

# DIVERSIONS

## CROSSWORD & CRYPTOQUIP

# The best cure for a hangover is to avoid it

*Want to improve the protection your mask gives you? The CDC says make sure your mask has a snug fit and pick a mask with layers. The airlines and other venues ask you to keep your mask on in between bites or food and sips of beverage.*



KATHY KOLASA

A night on the town, or watching a ball game, you may end up with classic symptoms of a hangover.

says drinking one packet up to one hour before drinking alcohol can prevent hangovers from occurring.

It is important to note that no dietary supplement is FDA-approved for preventing or treating hangovers. In fact, the FDA does not review or approve any dietary supplements for safety or effectiveness before they are marketed. The FDA only has authority to regulate claims and punish companies who have harmed a person using their dietary supplements — if they can prove it. But let's say you still want to enjoy an occasional drink and maybe you're guilty of drinking a little more than planned and have a hangover.

I searched online and found some so-called "cures" that might seem like common sense: eat a good breakfast, get plenty of sleep and stay hydrated. Other "cures" may not prevent a hangover but taking supplements like red ginseng, ginger and prickly pear to cut down on the inflammation a hangover can produce have been found to work for some. Avoiding drinks like whiskey, cognac, and tequila, which contain chemicals called congeners (methanol, isopentanol and acetone are examples) that make hangovers worse, would be wise.

Many diets, such as the popular Mediterranean diet, include a glass of wine, though moderation is heavily stressed. The Med diet focuses on plant-based

foods like whole grains and vegetables, with occasional seafood and dairy. Olive oil makes up the main source of fats in this diet, which can lower total blood cholesterol levels. Avoiding alcohol altogether though, can have great benefits.

Drinking alcohol can lead to weight gain and make acne worse. To prevent certain cancers, it is best not to drink alcohol at all. It is unlikely you will get a hangover if you drink only small amounts but ultimately the best way to treat a hangover is to prevent it by not drinking.

Taking medicines like acetaminophen (commonly found in products like Tylenol, Excedrin, or in Goody's powder) can cause more harm to your body when taken before or after you drink since both are broken down by your liver. Always check the labels of any medicines for warnings about combining them with alcohol.

Eat food when you drink alcohol, as this will slow down your body's absorption of alcohol. And never drive when under the influence. Even after you sober up, alcohol can still slow your reflexes and make it hard to think.

*Professor emeritus Kathy Kolasa, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at kolaska@ecu.edu.*

Q What can I do to get rid of a hangover? RK, Greenville

A Maybe you've heard about how bad people feel after they drink too many alcoholic beverages — waking up feeling tired, sick to their stomach, and with a splitting headache. Michael Larkins, a second-year Brody medical student, investigated a new dietary supplement and other "cures" being promoted for hangovers. Here is what he learned.

In many ways, the best way to cure a hangover is to avoid one. The CDC estimates nearly \$90 billion per year is lost in productivity because of alcohol. The Dietary Guidelines for Americans suggests that consuming a small amount of alcohol, one drink for women, and no more than two for men per day can be part of a healthy diet. A serving of alcohol can be a can of beer (12 ounces), a glass of table wine (5 ounces), or a shot (1 ½ ounces) of a spirit like gin, rum, tequila, vodka, or whiskey). But if you drink a little more during

all heard about unproven home cures to ease the uncomfortable feeling, like taking a cold shower or drinking black coffee or now getting IV vitamin therapy which Dr. Kolasa and my colleague Sahil Dayal wrote about last March. The idea behind IV therapy for hangover relief is that it replaces water, nutrients like vitamins B and C and potassium lost while drinking alcohol. In reality, doing this will not make the liver work any faster to break down the compounds that contribute to a hangover.

A company led by a Yale graduate made the news that they had developed a dietary supplement to help the main causes of hangovers. The product claims to target the stress alcohol puts on the body by supplying antioxidants, compounds that reduce this stress. Each packet contains a powdery mix of vitamins, minerals, vegetable extracts and green tea. All these ingredients are included with the idea that they reduce or prevent a hangover. The company

Solution time: 23 mins.

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

Yesterday's answer 2-16

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									52	53				
54									55					56
57									58					59

### 2-16 CRYPTOQUIP

Z ' C E K N D D Q D Z J K P G M K K  
 N S P G E M S G P P R D N Q N  
 F N L R Z E K Z B N L G F Z K . P T K B  
 T K ' C U K N U N J I D N C E N S I D N .

Yesterday's Cryptoquip: IF PEOPLE REGULARLY GET PAID TO SNUGGLE UP TOGETHER, I'D SAY THAT'S PROFESSIONAL NESTLING.  
 Today's Cryptoquip Clue: K equals E

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

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### BRIDGE

BY PHILLIP ALDER  
 United Feature Syndicate

Robert Hall, an economist, said, "The innocence of the intention abates nothing of the mischief of the example."

I read that three times before thinking that I got the gist of it. For two days, I have been trying to explain the danger-hand concept. Here's hoping that this example will abate any doubts you still have, I wrote innocently!

How should South play in three no-trump after West leads his fourth-highest spade seven and East puts up the queen?

North was right to jump to three no-trump. With a long minor, no singleton or void, and insufficient power to consider a slam, just go for the nine-trick game. Yes, it is unlucky that five clubs fails here, but three no-trump can survive the bad breaks.

In some cases, it is right for declarer to duck trick one from this holding, but this isn't one of them!

South has six top tricks: one spade (given the first trick), three hearts, one diamond and one club. The extra winners can come from

North 02-16-22  
 ♠ 5 2  
 ♥ K Q  
 ♦ 10 9 8  
 ♣ A Q J 8 7 4

West  
 ♠ A 10 8 7 4  
 ♥ 9 6 2  
 ♦ K 5  
 ♣ 6 3 2

East  
 ♠ Q 9 6  
 ♥ 8 7 5 4 3  
 ♦ 6 3 2  
 ♣ K 5

South  
 ♠ K J 3  
 ♥ A J 10  
 ♦ A Q J 7 4  
 ♣ 10 9

Dealer: South  
 Vulnerable: North-South

South West North East  
 1NT Pass 3NT All Pass

Opening lead: ♠ 7

either minor suit. But which one should declarer attack?

The first trick marks West with the spade ace. (If East had the ace and queen, West would have led the 10 from a suit headed by the 10-9-8-7.) So, if East gets on lead, a spade through declarer's remaining jack could be — and, here, is — fatal. East is the danger hand.

South should play a heart to the queen and run the diamond 10. Yes, it loses, but even if West finds the best defense of a club shift, declarer wins with dummy's ace and runs for home with one spade, three hearts, four diamonds and one club.

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