



Your Petroleum Center



Serving You At These Locations:
Pine Mountain Junction
Whitesburg
And Neon Junction
Neon

7-Day Forecast for Whitesburg

Forecasts and graphics provided by AccuWeather, Inc. ©2026

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
85° 65° RealFeel® 90° A t-storm in spots in the afternoon	84° 64° RealFeel® 91° Humid; a stray afternoon t-storm	79° 62° RealFeel® 92° Partly sunny, a shower; humid	85° 64° RealFeel® 95° Mostly sunny, warm and humid	83° 65° RealFeel® 95° Partly sunny and humid	84° 67° RealFeel® 94° Humid with a couple of t-storms	78° 60° RealFeel® 85° Some rain and a t-storm in the a.m.

Z- and T-scores in DEXA scans



DEAR DR. ROACH: I'm a woman of 54 with somewhat limited mobility due to back pain. Perhaps for this reason, my primary care physician ordered a DEXA scan in 2023 and again in 2026. I was alarmed when the recent scan showed osteopenia in five of the six areas that were tested.

I thought the 2023 scan was normal, but when I revisited it, I saw that I had osteopenia then as well. But in the 2023 report, they had only looked for a Z-score of less than -2 as an indicator of a problem, whereas in 2026 they used the T-score.

Had I realized that I had osteopenia three years ago, I'd have started taking calcium (I get plenty in my diet and struggle with large pills) and weighed the risks of more vigorous exercise differently. (Perhaps I should be more willing to risk short-term flare-ups in the pursuit of long-term bone health.)

I'm not sure if this reporting method is standard, but perhaps physicians and patients should look at the T-score for an indication of osteopenia if the radiologist doesn't do so. -- J.F.

ANSWER: There are three numbers I look for when reviewing a patient's bone density scans. (DEXA, or dual-energy X-ray absorptiometry, is the standard screening and diagnostic test for bone loss.)

The first is the T-score, which compares my patient to a per-

son of the same sex at peak bone mass. A T-score of zero means the person who's being scanned has the peak bone mass of a healthy young adult. (It's very unusual to see a positive T-score.) If a person has peak bone density, their T-score will be zero. A T-score of -1.0 is one standard deviation below peak bone mass; -1.1 to -2.4 is considered low bone mass or osteopenia; and -2.5 or less is considered osteoporosis.

The Z-score compares a person to the average score within their age group and sex. An older person might have a T-score in the osteopenia or even osteoporotic range, yet have a

normal Z-score. The Z-score is most useful for alerting the clinician if a patient's bone density is lower than expected for their age.

A very low Z-score suggests a secondary reason for osteoporosis. This can include medications such as prednisone or anti-epilepsy drugs; celiac or other malabsorptive diseases; or hormonal conditions like excess thyroid hormone, hyperparathyroidism, or low sex hormones.

Finally, most DEXA scans now include the FRAX score, which is critical in communicating a person's risk of fracture

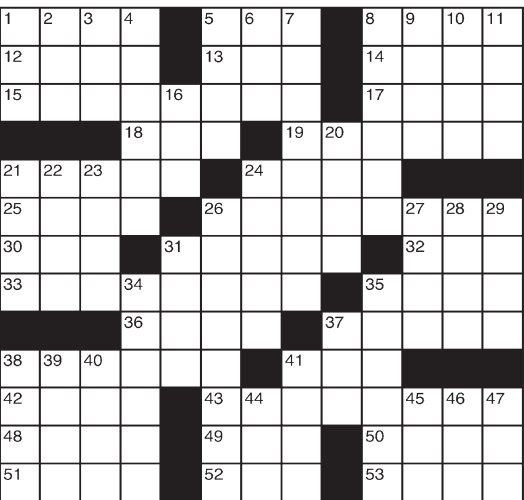
(Continued on Page 8)

King Crossword

ACROSS

- 1 Doves' home
5 Coach
8 Parseghian
12 Beach crawler
13 Pizza cooker
13 Greyhound vehicle
14 — Martin (cognac)
15 Bread sellers
17 Sheltered
18 Hogwash
19 Thespians
21 Sheriff's star
24 Hold sway
25 Jealousy
26 Stalks for soups
30 Finale
31 Give it a go
32 Man-mouse link

- 33 Sets of prayer beads
35 Big gulp
36 Eyeglass frames
37 Lake flock
38 Hoi —
41 Enjoy Aspen
42 Mayberry young 'un
43 Officials with seals
48 Ivy in Philly
49 Literary collection
50 Corporate symbol



- 51 Perimeter
52 Actress
53 Myrna
53 Winter blanket

DOWN

- 1 Corn core
2 Eggs
3 Shatner's "— War"
4 Vigor
5 Slightly
6 Regret
7 Military attacks
8 Moon cavity

- 9 Move, in
10 Realtor lingo
10 Pt. of U.S.A.
11 Tournament passes
16 Caviar base
20 "Pinocchio" fish
21 "Cheers" order
22 Part of A.D.
23 Film formats
24 Point —
26 Peninsula
26 Record holder?
27 "The Music Man" setting

- 28 Ireland
29 Droops
31 Small combo
34 Dahl of films
35 Marble cake patterns
37 Reggae relative
38 Vatican leader
39 Pundit's piece
40 TV journalist
41 Lisa
41 Remain
44 Lennon's partner
45 Charged bit
46 Conceit
47 Plant seeds

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Glass is larger. 2. Hand is moved. 3. Bow tie is missing. 4. Mug is reversed. 5. Arm is longer. 6. Label is

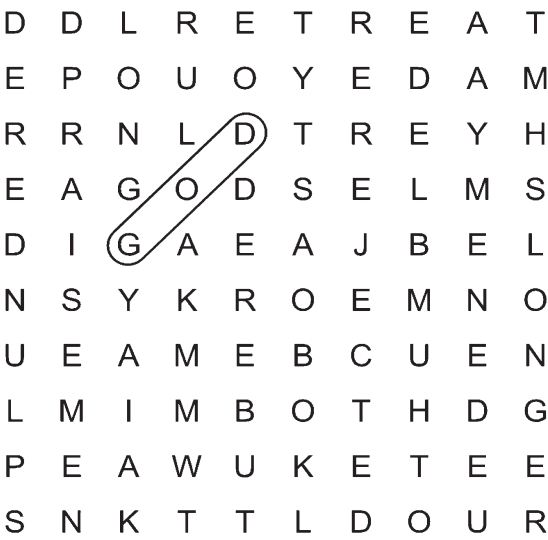
BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalms 44:8-10

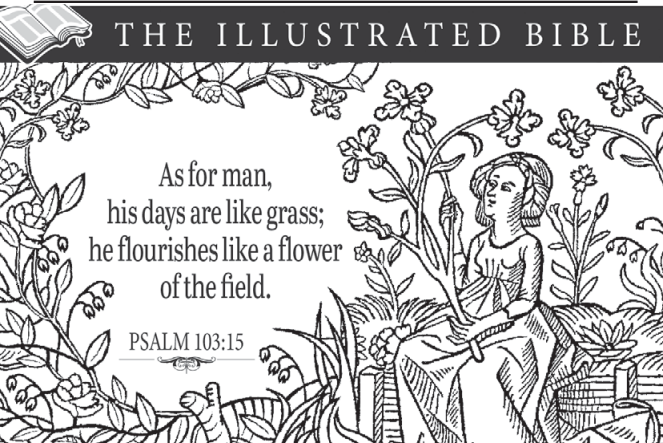
In **God** we **make** our **boast** all **day long**, and we will **praise** your **name** forever. **But** now **you** have **rejected** and **humbled** us; you no **longer** go **out** with our **armies**. You **made** us **retreat** before the **enemy**, and **our** adversaries have **plundered** us.

NEW INTERNATIONAL VERSION



Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

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MARRIAGE COUNSELOR

“... and does Stanley's affect your sleep, Mrs. Feeny? Mrs. Feeny...”

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Speck
ARING

Dame
ROMANT

Taut
ENSET

First
DIEMAN

TODAY'S WORD

The Newsday Crossword

Edited by Stanley Newman (www.StanXwords.com)

CAPITAL CITIES: In name only
by Mark McClain

ACROSS

1 It's a long story
5 Use molars
9 Offer feedback
14 Nearly failing
19 Reptilian sunbather
20 Solemn statement
21 Egg-shaped
22 Uplift
23 Laos locale
24 Marquee's evening
25 ATM inserts
26 Wear away
27 City south of Lexington
30 Freshens the walls
31 Poet at the 1993 inauguration
32 Ashe Stadium org.
33 With open ___ (cordially)
34 Got together
35 Waist straps
37 Italian omelet
41 City northwest of Atlanta
45 Cut back on
46 St. Patrick's land
47 Hertz rival
48 Semi-monthly tide
49 Abbr. on folk song music
50 Praise highly
51 Undecorated
52 Cry like a baby
53 Encourage, as in wrongdoing
54 Not out of the question
55 Crunchy lunch
56 Compass pt.
57 Czech or Serb
58 Makes illegal
59 "...more or less"
60 Land of Lincoln's southernmost city

DOWN

63 Apple Store purchase
66 Certain Scandinavian
67 Arduous work
68 Web address
69 Encouraging word
70 Sun blockers
73 Keep away from
74 Numerous
75 Bagel, essentially
76 Woolly beasts
77 High point
78 Thick hair
79 Mideast flier
80 Worse than bad
81 Part of MTWTF
82 City northwest of Sun Valley
85 Tuckered out
87 Itinerary
88 Face on a five
89 Expected result
90 Burn slightly
91 Hold the gavel
95 Start a round
98 City northwest of Alexandria
101 Regularly scheduled donation
102 Using few words
103 Thin sandwich exterior
104 Pesky bug
105 Where the blissful walk
106 Happen again
107 B school subject
108 Phone number with four letters
109 Chihuahua change
110 No-bid statement
111 Shipped off
112 Penn in pictures

DOWN

1 Milan's La ___ opera house
2 Fiery felony
3 About to leave
4 Scholarly lingo
5 Imply
6 Three-line poetry
7 Diminutive suffix
8 A question of timing
9 Coffee in espresso
10 Ousts
11 Lively folk dance
12 Bell-shaped bloom
13 NFL distances
14 Fantasized
15 City northeast of Dallas
16 Oz visitor
17 The IRS is part of it
18 Visits with
28 Cassini of fashion
29 12-Down cousin
30 Overly proper
33 Rarely rained on
35 Ale expert
36 The same: Fr.
37 Rushee recruiter
38 Part of UAE
39 Cash drawer
40 Prefix for room
41 Temple teacher
42 Ellipsoids
43 High spirits
44 Tot's outfit
45 Attraction near the Pantheon
49 Tots' batting game
50 Long, long times
52 Financial resources
53 Totally committed
54 Per diem

CREATORS SYNDICATE © 2026 STANLEY NEWMAN

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08/23/26

57 ___ Falls, SD
58 Large Indonesian island
60 Dishonorable people
61 Common survey option
62 Subtle aspect
63 Bread or dough
64 Koran focus
65 String trio member
66 City northeast of Dayton
70 Music staff symbol
71 Rock that runs

72 Leave off
73 Tuber nickname
74 Nautical pole
75 Updates, as decor
77 Attention-getter
78 Bewail
81 Surf and ___ dinner
82 Malcontents
83 Legal authorization
84 "___ to differ"
86 Errand runners

87 Brown monkey
90 About the year of
91 Mountaineer's spike
92 Typical navel
93 Artemis alias
94 Gobbled up
95 Muscle car roof
96 A, as in Austria
97 Greek vowels
98 #2 exec
99 Takes after
100 Guilty pleasure
102 Angular opening