

SCRABBLE GRAMS

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A	E	I	L	U	L	D	B	RACK 1
E	O	U	R	S	B	T	RACK 2	
A	A	E	R	T	P	P	Double Word Score RACK 3	
A	A	E	I	M	D	G	3rd Letter Triple RACK 4	

PAR SCORE 145-155
BEST SCORE 207

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.

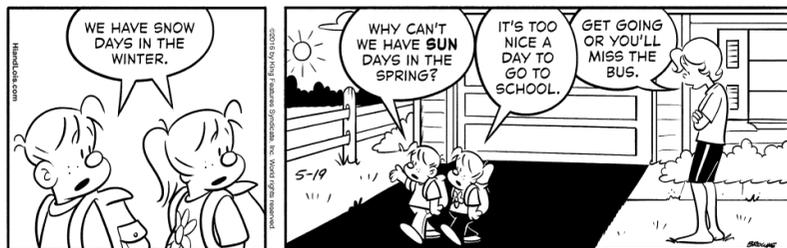
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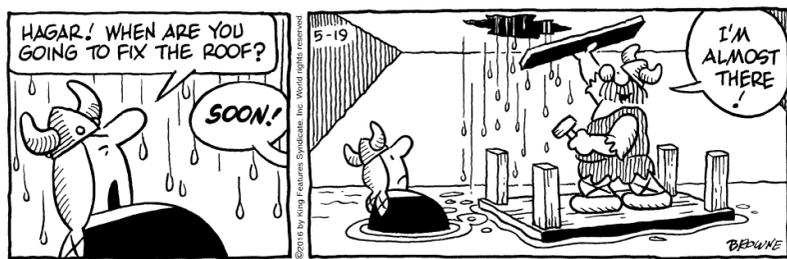
BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



HAGAR THE HORRIBLE by Chris Browne



DENNIS THE MENACE by Hank Ketcham



THE FAMILY CIRCUS by Bill Keane



JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

NAPRO

KKOIS

TEENIC

TRAMWH

“ ”

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

(Answers tomorrow)
Yesterday's Jumbles: VOCAL FRUIT EXPOSE BETRAY
Answer: What she told her husband before handing him the orthodontist's bill — BRACE YOURSELF

Calcium supplements, kidney stones

Dear Dr. Roach: I am a 55-year-old woman. To date, I have had two bone scans — one around age 50 and the other recently. Both times, I was told that I have osteopenia. I understand I have to keep an eye on that, since it could otherwise develop into osteoporosis.

My concern is what to do about supplements. I've been taking 1,000 IU daily of vitamin D-3, and my primary-care doctor would like me to increase that to 2,000 IU. I'm willing to take that step, but she also would like me to take a calcium supplement, and I am wondering if that would put me at an increased risk of developing kidney stones. I'm especially concerned because of my family history.

I'm also a lifelong desert dweller, and I've heard that one of the risk factors for developing kidney stones is living in an arid climate. I don't know what to do about a

DR. KEITH ROACH
TO YOUR GOOD HEALTH

calcium supplement. What do you advise? — C.C.

Getting adequate vitamin D and calcium is the appropriate first step in treating osteopenia, for which the goal is prevention or slowing of progression to osteoporosis. Vitamin D is synthesized by many people in sufficient amounts by the skin upon exposure to sunlight; however, some people don't get enough sun, or the sun where they live isn't adequate to allow the body to make active vitamin D, so a supplement is entirely reasonable. The standard vitamin D dose used to be 400-800 units, whereas now it's 1,000-2,000. Vitamin D excess is very rare, even at 2,000 units a day.

Getting adequate calcium also is important for bones. Although both dietary and

supplement calcium helps the bones, only supplemental calcium increases risk for kidney stones. Paradoxically, those who take more calcium in the diet have a lower risk of kidney stones than those who have little dietary calcium. Good calcium sources include dairy, such as milk, yogurt and cheese; some vegetables, such as kale and broccoli; and fish with bones, such as sardines.

Arid climates cause the body to lose moisture through skin and breathing, so it's important to drink extra in a dry area such as a desert or high altitude especially in someone with or at risk for kidney stones.

Dear Dr. Roach: Given the possible long-term effects of proton-pump inhibitors, should I worry about taking one for my medical condition, a history of esophageal cancer due to GERD? — Anon.

I am getting almost a letter a day on this very question. The short answer is that the possible long-term effects are significant but unlikely, and the risk needs to be balanced against the benefits.

In people with Barrett's esophagus (changes to the lining of the esophagus from continual acid exposure) or what you had, adenocarcinoma of the esophagus, the most feared complication of Barrett's esophagus, the benefit almost surely is worth the small risk.

My experience is that far too many people are taking proton-pump inhibitors, like Prilosec or Nexium, for years after a visit to a doctor for stomach upset.

Doctors keep prescribing it, and patients keep taking it without thinking about whether it really still is necessary. Some people need these medicines for years, but many do not.

"Rose is here," Cy the Cynic told me in the club lounge. "You'll get something to write about."

The player we call "Secondhand Rose" must have been out on a date with Jiggs the plumber when the lesson on "second hand low" was taught. Rose was today's East, and West led a spade against 3NT. Declarer won dummy and led the jack of hearts (not best), and Secondhand Rose ... with the ace!

Rose then led her last spade. South won and led a diamond, but West followed Rose's lead: He grabbed his ace and led a third spade. South had only eight tricks, and when he led another heart, West won and took two spades. Down one.

NINE TRICKS

South makes 3NT if Rose plays "second hand low" on the first heart. If West also played low, South could switch to diamonds for nine tricks. If instead West took the king, he couldn't set up and cash the spades. Secondhand Rose has the right idea. When your partner leads a long suit against notrump, get in quickly to return his lead. Preserve his entries.

Bridge

by Frank Stewart

Secondhand Rose

and he bids two clubs. What do you say?

ANSWER: To pass would be timid. Partner could have 18 points, and game is possible. But your hand isn't strong enough for a bid of 2NT, and you mustn't raise to three clubs with only three-card support. Return to two diamonds. Partner has five or more diamonds, so the contract will be playable if he passes.

South dealer
Both sides vulnerable

NORTH
♠ QJ3
♥ J10963
♦ QJ10
♣ K10

WEST
♠ 96542
♥ K52
♦ A5
♣ Q53

EAST
♠ 87
♥ A84
♦ 8743
♣ J964

SOUTH
♠ AK10
♥ Q7
♦ K962
♣ A872

South 1NT West Pass North 2♦ East Pass
2♥ Pass 3NT All Pass

Opening lead — ♠ 4
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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Lucy of "Charlie's Angels"
- Romeo and Juliet, for example
- Like some stadiums
- Sothern or Jillian
- Winged
- Separated
- Post-divorce events
- Phlegm
- Sanctify
- Leader of the Huns
- Circus Maximus official
- Blackhead
- Tijuana mister
- Women's Lib opponent, perhaps
- Period of immaturity
- Actress Thompson
- Getting hitched, like it or not
- Sub shop
- Go back on one's word
- Large shoe width
- Yet to be paid
- Good points
- Network
- Singers John and Bonnie
- U.S.-Mex.-Can. union
- Infuse
- United Catholic and Orthodox services
- Nary a soul

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						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						56			57	58	59		60	
61	62	63	64						65					
66									67				68	
69									70				71	

Visit: ADailyCrossword.com 5/19

Yesterday's Puzzle Solved

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

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- ### DOWN
- African fever
 - Bumbling
 - Completely intact
 - Took off
 - On its last legs
 - Gentle one
 - Bibliography notation
 - Ecological cycle
 - Hall platforms
 - WWII ration-book group
 - Periodical, briefly
 - Afore
 - Letters before AA?
 - Auricular
 - N. Mandela's country
 - Illicit love affair
 - Lucy's hubby
 - Asinine
 - Rustic inn
 - Backspace over
 - Nine: pref.
 - Sunrises
 - Molding curves
 - Windows predecessor
 - Like gum
 - Metro terminus?
 - Garden tool
 - Coloration
 - Person held in custody
 - Art schools
 - ___ Valley, CA
 - Scottish name prefix
 - Steakhouse choice
 - Toga's cousin
 - Newsman Frank
 - Roman squares
 - Some feds
 - Iowa college town
 - Press coverage
 - Sine qua
 - You, to Yves
 - Way in, briefly
 - Springsteen's birthplace?

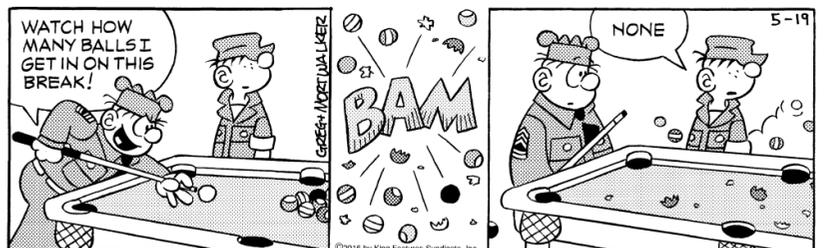
Scrabble Solution

PAR SCORE 145-155
BEST SCORE 207

RACK 4 = 16
RACK 3 = 72
RACK 2 = 59
RACK 1 = 60

SOLUTION

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

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

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

Difficulty Level ★★★