

SCRABBLE GRAMS

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A1 H4 C3 C3 T1 R1 S1 RACK 1
 A1 E1 O1 D2 N1 R1 C3 2nd Letter Double RACK 2
 E1 U1 Y4 R1 R1 J8 P3 Triple Word Score RACK 3
 A1 I1 O1 U1 H4 C3 G2 RACK 4

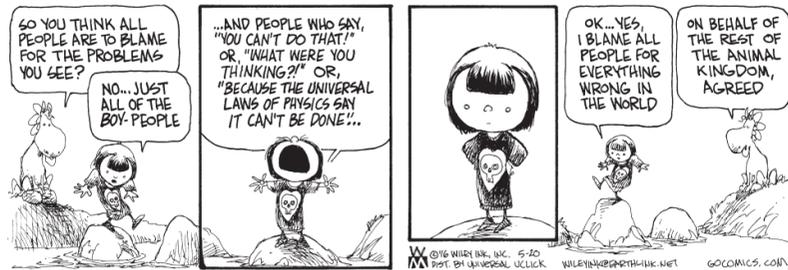
PAR SCORE 150-160
BEST SCORE 246

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.

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.

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 Bill Keane



JUMBLE

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

RESUH
BUDTO
COILSA
PINNAK

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

We also have 40 other actors to include in our contract. We have our own actors to act.

Are you getting a speech coach? I don't need one!

WHEN DONALD AND DAFFY TEAMED UP TO MAKE A MOVIE, IT WAS A HUGE...

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

“ ”

(Answers tomorrow)

Yesterday's Jumbles: APRON KIOSK ENTICE WARMTH
Answer: Making stir-fried vegetables at the cookout was a — "WOK" IN THE PARK

Men are at risk for osteoporosis as well

Dear Dr. Roach: I just read your recent article on osteoporosis, and would like to know if your information also applies to males?

DR. KEITH ROACH
TO YOUR GOOD HEALTH

I so often read these articles that make reference to women, but men also need guidance.

I am a 78-year-old man. I fell in 2004 while hiking and broke my right femur.

The surgeon said my bones were in great shape, and repaired it with a rod and a brace. I have not had any problems with it.

My family physician had me take a bone density test in 2015, which showed a T-score in my left femur of -2.9, and the spine of -1.9.

My FRAX score was a 15 percent risk of major osteoporotic fracture.

He recommended alendronate, but I have side effects of bloating, pain and acid reflux. Are there separate issues for men? — G.B.

Osteoporosis in men is less common than in women, and men have a lower risk of fracture at any T-score than women do, because men have a higher peak bone mass. (A T-score is a measure of bone density compared with a young person of the same sex, with negative results meaning the person being tested has less-dense bones, more likely to fracture. A T-score of -2.5 or worse is considered osteoporosis.)

However, as men age, osteoporotic fractures become increasingly common.

An average 60-year-old man has about a 25 percent risk of an osteoporotic fracture in his lifetime, while the average 90-year-old man has a 6 percent risk of the most dangerous fracture — a hip, compare that with an 18 percent

risk for women.

It's particularly important in younger men to look for reversible causes of osteoporosis prior to beginning therapy, especially low levels of vitamin D, testosterone, calcium and phosphorus. A wise clinician also considers causes such as celiac disease, medications and recreational drugs, and certain tumors and endocrine conditions.

Treatment in men is very similar to that in women, including regular weight-bearing exercise and adequate calcium and vitamin D. Men with low testosterone and osteoporosis should be treated with testosterone.

In your case, your femur break was suspicious for an osteoporotic fracture and you have a moderate (10 to 20 percent) FRAX risk, so I agree with your family physician that medication therapy is reasonable.

For men who have gastroin-

testinal side effects from oral medicines like alendronate (Fosamax), I would recommend zoledronic acid (Reclast, Aclasta or Zometa), which is given intravenously once a year, and has been proven to reduce osteoporotic fractures in men.

Like all bisphosphonates in both men and women, it should be re-evaluated at three to five years to see whether it is still appropriate.

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.rbmail.com.

Bridge

by Frank Stewart

Mistakes were made

Cy the Cynic says that just because nobody ever complains, it doesn't mean that all parachutes are packed correctly. Many deals pass by without comment, but that doesn't mean mistakes weren't made.

At 3NT, South took the ace of hearts and led a diamond to dummy's king. East ducked, so South came to his ace of spades and led a diamond to the queen. East won and returned a heart, and declarer won in dummy and took the jack of diamonds, to which East-West followed.

"Making four," said South, facing his hand. "Next deal?"

COLD CONTRACT

If East had held one more diamond and, say, one fewer spade, South would have lost a cold game. South needs only three diamond tricks for his contract, hence he should play low from dummy on the first diamond.

East wins cheaply and returns a heart, but South can win in his hand and force out the ace of diamonds. Dummy's king of hearts is an entry to the good diamonds, and South wins three diamonds and nine tricks in all.

spade and he jumps to three diamonds. What do you say?

ANSWER: Partner has a good six-card suit, occasionally a seven-card suit, with 15 to 17 high-card points. Since you surely have a slam, you might jump straight to six diamonds. If you want to pursue a grand slam (partner might hold 4 3, K 4, A K Q 10 6 3 2, K 2), bid four clubs, intending to cue-bid your ace of hearts later.

South dealer
N-S vulnerable

NORTH		EAST
♠ 6 4		♠ Q 10 9 5
♥ K 6 4		♥ Q 9
♦ K Q J 6 2		♦ A 10 5
♣ 9 4 2		♣ K J 8 7
	SOUTH	
	♠ A K 7 2	
	♥ A J 3	
	♦ 8 4	
	♣ A 10 6 3	

South 1 NT West Pass North 3 NT East All Pass

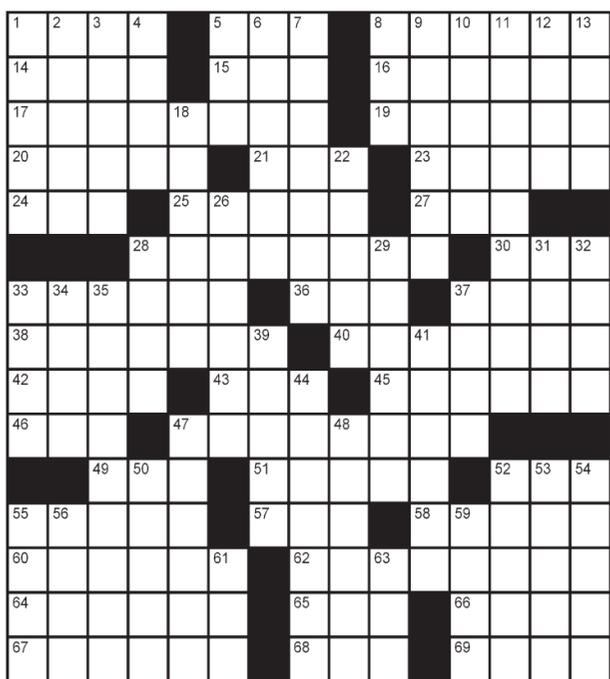
Opening lead — ♥ 5

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The Daily Crossword Edited by Wayne Robert Williams

ACROSS

- Paid athletes
- Render less than perfect
- Singer Streisand
- Verifiable
- Box-office posting
- Lined up
- Running on empty
- You don't say!
- Wedding worker
- Not many
- Prix fixe offerings
- Some: Fr.
- Very angry
- Sort
- Deflation situation
- E-mail punctuation
- Tranquillize
- Is for several
- "Damn Yankees" vamp
- Names turned into words
- Illegible signatures
- Sushi fish
- Mama in a wool coat?
- Thebes, today
- Rolodex info
- Traffic jam
- Peak on Crete
- Ritzy
- Rejuvenation center
- English Derby town
- So there!



Visit: ADailyCrossword.com

5/20

- Adlai's 1956 running mate
- Put aside

- Training
- Cheap cigar
- Matter-of-fact
- Cosmetic additive
- Virgil's hero
- Comprehend
- Patch up
- Batterer
- Groupies
- S'pose
- Earthenware crock
- Work to be done
- Borscht base
- Fencer's foil
- Accident
- Common songbird
- Rustling sound
- 41 ___ up (accumulated)
- Director Blake
- Banjul location
- City near Rawalpindi
- Evade by cunning
- Took
- Evita of Argentina
- Was an interviewer
- Maxwell or Lancheater
- Meat paste
- Dog-paddled
- Affirmative response
- Pro vote

DOWN

- Self-important
- Make less garbage, perhaps
- Solemn vows
- Gin cocktail flavoring
- Chin. food additive
- Bygone PLO leader
- Deciphering stone
- Auction action
- Social instability
- Indian badger
- Conk out
- Gain momentum
- Pointed tools
- Overly ornamented
- Small dams

Yesterday's Puzzle Solved

LIU ROLES DOMED
ANN ALATE APART
SECOND MARRIAGES
SPUTA BLESS
ATTILA AEDILE
COMEDO SENOR
MCP NONGE SADA
SHOTGUN WEDDINGS
DELI RENEGE EEE
OWING ASSETS
SYSTEM RAITTS
NAFTA IMBUE
INTERCOMMUNIONS
NOON REESE NIN
KNITS ANSAE ECO

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5-19

Scrabble Solution

PAR SCORE 150-160
TOTAL 246

FRAX 4 = 12
FRAX 3 = 107
FRAX 2 = 63
FRAX 1 = 64

SOLUTION

BEETLE BAILEY by Mort Walker



SNUFFY SMITH by Fred Lasswell



Conceptis Sudoku

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

Difficulty Level ★★★★★

5/20

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

Difficulty Level ★★★

5/19