LOCAL

Department of Environmental Conservation tickets man on illegal burning charge

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NATION

Biden declares state of emergency in South Carolina as storm intensifies

■ Page A6

SPORTS

Joe Burrow, Bangals hand Dolphins first loss

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The Daily Mail
WEEKEND

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Woman accused of attacking officers

By Bill Williams
Columbia-Greene Media

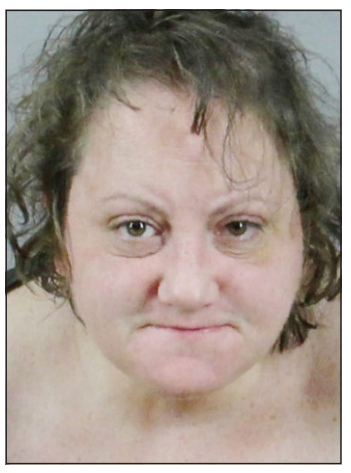
SAUGERTIES — An Ulster County woman is being held by authorities following an incident Wednesday night where she allegedly attacked police officers who were attempting to take her into custody, Saugerties police chief Joseph Sinagra said.

Christine A. Diliberto, 43, of Saugerties was taken to the Ulster County Jail following her arrest, Sinagra said.

At about 6:44 p.m., police responded to the parking lot of The Mill apartment complex at 55 East Bridge St. in Saugerties for a reported physical domestic dispute.

The initial caller said Diliberto was inside a vehicle with a man and that she was punching him, Sinagra said.

The investigation by officers established that Diliberto, who was in a highly intoxicated condition, attempted to kick out the front windshield of a motor vehicle, causing damage to the windshield, Sinagra said.



Christine A. Diliberto

Diliberto also broke the rearview mirror off the vehicle and ripped off one the windshield wipers.

While officers were attempting to take Diliberto into custody, she physically fought with officers in an attempt to resist arrest, Sinagra said. Once back at police headquarters, Diliberto kicked an officer while being processed.

Diliberto was charged with third-degree criminal mischief, a class E felony, second-degree reckless endangerment, second-degree harassment and resisting arrest, all class A misdemeanors, Sinagra said.

Diliberto was brought to Village of Saugerties Justice Court to be arraigned. During the proceedings, Dilberto spit in the arresting officer's face, Sinagra said.

Diliberto was sent to the Ulster County Jail without bail. She is scheduled to reappear in Village of Saugerties Justice Court on Oct. 24, to answer to the charges.

According to New York Penal Law, a person is guilty of third-degree criminal mischief when, with intent to damage property of another person, and having no right to do so nor any reasonable ground to believe that he or she has such right, damages the motor vehicle of another person, or damages property of another person in an amount exceeding two hundred fifty dollars.

If convicted of this charge in a court of law, the maximum sentence is four years in prison.

Drivers warned of delays around Horseshoe Bend



By Bill Williams
Columbia-Greene Media

HAINES FALLS — Motorists that use part of Route 23A in Greene County may experience delays caused by roadwork that has been scheduled for this coming week, according to the New York State Department of Transportation.

The affected area is located between Haines Falls and Palenville, and work is scheduled to take place Monday through Friday, said Department of Transportation Region 1 public information officer Bryan Viggiani said Friday.

Workers will be concentrated in the area of Horseshoe Bend. They will be trimming back trees and branches to enhance driver visibility, Viggiani said.

Alternating lanes of one-way traffic, controlled by flaggers, is planned for that stretch of Route 23A, while the work is taking place.

Route 23A has a posted speed of 55 mph through the work zone, however several safety signs suggest a speed

See DRIVERS A12

File photo

Expect delays this coming week with scheduled roadwork on Route 23A in Haines Falls.

Demonstrators to protest fossil fuel investments

By Raymond Pignone
Columbia-Greene Media

CHATHAM — Faith leaders from all corners of the Capital Region and Hudson Valley will join climate and environmental activists in Albany to demonstrate against banks that invest in fossil-fuel projects.

The demonstration is planned for Oct. 14 from 4:15 to 5:15 p.m. at Academy Park across from the state Capital, said Michael Richardson, leader of the Rivers & Mountains GreenFaith Circle.

This will be different from the usual protests, Richardson said, and don't even think about calling it a rally.

"For years we've been rallying about the climate crisis and that hasn't gotten us very far," Richardson said Friday. "This time it's going to be different. There won't be any 'hey hey' or 'ho ho' and there won't be any chanting. That's why we're assembling faith-based leaders. This is about a moral imperative."



Courtesy of Rivers & Mountains GreenFaith Circle

The Red Rebel Brigade, which takes its name from their crimson robes and kabuki makeup, will join demonstrators Oct. 14 in Albany to protest banking investments in fossil fuels.

Joining the demonstrators in Albany will be a Buddhist bagpiper and the Red Rebel Brigade, men and women in striking crimson robes and kabuki-style makeup.

The Red Rebel Brigade is known throughout the world. Organizations can be found in a variety of cities including Boston and London. Plans are in the works to form a Red Rebel Brigade in Chatham, Richardson said.

"The demonstration will send a message to Big Finance on the moral imperative to stop funding fossil-fuel projects," Richardson said. "It's directed at TD Bank, which continues to finance new fossil-fuel infrastructure with billions of dollars — all while science is telling us to reverse course immediately to prevent climate catastrophe."

Locally, TD Bank, based in Cherry Hill, New Jersey, has branches in Hudson, Albany and Kingston.

An employee at TD Bank's

See PROTESTS A12

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Weather

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TODAY	TONIGHT	SUN
A little rain and wind	Tropical Rainstorm Ian	Episodes of sunshine
HIGH	LOW	60
59	49	39

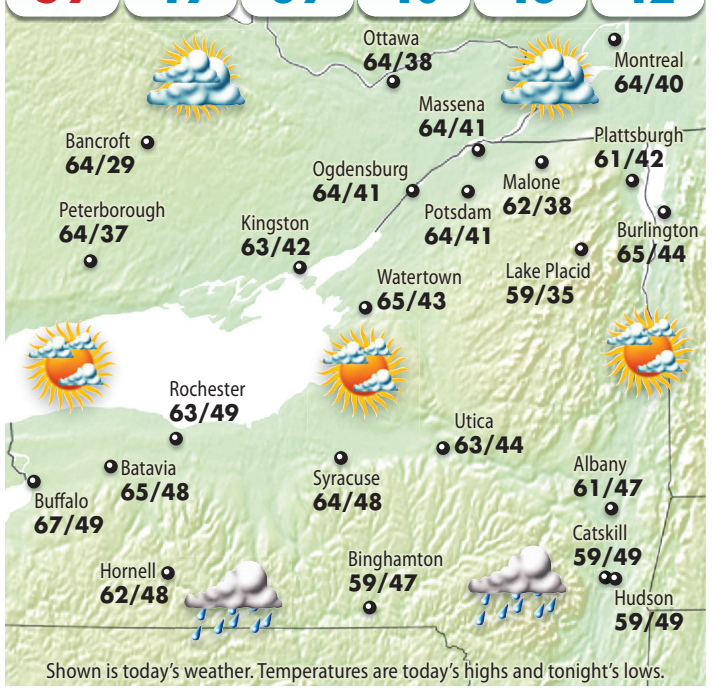


INSIDE TODAY!

Weather

FORECAST FOR HUDSON/CATSKILL

TODAY	TONIGHT	SUN	MON	TUE	WED
A little rain and wind	Tropical Rainstorm Ian	Episodes of sunshine	Partly sunny	Showers possible	Sun and clouds
HIGH	LOW	60	62	61	62
59	49	39	40	43	42



Shown is today's weather. Temperatures are today's highs and tonight's lows.

ALMANAC

Statistics through 1 p.m. Friday

Temperature		Precipitation	
Friday as of 1 p.m.		24 hrs. through 1 p.m. Fri.	
High	Low	0.00"	
57	39	YEAR TO DATE 26.97	NORMAL 30.58

SUN AND MOON

	Today	Sun.
Sunrise	6:52 a.m.	6:53 a.m.
Sunset	6:37 p.m.	6:35 p.m.
Moonrise	1:24 p.m.	2:31 p.m.
Moonset	10:06 p.m.	11:06 p.m.

Moon Phases

First	Full	Last	New
Oct 2	Oct 9	Oct 17	Oct 25

Forecasts and graphics provided by **AccuWeather, Inc.** ©2022

CONDITIONS TODAY

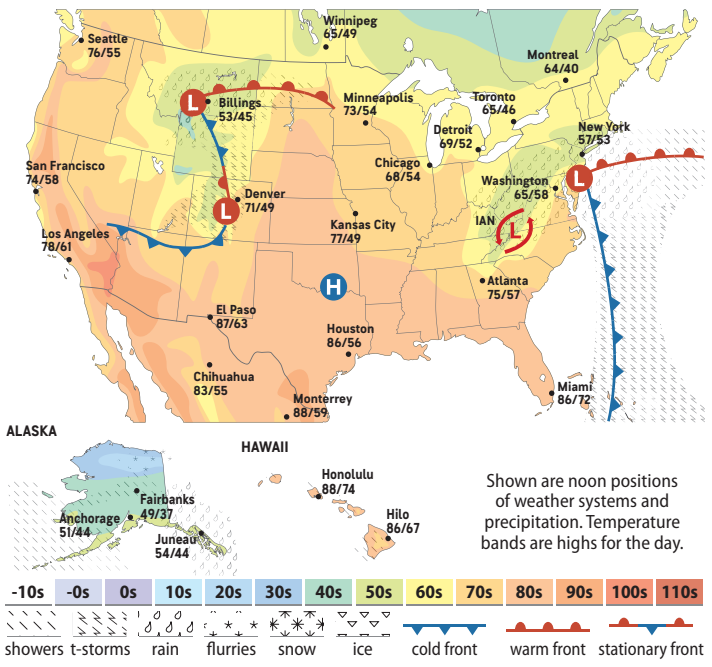
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8 a.m.	9 a.m.	10 a.m.	11 a.m.	Noon	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.
0	1	1	1	1	1	1	1	1	1	0
38	43	43	46	45	43	50	54	46	49	49

The higher the **AccuWeather.com UV Index** number, the greater the need for eye and skin protection. **0-2** Low; **3-5** Moderate; **6-7** High; **8-10** Very High; **11+** Extreme. The patented **AccuWeather.com RealFeel Temperature** is an exclusive index of effective temperature based on eight weather factors.

NATIONAL WEATHER TODAY



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day.

NATIONAL CITIES

City	Today Hi/Lo	W	Sun. Hi/Lo	W
Albuquerque	80/56	s	78/56	pc
Anchorage	51/44	c	50/44	r
Atlanta	75/57	pc	73/55	pc
Atlantic City	66/60	r	64/55	r
Baltimore	62/56	r	59/50	r
Billings	53/45	t	60/47	t
Birmingham	79/55	pc	76/55	pc
Boise	73/51	s	76/51	s
Boston	60/53	r	58/48	c
Charleston, SC	79/61	pc	80/59	pc
Charleston, WV	58/52	r	59/49	r
Charlotte	68/56	c	68/55	c
Cheyenne	64/45	t	67/48	t
Chicago	68/54	s	68/51	s
Cincinnati	68/54	c	70/50	c
Cleveland	63/54	pc	62/46	c
Columbus, OH	63/53	c	67/48	c
Dallas	84/56	s	86/58	s
Denver	71/49	t	71/51	t
Des Moines	75/50	s	74/53	s
Detroit	69/52	c	68/44	s
Hartford	59/50	r	59/43	pc
Honolulu	88/74	s	85/73	sh
Houston	86/56	s	87/59	pc
Indianapolis	73/52	pc	71/48	pc
Kansas City	77/49	s	80/52	s
Knoxville	62/54	r	64/51	r
Las Vegas	94/72	s	95/74	pc
Little Rock	81/52	s	82/55	s
Los Angeles	78/61	pc	77/62	pc
Miami	86/72	pc	86/69	t
Milwaukee	64/54	s	62/50	pc
Minneapolis	73/54	s	71/53	s
Nashville	78/53	c	76/53	c
New Orleans	83/61	s	84/64	s
New York City	57/53	r	58/48	r
Norfolk	80/65	c	71/62	r
Oklahoma City	84/50	s	86/51	s
Omaha	78/50	s	78/53	s
Orlando	86/65	s	86/65	s
Philadelphia	61/55	r	61/51	r
Phoenix	97/80	s	99/78	s
Pittsburgh	58/51	r	60/44	r
Portland	63/46	pc	58/35	pc
Portland	85/58	s	82/55	s
Providence	58/51	r	58/48	r
Raleigh	72/59	c	69/55	c
Richmond	72/61	sh	67/53	r
Sacramento	87/57	s	87/55	s
St. Louis	75/51	s	76/54	s
Salt Lake City	71/50	s	76/54	s
San Francisco	74/58	pc	72/57	pc
Savannah	82/58	pc	81/58	pc
Seattle	76/55	s	78/57	s
Tampa	84/69	s	85/70	s
Washington, DC	65/58	r	61/52	r

Weather(W): **s**-sunny, **pc**-partly cloudy, **c**-cloudy, **sh**-showers, **t**-thunderstorms, **r**-rain, **sf**-snow flurries, **sn**-snow, **i**-ice.

A statue of legendary spy Harriet Tubman now stands at the CIA

Gillian Brockell
The Washington Post

WASHINGTON - "A woke military is a weak military," former CIA director Mike Pompeo tweeted Tuesday.

A few weeks earlier at CIA headquarters, in Langley, Va., current CIA director William J. Burns had a different perspective: cutting the ribbon on a new statue of abolitionist and military spy Harriet Tubman, a move some might decry as "woke" for an intelligence agency. Burns shared ribbon-cutting duties with Tina Wyatt, a descendant of Tubman's who was invited to the private ceremony.

"It was awesome," said CIA Museum Director Robert Byer, who attended the ceremony, in an interview with The Washington Post. He added it was "moving" but declined to provide further details, in classic CIA style.

CIA employees proposed the statue project after attending a team-building program in Maryland, where Tubman was raised and where she eventually led scores of enslaved people to freedom. It is a reproduction of a statue by artist Brian Hanlon that stands in front of the New York State Equal Rights Heritage Center in Auburn, N.Y., and was made with the artist's permission.

The statue joins two others on the CIA campus that depict Nathan Hale, an American spy killed by the British during the Revolutionary War, and William J. Donovan, considered the "founding father" of the CIA.

At first blush, Tubman, a civil rights activist who famously and repeatedly broke the law, might seem an unlikely inspiration for today's foreign intelligence officers. But Byer said there was a lot of overlap between the "ethos" of the CIA and Tubman's.



WASHINGTON POST PHOTO BY BILL O'LEARY

The Harriet Tubman statue recently dedicated at CIA headquarters, in Langley, Va.

Since 2018, the CIA has taken some employees on "Leadership Ethos Rides" retracing the path of Tubman's Underground Railroad missions along the Eastern Shore. On these missions, she led enslaved people to safety and freedom - actions that in the intel community would be classified as "exfiltration from a denied area," Byer said. The rides highlight Tubman and the CIA's shared traits, Byer said, like "dedication, sacrifice and stewardship."

The statue depicts Tubman when she was younger than she appears in most photographs. She holds a lantern in her raised right arm, symbolically lighting the path to freedom and perhaps evoking the Statue of Liberty. Her left arm reaches back, her wrist tilted just so, as if to warn her "passengers" on the Underground Railroad not to move just yet.

During the Civil War, when Tubman was in her 40s, she became the first woman to plan and lead a U.S. Army expedition. In South Carolina, Tubman went behind enemy lines dressed as a enslaved person to gather intelligence from enslaved people about the locations of Confederate torpedoes on the Combahee River. With this intel, Union gunboats were able to move up the river undetected and successfully raid Confederate strongholds. On their way back down the river, Union troops freed hundreds of enslaved people, many of whom joined the fight.

The Combahee River Raid has earned Tubman spots in the Military Intelligence Corps Hall of Fame and the International Spy Museum, though Byer pointed out that since she wasn't stealing secrets and giving them to foreign intelligence, she wasn't a "spy" in the strictest sense, but an "intelligence collector."

Still, her remarkable service points to another of the CIA's goals, one that some people might dismiss as too modern, too "woke," but that Byer argued was key.

"We need diversity in order to do our mission here," Byer said. "If those slaves hadn't trusted Harriet Tubman, they wouldn't have given her information."

'Absolute devastation': Hurricane Ian decimates Fort Myers Beach

Zachary T. Sampson
Tampa Bay Times

FORT MYERS BEACH — They thought second floors would be safe.

But Hurricane Ian was more brutal than some residents of Fort Myers Beach ever imagined.

Kevin Behen left his studio apartment and hunkered down in a corner room in a stout building by the foot of the bridge into town. The surge licked the second-floor deck. He sprinted upstairs and banged on a door until someone let him in.

"It sounded like there was a tornado coming every five minutes," Behen said.

The water rose rapidly like a dam had collapsed.

Daybreak on Thursday revealed devastation — another slice of salt-streaked Florida forever altered by a storm.

Blown-out homes blocked side streets, each an eruption of soggy wood and metal. Sand covered the main drag, Estero Boulevard, as if hurling the barrier island back in time.

Beer bottles and kegs spilled out from shattered bars like confetti, and Winds — the beach souvenir shack near the northern edge of town — was a husk. Ian blew out all the shop's windows, and most of the tile inside, too. Soaked neon swimsuits, hats and sunset-colored T-shirts lay in a wet curl around the building.

The stiff sea breeze was tainted by the smell of natural gas.

Behen took a call from his father as pickup trucks rumbled into the city.

"The island is like somebody took an atom bomb and dropped it," he said into his phone.

Behen soon stumbled upon another man, who said he'd ridden his roof through the flood to shelter, slept on a porch, and feared his roommate and two others were dead. He had no shoes and bloody gashes on both his head and legs.

An untold number of people stayed while Ian battered Southwest Florida as one of the most powerful storms to ever make landfall in the United States. Some are now missing.

A Coast Guard helicopter thwacked over Fort Myers Beach about 10 a.m., dropping a stretcher into the wreckage and hauling a person up.

Emergency officials expect to find bodies in the rubble, said Jennifer Campbell, the local fire marshal. They know people did not all heed the evacuation orders. Campbell walked through town with a colleague Thursday, surveying the damage and shutting off gas lines.

"Absolute devastation," she said. "There's barely anything left."

Just before the last bridge to Fort Myers Beach, Max Lopez-Figueroa, 28, and his wife, Zhenia, 30, had planned to huddle in their second-floor condo during the hurricane. But the surge rose and rose until it approached their deck.

They scrambled upstairs to another unit with their children, Yuriel, 2, and Aziel, 2 months. Then the entire side of the building blew off.

"No preparation could have prepared us for this," Max said. Aziel slept through the storm, and Yuriel, remarkably calm, watched "Dog Gone Trouble."

Flying debris — they can't know what — dented their storm shutters. Their brand new Mazda SUV was completely flooded. But the inside of their unit turned out mostly OK.

Around their home, grounded boats lined the road like shadows. A pleasure cruiser's stern sat atop a squashed SUV.

The Lopez-Figueroas said they think they will move north now, out of Florida.

"It's not because we're running from it," Zhenia said. "We have nothing. So you start over."

Down Estero Boulevard near the elementary school, Cheryl Summers and Jay Kimble had abandoned their first floor home to stay with an upstairs neighbor. They took their four cats with them.

Still, Ian blew out the walls of the building's lower level, and the whole structure shook. Dark water rose outside.

They feared they would have to swim for safety. Kimble, 48, tied a hammer to a rope and stepped onto an exterior staircase, trying to hook a kayak for their escape. Wood beams and a trailer floated by. The wind howled.

The kayak, he realized, was tied to a tree. Out of reach.

The couple hadn't wanted to take their cats to a shelter. So, in the thick of the storm, they took sleeping pills to ease their panic.

Up the road, Karla Quillen nervously watched the sea rise to just below her second-floor apartment. Her windows rattled, and rain leaked inside. The surge was tinted muddy brown.

HUDSON RIVER TIDES

Low Tide: 1:34 a.m. 0.45 feet
High Tide: 7:07 a.m. 3.69 feet
Low Tide: 1:25 p.m. 0.58 feet
High Tide: 7:34 p.m. 4.48 feet

COLUMBIA-GREENE MEDIA

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CALENDAR

EDITOR'S NOTE: Most events and meetings are cancelled or have been moved online due to the virus outbreak. Please call ahead to confirm.

Monday, Oct. 3

- Athens Town Board 7 p.m. Athens Volunteer Firehouse, 39 Third St., Athens 518-945-1052 Changes will be on the Town of Athens web page
- Cairo Town Board 7 p.m. Town Hall, 512 Main St., Cairo
- Coxsackie Village Zoning Board of Appeals 6 p.m. Village Hall, 119 Mansion St., Coxsackie
- Greene County Board of Electrical Examiners 1 p.m. Greene County Office Building, 411 Main St., 4th Floor, Room 469, Catskill
- Greenville Central School District Board of Education 6 p.m. MS/HS Library, 4976 SR 81, Greenville

Tuesday, Oct. 4

- Catskill Town Board 6:30 p.m. Town Hall, 439 Main St., Catskill
- Durham Town Board workshop meeting 7:30 p.m. Town Hall, 7309 Route 81, East Durham

Wednesday, Oct. 5

- Athens Town Board Budget Workshop 7 p.m. Community Center, 2 First St., Athens

Thursday, Oct. 6

- Ashland Town Planning Board 6 p.m. Town Hall, 12094 Route 23, Ashland
- Coxsackie Village Workshop 6 p.m. Village Hall, 119 Mansion St., Coxsackie

Monday, Oct. 10

- Catskill Town Offices closed in observance of Columbia Day/Indigenous Peoples' Day
- Catskill Village Offices closed in observance of Columbia Day/Indigenous Peoples' Day
- Catskill Village Planning Board 6:30 p.m. Robert C. Antonelli Senior Center, 15 Academy St., Catskill 518-943-3830
- Coxsackie Village Offices closed in observance of Columbus Day/Indigenous Peoples' Day

Tuesday, Oct. 11

- Catskill Town Planning Board 6:30 p.m. Town Hall, 439 Main St., Catskill
- Coxsackie Village Historic Preservation Commission 6 p.m. Village Hall, 119 Mansion St., Coxsackie
- Coxsackie Village Board 7 p.m. Village Hall, 119 Mansion St., Coxsackie

Wednesday, Oct. 12

- Athens Town Zoning Board of Appeals 7 p.m. Athens Town Hall, 2 First St., Athens
- Athens Village Board 6:30 p.m. Athens Fire Department, 39 Third St., Athens Consult the village website for updates the day of the meeting
- Catskill Village Board of Trustees 6:30 p.m. October 12 Robert C. Antonelli Senior Center, 15 Academy St., Catskill
- Jewett Town Board 7 p.m. Jewett Municipal Building, 3547 County Route 23C, Jewett

Thursday, Oct. 13

- Athens Town Board Budget Workshop 7 p.m. Community Center, 2 First St., Athens

Monday, Oct. 17

- Athens Town Board 7 p.m. Athens Volunteer Firehouse, 39 Third St., Athens 518-945-1052 Changes will be on the Town of Athens web page
- Greenville Central School District Board of Education 6 p.m. MS/HS Library, 4976 SR 81, Greenville
- Greenville Town Board 7 p.m. Town Hall, 11159 Route 32, Pioneer Building, Greenville

Tuesday, Oct. 18

- Athens Village Planning Board 6:30 p.m. Village Hall, Meeting Room, 2 First St., Athens 518-945-1551
- Durham Town Board 7:30 p.m. Town Hall, 7309 Route 81, East Durham
- Hunter Town Board 7 p.m. Town Hall, 5748 Route 23A, Tannersville

Wednesday, Oct. 19

- Catskill Central School District School Board 6:30 p.m. CHS Library, 341 Main St., Catskill 518-943-4696
- Catskill Library Board 6:45 p.m. Catskill Library, 1 Franklin St., Catskill or Palenville Library, 3303 Route 23A, Palenville
- Catskill Town Board Committee 6:30 p.m. Town Hall, 439 Main St., Catskill

Thursday, Oct. 20

- Coxsackie Village Planning Board 6 p.m. Village Hall, 119 Mansion St., Coxsackie

Monday, Oct. 24

- Catskill Village Planning Board 6:30 p.m. Robert C. Antonelli Senior Center, 15 Academy St., Catskill 518-943-3830

Tuesday, Oct. 25

- Catskill Town Planning Board 6:30 p.m. Town Hall, 439 Main St., Catskill

Newspapers must adjust price for inflation

Dear Readers,

Thank you for supporting the newspaper. This has been among the most challenging years for the news business. The recovery from the pandemic and the inflation that's followed, has driven all our costs to historic highs.

From the digital support services to the newsprint and ink used for the print editions, the cost of production has far outpaced our revenue. We've been operating at a deficit nearly every week this year, and for us to continue to serve you we must increase the cost of our services.

Next month we will be increasing the subscription costs for all our print editions by 33 cents a day, and the newsstand price will increase by 50 cents. On the digital side we'll be asking for $4 more each month. We will also be requiring all who read our news digitally pay for the service. That starts today. We'll still provide some articles of great public interest for no cost, but for all other news published online, we'll ask you to subscribe.



We understand your cost of living has increased. Groceries, gasoline and the necessities of daily life have all increased this year. We are asking that you please support our modest request for the valuable service we provide.

Daily and weekly newspapers continue to disappear. We're working hard to make responsible decisions so our newspapers will remain in our communities to serve all readers. While national newspaper chains have reduced reporting staff by the hundreds in recent months, we are looking to bolster our news reporting and we're still hiring for open jobs. Newspapers cannot exist without reporters and editors who contribute to both the digital and print editions. The cost of reporting news is not just in the supplies, which have increased, it's in the people who work behind the scenes to bring you news. On behalf of the more than 200 employees of Johnson Newspapers throughout the state, I thank you for your continued support.

Sincerely,
Alec E. Johnson
President and COO
Johnson Newspaper Corporation

DEC tickets man on illegal burning charge

By Bill Williams
Columbia-Greene Media

HUNTER — A man conducting a controlled burn in the town of Hunter was ticketed by Conservation Police for allegedly violating terms of the burn permit, said Department of Environmental Conservation spokesman Jomo Miller.

The man was not identified by authorities on Friday.

On Sept. 12, while on patrol in the town of Hunter, Environmental Conservation Officers Jason Smith and Lucas Palmateer noticed a large quantity of white smoke along Route 23A.

The officers located the source of the smoke on an excavated lot nearby, where they observed five large piles of brush on fire, Miller said.

After attempting to locate someone on the lot without success, the officers contacted Greene County 911 to dispatch the Hunter Fire Department to extinguish the blaze.

Hunter Fire Department arrived on Route 23A in the area of Lustig Road about 5:55 p.m..

The officers then began to investigate who was responsible for leaving the large burn piles unattended. With assistance from Hunter Police and Greene County 911, the officers identified the individual, who then returned to the site, Miller said.

While interviewing the individual, he presented the ECOs with a burn permit for the site, that was issued by DEC's Division of Forest Protection.

The officers then pointed out the conditions for the permit, one of which is to be in attendance of the burn, Miller said.

The officers issued the man a ticket returnable to Town of Hunter Court. The Hunter Fire Department successfully extinguished the fires.

To prevent forest fires, it is important to always be in attendance and have preventive equipment and water resources nearby, Miller said.

To contact an ECO to report an environmental crime or to report an incident, call 1-844-DEC-ECOS, Miller said.



PHOTO COURTESY OF DEPARTMENT OF ENVIRONMENTAL CONSERVATION.

Smoke rises from several controlled burns along Route 23A in Hunter.

Unprecedented $150 million in capital funding opportunities to open for arts and culture organizations

ALBANY — Governor Kathy Hochul announced a record $150 million in capital funding will be available for arts and culture organizations through the New York State Council on the Arts' Capital Projects Fund. The Fund has two grant categories: Small and Midsized Capital Improvement Grants and Large Capital Improvement Grants. This unprecedented investment includes $100 million in new, multi-year funding to facilitate large-scale capital projects that prioritize community development and placemaking. It is the State's largest ever commitment to NYSCA for capital projects for the arts, following on already record-level funding for the arts in the FY 2023 Budget. Governor Hochul will further discuss her commitment to supporting the arts at the Carnegie Hall 2022-2023 Season Opening later this evening.

"New York's arts and cultural organizations strengthen our economic well-being, nourish our diversity and identity, and support our communities," Governor Hochul said. "This record State funding to NYSCA will allow a wide range of organizations to undertake much needed improvement projects, so they can continue to provide New Yorkers with enriching cultural experiences and further their role as economic and community anchors."

NYSCA's Capital Projects Fund will focus on supporting cultural institutions seeking State funding for investments in capital improvements that allow organizations to sustain and expand cultural programming for diverse audiences, promote accessibility and environmental sustainability, preserve and create jobs, and ultimately contribute to the growth of New York's arts and tourism sectors.

The two opportunities are:

Small and Midsized Capital Improvement Grants for Arts and Culture: This opportunity funds projects of any size, with grants of up to $2 million that prioritize accessibility, artistry, cultural development, sustainability, health and safety, and structural and historical improvements. Strong projects combine excellence in design with informed decisions about organizational capacity and community needs that will positively affect the future of arts and cultural organizations across New York.

Large Capital Improvement Grants for Arts and Culture: This multiyear opportunity will support arts and cultural institutions across the state that are undertaking impactful, large-scale capital improvements. Grants will range from $2 million to $10 million for projects that have a total cost of $4 million or more. This funding will support investments to allow organizations to thrive by expanding cultural programming, reaching new and diverse audiences, and promoting accessibility. These grants will also help advance the State's goals around diversity, equity and inclusion and will require all applicants to commit to social equity initiatives and access plans that serve all New Yorkers.

The application portal for these opportunities will open on Friday, Sept 30, 2022 and can be accessed on NYSCA's website, arts.ny.gov. All eligible New York State nonprofit arts and culture organizations are encouraged to apply for NYSCA's Capital Projects Fund. NYSCA will also conduct webinars about the application process and host multiple virtual office sessions for applicants to receive one-on-one assistance before the January 12, 2023 deadline.

Since 2018, NYSCA has awarded 204 capital grants, totaling $50 million, across all 10 state regions through the support of the Governor and Legislature. These projects increase employment capacity and advance cultural venues as tourism destinations, strengthening New York's hospitality, food and beverage, and retail sectors.

In addition to the Capital Projects Fund, NYSCA will award $90 million in non-capital grants to arts organizations and artists. These grant recipients will be announced by the end of the calendar year.

COLUMBIA COUNTY ASSOCIATION HONORS DON GIBSON



CONTRIBUTED PHOTO

David Crawford, left, President of the Columbia County Association in the City of New York, presents Donald Gibson, right, President of the Bank of Greene County, with the association's 2022 Distinguished Citizen of the Year Award. More than 100 people attended a Sept. 22 dinner at Kozel's Restaurant honoring Gibson.

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OUR VIEW

Brothers in courage

The Liquari brothers — Peter, Nickolas and Dylan of Greenville — made bravery very much a family affair when they rescued a man trapped in his car when it burst into flame after a head-on crash.

For this deed, they richly deserved the New York State Senate Liberty Medals conferred on them by state Sen. Michelle Hinchey during a ceremony Wednesday at the Greenville Fire Company.

The accident occurred Aug. 7 at about 7:30 p.m. on Route 32, south of the Albany County line. The man's car and a van collided, causing the van to overturn and the car to burst into flames.

The boys were riding with their father, Peter Liquari III, on their way home from dinner when they drove past the crash. They noticed the car was on fire and first responders had not arrived on the scene. Peter Liquari III ran to a neighboring house to grab a garden hose, but discovered the hose was too short to reach the burning car.

Without hesitation, the three brothers formed an impromptu bucket brigade and carried water to the car to extinguish the fire. Their quick action prevented the flames from spreading into the driver's compartment, saving the man's life. The boys also received a commendation from the Greene County Legislature citing their courage, bravery and eagerness to aid in a time of need.

Bravery in our post-COVID, politically divisive times means taking risks. The brothers Liquari risked serious injury and perhaps worse by getting close to a fire that could have gone out of control in a hurry. It is said that the bravest among us rush toward danger instead of running from it. Peter, Nickolas and Dylan did just that and saved a man's life. Our commendation to three intrepid boys. We think they will grow up to be good men.

ANOTHER VIEW

It's getting hotter in LA. A/C is no longer a luxury, but a safety requirement

Los Angeles Times Editorial Board
Los Angeles Times

As California emerges from the second heat wave just this month, it is worth noting that millions of residents are living without air conditioning.

Nearly one-quarter of California households lack air conditioning, according to 2019 federal data, and in rental units, there is no requirement that landlords protect tenants from dangerously hot temperatures inside their homes and apartments.

While state law requires residential units to have heating systems to keep indoor temperatures above 70 degrees during cold weather, there is nothing requiring air conditioning or other cooling measures to keep residents safe from extreme heat. It's a grave injustice that there is no upper temperature limit for housing, even as climate change is making temperatures rise, threatening the health and lives of Californians.

State lawmakers could have fixed that this year, by passing a bill that would have required state regulators to establish statewide safe-temperature standards and cooling requirements for residential units. But the bill died and the Legislature instead directed the state Department of Housing and Community Development to report back by 2025 with recommendations for establishing a maximum safe indoor temperature.

That's too long to wait, which is why we are glad that local leaders are stepping up. Earlier this month, Los Angeles City Council President Nury Martinez presented a motion directing city officials to come up with ways to update city code to "require sufficient cooling apparatuses in residential rental units." The motion must still go through required committee hearings before the council votes on it, but it's a good first step.

Climate change has already made air-conditioning a necessity in many neighborhoods where it used to be uncommon, and requirements for indoor temperatures should be enshrined in law. State and local leaders need to start treating cooling as essential to health and safety as heating or smoke detectors, and required for housing to be considered habitable.

The City Council should move ahead swiftly to adopt cooling standards for rental units, which could save lives and reduce the unequal distribution of cooling infrastructure that inflicts harm disproportionately on poor people and communities of color.

Martinez's motion appropriately focuses on tenants who are largely at the mercy of landlords, who may not provide air-conditioning units or even allow tenants to use their own. A home should be a place of refuge, but that's often not the case in older housing that tends to be poorly insulated and lack air conditioning. During heat waves, temperatures can climb higher inside than outside, creating a dangerous environment that puts residents at increased risk of illness and death from a variety of causes, including heart attacks, strokes and respiratory or kidney failure.

Some cities, such as Dallas and Tempe, Arizona, already require air conditioning or other cooling equipment in rental units, and generally require property owners to keep indoor temperatures below certain levels.

Lobbying associations for apartment owners and other interest groups representing landlords opposed the state measure and are likely to object to a local cooling standard because of the cost of new equipment.

That's a reasonable concern and city officials should craft this in a way that does not overly burden property owners or tenants and offers financial assistance for the installation of cooling appliances and to help low-income households pay their energy bills. An air conditioner is useless during a heat wave if you can't afford to run it.

The Daily Mail welcomes letters to the editor. All letters must contain a full name, full address and a daytime telephone number. Names will be published, but phone numbers will not be divulged.

Letters of less than 400 words are more likely to be published quickly. The newspaper reserves the right to edit letters for length, clarity and content. Letters should be exclusive to this publication, not duplicates of those sent to other persons, agencies or publications. Writers are ordinarily limited to one letter every 30 days.

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Biden's slapdash, election-season student loan gambit may be in trouble

WASHINGTON POST



GEORGE F. WILL

WASHINGTON — The Pacific Legal Foundation, libertarian litigators with no shortage of things to litigate against, might have found the key to unlocking a courthouse door. If it has, President Biden's slapdash, election-season, $500 billion (at least, over 10 years) student-loan forgiveness might be found illegal and unconstitutional.

Its grossest flaw is forgetfulness regarding the Constitution's appropriations clause, which — in case it has slipped your mind, as it evidently has Biden's — says: "No Money shall be drawn from the Treasury, but in Consequence of Appropriations made by Law."

How else does student-loan forgiveness violate statutory and constitutional law, and justice? Let us count the ways.

It transfers wealth upward to a mostly affluent minority — college graduates, who have higher projected lifetime earnings (on average, nearly $1 million higher) than the nearly two-thirds of Americans without college degrees who will pay, as taxpayers, to improve the financial condition of college graduates. Forgiveness is unjust to students who took jobs and scrimped to avoid accumulating education debt. And to those who repaid their debts. Forgiveness creates moral hazard: Future students will borrow in anticipation of future forgiveness. Forgiveness draws arbitrary distinctions: Why is student debt a more pressing problem than, say, consumer or auto or mortgage debt?

Biden's half-trillion-dollar forgiveness expenditure will dwarf the postulated $248 billion in savings from the whimsically titled Inflation Reduction Act. In a delightful understatement, the New York Times says that when administration officials claim the forgiveness is "paid for" because tax revenue is higher than was projected, this "defies traditional budget accounting conventions." If revenue increases by an unanticipated sum of at least X, a new program spending X costs nothing? Who knew?

Although the Supreme Court has admonished the executive branch that Congress does not hide elephants in mouseholes, Biden purports to have found an enormous pachyderm — authorization for his $500 billion program — nestled in the 2003 Heroes Act. It allows executive action modifying student loans during wartime (e.g., 2003) or other "national emergency." Nowadays, emergencies exist when presidential caprice proclaims one. Under the 2003 act, student borrowers are heroes. Talk about defining virtue down.

The forgiveness policy was produced, without statutory warrant or regular public notice and comment procedures. As a Pacific Legal Foundation attorney says, Biden has created "a $500 billion program by press release."

The program's flaws provide what the military calls a target-rich environment. But because of the Supreme Court's rules about who has "standing" to sue - rules that should be liberalized - a mere citizen cannot sue even though Biden's forgiveness cornucopia injures the citizen's financial well-being, and the structure and processes of the citizen's government.

The PLF has, however, found among its attorneys one who would experience a concrete injury from Biden's forgiveness. He lives in Indiana, where, as in at least six other states, forgiven loans may be taxed as income. He says he will be economically injured by cancellation of his particular loan payments. Biden's minions might try to derail PLF's litigation by creating for the Hoosiers and others similarly situated a way to opt out of what otherwise will be automatic forgiveness.

If, however, the PLF can establish standing for a plaintiff, it will argue, inter alia, the applicability of the "major questions" and "nondelegation" doctrines. The former holds that when the executive branch claims a power to order social changes with vast economic or political consequences (e.g., the Centers for Disease Control claiming a power, since overturned, to impose a nationwide eviction moratorium), courts should be skeptical unless *legislation* clearly and explicitly authorizes the power. It is implausible that, two decades after the Heroes Act was passed to cushion lives disrupted by war deployments, it authorizes Biden's unilateral expenditure of a sum almost three times larger than the U.S. Army's 2022 budget.

The nondelegation doctrine holds that Congress may not delegate to the executive branch essentially legislative power. Such as the power to rewrite the Heroes Act to waive statutory requirements incompatible with Biden's sweeping forgiveness.

Presidents properly wield "emergency" powers not to solve long-standing problems, but only in sudden, unexpected, fast-moving crises, and only until Congress can exercise its lawmaking jurisdiction. Biden, however, announced his loan forgiveness as an act of executive discretion justified by a law written in response to a terminated emergency, the Iraq War. This law was repurposed to inflate presidential power during the declared pandemic emergency.

But about a month after Biden announced the forgiveness, he said: "The pandemic is over." Nevertheless, progressives praise all this. Their praise has temporarily interrupted their professions of alarm about endangered constitutional, rule-of-law and democratic norms.

George Will's email address is georgewill@washpost.com.

ANOTHER VIEW

Show us the money: Disclosure of large sums of money to influence elections is imperative

New York Daily News Editorial Board
New York Daily News

Senate Republicans are bending over backward to block a bill that would tell the public who is giving large sums of money to groups that take out ads telling Americans to vote for or against candidates for federal office. This is a fight Democrats deserve to win.

Sheldon Whitehouse's Democracy Is Strengthened by Casting Light On Spending in Elections — the DISCLOSE Act — would expose the identity of all donors who give $10,000 or more in a year to independent organizations that engage in direct electioneering. Anyone who gives a smaller sum would remain anonymous, as would anyone who specifies when giving to a group their donation not be used for such ads, as would anyone who gives to an entity that engages in issue advocacy but doesn't tell people to support or oppose candidates.

Republicans trot out a parade of horror stories about donors who might have good cause to shield their identities. Think of the gun-rights true believer in New York who worries that giving to an NRA advocacy wing might land their business on boycott lists, or a wealthy individual in a red state who wants to give to Planned Parenthood Action Fund without inviting protest.

We sympathize, but such individuals motivated by fealty to a cause have many options of where to direct their money. When they handsomely underwrite an enterprise that tells voters to defeat or elect a candidate for the House, Senate or president, or create a group with a nonsense name expressly for the purpose of influencing elections, the right of the public to know who they are overrides the contributor's right to stay in the shadows.

Letters of support for candidates for election must be received by Oct. 26 for publication by Nov. 1.

THOUGHT FOR THE DAY

'We of the West are not afraid of crossing the frontiers.'

EDITH ABBOTT

Columbia-Greene Media
The Daily Mail

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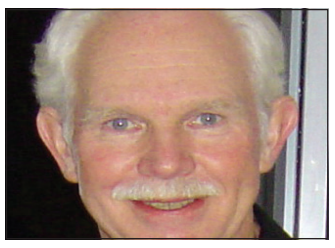
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Last chance to plant

By Bob Beyfuss
For Columbia-Greene Media

GARDENING TIPS



BOB BEYFUSS

The fall planting season is winding down. Of course you can still plant spring flowering bulbs until mid-November. Right now you can also still plug in some Mums, Asters and other pretty fall plants to enjoy for another month or so. These pretty plants are technically "perennials" but most of the time, they fail to survive for more than one season. That's OK, for about $10 to $20, you get to enjoy some really pretty flowers! I am very happy to see that not every single item sold in America today costs double what it did two years ago. The prices I am seeing on Mums are no higher than they were a year ago. I am anxiously waiting for prices of many items ranging from flowers to pumpkins to return to close to what they actually cost to produce, with no "surcharges." As supply side shortage issues slowly subside, post COVID, American entrepreneurs will soon begin to out-compete now overpriced goods and services, as it should be.

Soil moisture levels are close to normal now, after all the recent rain showers we have experienced. Containerized shrubs and most perennials may also be planted for another two weeks or so, depending on your elevation. There are some great sales going on now at local garden centers and nurseries. I still need to transplant an Osage Orange tree and a Dawn Redwood tree I purchased earlier this spring.

Osage Orange (Maclura pomifera) is an interesting woody plant that makes a strange looking fruit. The fruit resembles a lime green, grapefruit sized, ball that looks like a round, human brain! It has a sticky, white latex sap and smells like citrus, but the bitter taste makes it unpalatable, or even slightly topic. The fruit have sometimes been used as an air freshener due to their citrus fragrance. It is a member of the Moraceae (Mulberry) family. Also known as Hedge apple, Bow-wood, Horse apple, and Monkey Ball, Osage oranges are considered to be an ancient species that has been present since prehistoric times. It was once consumed by extinct giant sloths and mastodons. The seeds contained within the fleshy fruit are edible and sometimes eaten by squirrels after the flesh rots off.

These small, shrub like, trees have been used as living fences since their thorny branches can effectively "fence" in livestock. Thousands of miles of planted Osage orange rows, trained to intertwine their thorny branches were used to contain horses, cattle and even hogs, until they were replaced by barbed wire. Ironically, the durable wood is now used for the fence posts that hold the barbed wire. I read that it took about 4 years to grow an Osage Orange hedge that would contain cattle in the mid-west. The strong and resilient wood has been prized for making long bows, which have been found in artifacts as much as 2,000 miles from where the tree grows.

It is certainly not common in the Catskills, as it is not hardy in Zone 5, but our local climate is indeed warming, based on my mere 50 years of serious perspective. My biggest concern is that the local deer will mow it down, as they do almost everything else I plant! The elderberry shrub I planted in July has been chewed to the ground despite a crude fence I put around it. Hopefully, the Osage orange will fare better when it grows thorns. In the meantime, I shall put up a more substantial fence!

On the other end of the non-indigenous scale, is a Dawn Redwood, which I also plan to plant from its container. I bought this in June and repotted it twice into a 4 gallon pot, where it is growing well. This beautiful tree was thought to be extinct for the past 20 million years, but was "re-discovered" in Southwest China in 1944 and in 1948 a grove of several thousand were also discovered in China. At one time, it was once one of the most widespread tree species in the Northern Hemisphere. Scientists had identified fossil remains of it in North America, Asia and Greenland.

It is the only deciduous redwood species and it has very pretty fall coloration, looking a bit like Larch. It is also the smallest of the redwood family, typically growing to around 60 feet tall. The leaves look like soft, fir tree, needles. I know it must be hardy because my neighbor has three growing in his backyard up the road from me, at higher elevation. I hope that also means that it is deer resistant!

So, I am a happy old man to be planting trees and shrubs that should provide some shade, or evoke a curious smile, from someone 50 years from now!

Reach Bob at rlb14@cornell.edu.

Being comfortable with my name, I guess I'll stick with it

By Dick Brooks
For Columbia-Greene Media

WHITTLING AWAY



DICK BROOKS

Names are funny things. They can change and alter the way things are thought of and indeed have an effect on your very life. A famous person once said, "A rose by any other name would still be eaten by Japanese Beetles." I think it was Bob Beyfus who said that, anyway, the topic of names came about due to a conversation I once had with this world renown ginseng guru.

Actually the topic of hyphenated names came up. They seemed to strike both of us the same way — a bit pretentious and inconvenient. I realize that it's done in some cases for legitimate reasons such as keeping a family name alive but I have this personal stereotype of a female with a powerful personality, likely a graduate from a well known liberal arts college, a feminist not afraid of convention who actively is trying to end the double standards that abound in today's world. These are all good things but then she marries and decides not to surrender her name and hyphenates. Granted this causes less confusion than simply keeping her own name. It's probably my Puritan background but when I'm introduced to a couple with child or two and they are introduced as Jane Doe and Paul Smith, I wonder if they are a married couple or just living together.

I find most hyphenated names to sound terribly British even if they started out ethnically different, stick a hyphen in and to my rather weak mind, they become English. Tao-O'Conner and Swenson-Whipple come to mind. I feel sorry for the children of hyphenated marriages, I remember watching the little dears trying to fit their names into the little boxes on standardized tests. I think hyphenated names will go out of fashion some day soon. What happens when Alice Wilson-Frangella falls in love with John Westly-Snodgrass? Do they double hyphen? This could result in some poor Kindergarten student having to learn to write his or her name which could take up most of the year and imagine having a second generation hyphenated name classroom to call role in. Ashley Smith-Dobson-Oberlin-Schakleford, Rufus Albertson-Fenton-Lyman-Blezzarde — it could take all day!

Nicknames could help but nicknames are kind of out of fashion now. When I was a kid, everyone had a nickname. "Baldy, Goose, Lefty, Pudge, Jughead, Frenchy, Stubby" — all names from the past, in fact I don't think I know the real names for most of the kids I went to school with. Getting a nickname bestowed upon you was like a rite of passage, you knew that you had made it and were loved by all when everyone started to refer to you by your nickname, "Stinky" being the possible exception. My brother "Bud" didn't know his real name was Wendell until after he started school. He figured there was this really dumb kid named Wendell in class who never answered the teacher when she called his name. We still call him "Bud."

Unfortunately I had a name for which there was a standard nickname so I never got one of the really cool ones, although for a time in college I was called "Tweed" which I thought was great, much better than "Dickey Bird," which an old girlfriend hung on me or "Dumb Ox," my father's contribution.

I think a lot of people would change their name if it was convenient or wouldn't cause a lot of confusion. I think I'd be a different person if my parents had named me "Rock, Blayde, Grant or Rip." I do thank them for passing by "Heathcliff, Gaylord and Fauntleroy." I guess I'm comfortable with my name, it's kind of kingly so I guess it fits. I probably wouldn't change it so it will remain until the end of my days since the Queen hasn't mentioned us becoming the Anderson-Brooks bunch.

Thought for the week — At bottom every man knows well enough that he is a unique being, only once on this earth; and by no extraordinary chance will such a marvelously picturesque piece of diversity in unity as he is, ever be put together a second time. — Nietzsche

Until next week, may you and yours be happy and well.

Reach Dick Brooks at whittle121224 @yahoo.com.

Cooking class to help reduce risk of gynecological cancers

MOUNT KISCO — Northern Westchester Hospital's (NWH) Center for Healthy Living will feature a women's health online cooking class focused on reducing your risk of cancer, specifically gynecologic cancers like cervical, ovarian, uterine, vaginal and vulvar cancers. Dr. Gizelka David-West, a gynecologic oncologist for the Cancer Institute at Northern Westchester Hospital, will discuss the latest evidenced-based guidelines that reduce the risk of gynecologic cancers. She'll share proactive steps you can take as well as risk factors and treatment options. She will be joined by registered dietitian, Jackie Horne, who will discuss plant-forward eating and its connection to reduced cancer risk and demo a few recipes.

Other classes offered this month will be include an in-person instruction on CPR and virtual classes of chair yoga, smoking cessation and NWH adult volunteer recruitment webinar. These classes help support the community with a benefit for people's mental and physical health. All programs are free unless otherwise specified.

For a full list of upcoming free events and registration, visit Eventbrite.com.

FEATURED EVENT:

Cooking for Reducing Disease Risk Series: Understanding Gynecologic Cancers

Cost: Free

October 20, 12-1 p.m., Live over Zoom

It's not an either-or scenario; The foods we eat and prepare for our families can be both healthy and satisfying. Did you know that you can reduce your risk for chronic diseases such as cancer by starting in the kitchen? Join the experts at Northern Westchester Hospital for an informative and demonstrative webinar with a focus on gynecologic cancers: cervical, ovarian, uterine, vaginal and vulvar cancers. Gynecologic oncologist, Gizelka David-West, MD, will discuss the latest evidenced-based guidelines that reduce the risk of gynecologic cancers. Dr. David-West will share proactive steps you can take as well as risk factors and treatment options. She will be joined by registered dietitian Jackie Horne, who will discuss plant-forward eating and its connection to reduced cancer risk and demo a few recipes. This program is brought to you by the Cancer Institute at Northern Westchester Hospital and the Center for Healthy Living in partnership with the Katz Institute for Women's Health, all part of Northwell Health.

Register: Cooking for Reducing Disease Risk Series: Understanding Gynecologic Cancers

OTHER EVENTS:

Friends and Family CPR

Cost: $30 per person attending the class

October 7, 10-12 p.m., IN-PERSON at Northern Westchester Hospital

Friends and family CPR teaches lifesaving skills. Through this class you will learn how to perform adult and child CPR and treatment of choking with videos and hands on demonstration. These skills are taught by American Heart Association instructors. Upon successful completion of this course, you will receive a certificate of participation.

Please Note: You will need to wear a mask and show proof of vaccination to attend this class.

Register: Friends and Family CPR

Chair Yoga

Cost: Free

Mondays and Thursdays: October 3, 6, 10, 17, 20, 24, 27, 31 – 11 a.m.-12 p.m., Live over Zoom (No class 10/13)

Chair yoga is one of the gentlest forms of yoga available, adapting poses through creative use of a chair. Emphasis will be on breathing, balance and moving at your own pace.

Register: Chair Yoga

Smoking Cessation

Cost: Free

October 6, 12, 19 – 6 p.m.-7 p.m., Live over Microsoft Teams

It's challenging to quit smoking – and the experts at Northern Westchester Hospital are here to help. This support group is facilitated by a Northern Westchester Hospital respiratory therapist. For specific information, contact: NWHSmokingCessation@northwell.edu

Register: Smoking Cessation

Adult Volunteer Open House

Cost: Free

October 26, 11 a.m.-12 p.m., live over Zoom

Northern Westchester Hospital is looking for adult volunteers! We are looking for enthusiastic and friendly people who want to make a difference. Please join Ellen Muentener, Volunteer Experience Program Director from Northern Westchester Hospital for a Q&A session about volunteer opportunities and the steps and requirements to becoming a registered volunteer. We need volunteers for: The Gift Shop, Book Cart, Tea Cart, Art Cart and much more! Join us. Volunteers make a difference!

Register: Adult Volunteer Open House

Turn over a new leaf — give blood or platelets this fall

POUGHKEEPSIE — On the first day of fall, the American Red Cross is asking the public to start the season off with a lifesaving blood or platelet donation. While the leaves turn, the need for blood never changes. Those who give this fall play an important role in keeping the blood supply high enough to help patients counting on blood products for care– especially ahead of the busy holiday season. Book a time to give blood or platelets by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or by calling 1-800-RED CROSS (1-800-733-2767).

As a thank-you, the Red Cross is offering these exciting opportunities for donors:

All who come to give through Sept. 30 will be automatically entered for a chance to win a VIP NASCAR racing experience, including two tickets to a 2023 Sport Clips Haircuts-sponsored race of the winner's choice, round-trip airfare for two, up to a three-night hotel stay, and entry to a Sport Clips racetrack hospitality tent, if available, plus a $750 gift card, thanks to Sport Clips.

Those who come to give in September will also receive a coupon for a free haircut by email, also thanks to Sport Clips. Details are available at rcblood.org/racetogive.

All who come to give Oct. 1-31, 2022, will receive a $5 e-Gift Card by email to a merchant of choice.

Upcoming blood donation opportunities through Oct. 15:

COLUMBIA COUNTY

Hudson Elks Lodge No. 787, 201 Harry Howard Ave., Hudson, 1-6 p.m. Oct. 6.

Chatham Firehouse, 10 Hoffman St., Chatham, noon-6 p.m. Oct. 12.

Taconic Hills High School, 73 Route 11A, Craryville, 8 a.m.-2 p.m. Oct. 14.

DUTCHESS COUNTY

St. Gregory Orthodox Church, 1500 Route 376, Wappingers Falls, 10 a.m.-3 p.m. Oct. 1.

Grace Bible Church, 158 Myers Corners Road, Wappingers Falls, 9 a.m.-3 p.m. Oct. 3.

Regina Coeli, 2 Harvey St., Hyde Park, 8:30 a.m.-1:30 p.m. Oct. 3.

Millbrook Fire House, 20 Front St., Millbrook, 9 a.m.-2 p.m. Oct. 4.

Lakeside Park, 2 Lakeside Drive, Pawling, 11:30 a.m.-4:30 p.m. Oct. 4.

Veterans Building, 413 Main St., Beacon, 10 a.m.-3 p.m. Oct. 11.

NorthEast- Millerton Library, 75 Main St., Millerton, 3-7 p.m. Oct. 11.

Poughkeepsie Galleria, 2001 South Road, Poughkeepsie, 1-6 p.m. Oct. 11.

Third Evangelical Lutheran Church, 31 Livingston St., Rhinebeck, 2-7 p.m. Oct. 12.

Boardman Road Branch Library, 141 Boardman Road, Poughkeepsie, 2-7 p.m. Oct. 13.

GREENE COUNTY

Catskill United Methodist Church, 40 Woodland Ave., Catskill, 7:45 a.m.-1 p.m. Oct. 8.

Asbury United Methodist Church, 5830 State Route 81, Greenville, 9 a.m.-2 p.m. Oct. 8.

ULSTER COUNTY

Marbletown Community Center, 3564 Main St., Stone Ridge, 8 a.m.-12:30 p.m. Oct. 8.

Veterans of Foreign Wars, 708 East Chester St., Kingston, 1-6 p.m. Oct. 10.

Highland Hose Company 1, 25 Milton Ave., Highland, 12:30-5:30 p.m. Oct. 14.

New Paltz Elks Lodge #2568, 290 Route 32S, New Paltz, 8 a.m.-1 p.m. Oct. 15.

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Rivertown Housing

19 Third St Athens, NY 12015
Phone: 518-945-1751 Fax: 518-945-3211
TDD: 1-800-662-1220
Email: info@rivertownhousing.org or amanda@rivertownhousing.org

Eligibility Requirements:

- Age 62 or older
- Handicapped or disabled person (no age requirement)
- Income limits apply*
- Eligible applicants pay no more than 30% of their adjusted gross income for rent and utilities

*Application required to be placed on waiting list

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How to submit obituaries and death notices

Obituaries: Are paid notices. We reserve the right to edit all copy. Funeral directors may email us the information at obits@columbiagreenemedia.com anytime. Include life background information on the deceased, a full list of immediate survivors, services and the name of the funeral home. Any questions or for rate information, call 315-661-2446.

Funeral notices: Are paid follow-ups to obituaries. We reserve the right to edit all copy. Funeral directors may email us the information at obits@columbiagreenemedia.com anytime. Any questions or for rate information, call 315-661-2446.

Death Notices: Are free notices that don't exceed 20 words. For more information, funeral directors may call 315-661-2446.

In memorium ads: Are paid ads that are guaranteed to run. Call the Classified department at 315-661-2446 or send to Obits@wdt.net

Mary E. Holcomb

March 24, 1930 - September 23, 2022

Mary E. Holcomb a life long resident of Windham entered into eternal life at the age of 92.

Born to Donovan and Ruth Brockett (nee Beach) on March 24, 1930, she peacefully passed away on September 23, 2022, surrounded by

family.

Growing up in Windham with her father and paternal grandparents Mary spent her summers working at Crest Park, traveling to NYC with

her father and visiting family in Connecticut.

Mary wed Leslie S. Holcomb in February 1948, and moved to Schenectady for a short time but returned to her childhood home

on Main Street to raise her family where she lived until 2008.

Mary worked at various local businesses after her children were grown.

With her love of books and reading she especially enjoyed working for the Windham Public Library for many years.

Mary is predeceased by her husband Les of 57 years and survived by her 6 children Carolyn Snow, Donny Holcomb, Susan Sutton,

Alan Holcomb, Sandy Smith, Sherri Miltenberger 10 grandchildren and 12 great grandchildren.

A graveside service will be with family at a later time.

Grace Sanders

January 9, 1941 - September 25, 2022

Hudson - Grace Sanders, 81, wife of the late Donald Sanders of Hudson, passsed away Sunday September 25, 2022 at Ellis Hospital.

Grace was born in Hudson, NY on January 9, 1941. Grace was the daughter of the late Ronald A. and Florence Bishop Kilmer.

Grace was a lifelong resident of Hudson. She worked at the Fireman's home as the Activity Director before retiring. In her spare time Grace enjoyed being outdoors and loved to garden. She also loved taking care of her family and had quite a sense of humor.

She is survived by her four children, Donald (wife Jill), Charles (fiancée Patricia), Ann Marie (husband Lou) and Bertha (husband Tom); 6 grandchildren, Tabetha, Donald, Patricia, Robyn, Alisha and Sheila. Grace is also survived by 4 great grandchildren and 1 great, great grandchild. She had 4 brothers Michael, David, Charles and Robert.

Per Grace's wishes there is no service and in lieu of flowers, donations may be made in Grace's name to the Lung Cancer Research Foundation at https://www.lungcancerresearchfoundation.org

To leave a special message for the family please visit NewComerAlbany.com



WASHINGTON POST PHOTO BY TONI L. SANDYS

Wetlands in Lady Huntley Meadows Park in Alexandria, Va.

Supreme Court to hear high-stakes challenge to Clean Water Act

Maxine Joselow
The Washington Post

WASHINGTON - Monday marks the first day of the Supreme Court's new term, and the justices are wasting no time in weighing another challenge to one of the nation's bedrock environmental laws.

The court will hear oral arguments Monday morning in a closely watched challenge to the Clean Water Act, passed in 1972 to protect all "waters of the United States"- including streams, rivers, lakes and wetlands - from harmful pollution.

Environmentalists fear the court's conservative majority could dramatically narrow the law's reach, undercutting the federal government's ability to protect waterways - and the wildlife for which they provide critical habitat - across the country.

"This decision will be nothing short of a life-or-death sentence for coho salmon, razorback suckers, California tiger salamanders and hundreds of other endangered animals that rely on ephemeral and intermittently flowing streams and wetlands," Hannah Connor, a senior attorney at the Center for Biological Diversity, said in a statement.

However, business groups and home builders have cheered the court's decision to take the case. They argue that legal confusion over the definition of "waters of the United States," or WOTUS, has created regulatory chaos for businesses and property owners.

"Without clear guidance from this Court, the Chamber's members will continue to endure an expensive, vague, and time-consuming process whenever they need to determine whether a project or activity will impact waters subject to federal jurisdiction," the U.S. Chamber of Commerce wrote in a brief.

The case comes after the Supreme Court ruled in June that the Environmental Protection Agency had overstepped its authority under the Clean Air Act to slash planet-warming emissions from power plants.

Marcia Jane Sullivan

November 27, 1953- September 28,2022



"A great teacher is like a candle—it consumes itself to light the way for others." (Mustafa Kemal Ataturk)

Marcia Jane Sullivan taught her final and most important lesson, surrounded by her loving family and faithful friends, as she peacefully ended a courageous battle with cancer. Over the course of the last three years, she calmly and quietly demonstrated the power of determination, optimism, bravery and faith for all those privileged to accompany her on this journey.

Marcia was born on November 27, 1953 in Massena, NY. She is predeceased by her much-loved parents, Gabe and Pearl Sullivan and her brother, David Sullivan. Marcia is survived by her adoring sisters, Kathy Tajeu and Tricia Huber (Jim), a dear brother, Tom Sullivan (Ginny), a sister-in-law, Denise O'Brien and her beloved niece and nephews. She is also survived by her devoted and loyal friend, Caroline Merritt. Marcia's warm spirit and caring nature embraced all she met; students, colleagues and especially those honored to be called her friend.

Marcia began her career in education by earning a BS at SUNY Brockport and a M.Ed. at St. Lawrence University. She went on to receive a MA at Eastern Carolina University. She joined the faculty at SUNY Potsdam and then served as Professor of Physical Education, softball coach and academic counselor during her 30 years at Columbia-Greene Community College, from 1982-2012.

Marcia's patience, persistence and compassion for others enabled her to become a highly esteemed and revered educator. She was awarded the President's Award-Faculty-2012, 1988 SUNY Chancellor's Award for Excellence in Teaching and NYS Governor's Award for Outstanding Health Educator in 1987. During her tenure she served as Faculty Council Chair, Co-Chair of the Middle States Accreditation and was actively involved in many college committees. She was honored with the title of Professor Emeritus by CGCC Board of Trustees. She was also a long-term, active member of Alpha Nu Chapter of Delta Kappa Gamma, an international professional society of women educators. Marcia saved multiple lives through her knowledge, application and training in CPR and first-aid. She was a mentor to hundreds of people over the years and earned the respect and admiration of countless students and contemporaries.

Marcia's nurturing abilities weren't reserved only for family and friends. Some of her favorite companions were known to have paws, whiskers, fur, feathers and hooves. As a young child and throughout adulthood, she was devoted to all animals' well being. Her outstanding dedication to the support and purpose of the Columbia-Greene Humane Society was honored with the Bilinski Award in 2020. She fostered, found homes for and adopted many dogs and cats. Some of the beneficiaries of her unconditional love were her special cat, "Just Jack" and his best friend, a dog named "Sophie." Contributions in Marcia's memory can be made to: Columbia-Greene Humane Society, 111 Humane Society Road, Hudson, NY 12534.

In keeping with Marcia's wishes, there will be no calling hours or funeral services. We may celebrate Marcia's life by proving we have learned her lessons well. We will keep her candle burning brightly and honor her servant heart by doing our best to carry on with determination, optimism, bravery and faith.

Biden declares emergency in South Carolina as storm intensifies

Jason Samenow and Kelly Kasulis Cho
The Washington Post

President Biden declared an emergency in South Carolina hours ahead of Ian's expected landfall as a Category 1 hurricane near Charleston around midday Friday.

Biden made the declaration late Thursday. The White House will dispatch federal assistance to supplement local response efforts, as the National Hurricane Center warned of "life-threatening flooding, storm surge and strong winds" in the Carolinas.

The order authorizes the Federal Emergency Management Agency to "identify, mobilize, and provide at its discretion" the resources needed to aid with the emergency, the White House said in a news release.

Biden also ordered federal assistance to supplement local emergency response efforts in South Carolina, which could sustain a total rainfall of up to 12 inches in some areas, according to the National Hurricane Center.

South Carolina Gov. Henry McMaster (R) said Thursday afternoon that he was not ordering any evacuations of coastal communities, but urged residents to prepare as Ian heads for the region.

Ian sustained maximum winds of about 85 mph going into Friday as it veers north of Florida. State officials there were assessing the depth of damage the storm left behind, with several areas still reeling from its destructive surges.

After making landfall in the Carolinas, the hurricane center forecasts that Ian will "rapidly weaken over the southeastern United States late Friday into Saturday."

Now that it's back over water, Hurricane Ian is continuing to strengthen, the National Hurricane Center reported in recent advisories.

The center at 11 p.m. Thursday said Ian's peak winds had risen to 80 mph - compared with 75 mph at 5 p.m. But, 15 minutes later, it issued a special advisory noting the peak winds had climbed to 85 mph after Hurricane Hunter aircraft sampled winds inside the storm.

Rubble was strewn across Florida's western coast and more than 2.1 million people were still without power as of 3:30 a.m. Gov. Ron DeSantis (R) said there was no confirmed death toll as of Thursday evening, but that authorities "absolutely expect to have mortality from this hurricane." Search efforts continue, with more than 700 confirmed rescues so far.

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In Florida, "major to record flooding" is expected to continue through next week across parts of central Florida, the National Hurricane Center said. DeSantis said the damage in Charlotte and Lee counties on Florida's southwest coast was "almost indescribable," with homes ripped off their foundations.

Several counties in western Florida urged residents to boil water before use, fearing that storm surges and flooding may have contaminated water lines.

Collier County in Florida imposed a 10 p.m. curfew on residents until further notice, the county sheriff's office announced late Thursday. The curfew will remain active each night until 6 a.m.

"There is much unknown left to face with rising waters, debris in roads and many people have evacuated their homes and businesses," the sheriff's office wrote on Facebook. "We do not want criminals preying on our residents and businesses at one of the most vulnerable times in their life."

Collier County, which has a population of about 386,000 people, suffered serious damage Thursday as storm surges from Hurricane Ian overwhelmed several areas. A fire rescue department in Naples was severely flooded, with station trucks submerged about halfway underwater. Video footage showed fire department members wading through water up to their waist.

More than 2.1 million customers in Florida were without power as of 3:30 a.m. on Friday, according to the PowerOutage.us tracker. Power was almost entirely lost in the Hardee, Charlotte and Highlands counties, according to the site, which tracks outages across the state. The southwestern part of the state was particularly badly hit.

DeSantis said at a news conference Thursday evening that 200,000 accounts had been restored in southwest Florida. The state staged 42,000 linemen ahead of the storm to repair power lines.

Lee County Utilities issued a boil water notice Thursday, advising the public to bring water to a "roiling boil" for one minute before using it for drinking, cooking, making ice or brushing teeth.

"If you cannot boil water due to lack of power, use bottled or purify your water first," the Lee County government said on its website. The county includes the city of Fort Myers and Fort Myers Beach, two areas that have emerged as some of the hardest-hit during Hurricane Ian so far, with video footage showing toppled trees, overturned boats and buildings turned to rubble.

Survivors picked through Hurricane Ian's scattered wreckage at the foot of the bridge leading to Fort Myers Beach on Thursday: massive tour and shrimp boats run aground next to homes; restaurants and trailers ripped open and inundated with rivers of gray-brown mud.

Residents walked among the remains of their homes, stunned.

Shrimp captain Leonard Hunte, 77, survived the storm by clinging to a piece of debris that floated by his mobile home: a plastic foam staircase that then lodged in a tree Hunte and his nephew clung to.

"The water was up there," Hunte said, pointing to the roof of his RV.

"I held on to that tree for three hours," said his nephew Shaun Hunte, 55, a part-time shrimper.

They planned to stay in their RV, even though it had flooded and was surrounded by mud. Shaun Hunte's Grand Marquis sedan had also flooded.

"What's there to do?" Shaun Hunte said. "We're looking to see what kind of help we can get. We've lost so much."

Many in the area lost not only homes, but also jobs in the storm.

"It was my life. Now the beach is ruined," said neighbor Edward Madden, 60, whose mobile home of the past eight years at Sunnyland RV Park near the bridge flooded.

Madden worked at a Dairy Queen across the bridge that he'd seen photos of after the storm, gutted.

"Water's all in it. There's not much left," Madden said.

He circled the RV park, looking for neighbors to help, his neon green shirt, khaki shorts and sneakers caked with mud. When passing strangers asked how he was, Madden said, "No home no more."

"You got your life, though," a man said, and hugged him.

Madden agreed.

"We've got our lives. That's the most important thing," he said.

The Washington Post's James Bikalis and Molly Hennessy-Fiske contributed to this report.



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hudsonvalley360.com

BRIEFS

VET2VET RIBBON CUTTING IN GREENE COUNTY



CONTRIBUTED PHOTO

A ribbon cutting opening ceremony of the VET2VET Reintegration facility at 905 Greene County Office Building, Cairo, took place on Sept. 27. Greene County manager of project Arin Van Dermark, Army, Navy Veteran. The project is designed for Veterans struggling with any issues following their discharge from military. For information, call 518-719-0020 or 518-653-8771. Among those attending from the left were American Legion Post members from three Local Posts; Jim Stalker, Athens Post 187; Roger Benn, Catskill Post 110; George Greiner, 187; Ray Houghtaling, Cairo 983; Tom Andreassen, 110]; Mark Dinckelacker, 187; front row, Arin Van Dermark, VET2VET manager of Greene County program; Sal Pusatere, commander of Post 110; and Michelle Deyo, director of Greene County Veteran Agency.

To send information to be included in Briefs, email to editorial@thedailymail.net; or mail to Briefs: The Daily Mail, Unit 1, 364 Warren St., Hudson, NY 12534. For information, call 315-661-2490.

Oct. 1

CLAVERACK — The Reformed Church of Claverack, 88 Route 9H, Claverack will be holding a Junk in the Trunk sale 9 a.m.-2 p.m. Oct. 1. Vendors and crafters are encouraged. A space is $15. The church women will be holding a soup and bake sale inside the Christian Education Building. For information and to rent a table, call 518-851-3811 or go to the web page.

CLAVERACK — The Claverack Free Library is offering a free bookmaking workshop for kids and adults with Lilah Friedland and Sondra Loring 1:30-3:30 p.m. Oct. 1 at the library, 9 Route 9H, Claverack. Attendees will learn the art of simple bookmaking while creating an attractive hard or soft cover book, plus ways to incorporate text and images. Students will measure, cut, and assemble their own components to create a handmade book. Topics covered in this class include an overview of bookbinding techniques, coptic binding instruction, saddle stitch instruction, collage experimentation and book transformation. The small size of this class ensures that each student has one-on-one time with the instructors so everyone walks away with a book they can be proud of. Students may bring their own decorative paper to further personalize their creation, or choose from the assortment provided. We would like to include the books in Codex, the accompanying free performance event at the library at 5 p.m. Oct. 12 and Oct. 15. Class size is limited, so pre-registration is necessary at 518-851-7120 or info@claverack library.org.

WEST GHENT — The Ghent Reformed Church, 1039 County Route 22, West Ghent, will hold their church fair 9 a.m.-2 p.m. Oct. 1. In addition to the kitchen counter, which will be serving up chicken salad and Manhattan clam chowder (among other goodies), there will be a bake sale, book sale, silent auction, white elephant table(s) and a raffle of a handmade quilt and a couple of other select items. No masks required.

VALATIE — The First Presbyterian Church, 3212 Church St., Valatie, will be having a Tag and Bag Sale 9 a.m.-1 p.m. Oct. 1. There will be books, toys, household items and collectables. Have donations? Call Nancy at 518-527-2810.

LIVINGTON — Kalicoontie Rod & Gun Club, 333 Schneider Road, Livingston, annual Fall Turkey Shoots will be held beginning at 10 a.m. Oct. 2 and Nov. 6. No turkeys will be harmed at this event, they're a frozen prize. Competitions held using .12g and .20g birdshot, slugs, center fire rifle, .22cal rim fire pistol and .22cal rim fire rifle. Entry is $3. Frozen turkeys, frozen hams and pork loins awarded as first prize. Second prize is kielbasa. There are also prize tables filled with sports related gear to choose from if winners prefer. We supply .12g, .20g, and .22cal ammo. You must bring your own slugs and center fire ammo. Raffle tickets will be available at $2 each with a chance to win one of 5 great prizes. Drawing will be held immediately following the November turkey shoot. For information or to purchase raffle tickets, call Scott at 845-757-2552 (day) or Joe at 518-537-3997. For information on upcoming events and firearm safety training, visit the club at www.Kalicoontie.com.

HUDSON — Christ Church Episcopal, 431 Union St., Hudson, will hold a Blessing of the Animals at 10 a.m. Oct. 1. All are welcome to bring their furry friends.

OCT. 2

COXSACKIE — The Bronck Museum, 90 County Highway 42, Coxsackie, Heritage Craft, Food and Beverage Fair will be held 11 a.m.-4 p.m. Oct. 2. In addition to heritage crafters, there will be brewers, distillers, vintners and all manner of purveyors of heritage foods and drink. On porches, nestled beside the barns, and spread across the lawns, crafters will be offering for sale all manner of traditional handmade goods. Visit crafters offering a variety of hand knitted, hand sewn, and quilted goods, hand spun knitting wool, spicy candles, handmade teddy bears, pottery and much more. Buy local maple syrup, honey products, and homemade jams. Purchase wonderful things for your home or unique Christmas presents. Stop under the oak trees on the south lawn to chat with Pieter Bronck himself and try the potent drink he concocted over three hundred years ago. Stroll along the old King's Road to visit the farm's unusual thirteen-sided hay barn and exhibits in the Bronck Barracks. Place your bids in the Silent Auction then rest awhile and enjoy American bluegrass and country music performed by Running the River. Admission to this event is free, and it takes place in fair or foul weather. For information, contact the Bronck Museum at 518-731-6490 or visit gchistory.org.

OCT. 5

ATHENS — The Town of Athens will hold Budget Workshops at 7 p.m. Oct. 5 and Oct. 13 at the Community Center, 2 First St., Athens.

GHENT — The Hudson Lions Club will host a benefit Paint & Sip party 6-8 p.m. Oct. 5 at Kozel's, 1006 Route 9H, Ghent. Choice to paint on canvas tote bag for $45 or regular canvas for $40. Tickets must be pre-purchased through Venmo to guarantee a seat, venmo@andrea-tabor.

OCT. 6

CATSKILL — The Catskill Elks Lodge, 45 North Jefferson Ave., Catskill, will serve a chicken barbecue 4:30-6 p.m. Oct. 6, pick up only. The menu includes half a chicken, baked potato, corn coleslaw and dessert. Tickets are $15. Must preorder by Sept. 30 by calling Brenda at 518-945-1179.

COPAKE — Free English-language tutoring will be available 6-7:30 p.m. beginning Oct. 6, by appointment, at Roeliff Jansen Community Library, 9091 Route 22, Copake. This tutoring program is intended primarily for adults. Instruction will be one-on-one or in small groups with Yvonne Acevedo and will be geared toward everyday conversational needs. Free childcare will be provided for children 3 and older. To schedule an appointment, email director@roejanlibrary.org or call 518-325-4101.

OCT. 7

CATSKILL — The First Reformed Church of Catskill, 310 Main St., Catskill, will be holding their annual fall rummage sale 9 a.m.-5 p.m. Oct. 7 and 9 a.m.-noon Oct. 8. There will be tons of items available. Clothing for kids and adults, DVDs, home goods, books, jewelry and more.

HAINES FALLS — The Mountain Top Historical Society hosts Hike Fest 2022 Oct. 8. Join the Mountain Top Historical Society in the forest as part of the Catskills Lark in the Park event. Hikes and walks to several destinations. See MTHS.org/events for details. For information, email msthsdirector@mths.org or call 518-589-6657.

SAUGERTIES — The Katsbaan Ladies Aid Society will sponsor a Book, Chili, Soup & Pie Sale, plus Holiday Items, 9 a.m.-3 p.m. Oct. 7 and Oct. 8 in the Katsbaan Reformed Church Hall, 1801 Old Kings Highway in Saugerties. Tables full of books for adults and kids; our ever-popular homemade chili by the quart (beef or veggie); homemade soups by the quart; homemade pies and other homemade sweet treats; new & gently used Halloween and Christmas items.

CLAVERACK — The Claverack Free Library, 9 Route 9H, Claverack, will hold its fall book sale on Oct. 7, 8 and 9, rain or shine. Book lovers are invited to browse the region's largest selection of gently used fiction and non-fiction titles and children's books, organized by subject beneath the tents and inside the library. Proceeds from this sale contribute to the library's operating budget and help the library provide vital free services to the community. A special preview reception will be held 4-6 p.m. Oct. 7. For a $15 entry fee, buyers can enjoy refreshments and have first choice of all books offered for sale. The book sale runs 9 a.m.-3 p.m. Oct. 8 and 10 a.m.-2 p.m. Oct. 9. Book prices range from $2 for hardcover books and larger paperbacks to $1 for small paperbacks. Oversized, art, travel, and other books of value are priced accordingly. Bargain hunters can return on Sunday and purchase large reusable Claverack Library tote bags for $15 and fill them with books for free (specially priced books excluded). Book donations can no longer be accepted, but volunteers are welcome to come help sort under the tent during the week prior to the sale. There are volunteer sign-up sheets at the front desk. For information, contact info@claverack library.org, 518-851-7120 or www.claverack library.org.

OCT. 8

ANCRAM — Ancram Fire Company, 1306 County Route 7, Ancram, will be serving a Lobster and Beef Barbecue 3-6 p.m. Oct. 8, take out only, pick up at the firehouse. The cost is $40. The menu includes lobster, clams, barbecue beef, corn on the cob, potato, roll and ice cream. For reservations, call 518-329-3430.

KINDERHOOK — The Tri-County Lutheran Parish will host a Flavors of Autumn "Bake and Craft Sale" 8 a.m.-12:30 p.m. Oct. 8 at the Kinderhook Farmers Market in the Kinderhook Village Square at the intersection of Rt. 9/Broad/Chatham St./Albany Ave. Kinderhook. Proceeds will support the Northeastern Food Bank.

OCT. 9

HAINES FALLS — The third annual community reading of Washington Irving's Rip Van Winkle will be held at 2 p.m. Oct. 9 at the Muntain Top Historical Society, Ulster & Delaware Train Station, 5132 Route 23A, Haines Falls. Readers are being sought; email mthsdirector@mths.org to sign up to be a reader.

SPENCERTOWN — Spencertown Academy, 790 Route 203, Spencertown, presents "Deeper Than The Skin," a musical presentation by Reggie Harris and Greg Greenway about race relations at 2 p.m. Oct. 9. This performance is presented in conjunction with the Academy's annual regional juried gallery show, which invited artists to investigate "deeper than the skin" as a theme in their submissions. Admission is free (with a suggested $20 donation to benefit the Academy); advance reservations are required via www.spencertownacademy.org.

OCT. 14

DELMAR — Q.U.I.L.T. Inc. will meet at 9:45 a.m. Oct. 14 at Delmar Reformed Church, 386 Delaware Ave., Delmar. Q.U.I.L.T. Inc. is a not-for-profit guild of quilters interested in learning about the art of making quilts. Members live in the Capital Region and surrounding communities. All levels of quilters are welcome. Meetings are held the second Friday of each month September through June. For the October meeting, a brief business meeting begins at 9:45 a.m. followed by a Lecture and Trunk Show by Marianne Hatton. All are welcome. Visit https://www.quiltinc.org/ for more details.

OCT. 20

CATSKILL — The Catskill Elks Lodge is hosting a Turning Stone Bus Trip Oct. 20. The bus will leave at 7:30 a.m. from the lodge. The cost is $40 for transportation, continental breakfast, bingo OR slot bonus and food voucher. Reserve seats no later than Oct. 14; call Emily at 518-610-3634.

OCT. 24

DELMAR — The Delmar Community Orchestra, under the direction of Michael Blostein, will present a Fall Concert at 7:30 p.m. Oct. 24 at the Delmar Reformed Church, 386 Delaware Ave., Delmar. The concert, which will include both classical selections and pops, is free and open to the public. For information, visit the DCO website at www.delmarcommunityorchestra.org or contact DCO President Kate Henson at delmarcommunityorchestra@gmail.com or 315-363-3844.

NOV. 6

CATSKILL — The Catskill Elks Lodge is hosting a breakfast for our area veterans and their family and friends on Nov. 6. A full buffet breakfast will be served at either 9 a.m. or 10:30 a.m. Free to veterans; others, $10. You must call 518-945-1179 no later than Nov. 1 to select your seating time.

House of Worship News & Services

Catholic Community of Saint Patrick
24 North Washington Street, Athens 12015 · 943-3150
66 William Street, Catskill 12414 · 943-3150
Janine O'Leary, Parish Life Coordinator
Fr. Michael Melanson, Parochial Vicar
Saturday* 4:00 p.m.
*1st / 3rd Athens and 2nd / 4th Catskill
Sunday 8:45 a.m. Catskill / 10:45 a.m. Athens
All Are Welcome!

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518 756 8764 • Rt. 144 and Church St.
NBRChurch@aol.com • www.nbrchurch.org
Rev. Rick L. Behan, Pastor
Sunday Worship - 9:30 AM
Communion First Sunday every month
Fellowship before and after worship
Thursday - Choir Rehearsal 4:45 PM
Tuesday - Bible Study 10:00 AM
2nd Sunday - Helping Hands 10:30 AM
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https://churchofsaintpatrick.wixsite.com/church-ravena
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Weekend Masses: Saturday Vigil 4:30 p.m. Sunday 9:30 a.m.
(also **St. Patrick's YouTube channel** or Mid-Hudson 901)
Weekday Mass: Tuesday 8:30 a.m.
Also Exposition of the Blessed Sacrament 8:30-9 a.m. Wed, Thurs
Food Pantry Hours: Tues & Fri 10–11 a.m. and Wed 6–7 p.m.
Thrift Shop Hours: Thurs 1 – 3 p.m. Sat from 9 a.m. – Noon
You Are Welcome Here!

St. Mary's Church
80 Mansion Street, Coxsackie, NY 12051
(518) 731-8800 • stmaryscoxsackie.com
Fr. Joseph O'Brien, Parochial Vicar
Weekend Masses: Sunday 9:30 a.m. and 11:30 a.m.
11:30 a.m. Mass is livestreamed at **St. Mary's YouTube Channel**
Weekday Mass: Wednesday 8 a.m.
Also Exposition of the Blessed Sacrament 8-8:30 a.m. Mon & Tues
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Church Briefs

Please send all Church news to editorial@registerstar.com; or mail to Attention Church News, Register-Star/The Daily Mail, 364 Warren St., Unit 1, Hudson, NY 12534. For information, call 315-661-2940.

BLESSING OF THE ANIMALS

HUDSON — Christ Church Episcopal, 431 Union St., Hudson, will hold a Blessing of the Animals at 10 a.m. Oct. 1. All are welcome to bring their furry friends. We are located at 431 Union Street in Hudson.

TAG AND BAG SALE

VALATIE — The First Presbyterian Church, 3212 Church St., Valatie, will be having a Tag and Bag Sale 9 a.m.-1 p.m. Oct. 1. There will be books, toys, household items and collectables. Have donations? Call Nancy at 518-527-2810.

CHURCH FAIR

WEST GHENT — The Ghent Reformed Church, 1039 County Route 22, West Ghent, will hold their church fair 9 a.m.-2 p.m. Oct. 1. In addition to the kitchen counter, which will be serving up chicken salad and Manhattan clam chowder (among other goodies), there will be a bake sale, book sale, silent auction, white elephant table(s) and a raffle of a hand-made quilt and a couple of other select items. No masks required.

JUNK IN THE TRUNK SALE

CLAVERACK — The Reformed Church of Claverack, 88 Route 9H, Claverack will be holding a Junk in the Trunk sale 9 a.m.-2 p.m. Oct. 1, rain or shine. Vendors and crafters are encouraged. A space is $15. The church women will be holding a soup and bake sale inside the Christian Education Building. For information and to rent a table, call 518-851-3811 or go to the web page.

DAY OF REFLECTION AND PRAYER

LOUDONVILLE — Christ Our Light RC Church, 1 Maria Drive, Loudonville, offers a Day of Reflection and Prayer Meeting On Oct. 1. Guest speaker will be Dr. Joy Galarneau, professor of Contemporary systematic Theology. Admittance and registration check in begins at 8:30 a.m. Presentation, lunch and prayer meeting from 9 a.m.-2:30 p.m. Bring a bag lunch, refreshments will be provided. Offering, $20. Participants are asked to bring Bible. Preregistration is a must. All payment instructions are posted at www. AlbanyCCR.org. For information, contact Diane S. at 518-663-5125 or Jack E. at 518-334-6503.

RUMMAGE SALE

CATSKILL — The First Reformed Church of Catskill, 310 Main St., Catskill, will be holding their annual fall rummage sale 9 a.m.-5 p.m. Oct. 7 and 9 a.m.-noon Oct. 8. There will be tons of items available. Clothing for kids and adults, DVDs, home goods, books, jewelry and more.

BOOK, CHILI, SOUP & PIE SALE

SAUGERTIES — The Katsbaan Ladies Aid Society will sponsor a Book, Chili, Soup & Pie Sale, plus Holiday Items, 9 a.m.-3 p.m. Oct. 7 and Oct. 8 in the Katsbaan Reformed Church Hall, 1801 Old Kings Highway in Saugerties. Tables full of books for adults and kids; our ever-popular homemade chili by the quart (beef or veggie); homemade soups by the quart; homemade pies and other homemade sweet treats; new & gently used Halloween and Christmas items.

BAKE AND CRAFT SALE

KINDERHOOK — The Tri-County Lutheran Parish will host a Flavors of Autumn "Bake and Craft Sale" 8 a.m.-12:30 p.m. Oct. 8 at the Kinderhook Farmers Market in the Kinderhook Village Square at the intersection of Rt. 9/Broad/Chatham St./Albany Ave. Kinderhook. Proceeds will support the Northeastern Food Bank.

FOOD PANTRY

STOTTVILLE — The Church of St. Joseph, 2824 Atlantic Ave., Stottville, will hold their monthly food pantry 3-5 p.m. Oct. 14.

TURKEY DINNER

SCHODACK LANDING — The Reformed Dutch Church of Schodack at Muitzeskill, 902 Schodack Landing Rd, Schodack Landing, will be holding a take-out only version of its annual turkey dinner on Oct. 22. The dinner will have three pick up times being offered starting at 4, 4:45 and 5:30 p.m. The cost is $15 for adults and $7 for children, 12 and younger. The dinner will include turkey, stuffing, mashed potatoes, gravy, squash, green beans, cranberry sauce, a roll and a piece of apple pie for dessert. No special requests please, with the exception of gluten-free. Reservations are required. Call 518-732-7345 or 518-732-7500, to reserve dinnerd. If no answer, leave a message.

HYMN SING

KINDERHOOK — The Kinderhook Reformed Church, 21 Broad St., Kinderhook, will hold a Hymn Sing at 4 p.m. Oct. 30. All are invited to come together and sing the Hymns of our Faith.

SOUP KITCHEN OPEN

CATSKILL — The Camp Grace Inc. Soup Kitchen, located at the First Reformed Church of Catskill, 310 Main St., Catskill, is open noon-1 p.m. Tuesday through Friday. For information, call Director Lamont Taylor at 518-249-7009.

EMANUEL LUTHERAN CHURCH

STUYVESANT FALLS — Emanuel Lutheran Church is located at the junction of US Route 9 and County Route 46 in Stuyvesant Falls. Church services are at 8:30 a.m. Sunday and all are welcome and invited.

ST. MARK'S SECOND EVANGELICAL LUTHERAN CHURCH

HUDSON — St. Mark's Second Evangelical Lutheran Church, 8 Storm Ave., Hudson, worships 9:30 a.m. Sunday. Communion is celebrated on the first Sunday of every month with Pastor Stan Webster. Child care is offered during the service and Sunday school after the service ends. For information, call the Church office at 518-828-9514.

ST. JOHN'S LUTHERAN CHURCH

STUYVESANT — St. John's Lutheran Church, 159 Route 26A, Stuyvesant, has in-person and live online worship services at 10:15 a.m. Sunday. Sunday School is at 9 a.m. for children 3 and older. Face masks are optional if you are more comfortable wearing one, please do so. Social distancing is still in effect. The live broadcasts are on www.facebook.com/St-Johns-Lutheran.

TRI COUNTY LUTHERAN PARISH

VALATIE — The following is the worship schedule for the Tri County Lutheran Parish. Visit TCLParish.org website for weekly Zoom worship schedule and link.

Columbia County: Emanual Lutheran Church, 506 County Road 46, Stuyvesant Falls, worships at 8:30 a.m. Sunday. Christ Our Emmanuel, 19 Park Row, Chatham, 9:30 a.m. Sunday. St. Luke's Lutheran Church, 1010 Kinderhook St., Valatie, worships at 10:30 a.m. Sunday with Sunday School also at 10:30 a.m. on Sunday. Emanuel/St. John's Lutheran Church, 20 South Sixth St., Hudson, worships at 11 a.m. Sunday.

Greene County: Zion Lutheran Church, 102 North Washington St., Athens, worships at 9 a.m. Sunday.

Rensselaer County: Trinity Lutheran Church, 68 Green Ave., Castleton, worships at 9 a.m. Sunday. St. Stephen's Lutheran Church, 751 County Route 7, East Schodack, worships at 11 a.m. Sunday.

LUTHERAN PARISH OF SOUTHERN COLUMBIA COUNTY

GERMANTOWN — Lutheran Parish of Southern Columbia County includes the following parishes, St. Thomas Lutheran Church, Churchtown; Christ Lutheran Church, Germantown (Viewmont); St. John Lutheran Church, Elizaville (Manorton). St. Thomas Lutheran Church, Churchtown worships at 9 a.m. Sunday. Christ Lutheran Church, Germantown (Viewmont), worships at 11 a.m. Sunday. St. John Church in Manorton (Elizaville), 11 a.m. Sundays in October and December. Rev. Jacqueline Jefferson, Pastor, can be reached at 518-424-8295 or jackiehcpa@aol.com and see our Facebook page for information.

CHRIST CHURCH EPISCOPAL

HUDSON — Christ Church Episcopal, 431 Union St., Hudson, worships at 9 a.m. Sundays in person and online. Masks are optional. Live broadcast on Facebook.com/ChristChurchEpiscopalHudson, or christchurchepiscopalhudson.org. Midweek Eucharist at 12:15 p.m. Wednesdays in the church, join us for a quiet and uplifting service with anointing and prayers. Office hours and Emergency Food Shelf 9 a.m.-noon weekdays. For information, call 518-828-1329 or email christchurch1802@gmail.com.

SAINT PAUL'S EPISCOPAL CHURCH

KINDERHOOK — St. Paul's Episcopal Church, 8 Sylvester St., Kinderhook, Holy Communion in person at 8 and 10 a.m. Sundays. Face masks and distancing required regardless of vaccination status. For information and news, www.saintpaulskinderhook.org/ or follow us on Facebook. Subscribe to our newsletter: http://eepurl.com/cG4YSv; 518-758-6271 or saintpaulskinderhook@gmail.com. Office open 1:30-4:30 p.m. Tuesday-Thursday and by appointment.

KINDERHOOK REFORMED CHURCH

KINDERHOOK — The Kinderhook Reformed Church, 21 Broad St., Kinderhook, will have in person and live online Sunday worship include Sunday 8:45 a.m. prayer group 1; 9:30 a.m. worship and youth Sunday school; 10:30 a.m. coffee hour; and 11 a.m. prayer group 2. Weekly Bible studies available. Live broadcast on http://www.youtube.com/channel/UCCTUNike-MHshkf-mqhM-NxCw or www.facebook.com/KinderhookReformedChurch. For information, call 518-758-6401 or kinderhookreformedchurch.com.

CLAVERACK REFORMED DUTCH CHURCH

CLAVERACK — The Reformed Dutch Church, 88 Route 9H, Claverack, worships at 9:30 a.m. Sundays in the sanctuary. Sunday School begins at 9:30 a.m. For information, call 518-851-3811.

GHENT REFORMED CHURCH

WEST GHENT — The Ghent Reformed Church, 1039 County Route 22, West Ghent, worships at 9 a.m. Sundays. Communion is celebrated the first Sunday of the month. On Oct. 2 the church will be celebrating Communion with all other churches for World Communion Sunday. Sunday school begins at 10:15 a.m.

REFORMED CHURCH OF GERMANTOWN/MT. PLEASANT REFORMED CHURCH

GERMANTOWN/GREENPORT — The Reformed Church of Germantown worships at 9 a.m. Sunday and Mt. Pleasant Reformed Church worships at 10:30 a.m. Sunday with Pastor Dave Tipple officiating. Holy Communion will be observed as the church marks World Communion Sunday on Oct. 2. Also, on Oct. 2, the Sunday School will resume meeting at Germantown for children in preschool through 6th grade. The Germantown church is located at 20 Church Ave., Germantown and the Mt. Pleasant church is located on 33 Church Road, Greenport.

ST. JOHN'S REFORMED CHURCH

RED HOOK — St. John's Reformed Church, 126 Old Post Road North, Red Hook, worships at 10 a.m. Sundays in person and via Zoom. Worship services can be viewed after the service on YouTube.com at "St. John's in Red Hook." Social distancing and hand sanitizing encouraged. Masks are not required. Children are dismissed to Sunday School after the Children's Message. Communion is celebrated the first Sunday of the month. All are welcome. Bible Study meets Tuesdays at 10:15 a.m. in the fellowship hall. For more information, call the Church Office at 845-758-1184, email <office@stjohnsreformed.org>, check out St. John's website www.stjohnsreformed.org or follow us on Facebook.

GRACE BIBLE FELLOWSHIP CHURCH

RHINEBECK — Grace Bible Fellowship Church, 6959 Route 9, Rhinebeck, worships at 10:45 a.m. and 6 p.m. Sunday. Sunday School for all ages meets at 9:30 a.m. Women's bible study and Grace Bible Institute meets at 7 p.m. Mondays. Mid-week prayer meeting is at 7 p.m. Wednesdays. For information, call 845-876-6923 or cdfcirone@aol.com.

PEOPLE'S BIBLE CHURCH

CLAVERACK — People's Bible Church, 615 State Route 23B, Claverack, worships at 11 a.m. Sunday in person and online on Facebook. Sunday Adult Bible Study, high school through adult is at 10 a.m. Sunday. Children's Church is at 11 a.m. Communion is the first Sunday of each month/Wednesday Prayer and Fellowship is at 7 p.m. Wednesday.

Faith Bible Institute Satellite School classes meet every Thursday at 6 p.m. at the Church. For information, www.fbiclass.com or call the Church at 518-851-9811.

Monthly Fellowship Breakfast is 9-11 a.m. the first Saturday of the month.

SECOND REFORMED CHURCH OF COXSACKIE

COXSACKIE — The Second Reformed Church of Coxsackie, 16 Washington Ave., Coxsackie, worships at 10 a.m. Sunday. Communion is held on the first Sunday of each month. Sunday School begins at 10:15 a.m. For information, call the church office at 518-731-6084 or email secondreformedoffice@gmail.com.

FIRST REFORMED CHURCH OF COXSACKIE

COXSACKIE — The First Reformed Church of Coxsackie, 285 Mansion St., Coxsackie, worships at 9:30 a.m. Sunday. All are welcome. Communion is celebrated the first Sunday of each month. Sunday School is available during the worship service time. www.firstreformecoxsackie.com.

LIVING FAITH COMMUNITY CHURCH

MAPLECREST — Living Faith Community Church, 54 Route 56, Maplecrest, welcomes locals and visitors to worship together at 10:30 a.m. Sunday. Adult Bible Study meets before service at 9:30 a.m. Children's church is at 11 a.m. Fellowship meal follows service on the second Sunday of each month. Prayer meeting is at 6:30 p.m. Wednesday. For information, call 518-734-4275.

Young Men of the Mountaintop Youth Group meets at 6:30 p.m. the second and fourth Wednesday of the month at Living Faith Church. All boys age 11-17 are welcome.

FIRST REFORMED CHURCH OF ATHENS

ATHENS — First Reformed Church of Athens, 18 North Church St., Athens, worships at 10:30 a.m. Sunday. Communion is celebrated on the first Sunday of each month.

Senior Choir rehearsal is held 6:30-7:30 p.m. each Wednesday. Hudson River Bells will rehearse 7:15-8:30 p.m. Thursdays.

Guided landscape walks at Staatsburgh State Historic Site

STAATSBURG — Visit Staatsburgh State Historic Site for a guided landscape tour on the Gilded Age estate's beautiful grounds overlooking the Hudson River. Titled "What You See … and What You Don't See," join Staatsburgh staff at 11 a.m. Oct. 7, 9, 14, 21, 22 and 28 as they explore how the estate's landscape architect designed a glorious setting that showcased the good life in the Gilded Age, while deliberately using landscape elements to hide the technology and labor that made a turn-of-the-century estate run.

Using historic photos of the grounds, the tour will reveal what visitors would have seen at the turn of the 20th Century, but also step behind the curtain to show what was hidden from them.

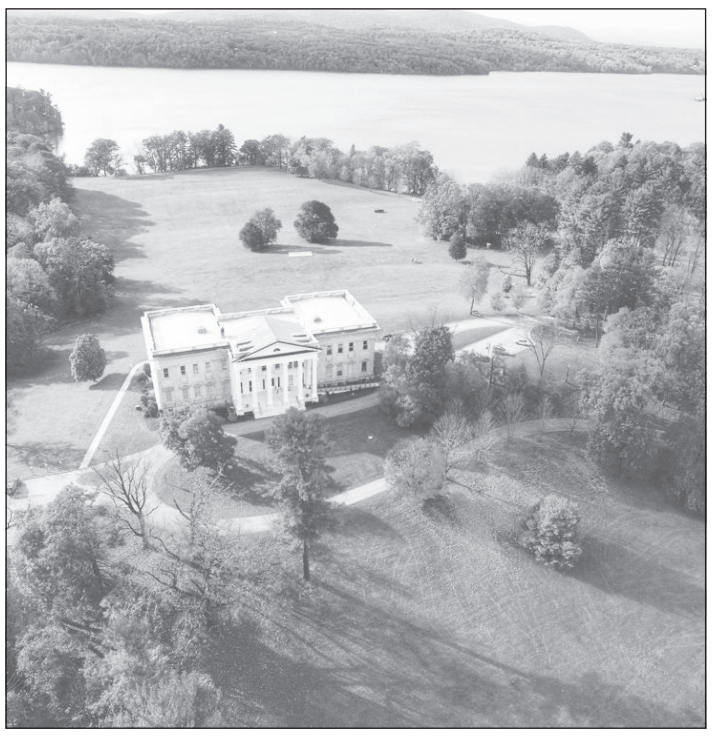
The walk will be about one mile of mostly level terrain, with some uphill walking. The program, including the walk, discussion and looking at historic photos, will take about 1½ hours.

The program cost is $5 per person; children 12 and younger are free.

Reservations are required; the link for making reservations can be found at www.Bookeo.com/StaatsburghSHS.

"On this guided walk, you'll be able to imagine what it would be like to be a guest of Ruth Livingston Mills for one of her very exclusive parties at Staatsburgh," says site educator, Don Fraser.

"On a beautiful afternoon, you might stroll along the Hudson, or sail the river on the Mills' yacht, or take a carriage drive. The grounds would present you with stunning vistas and lovely gardens, but tucked out of view, the estate staff would be shoveling coal, laundering piles of cloths and linens, or tending to animals, and all that would be invisible to you."



Staatsburgh.

Visitors may also enjoy picnicking by the Hudson River or taking a guided tour of the site's Gilded Age mansion (separate admission fee applies for house tours; $8/adult, $6 seniors and students, age 12 and under free; reservations can be made at www.Bookeo.com/StaatsburghSHS)

Staatsburgh was the autumn home of Ruth Livingston Mills, a prominent figure in New York Society, and her husband, industrialist and philanthropist Ogden Mills.

The mansion was redesigned by the famous architect Stanford White in 1895 and decorated in the styles of 17th and 18th century France.

In this lavish setting, Ruth Livingston Mills hosted parties for the elite of Gilded Age Society. Guests included people such as her cousin John Jacob Astor, her neighbors Fredrick and Louise Vanderbilt, and her twin daughters' close friend Alice Roosevelt, President Theodore Roosevelt's eldest daughter.

Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburg, off Route 9 between Rhinebeck and Hyde Park.

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RANGER MITCHELL JOINS SMOKEY BEAR AT FIVE RIVERS FALL FESTIVAL



CONTRIBUTED PHOTO

On Sept. 17, Ranger Mitchell and Smokey Bear attended the fall festival at Five Rivers Environmental Education Center in Delmar. More than 2,000 people attended the family-friendly environmental celebration featuring hands-on educational activities, interactive exhibits, interpretive walks and outdoor safety tips from Ranger Mitchell and Smokey Bear.

Full Circle: Washington Irving at Lindenwald special exhibit

KINDERHOOK — Martin Van Buren National Historic Site will host "Full Circle: Washington Irving at Lindenwald," a special, temporary exhibit from Oct. 1 through Oct.-31, delving into the site's connection to Hudson Valley legend, Washington Irving. Many people are unaware that the celebrated author of "Sleepy Hollow" and "Rip Van Winkle" wrote much of his first book, "Knickerbocker's History of New York," at the historic house now known as Lindenwald. Irving and Martin Van Buren grew close when they both served in the American Legation in London, and remained so until a falling out in 1840.

Visitors can find out what happened and if they reconciled, exploring this new twist on the relationship of Washington Irving to Lindenwald through primary sources and artifacts from the museum collection. The free self-guided exhibit is available to the public in the Visitor Center from 9 a.m.-4:30 p.m. daily.

Martin Van Buren National Historic Site will also offer a free family bonfire night Oct. 15. More details to follow.

For information, call Martin Van Buren National Historic Site at 518-758-9689 or check our website at www.nps.gov/mava.

Free fall foliage shuttle to the Adirondacks starts this weekend

ALBANY — Governor Kathy Hochul today announced a new, free shuttle service for visitors traveling to see the fall foliage in the Adirondacks starting this weekend in North Hudson. Shuttles will run the first two weekends in October from the Frontier Town Gateway to the Giant Mountain, Roaring Brook Falls, and Rooster Comb trailheads, as well as the Marcy Field Parking Area.

"The most beautiful fall foliage in the world is right here in our state, and New Yorkers deserve to take in the scenery in a safe and convenient way," Governor Hochul said. "To ensure the safety of residents and visitors in the Adirondacks, New York and our many local partners are launching a new October shuttle that will help prevent congestion along crowded corridors in the High Peaks and continue to provide a quality outdoors experience this foliage season."

First announced in July, the new program is a partnership between the New York State Department of Environmental Conservation (DEC), Essex County, the Regional Office of Sustainable Tourism (ROOST), the Towns of Keene and North Hudson, and the private owner of Frontier Town Gateway. The shuttle offers hikers the opportunity to experience fall foliage from its best vantage point - on the trail - without the hassle of driving to and parking at busy trailheads. It is one of many initiatives being deployed in the Adirondacks and Catskills this year to help protect public safety and promote sustainable recreation, in addition to Governor Hochul's bolstering of a record $400 million Environmental Protection Fund that included $8 million specifically for Adirondack and Catskill visitor safety and wilderness protection.

New York State Department of Environmental Conservation Commissioner Basil Seggos said, "Governor Hochul and DEC recognize how important it is to continue supporting a comprehensive strategy to improve safety, sustainability, and equitable access of those enjoying the outdoors. This newest shuttle will help encourage visitation to some of our most beautiful vistas while also helping prevent illegal parking and other public safety concerns. We encourage all visitors to 'know before you go' and prepare for a great day out this fall."

Assemblymember Matthew Simpson said, "One of the great aspects of living in the North Country is the gift of witnessing the natural beauty of the Adirondacks over the course of four seasons. With a remarkable summer behind us, the awe-inspiring visual spectacle of autumn foliage has begun to arrive. Both residents and visitors alike will come to embrace the wonderful natural beauty of vibrant colorful brilliance cast throughout the peaks and valleys of the High Peaks region and beyond. Ensuring access to this natural treasure for all to enjoy is a top priority at the State and Local level. I am incredibly proud to be part of the collaboration amongst all stakeholders involved, including Mo Ahmad of Frontier Town, the NYS DEC, Local Town Officials, and ROOST, in pushing this mission forward with introduction of this shuttle service. I also want to thank Governor Hochul for helping secure crucial funding to provide the resources necessary to safely and sustainably showcase our incredible world class natural environmental asset, the Adirondack Park."

Adirondack Park Agency Chair John Ernst said, "As the Adirondack Park blaze their spectacular fall foliage the public will have an additional free shuttle opportunity that will provide convenient and safe access to multiple trail heads in beautiful Essex County. Under Governor Hochul's leadership, a strong coalition of public and private partners continues to successfully implement management strategies that diversify recreational access in sustainable ways throughout the coveted High Peaks Region."

The fall foliage shuttle stops at the same drop off locations as the Route 73 Hiker Shuttle from Marcy Field, but the route provides increased access for visitors to further alleviate unsafe and illegal parking in the Route 73 corridor. The October shuttle will operate on a loop Saturday and Sunday, October 1 and 2, and Saturday, Sunday, and Monday, October 8, 9, and 10 from 7 a.m. to 7 p.m. Dogs are not permitted. Each shuttle can accommodate 20 riders and seating is available on a first come, first served basis.

The fall foliage shuttle program is an expansion of the Route 73 Hiker Shuttle program first piloted in 2021, which provides a no-cost option for hikers unable to find parking at their desired trailhead or who wish to simplify their experience by parking and riding to their destination. The Route 73 Hiker Shuttle operates Saturdays, Sundays, and holiday Mondays through Columbus Day Weekend from 7 a.m. to 7 p.m. No reservations are needed. Stewards are stationed at Marcy Field to help hikers navigate the shuttle system and educate on responsible recreation, including preparedness, hiking safety, and Leave No Trace principles. Learn more about the shuttle program and find a route map and shuttle schedule on the DEC website.

The Route 73 Hiker Shuttle system complements a long-standing service provided by the Town of Keene that provides transportation to and from the Town-owned Garden Trailhead from the Marcy Field parking area. The Town shuttle runs in conjunction with the Route 73 shuttle system from 7 a.m. to 7 p.m. on Saturdays and Sundays when the Garden parking lot is full. Well-behaved dogs on leashes are permitted on the Town shuttle.

The shuttle system was among recommendations in the High Peaks Advisory Group's (HPAG) final report on promoting sustainable recreation in the Adirondack Park. Comprised of stakeholders with expertise in local government, recreation, natural resource protection, business, and tourism.

The Arc Mid-Hudson's Roy A. Gonyea Jr. Fall Golf Classic raised more than $47,000



CONTRIBUTED PHOTO

Pictured are Brian Hurley and Adam Brown from OneGroup; Gregory Ashe and Michael Alexander from The Arc Mid-Hudson; Peter and James are supported individuals.

KINGSTON — On Sept. 13, 122 golfers teed off in The Arc Mid-Hudson's Roy A. Gonyea, Jr. Fall Golf Classic at Wiltwyck Golf Club in Kingston.

With the generous support of Corporate Sponsors; Hudson Regional LTC Pharmacy, Rifton Equipment, NFP, Alera Group, LW Tree Service, Bob & Merriam Boening, Dutton Architecture, Doyle Security, Hudson Valley Social Media, Mid-Hudson Valley Federal Credit Union, Rondout Savings, Ulster Federal Credit Union, Ulster Savings, and our Event Sponsors: Facilities Maintenance Corporation, OneGroup, Wallkill Valley Federal Savings and Loan, Forvis, Adams Fairacre Farms, MyTown Marketplace, Herzog's Home Center, Moroney's Harley-Davidson, The BlackBoard Bistro, Begnal Motors, Columbia Memorial Health, The MInesPress, O'Connor and Partners, PLLC, Arold Construction, and Ole Savannah Southern Table and Bar, The Arc Mid-Hujdson was able to raise over $47,000 for people with intellectual and other developmental disabilities.

Golfers enjoyed a beautiful day on the course with 18 themed holes, fun games, contests, and prizes, as well as a continental breakfast provided by various donors and sponsors, a delicious barbeque lunch and dinner provided by Wiltwyck Golf Club. Everyone had a wonderful time and the Roy A. Gonyea, Jr. Fall Golf Classic continues to be one of the Hudson Valley's best golf tournaments. Save the date for next year's tournament and don't miss out on this exciting fundraising event, Sept. 18, 2023.

Congratulations to the winners of this year's tournament; John Bennett, Robert Dziados Sr., Robert Dziados Jr. and Travis Barton.

If you would like more information about The Arc Mid-Hudson, becoming a sponsor or joining any of The Arc Mid-Hudson events, please contact Kelly Wright, Director or Regional Events, The Arc Mid-Hudson Foundation at 845-768-5122 or visit https://arc-mhfoundation.org/events/

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006131

Work-from-home or return to the office? A rift is emerging among US workers

Alex Tanzi
Bloomberg News

Tensions are brewing at work between employees who have returned to the office and those who've continued to work from home, according to a survey of U.S. workers.

Almost three-quarters of respondents said companies should pay in-office employees more than their work-from-home colleagues, and two-thirds are concerned that managers view full-time remote workers as lazier, according to the survey of 3,500 people commissioned by GoodHire, a firm that performs employment background checks.

At the same time, a third of respondents are willing to quit their job or start looking for a new one if forced to return to the office full-time. That share is down from last year, underscoring growing pressures in workplaces. A majority think that work-from-home employees will be more at risk to lose their jobs in a downturn.

Both camps agree on one important matter: Working remotely will probably hamper their career.

"There are several data points in the survey that show there may be a potential for a growing conflict among these two groups," Max Wesman, chief operating officer at GoodHire, said in an emailed statement. Still, "each supports the general idea that in-office workers will enjoy more benefits and career opportunities than their remote-worker counterparts."

Many corporations, especially banks, have taken a harder line on getting employees back to the office at least part-time. But data show there's still a long way to go, particularly in big cities where many are still working remotely at least a few days during the week.

The GoodHire poll shows that a majority of workers feel that, while they might prefer remote work, they believe that their careers will suffer. Almost 6 in 10 worried that they would be excluded from important team meetings and projects if they're not consistently in the office.

Drivers

From A1

10 mph through Horseshoe Bend.

The work is expected to take place during daylight hours from Oct. 3 to Oct. 7, weather permitting, Viggiani said.

Motorists are urged to slow down and drive responsibly in work zones. Fines are doubled for speeding in a work zone. Convictions of two or more speeding violations in a work zone could result in the suspension of an individual's driver license, Viggiani said.

Drivers are reminded to move over one lane, if safely possible, or slow down significantly when encountering roadside vehicles displaying red, white, blue, amber or green lights, including maintenance and construction vehicles in work zones, Viggiani said.

For up-to-date travel information, call 511, visit 511NY.org or download the free 511NY mobile app.

You can also follow New York State Department Of Transportation on Twitter and Facebook.



File photo

Motorists that drive through Horseshoe Bend in Haines falls, can expect delays this coming week with scheduled roadwork on Route 23A.

Protests

From A1

Cherry Hill headquarters declined comment and referred calls for information to the Hudson branch.

Demonstrators will walk past the bank and stand there silently for a time. Then guest speakers will address the crowd about climate issues and investing in fossil fuels.

"We're bringing faith leaders to the forefront of the gathering to highlight the immorality of investments that steal the future from coming generations," Richardson said. "We've read about and seen news reports of wildfires and storms and we've had enough of it."

Many faith-based leaders are coming from Kingston, the Berkshires and Bennington, Vermont, said Richardson, who is planning to take the demonstration to Kingston and Pittsfield, Massachusetts in the future.

"We want to align the money with our values," Richardson said. "This is not about showing up something that's bad. It's about considering what you can do for good."

US averts government shutdown as House passes short-term funding bill

Erik Wasson
Bloomberg News

The U.S. government narrowly averted a midnight shutdown of most federal agencies when the House passed a short-term spending bill hours before the deadline.

The stopgap bill, which the Senate passed Thursday, passed 230 to 201 and now heads to President Joe Biden's desk for his signature. But Republican opposition in the House forecasts potential turmoil when the legislation expires Dec. 16, especially if the GOP wins control of one or both chambers in the November midterms.

Republicans said they had no role in crafting the measure and wanted a stopgap bill that extended into next year instead. Forecasts favor Republicans taking the majority in the House in January and a longer stopgap would have given the party more say in any final 2023 spending decisions.

Republicans want to cut funding for Internal Revenue Service tax audits and to provide more money for immigration enforcement.

"They did not ask for any new money for border patrol agents to address this Biden-created crisis on the southern border," said Oklahoma Republican Tom Cole in a floor speech opposing the bill.

Democrats said the GOP opposition reflects a cavalier attitude toward government shutdowns that led to the longest closure of the federal government in history in 2018 and 2019 when President Donald Trump and the GOP tried to use a 35-day shutdown to force Democrats to accept border wall funding.

"We think it is unacceptable to ever shut the government down," Massachusetts Democrat Jim McGovern said.

The stopgap bill provides $12 billion to help Ukraine defend against Russia's invasion, $2 billion for domestic disaster relief, $2.5 billion for New Mexico wildfires and $1 billion in home heating assistance. Language in the bill allows the Federal Emergency Management Agency to access about $35 billion in disaster relief funds that should speed aid to victims of Hurricane Ian.

The bill extends Food and Drug Administration user fees for five years, averting a planned layoff.

The path was cleared for Senate passage of the bill after Senate Majority Leader Chuck Schumer and West Virginia Democrat Joe Manchin dropped an effort to include permitting changes. Manchin was unable to assemble 60 votes for his energy permit changes in the face of opposition in both parties. Manchin told reporters he plans to try to negotiate with Republicans to revive a new version of his bill for possible inclusion in an annual defense policy bill coming to the Senate floor after the election.

At the request of Republicans, $27 billion in funding requested by the White House to fight COVID-19 and the monkeypox outbreak was also excluded.

A stopgap measure is needed to keep the government running past the Oct. 1 start of the fiscal year because Congress has failed to pass any of the 12 annual spending bills for fiscal 2023. The House passed six bills and the Senate took up none of them.

Friday's votes were the last the House plans to conduct before the November midterm elections.

Missile strike on civilian convoy kills 25 in Zaporizhzhia

Louisa Loveluck
The Washington Post

ZAPORIZHZHIA, Ukraine - A wave of suspected Russian missile strikes killed at least 25 Ukrainians on Thursday as they waited to deliver aid and to collect relatives from an area that Russian President Vladimir Putin is preparing to annex in violation of international law.

In Avtorynok, an old car market on the southern fringe of Zaporizhzhia, the regional capital, a group of civilians had waited all night to cross into the Russian-controlled territory. The broader Zaporizhzhia region is one of four where Russia orchestrated referendums in an attempt to legitimize annexation, but only part of the region is under Russian military control.

In interviews with Washington Post reporters on Thursday, the civilians had described the reason for their travel. Some were doctors, crossing battle lines to conduct lifesaving surgeries in hospitals that Russian forces have failed to adequately restock. Others were ordinary civilians trying to rescue loved ones who were too elderly or infirm to make the journey themselves.

"What choice do I have? He's my relative," said one man, Serhiy, as he waited to join the convoy, asking that his family name not be used out of fears for his safety. Serhiy said he understood the danger but saw no other option.

Many residents of occupied Ukrainian territory who remained in their homes after Russian forces invaded and took control have finally decided to flee in recent days, following Putin's announcement of his annexation plans.

Early Friday while the convoy waited to depart, three missiles slammed into the ground around the vehicles, eyewitnesses at the scene said.

It was unclear whose bodies lay under the blankets and tarpaulins that security forces and the assembled doctors used to shroud the dead.

Some of the victims fell next to their cars or in the bushes where they had scrambled for safety.

Hours after the attack, several shellshocked survivors were still there, and at a loss. When one received a phone call, he picked up and said simply, 'I'm here. I'm alive," and then hung up.

At least 25 people were killed in the strikes, officials said.

In local hospitals, surgeons in the operating theaters were battling to save the lives and limbs of at least 15 other victims of the missile strike.

Ukrainian officials said the missiles appeared to have been fired from an S-300 surface-to-air system.



Photo for The Washington Post by Wojciech Grzedzinski

A missile strike hit a convoy of civilian vehicles in Zaporizhzhia, Ukraine, on Friday, killing or injuring dozens of people.



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Close, but not quite

Angels' Shohei Ohtani loses no-hit bid with two outs in eighth inning. **Sports, B2**



SECTION B

Tim Martin, Sports Editor: 1-518-828-1616 ext. 2538 / sports@registerstar.com or tmartin@registerstar.com

Joe Burrow, Bengals hand Dolphins first loss



KATIE STRATMAN/USA TODAY

Cincinnati Bengals wide receiver Ja'Marr Chase (1) catches a pass against Miami Dolphins cornerback Keion Crossen (27) in the second half at Paycor Stadium on Thursday.

Field Level Media

Joe Burrow passed for 287 yards and two touchdowns and Evan McPherson kicked two fourth-quarter field goals to help the Cincinnati Bengals record a 27-15 victory over the visiting Miami Dolphins on Thursday night.

The Dolphins lost standout quarterback Tua Tagovailoa to head and neck injuries in the second quarter. He was taken off the field on a stretcher and transported to University of Cincinnati Medical Center for evaluation.

Tee Higgins caught seven passes for 124 yards and one touchdown for the Bengals (2-2). Vonn Bell intercepted two passes, Joe Mixon rushed for a score and Hayden Hurst caught a touchdown pass.

Teddy Bridgewater replaced Tagovailoa and completed 14 of 23 passes for 193 yards, one touchdown and one interception for Miami (3-1). Tyreek Hill caught 10 passes for 160 yards for the Dolphins, whose loss leaves the Philadelphia Eagles as the NFL's lone unbeaten team.

Tagovailoa was sacked by Cincinnati's Josh Tupou and swung to the ground violently with 5:43 left in the first half. The Dolphins said Tagovailoa was conscious, had movement in all his extremities and would travel home with the team.

Tagovailoa completed 8 of 14 passes for 110 yards and one interception before exiting.

Cincinnati took a 17-15 lead on McPherson's 19-yard field goal with 12 minutes left to play. He kicked another one three times as long – 57 yards – to give the Bengals a 20-15 lead with 6:13 remaining.

Bell collected his second interception of the game with 3:05 left and returned it 46 yards to the Dolphins' 45-yard line. Five plays later, Burrow threw a 2-yard scoring pass to Hurst to make it a 12-point advantage with 1:52 to play.

The Bengals scored on the opening drive with Mixon rushing in from the 5.

Jason Sanders kicked field goals of 23 and 48 yards to move Miami within one with 7:31 left in the first half.

Burrow connected with Higgins on a 59-yard pass to give Cincinnati a 14-6 lead with 2:50 remaining in the half. Higgins caught the ball at the 30 and cruised down the left sideline.

Bridgewater flipped a shovel pass to Chase Edmonds on a 7-yard scoring pass with nine seconds left in the half. Sanders clanked the extra point off the right upright, however.

Miami moved ahead 15-14 on Sanders' 20-yard field goal with 2:30 left in the third quarter. The field goal was set up by Bridgewater's 64-yard completion to Hill.

LOCAL ROUNDUP: Kingston overcomes TH's fast start to earn MHAL victory

Columbia-Greene Media

KINGSTON — Kingston came from behind to post a 5-2 victory over Taconic Hills in Thursday's Mid-Hudson Athletic League field hockey game at Dietz Stadium.

Taconic Hills came out strong and fast. Within the first five minutes, Taconic Hills' Brianna Shetsky scored with an assist from Ava Skabowski.

Kingston was stunned but not ready to give up. As the game progressed, Emily Beichert scored two goals for Kingston and had one assist. Adelaide Finely had two goals and Chayse Delisio had one goal for Kingston.

Taconic Hills' second goal came from Gianna Stang, also assisted by Ava Skabowski.

Kingston out shot Taconic Hills, 27-8. Titans' goalkeeper Grace Alvarez had 18 saves and Kingston's Christina Schmidt had 5 saves.

"Kingston had to make some changes after the first quarter and work together to get shots on goal," Tigers coach Kristy Nissen said. "Taconic Hills' defense was aggressive and strong and their goalie was outstanding."

Taconic Hills hosts Pine Bush on Monday at 4:15 p.m.

Pine Bush 3, Coxsackie-Athens 1

Pine Bush posted a 3-1 victory over Coxsackie-Athens in Thursday's Mid-Hudosn Athletic League field hockey game.

Jennifer Sorrentino, Ashanti Melendez and Annie Rodriguez each had a goal for Pine Bush. Sorrentino added an assist.

Lauren Winegard had C-A's lone goal, scoring off an assist from Sophia Walsh.

Coxsackie-Athens is now 4-4.

NON-LEAGUE

Pine Plains 5, Ichabod Crane 0

Pine Plains won a non-league field hockey game over Ichabod Crane on Wednesday, 5-0.

Autumn Prezzano had the Bombers' first goal with an assist from

See KINGSTON B4



DUSTIN SATLOFF/GETTY IMAGES

Ben Simmons (10) of the Brooklyn Nets speaks at the podium during a press conference at Brooklyn Nets Media Day at HSS Training Center on Monday in Brooklyn.

Nets' Nash: Ben Simmons is a 'special, special player without taking jump shots'

Kristian Winfield
New York Daily News

NEW YORK — Nets coach Steve Nash says All-Star forward Ben Simmons doesn't need to shoot jump shots to be effective on the court.

"I'm not one of those people who thinks Ben has to shoot the ball," he said. "I don't. He's a special, special player without taking any jump shots. There's other solutions for that. There's so many things he brings to the table and our group. Shooting3/8 is not what he brings to the table for us."

Nash said Simmons looks good through three days of training camp and that "he's on his way back to his best." He said shooting is the last thing a team with two Hall of Fame scorers and a newfound abundance of spacing needs from Simmons.

"To me, Ben is an incredible playmaker, he plays point guard, he's incredible in transition, he's a good screener, he's playing out of the half roll and attacking the rim," Nash said. "Those are the things we need from him" Birthday boy

For Kevin Durant's 34th birthday, the Nets welcomed him with a cake -- and a singing rookie.

See NETS B4

Jalen Brunson prepared for 'whatever it takes' with Knicks

Stefan Bondy
New York Daily News

NEW YORK — Jalen Brunson puts it in air quotes. "Added pressure."

It's not something he's giving much credence to as he enters his first season with the Knicks, strapped with the type of contract that implies he'll end the franchise's long point-guard drought.

"For one, it's not really pressure to me. I've played a long time," Brunson said. "And two, I'm just gonna be myself. I'm ready to go. Whatever it takes."

Brunson may not feel stress internally, but high stakes are attached to his success or failures. Reputations and jobs are on the line. After last season's plunge out of the playoffs, the Knicks made Brunson their lone significant addition. It cost team president Leon Rose the 11th overall pick for cap space and $104 million to pry Brunson from Dallas. As Mavericks forward Dorian Finney-Smith said the other day about his former teammate, "You see how much money they gave him? I would have been mad if he stayed here."

Brunson arrives without much NBA experience as a lead guard, but the Knicks have made clear their belief that the 26-year-old is worth the money. The logic, as echoed by coach Tom Thibodeau on Thursday, is Brunson is a leader who has won and improved at every level.

"Sometimes he can fool you because doesn't necessarily look the part," Thibodeau said, "but he is the part.

"His mind is spectacular, the way he sees the game."

There are doubters, for sure. Brunson's familial connections to this Knicks regime contributes to the ideas that not only was tampering involved, but also the point guard's bank account benefitted from Leon Rose's 'Family and Friends plan.'



TOM PENNINGTON/GETTY IMAGES

Dallas Mavericks' Jalen Brunson (13) drives to the basket against the Utah Jazz' Donovan Mitchell (45) in the fourth quarter of Game 2 of the Western Conference first-round playoff series at American Airlines Center on April 18 in Dallas.

But Brunson is experienced in nonbelievers. He's proven most of them wrong. After winning two NCAA titles at Villanova, Brunson's size and athletic limitations dropped him to the second round of the 2018 draft to the Mavericks, who had picked Luka Doncic about an hour earlier.

Brunson played off the ball to accommodate Doncic in their three seasons together, then blossomed in this year's playoffs when his superstar backcourt mate was injured. The postseason performance boosted Brunson's free-agency value and Knicks gave him the ball. Older fans may have PTSD from signing a free agent based on a single playoffs -- (ahem, Jerome James) -- but Brunson has a track record of improvement beyond last season.

"I was just doing what I think I have the ability to do," Brunson said of his playoff success. "Everyone else, the outside world, they just were able to see it at that point in time."

Thibodeau has seen many NBA players defy the expectations of their draft position. He coached Jimmy Butler, who was taken 30th overall by the Bulls in 2011. He referenced second-round pick Draymond Green.

Brunson, up to this point, doesn't stand up to those two but the Knicks are betting on his continued rise.

"It's his DNA. He has a winning DNA," Rose told James Dolan's cable network. "You look at his history -- state champions in high school, two National Championships in college, last year with and without Luka Doncic, leads the Dallas Mavericks to the Western Conference finals. And he's improved every year because of who he is and what he's about. ...We needed that person that was going to stabilize us."

Rose served as the agent of Brunson's father, Rick, who is now a Knicks assistant coach. Rose's son, Sam, now represents the younger Brunson. Beyond just the tortured Knicks fans hoping for their first championship since Richard Nixon was president, there are a lot of people inside the organization with personal stakes in Brunson's performance. That might seem like pressure but the point guard said he doesn't feel that emotion.

"I look at it -- last season -- as just another stepping stone to me getting better," Brunson said. "It was Year 4, I made strides, now this is Year 5 and I have to continue to make strides. That's all."

Major League Baseball

AMERICAN LEAGUE

East	W	L	Pct	GB
N.Y. Yankees	96	59	.619	—
Toronto	87	69	.558	9.5
Tampa Bay	85	70	.548	11.0
Baltimore	80	76	.513	16.5
Boston	75	81	.481	21.5
Central	**W**	**L**	**Pct**	**GB**
Cleveland	87	68	.561	—
Chicago White Sox	77	79	.494	10.5
Minnesota	76	80	.487	11.5
Detroit	63	92	.406	24.0
Kansas City	63	93	.404	24.5
West	**W**	**L**	**Pct**	**GB**
Houston	102	54	.654	—
Seattle	84	70	.545	17.0
L.A. Angels	69	86	.445	32.5
Texas	66	88	.429	35.0
Oakland	56	99	.361	45.5

Wednesday's games

Cleveland 2, Tampa Bay 1, 10 innings
Detroit 2, Kansas City 1
N.Y. Yankees 8, Toronto 3
Boston 3, Baltimore 1
Minnesota 8, Chicago White Sox 4
L.A. Angels 4, Oakland 1
Seattle 3, Texas 1

Thursday's games

Chicago White Sox 4, Minnesota 3
Detroit 10, Kansas City 3
Boston 5, Baltimore 3
Tampa Bay at Cleveland, 6:10 p.m.
Oakland at L.A. Angels, 9:38 p.m.
Texas at Seattle, 9:40 p.m.

Friday's games

Baltimore (Lyles 11-11) at N.Y. Yankees (German 2-3), 7:05 p.m.
Boston (Pivetta 10-11) at Toronto (Manoah 15-7), 7:07 p.m.
Kansas City (Singer 10-4) at Cleveland (Plesac 3-11), 7:10 p.m.
Minnesota (Ryan 12-8) at Detroit (Alexander 4-10), 7:10 p.m.
Tampa Bay (Rasmussen 10-7) at Houston, 8:10 p.m.
Texas (Otto 6-9) at L.A. Angels, 9:38 p.m.
Oakland at Seattle, 9:40 p.m.

Saturday's games

Baltimore at N.Y. Yankees, 1:05 p.m.
Boston at Toronto, 3:07 p.m.
Oakland at Seattle, 4:10 p.m.
Kansas City at Cleveland, 6:10 p.m.
Minnesota at Detroit, 6:10 p.m.
Tampa Bay at Houston, 7:20 p.m.
Texas at L.A. Angels, 9:07 p.m.

NATIONAL LEAGUE

East	W	L	Pct	GB
N.Y. Mets	98	58	.628	—
Atlanta	97	59	.622	1.0
Philadelphia	83	72	.535	14.5
Miami	64	91	.413	33.5
Washington	54	101	.348	43.5
Central	**W**	**L**	**Pct**	**GB**
St. Louis	90	66	.577	—
Milwaukee	83	72	.535	6.5
Chicago Cubs	70	86	.449	20.0
Cincinnati	60	96	.385	30.0
Pittsburgh	59	97	.378	31.0
West	**W**	**L**	**Pct**	**GB**
L.A. Dodgers	107	48	.690	—
San Diego	86	69	.555	21.0
San Francisco	77	78	.497	30.0
Arizona	72	84	.462	35.5
Colorado	65	90	.419	42.0

Wednesday's games

Pittsburgh 4, Cincinnati 3, 10 innings
Washington 3, Atlanta 2, 10 innings
N.Y. Mets 5, Miami 4, 10 innings
Chicago Cubs 4, Philadelphia 2
Milwaukee 5, St. Louis 1
L.A. Dodgers 1, San Diego 0, 10 innings
San Francisco 6, Colorado 3

Thursday's games

Chicago Cubs 2, Philadelphia 0
Miami at Milwaukee, 7:40 p.m.
L.A. Dodgers at San Diego, 9:40 p.m.
Colorado at San Francisco, 9:45 p.m.

Friday's games

Philadelphia (Falter 5-4) at Washington (Fedde 6-11), 1:05 p.m.
Cincinnati (Ashcraft 5-4) at Chicago Cubs (Sampson 3-5), 2:20 p.m.
Philadelphia (Syndergaard 4-2) at Washington, 7:05 p.m.
N.Y. Mets (deGrom 5-3) at Atlanta (Fried 13-7), 7:20 p.m.
Miami (Alcantara 14-8) at Milwaukee (Burnes 11-8), 8:10 p.m.
Pittsburgh (Oviedo 2-1) at St. Louis (Flaherty 1-1), 8:15 p.m.
Colorado at L.A. Dodgers, 10:10 p.m.
Arizona (Kelly 13-7) at San Francisco, 10:15 p.m.

Saturday's games

Philadelphia at Washington, 1:05 p.m.
Cincinnati at Chicago Cubs, 2:20 p.m.
Arizona at San Francisco, 4:05 p.m.
Miami at Milwaukee, 7:10 p.m.
Pittsburgh at St. Louis, 7:15 p.m.
N.Y. Mets at Atlanta, 7:20 p.m.
Colorado at L.A. Dodgers, 9:10 p.m.

INTERLEAGUE

Wednesday's game

Arizona 5, Houston 2, 10 innings

Friday's game

Chicago White Sox (Martin 2-5) at San Diego, 9:40 p.m.

Saturday's game

Chicago White Sox at San Diego, 8:40 p.m.

BASEBALL FLASHBACKS

1915 — Boston secures the American League pennant after the St. Louis Browns defeat Detroit, giving the Red Sox a 2 1/2-game lead over the Tigers.
1927 — Babe Ruth swats his record 60th home run of the season as the New york Yankees defeat the Washington Senators 4-2. The home-run mark stands for 34 years.
1933 — Babe Herman hits for the cycle for the third time in his career, propelling the Chicago Cubs to a 12-2 rout of the St. Louis Cardinals.
1945 — Eddie Stanky sets a major-league record with his 148th walk of the season as the Brooklyn Dodgers defeat the Philadelphia Phillies 4-1.
1945 — Hank Greenburg's ninth-inning grand slam leads Detroit past the St. Louis Browns 6-3, giving the Tigers the American League pennant.
1956 — Red Schoendienst records the 2,000th hit of his major-league career as the New York Giants drop a 4-2 decision to the Milwaukee Braves.
1960 — Tony Kubek and Jesse Gonder go deep as the New York Yankees set an American League record for home runs in a season with 192. The Yankees go on to beat Boston 6-5.
1962 — The New York Mets set a 20th century mark with their 120th loss of the season, a 5-1 defeat at the hands of the Chicago Cubs.
1972 — Roberto Clemente doubles off Jon Matlack for his 3,000th and final hit as the Pittsburgh Pirates blank the New York Mets 5-0. Clemente dies in a plane crash on New Year's Eve.
1980 — Fernando Valenzuela wins his first career major-league game, lifting the Los Angeles Dodgers past the San Francisco Giants 4-1.
1984 — Mike Witt finishes the regular season in style, throwing the ninth perfect game in modern history as the California Angels shade the Texas Rangers 1-0.
1992 — George Brett's 3,000th career hit highlights the Kansas City Royals' 4-0 triumph over the California Angels. Brett finishes with three hits in the game.
1995 — Albert Belle swats his 50th home run of the season as the Cleveland Indians prevail 3-2 over Kansas City. He's the only player in history with 50 home runs and 50 doubles in a season.
2000 — Oakland decimates Texas 23-2 in the highest-scoring game in Athletics franchise history.
2008 — The Chicago White Sox beat Minnesota 1-0 in a one-game playoff to reach the postseason. The White Sox had to win a make-up game against Detroit one day earlier just to qualify for the play-in game.
2018 — The New York Yankees end the season with 267 home runs, breaking the 1997 record of 264 held by the Seattle Mariners. Giancarlo Stanton (38), Didi Gregorius (27), Miguel Andujar (27), Aaron Judge (27), Aaron Hicks (27) and Gleyber Torres (24) led the offense.

Pro football

NFL

American Football Conference

East	W	L	T	Pct	PF	PA
Miami	3	1	0	.750	98	91
Buffalo	2	1	0	.667	91	38
New England	1	2	0	.333	50	71
N.Y. Jets	1	2	0	.333	52	81
South	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Jacksonville	2	1	0	.667	84	38
Indianapolis	1	1	1	.500	40	61
Tennessee	1	2	0	.333	51	84
Houston	0	2	1	.167	49	59
North	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Baltimore	2	1	0	.667	99	77
Cleveland	2	1	0	.667	85	72
Cincinnati	2	2	0	.500	91	70
Pittsburgh	1	2	0	.333	54	66
West	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Kansas City	2	1	0	.667	88	65
Denver	2	1	0	.667	43	36
L.A. Chargers	1	2	0	.333	58	84
Las Vegas	0	3	0	.000	64	77

National Football Conference

East	W	L	T	Pct	PF	PA
Philadelphia	3	0	0	1.000	86	50
Dallas	2	1	0	.667	46	52
N.Y. Giants	2	1	0	.667	56	59
Washington	1	2	0	.333	63	82
South	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Tampa Bay	2	1	0	.667	51	27
Carolina	1	2	0	.333	62	59
New Orleans	1	2	0	.333	51	68
Atlanta	1	2	0	.333	80	81
North	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Green Bay	2	1	0	.667	48	45
Minnesota	2	1	0	.667	58	55
Chicago	2	1	0	.667	52	57
Detroit	1	2	0	.333	95	93
West	**W**	**L**	**T**	**Pct**	**PF**	**PA**
L.A. Rams	2	1	0	.667	61	70
San Francisco	1	2	0	.333	47	37
Seattle	1	2	0	.333	47	70
Arizona	1	2	0	.333	62	87

Week 4

Thursday's game

Cincinnati 27, Miami 15

Sunday, Oct. 2

Minnesota vs New Orleans, at Tottenham, England, 9:30 a.m.
Cleveland at Atlanta, 1 p.m.
Buffalo at Baltimore, 1 p.m.
Washington at Dallas, 1 p.m.
Seattle at Detroit, 1 p.m.
L.A. Chargers at Houston, 1 p.m.
Tennessee at Indianapolis, 1 p.m.
Chicago at N.Y. Giants, 1 p.m.
Jacksonville at Philadelphia, 1 p.m.
N.Y. Jets at Pittsburgh, 1 p.m.
Arizona at Carolina, 4:05 p.m.
New England at Green Bay, 4:25 p.m.
Denver at Las Vegas, 4:25 p.m.
Kansas City at Tampa Bay, 8:20 p.m.

Monday, Oct. 3

L.A. Rams at San Francisco, 8:15 p.m.

FOOTBALL FLASHBACKS

1962 — The Green Bay Packers throttle the Chicago Bears 49-0 in the most lopsided game in the history of their decades-old rivalry. Jim Taylor rushes for three touchdowns in the victory.
1963 — Red Hickey resigns as head coach of the San Francisco 49ers after the club gets off to an 0-3 start. He is replaced by Jack Christensen, who goes just 2-9 the rest of the way.
1972 — Jamal Anderson is born in Woodland Hills, California. Taken 201st overall by Atlanta in 1994, Anderson rushes for 1,846 yards in 1998 before injuries force him out of the game at age 29.
1984 — Miami Dolphins quarterback Dan Marino throws for 429 yards and three touchdowns in a 36-28 victory over the St. Louis Cardinals. It's Marino's first career 400-yard passing performance.
2001 — New England Patriots quarterback Tom Brady makes his first career NFL start in place of an injured Drew Bledsoe. Brady passes for 168 yards as the Patriots crush the Indianapolis Colts 44-13.
2007 — New York Giants defensive end Michael Strahan sets a franchise record with a sack of Donovan McNabb in a 16-3 victory over the Philadelphia Eagles. The sack gives Strahan 133.5 for his career, moving him past Lawrence Taylor on the all-time team list.
2007 — Brett Favre throws the 421st touchdown pass of his career in the Green Bay Packers' 23-16 win over the Minnesota Vikings. The TD strike moves him past Dan Marino and into sole possession of first place on the all-time list.
2008 — The Oakland Raiders fire head coach Lane Kiffin and replace him on an interim basis with Tom Cable. Kiffin is let go after the Raiders begin the season 1-3.
2018 — Indianapolis Colts kicker Adam Vinatieri breaks the all-time field goal record held by Hall of Famer Morten Andersen by kicking his 566th career field goal in a 37-34 loss to the Houston Texans.
2018 — New Orleans Saints running back Alvin Kamara becomes the first player in league history to accumulate 1,000 rushing yards and 1,000 receiving yards through his first 20 career games.

Transactions

BASEBALL

American League

Boston Red Sox - Activated RHP Nathan Eovaldi from the 15-day IL. Optioned RHP Connor Seabold to Worcester (IL).
Detroit Tigers - Activated RHP Miguel Diaz, selected the contract of him from Toledo (IL). Placed RF Kerry Carpenter on the 10-day IL. Placed RHP Matt Manning on the 60-day IL. Recalled 2B Kody Clemens from Toledo (IL).
Houston Astros - Optioned C Yainer Diaz to Sugar Land (PCL). Recalled CF Jake Meyers from Sugar Land (PCL).
Kansas City Royals - Activated RHP Taylor Clarke from the 15-day IL. Optioned SP Jose Cuas to Omaha (IL).
Tampa Bay Rays - Designated RHP Cristofer Ogando for assignment. Optioned RHP Calvin Faucher to Durham (IL). Selected the contract of RHP Easton McGee from Durham (IL).

PRO HOCKEY

National Hockey League

Boston Bruins - Assigned C Samuel Asselin, C Curtis Hall, and D J.D. Greenway to Providence (AHL). Released RW Alex-Olivier Voyer, LW Eduards Tralmaks, and D Josiah Didier.
Colorado Avalanche - Assigned C Callahan Burke, D Nathan Clurman, and G Trent Miner to Colorado (AHL). Released LW Ben Tardif.
Columbus Blue Jackets - Assigned LW Martin Rysavy and D Denton Mateychuk to Moose Jaw (WHL). Assigned C Ben Boyd to Saint Mary's (USports).
Dallas Stars - Assigned D Artem Grushnikov to Hamilton (OHL).
Florida Panthers - Assigned RW Serron Noel to Charlotte (AHL).
Nashville Predators - Assigned LW Zachary L'Heureux to Halifax (QMJHL).
New York Islanders - Assigned C Reece Newkirk, LW Collin Adams, C Jeff Kubiak, and LW Blade Jenkins to Bridgeport (AHL).
New York Rangers - Assigned D Hunter Skinner, C Matt Rempe, G Dylan Garand, C Ryder Korczak, RW Austin Rueschhoff, G Talyn Boyko, and D Matthew Robertson to Hartford (AHL). Released RW Zach Jordan. Released D Luke Martin, G Parker Gahagen, D Zach Giuttari, LW Cristiano Digiacinto, D Louka Henault, and RW Alex Whelan.
Seattle Kraken - Assigned RW Jacob Melanson to Acadie-Bathurst (QMJHL).
Toronto Maple Leafs - Signed D Rasmus Sandin to a two-year, $2.8 million contract.

Auto racing

NASCAR Cup Series

Next Race: YellaWood 500
The Place: Talladega Superspeedway
The Date: Sunday, October 2
The Time: 2 p.m. ET
The Purse: $8,338,881
TV: NBC, 1 p.m. ET
Radio: MRN, SiriusXM NASCAR (Channel 90)
Distance: 500 miles (188 Laps); Stage 1 (Ends on Lap 60),
Stage 2 (Ends on Lap 120), Final Stage (Ends on Lap 188)

NASCAR Xfinity Series

Next Race: Sparks 300
The Place: Talladega Superspeedway
The Date: Saturday, October 1
The Time: 4 p.m. ET
The Purse: $1,653,281
TV: USA, 3:30 p.m. ET
Radio: MRN, SiriusXM NASCAR (Channel 90)
Distance: 300.58 miles (113 Laps); Stage 1 (Ends on Lap 25),
Stage 2 (Ends on Lap 50), Final Stage (Ends on Lap 113)

NASCAR Camping World Truck Series

Next Race: Chevy Silverado 250
The Place: Talladega Superspeedway
The Date: Saturday, October 1
The Time: 12:30 p.m. ET
The Purse: $806,669
TV: FS1, 12 p.m. ET
Radio: MRN, SiriusXM NASCAR (Channel 90)
Distance: 250.04 miles (94 Laps); Stage 1 (Ends on Lap 20),
Stage 2 (Ends on Lap 40), Final Stage (Ends on Lap 94)

Angels' Shohei Ohtani loses no-hit bid with two outs in eighth inning

Jeff Fletcher
The Orange County Register

ANAHEIM, Calif. — Shohei Ohtani made a run at history in his final home start of the season.

The Angels' two-way star was just four outs away from a no-hitter in a 4-2 victory over the Oakland A's on Thursday night, working amid chants of "M-V-P! M-V-P!" from the Angel Stadium crowd.

Oakland outfielder Connor Capel hit a bouncer that ticked off the glove of shortstop Livan Soto, attempting to make a backhand stop, with two outs in the eighth. Dermis Garcia then punched a clean single into left field.

Ohtani allowed just those two hits in eight innings, striking out 10 and walking one.

A no-hitter would have been an impressive addition to Ohtani's resume as he attempts to win his second straight American League MVP award.

New York Yankees slugger Aaron Judge is considered the heavy favorite because he's blasted 61 homers, equaling the American League record, and he's vying for a Triple Crown.

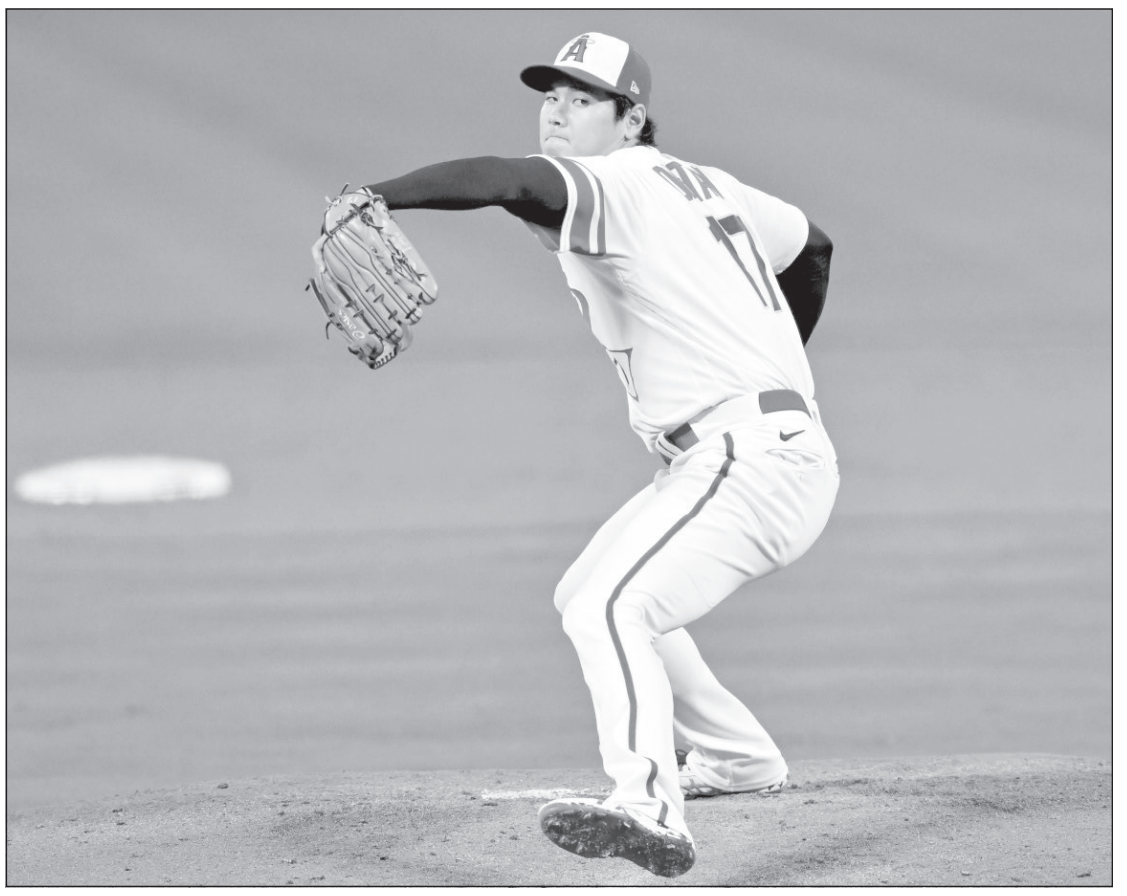
While Ohtani can't compete with Judge's offensive numbers, he is having perhaps the greatest two-way season in history, even better than the one that won him the award unanimously last year.

Ohtani is 15-8 with a 2.35 ERA and 213 strikeouts, to go with 34 home runs, 94 RBIs and an .887 OPS.

Ohtani took the mound for his 27th start of the season, and his final one at home. With the Angels having dropped out of the pennant race months ago, much of the buzz surrounding the team is about Ohtani.

Before the game, Manager Phil Nevin was asked about the excitement on the days when Ohtani pitches.

"I think everybody looks forward to this day," Nevin said. "My parents only come when he pitches."



JAYNE KAMIN-ONCEA/USA TODAY

Los Angeles Angels starting pitcher Shohei Ohtani (17) throws to the plate in the second inning against the Oakland Athletics at Angel Stadium on Thursday.

Although Ohtani has done spectacular things throughout his five years in the big leagues, he hadn't even flirted with a no-hitter since his rookie year. In the second start of his career, he lost a no-hit bid with one out in seventh. Since then, he had not finished six innings without allowing a hit. He never threw a no-hitter in Japan, and he has never thrown any complete game in the majors.

On this night, Ohtani relied heavily on his off-speed pitches, mainly his 52 sliders and 22 cutters among his 108 pitches. He threw just four four-seam fastballs and 11 of his new sinker.

He still had little trouble going through the A's, who came into the game with a major league-worst .630 OPS.

Ohtani walked Tony Kemp, the first hitter of the game, on six pitches. He came back to strike out Vimael Machin. He then got Sean Murphy to ground a ball to third baseman Luis Rengifo, who started an easy around-the-horn double play.

Ohtani's pitch count was trending a little high for him to be able to complete the game when he was at 56 pitches after five innings, but he needed just seven pitches to get through the fifth and nine in the sixth.

Meanwhile, Ohtani also helped the Angels take a quick lead, with his RBI single in the first inning giving them a 2-0 lead. The hit extended Ohtani's hitting streak to a career-best 14 games. Luis Rengifo had led off the inning with his 16th homer of the season.

After that, the Angels' insurance runs came in quick bursts: solo homers by Taylor Ward in the third and Max Stassi in the sixth.

That allowed Ohtani to get back on the mound quickly, without waiting through long rallies by his teammates.

The crowd was rocking as he recorded each out through the late innings. Stassi, the catcher, made a nice catch of a foul pop against the screen to begin the eighth. Ohtani then struck out Jordan Diaz.

Capel, who was playing just his 17th big league game, then ended Ohtani's no-hit bid with a single. Ohtani still escaped the inning without a run, the fourth time in his career he had pitched eight innings, and the second time he'd pitched eight scoreless innings.

Mariners outlast Rangers, drop magic number to one to end postseason drought

Ryan Divish
The Seattle Times

And now the number is one.

Put simply, the Seattle Mariners are one win or one Baltimore loss from ending a postseason drought that they begrudgingly inherited and finally understood it was their burden to carry.

Now they are one game from being the team that did what felt impossible at times over two decades of losing and frustration.

With their crazy 10-9 victory over the Texas Rangers in 11 innings on Thursday night, the postseason is within their grasp.

They could clinch a wild card spot on Friday night in front of what is expected to be sold-out crowed with fireworks scheduled postgame. Perhaps champagne will be added to the menu.

Mitch Haniger gives the Mariners an early 2-0 lead with a two-run homer to left field getting the Mariners on the board early in the first

Down 9-8 going into the bottom of the 11th, Dylan Moore singled to start the inning and move automatic runner Jarred Kelenic to third base. Pinch hitter Luis Torrens followed with a single to the right to score Kelenic.

After two failed sac bunt attempts from J.P. Crawford, Moore stole third base.

Crawford ended the game moments later with his line drive going off the glove of third baseman Josh Jung, allowing Moore to race home with the winning run.

With the Orioles losing to the Boston Red Sox, 5-3, on Thursday afternoon, the Mariners took the field for their season-series finale with the Rangers hours later, knowing their magic number for clinching their first postseason spot since 2001 was two games.

In the positioning race of those three wild card spots, the Toronto Blue Jays (87-69) were off and open three-game series vs. the Red Sox on Friday. The Mariners now hold the second wild card spot, sitting 1.5 games behind Toronto. The Rays (85-71) lost their second straight game in Cleveland and open a three-game series vs. the Astros at Minute Maid Park.

The game featured nine homers, including Haniger, who belted a pair of two-run homers and Kelenic, who hit a two-run homer and a solo homer.

Seattle got a shortened start from Marco Gonzales, who pitched five innings, allowing four runs on six hits with a walk and four strikeouts.

He struck out the side in the first inning and was aided by a slick double inning-ending double play in the seconding.

But all four of his runs allowed came in a disastrous third inning where he gave up 1,200 feet of homers to three different hitters. It started with a towering leadoff solo homer from Sam Huff (421 feet), a majestic two-run homer off the bat of Marcus Semien (400 feet) and a laser of a solo homer from Adolis Garcia (381 feet) that hit off the manual scoreboard in left field.

There were more than a few grumbles from angst-ridden Mariners fans, who watched a 2-0 lead turn into a 4-2 deficit in such overwhelming fashion.

But Haniger, who is the longest tenured Mariner on the roster, helped out the player he's been teammates with the longest.

With Ty France on first base, Haniger took advantage of a hanging slider from Jon Gray, sending it into lower level of Edgar's Cantina for a game-tying two-run homer.

Given a respite and a reset, Gonzales came back with a scoreless frame in the fourth.

Kelenic put him in line for the victory in the bottom of the fourth. Using his reworked and simpler swing, he stayed on an elevated fastball away, sending a flyball over the wall in left field for a two-run homer off Gray.

With the lead again, Gonzales answered with a 1-2-3 inning against the top of the Rangers lineup.

From there, manage Scott Servais turned it over his bullpen.

But the group of lockdown relievers couldn't hold the two and then three-run lead that Kelenic provided them with his solo homer to right field in the sixth inning.

Brought in to face the top of the Rangers order in the seventh inning, Paul Sewald served up back-to-back solo homers to Semien and Nathaniel Lowe that cut the lead to 7-6.

Andres Munoz had to finish the frame for his teammate, but he wouldn't be spared from the struggles. In the eighth, he allowed an infield single to Bubba Thompson and a single to right to Huff to start his problems. With runners on first and third and no outs, Munoz got Kevin Plawecki to ground into a 6-4-3 double play that allowed Thompson to score and tie the game at 7-7.

J.D. Martinez powers Red Sox past Orioles

Field Level Media

J.D. Martinez belted a two-run homer in the eighth inning to lift the Boston Red Sox to a 5-3 win over the visiting Baltimore Orioles on Thursday afternoon.

Martinez added a double while Alex Verdugo and rookie Triston Casas also had multiple hits for the Red Sox (75-81), who have won three in a row to record a 10-9 victory in the season series.

Boston's win over Baltimore (80-76) allowed the Toronto Blue Jays to secure a postseason berth.

In his first start since Aug. 12 due to right shoulder inflammation, Nathan Eovaldi allowed two runs (one earned) on five hits and struck out three in 4 2/3 innings.

Zack Kelly (1-0) worked a scoreless eighth inning to earn his first career win. Kaleb Ort allowed one hit in a scoreless ninth inning to secure his first career save.

Gunnar Henderson, Kyle Stowers and Cedric Mullins had two hits apiece for the Orioles. Stowers belted a solo homer in the seventh inning and had two runs in the game.

Adley Rutschman broke the club's single-season rookie record with his 33rd double of the season in the second inning. He also had an RBI in the loss.

The Orioles couldn't take advantage of doubles in the first two innings, but back-to-back hits by Stowers and Jorge Mateo began the third and produced two runs.

After a Mullins grounder moved both runners into scoring position, Stowers slid around catcher Connor Wong's tag as Rutschman grounded out hard to first. The lead doubled as Anthony Santander reached on an error.

Boston tied the game in the fourth. Martinez and Casas sent doubles off the Green Monster on consecutive one-out pitches to put the Red Sox on the board. After Mike Baumann fanned Christian Arroyo, Enrique Hernandez ripped a single through the right side to make it 2-2.

Padres move closer to postseason even as they drop another series to Dodgers

Kevin Acee
The San Diego Union-Tribune

SAN DIEGO — Developments in the Midwest went the San Diego Padres' way Thursday.

A playoff berth is creeping up on them.

But the plastic and champagne and goggles will remain in storage at least one more day, as the Padres could not beat the team they will eventually need to win a series against if their season is to be truly successful.

The Los Angeles Dodgers beat the Padres 5-2 Thursday night at Petco Park, taking their ninth consecutive series between the teams and putting off any celebration in the home clubhouse until at least Saturday.

Before play began in San Diego, the Phillies lost in Chicago, dropping the Padres' magic number to clinch the No. 5 seed in the National league playoffs to five. And as the Padres batted in the second inning, the Milwaukee Brewers' loss at home to the Miami Marlins wrapped up, trimming the Padres' magic number to clinch a playoff spot to three.

A victory Thursday would have meant the Padres could have secured a postseason berth if they beat the Chicago White Sox and the Brewers lost to the Marlins on Friday. Now the Padres still need a combination of wins and Brewers' losses to add up to three.

The Phillies lead the Brewers by a half-game and have one more game to play than the Padres and Brewers. Any combination of Padres' wins and Phillies' losses adding up to five means the Padres earn the fifth of six NL playoff spots.

The Padres have six games remaining -- three against the White Sox, who have been eliminated from playoff contention, and three against the San Francisco Giants, who have only the slimmest chance of making the postseason even if they win out.

With an eye on lining up Yu Darvish to pitch the first playoff game, the Padres decided to push their ace's start back a day to Friday and go with a bullpen game Thursday against the Dodgers, who primarily used relievers to get through nine innings as well.

The Padres also started Brandon Dixon, a 30-year-old called up from Triple-A on Tuesday, as their designated hitter. Dixon last played in the major leagues in 2020, when he went 1-for-13 with the Chicago Cubs.

The bullpen faltered. Dixon was 0-for-4, including his fly ball out to center field with two on in the eighth inning.

The Padres took a 2-0 lead in the first inning against Dodgers opener Brusdar Graterol and didn't score again.

Jurickson Profar's flare to right field and Juan Soto's broken-bat chopper to third base, neither off the bat at even 68 mph, began the bottom of the first for the Padres. Two outs later, Brandon Drury sent a grounder up the middle that appeared it would end the inning but instead scooted under shortstop Trea Turner's glove and rolled into left field as both runners scampered home.

Steven Wilson, making his first career "start," took 12 pitches to get through the first inning.

Sean Manaea, removed from his spot as a full-time starter earlier this month in part because of his struggles against the Dodgers, entered in the second inning.

Will Smith greeted Manaea with a hard single, and Manaea's next pitch was a slider that grazed Max Muncy's sleeve. On a grounder by Chris Taylor that looked to provide shortstop Ha-Seong Kim a chance to force Smith at third base, Kim instead chose to try to start a double play and threw to second to force Muncy. Jake Cronenworth's relay to first was nowhere near in time to get the fleet Taylor. Smith scored when the next batter, Miguel Vargas, hit a sacrifice fly to left before Manaea ended the inning by getting Austin Barnes on a fly ball to right field.

Manea, who had thrown a scoreless inning of relief against the Dodgers on Sept. 10 but allowed them 23 runs (22 earned) over 12 2/3 innings in his three starts against them this season, would get through the rest of his four innings unscathed.

The Dodgers scored three runs in the sixth inning against Pierce Johnson, who had not allowed a hit in his six appearances since returning from the injured list earlier this month.

Mookie Betts began the inning with a doubled lined to left field. He went to third on another chopped infield single by Turner and scored on a flare to left field by Freddie Freeman. Johnson struck out Smith before walking Muncy to load the bases. Vargas then broke a 2-2 tie with a two-run single.

The Dodgers' "bulk" pitcher, Andrew Heaney, worked out of a bases-loaded jam by striking out Manny Machado to end the second inning and worked through the fifth. Craig Kimbrel followed with a scoreless sixth. After replacing Caleb Ferguson with two outs and two on, Chris Martin struck out Machado to end the seventh.







LANCE'S LENS

October 1, 2022

Lance's Lens is a weekly feature that puts a spotlight on local people and events that you may have missed!

One Cart at a Time

Lucinda Heald has been out in all sorts of weather. Neither rain, shine, sleet or snow doesn't deter Lucinda from retrieving your grocery cart from Shop Rite's parking lot on Rt. 9 in Hudson.

For nearly two decades she's been responsible for making sure you have a working cart for your shopping when you enter the store. Her co-workers say she never complains about the bad weather. When Lucinda isn't working she's crocheting at home.

Learn more at Hudson Valley 360 – www.hudsonvalley360.com/lanceslens

Phillies swept in season series with Cubs; tied with Brewers for final wild-card spot

Alex Coffey
The Philadelphia Inquirer

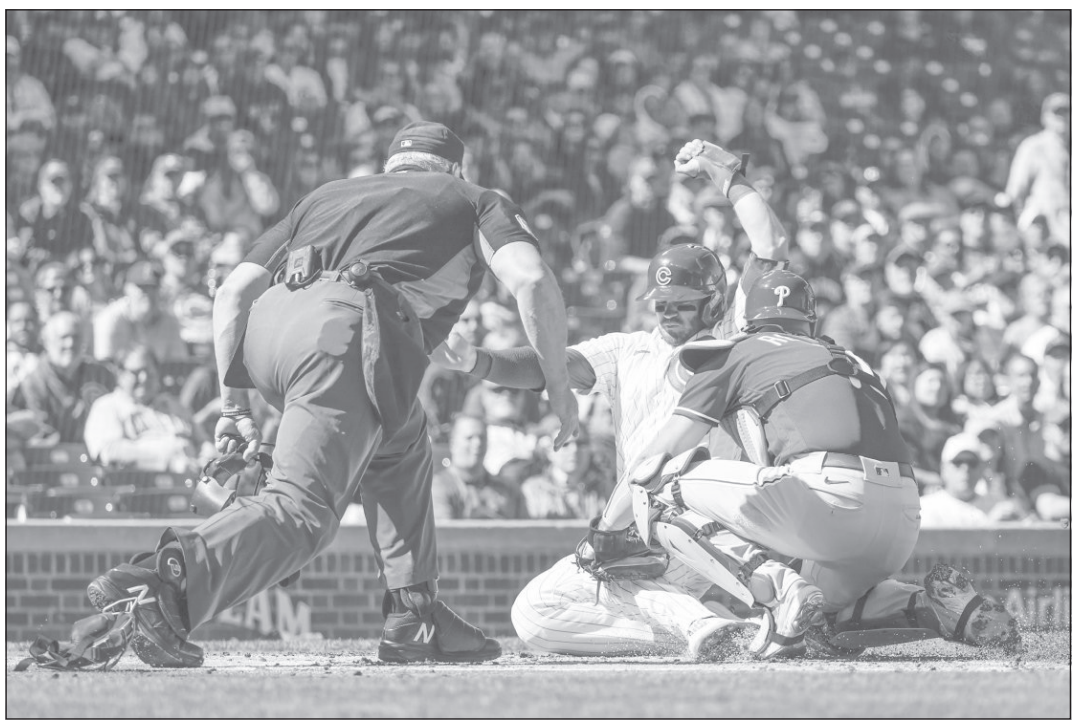
CHICAGO — The Phillies' Nick Maton stepped up to the plate with two outs in the second inning on Thursday. Jean Segura was on first base. Maton took one pitch, and then another, and then one more, which he tried to bunt, but pulled his bat back.

The scoreboard showed that it was 3-1 on that last pitch, which was out of the zone, so Maton started to walk toward first base, and Segura began to jog to second base. But the scoreboard was wrong, and Segura was tagged out to end the inning.

It was a chaotic, confusing series of events, and the perfect encapsulation of the Phillies' past six games -- all losses, including a 2-0 defeat on Thursday -- against the Cubs this season. A team that has won the season series against the Padres and the Dodgers has looked completely off-kilter against a Cubs team that will finish its season with fewer than 80 wins. A Phillies team that has led baseball in scoring with runners in scoring position has suddenly lost the ability to do so. The Phillies' defense is sloppy, their pitching looks vulnerable, and it's all happening at the worst possible time, when every game matters as they try to end a 10-year playoff drought.

The Phillies are now tied with the Brewers for the third National League wild-card spot. If the Brewers beat the Marlins on Thursday night, the Phillies will be a half-game back. The Phillies own the tiebreaker with Milwaukee because they won the season series.

The Phillies have prided themselves on being a team that can never be counted out. But against the Cubs, even the smallest leads have seemed insurmountable. For a lineup that features Kyle Schwarber, Bryce Harper, Rhys Hoskins and J.T. Realmuto in its first four spots, scoring three or four runs shouldn't be a big ask. But the Phillies were only able to cobble together six hits on Thursday -- all of them singles.



KAMIL KRZACZYNSKI/USA TODAY

Chicago Cubs left fielder Ian Happ (8) is tagged out at home plate by Philadelphia Phillies catcher J.T. Realmuto (10) during the first inning at Wrigley Field on Thursday.

This is a team that is built on its offense. Their slogan entering the season was "Smash the Bell." But above all else, it is their offense that has failed them down the stretch. The Phillies went 2-for-16 with runners in scoring position on Wednesday and 0-for-4 on Thursday. In the sixth inning, they had two on and no outs and failed to score. They haven't hit a home run since Sunday.

Maton and Segura losing track of the count set the tone for the Phillies loss, but it was hardly their only blunder. In the fifth inning, center fielder Brandon Marsh lost a ball in the sun that put the Cubs' Seiya Suzuki on third base, and he was driven home on an RBI single by Ian Happ. It was the second time Marsh lost a ball in the sun in the past four games.

The Phillies could still make the playoffs, simply by relying on the Brewers to lose. But how do you celebrate a postseason berth that comes as a byproduct of another team's ineptitude? Does a playoff berth constitute a successful season, no matter how you get there? These are some of the questions the Phillies will face if they don't do serious damage in their final two series of the regular season, in Washington D.C. beginning on Friday and in Houston.

The energy in the clubhouse is still positive, and that is by design. The Phillies are trying not to press, not to buckle under the pressure of fending off what could be a historic collapse. On Wednesday night, they were blasting reggae. On Thursday morning, it was 90 s R&B. The players did their crossword puzzles, just like do before every game.

It's not a picture of desperation, and the Phillies have been quick to remind the media that they are in the driver's seat. But that could change if they don't start winning soon.

When asked whether there is any more urgency now given that the Phillies are nearing the end of the season, Thomson said Sunday that there is not. He said his team is calm. But even if that's true, what the Phillies are showing on the field is not a quiet confidence. It's a quiet collapse. Suarez has a solid outing

Suarez got off to a bumpy start, giving up two hits and an RBI double to Patrick Wisdom. But with Happ on third base, he tossed the ball to J.T. Realmuto to tag Happ out at home, and induced a lineout in the next at-bat to end the inning.

Suarez allowed four hits and one walk over his next five innings. He finished his day at six innings pitched, allowing seven hits, two earned runs and one walk with five strikeouts. He did run his pitch count up, though. Sanchez threw 92 pitches and 55 strikes.

SF Giants' rookie hits grand slam for 1st homer, Rodon retakes strikeout lead in win over Rockies

Evan Webeck
The Mercury News

SAN FRANCISCO — Two grand slams, separated by about 10 minutes but thousands of miles, could change the course of baseball's playoff race. What's crazy isn't the coincidence; it's the fact that it matters at all.

On the cusp of elimination seemingly since the All-Star break, the San Francisco Giants are hanging by a thread to the mathematical possibility of a postseason berth. Not only will they not die -- they beat the Colorado Rockies, 6-4, on Thursday for their ninth win in 10 games -- their competition hasn't exactly broken out the shovels, either.

At 78-78, the Giants improved to .500 for the first time since they were 61-61 on Aug. 23.

One loss by the Giants and one win by the Milwaukee Brewers or the Philadelphia Phillies will officially end their playoff hopes. But that was the case Saturday, too, and it remains true five days later.

Sometime around 7:15 p.m. PT Thursday -- after Philadelphia lost its fifth straight earlier in the day -- the Marlins' Avisail Garcia launched a grand slam over the center field wall in Milwaukee. Once on the cusp of retaking the third wild card spot from the Phillies, leading 2-0 in the eighth inning, the Brewers were instead sent to a 4-2 loss.

At about 7:25 p.m., the first home run of Ford Proctor's career sailed into the first row of the bleachers in left field at Oracle Park. After a pair of walks and a pair of singles already loaded the bases and plated one run, Proctor's first career homer also happened to be a grand slam that broke open their win over Colorado.

As he rounded first base, Proctor pumped his first. And when he reached home plate, he was greeted by a hurricane of high fives.

Proctor, 25, a utilityman acquired via trade from Tampa Bay last month, became the 16th player in Giants franchise history to hit a grand slam for his first career home run, the first since Kelly Tomlinson did so against the Cubs in 2015. (It was also how Brandon Crawford recorded his first home run and hit in his very first game in 2011.)

The grand slam was made all the more meaningful when the Rockies rallied off Jharel Cotton and John Brebbia for four runs in the ninth, after being blanked for eight innings. The Giants had to call on Camilo Doval to record the final out.

Will it matter, though?

With the Giants' win and losses by the two teams ahead of them, San Francisco staved off elimination again. With six games to play, they are 5.5 back of Philadelphia and 6.0 games behind Milwaukee for the third and final wild card spot.

As manager Gabe Kapler said pregame when presented with the information that the Phillies lost again, crazier things have happened. (But, as one reporter responded, have they?)

One crazy thing happening every five days or so since the start of April has been Carlos Rodon's sensational season, which continued Thursday, buoyed by Proctor's grand slam.

Rodon made no matter of the Giants' monitoring his workload Thursday night, steamrolling through six shutout innings and reclaiming the National League lead in strikeouts, anyway.

Rodon's 95th and final pitch registered 97.7 mph on the radar gun, coaxing a fly out to end the sixth inning. He finished off the previous two hitters with a rare curveball that Yonathan Daza took for strike three and a sweeping slider that sent Brian Serven back to the dugout, too -- his ninth and 10th punchouts of the night.

Rodon, who already set the single-season franchise record for double-digit strikeout games, added to his lead with his 11th of the season. His total victim count for the season: 237, six more than the Brewers' Corbin Burnes, who is scheduled to start Friday.

If the craziest outcome doesn't come to fruition, 24,112 paying fans witnessed Rodon's final start at Oracle Park this season. Nobody can say they were shafted at the box office.

In 15 starts on the shores of McCovey Cove, Rodon limited opponents to a 1.93 ERA, struck out 121 and walked 26 in 84 innings. His first start here, striking out a dozen over five innings against the Marlins back in April, merely served as a preview of what was to come. The only pitcher to finish a season with a lower qualified home ERA was Tim Lincecum (1.88) in 2008.

Even better: his numbers with catcher Austin Wynns (1.74 ERA, also in 15 starts), who helped out offensively Thursday night, too. Wynns extended his hit streak to five games with two more knocks, including an RBI knock with the bases loaded in the second that preceded Proctor's grand slam and got the Giants on the board.

With one more set to come next week in San Diego, the focus shifts to the pressing question of whether it will be Rodon's last start ever at Oracle Park as a member of the Giants. He can opt out of his contract and is expected to receive a long-term, nine-figure deal on the open market.

Nets

From B1

The singing rookie has become an NBA tradition of sorts, with the undrafted Alondes "ManMan" Williams having the honor of publicly -- and phonetically -- wishing the two-time MVP and team captain a happy birthday.

"It was awful," Nash said of Williams' singing.

For Durant's birthday, however, some members of the team found themselves in a conundrum. Durant signed a four-year, $198M contract extension last year and will tally just short of $500M in career earnings when his current deal expires.

What does a proper birthday gift look like for one of the highest-earning basketball players in league history?

"I gave him a light practice. Save the legs," Nash said. "What do you get someone who has everything?"

Kyrie Irving and Durant have a relationship as best friends, but Irving said he hasn't yet gotten him a present.

"We'll see. Didn't get him a gift," Irving said. "The guy has a lot. Humble dude. So I'm trying to make sure it's intentional from the heart."

Nash said he isn't adding to Durant's collection of Rolex watches, either.

"No, I think he's got enough of those," he said. "Don't want to get him something he has three of."

Patty Mills joked and said Durant's birthday cake, which had his number "7 on it, was missing a three because he's getting old. He also suggested he had no interest in finding a gift for his star teammate.

"Nah. I think it's a cake and having the young boy sing to him," Mills said. "I think that's enough for the guy." Big Mills

Mills was asked if he can think of a player other than Simmons who can play center on defense and point guard on offense.

The 6-1 Mills responded: "Other than me? I don't know." Strong man Ben

Mills was also asked the one thing that's stood out about Simmons so far through training camp.

"I think people forget just the physique that he has," he said. "The rig on him, he's a very solid rig when he's healthy, but when he walks out on the floor and his presence when the ball's in his hands. That's probably the first thing."

Teammate Markieff Morris also called Simmons "strong as hell" after Day 1 of training camp.

Kingston

From B1

Lindsay Farinaccio.

Arely Soia scored unassisted, while her sister Nala had her first two varsity goals; one assisted from Cam Decker the other, unassisted. Lindsay Farinaccio scored as well.

Alyssa Bathrick registered the shutout in goal.

GIRLS VOLLEYBALL

PATROON

Taconic Hills 3,
Coxsackie-Athens 0

Taconic Hills defeated Coxsackie Athens, 3-0, in Thursday's Patroon Conference girls volleyball game with set scores of 25-5, 25-7 and 25-16.

Jade Klein and Lizzette Gomez Flores both had 8 aces a piece for the Titans. Jade had 14 digs and 3 assists. Lizzette had 3 kills and 17 digs. Izzabell Bosko lead TH in assists with 10. She had 3 aces and 26 digs. Avery Byrne had 7 kills and 4 blocks and Haley Olson added 3 kills, 1 block and 1 dig.

For C-A: Lorna Pigott and Milaxys Vazquez had incredible defense with 7 and 9 digs, respectively. Natalie Miller had 4 kills, Abby O'Dell had 5 assists and Katie McManus had 6 points.

GIRLS SOCCER

COLONIAL

Ichabod Crane 0
Catholic Central 0

Ichabod Crane and Catholic Central battled to a 0-0 tie in Thursday's Colonial Council girls soccer game.

Riders' goalkeeper Ashley Ames stopped 14 shots.

Ichabod Crane travels to Holy Names on Monday at 7 p.m.

GOLF

PATROON

Chatham 7,
Hudson 5

Chatham defeated Hudson at Columbia Golf CC, 8-4, on Thursday in Patroon Conference golf action.

Hudson falls to 7-5.

Results

Gannon Logue (HUD) def Anthony O'Dell (CHA) 2-0 (*Gannon shot a 40 on the par 35 course to earn a sectional qualifying score); Zach Casivant (CHA) defeated Mason Briscoe (HUD) 2-0; Taylor Van Wie (CHA) defeated Matthew Plaia (HUD) 2-0; Eion Henchey (CHA) defeated Dylan McDonald (HUD) 2-0; Kameron Duntz (HUD) defeated Zach Ellis (CHA) 1.5-0.5; Andrew Horton (CHA) defeated Trent Keller (HUD) 1.5-0.5.

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How NFL coaches try (and often fail) to master the end-of-game chaos

Adam Kilgore
The Washington Post

John Harbaugh is in his 15th season coaching the Baltimore Ravens, and he has developed a reputation as one of the league's best tacticians in pivotal moments. But even for him, the pressure during close games takes on a nearly physical manifestation. When the sideline tenses and the stadium erupts and the play clock ticks and the voices crackle in his headset and he considers his next move, he can feel the weight.

"Everybody's effort is on your shoulders," Harbaugh said. "It's not so much about what the smart decision or what the numbers decision is. It's what's going to be successful. It's what's going to help you win. That's never certain."

In a league designed for parity, any decision made in a split-second from the sideline could determine the result of 60 minutes of physical combat on the field - and game management has grown more crucial this season than any in recent memory. Twenty-five games have been decided by six points or less, and 18 of those had a margin of three or less, both the highest in NFL history through three weeks.

During the opening week, Denver Broncos Coach Nathaniel Hackett's doomed choice to engineer a 64-yard field goal in the final seconds of an anticipated "Monday Night Football" showdown created instant calamity and prompted a deluge of criticism. The 1-2 Detroit Lions' record might be transposed had Coach Dan Campbell gone for a fourth and 4 last Sunday rather than try a 54-yard field goal with 1:14 left, a decision he said he "hated" in the immediate aftermath. Following kicker Austin Seibert's miss, the Minnesota Vikings stormed for a go-ahead touchdown and victory.

"If you look at the NFL over the last number of years, two-thirds of the games are within one score in the fourth quarter," said former Dallas Cowboys Coach Jason Garrett, now a "Sunday Night Football" analyst. "The teams that go to the playoffs, they play the same number of those games. They just win more of them."

In the abstract, any teenager who's played enough Madden can optimize timeouts and knows when to go for it on fourth down. In practice, amid the chaotic duress of an NFL sideline, simple choices become complicated. At pivotal moments, without the appropriate preparation or required nerve, an NFL head coach can turn into a stressed dad trying to tie his crying toddler's shoe while the toast is burning and he's about to be late for work.

"You got to be calm in a s--- storm," said former New York Jets Coach Rex Ryan, now an ESPN analyst. "It's not on anybody else. It's on you. You got to be calm, and you got to be thinking ahead of the game. It's like playing chess."

Head coaches operate with more information than ever before, as publicly available statistical analysis has drastically shifted how they operate. Coaches must synthesize all the insights gleaned from beefed-up analytics departments, and though the spread of information has allowed for smarter decisions, it's also made those decisions more scrutinized and, at times, difficult to act upon.

If coaches get it wrong, a sea of analytically driven websites, Twitter accounts and podcasts are lying in wait to amplify their mistakes. But that understanding of analytics goes both ways. When Washington Commanders Coach Rivera went for two after a touchdown brought his team to within eight two weeks ago, many fans nodded with approval at the



TOMMY GILLIGAN/USA TODAY

Baltimore Ravens head coach John Harbaugh reacts after a play during the second half Miami Dolphins at M&T Bank Stadium on Sept. 18.

once-unconventional, now-routine call meant to boost a team's win probability by avoiding overtime (even if it somehow still mystifies broadcasters).

Asked Wednesday how he approaches endgame scenarios, Harbaugh at first provided a deadpan look. "Flip a coin, usually," he said, breaking into a grin.

Harbaugh has developed a progressive reputation among analytics devotees. In 2019, he pushed other coaches to eschew punts because of his extreme aggression - and frequent success - going for it on fourth down. Still, Harbaugh navigates the endgame far more through feel for the moment than dogmatic faith in probability.

"I know the analytics people would like to tell you they can measure everything, but they can't measure exactly how the game is going, or the circumstances, or the emotions, or the feel of the stadium or just luck," Harbaugh said. "In the end, you just to try make the decision that gives yourself the best chance to win. I always go back to this: Do I think it's going to work?"

Even analytically inclined coaches must operate without black-and-white assurance. The NFL bans all devices that can transmit data - cellphones, FitBits, Apple Watches and more - on the sideline and in coaches' booths. Coaches can study two-point conversion charts and win probability models during the week, but neither they nor the staffers they're in contact with can consult the real-time models fans peruse online.

"They're flying a little bit blind relative to what those of us on the outside are doing when second-guessing," football analytics expert and the Athletic contributor Ben Baldwin said.

The prohibitions make preparation paramount. Twice a week, Rivera meets with Commanders analyst Doug Drewry to review situations that arose in the previous game: timeout usage, close fourth down decisions, two-point conversion opportunities. One morning every week, Rivera also meets with three members of his coaching staff to discuss the same topics and look ahead at how they could handle those moments on game day.

"There is a lot of that you try to retain and remember," Rivera said. "When all heck is breaking loose - you got a couple players missing, momentum swinging, all that kind of stuff - you've got to do it."

During games, Rivera can press an intercom button on his headset to access those coaches and Drewry for input on whether to punt or go for it, to kick or go for two, to call timeout or save it. (With a tone that suggested he's delved for an answer, Rivera noted that analytics have provided no insight on the best time to call for a fake punt or fake field goal.)

Just as there is a difference between practicing and performing for players, there is a difference between planning and action for coaches. Some remain poised under pressure. Some choke.

When Baldwin studied coaches' worst decisions in terms of win probability, a disproportionate number occurred in playoff games. Coaches are more likely to make a poor decision when it's close and late, Baldwin said, and to be conservative when a bold-yet-optimal decision could lead to criticism.

"I've seen guys that couldn't call a defense when a team went no-huddle," Ryan said. "It's the damndest thing you've ever seen. There are some guys that don't do as well."

When he coached the Cowboys, Garrett would visit with Navy SEALs in an effort to learn how to make crisis feel routine. Garrett constantly tested his players, his coaching staff and himself with different situations. During walkthroughs, he went through a nine-play script with different scenarios and variables - running the field goal team on the field with the clock ticking down, but with one of the members out with a pretend injury. The more he rehearsed, the more he could eliminate panic from any contingency.

"You'll never duplicate each situation perfectly," Garrett said. "But hopefully you've done it enough so those situations feel quiet and slow."

Garrett created a situational football handbook each offseason, revising the last year's edition based on new insights or changing personnel. He included best practices for two-minute drills when trailing and four-minute drills when ahead.

He also called his own offensive plays, which forced him to delegate. He put two staffers in charge of assisting him with challenges, one for offense and one for defense. His special teams coach walked through fourth-down calls with him. During games, he encouraged constant chatter on his headset. An assistant might point out he needed to prepare his two-point conversion play, and he might point out that the hands team needed to be ready - and not to forget that a key player was injured and his replacement needed coaching up.

But even the best-laid plans can implode. With the Jets, Ryan made it a priority not to leave Tom Brady time on the clock. In one close game against the New England Patriots, Ryan told his offensive players not to call timeouts, to let him manage the clock. "Sure as s---, boom, my quarterback calls timeout," Ryan said. "I'm like, 'What the hell are you doing?' "

The Jets kicked a field goal, and Brady answered with a winning touchdown in the waning seconds. Ryan's ensuring cursing spree prompted a $50,000 fine.

Ryan never relinquished calling his own defensive plays. "Why the hell would I turn it over when I got the job because of this?" he said. Hackett took the same approach, continuing to call offensive plays, as he had done as the Green Bay Packers' offensive coordinator.

For an inexperienced head coach, the attempt at multitasking can lead to disaster.

Last week, in response to the failed 64-yard field goal attempt in Week 1 and his clock-management fiasco in Week 2, Hackett hired former Baltimore Ravens special teams coordinator Jerry Rosburg to assist with in-game decisions. On Sunday night, Hackett said, he learned on Rosburg's counsel when he punted on fourth and inches from his team's 34-yard line. Hackett initially had wanted to go for it, but Rosburg talked him into a punt, arguing that the defense was playing well and would win back possession with less risk than a fourth-down try. It unfolded ideally for the Broncos: They forced a three-and-out and went on to score the game-winning touchdown.

"All coaches, we want to grow," Hackett told reporters. "[Rosburg is] a guy with a ton of experience that's run game management before. And after talking with him, he was all for it, excited about it.''

The funny thing about Rosburg's advice: In a vacuum, he was wrong. According to the highly regarded Fourth Down Bot, which Baldwin designed, punting reduced the Broncos' odds of winning by 4.6 percent compared to going for it, making it a "strong" recommendation to go.

Did Rosburg read the game perfectly, separating variables that a probability model built on reams of historical data couldn't account for? Or did the Broncos' players make their coaches lucky by overcoming their mistake?

"I would more lean on the latter," Baldwin said. ". . . Your defense being good doesn't only help you if punt the ball. If you trust your defense, you should trust your defense to prevent the opponent from scoring after you go for it. It's not like the defense is only relevant in the situation where you're punting."

The Broncos' victory underscored the vagaries of coaching. Coaches can make the wrong call and win or the right call and lose. They can botch the clock only for their players to save them, or they can plan for one precise moment for years only for a player's error to cost them a victory. Their choices can mean everything, or they can mean nothing.

Wednesday afternoon, at the Ravens' facility, after Harbaugh explained the process he's honed for nearly 15 years, he paused and seemed to realize he may not have been completely joking after all.

"It's almost like flipping a coin," he said.

Alex Morgan not on USWNT roster released for Europe friendlies

Kevin Baxter
Los Angeles Times

LOS ANGELES — When U.S. Soccer announced in August that the women's national team would be playing England in a fall friendly, the federation hyped the game by tweeting a photo of forward Alex Morgan's tea-sipping goal celebration from the 2019 World Cup semifinals.

But on Thursday, when coach Vlatko Andonovski released his 24-player roster for the Oct. 7 game at London's Wembley Stadium, Morgan's name wasn't on it. The national team's leading active scorer was ruled out because of a knee injury, which will come as a disappointment to English supporters, who sold out the game in less than a day.

"With Alex, I can't go into details how serious it is. It is a knee injury," Andonovski said of Morgan, who sat out last week's game with her NWSL club, the San Diego Wave. "What I can say is if this was a World Cup final, Alex was going to be on this trip and she was going to play in this game, no question."

Attendance for the game, the first between the top-ranked U.S. and No. 5 England at Wembley, is expected to top 80,000, making it the second-largest crowd to watch the women's national team after the 90,185 that attended the 1999 World Cup final at the Rose Bowl. A record crowd of 87,192 packed Wembley in July for England's European Championship win over Germany.

The U.S. trip to Europe also will include a game with No. 6 Spain in Pamplona on Oct. 11.

"I want to say the results are secondary in this situation. But it never is when you coach this team," Andonovski said. "We're looking at it as an opportunity to play against some of the world's best teams. We've always said that we want to create adverse environments for our players. We want them to figure out a way to overcome it.



ERIC SONDHEIMER/LOS ANGELES TIMES

Harvard-Westlake's Alyssa Thompson, 17, has received her first call-up to the U.S. Soccer women's senior team.

"And what better way to do it than playing in front of a full stadium, away, against (England) and Spain."

Morgan's absence opened a spot on the roster for Harvard-Westlake senior Alyssa Thompson, who had a goal and assist in the U-20 World Cup in August. The call-up is Thompson's first with the senior team. At 17, she is the youngest player to be called up since 2017.

"Alyssa is a very creative player with a very good understanding of the game," Andonovski said. "I have no doubt that she will fit in well in our system. I think it's a great experience, great exposure for her. And it's a good experience for us to have an opportunity to work with her. What happens from there, we'll see."

The two European friendlies will be the final games before the draw for next summer's World Cup in New Zealand and Australia.

Eighteen of the 24 women on the roster played in the team's friendlies in September, including two-time World Cup champions Megan Rapinoe and Becky Sauerbrunn. Among the additions is defender Crystal Dunn, who is hoping to make her first appearance since giving birth to a son in mid-May. She participated in the September training camp but did not play against Nigeria.

"We're excited about Crystal being back. We had her as a training player for the last games and she looked as sharp as ever," said Andonovski, who who is 41-2-6 with the national team. The Roster:

— Goalkeepers: Aubrey Kingsbury (Washington Spirit), Casey Murphy (North Carolina Courage), Alyssa Naeher (Chicago Red Stars).

— Defenders: Alana Cook (OL Reign), Crystal Dunn (Portland Thorns FC), Emily Fox (Racing Louisville FC), Naomi Girma (San Diego Wave FC), Sofia Huerta (OL Reign), Hailie Mace (Kansas City Current), Becky Sauerbrunn (Portland Thorns FC).

— Midfielders: Sam Coffey (Portland Thorns FC), Savannah DeMelo (Racing Louisville FC), Lindsey Horan (Olympique Lyon), Taylor Kornieck (San Diego Wave FC), Rose Lavelle (OL Reign), Kristie Mewis (NJ/NY Gotham FC), Ashley Sanchez (Washington Spirit), Andi Sullivan (Washington Spirit).

— Forwards: Ashley Hatch (Washington Spirit), Mallory Pugh (Chicago Red Stars), Megan Rapinoe (OL Reign), Trinity Rodman (Washington Spirit), Sophia Smith (Portland Thorns FC), Alyssa Thompson (Total Futbol Academy).

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Duke's Jon Scheyer's already winning with players

Kyle Williams
The News & Observer

Jon Scheyer is a rarity among college head coaches.

Only three of the 68 head coaches who made the NCAA men's basketball tournament last season were McDonald's All-Americans as players.

A 2006 McDonald's All-American and four-year player at Duke, Scheyer's ability to relate to the players he recruits and coaches helps him on the job.

The 35-year-old is about to begin his first season as Duke's head coach, succeeding Hall of Famer Mike Krzyzewski, who held the position for 42 years. Scheyer is able to have competitive shooting competitions with his players and is also adept at playing video games, sometimes beating his players.

"Me and his relationship is like this," Duke guard Jeremy Roach said, demonstrating their close relationship by crossing his long fingers.

As the interim head coach for two games and part of a third due to the 75-year-old Krzyzewski's health issues over the past two seasons, Scheyer has led the Blue Devils to three victories. But he has yet to record an official win.

"I feel like he's also still figuring some things out, for sure," Duke freshman forward Dariq Whitehead said this summer. "But he's been doing a great job of, you know, not letting us see that, making it seem as if he's been here and done that before. That makes us players confident to go out there and do whatever he asks."

Expectations are high for such a young, first-time head coach, yet Scheyer has experienced a lot.

Because he was a highly-touted recruit himself, the Northbrook, Illinois, native understands the rigors of balancing playing basketball in the ACC while taking classes at Duke. And Scheyer spent more than a decade -- as a player and then a coach -- learning from one of the greatest coaches in college basketball history.

As part of Krzyzewski's coaching staff from 2014-2022, Scheyer played a key role in landing some of the biggest recruits in the country -- including Zion Williamson, Paolo Banchero and Cam Reddish (for whom he was the primary recruiter, according to 247Sports.com). With professional avenues like Overtime Elite and the G-League Ignite now available to athletes, Scheyer's ability to continue to attract the top recruits in the nation is notable. 'A real opportunity'

Scheyer's first team as Duke's head coach is loaded with freshmen who made up the nation's No. 1 recruiting class, topped by three of the top-10 players in the 2022 group -- Dereck Lively, Kyle Filipowski and Dariq Whitehead.

"They've believed in it," Scheyer said. "I think they see the opportunity, which is the combination of being a part of a program like Duke with the stage, the history, with being the first to do something. They're the first in making sure that we continue to go up. I think that's a real opportunity for these guys."



EZRA SHAW/GETTY IMAGES

Assistant coach Jon Scheyer cuts down the net after defeating Arkansas, 78-69, in the NCAA Tournament Elite 8 at Chase Center on March 26 in San Francisco.

Duke's 2023 class is also off to an impressive start. With five five-star recruits -- all among the top-25 players -- committed to that class, it's also currently rated as No. 1 in the nation.

"I think he's doing just fine," Duke athletics director Nina King told The News & Observer. "Number one recruiting class this year and next. Right? I think you can take him off your prayer list. It's been great." 'One of the best recruiters of all time'

Scheyer's recruiting prowess started long before he was selected as Krzyzewski's successor.

Former Duke guard D.J. Steward met Scheyer during his sophomore year of high school in 2017 through his head coach at Chicago's Fenwick High School, Rick Malnati. Their meeting was during the infancy of Steward's recruiting process, before he ascended to the national ranks.

"I just noticed off the rip, how he's such a positive and great guy," Steward said.

Scheyer's positive nature adds to his ability to connect with players. A consensus second-team All-American for Duke during the 2009-10 season and Illinois' Mr. Basketball in 2006, he assumed a more active role in recruiting after former Duke associate head coach Jeff Capel left to become Pittsburgh's head coach.

Stepping into the associate head coach role on Krzyzewski's staff ahead of the 2018-19 season, Scheyer raised his profile within the coaching ranks on the recruiting trail. Since 2018, he has ranked in the top five in 247Sports.com's top recruiter rankings -- with first-place finishes in 2020 and 2021.

As a recruiter, Steward said Scheyer is "super hands-on."

"I believe he's one of the best recruiters of all time," Steward added. "You can just see in the people that he brings to Duke every single year.

"Some coaches may go about it in different ways; they want to be hands-on with the player, but for him to be hands-on with the player and my parents and everything, that was pretty big."

Relationships are everything when it comes to coaching. Roach appreciated the interest Scheyer had in him and his family, beyond what he could add to the Duke basketball program, during the recruiting process.

"He just asked a lot of questions," Roach said. "If I say something about my family, he's just going to want to know, 'What about them? Who is this?' That right there kind of makes me feel more special than some of the coaches that recruited me."

Steward experienced that same level of authenticity not only during his recruiting process, but also when he entered his name in the 2021 NBA draft. Scheyer gave his former player insight into the seriousness of NBA workouts and what it takes to compete at that level, while also checking in with his family.

When Jacob Grandison visited Duke to speak with Scheyer and the other coaches after putting his name in the transfer portal last spring, that authenticity stood out to him and he chose the Blue Devils.

He said he was encouraged to "lay it all out there. Don't leave any questions unasked, all the raw, awkward questions."

"So it was really wholesome and kosher," Grandison said. "I knew that this was the group of people I wanted to be with." Scheyer's competitive nature

Amid the compassion with which Scheyer approaches his job -- and the attention to detail, which also makes him a great recruiter -- he's still the competitor he was when he helped the Blue Devils win the 2010 national championship.

Steward recalled competing in shooting competitions against Scheyer, and playing the popular video game NBA 2K with him.

"He beat me in 2K," Steward said. "He's actually good at 2K, and he doesn't even play the game. ... I don't know how."

Scheyer showed that same fire as a player. He's forever an Illinois legend for scoring 21 points in 75 seconds at the Proviso West Holiday Tournament, a tournament that the likes of Evan Turner, Kevin Garnett and Isiah Thomas competed in. Scheyer also continued to play professional basketball despite suffering a retinal tear and nerve damage in his right eye.

"He's super competitive. Like no matter what, like, if he's losing, he's going to be mad," Steward said. "But if he's winning, oh man, he's going to be talking, like, he's going to talk smack. He's going to bring it up for the next few days. Scheyer is a great person. He's a competitive person, for sure."

That competitive nature, his real-world experience and his knack for finding talent have positioned Scheyer well as he prepares to navigate the college basketball landscape in the shadow of a legend.

But, already, Scheyer said his recruiting pitch is different now than when, as coach-in-waiting, he attracted the No. 1-rated 2022 recruiting class.

"I think it has to change," Scheyer said. "For one, I'm not Coach K, so I can't say the experiences that he's had and that's why you should come here. I think there's a different perspective that I have to offer. But what's similar is the fact that it's Duke University, it's Duke basketball. I mean, that's a huge selling point."

Kyle Williams is the sports reporting intern at the News & Observer. A native of Chicago, Illinois, he has worked at Marquee Sports Network, ABC7, and CHGO. He is a graduate of Knox College with a major in journalism and a minor in anthropology and sociology.

Joe Manniello's Week 4 NFL picks

Joe Manniello
Newsday

If you watch NFL RedZone like me every Sunday, you'll know there's been a ton of late drama through the first three weeks. Eighteen of the 48 games have been decided by three or fewer points, the most in NFL history at this point. With only one spread over a touchdown this week, expect more of the same in the ultra-competitive, parity-driven NFL.

Underdogs went 9-7 against the spread (ATS) in Week 3 after back-to-back 8-8 marks. A dozen of this week's games, including Thursday night, have spreads right around three points or fewer.

My most confident picks ATS are Detroit, Buffalo, Cleveland and Kansas City. Stay away from Arizona-Carolina and avoid the London game as well.

GAME OF THE WEEK
SUNDAY NIGHT
KANSAS CITY (2-1)
AT TAMPA BAY (2-1)
Tampa Bay by 1; O/U: 45.5

Patrick Mahomes has pretty much done everything in his young NFL career ... except get a rematch against the team that made him look most mortal. Nearly 20 months after Tampa Bay's 31-9 win over Kansas City in Super Bowl LV, Mahomes, Andy Reid & Co. take on Tom Brady and the Bucs in what figures to be a close prime-time battle. Todd Bowles' defense has been lights-out through three weeks, allowing an NFL-low nine points per game. How Mahomes handles the pressure will be the key to this game. The fact that Kansas City is off a surprising loss at Indianapolis only makes me like Mahomes more in this spot. As great as the Bucs defense is playing, the offense has been off, and it will need to do something it hasn't done this season: score 20-plus points. Add in the fact that Tampa Bay had to relocate this week because of Hurricane Ian, and it's too tall an order against a motivated Mahomes.

The pick: Kansas City
LONDON GAME
MINNESOTA (2-1)
VS. NEW ORLEANS (1-2)
Minnesota by 2.5; O/U: 43.5

We could get some early-morning fireworks in this one. Both teams feature talented receivers, but Minnesota has the edge at quarterback with Kirk Cousins opposing a banged-up Jameis Winston. New Orleans flew to London after its Week 3 loss and Minnesota didn't arrive till later in the week. Could that be a factor?

The pick: Minnesota
1 P.M. GAMES
JETS (1-2) AT
PITTSBURGH (1-2)
Pittsburgh by 3; O/U: 41.5

This is the fourth straight week I'm taking the Jets (1-2 ATS), and I don't feel good about it. But I don't like the alternative either in what figures to be a low-scoring game. Zach Wilson returns, and his ability to extend plays with his legs could give the Jets offense a boost. The Jets' defense has been abysmal, but so has Mitch Trubisky and the offense of the Steelers (1-2 ATS). Pittsburgh's defense isn't the same without T.J. Watt. If the Jets can make it out of the AFC North lineup of their schedule at 2-2, that's a win-win.

The pick: Jets
CHICAGO (2-1)
AT GIANTS (2-1)
Giants by 3; O/U: 39.5

After a 2-0 start, the Giants suffered a pair of losses on MNF: to the Cowboys, and receiver Sterling Shepard to a season-ending injury. On a short week with next week's London game against the Packers in the back of their mind, I don't expect a fully-focused effort. The Giants will have trouble stopping Chicago's No. 2-ranked rushing attack (186.7 yards per game).



NICK CAMMETT/GETTY IMAGES

Nick Chubb (24) of the Cleveland Browns runs with the ball against the New York Jets during the second half at FirstEnergy Stadium on Sept. 18 in Cleveland, Ohio.

The pick: Chicago
WASHINGTON (1-2)
AT DALLAS (2-1)
Dallas by 3; O/U: 41.5

I picked against Dallas the last two weeks and had a feeling I might be on the wrong side. Cooper Rush has a real command of the offense, and Carson Wentz (sacked nine times last week against the Eagles) now faces Micah Parsons and a Dallas defense that leads the NFL in sacks with 13.

The pick: Dallas
JACKSONVILLE (2-1)
AT PHILADELPHIA (3-0)
Philadelphia by 6.5; O/U: 45.5

The first-place Jaguars are one of the best stories of the early season. I see myself backing them a lot this year. Just not this week. Doug Pederson's new team will have its hands full with Doug Pederson's old team, the NFC's lone 3-0 squad. Jalen Hurts is playing like an MVP for the Eagles' No. 1 offense (447 yards per game).

The pick: Philadelphia
BUFFALO (2-1)
AT BALTIMORE (2-1)
Buffalo by 3; O/U: 51

When time ran out on Josh Allen and Buffalo in a 21-19 loss to Miami, my first thought was, "I can't wait to back the Bills next week." That excitement was tempered a bit when I saw it was a road game against the always dangerous Lamar Jackson. Still, the Bills' passing game will be too much for Baltimore's banged-up secondary. Both the Bills (2-1 ATS) and Ravens (2-1 ATS) lost to the Dolphins despite having nearly 500 yards of offense. Look for a boatload of yards and points in this one as Allen, Stefon Diggs and the Bills remind everyone they're still a super contender.

The pick: Buffalo
TENNESSEE (1-2) AT
INDIANAPOLIS (1-1-1)
Indianapolis by 3.5; O/U: 42.5

This is the toughest call of Week 4. Both had huge wins last week to get on the board. This feels like a late-field-goal-wins-it type of game. I'm down on the Titans overall, but they've won four of the last five meetings, including three in a row at Indianapolis.

The pick: Tennessee
L.A. CHARGERS (1-2)
AT HOUSTON (0-2-1)
Los Angeles by 5.5; O/U: 44.5

Conventional thinking may be that the Chargers will easily bounce back after a 38-10 home loss to the Jaguars. Now, look at the injury report. In addition to Justin Herbert not being 100%, L.A. will be without its best pass blocker, Rashawn Slater, and a top pass rusher, Joey Bosa. There are more injuries, too. The Texans beat the Chargers, 41-29, at Houston in Week 16 last year when L.A. was fighting for a playoff spot. This won't be easy.

The pick: Houston
CLEVELAND (2-1)
AT ATLANTA (1-2)
Cleveland by 1.5; O/U: 47.5

The feisty Falcons (3-0 ATS) will be in this game, but Cleveland's No. 1 rushing attack (190.7 yards per game) led by Nick Chubb and Kareem Hunt will be the difference in the fourth quarter.

The pick: Cleveland
LOCK OF THE WEEK
SEATTLE (1-2)
AT DETROIT (1-2)
Detroit by 4.5; O/U: 48.5

The Lions are a good football team. You read that right! The offense has explosive players, and I expect a big bounce-back game after Detroit blew leads of 14-0 and 24-14 at Minnesota. After the loss, coach Dan Campbell said he regretted trying a field goal up 24-21 instead of going for it with just over a minute left. Campbell is already the ultimate players' coach, but that kind of honesty and accountability resonates with players. As long as speedy receiver Amon-Ra St. Brown plays, Jared Goff and the Detroit offense (second in points per game at 31.7 and yards per game at 409) will light up the scoreboard against a bad defense. 40 points?

The pick: Detroit
4 P.M. Games
NEW ENGLAND (1-2)
AT GREEN BAY (2-1)
Green Bay by 9.5; O/U: 39.5

Last season the Packers had a no-show loss in the opener and then reeled off seven straight wins. This season the Packers had a no-show loss in the opener and will make it three straight wins. The Patriots will likely have to go with Brian Hoyer at quarterback with Mac Jones injured.

The pick: Green Bay
DENVER (2-1)
AT LAS VEGAS (0-3)
Las Vegas by 2.5; O/U: 45.5

This is the rare matchup where the 0-3 team has looked better than the 2-1 team. Vegas seems to agree about Vegas, hence the point spread. Denver has two wins despite scoring 16, 16 and 11 points. The Raiders have been in every game but have self-destructed. Take the NFL's lone 0-3 team in a desperate spot.

The pick: Las Vegas
ARIZONA (1-2)
AT CAROLINA (1-2)
Carolina by 1.5; O/U: 43.5

Kyler Murray vs. Baker Mayfield doesn't have as much buzz as it once did. Carolina should be able to build off last week's home win over New Orleans against an Arizona squad that has been outscored 56-13 in the first half.

The pick: Carolina
MONDAY NIGHT
L.A. RAMS (2-1) AT
SAN FRANCISCO (1-2)
San Francisco by 1.5; O/U: 42.5

The same way Sean McVay has Arizona's number (11-1 after last week's win), Kyle Shanahan has had McVay's number (7-4 head-to-head). The 49ers won both regular-season matchups last year, including a 31-10 blowout on MNF. The Rams had the last laugh in the NFC title game but remember: the 49ers would've went to the Super Bowl if not for a dropped INT late. The loss of Trent Williams is huge for the 49ers, but the Rams have their own offensive line issues. In what should be a close game, I side with Shanahan's track record. He knows how to beat this Rams defense.

The pick: San Francisco

Jayson Tatum becoming louder vocal leader for Celtics: 'He took a huge step'

Steve Hewitt
Boston Herald

Jayson Tatum gets plenty of credit for his basketball ability, now an All-NBA player and considered one of the game's best after he led the Celtics to the NBA Finals last season.

But the Celtics star may not be getting enough credit for his leadership.

As the C's marched toward the NBA Finals last spring, Al Horford noticed a shift in Tatum.

"People probably don't know this much but he was very vocal during the playoffs, right from the beginning," Horford said. "Staying on us, challenging our group, and giving us certain things that he felt like we needed to do, and things like that.

"He took a huge step in my eyes. And I feel like that confidence is kind of gonna carry over this year and we're gonna continue to see more of that from him."

Through his first five seasons in the league, Tatum hasn't always been the most outspoken. He hasn't needed to, with more established voices taking up the locker room. But as he blossomed into one of the best players in the NBA and led his team to the doorstep of a championship, it seems like he's recognizing the weight his voice can have.

"I feel like I'm very vocal," Tatum said. "I might not be the loudest guy, especially in front of the camera, but for the guys in that locker room, when we're in practice or on the plane or on the court, my presence is felt in my voice. We all put a lot into this game, so we all have the right to give input to each other. That's all I try to do when I see something, try to help guys out."



NANCY LANE/BOSTON HERALD

Boston Celtics' Jayson Tatum poses for photos during the team's media day on Monday in Canton, Massachusetts.

As the Celtics venture into some uncharted territory in the wake of Ime Udoka's season-long suspension, as they begin a pursuit back to the Finals, Tatum's continued growth as a leader could prove even more important. New coach Joe Mazzulla is emphasizing collaboration with his players as he tries to make them comfortable going into the new season.

Tatum feels like the C's have picked up where they left off from last season through the first three days of camp.

"It doesn't feel too much different," Tatum said. "For the most part we've got the same group. A few new guys and a couple guys out, but the core guys have been playing for a while, so it feels natural."

One of those guys out includes Rob Williams, who's out 8-12 weeks as he recovers from left knee surgery. Tatum described that loss as "tough," but they know they have to find a way without him. Tatum is even willing to play some 4 in Williams' absence if the C's decide to play smaller.

Without Williams, who was instrumental in the Celtics' defensive turnaround last season, Tatum knows they need to stick to their defensive principles.

"(We have to) understand that we have five guys last year get an All-Defensive vote and that's contagious," Tatum said. "Everybody takes pride in guarding their yard, and obviously, we've got to help each other out. That's where we gotta hang our hat on, especially trying to be the best defensive team in the league this year."

Kim Mulkey owes Brittney Griner more than contempt

Jerry Brewer
The Washington Post

Kim Mulkey said nothing. The greatest basketball player she has ever coached sits in a Russian prison, "wrongfully detained," according to the U.S. government, serving the first months of an excessive 9 1/2-year sentence for bringing less than a gram of cannabis oil into the country. Brittney Griner isn't being punished as much as she is being weaponized. Most of the American sports community is on edge. Not Mulkey. She would rather be petty.

On the 221st day of Griner's detainment, a reporter asked Mulkey, now the coach at LSU, about Griner. The two have had a strained relationship since Griner left Baylor, but some things are supposed to be bigger than feuds. On Monday, Mulkey chose to remain small.

"I just want to get your thoughts on the Brittney Griner situation," the reporter said. "I don't think I've seen anything from you on that and just . . ."

"And you won't," Mulkey replied.

She said nothing.

And it said everything.

After months of silence, that was all Mulkey offered. If you had a microscope, you wouldn't have been able to detect any decency.

In all my years of covering the emotional, confrontational and sometimes crude world of sports, I've never encountered such a disturbingly bitter moment. I've seen angrier incidents. I've seen violence. But it's reprehensible for a coach - a college coach who recruits teenagers with promises of familial relationships and lifelong bonds - to reject one of her own amid dire circumstances.

Mulkey ignored an opportunity to show basic, superficial compassion. It took more effort to be terse and dismissive than it would have to offer something this simple: "I hope she gets home soon. I don't want to comment any further, but that's my hope."

It was no time to persist with the petty. But like many lionized college coaches, Mulkey cannot contain her narcissism. She was too busy thinking about herself to meet the moment. It seems Mulkey is still upset that Griner, after saying she was gay before the 2013 WNBA draft, revealed Baylor had told her to keep her sexuality a secret. She wrote more about Mulkey and the school in her 2014 memoir "In My Skin." She intended for that part of her story to illustrate her struggles with identity while attending a private Baptist school in Texas. Mulkey did not like how she and her program's culture were portrayed. The two never made amends.



DOUG PENSINGER/GETTY IMAGES

Brittney Griner (42), left, and Jordan Madden (3), obscured, of the Baylor Bears hug head coach Kim Mulkey after they won 80-61 against the Notre Dame Fighting Irish during the National Final game of the 2012 NCAA Division I Women's Basketball Championship at Pepsi Center in Denver.

In 2012, when Baylor won the national championship with a 40-0 record, Mulkey called Griner "the face of women's basketball." In the 10 years since, Griner has had a stellar professional career and enhanced her reputation as one of the most dominant post players in the sport's history. Mulkey has 658 career victories, an .857 winning percentage and three national titles. She is in the second year of a $23.6 million contract at LSU, a milestone deal in the ongoing fight for fair pay in women's sports.

Griner and Mulkey were magical together. They had remained outstanding apart. And then Griner was arrested for a mistake that many athletes playing overseas and trying to manage pain and inflammation could have made. Her freedom has turned into a political custody battle between feuding nations.

Dawn Staley, who was Griner's coach with USA Basketball, doesn't let a day pass without sending a social media message or doing a media interview about freeing Griner. On the same day Mulkey punted on humanity, current Baylor coach Nicki Collen talked for almost five straight minutes about Griner. Collen spent most of the time pleading with people who have discarded Griner as a criminal and failed to think about the global dynamics at play. And in the most subtle way, Collen alluded to the intolerance and prejudice behind some of the public dismissal of a 6-foot-9 Black gay woman.

"It's not my job to judge, quite frankly," Collen said. "I don't see it as my job. I think as a Christian, it's to give grace. It's to love, to love one another. Knowing BG, like knowing her, being around her, she's a big kid. To know her is to love her. Honestly, she just is one of those people that radiates joy, that would give you a high-five or a hug. It's so easy to say when it's someone you don't know, but would everyone be saying the same thing if it was their sister? I think they might feel differently."

For four years, Griner wasn't just any big kid to Mulkey. She was her big kid, a celebrated all-American, the best player in the nation. One disagreement shouldn't ruin that - unless the relationship was phony and transactional from the beginning. While Griner isn't blameless in their beef, Mulkey is the 60-year-old who earns a living teaching young people to manage conflict and work together. Before she retires, she may win 1,000 games preaching harmony. But given a chance to transcend discord and show sincere empathy, she acted worse than a spoiled freshman away from home for the first time.

"Keep that in mind when you're choosing schools," former Baylor star Queen Egbo wrote in a tweet.

Said Chloe Jackson, another former Baylor player: "And I will say it again. SILENCE SPEAKS VOLUMES, smh."

If Mulkey was too emotionally conflicted to express herself, she ought to step to a microphone and try again. Try harder. Articulate anything that makes her human and not a revenge-seeking control freak.

Mulkey isn't the first coach to grow distant from a star athlete. But difficult times are supposed to unite people, assuming what they shared was real. The player who delivered Mulkey a second championship needs all the support she can get. If her former coach cannot rise to this occasion, she has no credibility as a leader.

Overtime Elite league makes big changes — Will they entice young basketball recruits?

Cameron Drummond
Lexingtn Herald-Leader

LEXINGTON, Ky. — The second season of the upstart Overtime Elite (OTE) professional basketball league is set to boast several mouthwatering matchups between some of the best high school basketball players in the country.

In addition to Amen and Ausar Thompson, who are projected top picks in next year's NBA draft, the OTE league features several of the best college basketball recruits in the country, like Naasir Cunningham (who has UK interest) and Bryson Tiller.

Players of this caliber will be facing off against other top prospects like Elliot Cadeau, Isaiah Elohim and Bronny James as the OTE league recently announced improved scheduling changes for the 2022-23 season, including marquee preseason games.

Players like Cunningham, who announced in April that he was joining Overtime Elite, can remain college basketball recruits while playing in the OTE league as long as they forgo a salary to preserve their college eligibility. Cunningham signed with OTE as a scholarship player, becoming the first player to take that route.

OTE players like Cunningham can still make money from name, image and likeness opportunities while retaining their college eligibility.

The upcoming 90-game schedule for Overtime Elite this season also features enhancements like growth from a three-team league to a six-team league (three prep schools from around the country were added), in addition to a highly anticipated preseason tournament featuring Bronny and Bryce James, Cam and Cayden Boozer and five-star Duke commit Jared McCain.

More than two-thirds of the 90 scheduled OTE games this season will be played at OTE Arena in Atlanta, which is part of a more than 100,000 square-foot facility that houses the OTE program.

All 90 games in the 2022-23 season will be shown on YouTube, and if that exposure wasn't enough, a Pro Day for NBA teams will be held in late October.

The league -- which counts Jeff Bezos, Drake and several NBA players among its investors -- is continuing to make a move toward reshaping the basketball landscape for young talents seeking departures from traditional college and high school pathways.

"In trying to think about what's going to set Naas forward -- getting better, stronger, and what environment he should be in -- that's where it all started," Cunningham's father, Erik, previously told the Herald-Leader about OTE.

A look around the current basketball recruiting landscape reveals just how effective OTE has been in a short span of time.

While in Chicago last month for the Under Armour Next Elite 24 basketball showcase, the Herald-Leader asked some of the top basketball recruits in the country what their impressions are of both Overtime Elite and the G-League Ignite, another development pathway that serves as an alternative to college basketball.

Some players, smartly, responded by leaving the door open to both options.

"I've thought about it. I feel like there's way more I can learn about it, so I don't want to just jump on it, but I've definitely thought about it," said Ian Jackson, a top Kentucky recruit currently in the class of 2024. "It's definitely been something to think about, but I'm not going to turn it down. I feel like if it's the best situation for me by the time I get to where I've got to go, then I will do it. But if I don't think it's the best then I won't."

Others were more steadfast in their belief in the traditional high school to college route, like current Kentucky class of 2023 commit Justin Edwards.

"Overtime came in, but I just wanted to choose college. I wanted to go to college," Edwards said. "I can get more out of it, I feel like I can get prepared more (in college)."

While both the G-League Ignite and Overtime Elite pathways offer the opportunity for young players to earn money before their potential NBA careers, college basketball now does the same through NIL opportunities.

This was stressed by class of 2024 point guard and UK recruit Boogie Fland.

"I feel that now that we have NIL, we can still pursue our dream in college," Fland said. "Everyone has the dream to go to college, I'm pretty sure. They have a dream of being a high-level basketball player, going to a big college, so I feel like college gives that advantage now because you can still do that dream that you had as a kid."

Ahead of its second season, most OTE players are choosing not to maintain their NCAA eligibility and instead receive a salary.

According to OTE, every contracted player is offered a six-figure salary, with a guaranteed minimum salary of at least $100,000, in addition to other perks.

Of the 30 players in OTE for the 2022-23 season, only 10 are forgoing a salary (like Cunningham) to remain college eligible.

All of these players will be in their first season with Overtime Elite.

"The product on the court opens up those options," Cunningham's father, Erik, previously told the Lexington Herald-Leader. "I don't want (Naasir) to be thinking about the next $10,000 or whatever. I want him thinking about the next jump shot, the next free throw."

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PUBLIC NOTICES

GREENE COUNTY NOTICE OF APPLICATION OF A LIQUOR LICENSE
Notice is hereby given that a license (number to be assigned) for liquor, wine and beer is being applied for by the undersigned to sell liquor, wine and beer at retail in a hotel under the Alcoholic Beverage Control Law at 333 Mossy Hill Road, Town of Catskill, Greene County, New York, for on-premises consumption.
Piaule Catskill Operations LLC
d/b/a Piaule Catskill
333 Mossy Hill Road
Catskill, New York 12414

COLUMBIA COUNTY PUBLIC NOTICE
The Town of Greenport will be flushing hydrants S-F, beginning Sunday, September 25, 2022 through Friday, October 14, 2022 from 9 pm-5 am (evening hours). Beginning Monday, October 17, 2022, flushing will occur M-F during daytime hours (6 am-2:30 pm) and continue until completed.

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Notice is hereby given that a license (number to be assigned) for liquor, wine and beer is being applied for by the undersigned to sell liquor, wine and beer at retail in a catering establishment under the Alcoholic Beverage Control Law at 115 Firefox Road, Town of Cairo, Greene County, New York, for on-premises consumption.
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GREENE COUNTY NOTICE TO BIDDERS CATSKILL HOUSING AUTHORITY REQUEST FOR PROPOSALS LEGAL SERVICES FOR THE BOARD OF COMMISSIONERS

The Catskill Housing Authority (CHA) is soliciting proposals from attorneys or law firms to provide professional legal services for the Catskill Housing Authority Board of Commissioners.

The contract will be for a one year period. CHA is a municipal housing authority responsible for 80 public housing units. RFPs due by October 14, 2022 2:00pm to tmattice.catskillha@gmail.com or

32 Bronson Street / P.O. Box 362
Catskill, NY 12414

Respondents will interpret public housing laws, HUD housing rules and regulations and landlord tenant matters. Additionally, the position shall include:

a. Attend monthly meetings of the Authority when requested and supervise the drafting of resolutions. Board meeting are typically the fourth Wednesday of every month;

b. Give general advice and assistance to Board of Commissioners of the Authority with respect to Authority business;

c. Handle all legal questions and matters arising under federal and or state law, of HUD regulations required of the Authority and rendering opinions of all matters submitted by the Authority;

e. Handle all legal work in connection with Fair Housing;

f. Give legal advice on all actions ex contract and ex delieto;

g. Appear for and represent the Authority in court in litigated matters, excepting all extraordinary cases as hereinafter provided;

Interested firms please submit an hourly fee schedule of principals and staff.

Catskill Housing Authority is an Equal Opportunity Employer.

Timothy Mattice, Interim Executive Director
Catskill Housing Authority
32 Bronson Street
Catskill, NY 12414

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
Notice of formation of MUD COFFEE LLC. Art. Of Org. filed with the Sect'y of State of NY (SSNY) on 08/15/22. Office in Columbia County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 70 SW COLONY RD HILLSDALE, NY, 12529. Purpose: Any lawful purpose

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
Notice of Formation of PhilanthroSee. Articles of Organization filed with Secretary of State of NY (SSNY) on 2022-08-20. Office location: Columbia County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to United States Corporation Agents, INC. : 7014 13th Avenue Suite 202 Brooklyn NY 11228. Purpose: Any lawful purpose

GREENE COUNTY NOTICE OF APPLICATION OF A LIQUOR LICENSE
Notice is hereby given that a license (number to be assigned) for wine and beer is being applied for by the undersigned to sell wine and beer at retail in a tavern under the Alcoholic Beverage Control Law at 734 RTE 32A, Town of Catskill, Greene County, New York, for on-premises consumption.
Rip & Wolf Tavern Inc
734 RTE 32A
Palenville, New York 12463

GREENE COUNTY LEGAL NOTICE TOWN OF DURHAM NOTICE OF A PUBLIC HEARING ON A PROPOSED SUBDIVISION
Public Notice is hereby given that the Town of Durham Town Board will hold a public hearing concerning a subdivision of property owned by Lawrence D Swidler Living Trust parcel 63.00-3-6 and 63.00-3-7, consisting of 38 +/- acres located on Route 23. Their wish is to subdivide into 4 parcels.
If you have any questions or concerns on the above subdivision, please attend the public hearing. All documents related to this application are available for viewing at the Durham Town Hall.
The hearing will be held at the Town Building 7309 State Route 81, East Durham, Tuesday, October 18th, 7:30 P.M. All interested persons desiring to be heard will be heard at that time.
By order of the Town Board
Janet Partridge,
Durham Clerk
September 27, 2022

GREENE COUNTY LEGAL NOTICE
School Tax Collector's Notice
Catskill Central School
Towns of Catskill, Athens, Cairo

Owners of real property located in that portion of the Catskill Central School District, County of Greene, New York, take notice that taxes will be received from September 1, 2022 through November 3, 2022.
Taxes may be paid in person at the Bank of Greene County, 425 Main Street or 100 Catskill Commons during lobby banking hours. Taxes may be paid by mail to Tax Collector, P. O. Box 390, Catskill, and N. Y. 12414. Taxes may be paid online at www.catskillcsd.org . TAX BILL MUST ACCOMPANY ALL PAYMENTS.
From September 1, 2022 through October 1, 2022 NO PENALTY will be charged. A two percent (2%) penalty will be added from October 2, 2022 through November 3, 2022. November 3, 2022 will be the last day for payment of taxes. There after, uncollected tax rolls are turned over to the Greene County Treasurer. A returned check fee of $35.00 will be assessed for all returned checks.
Lisa Cope
Tax Collector
Catskill Central School
347 West Main Street
Catskill, New York 12414
taxcollector@catskillcsd.org

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
Notice of Formation of KAYLA MARIE PHOTOGRAPHY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2022-07-29. Office location: Greene County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to KAYLA MARIE PHOTOGRAPHY LLC: PO BOX 8 ATHENS, NY 12015. Purpose: Any lawful purpose

GREENE COUNTY TAX COLLECTOR'S NOTICE Legal Notice

School Tax Collector's Notice Cairo-Durham Central School

Towns of Athens, Cairo, Catskill, Coxsackie, Durham, Greenville, Conesville and Rensselaerville.

Owners of real property located in that portion of the Cairo-Durham Central School District, County of Greene, New York, take notice that taxes will be received from September 1, 2022 through October 31, 2022.
Taxes may be paid in person at the Bank of Greene County, 230 M Simons Road Cairo, N. Y. 12413 during lobby banking hours. Taxes may be paid by mail to Tax Collector, P. O. Box 10, Cairo, N. Y. 12413. Taxes may be paid online at www.infotaxonline.com TAX BILL MUST ACCOMPANY ALL MAILED and IN-PERSON PAYMENTS.
From September1, 2022 through September 30, 2022 NO PENALTY will be charged. A two percent (2%) penalty will be added from October 1, 2022 through October 31, 2022. October 31, 2022 will be the last day for payment of taxes. Thereafter, uncollected tax rolls are turned over to the Greene County, Schoharie County and Albany County Treasurer.

Sharon Rarick
Tax Collector
Cairo-Durham Central School District
PO Box 10
Cairo, New York 12413

Pub., Aug 27, Sept 10, Sept. 24, Oct 1, Oct 22

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GREENE COUNTY NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a public hearing will be held before the Town Board for the Town of Greenville at the Greenville Town Hall on the 17th day of October 2022, at 6:45 p.m., regarding the adoption of a Local Law to Override the Tax Levy Limit established in General Municipal Law §3-c. This law is being proposed to comply with subdivision 5 of the General Municipal Law §3-c which expressly authorizes the Town Board to override the tax levy limit by the adoption of a local law approved by vote of at least sixty percent (60%) of the Town Board. At such time and place all persons interested in the subject matter thereof will be heard concerning the same.
Copies of the proposed law shall be available at the time of the hearing and shall be available at times prior to and after the hearing at the Town Clerk's Office during normal business hours for the purpose of inspection or procurement by interested persons.
The proposed Local Law to Override the Tax Levy Limit Established in General Municipal Law §3-c establishes the Greenville Town Board's intent to override the limit on the amount of real property taxes that may be levied by the Town of Greenville.
By order of the Town Board,
Jessica K. Lewis, Town Clerk-Collector
Town of Greenville

GREENE COUNTY NOTICE OF APPLICATION OF A LIQUOR LICENSE
Notice is hereby given that a license (number to be assigned) for wine and beer is being applied for by the undersigned to sell wine and beer at retail in a tavern under the Alcoholic Beverage Control Law at 5932 Main Street, Village of Tannersville, Greene County, New York, for on-premises consumption.

Bear & Fox Provisions LLC
5932 Main Street
Tannersville, New York 12485

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Additionally, you can email class@wdt.net or call 315-782-0400.

GREENE COUNTY NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a public hearing will be held before the Town Board for the Town of Greenville at the Greenville Town Hall on the 17th day of October 2022, at 6:30 p.m., regarding the contract renewal of the Freehold Fire Department. At such time and place all persons interested in the subject matter thereof will be heard concerning the same.
By order of the Town Board,
Jessica K. Lewis
Town Clerk-Collector

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY
Teviotdale Gatehouse LLC Arts of Org. filed SSNY 8/12/22, Columbia Co. SSNY design agent for process & shall mail to Stanley M Ackert III 257 Rt 9h Claverack, NY 12513 General Purpose

GREENE COUNTY NOTICE OF PUBLIC HEARING NOTICE OF PUBLIC HEARING ON THE PROPOSED ACQUISITION BY THE VILLAGE OF COXSACKIE UNDER THE EMINENT DOMAIN PROCEDURE LAW OF CERTAIN LAND FOR THE INSTALLATION OF A DOG PARK AND RELATED COMPLIMENTARY MUNICIPAL USES

PLEASE TAKE NOTICE that pursuant to Article 2 of the New York Eminent Domain Procedure Law, the Village of Coxsackie shall hold a public hearing at Village Hall, 119 Mansion Street, Coxsackie, NY 12051 on October 11, 2022, at 6:45 p.m. for the purpose of hearing all interested parties concerning the intention of the Village of Coxsackie to acquire an approximate 5.796 acre portion of a vacant 15.635 acre parcel located at 170 Mansion Street in the Village of Coxsackie (the "Property"). The Village of Coxsackie intends to use the acquired Property for the public purpose of the installation of a dog park and related complimentary municipal uses.

The purpose of this hearing will be to inform the public, to consider the need and location of the proposed acquisition, to review the public use to be served, and to assess the impact of the acquisition on the environment and the residents prior to acquisition of the Property.

Persons may appear at the hearing themselves or by agent and will be given the opportunity to present oral or written statements and to submit other documents or information concerning the proposed acquisition. Anyone wishing to offer written comments to be included in the hearing record may submit their statements to nbereznak@villageofcoxsackie.com.

Those owners of the Property who may subsequently wish to challenge the condemnation of their property by judicial review may do so only on the basis of issues, facts, and objections raised at this public hearing.



Rentals

332 Roommates/ Home Sharing

TEMPORARY HOUSEMATE wanted month /to/month, share 3700 sq ft modern home, 1 mile from Hudson. Private bed. $1175/per mo, all inclusive except meals. Incls. heat, elec., dish tv, trash, one time cleaning, treadmill, W/D. Full use of residence. Must be clean, non-smoker, credit score of 650 plus. Proof of income References. No pets. Call or text (518)965-3563.

395 Want to Rent

LOOKING FOR studio or nice reasonably priced 1 bdr in the Cairo/Catskill area, by a responsible middle age male, please call or text Jim; (845)750-1243

Employment

435 Professional & Technical

Ichabod Crane High School (9-12)
Valatie, NY is seeking
- Probationary full-time Teaching Assistant
- Daily substitute building substitute teaching assistant
Please send your letter of interest and resume by:
October 21, 2022 to:
Craig Shull, High School Principal
Ichabod Crane High School
2910 Route 9 Valatie, NY 12184

School Business Administrator The Belfast Central School District is seeking an experienced School Business Administrator to lead the district's financial and management services under the direction of the Superintendent of Schools. The person will report directly to the Superintendent and will be responsible for the overall fiscal management including budgeting, expense and revenue control, and staff personnel management. In addition, the School Business Administrator will have oversight responsibilities for other areas as determined by the Superintendent. It is preferred that the successful candidate qualify for or be working toward NYS certification as a School District Business Leader (SDBL) or School Business Administrator (SBA) or qualify for the School Business Manager Civil Service Exam. Candidates should have successful school business management experience including accounting and budgeting duties with at least one year of supervisory experience. BCS will offer a salary commensurate with experience. Please forward application, letter of interest, resume, and credentials by September 30, 2022.
Visit https://belfastcsd.recruitfront.com/jobopportunities - employment opportunities/Belfast CSD. EOE

TOWN OF COPAKE
PUBLIC NOTICE

Please take notice the Town Board of the Town of Copake will be accepting letters of interest and resumes for the following position:

Code Enforcement/Building Department Assistant
(Clerk/Typist)

Information and job descriptions can be obtained from the Supervisor at (518)329-1234 ext. 1. Letters/resumes may be mailed to Lynn M. Connolly, Town Clerk at 230 Mountain View Road, Copake, NY 12516 or emailed to her at copaketownclerk@townofcopake.org. Letters/resumes must be received by the Town Clerk no later than 10:00 a.m. on October 11, 2022

Lynn M. Connolly
Town Clerk



TOWN OF COPAKE
PUBLIC NOTICE

Please take notice the Town Board of the Town of Copake seeks **Park Superintendent**.

Responsibilities include: Supervision of Copake Memorial Park including overseeing and assisting with all outside maintenance at Town properties; coordinating all outside events and athletic practices and games; ordering all maintenance materials; opening and winterizing outside restrooms & concession stand; maintenance of Ice Rink, coordination of all outside agencies for large and special events.

Complete Job Description available upon request. Letters of Interest and resumes should be submitted by 12:00pm on October 3, 2022 to Lynn Connolly, Town Clerk, Copake Town Hall, 230 Mountain View Road, Copake NY 12516 or emailed to:
copaketownclerk@townofcopake.org.

Inquiries may be made to Supervisor at 518-329-1234 ext 1.

Lynn M. Connolly
Town Clerk

Dated September 12, 2022



Services

514 Services Offered

ARE YOU BEHIND $10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 888-869-5361 (Hours: Mon-Fri 7am-5pm PST)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 866-393-3636

BEST SATELLITE TV with 2 Year Price Guarantee! $59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 888-508-5313

Drive Out Breast Cancer: Donate a car today! The benefits of donating your car or boat: Fast Free Pickup - 24hr Response Tax Deduction - Easy To Do! Call 24/7: 855-905-4755

Buying diamonds, gold, silver, all fine jewelry and watches, coins, paintings, better furs, complete estates. We simply pay more! Call Barry 914-260-8783 or e-mail Americabuying@aol.com

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Now offering a $10,000 scholarship for qualified applicants. Call CTI for details! (844) 947-0192 (M-F 8am-6pm ET)

DIRECTV for $79.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-888-534-6918

DISH TV $64.99 For 190 Channels + $14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-595-6967

Do you need a Roof or Energy Efficient Windows & Help paying for it? YOU MAY QUALIFY THROUGH NEW RELIEF PROGRAMS (800) 944-9393 or visit NY-ProgramFunding.org to qualify. Approved applications will have the work completed by a repair crew provided by: HOMEOWNER FUNDING. Not affiliated with State or Gov Programs.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-877-763-2379

Announcements

610 Announcements

Notice is Hereby Given the October meeting of the "Ancram Fire District Commissioners" of the Town of Ancram NY, will be held on October 18, 2022, at the following location, The Ancram Fire Company Commissioners office, 1306 County Route 7, Ancram NY 12502.The meeting will start at 7 PM.
Also Notice is Hereby Given the Ancram Fire District Commissioners will be conducting the 2023 Ancram Fire District Budget Hearing at the Commissioners Office, Ancram Fire House, 1306 County Route 7, Ancram NY 12502, at 6:30 PM on October 18, 2022.
This notice is being given to the media pursuant to the provisions of Public Officers Law & 104 and Town Law Section 181.3(a), By order of the Board of Fire Commissioners of the Ancram Fire District

Thomas R. Dias
Secretary of the Ancram Fire District

Merchandise

730 Miscellaneous for Sale

DISH Network. $64.99 for 190 Channels! Blazing Fast Internet, $19.99/mo. (where available.) Switch & Get a FREE $100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-401-9066

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty ($695 value!). Request a free quote today! Call for additional terms and conditions. 1-855-232-6662

LIVE PAIN FREE with All Natural CBD products from AceWellness. We guarantee highest quality & most competitive pricing on CBD products. Softgels, oils, skincare & more. 1-877-580-4641.

Looking for assisted living, memory care, or independent living?
A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-877-544-1295 today!

Need IRS Relief $10K - $125K+ Get Fresh Start or Forgiveness? Call 1-833-328-1365 Monday through Friday 7AM-5PM PST

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES.
30 DAY RISK FREE. $200.00 OFF 2 FREE Months! 1-844-360-5703

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs!
Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer - $500 Discount + Additional 10% off install
(for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-877-515-2912

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service.
Now featuring our FREE shower package and $1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-329-1247

STOP worrying! SilverBills eliminates the stress and hassle of bill payments.
All household bills guaranteed to be paid on time, as long as appropriate funds are available.
Computer not necessary. Call for a FREE trial or a custom quote today. SilverBills 1-855-933-3055

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home.
Full installation services available. $0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-855-397-6806

Vivint. Smart security. Professionally installed. One connected system for total peace of mind.
FREE professional installation! Four FREE months of monitoring! Call now to customize your system. 1-855-908-1065

Wesley Financial Group, LLC Timeshare Cancellation Experts Over $50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare!
Free consultations. Over 450 positive reviews. Call 844-420-6527

WURLITZER UPRIGHT Piano for sale. $500. Mint condition, tune up needed. 516-238-5714







CELEBRITY CIPHER
by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"CJCDLOIPSE P UML PN JPSOBEC BSF NWCYYN VMSSL. WBLUC OIBO'N XIL P FKS'O IBJC B UKLVDPCSF."
— YMGL YPM

Previous Solution: "I prefer John. There comes a time in a man's life when he shouldn't have a name ending in 'y.'" — Johnny Mathis

TODAY'S CLUE: O = q

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1. Go to jobs.hudsonvalley360.com.
2. Sign up and upload your resume.
3. Be matched with the perfect job.

It's that simple!

Woman's living arrangement includes surprise roomate

Dear Abby,

I was in a relationship that abruptly ended because he cheated. We didn't have kids, so I moved in with my parents until I was able to get back on my feet and eventually moved out. Because I couldn't afford a place on my own, I asked several friends about rooming together, including a close co-worker friend who was there for me throughout my separation.



At the time, she said no. Then she got another job, made better money and, seven months later, messaged me asking if I was still looking for a roommate. I said yes. She has a 9-year-old daughter, which I was cool with because it would just be us girls. We went apartment hunting, finally chose a place and signed a one-year lease.

My friend mentioned to me that she had started "talking" to her ex -- the father of her daughter -- but I didn't know it was a full-blown relationship when I moved in. He has been here since day one and spends the night. They have little family dinners and get-togethers at the apartment.

I told her a month later that I noticed he stayed over a lot -- and that if this was going to continue, I was going to move out because this is not what I signed up for. She apologized and said she would talk to him. But we are eight months in now, and he's still here every day. There are days I just leave the apartment and go to my mom's house or to my boyfriend's house because he is there, while I am stuck paying half the rent. Should I stick it out for the remainder of the lease, talk to her again and have him pay a portion of my rent, or just move out?

Over it big time

The time to have insisted the boyfriend pay a portion of the rent was seven months ago, when it became plain he was part of a package deal. Not only should he pay up, he should do it in arrears. If you can't move out without a penalty, then you will have to wait until your lease runs out. Sorry.

Dear Abby,

My fiance and I have been together for three years. He has a large family, and one of his cousins is being married next year. We recently received a "save the date" card addressed only to him, although we have lived together for more than two years. Does this mean that I will not be invited to the wedding?

My fiance and I aren't sure what to think, or if we should ask the couple. They are not close, and one of the bridesmaids has a deep dislike for both my fiance and me. Could you give your expert opinion?

Not invited in the east

Because your fiance received the invitation without a specific reference to you or "and guest," you can assume that you have not been included. This may have been an oversight by whomever is hosting the event. In light of the fact that you and your fiance have been a couple for three years, HE should contact his relative and ask if this was an oversight. Base your acceptance or refusal to attend on that information.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Horoscope

By Stella Wilder

Born today, you are perhaps the classic Virgo native, for you are disciplined, hardworking, circumspect and always interested in issues of parity and fairness. Indeed, you believe everyone on the planet deserves the same fair treatment and respect, as well as the same opportunity to excel, and you will work tirelessly during your lifetime to see that this is so. Because you follow your bliss in ways that few ever do, you are likely to enjoy a very long and fruitful life full of opportunity and accomplishment that is widely recognized and admired.

Despite your ability to shrug off criticism, you can take things quite personally, and you feel things very deeply — especially the sting of disappointment, which you will have to experience now and then in order to remain realistic and balanced, especially in the assessment of your own talents. You must never believe you can do more than you can do.

Also born on this date are: Jimmy Carter, U.S. president; Vladimir Horowitz, pianist; Julie Andrews, singer and actress; Walter Matthau, actor; Jurnee Smollett-Bell, actress; Randy Quaid, actor; Zach Galifianakis, comedian and actor.

To see what is in store for you tomorrow, find your birthday and read the corresponding paragraph. Let your birthday star be your daily guide.

SUNDAY, OCTOBER 2

LIBRA (Sept. 23-Oct. 22) — Make sure the fine print confirms what you think about what has been promised to you, and keep your expectations in check. Be realistic.

SCORPIO (Oct. 23-Nov. 21) — You have an appointment today that you must not break, so you may have to reschedule something that comes up at the last minute.

SAGITTARIUS (Nov. 22-Dec. 21) — You are not yet fully prepared to do what will be required of you when you accept a challenge that comes your way, but your time will come.

CAPRICORN (Dec. 22-Jan. 19) — You're very eager to get results, and there's little you won't do — but you must not be tempted to throw away the rulebook.

AQUARIUS (Jan. 20-Feb. 18) — You may have some difficulty today dealing with someone whose behavior falls well outside the boundaries you consider normal.

PISCES (Feb. 19-March 20) — You can get everything done today that you said you'd do and still make things interesting for yourself by choosing a radical approach.

ARIES (March 21-April 19) — You're headed toward a rendezvous with someone who will challenge you in ways you had not anticipated. Be ready to stand up for yourself.

TAURUS (April 20-May 20) — You're going to have to trust someone to do at least the bare minimum today in order to lay the groundwork for your subsequent tasks.

GEMINI (May 21-June 20) — You can combine learning and instinct to excellent effect today and keep those who would criticize you at bay. Things heat up very soon.

CANCER (June 21-July 22) — You're eager to enjoy a little more freedom than usual today — but that's almost entirely up to you. Loosen the reins on your own desires.

LEO (July 23-Aug. 22) — Energy and ambition are on the rise at this time, and there is little you feel you cannot do. Use caution when moving forward.

VIRGO (Aug. 23-Sept. 22) — You must be willing to look more closely at what you either fear or do not understand. It's time to knock down such barriers.

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Goren bridge

WITH BOB JONES

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SURPRISE PLAY

Neither vulnerable, South deals

NORTH
♠ K 9 8 6
♡ 10 7
◇ Q 10 6 5 4 3
♣ 7

WEST
♠ 5 4
♡ A Q 3
◇ J 2
♣ K Q 9 8 6 4

EAST
♠ 3
♡ J 9 8 6 2
◇ K 9 7
♣ J 5 3 2

SOUTH
♠ A Q J 10 7 2
♡ K 5 4
◇ A 8
♣ A 10

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	2♣	4♠	Pass
5♣	Pass	5♠	All pass

Opening lead: King of ♣

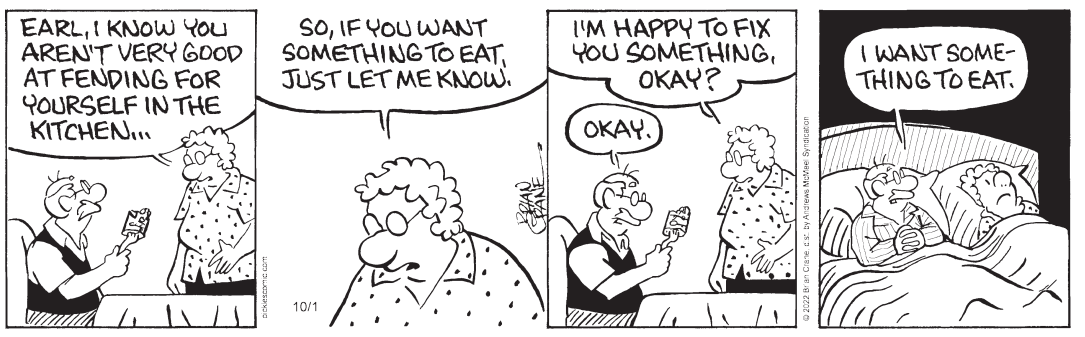
North bid four spades on the minimum allowed by law, perhaps less. South was hoping for bigger things but subsided in five spades when partner didn't cooperate.

Most players, we think, would win the opening lead, draw trumps, then play the ace and another diamond. This would succeed whenever West started with the king of diamonds or if East had the ace of hearts. The problem with this plan is that, should East have the king of diamonds, West must have the ace of hearts to justify his overcall.

South found a better line of play. He won the ace of clubs at trick one, led the queen of spades to dummy's king, and led the queen of diamonds, playing low from his hand when East played low! He was delighted when this held the trick. A diamond to his ace and a trump to dummy's nine drew the trumps and allowed him to ruff a diamond, establishing the rest of the suit. He ruffed a club in dummy and discarded all three of his hearts on dummy's diamonds. Making seven!

Should South have bid more? Of course not. East could have held declarer to 11 tricks by covering the queen of diamonds. West would then win a trick with his jack and cash the ace of hearts. South's thoughtful line of play would only have failed if East started with both the king and jack of diamonds, or if West started with an unlikely singleton king. Dummy's diamonds could have been established on most lies of the suit.

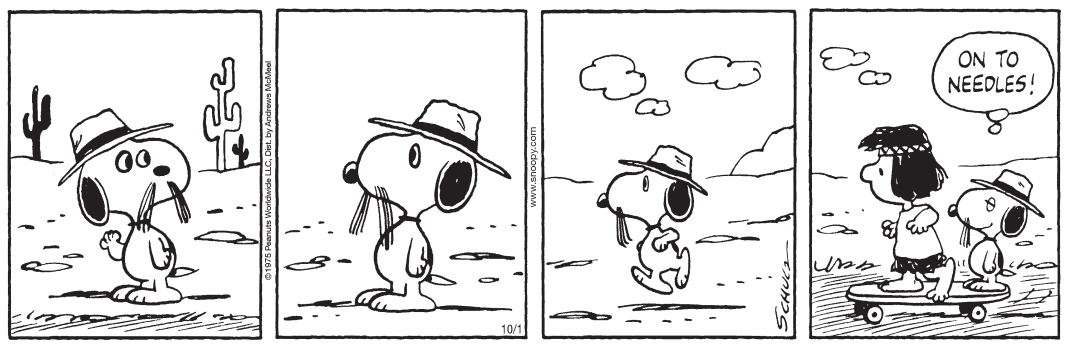
(Bob Jones welcomes readers' responses sent ito gorenbridge@aol.com)



Pearls Before Swine



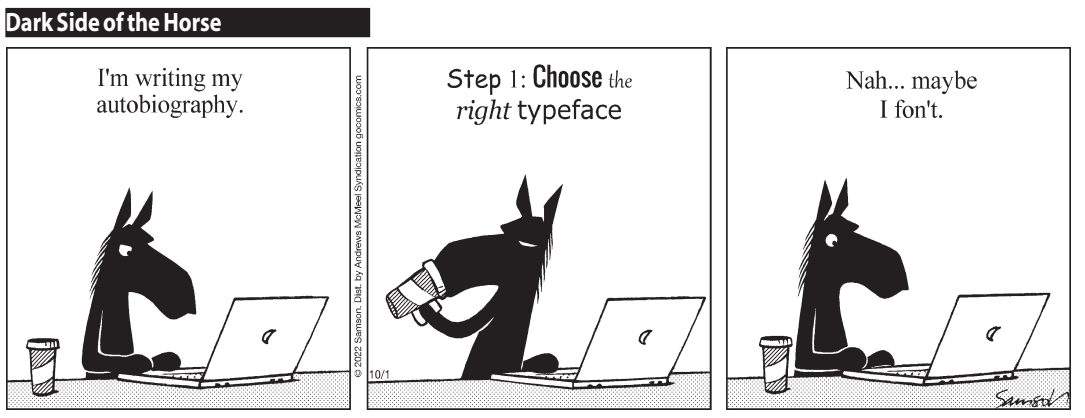
Classic Peanuts



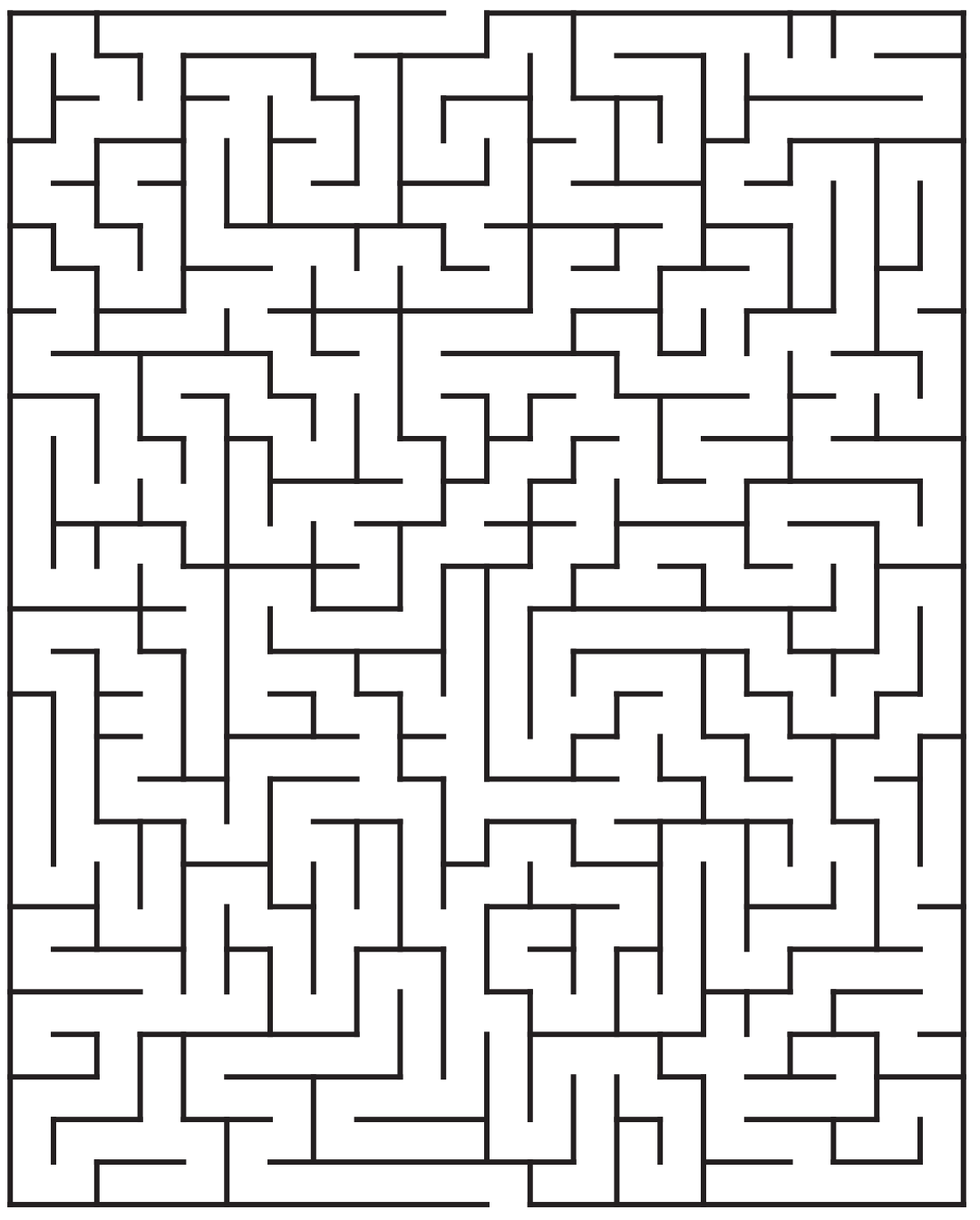
Garfield



Dark Side of the Horse

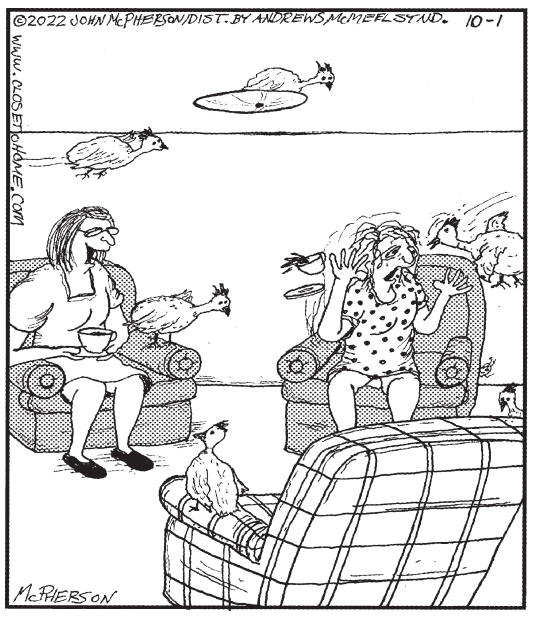


Daily Maze



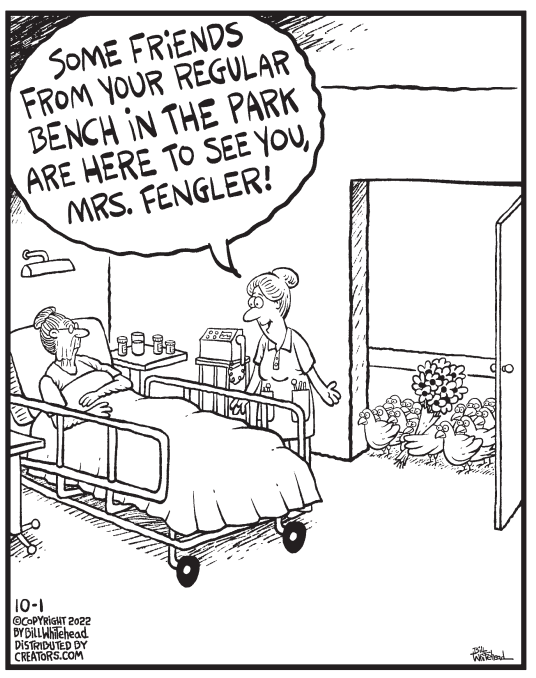
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Close to Home

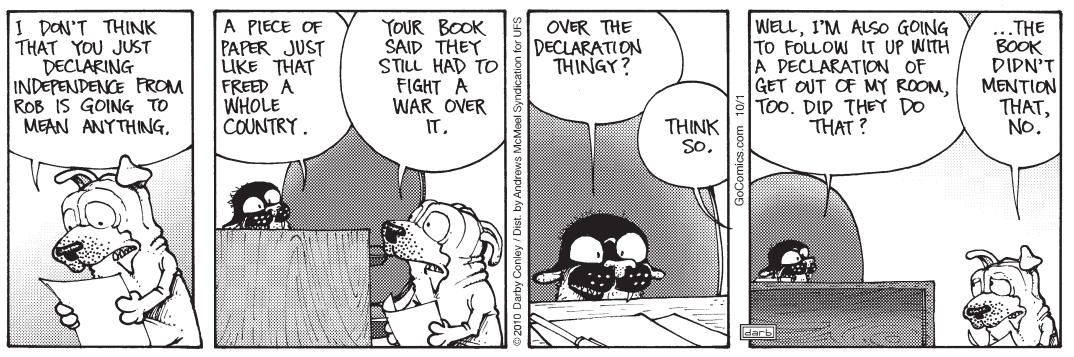


"Steve has begun to raise free-range chickens."

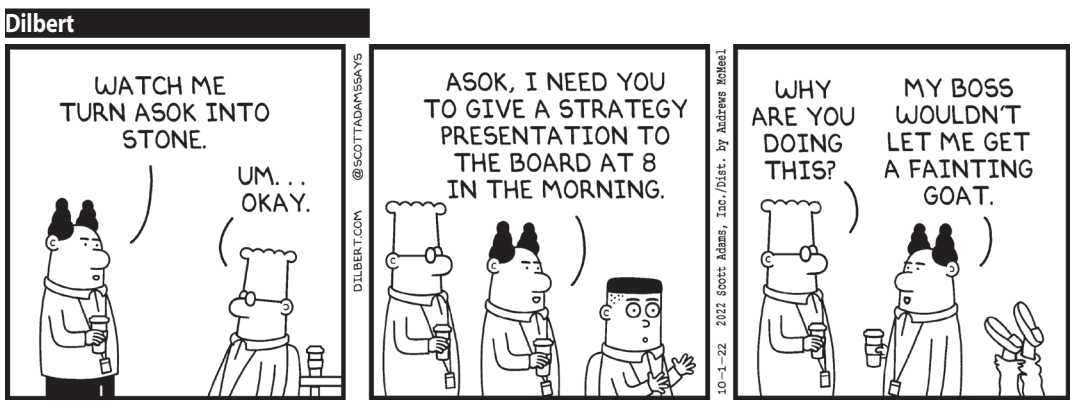
Free Range



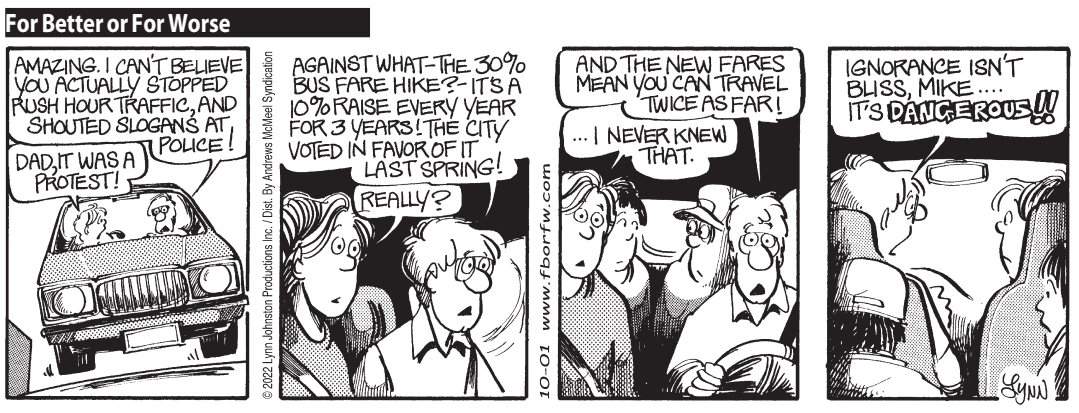
Get Fuzzyy



Dilbert



For Better or For Worse



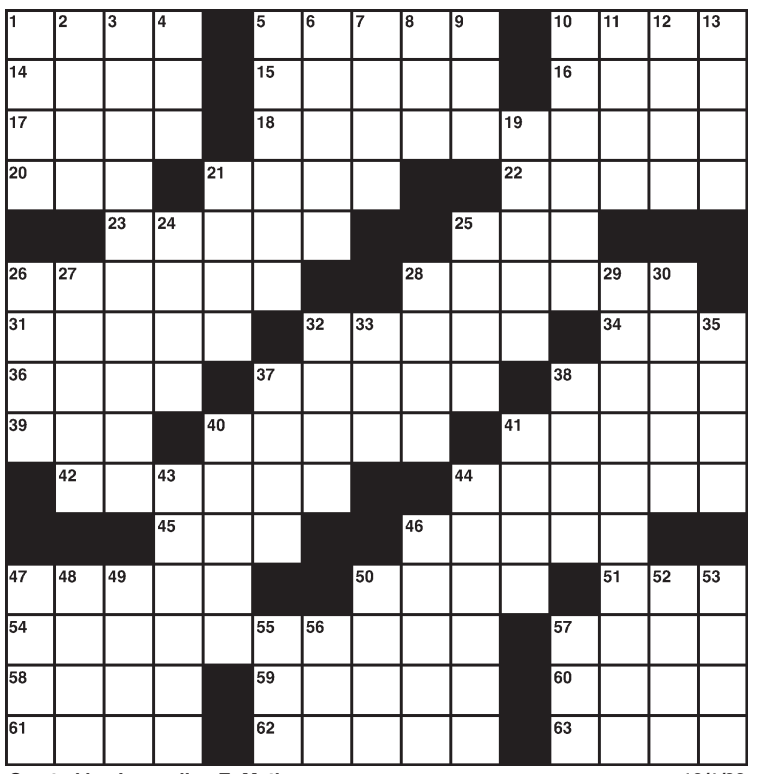
Crossword Puzzle

ACROSS

1 Exercise in water
5 Musical drama
10 Teller alternatives, for short
14 Peru's capital
15 More uncommon
16 Dial or Ivory
17 Money for the poor
18 Heavy; oppressive
20 "Not __ long shot!"
21 Isn't well
22 Applied WD-40 to
23 Groups of actors
25 Uno y uno
26 Hen's remarks
28 Minnesota football player
31 Film parts
32 Weeps
34 White __; termite
36 Miss St. Clare and others
37 "How much wood __ a woodchuck…"
38 Neighbor of Nevada
39 Damp
40 Pig out
41 Ill will
42 Safe from harm
44 Select
45 Rush
46 Astronaut John
47 Paula, once of "American Idol"
50 __-back; relaxed
51 Get the trophy
54 Render powerless, as a bomb
57 Grow weary
58 Unpleasantly moist
59 __ up; invigorate
60 Evidence of a skunk
61 Seeks restitution from
62 Minimum
63 Fix

DOWN

1 Piece of concrete
2 Underhanded
3 Spotlessly clean
4 Mothers
5 Planetary paths
6 Revere & Simon
7 Gets it wrong
8 Primary color
9 "Chances __"; Johnny Mathis song
10 St. Francis' home
11 Screwdriver, e.g.
12 Angela Lansbury Broadway hit
13 Drove too fast
19 Room recesses
21 Seeks permission
24 Highest cards
25 Breathed one's last
26 Rowing team
27 "Everybody __ Raymond"
28 Contemptible
29 Throughout the country
30 Annoying insects
32 Scoop holder
33 Carpet
35 "My Country, 'Tis of __"
37 Telegram
38 "Once __ a time…"
40 Constructed
41 Hut
43 Connors & Norris
44 Customer
46 Fence openings
47 Finds a total
48 Corsage buyer
49 Great __; tall dog
50 Mauna Loa's output
52 Remove wrinkles
53 Egghead
55 Under the weather
56 Compete
57 Cruise, for one



Created by Jacqueline E. Mathews 10/1/22

Friday's Puzzle Solved

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

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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 **2** 3 4

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

Solution to Friday's puzzle 10/1/22

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

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit ***sudoku.org.uk***

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JUMBLE®

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

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

KALOC

FARET

WOSDIN

SOCOYH



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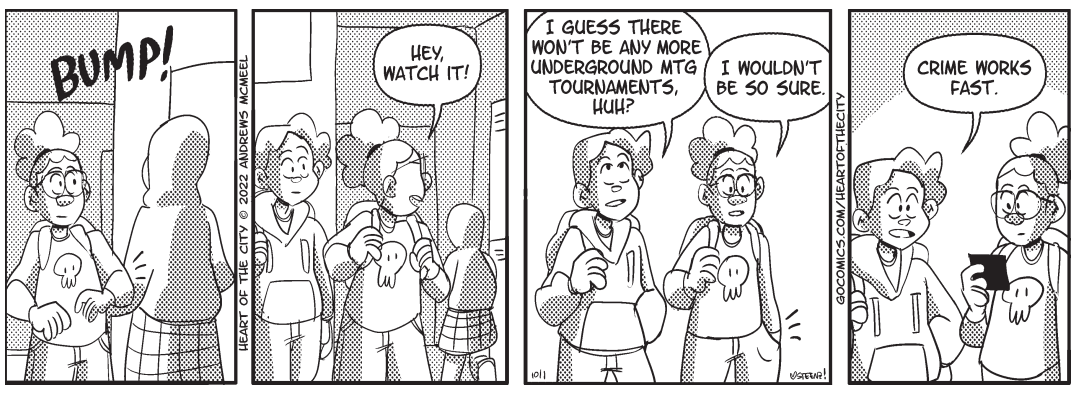
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here:

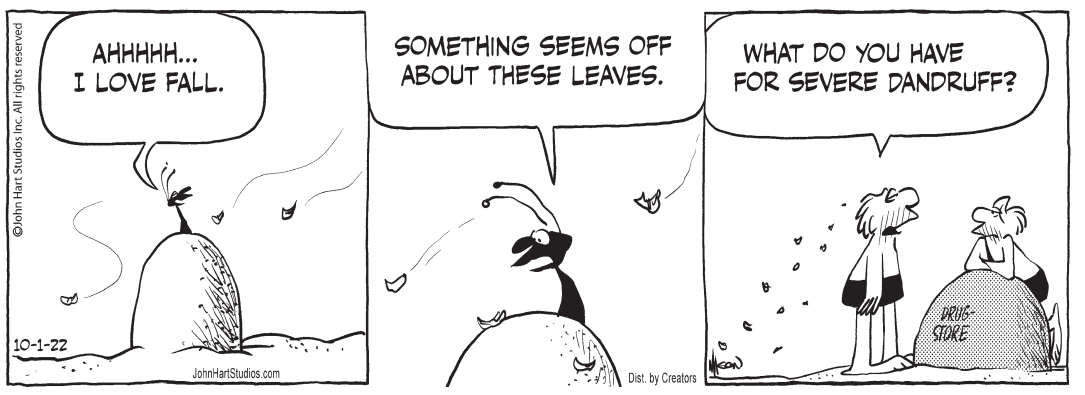
(Answers Monday)

Yesterday's Jumbles: LEGAL PROUD ORATOR AFLAME
Answer: The tree wasn't growing coconuts like it should. To find out why, they hired a — PALM READER

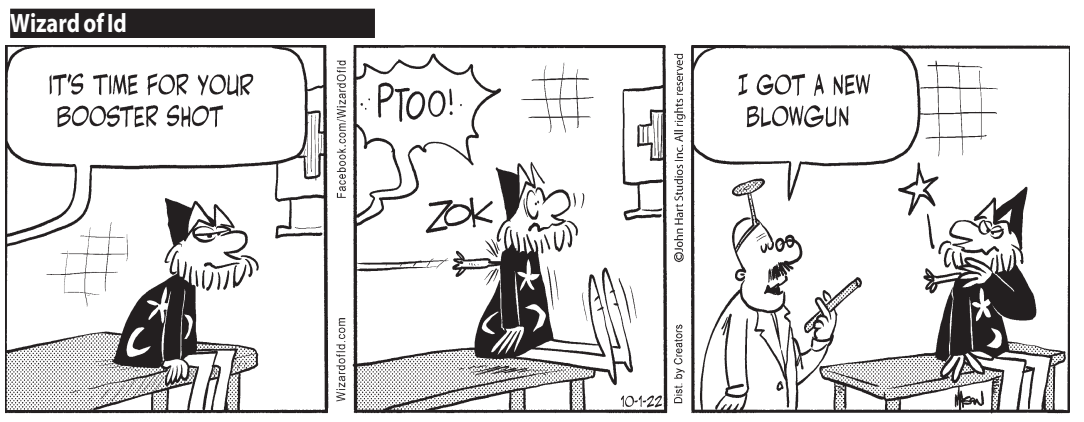
Heart of the City



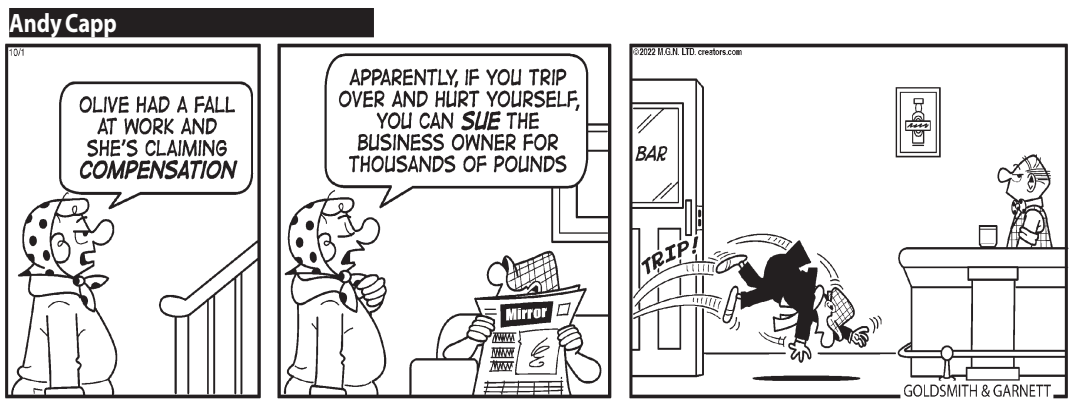
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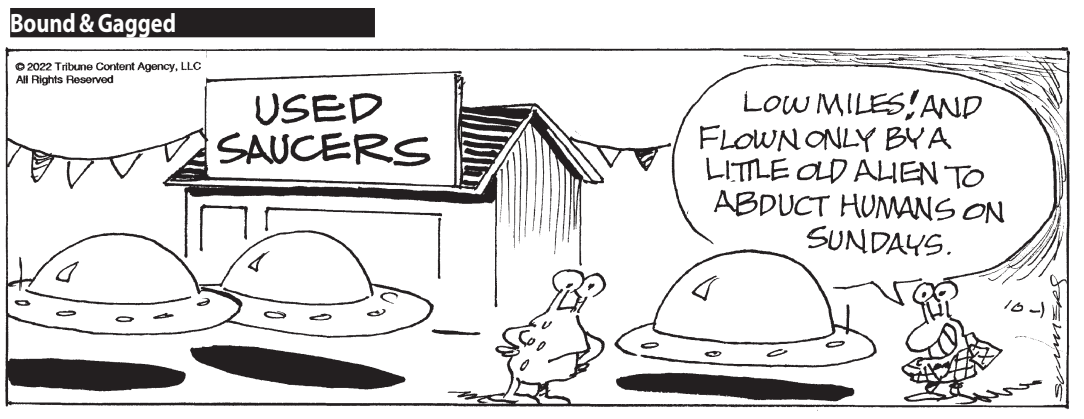
Wizard of Id



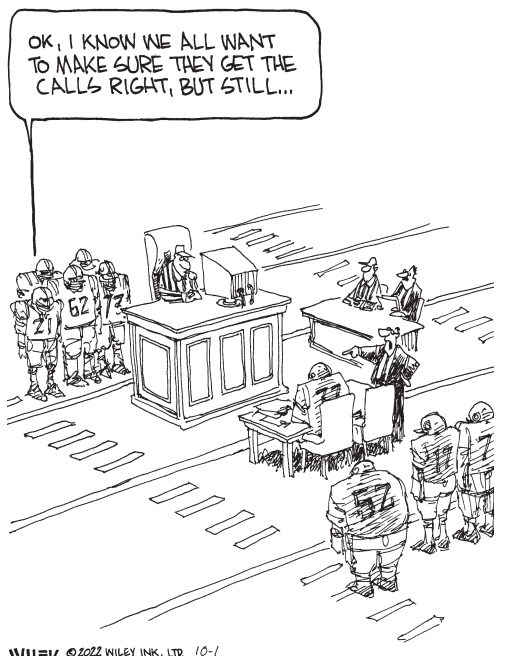
Andy Capp



Bound & Gagged



Non Sequitur

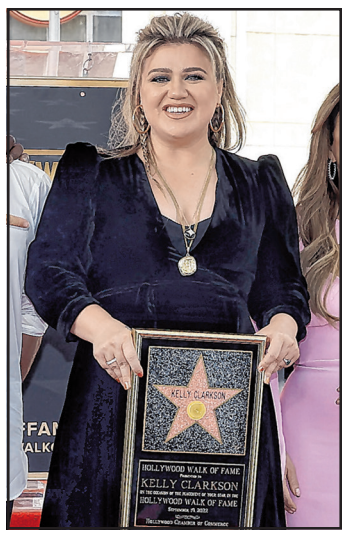


Rubes



. . . all you need to know for the upcoming week and beyond . . .

R-E-L-A-X



Kelly Clarkson

Kelly Clarkson gets her star

By ALEXANDRA DEL ROSARIO
Los Angeles Times

LOS ANGELES — For Kelly Clarkson, her Walk of Fame ceremony was a homecoming.

Twenty years ago this month, Clarkson wowed Hollywood as the inaugural winner of "American Idol" in 2002. On Monday, she returned to the famed Los Angeles boulevard to celebrate not only herself but also the team that launched her stardom.

"I think it's important to have not just 'yes' people around you but people that actually love you and care about you and give their honest advice. I've always welcomed that, and I think that is why I'm here today," Clarkson, 40, said upon receiving the Walk of Fame's 2,733rd star.

"Not just because of myself, but because of having constantly teams of people that love you and support you and really want to make your dreams come true while making their dreams come true."

Clarkson, in a black velvet gown, delivered her acceptance speech amid cheering outbursts from excited fans who watched from the Ovation Hollywood mall — including through the window of a nearby Walgreens and the upper-level balconies next to Dave & Buster's.

Hollywood Chamber of Commerce Chairman Lupita Sanchez Cornejo declared "Kelly Clarkson Day" in Hollywood as key figures in the singer's career came to celebrate.

Longtime collaborator and producer Jason Halbert was on hand, as were original "American Idol" judges Randy Jackson, Simon Cowell and Paula Abdul, who crowned Clarkson the first "Idol" champion two decades ago. (Abdul said she rescheduled her flight to catch the "Stronger" singer's ceremony.)

Halbert remembered meeting Clarkson after she won the "American Idol" crown.

"Her voice was a gift she was born with, and I believe it's unmatched by anyone alive," Halbert said. "But it's her authenticity and her heart that has captured the soul of America and the world these past 20 years."

See CLARKSON C2



Tyler James Williams and Quinta Brunson as teachers Gregory and Janine in "Abbott Elementary." Gilles Mingasson/ABC

Mock-up lesson

'Abbott Elementary' is the rare sitcom with something for everyone

By INKOO KANG
Washington Post

So many TV series, especially on the broadcast networks, strive for a four-quadrant appeal and have only flop sweat to show for it. But here, the generational divide among the teachers feels organic to the setting, and the jokes are so rooted in character there's something for everybody.



Sheryl Lee Ralph as Barbara in Season 2 of "Abbott Elementary." Gilles Mingasson/ABC

The mockumentary has two faces. Or, more accurately, the comedy format is ideally suited to showcase the multiple faces most of us need to get through certain social situations.

On "The Office," the camera captured the employees of Dunder-Mifflin trying to create professional distance between themselves and their attention-hungry boss Michael Scott, gritting their teeth or giving the unseen TV crew periodic looks of so-that-happened behind the manager's back to cope with his petty dictatorship.

"Parks and Recreation's" Leslie Knope is a more benign figure, but her friends and co-workers regularly confided in asides to the camera their slightly underhanded techniques for dealing with the civil servant's inexhaustible, and thus utterly exhausting, enthusiasm. And arguably no activity plasters a frozen smile on our faces faster than talking about our day-to-day domestic lives to outsiders — a routine (in both senses of the word) played up by "Modern Family."

The mockumentary was supposed to have died sometime in the mid-2010s, when the setup seemed to have been sucked dry. But "What We Do in the Shadows" breathed new life into it in 2019 by, ironically, coating it in dust and spiderwebs; we were told by its vampires of their eternal cool and saw for ourselves how neutered and mildewy the undead actually are. The revival continues with ABC's "Abbott Elementary," which pulled off an even more impressive feat with its Emmy-winning debut season: making the network sitcom relevant once again. (Season 2 premiered Wednesday.)

On "Abbott" — named after the underfunded school where the series is set — teachers put on happy or hopeful or encouraging faces for their (mostly Black) students, and sometimes even for each other, while knowing they're set up to fail by the larger educational apparatus. "Welcome to the Philly public school system," says a veteran teacher in the new season, "where you never have what you need." The jobs of educators aren't merely to instruct, but to never let on to their young charges how powerless they sometimes feel, nor their awareness of how much students have to go without.

Receiving textbooks just a few years old is a cause for celebration in the "Abbott" universe, but the laugh-track-free comedy isn't part of the ongoing trend of socially conscious Bummer TV. Inspired by creator and star Quinta Brunson's mother's experiences as a Philadelphia schoolteacher, the show is meant to be a celebration of the persistence and resourcefulness of educators, rather than a dwelling on deprivation.

Viewers are given the leeway to read as much or as little social commentary as they wish into the small-scale stakes: idealistic newish teacher Janine's (Brunson) quest to replace the rug in her second-grade classroom with a pee-free one, for instance, or educational lifer Barbara's (Sheryl Lee Ralph) determination to find a desk for an incoming student with a wheelchair.

Brunson came up from the world of web comedy — her memoir is titled "She Memes Well" — and accordingly, the scripts are full of sharp gags about social media and pop culture, lending the show a contemporary effervescence.

So many TV series, especially on the broadcast networks, strive for a four-quadrant appeal and have only flop sweat to show for it. But here, the generational divide among the teachers feels organic to the setting, and the jokes are so rooted in character there's something for everybody.

Janine and her fellow neophytes — White guilt-ridden Jacob (Chris Perfetti) and substitute-turned-full-timer Gregory (Tyler James Williams of "Everybody Hates Chris") — keep the references current, while the seasoned Barbara and Melissa (Lisa Ann Walter) laugh with custodian Mr. Johnson (William Stanford Davis) at their younger counterparts' romantic notions of overcoming the grinding bureaucracy that the old-timers have figured out how to work around. If there were a shortcut, the school's doyennes probably would've figured it out by now.

One of "Abbott's" three Emmys for its first season was for casting — a richly deserved distinction, considering how quickly the chemistry on the show formed among the actors. Yes,

See ABBOTT C2

'Days of Our Lives' moved to streaming

Some loyal fans are feeling burned

By MEREDITH BLAKE
Los Angeles Times

For 57 years and more than 14,000 episodes, fans of "Days of Our Lives" have tuned in each weekday to see what calamity will befall the tiny but unusually eventful Midwestern town of Salem.

There was the time Carly Manning was buried alive by her romantic rival, Vivian Alamain.

The time Stefano DiMera planted a microchip in Hope Brady's brain to make her believe she was an international art thief named Princess Gina.

And the time — sorry, two times — Dr. Marlena Evans was possessed by the devil.

But recently, the daytime drama took a leap that many longtime viewers may never accept: NBC moved the soap, a staple of its daytime programming since 1965, to Peacock, NBC Universal's streaming service, replacing it with a daily news broadcast. From now on, new episodes of "Days" will be ready to view on demand each weekday at 6 a.m. ET. (In a final indignity for some viewers on the East Coast, NBC cut away in the final two minutes of the show's last linear broadcast on Sept. 9 to air a prerecorded address from King Charles III about the death of his mother, Britain's Queen Elizabeth II, the previous day.)

Announced with little fanfare last month, the news that "Days" would live on as a streaming exclusive was not as surprising as, say, the time a completely unrecognizable Roman Brady reappeared in Salem years after he was presumed dead.

"Days" was the least-watched of the four daytime soaps remaining on broadcast TV, and it has endured numerous budget cuts as its ratings dwindled. Still, its audience is loyal and, by the fragmented standards of 2022, significant: It drew around 1.7 million viewers to NBC each day (roughly the same number of people who tuned in to the Season 3 finale of HBO's much-lauded "Succession" on the day it ran). Peacock had already tested the digital waters with two installments of a spinoff, "Beyond Salem," which proved that at least some of the "Days" fan base could be lured to a new platform.

"The writing has been on the wall for quite a while, at least two years, that the future of dramatic broadcast television will be behind the paywall on streaming venues," said executive producer Ken Corday, whose parents, Betty and Ted Corday, created "Days," one of the first soaps to air in color and expand to a 60-minute format.

He sees the transition to digital as the latest evolution for a medium that began on radio before migrating to broadcast TV. "As things change, you either adapt with them or you get left behind," he says. "And 'Days' has always been good at pioneering change."

See DAYS C2

Days

From C1



Deidre Hall as Marlena Evans, left, and Mary Beth Evans as Kayla star in "Days of Our Lives." Evans Vestal Ward/Peacock

While some fans welcome the move as a vital lifeline for their beloved soap, many other longtime viewers, particularly older ones, are outraged. They balk at the idea of paying for something that was once available for free over the airwaves. They may be intimidated by new technology or lack the funds for a smart TV or tablet. They feel as though after decades of unstinting loyalty, they are being abandoned by entertainment conglomerates desperate to woo elusive younger audiences. And, perhaps most of all, they resent the disruption of a cherished daily ritual during a time of dizzying change.

Trish Hobbs, 60, has been watching "Days" since she was 9. (Her German grandmother, a soap fanatic, got her hooked.) As a stay-at-home mom, she timed her kids' naps so she was free to tune in each afternoon to hear Macdonald Carey's voice in the iconic intro: "Like sands through the hourglass, so are the days of our lives."

Until Sept. 9, Hobbs, who lives in North Carolina, continued to plan her days around "Days."

"I'm divorced. I live alone. It's like friends coming over," she said, likening the show to a comforting plate of macaroni and cheese. Through her cable provider, she was able to get a free Peacock subscription and has been watching the show on her desktop computer the last few days — "but it's not the same," she said wearily. Hobbs, a cancer survivor, is not able to work and can barely afford to see her doctor, so she's not sure what she'll do when the free subscription runs out.

"I already have to pay for cable to get my TV. Now you want me to pay to watch my show on an app that I don't fully understand, that I don't have the money to pay for and I probably won't watch anything else on?" she said. "They're discounting the people that made the show what it is."

Yolanda Viviani, 83, has been watching "Days" since she was a young mother in New York City in the 1960s. When she and her husband eventually moved upstate and opened a bar, she'd sometimes flip the TV over to "Days," irritating customers who preferred sports.

"I'm really disappointed with what they did. It's unfair," said Viviani, who now relies on her daughter or grandchildren to turn on Peacock using several different remotes. "A little more independence taken away."

Producers have been promoting the move with short clips on social media featuring favorite cast members. One, starring 97-year-old Bill Hayes and his 79-year-old wife, Susan Seaforth Hayes, was squarely aimed at older, technophobic viewers.

"We need to tell our loving and loyal fans, 'Come on, we've got you.' Take them by the hand and bring them over," said Deidre Hall, who began playing Marlena Evans, a psychiatrist who has endured enough trauma to spend a lifetime in therapy, in 1976.

Daytime TV is inherently habit forming "because we never give you any relief," Hall said. "There's always something you've got to know the answer to." But "Days" is unique in the way it has followed the same families — the Bradys, Hortons, Dimeras and Kiriakises — for decades. It may be bonkers, but it's a familiar bonkers.

"We're having such hard years lately. So many people have been stuck at home, and our show is a tremendous comfort. They know us, they love us, they trust us," Hall said.

In its early years, the serial was known for its bold yet intimate storylines, including a groundbreaking interracial romance in the 1970s. Over time, "Days" embraced more outrageous plots involving doppelgangers, brainwashing and characters that came back from the dead with alarming regularity — a campy streak that "Friends" spoofed via Joey's breakout role as a neurosurgeon revived by a brain transplant.

"When you turned on 'Days,' it was so strikingly different than any other show. It was the eye candy of the soap genre, it was shirtless hunks, locations like New Orleans, devil possessions and larger-than-life weddings. It was truly on its own," said Casey Hutchison, 22, who learned about the show's history through commemorative books acquired at thrift stores and whose love of the daytime genre inspired him to create an audio soap called "Forever and a Day." "It knows the type of crazy show it is, and it's always going to be that."

Even at its most over-the-top, "there was still some nuance about it," a kernel of emotional truth that kept the madness grounded, said Troy Thompson, 36, from Milwaukee, who started out watching every day after school with his mother and grandmother.

Thompson is sympathetic to older people frustrated by the switch to Peacock but believes that younger fans like himself need to help out however they can. "Yes, inflation is high. We all have our issues. But if you can go get a pack of Newport 100s, you can make damn sure your grandma gets to watch Marlena Evans."

Some "Days" devotees are doing just that. Using her Twitter account hourglassfan, Clare Kilgallen, 52, has been trying to raise awareness among fans about how to sign up for Peacock and avail themselves of a promotional deal allowing new subscribers to get a full year of the service for $20 throughout the month of September. She hopes that, over the coming weeks, NBC will make a robust attempt to reach viewers who tune into the show's old time slot. "It's really important to let people know where they've gone," said Kilgallen.

Others have gone to even more extreme lengths: The weekend before "Days" permanently relocated to Peacock, Elizabeth Capobianco, 35, flew to New York from North Carolina to help her 81-year-old grandmother set up the streaming service. She worries about people in nursing homes or in rural locations without access to high-speed internet.

"They're going to lose so many of these grandmothers that have been watching since the very beginning," she said. "But the flip side is, 'Thank God they're not canceled.' Because that was the alternative."

There are other advantages to the streaming model beyond mere survival: preventing the constant preemptions for breaking news, the possibility of edgier content, longer episodes without so many ad breaks. There might even be an opportunity to attract new fans (and thrill existing ones) with access to classic episodes of "Days" gone by. "While there are no plans at this time, it's our sincere hope that we will be able to give fans access to old episodes and footage in the future," said Corday.

But daytime drama flourished in a cultural and social climate that is now unrecognizable. American TV's remaining soaps — "Days," "General Hospital," "The Young and the Restless" and "The Bold and the Beautiful" — face significant challenges. The homemakers who once made up the daytime audience are an endangered species — and have been for decades. Their kids are hooked on TikTok, not their mom's intricate and slow-moving "stories."

Viewers with a taste for family intrigue and messy love triangles have countless other diversions at their fingertips, including reality TV like "The Real Housewives" and the nonstop churn of celebrity gossip on social media. Even glossy scripted sagas like "Yellowstone" and "The Crown" offer juicy family melodrama dressed up with higher production values.

In the end, "Days'" most formidable villain isn't any of the scheming Dimeras. It's a viewer with too many options and not enough time.



ABC's "Abbott Elementary" pulled off an impressive feat with an Emmy-winning debut season. Gilles Mingasson/ABC

Abbott

From C1

the clear standout is Ralph, who this year became the second Black supporting actress to win on the comedy side (35 years after Jackée Harry for "227" in 1987; the entertainment industry is so deeply embarrassing sometimes). But nearly as worthy is the energetic Janelle James, who plays Abbott's hilariously unscrupulous principal, Ava — a delicate balancing act of a performance that requires that she be so riotously funny that we find her wasting of school resources on herself instead of the students entertaining, rather than enraging. (Somehow, she pulls it off every episode.) But if James could be called a scene-stealer, so could the instantly appealing Walter and Williams.

If you're heading into "Abbott" for the first time, it's well worth catching up on Season 1 first. The first two episodes of the new season (the portion screened for critics) build on the character development of those 13 earlier episodes, like Janine's will-they-or-won't-they with Gregory and her lessons from Barbara and Melissa on how not to burn out in a caring profession. ("More turnovers than a bakery!" laments Barbara about the school's constant churn of inexperienced instructors.) By giving the tropes of yore such a fresh update, Brunson may have forged a new classic of her own.

"Abbott Elementary" (30 minutes) returned earlier this month at 9 p.m. ET on ABC.

Clarkson

From C1

He added, "She's used her voice to give a vocabulary to us who have suffered heartache, pain and suffering. She's given us anthems to celebrate love and songs to mark the milestones in our lives."

Similarly, Cowell remembered thinking that Clarkson was going to win the singing competition, then airing on Fox, after hearing her perform Aretha Franklin's "Respect." He also recalled how Clarkson asked that they didn't speak to each other until the end of the competition. She clarified that she wanted to be "respectful" of the competitive environment.

"I remember that moment when your name was called, and I was thinking to myself, 'Thanks to you, we may have another season,'" he quipped to Clarkson. "I can honestly say, 'Thanks to you, I'm here today.'"

"The Kelly you see in front of the camera is the Kelly you see behind the camera," Cowell added. "She is one of the nicest, most loyal, most talented people I've had the great, great fortune to have met."

Abdul also sang Clarkson's praises.

"Your talent, your tenacity, your grace, your dignity made Season 1 all worth it of me having to sit next to a British guy to the left of me, and a wonderful man to the right of me," she joked about her fellow judges.



From left, Randy Jackson, Simon Cowell, Kelly Clarkson, Paula Abdul and Jason Halbert attend the Hollywood Walk Of Fame Star Ceremony for Kelly Clarkson on Sept. 19, in Los Angeles. Kevin Winter/Getty Images/TNS

The "Straight Up" singer told Clarkson that she's "living proof" of the impact of "American Idol," a show that "changed the world."

"Thank you for changing the trajectory of my life and making me believe — like a kid believes in Santa Claus — that young, talented people can make it, and that they can make it big time," Abdul said.

Born in Fort Worth, Texas, Clarkson has scored a number of hits, including "A Moment Like This," "Since U Been Gone," "My Life Would Suck Without You" and "Stronger (What Doesn't Kill You)," while racking up three Grammy Awards out of 15 nominations.

Beyond music, Clarkson has served as a judge and mentor on ABC's "Duets" and NBC's "The Voice." And in 2019, she launched her own daytime talk show, "The Kelly Clarkson Show," which has received numerous Daytime Emmy awards.

After the speeches came Clarkson's photo shoot with her newly minted Hollywood star — and some unexpected singing from her fans. While the singer posed with her children and various teams, a portion of the crowd broke out into her "Since U Been Gone" and "A Moment Like This" to catch her attention.

Joey Prather was one of the attendees who lent his voice to the impromptu chorus. Visiting from Hawaii, Prather wasn't expecting to attend the ceremony. He said he was walking around the area when he stumbled upon the crowd and saw Clarkson, Cowell and others. The Walk of Fame celebrity sightings weren't a stroke of luck for Prather. Instead, he said, "Things happen for a reason."

"You get all the community to come together ... it's something special," he said. "It's something I can look back on later on."

Unlike Prather, James Bany planned to attend Clarkson's ceremony when he learned of the event through the Walk of Fame's Instagram account. Bany, who made the trek from Riverside, came dressed for the occasion.

He wore a T-shirt from Clarkson's 2019 The Meaning of Life tour, which he said was the most recent concert he's experienced since the pandemic began.

Bany, who discovered Clarkson through "American Idol," said her music has gotten him through several break-ups, and he thinks her legacy is "just getting started."

"She's in it for the long haul," he said. "She's incredible."

Food & drink



Beef tacos. Linda Gassenheimer/TNS

Make taco night a midweek breeze

Avocado cubes give these beef tacos fresh, creamy texture

By LINDA GASSENHEIMER
Tribune News Service

Adding thin slices of steak to a taco makes a tasty and quick home-cooked weeknight meal. You can serve these tacos flat, and each person can make and fold their own. Or, if you like, you can serve them in a taco holder. If you don't have one, bend aluminum foil into a taco holder shape and use that instead. Adding avocado cubes to the tacos gives them a fresh and creamy texture.

HELPFUL HINTS:

— You can use any type of salsa.
— You can use flour tortillas instead of corn tortillas.
— You can use garlic cloves instead of bought minced garlic.

Countdown:
— Prepare ingredients.
— Saute steak, onions and garlic.
— Warm tortillas.
— Carve the steak and assemble the tacos.

SHOPPING LIST:

To buy: ½ pound skirt steak, 1 can olive oil spray, 1 jar minced garlic, 1 bottle chili powder, 1 jar ground cumin, 1 jar tomato salsa, 1 package 6-inch corn tortillas, 1 avocado, 1 bunch cilantro, 1 carton reduced-fat sour cream.

Staples: onion, salt and black peppercorns.

See TACOS C8



vecteezy

Poor sleep can wreck your eating habits

At least 1 in 3 adults routinely fails to get enough shut-eye

By ANAHAD O'CONNOR
Washington Post

Want to improve your diet? Try getting better sleep.

In recent years, researchers have discovered that our sleep habits strongly influence the amount and types of foods we eat and even whether we gain or lose body fat. Losing sleep can trigger brain and hormonal changes that stimulate food cravings, which can drive us to consume more calories, especially from junk foods rich in fat and sugar.

If you're among the millions of adults who are chronically sleep deprived, research suggests that getting just one hour of additional sleep each night can lead to better eating habits and may even help you lose weight.

For many people, a good night's rest is hard to come by. Sleep experts say that the average adult should get at least seven hours of nightly sleep. Yet at least 1 in 3 adults routinely fails to get enough shut-eye. Some people skimp on sleep so they can stay up late working or surfing the web. Millions of adults also struggle with conditions that disrupt their sleep, such as chronic insomnia, sleep apnea or restless legs syndrome.

WHY BAD SLEEP CAN MAKE YOU EAT MORE

Research shows, for instance, that consistently poor sleep can set the stage for weight gain. Studies have found that for women, a few nights of short sleep reduces levels of GLP-1, a hormone that signals satiety. In men, sleep loss leads to a spike in ghrelin, a hormone that stimulates hunger.

At the same time, people who are sleep deprived

See SLEEP C8



Food poisoning, unsafe temperatures

Many meal kit companies aren't FDA regulated, and consumers are often unaware

Jennifer Coward is making soup for her daughter in her kitchen on July 13 in Palos Verdes, Calif. She is better now, but Jennifer had experienced crushing fatigue and full-body itching after eating a vegan meat replacement. There have been reports of customers suffering health problems after eating a vegan meat-replacement product called "lentil crumbles" that was sold by the online meal-kit company Daily Harvest. Francine Orr/Los Angeles Times/TNS

By LAURA J. NELSON
Los Angeles Times

LOS ANGELES — Days after trying a new lentil product from the meal subscription company Daily Harvest, Los Angeles resident Jackie Sloboda was debilitated by full-body itching, stabbing abdominal pains and jaundice that turned her skin and eyes yellow.

On her third day in a West L.A. hospital, as she worried that she was dying of liver failure, Sloboda, 36, learned that the product she had eaten twice had just been recalled. Soon, hundreds of people in 36 states would report gastrointestinal pain and abnormal liver function, and 113 would be hospitalized, the highest number of any known U.S. foodborne illness outbreak this year, according to federal data.

"I've been run over by a car before, and this was more painful," said Sloboda, who is still suffering from fatigue two months later. "Awful doesn't even begin to describe it. I'm upset, I'm angry, and I'm anxious for the future of my health."

The Daily Harvest case is the first widespread instance of foodborne illness reported in the $15-billion meal kit industry, which has surged in popularity during the COVID-19 pandemic. The outbreak has shone a light on something that few consumers know: Most meal delivery companies are not regulated by the Food and Drug Administration.

Of the hundreds of companies that ship ready-to-heat meals or recipe kits to U.S. consumers, very few are required to register with the FDA. The firms are also not required to follow a slew of FDA safety requirements that aim to limit the spread of foodborne illness, ensure sanitary conditions during shipping and improve supply-chain transparency.

There is little consistency in how the firms are inspected and regulated at the state and local level, experts say. They warn that rapid changes in the meal delivery industry, combined with the slow pace of federal regulation and the inherent uncertainty of mailing perishable food, have in effect made it impossible for U.S. health officials to understand the scope of foodborne illnesses among meal delivery customers.

> "It's scary to think that I am doing the best I can to eat healthy and make the right decisions on how to eat. And still, at any point in time, you could be poisoned."
>
> **Jennifer Coward**
> Underwent intensive medical care after food poisoning

"It is pretty much the Wild West," said Bill Hallman, a Rutgers University professor who has studied foods shipped by mail.

Daily Harvest, which is popular with health-conscious Californians and counts Gwyneth Paltrow among its investors, had distributed 28,000 bags of the French Lentil + Leek Crumbles to customers and Instagram influencers through the mail and at a pop-up vegan deli in Venice Beach.

Many customers drawn by Daily Harvest's promise of quick, nutritious frozen foods said the severity of their illnesses, and the lack of information about what caused their symptoms, has left them feeling betrayed.

"They were organic, vegan, sustainably packaged, all these supposedly great things, so I just trusted that it was healthy," said Alyssa Mera, 29, a commercial real estate agent in San Diego County who was hospitalized with excruciating abdominal pain after eating the lentil crumbles twice.

Daily Harvest did not respond to questions about where its foods are manufactured or how the firm is regulated. In an email, a representative said the company's recall had been a success, as "no one has reported to Daily Harvest that they unknowingly ate the product after June 17, the date the recall was announced." The latest reported onset of symptoms was July 16, the FDA said.

Made of legumes, mushrooms and butternut squash, the French Lentil + Leek Crumbles were designed to be sauteed and used as a substitute for ground meat in dishes such as pastas, salads and tacos.

Less than a month after the product launched, customers began to complain of jaundice, full-body itching, severe abdominal pain and gastrointestinal problems. Stories about mystery symptoms snowballed on Reddit and Instagram.

More than 470 people have now reported symptoms. Bill Marler, a Seattle attorney who specializes in foodborne illness, is representing 356 people, including 34 Californians. He said 26 people have had their gallbladders removed and eight had liver biopsies.

Marler is also representing a mother who was hospitalized for a week with severe abdominal pain, as well as her 4-month-old daughter, who suffered from diarrhea, vomiting and elevated levels of liver enzymes after being breastfed.

"This obviously is a severe case," Marler said. "Not knowing what it is that's making people sick is creating a lot of anxiety."

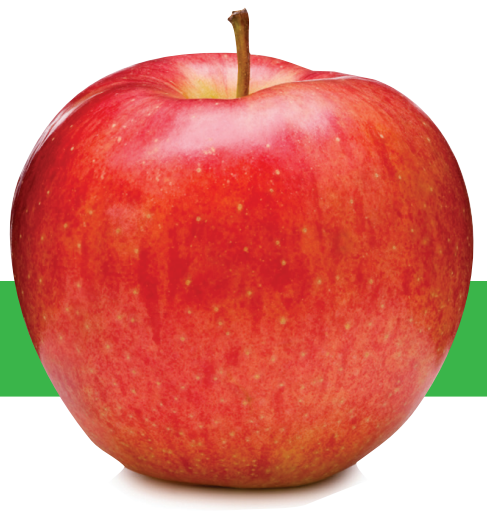
Five weeks after the recall, Daily Harvest told customers that they had been sickened by an ingredient called tara flour, made from the seed of a tree native to Peru. The FDA has not confirmed that finding, and Daily Harvest did not respond to questions about how the company isolated tara as the tainted ingredient.

In a July 19 email, Chief Executive Rachel Drori told customers that Daily Harvest used tara for the "first and only time" in the lentil crumbles. Why the flour would have sickened people is still unclear; she said testing revealed that the ingredient was not contaminated with poisonous molds, pesticides, heavy metals, or foodborne pathogens such as E. coli or salmonella.

Marler is also representing 29 people who reported similar symptoms after drinking a pineapple-mango smoothie sold by one of Daily Harvest's

See MEAL C8

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6129-0120

Puzzles

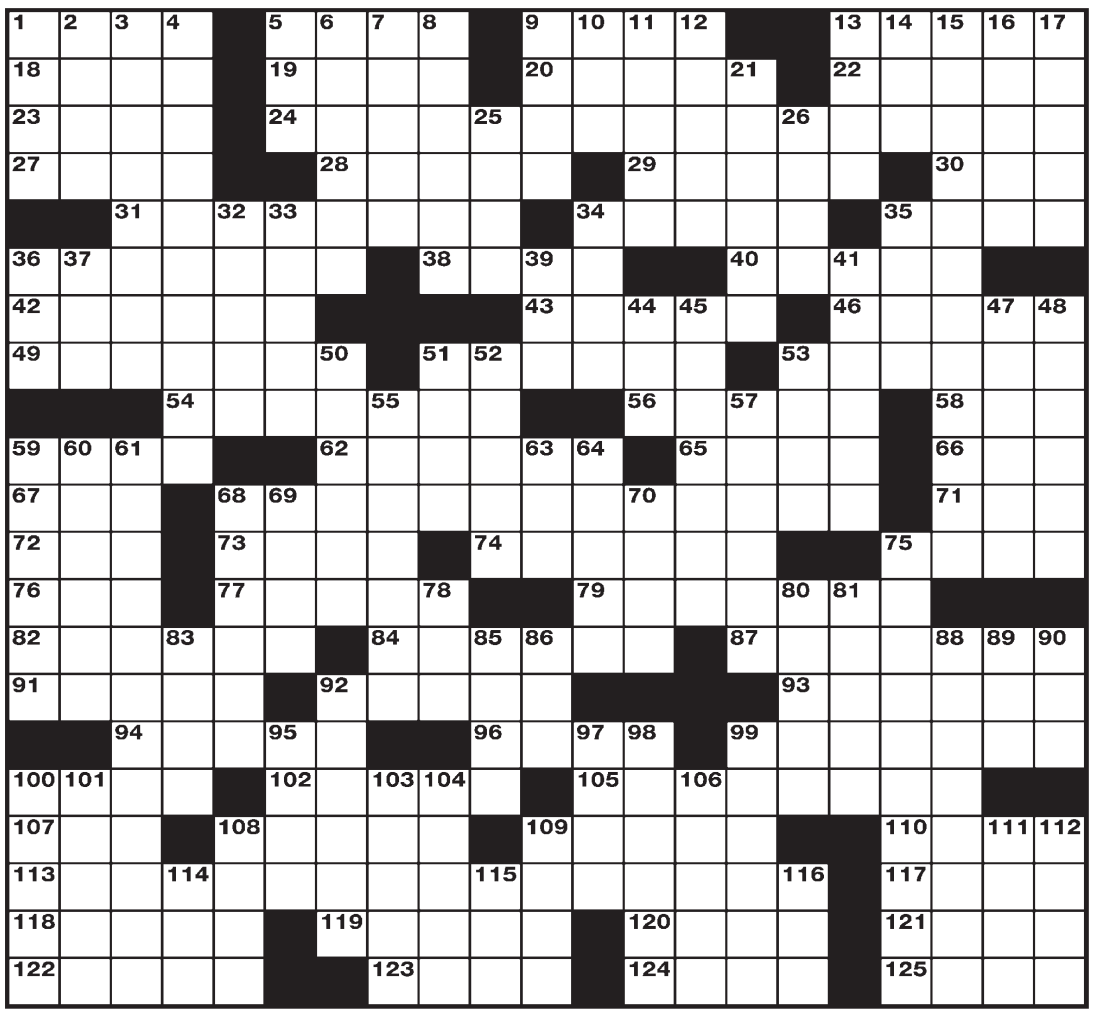
THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

WHAT'S ON TODAY?: No, 11 Down TV

by Gary M. Larson

CREATORS SYNDICATE © 2022 STANLEY NEWMAN WWW.STANXWORDS.COM 9/25/22



ACROSS

1 Film research website
5 Poor, as excuses
9 Gave temporarily
13 Not domesticated
18 *The Alienist* author
19 Creditor's claim
20 Thundery weather
22 Maytag alternative
23 Celtic music superstar
24 Cases with many plaintiffs
27 Hunt for
28 Indigenous Canadian
29 Tetrad times two
30 Kindled
31 Took back, as testimony
34 Contemptuous look
35 Tolkien beasts
36 Snail without a shell
38 "Let's shake on it!"
40 State-run numbers game
42 Sportscaster Ahmad
43 Babes in the woods
46 Vocal self-praise
49 Cookies-and-cream dessert
51 Turkey appendage
53 Deceived
54 Took a stab at
56 Less perilous
58 Drink from a pot
59 Lloyd Webber Broadway score
62 Offered with the name of
65 Certain reunion-goer
66 Stipulations
67 GI's time off
68 Unintentional revelations
71 Partake of a feast
72 It's south of BC
73 Measurement standard
74 Gives form to
75 IDs with dashes
76 __ Lanka
77 "Quit whining, dude"
79 Pacific coast tree
82 Hip locale
84 Time-outs
87 Minimally wide for driving
91 Salk rival
92 Fragrant spring flower
93 Act testy with
94 Light-colored beer
96 Thomas Hardy girl
99 Takes another stab at
100 Rights activist Clooney
102 Brief messages
105 Everest, for instance
107 Bugs' whirling adversary
108 Miserly Marner
109 French greeting
110 Cornfield invader
113 Wiring issues
117 Venerable electronics brand
118 Interior courtyards
119 Check writer, in legalese
120 Actor Morales
121 Frat letters
122 Big name in home canning
123 Mare fare
124 Family rooms
125 Escalator surface

DOWN

1 Tops with frosting
2 Mare hair
3 Type of markers for whiteboards
4 Sedan stoppers
5 Inc. cousin
6 Under the weather
7 Had in mind
8 Came next
9 Hurdle for future attys.
10 Common list ender
11 Preempted, perhaps
12 Brief moment
13 Like lightning
14 Ostrich cousin
15 Train track supports
16 Prank
17 Doesn't wear out
21 Roadside stopovers
25 Rice or fries
26 Infamous emperor
32 Gives it up (for)
33 Autobahn autos
34 Thin board
35 Tribe met by Lewis and Clark
36 "No seats left" letters
37 Aural organ
39 Hgt. above ground
41 Air Force aerobats, for short
44 Realtors' resource: Abbr.
45 Snoopy's family
47 Tennis great Edberg
48 Raises a glass to
50 Start gradually
51 Fuse metal
52 __ Ababa
53 High jump
55 Video sharing site
57 Bay Area city, informally
59 What Brits call potato chips
60 Star tenor Bocelli
61 Pioneers in a field
63 Satisfied sound
64 Bite between meals
68 Beside oneself
69 What vaccines may be made from
70 Resorts with steam rooms
75 Team owners' restrictions
78 Non-amateur
80 Nature photographer Adams
81 Oscar de la __
83 Lab tube
85 Tonsillitis treaters
86 Ensign's assent
88 Beekeeper
89 Scot's denial
90 UFO passengers
92 Early round, for short
95 Mideast leader
97 Former Mideast leader
98 Isolated
99 Wicker material
100 Starting lineup
101 Nation near Sicily
103 Asian gambling mecca
104 Japanese metropolis
106 Dude's bag
108 End of seven UN members' names
109 Three former UN members
111 Toddler's scrape
112 Small stinger
114 Tech exec
115 Imperative verb in Genesis 1
116 Family nickname

MORE OF STAN'S CROSSWORDS! Play FREE from Stan's archives of Easy, Hard and Sunday puzzles at: tinyurl.com/stan-newman-crosswords

Horoscope

By Stella Wilder

Born Sunday, you are bound and determined to get along with as many people as you possibly can at every point in your life, regardless of what you or others may be doing or what situations or circumstances you may have to navigate. But make no mistake; getting along with others doesn't mean you have to like them, or socialize with them, or grant them more of anything than they deserve — including your respect or affection.

It can be said you "take the high road" — and show others how to do the same. You have the makings of a teacher, but you do not rely on books for your learning or teaching. Rather, it is experience from which you learn, and experience that you want to give anyone who comes under your care, tutelage or protection.

Also born on this date are: Mohandas Gandhi, religious leader and social activist; Kelly Ripa, TV show host; Wallace Stevens, poet; Groucho Marx, actor and entertainer; Annie Leibovitz, photographer.

To see what is in store for you Monday, find your birthday and read the corresponding paragraph. Let your birthday star be your daily guide.

MONDAY, OCTOBER 3

LIBRA (Sept. 23-Oct. 22) — The choices you have to make today will require you to take a close look at something you've recently ignored. Ask questions.

SCORPIO (Oct. 23-Nov. 21) — Many of your interests are being fed by something rather unusual that is going on, but know that this isn't likely to last much longer.

SAGITTARIUS (Nov. 22-Dec. 21) — A certain issue is best talked about openly and in person; don't reserve it for texts or emails. This should be addressed today.

CAPRICORN (Dec. 22-Jan. 19) — You may be trying to solve a puzzle that is, in effect, unsolvable — unless you're able to manufacture one or two of the last pieces.

AQUARIUS (Jan. 20-Feb. 18) — You may realize that you have, in some sense, overstayed your welcome. If it's time for a change, you can get things started today.

PISCES (Feb. 19-March 20) — You're in no mood to take center stage today, but you'll have to do something to get a certain project completed. Think outside the box.

ARIES (March 21-April 19) — You want to give the impression that things are easy for you right now. Much depends on who you speak to and who is left out.

TAURUS (April 20-May 20) — Though you may be faced with a formidable obstacle, a loved one is likely to come up with a way for you to get past it with little trouble.

GEMINI (May 21-June 20) — You don't want the people around you to see the wheels turning today, so you'll have to go about your business in a rather clandestine fashion.

CANCER (June 21-July 22) — If a fight is going to result from an attempted negotiation today, you may simply want to take matters into your own hands — if you can.

LEO (July 23-Aug. 22) — You needn't agree with everyone today, but you must be able to work with those who are part of the project you are working on at this time.

VIRGO (Aug. 23-Sept. 22) — A quick look ahead gives you an inkling of what's coming — and of what you have to do to prepare for it. A family member can lend assistance.

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Last week's puzzle answers



NIHILIST (28 Across) is derived from the Latin word for "nothing." The TABLA (36 Across) has been the principal percussion instrument of northern India since the 18th century. The 12 STARS ON A EURO (96 Across) and on the European Union flag represent the unity of its members, as the number 12 is a symbol of perfection in various traditions.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 2 **3** 4

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

Solution to Last Week's puzzle 9/25/22

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

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit ***sudoku.org.uk***

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JUMBLE

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

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

TBINET

DNCIUT

MHRAME

NSAAOT

FTRFEO

LMEYLS



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

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PRINT YOUR ANSWER IN THE CIRCLES BELOW

Answers on C8

SCRABBLE GRAMS

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							RACK 1
A1	E1	E1	E1	Y4	D2	D2	
							RACK 2
A1	E1	E1	U1	T1	M3	P3	
							RACK 3
A1	A1	I1	K5	R1	P3	P3	Double Word Score
							RACK 4
E1	O1	U1	U1	N1	S1	T1	
							RACK 5
A1	E1	Y4	R1	N1	C3	N1	3rd Letter Triple

PAR SCORE 255-265 **FIVE RACK TOTAL ____**
BEST SCORE 324 **TIME LIMIT: 25 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

09-25

Answers on C8

QUOTE CRYPTOGRAM by Rebecca Kornbluh

XYH IHMVEHW FEWHVDXMEW XYH VHMDBE BA XYH MVX, XYH FEIHMVEHW AHHI XYH NIHMDFVH — CFOEXOIOME

Last Week's Quote Cryptogram: If the power to do hard work is not talent, it is the best possible substitute for it — James Garfield 9/25/22

Books & authors

Librarians, lawmakers push for greater access to e-books

Gov. Kathy Hochul vetoed an e-book bill in late December, citing copyright concerns

By CAITLIN DEWEY
Stateline.org

Librarians and their legislative allies are pushing publishers of electronic books to lower their prices and relax licensing terms, an effort that could make it easier for millions of library users to borrow the increasingly popular digital versions of books.

Supporters say the e-book lending legislation in several states would allow libraries to offer more digital material and shorten waitlists for popular titles. Over the long term, the measures might shore up libraries' core mission in an increasingly digital environment.

"The current model is frustrating for libraries and archives whose service mission is totally different from the capitalist goals of a for-profit company," said Kyle K. Courtney, the copyright adviser for Harvard University and a founder of Library Futures, an advocacy group pushing for the bills. "We have dealt with publishers and rights-holders for centuries, but it's never been as bad as it is now."

Since the early 2010s, libraries and publishers have clashed over the terms and costs of e-book licenses, which grant libraries permission to loan digital books. Such licenses now typically expire after a certain amount of time or number of loans. Libraries also must pay several times the cover price of equivalent print versions.

Publishers argue that the markups and other restrictions protect authors' intellectual property rights and incentivize companies to invest in their work. As the cost of e-book licenses has continued to rise, however, librarians and their advocates in at least nine states have pushed for legislation that would require publishers — especially the "Big Five" publishers that produce the overwhelming majority of consumer books — to offer libraries more "reasonable" licensing terms.

State lawmakers have given such bills bipartisan support, but several measures have faltered before states could implement them. New York Democratic Gov. Kathy Hochul vetoed her state's e-book bill in late December, citing copyright concerns. In June, a Maryland judge dealt the movement a second blow, ruling that federal law preempts states' attempts to regulate e-book licenses.

> "I was frustrated, obviously. … I think something has to be figured out. We're not looking to dictate terms here — we're just saying there has to be reasonable terms and good faith. It's a very common-sense argument."
>
> **REP. JOSH JENSEN**
> Republican co-sponsor of New York's failed e-book bill



Librarians and their advocates in at least nine states have pushed for legislation that would require publishers — especially the "Big Five" publishers that produce the overwhelming majority of consumer books — to offer libraries more "reasonable" licensing terms. Pexels

Undeterred, librarians and lawmakers in states including Maryland, Massachusetts and New York told Stateline they are preparing a new legislative strategy ahead of next year's session. The new bills seek to evade the stumbling blocks that scuttled the legislation in Maryland and New York. Rising prices, restrictive terms

Librarians' latest legislative push comes after two breakneck years for digital loans. Such checkouts (including e-books, audiobooks and digital magazines) exceeded half a billion in 2021, according to OverDrive, the largest distributor of digital library content — up 55% from two years before.

In response, many U.S. libraries have rapidly expanded their digital collections and shifted spending to e-books and digital audiobooks. Libraries rarely "own" e-books, however. Instead, they license the right to loan them out — a model more like buying software than shopping at a bookstore.

Under this arrangement, publishers can set expiration dates on e-book licenses, limit the number of times an e-book can be borrowed, delay sales to libraries or refuse them access altogether. Today, it is common for e-book licenses from major publishers to expire after two years or 26 borrows, and to cost between $60 and $80 per license, according to Michele Kimpton, the global senior director of the nonprofit library group LYRASIS.

In 2019 testimony to Congress, the American Library Association emphasized the disparity between consumer and library e-book prices, using the 2014 bestseller "All the Light We Cannot See" as an example. While consumers paid $12.99 for a digital version, the same book cost libraries roughly $52 for two years, and almost $520 for 20 years.

"E-books used to be on libraries' digital shelves forever, but now you're paying $60 for a title every two years," said Kimpton. "That definitely is not favorable for libraries, but that's kind of where we are right now."

In addition to straining limited budgets, which since the early 2000s have remained roughly flat in most places, librarians say current licensing models have hollowed out their digital back catalogs and skewed their current collections. Forced to spend more money on fewer books, librarians inevitably focus on bestsellers, titles by big-name authors and new installations in popular series, said Michael Blackwell, the director of St. Mary's County Library in rural Maryland.

That overlooks books by new and emerging authors, midlist books and some older books with expiring licenses. Patrons often still wait weeks or months to borrow popular titles.

"We believe many people across the country are being disadvantaged," said Blackwell, who also leads the global library coalition ReadersFirst. "You shouldn't need to have a credit card to be an informed citizen." 'Something has to be figured out'

Regulating e-book licenses has proved challenging, however. In the past two years, at least nine states — including Connecticut, Illinois, Massachusetts, Maryland, Missouri, New York, Ohio, Rhode Island and Tennessee — have considered bills that would require publishers to license e-books to libraries at "reasonable" prices and terms, often leaving the word "reasonable" to future interpretation.

Last year, lawmakers in Maryland voted unanimously to approve the e-book bill that would have barred publishers from delaying e-book sales to libraries, among other provisions. In New York, only one of the legislature's 211 voting members opposed the bill to establish civil penalties for publishers whose licensing terms unfairly restrict e-book access.

The issue has generally been nonpartisan, said Alan Inouye, the senior director for public policy and government relations at the American Library Association. On the political left, e-book licensing is a matter of equity and equal access to knowledge; on the right, lawmakers have sometimes framed costly and restrictive licenses as a poor use of public dollars.

But federal law does not allow states to limit the exclusive rights of copyright holders, said Sandra Aistars, the director of the Arts and Entertainment Advocacy Clinic at George Mason University's Antonin Scalia Law School. Publishers are "totally free" to set different prices and terms for different markets, allowing them to experiment in the marketplace and "more granularly meet consumer demand," she added.

Publishers and their supporters also have argued that the industry can reasonably differentiate between libraries and consumers because they buy different products. While consumers purchase individual access to an e-book, libraries purchase the right to disseminate it to the public.

Last December in New York, Hochul vetoed the e-book bill after intense lobbying from the arts and entertainment industries. She noted that federal copyright law gives authors exclusive control to decide how they share their work. That same month, the Association of American Publishers filed suit against Maryland's e-book law on similar grounds. In June, a district court judge ruled that federal copyright law preempts Maryland from regulating e-book licenses.

"Libraries are an important part of the copyright ecosystem as authorized distributors," said Terrence Hart, the general counsel for the Association of American Publishers, in a statement to Stateline. "There won't be anything to distribute if states destroy the incentives and protections of authors to license and exploit their exclusive rights to their works."

Advocates and lawmakers in several states now say they're preparing to introduce revamped e-book bills that can withstand legal scrutiny — though federal law still would preempt any state law that infringes on copyright, Hart said. One model, developed by Library Futures, contends that states can regulate e-book terms under contract and consumer protection laws.

Lawmakers in Massachusetts already have worked with Library Futures to amend their e-book bill, said state Rep. Ruth Balser, a Democrat who co-sponsored an earlier version last year. That measure did not pass out of committee, Balser said, because legislators first hoped to see how the Association of American Publishers lawsuit played out in Maryland.

Advocates in Maryland, meanwhile, are preparing a prospective bill that would ban public libraries from engaging in "unfair" contracts, potentially cutting large publishers off from the state's library market.

Lawmakers and library groups in New York also have begun discussions on how they can "tweak" the bill Hochul vetoed, said state Assemblymember Josh Jensen, a Republican co-sponsor of New York's failed e-book bill. As a teenager, Jensen worked in a local library reshelving books.

"I was frustrated, obviously," Jensen said of the governor's veto. "But I think something has to be figured out. We're not looking to dictate terms here — we're just saying there has to be reasonable terms and good faith. It's a very common-sense argument."

Browse the collection of ebooks available from the North Country Library System at http://wdt.me/NCLSebooks.

Chaos, hijinks ensue as a beloved bookstore is threatened

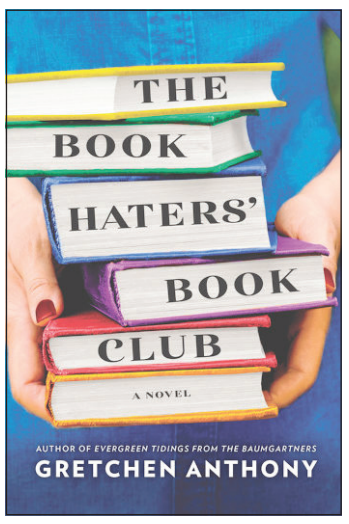
Forces join to resist outside plans for redevelopment

By CYNTHIA DICKISON
Star Tribune

"The Book Haters' Book Club" by Gretchen Anthony; Park Row (336 pages, $28.99)

To start: No one hates books in "The Book Haters' Book Club," Gretchen Anthony's lively, Minneapolis-based paean to small independent bookstores and the people who keep them going against the tide. This story isn't really about books at all, but the delicate dynamics among mothers, daughters and partners (domestic and otherwise).

Irma Bedford is the longtime proprietor of the Lyn-Lake bookstore Over the Rainbow, so dubbed by her late business partner, Elliot, in



honor of his beloved Judy Garland. (Anthony name-checks Magers & Quinn and Moon Palace, but the Rainbow is a product of her imagination.) It's the kind of place someone might come to find a book on cubism for her 4-year-old grandson. It's also the kind of place a big bad developer would want to buy and tear down to build some soulless condos.

To the dismay of her daughter Bree and Elliot's life partner, Thom, Irma intends to let this happen. Thom is still reeling from the loss of Elliot and mostly just wants a fair cut of the sale proceeds. Bree, pushing 40 and with seemingly no life outside the store, is near hysterical at the news. And the wild card, daughter Laney, also pushing 40 (they aren't twins — it's complicated), blows in from California with her own unresolved feelings toward her mother, her sister, the bookstore and the Neanderthal husband she left behind.

Bree, Thom and Laney patch up their estrangements long enough to form a cabal aiming to undermine the sale, a subterfuge that involves a guy in a trench coat and a nightly dance party in a nearby vacant lot to drum up publicity. But that endgame is a red herring, and another crisis rears its head mid-novel, thanks to Irma's evasiveness about her reasons for selling.

> (The author) turns some lovely phrases (such as) … Bree, in her dithering angst about a possible new love, "was starting to sound like a Jane Austen character. Not one of the redeemable ones like Elizabeth or Jane but a tiresome, ridiculous one like their mother."

Ah, the maddingly obtuse Irma. The ambiguity surrounding her intentions and her real feelings toward Elliot lend a welcome air of mystery to the enterprise; we're never quite sure if she's a villain or victim in the whole scheme. We do know she's an integral and beloved part of the close-knit neighborhood, one with the family-owned hardware store next door and the trendy distillery across the street. Anthony deftly conjures a "Lyn-Lake" that's not unlike the real one.

And she turns some lovely phrases — Thom had "grown so thin that the once-lovely (sweaters) hung from his bones, mildewed tapestries on an ancient manor wall." Bree, in her dithering angst about a possible new love, "was starting to sound like a Jane Austen character. Not one of the redeemable ones like Elizabeth or Jane but a tiresome, ridiculous one like their mother." But Anthony often lapses into too-cute descriptions and dialogue, and Elliot — who springs from the grave with "dear reader" interludes — comes off as particularly annoying.

But these are quibbles. Local readers will delight in the references that pepper the pages — Turtle Bread! Patisserie 46! Bde Maka Ska! — and readers of all stripes will eat up the actual book recommendations that pop up. So maybe "The Book Haters' Book Club" is about books, just a little. As the grandmother looking into cubism puts it: "A neighborhood without a bookstore is as dull as a life without books."

Publisher's Weekly best-sellers

Tribune News Service

Here are the bestsellers for the week that ended Saturday, Sept. 10, compiled from data from independent and chain bookstores, book wholesalers and independent distributors nationwide, powered by NPD BookScan.

HARDCOVER FICTION

1. Fairy Tale. Stephen King. Scribner
2. Desperation in Death. J.D. Robb. St. Martin's
3. Clive Cussler's Hellburner, Mike Maden. Putnam
4. Carrie Soto Is Back. Taylor Jenkins Reid. Ballantine
5. All Good People Here. Ashley Flowers. Bantam
6. The Marriage Portrait. Maggie O'Farrell. Knopf
7. Hell and Back. Craig Johnson. Viking
8. The 6:20 Man. David Baldacci. Grand Central
9. The Ink Black Heart. Robert Galbraith. Mulholland
10. Ruination. Anthony Reynolds. Orbit

HARDCOVER NONFICTION

1. I'm Glad My Mom Died. Jennette McCurdy. Simon & Schuster
2. The Return of the Gods. Jonathan Cahn. Frontline
3. Danielle Walker's Healthy in a Hurry. Danielle Walker. Ten Speed
4. Breaking History. Jared Kushner. Broadside
5. Dinner in One. Melissa Clark. Clarkson Potter
6. Crisis of Command. Stuart Scheller. Knox
7. The Return. Dick Morris. Humanix
8. The Great Reset. Alex Jones. Skyhorse
9. Solito. Javier Zamora. Hogarth
10. The Resurrected Jesus. Limbaugh/Bloom. Regnery

MASS MARKET

1. The Judge's List. John Grisham. Vintage
2. Where the Crawdads Sing (media tie-in). Delia Owens. Putnam
3. 2 Sisters Detective Agency. Patterson/Fox. Grand Central
4. Clive Cussler's The Devil's Sea. Dirk Cussler. Putnam
5. Nothing to Lose. J.A. Jance. Morrow
6. Secrets. Fern Michaels. Zebra
7. Sons of Thunder. Johnstone/Johnstone. Pinnacle
8. Fire & Blood (media tie-in). Martin/Wheatley. Bantam
9. Enemy at the Gates. Vince Flynn. Pocket
10. The Next Accident. Lisa Gardner. Bantam

TRADE PAPERBACK

1. Verity. Colleen Hoover. Grand Central
2. A Court of Silver Flames. Sarah J. Maas. Bloomsbury
3. Reminders of Him. Colleen Hoover. Montlake
4. The American Roommate Experiment. Elena Armas. Atria
5. Love on the Brain. Ali Hazelwood. Berkley
6. The Lost Girls of Willowbrook. Ellen Marie Wiseman. Kensington
7. Book Lovers. Emily Henry. Berkley
8. Every Summer After. Carley Fortune. Berkley
9. Court of the Vampire Queen. Katee Robert Sourcebooks. Casablanca
10. The Love Hypothesis. Ali Hazelwood. Berkley

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*Based on customer experience reviews shared online at www.thehartford.com/aarp as of October 2021.

006131

Meal

From C3

competitors, Revive Superfoods. Revive, which did not respond to requests for comment, has not recalled the smoothie but is no longer selling it online, Marler said.

Under U.S. law, most companies that make a majority of their income by selling directly to consumers are regulated by state and local governments, rather than by the FDA. That exemption, originally designed to apply to grocery stores and restaurants, now applies to many new meal delivery companies that sell directly to consumers from websites and do not stock their products in grocery stores.

"This is something that has grown very quickly, and the federal regulatory agencies have not been able to keep pace," said Mitzi Baum, the chief executive of the nonprofit Stop Foodborne Illness. "There is no consistency."

The FDA declined to make officials available for an interview. But in public documents, the agency has said that changes to regulations for the e-commerce industry — which includes meal delivery, meal kit companies and third-party apps such as UberEats and DoorDash — could "significantly" reduce foodborne illness.

That business model, the FDA said, "may not be currently covered" by the Food Safety Modernization Act, the first major reform since the 1930s of the country's fragmented food safety system. The 2010 law aims to prevent foodborne illness by reducing the spread of harmful pathogens in food processing facilities, rather than investigating symptoms after outbreaks occur.

The FDA held a conference on the topic last fall and is "considering what we have learned in shaping a path forward regarding how best to ensure the safety of these foods," spokeswoman Janell Goodwin said in an email.

Firms that qualify for a retail exemption are not required to register with the FDA but can still be inspected by the agency, Goodwin said. In general, she said, the companies are "primarily" regulated by state, local, tribal and territorial health officials.

That's not always popular with the health departments tasked with inspecting and licensing meal kit and meal delivery companies, said Steven Mandernach, executive director of the Assn. of Food and Drug Officials.

In some cases, Mandernach said, inspectors who are more familiar with gas station convenience stores and restaurant kitchens are examining warehouse-like facilities where dozens of different foods are simultaneously processed and shipped.

"I've talked to the biggest of the country's health departments, and they've expressed the same concerns," Mandernach said. "They don't want to send their inspectors in there."

The handful of meal delivery firms that are registered with the FDA have reported multiple recalls in the last few years.

When salmonella bacteria were found in onions across the U.S., Hello Fresh and Blue Apron both recalled tens of thousands of meal kits. And Thistle, a San Francisco company that sells ready-to-eat meals and drinks, recalled two flavors of juice in May because strawberries used in the beverages may have been contaminated with hepatitis A.

If a company makes mistakes in handling raw ingredients, killing pathogens or vetting the quality of products from suppliers, and "you don't have federal regulators coming in and telling you that your program is designed incorrectly, then you've got a problem," said Cori Muse, a food safety regulatory consultant who has worked with meal kit companies.

Once a meal delivery box leaves a processing facility, the rules get fuzzier.

Federal regulators have no say over whether raw meal kit ingredients are shipped in refrigerated trucks or whether they reach customers at a safe temperature, experts say. The government also has not stipulated how foods should be packed or cooled to avoid cross contamination or spoilage.

Meal deliveries, often shipped through third-party carriers such as FedEx and UPS, can be held up on unrefrigerated trucks for an extra day, or can sit on doorsteps in triple-digit heat for hours.

"It is difficult for consumers to know if the food that's sitting in their fridge is safe," said Megan Fisch, a food safety auditor and consultant.

Many meal kits contain dairy, meat and raw vegetables that should be kept at different temperatures. If products aren't packed and cooled properly, things can go wrong, such as raw chicken leaking onto a vegetable that is meant to be served raw, experts say.

In a study that is still in peer review, researchers at North Carolina State University found that more than 75% of boxes ordered from a dozen major meal delivery companies arrived with at least one food item in the temperature "danger zone" of 40 to 140 degrees. Bacteria grow fastest in that range, doubling in number in as little as 20 minutes.

Half the companies sent boxes that contained meat or poultry in the temperature "danger zone," researchers found. And nearly all of the boxes packed with cooling gel packs had at least one food item that was too warm.

When customers get sick from a meal delivery company, chances are slim that health inspectors will learn about it, in part because of how the U.S.' foodborne illness response system is designed, experts say.

Health departments typically wait to investigate foodborne illness until they have received reports of multiple people in the same area with a confirmed illness caused by the same pathogen, said Darin Detwiler, a professor of food policy at Northeastern University.

If 16 people get sick from eating the same meal kit dinner, but the customers are spread across 12 states, there may not be enough people in one region to trigger an investigation, even if every sick person confirmed the cause of their illness with a doctor, Detwiler said.

"Unless it makes a national newspaper, unless it gets so big that it becomes a huge multistate thing, it's almost as if you'll never know," he said.

The Times interviewed five people who lived in Los Angeles County who were sickened by the Daily Harvest crumbles. A spokesperson for the L.A. County Department of Public Health said officials had received one complaint of illness and are not investigating because "the recalling firm is an online retail operation which ships the product directly to the consumer."



The contents of a Blue Apron meal kit. Most meal delivery companies are not regulated by the Food and Drug Administration. Wikipedia

Jennifer Coward, 54, of Rolling Hills Estates had been a loyal Daily Harvest customer for years. She bought both flavors of the crumble product — walnut and thyme, and French lentil and leek — when they launched. At the end of May, she sauteed a small portion of each to try them.

Within a few days, the real estate agent was confined to bed with nausea, crushing fatigue, dizziness and full-body itching. Doctors thought her symptoms were a sign of autoimmune hepatitis.

Were it not for the news about Daily Harvest spreading online, Coward said, she would have had a liver biopsy, a painful procedure that can require removing nearly an inch of organ tissue.

Daily Harvest's first emails to customers about the outbreak, sent in mid-June, were not handled well, Coward said. The company said the product should be thrown away because a "small number" of people reported "gastrointestinal discomfort." But Daily Harvest did not mention liver problems and did not include contact information for the FDA.

"Discomfort is not what I experienced," Coward said. "I was seriously sick."

Two months passed before Coward's liver enzymes returned to normal levels. The experience left her shaken and grateful she hadn't eaten a full serving.

"It's scary to think that I am doing the best I can to eat healthy and make the right decisions on how to eat," Coward said. "And still, at any point in time, you could be poisoned."

Finding basic information about many meal delivery companies, including where their ready-to-heat and premeasured ingredients are processed, is a challenge, said Ben Chapman, a professor and food safety specialist at North Carolina State University. Most of those companies are not required to provide information to consumers about where or how their food is processed and produced.

Some companies process their own ingredients and pack their own boxes. Others hire third-party manufacturers, an arrangement called "co-packing." A few operate under fictitious business names, making them more difficult to trace.

"It's like a puzzle where there are a lot of pieces missing," Chapman said. Even experts, he said, struggle to untangle the web of manufacturers, distributors and retailers.

Marler has alleged in court documents that a Minnesota frozen foods company manufactured the crumbles product for Daily Harvest. Daily Harvest did not respond to questions about which firm produced the lentil product, or whether any of its 140 other products are made in-house or by third-party manufacturers.

Daily Harvest has not disclosed its tara flour supplier, but Marler said he plans to "ultimately force that disclosure" in court.

Such transparency problems could be partially fixed by requiring companies that sell meal kits directly to consumers to register with federal officials and provide basic information on their operations and safety plans inside their production facilities, said Hallman, the Rutgers University professor.

Tacos

From C3

BEEF TACOS

½ pound skirt steak
Olive oil spray
1 cup sliced onion
1 teaspoon minced garlic
2 teaspoons chili powder
2 teaspoons ground cumin
Salt and freshly ground black pepper
6 6-inch corn tortillas
¼ cup bought tomato salsa
½ cup avocado cubes
¼ cup reduced-fat sour cream
2 tablespoons chopped cilantro

Remove visible fat from steak. Spray a nonstick skillet with olive oil spray. Add the onion and garlic and saute 3 to 4 minutes. Add the steak and continue to saute another 2 to 3 minutes while continuing to stir the onions and garlic.

Remove from the heat and place the steak on a cutting board to rest a few minutes. A meat thermometer should read 135 to 145 degrees Fahrenheit for medium. Sprinkle the chili powder, cumin and salt and pepper to taste over the steak. While the steak rests, warm the tortillas. Wrap the tortillas in a damp paper towel and microwave 30 seconds.

Divide the tortillas between two dinner plates. Carve the steak against the grain into ½-inch slices. To assemble the tortillas, divide the slices among the tortillas. Add the onion and garlic to the slices. Spoon the salsa on top. Add the avocado cubes and then drizzle the tortillas with the sour cream. Sprinkle the cilantro on top. Fold the tortillas and serve.

Yield 2 servings.

Per serving: 511 calories (44% from fat), 25.2 g fat (7.6 g saturated, 12 g monounsaturated), 84 mg cholesterol, 31.5 g protein, 48.9 g carbohydrates, 9.6 g fiber, 362 mg sodium.

Linda Gassenheimer is the author of over 30 cookbooks, including her newest, "The 12-Week Diabetes Cookbook." Listen to Linda on www.WDNA.org and all major podcast sites. Email her at Linda@DinnerInMinutes.com.

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D2	E1	A1	D2	E1	Y4	E1	RACK 1 = 62
A1	M3	P3	U1	T1	E1	E1	RACK 2 = 61
P3	A1	P3	R1	I1	K5	A1	RACK 3 = 80
T1	E1	N1	U1	O1	U1	S1	RACK 4 = 57
C3	A1	N1	N1	E1	R1	Y4	RACK 5 = 64

PAR SCORE 255-265 TOTAL 324

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Sleep

From C3

experience changes in their brain activity. Studies show that when a person misses out on sleep, the region of the brain involved in pleasure-seeking and reward responds more strongly to junk foods such as candy, doughnuts and pizza, creating more powerful urges to indulge in fattening foods. And sleep loss causes decreased activity in other parts of the brain that regulate food intake, making it harder for people to exercise self-control.

"The overwhelming evidence is that when you restrict sleep, people eat more," said Marie-Pierre St-Onge, an associate professor of nutritional medicine at Columbia University Irving Medical Center and the director of the Sleep Center of Excellence at Columbia.

Last year, a group of researchers analyzed data from 36 studies that included several hundred thousand participants. They found that people who routinely slept less than seven hours per night had a 26% higher risk of developing obesity compared with people who got the recommended amount of sleep.



One caveat is that this analysis only showed an association between poor sleep and weight gain. To better understand the relationship between sleep and diet, scientists have carried out clinical trials in which they recruit healthy adults and monitor their eating habits as they restrict their nightly sleep.

One trial found that when people slept just 5 ½ hours a night over a two-week period they consumed an extra 300 calories a day, mostly from snacks such as pretzels, cookies, chips, ice cream and candy. St-Onge analyzed many of these trials and concluded that, on average, people eat between 300 and 550 calories more on days when they are sleep deprived compared with when they could sleep seven hours or more.

AN 'EXPANSION' OF ABDOMINAL FAT

Perhaps most striking is that sleep deprivation seems to promote a particularly hazardous form of body fat.

In a study published earlier this year in the Journal of the American College of Cardiology, scientists found that when healthy adults got just four hours of nightly sleep over a two-week period, the participants not only ate more and gained weight, they experienced an "expansion" in their abdominal fat, particularly the visceral fat that surrounds internal organs such as the kidneys, liver and intestines.

Having high levels of visceral fat increases your likelihood of developing heart disease, Type 2 diabetes and several cancers.

HOW TO IMPROVE YOUR DIET WITH BETTER SLEEP

The good news for those of us who are chronically sleep deprived is that it's possible to undo the damaging effects of sleep loss on our diet and waistline. In one study published earlier this year in JAMA Internal Medicine, scientists recruited 80 overweight adults who routinely slept an average of about six hours a night. One group was counseled on how to get more sleep. The other group didn't get any extra information and served as controls.

A critical part of the counseling sessions was training people to stay off their smartphones and electronic devices as they were getting ready for bed. "We basically were teaching people how to live without their electronics too close to bedtime," said Esra Tasali, an author of the study and the director of the Sleep Research Center at the University of Chicago.

The researchers then followed the groups for two weeks. They found that people in the counseling group extended their sleep by roughly 1.2 hours per night and reduced their food intake by 270 calories per day — even though they were not given any dietary advice. They also lost a slight amount of weight compared with the control group, and they reported feeling better and having more energy.

"They said they realized it's okay to not respond to every text message an hour before your bedtime," Tasali said.

St-Onge at Columbia said that everyone should generally aim to get about seven hours of nightly sleep. You'll know if you are getting enough sleep if you wake up feeling well rested and are not constantly tired and fatigued.

The key is to tune out your devices and get into bed at a reasonable time. "Some people might need only six hours of sleep, and for others it could be six and a half hours," St-Onge added. "But I doubt that anyone is good with just five hours of sleep."

JUMBLE

Answer:

BITTEN HAMMER EFFORT
INDUCT SONATA SMELLY

With so many relatives telling him how to cure his back problems, he longed for the —

SILENT TREATMENT