

SCRABBLE®

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O

U

T

L

D

C

S

2nd Letter Double

A

A

I

O

R

S

F

RACK 2

I

O

R

R

D

P

C

RACK 3

E

I

C

T

M

R

H

Triple Word Score

PAR SCORE 145-155

BEST SCORE 224

FOUR RACK TOTAL

TIME LIMIT: 20 MIN

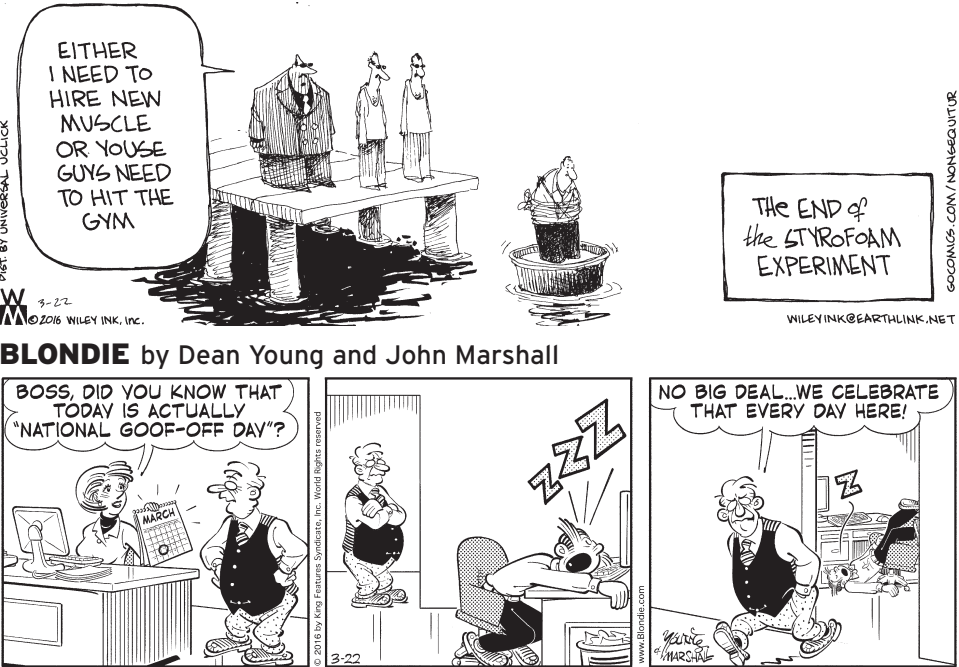
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

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.

03-22

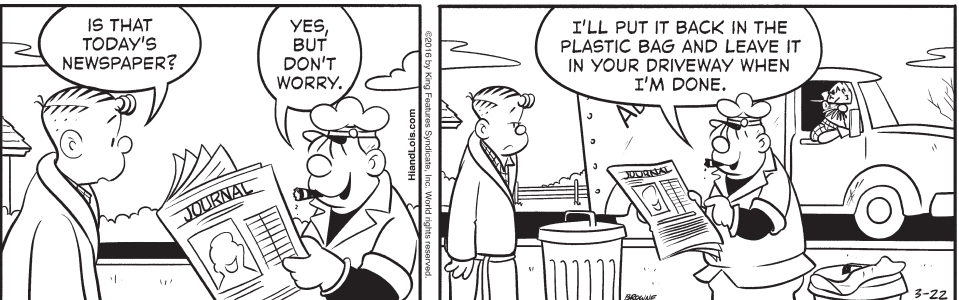
NON SEQUITUR by Wiley



BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



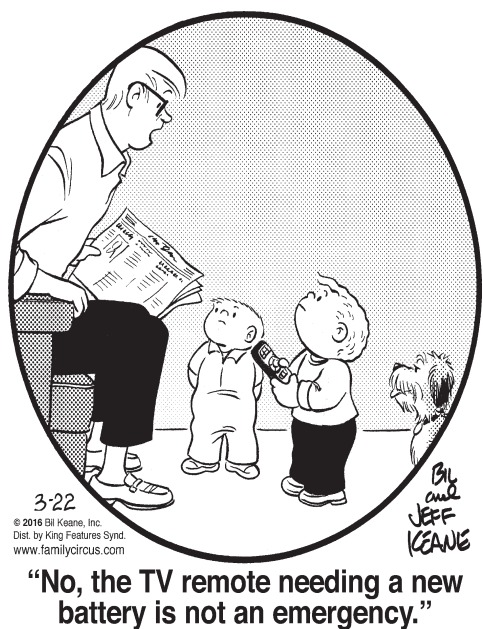
HAGAR THE HORRIBLE by Chris Browne



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.

TONEF

FOREF

GEPTIL

DALIRA

Ans:

Yesterday's Jumbles: BOTCH ENJOY SYSTEM REDUCE Answer: It wasn't the minutes spent at the table that caused his weight gain, it was the — SECONDS

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

The landing gear has shorted out. We're going to be floating away soon.

THE DOWNPOUR AT THE AIRPORT TURNED THE TARMAC INTO A —

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

3/22

Metformin as an extender of longevity

Dear Dr. Roach: I am a healthy 90-year-old woman. I enjoy playing tennis and bridge.

A week ago, I started to take the drug metformin. I do not have diabetes. The reason for taking it is that I read an article about it by an expert in longevity.

My only concern is that the drug may lower my sugar level to a dangerous point. —A.L.

I also have read about the use of metformin as a possible extender of longevity, and have looked at two different study designs that hope to determine whether the medication can affect the aging process. It certainly would be exciting if that were the case.

However, I don't recommend taking the medication outside of a study situation, as metformin has several possible side effects.

It may cause nausea and

DR. KEITH ROACH
TO YOUR GOOD HEALTH

GI upset. It may indeed lower blood sugar, which seems to happen far more often than it is supposed to, in my experience using it in people with mild diabetes.

And very rarely, but seriously, it can cause potentially fatal lactic acidosis, especially in people with kidney disease.

My guess is that you are more likely to improve your length and quality of life with your tennis and bridge than with metformin, but I would love to see metformin proven effective.

Dear Dr. Roach: In a recent column, you stated that bacteria are not present on toilet seats. I am a 60-year-old woman who contracted genital herpes back in 1977 (a year after I was married).

I had never been with anyone but my husband, and he didn't develop it until a year after I did. So all these years, I believed I had picked up the virus from a toilet seat. —L.D.

I am sorry, but it's very unlikely that's the case. Neither bacteria nor viruses are present on toilet seats in high numbers, and it would be improbable for you to acquire an infection that way.

Genital herpes often has no symptoms but may still be transmissible, and one likely explanation is that your husband had acquired the virus before you married. It could have been years before, and he may never have known until he had his first outbreak back in 1978.

Although HSV-2 is the most likely cause of genital herpes, by far, I have seen several cases of women with outbreaks of genital herpes from

HSV-1. That is also a possibility for you.

The booklet on herpes and genital warts explains these two common infections in detail. Readers can obtain a copy by writing: Dr. Roach Book No. 1202, 628 Virginia Dr., Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow 4-6 weeks for delivery.

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.rbmamail.com.

Bridge

by Frank Stewart

Making Wendy happy

"I used to think," Cy the Cynic told me, "it didn't take much to make a woman happy — and a lot less to make her mad."

"Let me guess," I said. "That was before you met Wendy."

Cy, a chauvinist, and Wendy, my club's feminist, are constant adversaries. Cy was today's East in a penny game, and Wendy, West, led a heart against 3NT. South put up dummy's ace and led the queen of clubs.

"I might have ducked," the Cynic told me, "but I took the ace. I knew declarer had the king of hearts; if he had the queen, he would have let the opening lead ride to his hand. He might have solid clubs, and if he needed a spade finesse, it would win. Our only chance lay in diamonds."

opens one heart, you respond one spade, he bids two clubs and you try 2NT. Partner next bids three clubs. What do you say?

ANSWER: Partner suggests five cards in his suits and minimum values. Your options include a pass, a return to three hearts, a raise to four clubs or a jump to four hearts. I would choose the last option here. Partner will have a chance if he holds 6 2, K Q 10 5 2, 5, A K 9 5 4.

South dealer
N-S vulnerable

NORTH
♠ A Q 10 7 5
♥ A 7
♦ 10 8 3 2
♣ Q 8

WEST
♠ 9 6 4 2
♥ Q 10 5 4 2
♦ A 5 4
♣ 6

EAST
♠ 8 3
♥ J 8 3
♦ K J 9 6
♣ A 7 5 3

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

South 1 ♣
Pass 3 NT
West 1 ♥(?)
Pass
North 1 ♠
3 ♦
All Pass
East 2 ♥
Pass

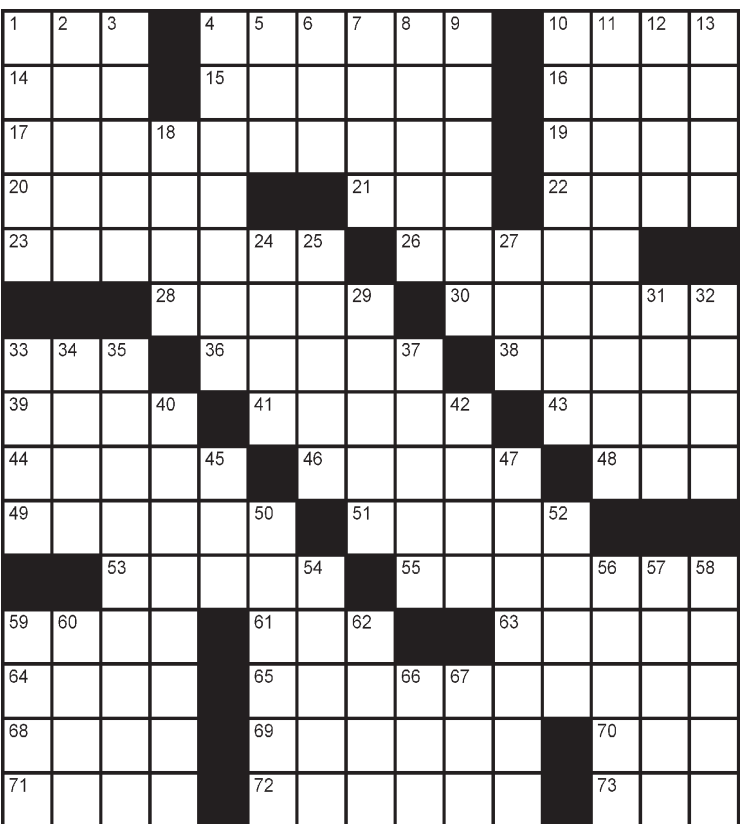
Opening lead — ♥ 4

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Myrna of "The Thin Man"
- Caught
- On the ocean
- Top trump
- Letter-shaped lodge
- Reveal a secret
- Like some mustaches
- Pass on male genes
- Quashed
- Letters outside of a theater
- Little devils
- Made into law
- Musial and Mikita
- Countertenors
- Old Testament heroine
- Network of "Frontline"
- Holiday seasons
- Late puppeteer Lewis
- Mischievous Norse god
- Particulars
- Perfect prose
- Ken and Lena
- Unbelievable buy
- Vote of endorsement
- Looked after
- Horse opera
- Banister post
- Repeats from memory
- Netherworld river
- Decline in prices



Visit: ADailyCrossword.com

3/22

- Month in Paris?
- Go-fer
- Too avaricious

- Churn
- Watch out for the tree!
- Elongated fish
- Beer brewing ingredient
- At the scene
- Uninteresting

DOWN

- Concentration gap
- Indian, for one
- Gossipy gal
- Virtuous
- Org. of Giants
- Fine work
- Bleacher bleats
- U.A.E. rulers
- Mean
- Wormwood
- Eminem persona
- OK Corral participant
- Fortas and Lincoln
- Caesar's partner in comedy
- Sewing case
- Blockheads
- Beast of burden
- Take care of
- Border lake
- Hayworth or Moreno
- Novel necessity
- Trunk
- Swim naked
- Nasty campaign tactic
- Reference personnel
- Indulge to excess
- Do tailor's work
- "The Tailor of Panama" writer
- Explorer Hernando
- Ready for harvesting
- "Alice" star
- Trapped in branches
- Downy duck
- With guile
- Strip for a pageant
- Bandleader Puente
- Birthstones
- Slugger's stat
- Retrieve

Scrabble Solution

PAR SCORE 145-155

FOUR RACK TOTAL

TIME LIMIT: 20 MIN

RACK 4

RACK 3

RACK 2

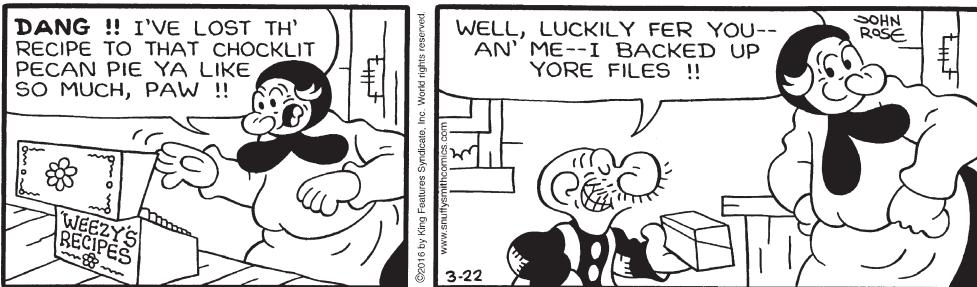
RACK 1

BRAND GRAMS SOLUTION

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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

Difficulty Level ★