

SCRABBLE®

G

R

A

M

S

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E

E

I

S

P

C

L

RACK 1

A

A

O

D

T

T

S

RACK 2

E

O

Y

W

N

T

T

2nd Letter Triple  
RACK 3

A

A

A

M

B

C

R

Double Word Score  
RACK 4

PAR SCORE 150-160  
BEST SCORE 215

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.

03-24

NON SEQUITUR by Wiley



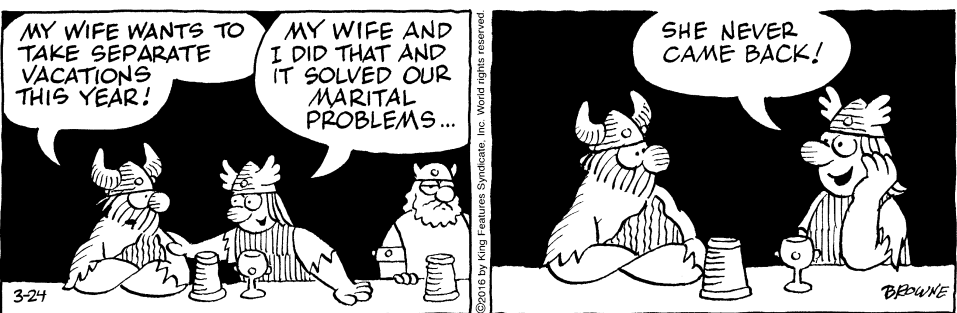
BLONDIE by Dean Young and John Marshall



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.

BIHTA

PLAAH

SESVUR

DURIPT

Check out the new, free JUST JUMBLE app

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Let's go right between the mainland and the islands.

WHEN MAGELLAN NAVIGATED AROUND THE TIP OF SOUTH AMERICA, HIS PASSAGE WAS

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

“ ”

(Answers tomorrow)

Yesterday's Jumbles: TRACT LIGHT TRENDY MEDIUM  
Answer: When the hikers came across the poisonous snake on the trail, — IT RATTLED THEM

# The jury is still out on saw palmetto

**Dear Dr. Roach:** I read in your column recently that you suggested saw palmetto to a male reader who was having difficulty with his blood pressure dropping due to medications prescribed for his enlarged prostate. That was causing frequent trips to the bathroom and a weak urine stream.

I have read a number of articles, both pro and con, about the effectiveness of saw palmetto for enlarged prostate.

Further, there is the question of the consistency of over-the-counter supplements and whether they actually contain the ingredients in the amounts listed.

Could you please offer some insight as to the effectiveness of saw palmetto for enlarged prostate, either from experience with patients or from actual research?

Also, is there any good way to determine which

**DR. KEITH ROACH**  
TO YOUR GOOD HEALTH

brands of supplements are more likely to contain the ingredients as labeled? — A.R.

I believe I noted that the studies were conflicting; some studies show a benefit over placebo, but others — including a National Institutes of Health-funded study (not drug company-funded) and one from a respected group (the Cochrane collaborative), which was an evaluation of multiple studies — showed no benefit over placebo.

As you note, there is a high degree of variability of the active ingredients in saw palmetto from one brand to another.

I am very cautious about recommending a particular brand. A 2004 study from UCLA showed tremendous

variation between brands (which were not disclosed). A 2011 study in JAMA used a German product, but the study showed no benefit over placebo.

A 2006 study in the New England Journal of Medicine used a proprietary blend, which also showed no benefit over placebo.

Despite my best efforts, I cannot recommend any particular brand that is available in North America.

The booklet on the prostate gland discusses enlargement and cancer. Readers can obtain a copy by writing: Dr. Roach Book No. 1001, 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 four weeks for delivery.

**Dear Dr. Roach:** My blood pressure is controlled with

meds. My husband has serious psoriasis.

Is a hot tub safe for us? — M.F.

The use of a hot tub by someone with well-controlled hypertension is generally considered safe.

A hot tub (or sauna) causes blood vessels in the skin to dilate (enlarge), which can cause a small drop in blood pressure.

If the blood pressure is excessively controlled, this can cause some lightheadedness.

However, a brief time (10 minutes) in a hot tub caused no problem in a group of hypertensive people who were well-treated.

For psoriasis, the use of a hot tub helps some people and makes other people have more flare-ups.

It can be excessively drying to the skin, so moisturizing afterward is a good idea.

## Bridge

by Frank Stewart

# Give and take

Today's deal reminds me of Cy the Cynic's observation on marriage, an institution he distrusts. Cy says being married is a matter of give-and-take: If you don't give it to her, she'll take it anyway.

At his bold six spades, South won the first trump with his seven and tried a crossruff. He took the ace of clubs and ace of hearts and sandwiched two heart ruffs around two club ruffs. But then South had to lead the ace and a low diamond. West won and led another trump, leaving South with one trump in each hand. Since three tricks remained, South went down.

Do you see a winning play?

### 12 TRICKS

If South gives up a seemingly unnecessary trick, he can take 12 tricks in all. At Trick Two he leads a low heart to dummy's queen, hoping East has the king. When East wins, he can't lead a trump. If he leads a diamond, South takes the ace and throws dummy's last diamond on the ace of hearts.

South then crossruffs for the rest. He wins nine trump tricks and three side-suit aces.

bid three diamonds and he tries 3NT. What do you say?

**ANSWER:** Your three diamonds was a "high reverse" and promised extra strength. Hence, you need do no more than bid four hearts now. You will suggest club shortness, but if partner has a sound hand such as A 2, K Q 9 6 5, 7 2, K 10 7 6, he will cue bid four spades next, and you can bid six hearts.

South dealer  
Both sides vulnerable

**NORTH**  
♠ A 9 8 5 2  
♥ Q  
♦ J 7  
♣ J 10 6 5 2

**WEST**  
♠ J 10 6  
♥ 10 8 5  
♦ K 9 4  
♣ K 9 8 3

**EAST**  
♠ None  
♥ K J 9 6 3 2  
♦ Q 10 8 2  
♣ Q 7 4

**SOUTH**  
♠ K Q 7 4 3  
♥ A 7 4  
♦ A 6 5 3  
♣ A

South 1 ♠  
West 4 ♠  
North 5 ♥  
East 6 ♠

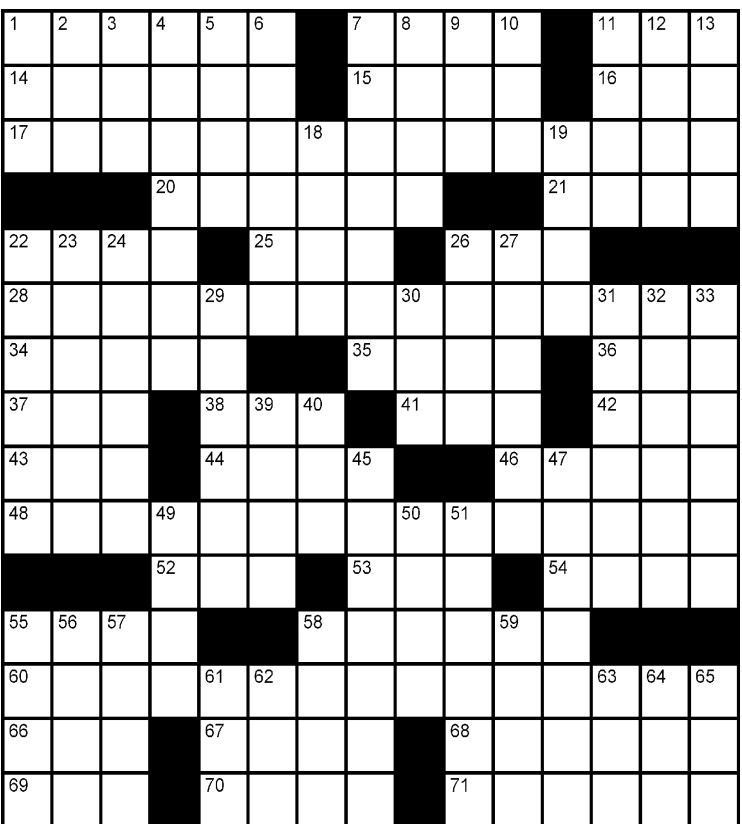
Opening lead — ♠ 6

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## The Daily Crossword Edited by Wayne Robert Williams

### ACROSS

- One of the Seven Sisters
- Downloadable progs
- NYC arena
- Nation of Roma
- Names
- President's financial grp.
- Broad in scope
- Perfect place
- Outside the lines
- Secret plan
- Opposite of 'neath
- Writer LeShan
- The whole bunch
- Wave top
- Small boat
- Spanish hero, El Campeador
- Rolodex info
- Rust bucket
- Scand. country
- License plate
- Words at the altar
- First Arabic letter
- 21st-century President
- The whole enchilada
- Balin or Claire
- Wallach or Manning
- Alejandro and Fernando
- Mother of Horus
- Porter
- Real profit
- Heart of a hurricane



Visit: [ADailyCrossword.com](http://ADailyCrossword.com)

3/24

### Yesterday's Puzzle Solved

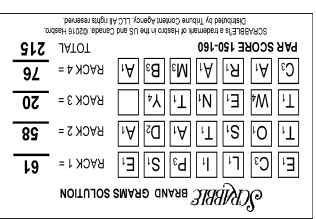
N	A	B	O	B	G	U	R	U	A	M	P	S
A	L	O	H	A	U	R	I	S	R	A	L	E
I	F	Y	O	U	R	I	F	E	S	C	O	W
A	R	E	M	A	K	E	F	R	I	E	N	D
D	E	R	R	N	H	L	N	N	E			
S	E	S	T	O	S	H	A	H	A	L	O	P
W	I	T	H	Y	O	U	R	S	E	L	F	O
A	R	A	B	O	T	H	B	E	A	S	T	S
T	E	R	R	E	N	E	O	L	D	S		
W	I	L	L	N	E	V	E	R	B	E	O	R
A	B	E	L	S	E	T	I	A	L	O	N	E
S	I	R	E	A	N	N	S	T	E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

### DOWN

- By way of
- Ocean off NC
- "Rebel without a Cause" co-star
- Hammer and Spade
- Isn't incorrect?
- Omnivorous nocturnal mammal
- Esteemed
- Post-larval stage
- Earl Anthony's org.
- Old draft org.
- DLI doubled
- Fax button
- Type of plum
- Pundit's pg.
- Swing to and fro
- Jam thickener
- Texas border town
- New World nocturnal wildcat

- \_o'-shanter
- Deputy of cartoons
- Goes by
- Son of Eliel Saarinen
- Plant fungus
- Reach
- Harry \_ Zell
- Eight-note stretch
- Capital of Niger
- Mystery writers' awards
- Radius's comrade-in-arms?
- Large-scale
- Running away
- Takes up as one's own
- H.S. subject
- Enthusiastic vigor
- Ignite
- Skeptic's retort
- Forage crop
- Newspaper tidbit
- Muffed
- Sicilian volcano
- Signed off on
- \_ culpa
- Prof.'s helpers
- Live and breathe
- Fleur-de\_

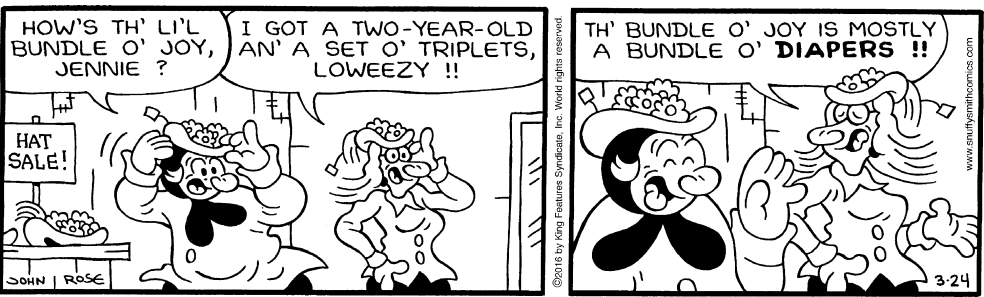
## Scrabble Solution



## BEETLE BAILEY by Mort Walker



## SNUFFY SMITH by Fred Lasswell



## Conceptis Sudoku

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

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

Difficulty Level ★★★