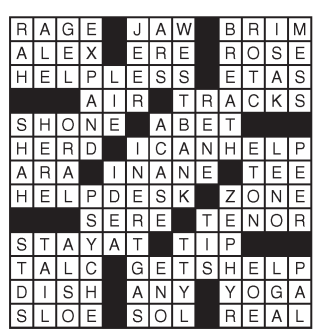


- ACROSS**
 1 Gush
 5 "Say what?"
 8 Hoodlum
 12 Sainly ring
 13 Simile part
 14 Plotting
 15 Wise saying
 17 Teensy bit
 18 Street urchins
 19 Sundance entrants
 21 LAX postings
 24 "The Office" character
 25 Blender sound
 28 Singer Paul
 30 "Big Blue"
 33 Succor
 34 Reside
 35 Lanka lead-in
 36 Away from NNW
 37 Concerning
 38 Urban haze
- DOWN**
 1 "Pygmalion" writer
 2 Haydn nickname
 3 K thru 12
 4 Stereo component
 5 "Bali —"
 6 Aircraft carrier letters
 7 Soccer star
 8 Tropical fruit
 9 "Glass half-full" outlook
 10 Oklahoma tribe
 11 Aliases
- 16** Letters after Q
20 October birthstone
22 Sunup
23 Mor-timer the dummy
25 Existed
26 — Royal Highness
27 Utopian's vision
29 Swiss artist
31 Buddy
32 "Top Gun" target
34 Conked out
38 Takes a whiff of
40 Trousers
42 Bird (Pref.)
43 Emailed
44 Bailiwick
45 Agile
47 Fibs
48 Future atty.'s exam
49 Quantities (Abbr.)
52 "Caught ya!"
53 Coquet-ish

Solution time: 23 mins.



Yesterday's answer 4-6

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		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		
57					58				59		

4-6 CRYPTOQUIP

M U J B Y X F X W S J A A
 R K M V G J G K Z V B U J B U J Y H X V V P G
 J E X W B J S B X Z E Z P Y H K V J R Y
 V P R H K Z G Z P S K ? B J E - A A X F Y V .
 Yesterday's Cryptoquip: IF YOU DIVE INTO A CALIFORNIA BORDER LAKE, YOU MIGHT LIKELY BE COVERED FROM HEAD TO TAHOE.
 Today's Cryptoquip Clue: A equals L

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

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BRIDGE

BY PHILLIP ALDER
 United Feature Syndicate

The finesse seems to be a straightforward play. Apparently, it is a 50-50 shot at an extra trick. However, the technique can be more difficult than that. When should you lead an honor for a finesse? When should a defender cover an honor with an honor? Both of those considerations were present in today's deal.

Against three no-trump, West led the heart king. Declarer saw that he had six top tricks (three spades, one heart, one diamond and one club) and that the three extra tricks he needed would have to come from the diamond suit.

South ducked the first trick, won the heart-jack continuation in the dummy and called for the diamond queen.

When East covered with the king, South was glad that the finesse had worked. After winning with the ace, he cashed the diamond jack and 10. East's discard ended declarer's chances. He had only eight tricks.

As it can't benefit South for East to cover the diamond queen, instead he should lead a low diamond

North 04-06-22			
♠	K J 8		
♥	A 8 4		
♦	Q 5 4		
♣	7 6 4 3		
West		East	
♠	9 4 3	♠	10 6 5 2
♥	K Q J 9	♥	10 7 3
♦	9 7 3 2	♦	K 8
♣	K 10	♣	Q J 9 5
South		North	
♠	A Q 7	♠	6 5 2
♥	6 5 2	♥	A J 10 6
♦	A J 10 6	♦	A 8 2
♣	A 8 2		
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	Pass	3NT	All Pass
Opening lead: ♥K			

to the jack at trick three. When it wins, South plays a spade to the jack and leads dummy's second low diamond. Here, the king pops up. Declarer wins with the ace, plays the diamond six to dummy's queen and claims nine tricks: three spades, one heart, four diamonds and one club.

If East plays a low diamond on the second round, South finesses the 10 and cashes the ace, hopping for a 3-3 break.

Declarer should lead an honor only when he is happy to have it covered. A defender should cover the last of touching honors, and only when it might generate an extra trick for his side.

LIFE

B4

WEDNESDAY, April 6, 2022

Never underestimate the pleasure of pound cake

It's time for a little comfort and here is a sweet fix. Pound cakes are the pleasing plain-Janes of desserts: figurative no-nonsense confections that provide a welcome pick-me-up without wandering into sugary oblivion. In a world of bling and excess, these cakes are not to be underestimated. Their simplicity is their appeal, humbly playing it straight and ordinary, with no need to primp and accessorize.

A pound cake was traditionally constructed of a pound each of butter, sugar, eggs and flour (hence its name), which yielded an exceptionally large cake. Over time, the ingredients ratio has shifted and reduced according to preference, conveniently producing a single loaf or Bundt cake. Subtle tweaks and discreet flourishes are sometimes added, such as a dash of spice, a sprinkle of citrus zest, a shower of confectioners' sugar or a drizzle of syrup. Adjustments and additions aside, in the end, the pound cake remains an unfailingly predictable and pleasing treat.



LYNDA BALSLEV

This recipe celebrates the end of the blood orange season. Any citrus is delicious in a pound cake, which is a natural canvas for the spark of citrus. Blood oranges are murkier and less bright than their navel brethren and add a deeper, fruity flavor to the cake. To match this depth, I swapped out some of the granulated sugar with light brown sugar and combined almond meal (flour) with all-purpose flour, yielding a denser, nuttier cake.

Blood Orange Pound Cake

- Active time: 15 minutes
- Total time: 1 hour and 15 minutes
- Yield: Makes one loaf
- Cake Ingredients:
 - 1 1/4 cups all-purpose flour
 - 1/2 cup almond meal
 - 1 teaspoon baking powder



LYNDA BALSLEV/TASTEFOOD

Pound cake is a perfect canvas for citrus flavors like blood orange.

- 1 teaspoon kosher salt
- 1 cup unsalted butter, softened
- 1/2 cup sugar
- 1/2 cup packed light brown sugar
- 3 large eggs
- 1/4 cup sour cream
- Zest of 2 blood oranges
- 1/2 teaspoon vanilla extract
- Syrup Ingredients:
 - 1/4 cup blood orange juice
 - 1/4 cup sugar
 - Pinch of kosher salt

Steps:
 Heat the oven to 350 degrees. Butter a loaf pan and line the bottom with parchment.
 Combine the flour, almond meal, baking powder and salt in a bowl and stir to blend.
 In a bowl of an electric mixer fitted with a whisk attachment, mix the butter and sugars until light and fluffy. Add the eggs, one at a time, mixing well after each addition. Add the sour cream, orange zest and vanilla and

mix to combine. Add the flour mixture, and using a wooden spoon, mix to blend without overmixing.
 Spoon the batter into the prepared loaf pan and smooth the top. Bake in the oven until a wooden skewer comes clean, about 1 hour.
 While the cake is baking, heat the syrup ingredients over medium-low heat, stirring to dissolve the sugar.
 When the cake is ready, remove from the oven and transfer to a rack. Prick the top of the cake with a wooden skewer and brush with some of the syrup. Cool 10 minutes, then remove the cake from the pan. Brush the cake on all sides with the syrup. Cool completely.
 Serve dusted with confectioners' sugar or whipped cream.

Lynda Balslev is an award-winning cookbook author, recipe developer, tester and editor. Taste Food is distributed by Andrews McMeel Syndication.

Eat well and stay active to keep bones strong

As we enter the next phase of this pandemic treat yourself as kindly as you would treat a friend who needs support. Stay healthy by feeding your body healthy food and drink, taking a walk enjoying the spring beauty while still being mindful of the need to follow the 3 Ws: Wash your hands frequently, watch your distance, wear a mask where appropriate indoors.



KATHY KOLASA

I have osteopenia, what can I do to keep my bones strong? KT, Greenville

Kevin Travia is a second-year ECU Brody medical student with a passion for improving bone health with nutrition. This is what he wants you to do to strengthen your bones.

If your doctor said you have osteopenia, a condition where your bone mineral density is decreased, what would you do differently? Your bones don't have the minerals within them to be as strong as they could be. If this disease progresses, bones can become so weak that they can break easier than normal, the hallmark of osteoporosis.

We all lose bone mineral density gradually over time. Some groups, including older adults, people with poor nutrition or little activity, those who smoke, women after menopause, and older adults with obesity trying to lose weight tend to have lower bone mineral density than others. It's imperative for those with osteopenia (or those in high-risk groups) to prevent the progression of bone mineral loss through healthy eating and physical activity. To prevent bone mineral loss, we must understand how it happens. From birth to the age of around 30, healthy individuals build more bone than they break down. Then, bone begins to break down faster than it builds up. The scary part is that there often are no symptoms related to this change.

In high-risk groups, and sometimes in everyone, the breakdown of bone far exceeds the buildup, leading to decreased bone mineral density (BMD). This "silent disease," as low BMD is often called, can be prevented by building up as strong of bones as possible. Healthy eating can lower the risks for the progression of osteopenia to osteoporosis.

The National Institute of Health recommends eating foods rich in calcium (1,000 milligrams for men per day, 1,200 milligrams for women) and in vitamin D (15 micrograms per day for those under 70 years old, 20 mcg for those over 70). Foods rich in calcium include dairy products (low-fat milk, yogurt and cheese), beans, canned sardines, salmon, collard greens, turnip greens, kale, okra and fortified breakfast cereals. While beans contain a substance called phytates that block calcium absorption, soaking

beans in water for several hours helps remove the phytates. Or just use beans canned without added fat. Vitamin D comes in various sources like dairy products, salmon, mackerel, tuna, sardines, liver oils, mushrooms and fortified cereals. Recent research has shown foods rich in omega-3 fatty acids like fish oil, flaxseed oil, olive oil, soybeans and blueberries if eaten regularly may have benefits to BMD. You may not know that magnesium, potassium and vitamin C are beneficial for increasing BMD, preventing loss of calcium, and synthesizing collagen for bone the matrix, respectively. Magnesium is found in foods like spinach, beet greens, okra, tomato products, artichokes, plantains, sweet potatoes and collard greens; potassium is in tomato products, raisins, spinach, sweet potatoes and collard greens; and vitamin C is in foods like red peppers, green peppers, oranges, grapefruits, broccoli and strawberries.

If you choose dietary supplements over food for these nutrients, be careful not to exceed the upper tolerable limit to prevent bad side effects. Some nutrients, like sodium, lead to calcium loss, which leads to bone loss. Limit your intake of highly processed foods and read the nutrition facts label to see how much sodium is in the foods and drinks you choose. Alcohol and caffeine found in coffee, tea, and soft drinks can contribute to bone loss. If you are overweight and have been encouraged to lose some

weight, be sure to get enough protein, calcium and vitamin D and do resistance exercises to reduce the risk of bone loss.

Don't think that working out puts you at added risk of breaking a bone if you have osteoporosis. Physical activity experts say that activity can prevent the progression of bone mineral loss. When pressure is applied to our bones by doing weight-bearing exercises like walking, hiking, elliptical training, dancing and climbing stairs, they build up to handle the added stress. Weight-bearing exercise improves balance, muscle strength, and posture, all reducing the likelihood of a fall. Depending on your fitness level and strength, be careful of high-impact exercises like running or jumping as these may increase your risk of compression fractures.

Ask your doctor or registered dietitian nutritionist to review your lifestyle to ensure you are doing all you can to prevent bone loss. For many with osteopenia, the first indication of progression to osteoporosis is breaking a bone or getting shorter. Everyone loses BMD over time, but you can make your bones stronger through eating healthy, resistance and weight-bearing physical activity, and taking medicine when prescribed.

Professor emeritus Kathy Kolasa, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at kolasaka@ecu.edu.