

SCRABBLE®  
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A1A1E1T1P1N1G2

I1O1L1F4N1F4C3

A1U1L1M3G2B3L1

A1I1O1H4S1P3B3

RACK 1

RACK 2

RACK 3

RACK 4

1st Letter Triple

Double Word Score

PAR SCORE 150-160

BEST SCORE 218

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.

03-30

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.

SOPIE

HUDOG

YAPADY

COPIEL

Check out the new, free JUST JUMBLE app

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I want to make sure my family is cared for.

The prudent strategy is to up your insurance as you make more.

HE THOUGHT THAT HAVING LIFE INSURANCE WAS A

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

Answer here:

(Answers tomorrow)

Yesterday's

Jumbles: CRAMP DICEY UNWIND LEGEND

Answer: The author hoped her latest diet book would appeal to a — WIDER AUDIENCE

# Treating thyroid may correct cholesterol

**Dear Dr. Roach:** My doctor has put me on atorvastatin 20 mg. I am 71, with high blood pressure, and my HDL (good cholesterol) is in the 30s. My total cholesterol is now good, at around 180.

After some research, I found out that if you have a thyroid condition, you might not need to take cholesterol medication. I am concerned about this, but I find it hard to get in contact with my doctor, since she works only two days a week now. Should I be concerned about this, or just keep taking the medicine? — A.C.

About 5 percent of all people with high cholesterol have unrecognized low thyroid levels, so everybody should get their thyroid checked before going on cholesterol medication. Sometimes, but not always, treating the underlying thyroid issue corrects the cholesterol issue. Hypothyroidism may have

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

very subtle symptoms, such as fatigue, depressed mood or intolerance of cold temperatures. Treating low thyroid levels can improve symptoms attributed to getting older, as well as prevent the unnecessary expense and possibility of side effects associated with drug treatment of high cholesterol. Of course, some people still will need treatment of high cholesterol, but that doesn't necessarily mean drug treatment, which should be reserved for people at significant risk for heart disease.

You definitely should check with your doctor to be sure your thyroid levels were checked.

**Dear Dr. Roach:** Recently a reader asked about treatment and causes for erectile

dysfunction. You did mention Viagra for the problem; however, you did not say that about 50 percent of men will have unpleasant side effects from Viagra and other like pills. Many men also find that the pills quit working after a while. A new alternative is available in shot form, and my husband's doctor claims it works at nearly 100 percent. My husband is on Trimix, and it does in fact work 100 percent of the time for him. Why didn't you offer that as a treatment? — L.N.B.

There are many treatments for ED. Treatment depends on the underlying cause, which was the focus of that column. I do think that, for those men who need medication treatment, medicines like sildenafil (Viagra) are the best choice, since they are effective for most men and — despite a 12 percent risk of flushing, 11 percent risk of headaches

and 5 percent risk of stomach upset — most men want to keep taking the medications.

However, they do not work in other men. At that point, it is time to think about other options. One option is an injectable treatment. The most commonly used is alprostadil (Caverject), which is highly effective, with 87 percent of men satisfied with the results. However, some men have a real difficulty performing an injection into the penis, and 50 percent of men who stopped the treatment did so because of penile pain. Trimix is a compounded mixture of three medicines, but I don't recommend it because of the possibility of side effects, especially scarring, but also infection. Other options for men who do not respond to oral or injection therapy, or who are unwilling to use injections, include vacuum devices and implantable prosthetic devices.

**Bridge**  
by Frank Stewart

## Trials and errors

"Your honor," the district attorney announced, "we will prove that West committed a felony. He let South make a hopeless game."

"State your case," the judge ordered, and the court heard the evidence.

"West led his singleton spade against four hearts," the DA said. "East took the ace, and declarer falsecarded with his ten. East then led the deuce of clubs, and West took the queen and returned the four. South followed with the six and nine."

"At the fourth trick," the DA went on, "East led ... a third club. South ruffed and claimed."

vulnerable. The dealer, at your right, opens one club. What do you say?

**ANSWER:** This is a matter of personal taste and style. In my opinion, a pass is the soundest action. The hand has good defensive values, but with all those losers it would make a poor dummy for partner if you doubled and forced him to bid. Still, I know many good players who believe in competing aggressively and would double for takeout.

North dealer  
E-W vulnerable

**SECOND SPADE**

"My client did nothing wrong," West's counsel roared. "East shouldn't have been fooled by South's falsecards. East must lead a second spade at Trick Four."

Would you convict West?

East was guiltless. South might have held a third low club. West should steer his partner to the winning defense by taking the first club with the king and returning a club. East will think that giving his partner a spade ruff is the only chance,

**NORTH**  
♠ K 7 4  
♥ K 7 5  
♦ A K 6 5  
♣ J 8 7

**WEST**  
♠ 6  
♥ 10 6 3  
♦ 10 7 4 2  
♣ K Q 10 4 3

**EAST**  
♠ A J 9 8 5 2  
♥ None  
♦ J 9 8 3  
♣ A 5 2

**SOUTH**  
♠ Q 10 3  
♥ A Q J 9 8 4 2  
♦ Q  
♣ 9 6

North 1 ♦

East 1 ♠

South 4 ♥

West All Pass

Opening lead — ♠ 6

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## The Daily Crossword Edited by Wayne Robert Williams

**ACROSS**

- 1 Lbs. and ozs.
- 4 Start of a quote by Leo Rosten
- 11 Apollo-Saturn vehicle
- 14 "\_\_\_ Haw"
- 15 Without profit
- 16 Formerly
- 17 Gerund maker
- 18 Examines again
- 19 X-ray cousin
- 20 \_\_\_ and Drang
- 22 Cake layer
- 23 Over in Ulm
- 24 Part 2 of quote
- 27 Run smoothly
- 28 Goldman's Wall Street partner
- 29 Title for Tussaud
- 32 Wine sediment
- 34 Poker pot
- 37 "Garden of Roses" poet
- 39 Archie's better half
- 42 Long-lasting do
- 43 \_\_\_ cum laude
- 45 "M\*A\*S\*H" co-star Loretta
- 47 Italian pronoun
- 48 Gulf of Mex. neighbor
- 51 Miscalculates
- 53 Part 3 of quote
- 59 Balin and Garten
- 60 Controversial 1987 Supreme Court nominee
- 61 Tinters
- 62 College cheer

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

- 63 Lettuce choice
- 65 Touched down
- 66 AFL partner

- 67 Walter of "The Westerner"
- 68 Bowery Boy Gorcey
- 69 Directional ending
- 70 End of quote
- 71 Mont Blanc, e.g.

**DOWN**

- 1 Old card game
- 2 Tithing fraction
- 3 Fluid transition
- 4 Injurious
- 5 Shoshone
- 6 Made a difference
- 7 Acid in soap
- 8 Red colors used by painters
- 9 Croatian peninsula
- 10 Air-leak sound
- 11 Censures severely
- 12 Wetlands wader
- 13 Watered silk
- 23 Contemporary music genre
- 25 Square
- 26 Unrestrained
- 26 End of a hill?
- 29 Handwritten wds.
- 30 Half a Kenyan rebel?
- 31 Johnny Carson's sidekick
- 33 Palindromic sibling
- 35 Capote's nickname
- 36 Singer Sumac
- 38 Muslim holy men
- 40 Making fine adjustments
- 41 Trumpeter Al
- 44 Indonesian island group
- 46 Neptune's spear
- 49 Hereditary
- 50 Deserts and rain forests
- 52 Oriental sauce
- 53 Homer's enchantress
- 54 TV studio sign
- 55 Skull: pref.
- 56 "Gianni Schicchi" role
- 57 Bay window
- 58 Shutterbug's setting
- 63 Diamond stat
- 64 Uh-uh!

Yesterday's Puzzle Solved

ANTEABABA STAG

RAINPALOS ERGO

CHEAPTTRICK WEAN

HARMONKEG APE

ONEUP RAFTER

ADDRESSED TIM

LOUSURE EVERT

MOTTO ASP SENOR

ARCEDLEOSTWO

HADSURPASSED

ANTLERSTALE

NORTRIB COERCCE

IDESTRICKEDOUT

TEAR AURAL ELBA

ASTOSTATE REEL

3-29

## Scrabble Solution

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PAR SCORE 150-180

TOTAL 218

RACK 4 = 28

RACK 3 = 96

RACK 2 = 14

RACK 1 = 60

BRAND SCRABBLE

GRAMS SOLUTION

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

## Conceptis Sudoku

Difficulty Level ★★★

3/30

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

513249768

462781935

798635421

854967312

329154876

176328549

947812653

681573294

235496187

Difficulty Level ★★

3/29

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