

DEAR ABBY

Woman accused of laziness has diagnosed sleep disorder

Dear Abby: I am a female in my mid-20s. My whole life I have been in a constant state of exhaustion. When I was in school, I'd try so hard not to fall asleep in class. (I actually enjoyed school and got good grades.) But when I got home, I'd have to take a nap before doing my homework or chores because otherwise I would fall asleep in the middle of it.



JEANNE PHILLIPS
ADVICE

Fast-forward to now: I am a working adult. I'm going back to college, and I have been recently diagnosed with hypersomnia/borderline narcolepsy. I'm on stimulants to help me through the day, but they don't always work. Some days I struggle to find the motivation to do the simplest tasks because my body just wants to rest.

Do you know of any support groups for this condition so I can talk with

others who deal with this, too? No one I know seems to understand, and I'm often regarded as lazy. Please help! — **Sleepy in Washington**

Dear Sleepy: There are misperceptions about narcolepsy, a chronic sleep disorder that affects 1 in 2,000 individuals in the United States. Fortunately, there is an organization you might find helpful. It's the Narcolepsy Network, which is based in your state. To learn more, go to narcolepsynetwork.org or call toll-free 888-292-6522.

Dear Abby: I am 64 and have been reading your advice my entire life. Now I need some for myself.

At the end of my mother's funeral, my sister was very upset that I had not set aside some flowers for her that had been sent by her friend. My sister did not plan or pay for any part of the

funeral. After the service ended, I told the attendees to take what they wanted to relatives who had asked for them. My sister became so upset she even searched their vehicles to find the plants her friend had sent.

Mom received a lot of flowers that day. I allowed the grieving people to have them because I felt the flowers had been sent to her. How should I address this with my sister, who has told everyone who will listen that I failed to follow funeral plant protocol, which is why she acted out the way she did. — **Perplexed in California**

Dear Perplexed: People who are grieving are often not their best selves, and you and your sister are no exception. While the disposition of the floral tributes can vary from family to family, no rule of etiquette dictates what "must" be done. Because you didn't offer the arrangements to your sister, apologize to her for the oversight.

DAYS GONE BY

100 Years Ago
From the East Oregonian
Sept. 21-22, 1919

Twice a champion is Yakima Canutt, broncho buster extraordinaire and all around cowboy. Canutt on Saturday won the world's championship bucking contest by riding No-Name and for the second time, holds that title. He is the only man in ten Round-Ups to repeat. Not a man had scratched No-Name in three days when Yak entered the finals on the supreme buck. Canutt was out for vengeance, however, and got it, for in the finals at Calgary this same No-Name gave Yak the twist that showed him earth. It was a beautiful ride that the title winner made and the announcement of the judges sent the record crowd into an uproar.

50 Years Ago
From the East Oregonian
Sept. 21-22, 1969

For the first time in 10 years an Oregonian will receive Future Farmers of America's highest award, the Honorary American

Farmer degree, at the national FFA convention, Oct. 11-18, at Kansas City. Walden W. Wedin — known as "Wally" even to the "pretty close to a thousand" students he has taught vocational agriculture during his 26 years at McLoughlin Union High School — is one of 25 teachers, business and industrial men to qualify for the degree this year.

25 Years Ago
From the East Oregonian
Sept. 21-22, 1994

Weston-McEwen High School musicians will trade Eastern Oregon's wide open spaces for Southern California's crowded streets. The band from Athena-Weston School District will perform for the Holiday Bowl in San Diego. About 62 students and 20 adults will make the trip, which features an airplane ride from Portland. Many haven't visited California before; some haven't been on a plane. Weston-McEwen Band and Pipes and Drums will appear in the Holiday Bowl parade and halftime show Dec. 30. Director Steve Pyle also anticipates jazz and concert band competitions for the students, who will work with clinicians.

THIS DAY IN HISTORY

On Sept. 21, 1885, In North Korea and South Korea, family members who had been separated for decades were allowed to visit each other as both countries opened their borders in an unprecedented family-reunion program.

In 1893, one of America's first horseless carriages was

taken for a short test drive in Springfield, Mass., by Frank Duryea, who had designed the vehicle with his brother, Charles.

In 1912, magician Harry Houdini first publicly performed his "Water Torture Cell" trick at the Circus Busch in Berlin.

In 1938, a hurricane

struck parts of New York and New England, causing widespread damage and claiming some 700 lives.

In 1970, "NFL Monday Night Football" made its debut on ABC-TV as the Cleveland Browns defeated the visiting New York Jets, 31-21.

Thought for Today:

"The only true measure of success is the ratio between what we might have done and what we might have been on the one hand, and the thing we have made and the things we have made of ourselves on the other." — H.G. Wells, English author (born this date in 1866, died 1946.)

UNIVERSAL Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

DIFFICULTY RATING: ★★★★★

KENKEN
THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

2÷	1-	12x		5-	
		3	3÷	6+	
7+	3-			24x	
	12x			5	
120x			3+		3
3	2÷		15+		

RULES
1 Each row and each column must contain the numbers 1 through 6 without repeating.
2 The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
3 Freebies: Fill in single-box cages with the number in the top-left corner.

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	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
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Universal Crossword

Edited by David Steinberg September 21, 2019

ACROSS

- 1 Word before "clock" or "energy"
- 7 (Air kiss)
- 11 Came down with
- 14 Butterfly or Bovary
- 15 Missouri neighbor
- 16 Be in the red
- 17 Shakespearean fairy king
- 18 First part of a musical mnemonic + staff = _
- 20 "Yeah, right!"
- 21 Reasonable
- 23 Onions' kin
- 24 Second part of the mnemonic + Dolls' musical partner = _
- 27 "I'll take care of this"
- 28 Otherwise
- 29 Monkey, e.g.
- 30 Green topping for gnocchi
- 33 It's put in a pot
- 35 Tattoo canvas
- 37 Tool often spelled without an "e"

- 38 Third part of the mnemonic + ensemble = _
- 41 Sinus M.D.
- 42 Races, as an engine
- 44 Fruit that's also a body shape
- 45 "I'm so frustrated!"
- 47 Stops
- 49 What percolators do
- 51 Citified
- 52 Fourth part of the mnemonic + tempo = _
- 56 Even a bit
- 57 Plumber's pump type
- 58 Drag queen's hair, usually
- 59 Fifth part of the mnemonic + melody = _
- 61 Bury
- 64 Mythical bird
- 65 Wicked
- 66 Showed bias
- 67 Number of stars on Texas' flag

- 68 Fist bumps
 - 69 A bit
- DOWN**
- 1 Mingling with
 - 2 Something you can't do
 - 3 Start of a tribute poem's title
 - 4 Corona del ____, California
 - 5 Texter's qualifier
 - 6 Large-scale head count
 - 7 Appearances
 - 8 Made on a loom
 - 9 Dazzle
 - 10 Globe-trotter's base?
 - 11 Househusband, e.g.
 - 12 One may be rude
 - 13 TV rooms
 - 19 Legendary Himalayas
 - 22 Responses to captains
 - 25 LAPD title
 - 26 Hunk of gunk
 - 27 Creditor's claim
 - 29 "American Idol" quest
 - 30 A bogey is over it

- 31 How something is done
- 32 Kind of pay for a former employee
- 34 Utah Jazz's grp.
- 36 To the __ degree
- 39 Diner sign
- 40 Roasting spot?
- 43 Mink's cousin
- 46 Likely (to)
- 48 Like some nuts and caramels
- 50 Drives away
- 52 Some showdowns
- 53 Terse refusal
- 54 Photocopier ancestor, briefly
- 55 Treble clef lines often remembered by this puzzle's mnemonic
- 56 Hendrix hairstyle
- 57 Rhyming synonym of "clip"
- 60 Sch. founded by Jefferson
- 62 Prefix for "liberalism"
- 63 Paving goo

"TREBLE MAKER" By Kathy Wienberg

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									53	54	55
56								57					58		
59						60				61	62	63			
64						65				66					
67						68				69					

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

- CLUES**
- 1 E Street Band's Bruce (11)
 - 2 The Four Seasons' Frankie (5)
 - 3 The Supremes' Diana (4)
 - 4 10,000 Maniacs' Natalie (8)
 - 5 The Commodores' Lionel (6)
 - 6 Miami Sound Machine's Gloria (7)
 - 7 The Miracles' Smokey (8)

SS	TEF	MER	IN	VA
LLI	CH	CH	RI	ES
ING	EEN	IE	SPR	ROB
SON	ST	ANT	RO	AN

Today's Answers: 1. SPRINGSTEEN 2. VALLI 3. ROSS 4. MERCHANT 5. RICHIE 6. ESTEFAN 7. ROBINSON

WORD★Roundup™

by David L. Hoyt & Jeff Knurek

Find and Circle...

- Five four-letter words ending with X
- ___ Fonda
- Three four-letter mammals
- Three human joints
- Three four-letter metals

Answers to Saturday's puzzle: COAX LYNX HOAX XNIX XVOX XNIX CRUX / XRIJDEET HENRY PETER JANE / MOLE GOAT BEAR / WRIST ANKLE KNEE / LEAD CNIZ ZNINZ

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