

Today's anacrostic puzzle solution

Title: Goodbye to a paradigm-changer: Dick Fosbury

Quote: A newspaper called him "The World's Laziest High Jumper." Many of the fans watching him laughed as he cleared the bar like a fish flopping in a boat. To his coaches the 'Fosbury flop' was an outrageous and dangerous departure from well-established norms

- A. OLYMPICS HIGH JUMP...Event in 1968 where Dick Fosbury shocked and changed the world
- B. ZIMBABWE...African country, formerly Rhodesia
- C. AMBUSH...Surprise attack
- D. NEWBIE...Beginner, in slang
- E. VITAL...Like some very important signs, especially in the Emergency Room
- F. ASTHMA...Respiratory woe
- G. ROGERS...Goshen Park just beyond the northern end point of the Mill Race Trail
- H. OLD FAITHFUL...Yellowstone geyser
- I. LAND O' GOSHEN!...Old-timey expression with a local flavor equal to "Oh my goodness!"
- J. SHANKLIN...Goshen park at approximate midpoint of the Mill Race Trail
- K. ENOUGH...Just the right amount
- L. CONTRARIAN SPIRIT...According to the article from which the quote above came, this is Dick Fosbury's secret super power ... and it can be yours too if you would just stop following the crowd!
- M. RELAYS...GHS sporting event where Plymouth's Nate Patterson (seen here) sailed 7 feet over the bar Fosbury-style in 2018 tying the event record (he later set the state record at 7'4")
- N. EARTHLING...Generic title Martians give us?
- O. TWEED...Famous NYC party "Boss"
- P. SHOUP-PARSONS...Woods at southern endpoint of the Mill Race Trail
- Q. THAWED...Unfroze
- R. ORPAH...Her talk show was based in Chicago
- S. STRADDLE...Style of high-jumping before the 'Fosbury Flop' ... and which Ukraine's Vladimir Yashchenko was the last to use and set a world record (1978)
- T. UP TO HERE...Angry retort: "I've had it _____!"
- U. CHEESEHEAD...Wisconsin hat-clad sports fan
- V. CAMOUFLAGE...Hunter's disguise
- W. EFT...Young newt
- X. SCAFFOLD...Painter's platform
- Y. SELF-AWARE...Not delusional at all

Acrostic: Ozan Varol '6 Secrets to Success'