

SCRABBLE®
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E1I1R1H4H4T1W4

A1E1O1O1K5M3B3

E1E1O1U1S1S1P3

E1I1U1H4R1S1P3

Double Word Score

1st Letter Triple

RACK 1

RACK 2

RACK 3

RACK 4

PAR SCORE 155-165

BEST SCORE 227

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.

03-14

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.

CITDH

VAROB

GANMEA

CLARIG

Answer here:

(Answers tomorrow)

Saturday's

Jumbles: GOOSE HARSH PROVEN CAMPUS

Answer: With so many cappuccino and latte drinkers having bad colds, the café was a — "COUGH-EE" SHOP

Bone density drop might require meds

Dear Dr. Roach: I am a **DR. KEITH ROACH** **TO YOUR GOOD HEALTH** 68-year-old woman diagnosed with osteopenia.

My hip T-score is -2.3, and lumbar spine T-score is -1.6. My doctor suggested medication, but I am concerned about side effects. Is this really necessary?

Can I safely wait? I am very active, eat a well-balanced diet and take calcium and vitamin D supplements.

Three years ago, my scores were -1.3 and -0.1, so this seems a significant change. Also, what medication is best to try? — N.M.

You are right; you have osteopenia, which is defined as a bone density of between -1 and -2.5.

Although a fracture can happen with any bone density, the rate of fracture goes up faster at a bone density less than -2.5.

But many other factors also affect fracture risk. You

can get a better understanding of your fracture risk at www.shef.ac.uk/FRAX/tool.jsp.

Because your bone density has dropped significantly in three years, I think it isn't unreasonable to start medication now, or you could get your bone density rechecked soon (e.g., 12 months).

Before thinking about medication, I would make sure you are getting enough vitamin D.

I see many people still taking the previously recommended 400 units, whereas most authorities now recommend at least 800, and I find that 1,000 or 2,000 is necessary in some people.

I obtain vitamin D blood levels for men and women with osteoporosis.

Calcium is best obtained through diet, but supplements generally are recommended in those with osteoporosis or at risk for it.

You mention that you are active, but higher-intensity activities are best for promoting bone strength and preventing fractures.

As far as which medication is best, the best evidence for fracture prevention is seen in bisphosphonates, such as alendronate (Fosamax) and ibandronate (Boniva), but these medications should be re-evaluated after three to five years to see if they are still necessary.

Teriparatide (Forteo) and denosumab (Prolia) are used mostly in severe osteoporosis, and raloxifene (Evista) is most commonly used in women who also have increased risk of breast cancer.

The osteoporosis pamphlet furnishes details on how to

prevent this universal condition.

Readers can obtain a copy by writing: Dr. Roach Book No. 1104, 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 address.

Please allow four 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

Ed's blown overtrick

Joe Overberry was sitting out my club's penny game, maybe because he was short of money. Joe thinks it's nobler to go down trying for an overtrick than to make his bid. That costs him points — and cash.

Joe showed me today's deal. "Ed is alleged to be an expert," he snorted, "but I saw him blow an easy overtrick."

As declarer at 3NT, Ed won the first diamond with dummy's ten, cashed the king of clubs, led the ten ... and let it ride! West took the jack and shifted to a heart: deuce, queen, king. Ed next led the ace and a low diamond and ended with three diamonds, four clubs and two hearts.

three diamonds as a "limit raise." He then bids three hearts. What do you say?

ANSWER: Partner is trying to reach some game, and you must make an effort to get to 3NT, the cheapest game. Bid three spades to show a stopper. If partner has a hand such as 4 3, A K, A Q 7 6 5 2, Q 10 4, he will bid 3NT. If his hand is more distributional, he can try again for a suit contract.

South dealer
Both sides vulnerable

NORTH ♠ 6 5 3 ♥ A 7 2 ♦ Q 10 5 2 ♣ K 10 3		WEST ♠ A 10 8 ♥ J 8 5 ♦ K J 9 8 4 ♣ J 5		EAST ♠ Q J 9 4 2 ♥ Q 10 9 6 ♦ 6 ♣ 9 7 2	
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SOUTH ♠ K 7 ♥ K 4 3 ♦ A 7 3 ♣ A Q 8 6 4	
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South 1 NT West Pass North 3 NT East All Pass

Opening lead — ♦ 8

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Possess
- Remove a lid
- Wistful comment
- Summertime coolers
- Sierra
- Serum container
- Khoisan South Africans
- Gillette shaver
- Rubberbands
- Inside info
- Breakfast rings
- Small distances
- Cooking smell
- Tint or tone
- Way too heavy
- Tupperware pieces
- R&B singer Luther
- Scottish prefix
- Pre-computer page design
- Quantity of beer
- Visitation by a spook
- Young woman
- Churchill's symbolic gesture
- Okay
- Rock shelf
- Divvies up
- Eurasian plum
- Was in first place
- Crusaders' adversaries
- Action word
- African lemurs
- Fencing sword
- "Middlemarch" author

Visit: ADailyCrossword.com

- Sundae topper, perhaps
- Since, in Scotland

- Gets a return
- Coarse type of seaweed

- Eye network
- Rash
- Release from bonds

DOWN

- Triumphant exclamation
- Small ruckus
- Fido's friend
- Values very highly
- Arm bones
- Trawler equipment
- Old geezer
- Voting "no"
- "GoodFellas" co-star
- Gardner of "Mogambo"
- Enter a bad stretch
- Dressler and Osmond
- Slip by
- Raines of old films
- Nose into
- Healing ointment
- Song from the diva
- Relatives by religion

- Idyllic gardens
- Moving vehicle
- Word with prayer or throw
- Football kicks
- Consequently
- Hidden valley
- Heretofore
- Large African antelope
- Cylinder head parts
- Disney dwarf
- Clark's Smallville gal
- Cavalryman's weapon
- IOUs
- Hold sway
- Polo goal?
- Pork cut
- Hive dweller
- High dudgeon
- Squiggly fish
- Pacifying concession

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

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Scrabble Solution

PAR SCORE 155-165	DOUBLE WORD SCORE	TRIPLE WORD SCORE	FOUR WORD SCORE	SEVEN WORD SCORE	TOTAL
62	62	62	62	62	227

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

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

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

Difficulty Level ★★