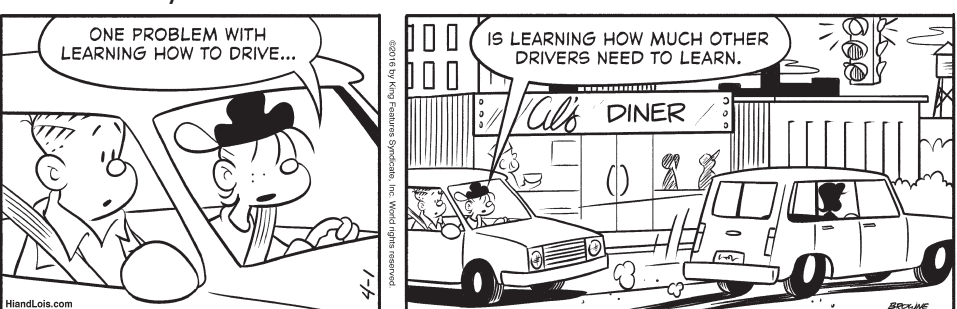
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



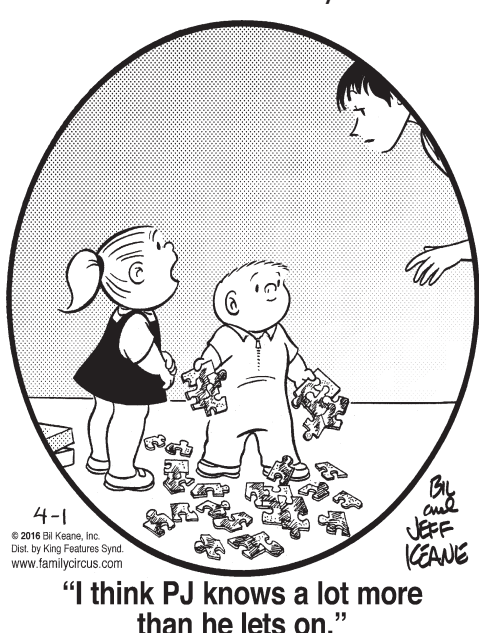
HAGAR THE HORRIBLE by Chris Browne



DENNIS THE MENACE by Hank Ketcham



THE FAMILY CIRCUS by Bil Keane



JUMBLE

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

POITV

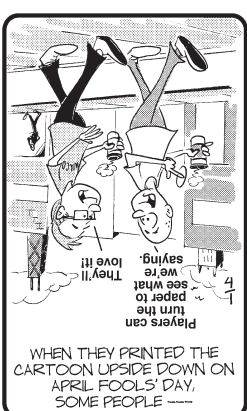
MIRPP

SUDFEE

LETWAH

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

Print answer here: _____

(Answers tomorrow)

Yesterday's Jumbles: EXERT TAKEN OSPREY TROWEL

Answer: The collector of classic films owned — "REEL" ESTATE

PPIs used more frequently than needed

Dear Dr. Roach: Recently, I read that the use of PPIs — namely Nexium, Prevacid and Prilosec — elevate one's chances of kidney disease. Since I have been taking Nexium for years now for GERD, I am concerned. I have tried doing without it or taking a substitute, but nothing works as well as Nexium does. I have regular check-ups with bloodwork every six months, so I feel I am being monitored if anything were to arise.

Just on the news: Now they say these PPIs can cause dementia, up to 44 percent. What else? What now for those of us with GERD? — J.S.

The situation is more complicated than it might seem. It is clear that the proton pump inhibitors, which suppress acid secretion and are used as treatment for ulcers and gastroesophageal reflux disease, as part of treatment for the

DR. KEITH ROACH TO YOUR GOOD HEALTH

infection *Helicobacter pylori* and for a few other rare conditions have risks of serious side effects. There has long been evidence of an increased risk of osteoporosis, bacterial pneumonia and acute kidney injury in users of these medications. It is also true that these medicines are used far more frequently than probably necessary, and are continued for long periods of time when it may not be necessary to do so.

The new research adds two possible side effects: chronic kidney disease and dementia. For chronic kidney disease, the risks are small. In the population studies, 12.1 percent of people taking PPIs developed kidney disease, compared with 11.5 percent of those who were not. This translates to about 1 person in

160 taking the medication and followed for six years developing CKD.

It's also possible that there was some other factor besides the PPI that led to the increase in CKD risk, although the authors of the study did a good job of trying to control for that possibility.

The association of dementia with PPIs was studied in a group of German women and men over age 75. Again, although the study showed an association between taking PPIs and developing dementia, it is not the case that PPIs are proven to cause dementia, and it is possible that there is some other factor responsible for the association.

However, there definitely are serious side effects associated with PPIs, and I recommend that unless there is a clear reason to take them, they should be slowly tapered off, and alternative therapies, including non-drug therapies,

should be tried. This includes weight loss, if appropriate, and avoiding foods that worsen symptoms. In my experience, most people taking PPIs long term do just as well without them, using occasional medicines like ranitidine (Zantac).

However, some people really do need PPIs long-term and should weigh the benefits against the risks of side effects.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or request an order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from www.rbmamall.com.

Bridge

by Frank Stewart

Ed's April fooler

Cy the Cynic says that on April 1, you should believe nothing and trust nobody — just like on any other day.

When I watched today's deal in a penny game at my club, Cy was South. North's bid of 5NT was the "Grand Slam Force," an old gadget that asked Cy to bid a grand slam with two of the top three honors in clubs, the agreed trump suit.

Cy couldn't oblige, but six clubs looked like an odds-on contract. West led the three of diamonds, and the Cynic put up dummy's ace. To safeguard the slam, he planned to play safe in trumps: He would lead a trump from dummy, and if East followed with the three, Cy would play the ten to make sure he lost no more than one trump.

rebids two diamonds and you try 2NT. Partner then rebids three diamonds. What do you say?

ANSWER: Your 2NT showed about 11 points with stoppers in the unbid suits and invited game. Your partner has rejected and wants to play at his long suit. You must trust him and pass. To persist with 3NT is tempting but would be a breach of bidding discipline.

North dealer
Neither side vulnerable

NORTH
♠ A K
♥ 3
♦ A K J 9 5
♣ Q 8 6 5 2

WEST
♠ J 9 7 6 4
♥ Q 10 8 4 2
♦ 7 4 3
♣ None

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

SOUTH
♠ Q 5 2
♥ A J 7
♦ 8 6
♣ A 10 9 7 4

North 1 ♦
East Pass
South 2 ♣
West Pass

Opening lead — ♦ 3

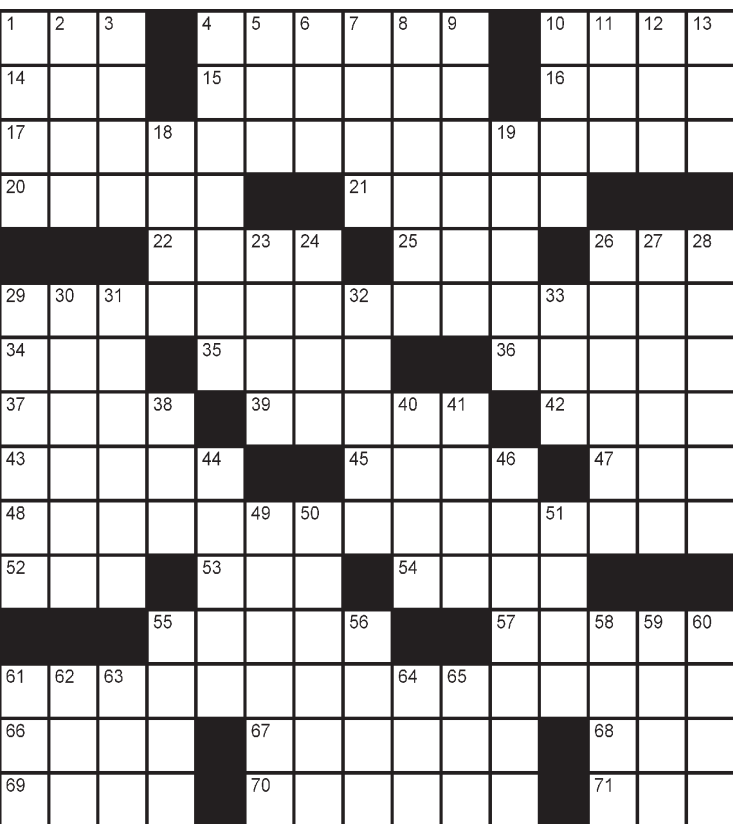
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The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- Involuntary spasm
- Stored away, as grain
- Process flour
- Pub pour
- Make feasible
- End of switch?
- Special parliament group
- Taiwan Strait island
- Infamous Helmsley
- Folk-song abbr.
- ER staffers
- CIA precursor
- Sheepskin
- Geneticist's concern
- Italian sauce
- Jeweled coronet
- Fungi sacs
- TV oldie
- "Nana" star Anna
- Rights grp.
- Mongolia's place
- SASE, for example
- Paul Hogan movie
- Is endowed with
- Novelist Kesey
- Planet-finding grp.
- "Grand Canyon Suite" composer Grofe
- Missouri feeder
- Flaming dessert
- Artistic inspiration
- "I Love Lucy" production company
- Entire amount



Visit: ADailyCrossword.com

DOWN

- Australian isl.
- Lowest parts of small intestines
- Welshman or Gael
- Freer from danger
- \$ from a bank
- "Hotel du _"
- Ancient Greek coin
- Fudd and Gantry
- Wilson of "Sanford and Son"
- Stiff hair
- NYC subway line
- Opponent
- Shoe tip
- O.T. book
- Picture in picture
- Having wings
- Venetian magistrate
- Spoke pompously
- At peace
- Dead communication
- Local bank, e.g.
- "Broken Arrow" actor
- Chocolate trees
- Back-country
- "Saving Private Ryan" extras
- Trucking regulating agcy.
- Applies
- Pheasant's brood
- Gambling game
- Public vehicle
- Scoff at
- Without a doubt
- Unless, in court
- Emancipated
- Latin being
- For pity's sake!
- Anglo-Saxon tax
- Sushi fish
- 901
- Newman movie
- U.S. immigrant's class
- "Lord _"
- Tail of a fib?

Yesterday's Puzzle Solved

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

3-31

Scrabble Solution

PAR SCORE 155-165

BEST SCORE 254

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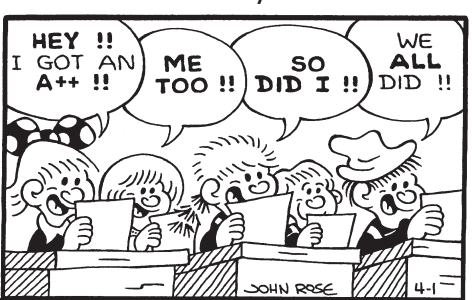
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04-01

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

9 4 1 5 2 6 3 7 8

6 2 8 7 3 4 9 1 5

7 5 3 1 8 9 2 6 4

3 6 4 8 9 7 5 2 1

2 8 7 6 1 5 4 3 9

1 9 5 3 4 2 6 8 7

5 1 6 9 7 3 8 4 2

4 7 9 2 6 8 1 5 3

8 3 2 4 5 1 7 9 6

Difficulty Level ★★★★★

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

Difficulty Level ★★★

3-31