

SCRABBLEGRAMS

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A₁

I₁

Y₄

D₂

D₂

F₄

N₁

1st Letter Triple

RACK 1

I₁

O₁

U₁

L₁

N₁

L₁

M₃

RACK 2

O₁

O₁

Y₄

G₂

P₃

L₁

N₁

Double Word Score

RACK 3

A₁

A₁

O₁

R₁

B₃

B₃

B₃

RACK 4

PAR SCORE 150-160

BEST SCORE 216

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.

09-22

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.

VAWEE

MERFA

CREMIT

CINTEF

Check out the new, free JUST JUMBLE app

Do you have one a little harder?

We have a wide selection.

WHEN ASKED IF THEY HAD MATTRESSES THAT WERENT SO SOFT, THE SALESMAN SAID —

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

Ans. here:

(Answers tomorrow)

Yesterday's Jumbles: EPOXY BUSHY MOTION NEEDLE

Answer: The prizefighter needed to get his possessions ready to be moved, so he — BOXED THEM UP

Pulmonary hypertension is in the lungs

Dear Dr. Roach: I recently was diagnosed with pulmonary arterial hypertension after a long list of tests. I went to Boston and had the CPET (Cardio Pulmonary Exercise Test).

Since being put on the drug Letairis and learning my exercise limits, I had been doing much better. This week, I have had four days of complete exhaustion, was lightheaded and short of breath, and felt pressure in my chest.

The only way I can get relief is to lie on my bed and rest. It has been hot and humid this week, and I'm thinking that could have made my situation worse. Can you give me any information about my illness? — P.C.

Pulmonary artery hypertension, usually just called "pulmonary hypertension," can have several causes, including severe heart disease, chronic lung disease like

DR. KEITH ROACH TO YOUR GOOD HEALTH

COPD or recurrent blood clots in the lung. In most cases we don't know why people get it.

In regular hypertension, it's the blood vessels going from the heart to the body that have too high a pressure, predisposing a person to diseased blood vessels and ultimately to stroke and heart disease.

In pulmonary hypertension, the elevated blood pressures are in the arteries of the lungs, and this leads to damage to the right side of the heart.

Without treatment, the disease is progressive, but the rate of progression varies from one person to another. Ambrisentan (Letairis) often is used with tadalafil (Adcirca), as a recent well-done study on the combination showed benefit. Treatment slows progression and improves symptoms,

but there is no cure, except a heart/lung transplant, which few are able to get.

I can't answer why you have had a bad week. Heat and humidity certainly can contribute to it. Even a mild viral infection can cause someone who is well-compensated to have the troubles you describe. It also could be something more damaging.

People with significant cardiopulmonary diseases should be able to get in touch with their doctor or nurse immediately, because it is impossible to tell how serious things are without direct contact (and preferably an exam).

DR. ROACH WRITES: A recent column on vitamin D generated many letters. I had written that very high doses of vitamin D can cause toxicity, but I heard from several people who need very high doses just to keep their vitamin D levels in the low range. I also heard from people who

had symptomatic vitamin D toxicity from low doses.

Both of these situations are unusual. In the first, the most likely issue is an inability by the body to absorb vitamin D, often due to surgery or disease, especially celiac disease. People with this problem may need very high doses of vitamin D, and the treatment must be directed to correcting the blood level, whatever the amount of vitamin D is required (several readers said their doctors were reluctant to prescribe all the vitamin D needed). Very rare metabolic deficiencies may cause resistance to vitamin D.

In the second case, it's quite rare to get symptomatic vitamin D deficiency with 4,000 IU per day or less, and this brings up unusual causes, such as sarcoidosis, granuloma annulare, tuberculosis and cat scratch disease, all of which can cause high vitamin D levels.

Bridge

by Frank Stewart

Too late to recover?

I continue a series on playing to the first trick. Many of us keep two lists: "to do" and "too late." If you play carelessly at Trick One, it may be too late to recover.

In today's deal, West would have been down one at five hearts, but South went to five spades. That decision was correct in theory but not in practice.

When West led the ace of hearts, South ruffed, drew trumps, took the ace of diamonds, ruffed a heart and tried a diamond finesse with the jack. East won and shifted to a club, and West took the queen and ace. Down one.

diamond and he bids one heart. What do you say?

ANSWER: I wouldn't be too critical of a leap to 3NT. The lack of fitting honors in partner's suits is a negative factor for slam. Still, partner would pass 3NT with 6 5, A K 10 2, 3, K Q J 7 6 5 when six clubs would have a fair chance. Bid one spade, the "fourth suit," and let him continue to describe his hand.

West dealer
Neither side vulnerable

NORTH
♠ A Q 7
♥ J 7 4
♦ A K J 5 2
♣ 10 3

WEST
♠ 8
♥ A Q 9 8 6 3
♦ 4 3
♣ A Q 8 2

EAST
♠ 4
♥ K 10 5 2
♦ Q 10 9
♣ J 9 7 6 4

SOUTH
♠ K J 10 9 6 5 3 2
♥ None
♦ 8 7 6
♣ K 5

West 1 ♥
North 2 ♦
East 2 ♥
South 4 ♠

Opening lead — ♥ A

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Evening in Padua
- Mirror
- Indian antelope
- Designer Cassini
- Brewed beverage
- Sounds the alarm
- Face
- Units of electrical resistance
- Grant entrance again
- Outer wraps
- Type of lettuce
- Slice of history
- Author of "Jude the Obscure"
- PC linkup
- Walker in water
- Letters for savers
- Beneficiary
- Practices patience
- Lack of reverence
- Prof.'s helpers
- Tahitian lava-lava
- Sounds of hesitation
- Prevent
- Sugary ending
- Hosp. workers
- Non-rigid airships
- Muslim
- Answer-man Trebek
- Desperate measures on the diamond
- Dr. J
- Regret
- Too curious

Visit: ADailyCrossword.com

- "Mashed Potato Time" singer Sharp
- Manger morsel

DOWN

- Org.
- "Do Ya" grp.
- Sleep state
- Time-honored
- Molecule parts
- Cribbage markers
- Hearing organ
- Scruffs
- Rick's love in "Casablanca"
- Indecent
- Besmired
- Duds
- Goddess of war
- Bridge team
- O. Henry and others
- Tzu
- Tropical root
- Kind of agreement
- Walks of life
- Laxity
- Pursue with passion
- LAX info
- Skip and jump preceder
- Biblical pronoun
- Kick off
- Dallas sch.
- Stern's opposite
- Tombstone marshal
- Concordes
- Balanced
- Give confidence to
- Experience deja vu
- Sheltered
- Fox females
- Narrow crest
- Madder family flower
- Engraver's material
- "— eyes have seen the glory..."
- Greenish-blue
- Letters outside the theater
- Ms. Caldwell
- Suffix for a language
- Alternative wd.

Yesterday's Puzzle Solved

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Scrabble Solution

SCRABBLE

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PAR SCORE 150-160

TOTAL 216

RACK 4 = 12

RACK 3 = 76

RACK 2 = 59

RACK 1 = 69

SOLUTION

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

Difficulty Level ★★★