Army weighs missions, family needs in Bavaria amid rising virus cases, stop-movement order

By Immanuel Johnson
Stars and Stripes

GRAFENWOEHR, Germany — Brittany Frias has put her home-based business on hold as she tends to her four young children on this sprawling Army base in rural Bavaria, while waiting for her husband's unexpectedly long deployment to Poland to end.

Staff Sgt. Chris Frias was supposed to be back Monday from a four-week deployment grading the Expert Infantry Badge test. But the delays and demands of ongoing training mean he’ll be there longer.

The Friases are among the roughly 40,000 people within the U.S. Army Garrison Bavaria community, where the combination of climbing numbers of coronavirus cases off post and a 60-day worldwide Pentagon stop movement order have forced commands to make hard choices to balance service member and family needs with combat readiness.

SEE BALANCING ON PAGE 5

CORONAVIRUS OUTBREAK

Record 16.8M have sought jobless aid in US since virus

By Christopher Rugaber
Associated Press

WASHINGTON — With a startling 6.6 million people seeking unemployment benefits last week, the U.S. has reached a grim landmark: More than one in 10 workers have lost their jobs in just the past three weeks to the coronavirus outbreak.

The figures constitute the largest and fastest string of job losses in records dating to 1948. During the Great Recession it took 44 weeks for unemployment claims to go as high as they now have in less than a month.

The damage to job markets is extending across the world. The equivalent of 195 million full-time jobs could be lost in the second quarter due to business shutdowns caused by the viral outbreak, according to the United Nations’ labor organization. It estimates that global unemployment will rise by 25 million this year.

SEE JOBLESS ON PAGE 9

RELATED
Modly’s $243K flight to Guam part of his undoing
Page 4

Pentagon says more infections are likely aboard Navy ships
Page 4

Go online to read the latest news on the virus outbreak
stripes.com/coronavirus
**BUSINESS/WEATHER**

**EUROPE GAS PRICES**

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ISIS attacks Bagram Airfield amid Afghan lockdown

BY PHILLIP WALTER WELLMAN
Stars and Stripes

KABUL, Afghanistan — Islamic State fired several rockets at Bagram Airfield on Thursday, the latest in a string of recent attacks targeting the largest U.S. base in Afghanistan.

Five rockets were launched from a Toyota Corona at the airfield shortly before 6 a.m., provincial authorities said.

“Foreign forces intercepted two of the rockets in the air, and the other three landed outside the base,” said Wahida Shahkar, a spokeswoman for the governor of Parwan province, where the base is located.

No civilians or Afghan security force personnel were injured in the attack, she said.

Authorities found the burnt-out Corona abandoned in the Dasht-e-Sofyan area, several miles from the airfield, Shahkar said.

The U.S.-led NATO Resolute Support mission said that “there were no casualties or injuries” among foreign troops at Bagram, which is about 40 miles north of Kabul.

The Taliban quickly denied any involvement in the attack. Hours later, Islamic State–Khorasan claimed responsibility.

ISIS-K also carried out an attack against Bagram on March 21, in which nobody was injured.

That attack was one of at least four launched against the base in the last month, Parwan police chief Mohamad Mahfooz Alizad said.

The Taliban considers ISIS-K an enemy and the two groups have fought each other on several occasions. However, Alizad said he suspects the Taliban may have been behind the earlier Bagram attacks, but denied involvement to appear compliant with an agreement with the U.S., which could see all international troops pull out of Afghanistan by early next year.

Thursday’s attack came as a lockdown continued in parts of Afghanistan, including Parwan province and large cities like Kabul, to try to stem the spread of the coronavirus.

The attack was launched a day after the Afghan government released 100 Taliban prisoners.

The move came after talks aimed at coordinating a prisoner swap with the Taliban collapsed.

Afghan government and Taliban officials had been meeting for days in Kabul to coordinate the release before the Taliban withdrew from the talks Tuesday, accusing the government of “wasting time.”

The Afghan government is under immense pressure from the United States to move forward with peace talks with the Taliban following the signing of a U.S.-Taliban peace agreement.

Zubair Babakarkhail and The Washington Post contributed to this report.

Army lacked consistency in evicting unlicensed day care providers

BY WYATT OLSON
Stars and Stripes

FORT SHAFTER, Hawaii — U.S. Army Hawaii and its private housing contractor did not have a “consistent, streamlined process” for evicting tenants operating an unauthorized home day care at the time that a 7-month-old girl died in Army housing early last year, an Army investigation found.

In the wake of Abigail Lobisch’s drug overdose death on Feb. 24, 2019, at Aliamanu Military Reservation, the Honolulu Medical Examiner determined that the girl died from a lethal amount of hydramine — roughly double the amount that has proven fatal in the over-the-counter drug diphenhydramine.

The Honolulu Police Department investigation, she said, is “still unknown what the cause of death was.”

Abigail’s mother, Anna Lobisch, expressed dismay at the timing of the news release in a Facebook post, writing, “I am not happy. I’ll let all of you chime in and share your thoughts since we are in the middle of a pandemic and the military picked the perfect time to release all of this information with a PRESS RELEASE!”

The Army investigation concluded at its completion in June 2019.

U.S. Army Hawaii had declined to publicly issue the report, which Stars and Stripes reviewed Wednesday prior to the Army’s impending release on its Freedom of Information website.

In anticipation of publication, Army Garrison Hawaii issued a news release Tuesday that touted improvements made in the past year to combat unauthorized day care facilities.

Those changes include updated procedures to streamline follow-up on reports of unauthorized child care, briefings for newly arriving soldiers and their families, creation of an electronic database to track alleged incidents of unauthorized day care and routing violation notice letters through battalion-level commanders before giving them to soldiers whose homes are the subject of allegations.

“Army investigation specifically excluded those events to avoid any interference with the HPD investigation,” the statement said. Instead, the Army investigation focused on the systems and processes currently in place for certifying, monitoring and regulating on-post child care as a whole.

“While the Army provided support as necessary, the Army investigation specifically excluded those events to avoid any interference with the HPD investigation,” the statement said. Instead, the Army investigation focused on the systems and processes currently in place for certifying, monitoring and regulating on-post child care as a whole.

As this is an ongoing criminal matter, USAG-HI cannot comment on the details of the case.”

 Olson.wyatt@stripes.com
 Twitter: @WyattWolson
More shipboard infections likely, Pentagon says

**By Caitlin M. Kenney**
Stars and Stripes

WASHINGTON — The Navy should expect more ships to have outbreaks of the coronavirus after more than 400 sailors aboard the USS Theodore Roosevelt contracted the illness, Gen. John Hyten, the vice chairman of the Joint Chiefs of Staff, said Thursday.

“I think it’s not a good idea to think that the Teddy Roosevelt was a one-of-a-kind issue. We have too many ships at sea, we have too many deployed capabilities. So to think that it will not recur again is not a good way to plan,” Hyten said during a news conference at the Pentagon.

Almost the entire 4,800-member crew of the aircraft carrier has been tested, with 3,170 sailors testing negative and 416 testing positive, Hyten said. Of the sailors who have the virus, 187 sailors had symptoms and 229 were asymptomatic.

One sailor has also been hospitalized in Guam and is in the intensive care unit, Hyten said. About 2,700 members of the crew are now off the ship and spread out across the island.

Medical teams check on them twice a day and sailors also have a buddy system to check on one another, Hyten said. The hospitalized sailor was found unconscious in the morning by a friend.

“Deep down, I was hoping that we would never get to the point where I was hoping that the numbers would be zero at the end of this but that’s just not going to be the case with coronavirus,” he said of the hospitalized sailor. “There’s always going to be the one or two that that come in, even in our demographic.”

Gen. John Hyten
vice chairman of Joint Chiefs of Staff

To think that it will never happen again is not a good way to plan.

— Gen. John Hyten

Carrier sailor in intensive care

A sailor assigned to the aircraft carrier USS Theodore Roosevelt was in intensive care Thursday after suffering complications from a coronavirus infection, the Navy said.

The sailor, who tested positive for the virus March 30, had been in a 14-day isolation period on Naval Base Guam before being taken to the base hospital, the service said in a statement.

“Deep down, I was hoping that we would never get to this point — I was hoping that the numbers would be zero at the end of this but that’s just not going to be the case with coronavirus,” Air Force Gen. John Hyten, vice chairman of the Joint Chiefs of Staff, said Thursday during a news briefing at the Pentagon. “There’s always going to be the one or two that that come in, even in our demographic.”

Naval Base Guam before being taken to the base hospital, the service said in a statement.

Almost the entire 4,800-member crew of the Roosevelt has been tested, with 3,170 sailors testing negative and 416 testing positive, hyten said. Of the sailors who have the virus, 187 had symptoms and 229 were asymptomatic. Hyten said the outbreak on the Roosevelt caused it to divert to Guam on March 26. About 2,700 sailors had moved ashore as of Thursday, Hyten said. Over 1,230 of them had moved into hotel rooms to carry out a 14-day quarantine, the Navy said earlier.

Medical teams check on crew members twice a day and sailors also have a buddy system to check on one another, Hyten said.

The ship has been at the center of controversy since Capt. Brett Crozier, the ship’s skipper until last week, urged speedier evacuation of nearly its entire crew in a letter that was leaked to the media. The leaked letter lead to Crozier’s dismissal and the resignation of acting Navy Secretary Thomas Modly, who ordered the captain be fired.

Modly resigned Tuesday, the day after giving a speech in Guam to the crew and saying the captain was either “too naive or too stupid” to command, or was intentionally negligent in his handling of the memo.

 Stars and Stripes staff writer Caitlin M. Kenney contributed to this story.

Stars and Stripes staff writer Caitlin M. Kenney contributed to this story.

Navy secretary’s Guam trip cost $243K

**By Dan Lamothe**
The Washington Post

Acting Navy Secretary Thomas Modly boarded one of his service’s executive jets Monday to visit Guam — a trip that turned out to be costly for both him and U.S. taxpayers.

For Modly, the visit resulted in his resignation, after he created an uproar by insulting the former commanding officer of the USS Theodore Roosevelt, who raised concerns about how the Navy was handling a coronavirus outbreak on the warship.

For taxpayers, the cost of the flight alone was at least $243,151.65, according to a Navy estimate.

The figure was based on 35 hours of flight time to and from Guam, with refueling in Hawaii. Modly traveled on a C-37B at a cost of about $6,946.19 per hour, according to the estimate, which was obtained by The Washington Post. The jet is a military version of the Gulfstream G550.

The detail emerged as the fallout from Modly’s recent decisions continues. The drama began when he removed Navy Capt. Brett Crozier, the USS Theodore Roosevelt’s captain last week. Crozier wrote a letter to Navy leaders requesting that 90% of his 4,800-sailor crew be temporarily removed from the ship in Guam to allow coronavirus testing and quarantining.

Modly boarded the flight to Guam after videos appeared online Friday showing sailors cheering Crozier as he left the ship.

Using the ship’s loudspeaker, Modly told the crew that Crozier had either written the letter, which leaked to the San Francisco Chronicle last week, to create a public stir or was “too naive or too stupid” to command the ship.

The comments were recorded by sailors and also leaked, prompting calls for Modly’s resignation from some Navy families and Democratic lawmakers. As of Wednesday, 286 members of the crew had tested positive for the virus. Crozier is among them.

The Navy’s top officer, Adm. Mike Gilday, released a message to sailors Wednesday acknowledging that it has been a difficult week for the service.

“We will learn from them,” he said of the recent events. “But make no mistake, we are moving forward. The Navy has our orders and we are executing them.”

Gilday, who is chief of naval operations, detailed some of the Navy’s missions and said that remaining ready for them is a part of the service’s job.

“Nobody sits the bench. Every man must pull together,” Gilday wrote. “And in this new environment of coronavirus, we’re all learning, adapting, and improving by the hour. There is no better example of this than USS THEODORE ROOSEVELT — standing down an invisible enemy — dedicated in their efforts — making phenomenal progress, and providing lessons for the Navy and beyond.”
FROM FRONT PAGE

Locking down Bavaria

The Bavaria garrison includes Grafenwoehr and Vilseck, which form the largest training area the Army has in Europe. They're surrounded by miles of forests and two-lane, often unlit country roads, nearly 200 miles of more than a few thousand people, Weiden, is about 30 minutes away.

Social distancing is enforced and anyone entering buildings like the commissary or exchange is required to sanitize their hands, base spokesman Nathan Van Schaik said.

Meanwhile, the group gatherings and activities that spouses have long relied on for support have stopped, as part of what appears to have been a mostly successful effort to contain the spread of the virus on post.

Family impact

Service members continue to train and deploy amid the restrictions. But the impact it can have on family members — some of whom have medical conditions that puts them at greater coronavirus risk — must now be factored into some missions.

When Sgt. Michael Espinosa, of the 2nd Cavalry Regiment’s 1st Squadron, Comanche Troop, was told he was being sent to Stuttgart for 60 days to help check IDs at the gates, he asked if he could be tested for the coronavirus and quarantined when he got back to Vilseck.

His wife, Lexus Espinosa said that her husband remaining in Grafenwoehr isn’t a matter of her being afraid to be alone during a pregnancy, which is a fact of life for a number of military spouses.

“First child, my husband was gone during that entire pregnancy and didn’t come back till he was four months old,” she said.

“Lexus Espinosa said that her husband remaining in Grafenwoehr isn’t a matter of her being afraid to be alone during a pregnancy, which is a fact of life for a number of military spouses.”

 Units at the garrison are also grappling with how to best take care of families who, under normal circumstances, would have moved on.

The Sonza family was ready for its permanent change of station March 17 when the stop-movement order was issued four days earlier.

“All our household goods had been shipped and our car was turned over to the vehicle processing center, so we had nothing left but our luggage,” Deanna Sonza said.

The family had to break their lease prematurely and forfeit the deposit on their rental home, because of the uncertainty of when they’d leave. There’s no plan for delivering their household goods to the home in Arizona where they signed a lease, she said.

Meanwhile, they haven’t been able to get their car in Germany back because of rules that hinder them from registering a vehicle after a final deregistration.

While it’s been difficult, their command, the 2nd Cavalry Regiment’s 3rd Squadron, Hammer Troop, has been “very helpful,” while friends and neighbors, along with Army Community Service, have loaned them what they need to live.

“Our problems are inconveniences and there are many more people in worse situations … This military life may be crazy, but I wouldn’t change it one bit, because we’ve met lifelong friends along the way,” Sonza said.

Brittany Frias stands with her husband, Staff Sgt. Chris Frias, and their children at Legoland in Munich last May, during a trip for their oldest son’s birthday.
**VIRUS OUTBREAK**

**USAA: $520M will be returned to clients**

**BY JAMES Bolinger Stars and Stripes**

USAA, a financial services and insurance company with a large military clientele, announced Wednesday it will return $520 million to its members who are now driving less due to shelter-in-place mandates enacted to combat the coronavirus. USAA, which serves more than 13 million active-duty military members, veterans and their families, said its customers will receive a 20% credit on two months of premiums in the coming weeks if they had an auto insurance policy in effect on March 31. USAA is one of several companies slashing premiums on auto insurance, including Allstate, Liberty Mutual and American Family Insurance. USAA will not cancel members’ auto or property insurance policies or charge late fees on auto and property insurance coverage through June 17, according to the statement.

“Returning premiums provides timely help for our members,” he said. “USAA has been facilitating the financial security of military members for nearly 100 years, and this is another way we can serve them well.”

The decision to return funds to customers was based on data showing that USAA members are driving less due to the pandemic. No action is required by members who will automatically see the credit applied to their bill, the statement said.

Additionally, the company has enacted special payment arrangements to assist members experiencing financial difficulties.

**Time running out to build new hospitals before peak**

**BY CAITLIN M. KENNEY Stars and Stripes**

WASHINGTON — The Army Corps of Engineers is running out of time to build new hospitals across the country that could be needed during the peak of the coronavirus outbreak, the general in charge of the Corps said Wednesday.

The Corps of Engineers needs at least three weeks to build a medical facility, like the one at the Jacob K. Javits Convention Center in New York City where 66 patients are now being treated, Lt. Gen. Todd Seamonite, the commander of the U.S. Army Corps of Engineers, said during a telephone conference with reporters.

Some states are approaching dates that projections show could be when each one’s coronavirus cases will reach a peak, stressing medical facilities. New York’s peak is expected Thursday, New Jersey is Sunday, and Connecticut is predicted to be April 22, according to a report by NPR.

“What we used to have is a month to build this and maybe a week or two for a mayor to make a decision. I think that we will probably be done starting new builds probably in a week and that depends on what the curve is, but this is not just going to continue to play out,” Seamonite said about responding to the virus outbreak.

The Corps now has 17 medical facility projects in cities across the country, including the Javits Center, which will add more than 14,700 beds to treat patients amid the coronavirus outbreak. About $1.6 billion has been approved for these projects.

There are 23 projects that are still pending a decision from mayors and governors on whether to move forward on construction. Some projects have been canceled due to local governments finding less need than anticipated, Seamonite said.

Mayors and governors need to decide soon whether they will require an additional medical facility for patients.

“We’ll continue to support this. I’m not going to say no. But at some given point this goes back to are you going to be able to get a facility done by the time you’re max patients,” Seamonite said.

**Wounded Warrior Project donating $10M to veterans**

**BY NIKKI WENTLING Stars and Stripes**

WASHINGTON — Wounded Warrior Project announced Thursday it would give $10 million to veterans experiencing negative financial effects from the coronavirus pandemic.

The nonprofit started reaching out to its members — more than 100,000 veterans — to identify who might be in financial distress. Members in need will be able to apply for $1,000 grants, intended to go toward groceries, utilities or housing.

Money will be distributed to the veterans with the most need until the money is exhausted.

Wounded Warrior Project’s members, who have physical or mental injuries and illnesses related to their military service, are at greater risk of financial hardship, the nonprofit said.

“These are unprecedented times, and we must do all we can to meet the immediate financial needs of wounded warriors and their families,” said retired Lt. Gen. Mike Linnington, the CEO of the organization.

Wounded Warrior Project urged corporations and foundations Thursday to match their $10 million commitment in order to assist more veterans.

“We cannot do this alone, as the pandemic is greater than any one organization’s ability to meet the vast demand,” Linnington said. “We call on others to assist so we may help as many warriors and their families in crisis as possible in this difficult time.”

**Army researchers start vaccine testing on primates in Md.**

**BY NATHAN RUIZ The Baltimore Sun**

BALTIMORE — Army researchers at Fort Detrick in Frederick began testing possible vaccines for the coronavirus on animals Monday, Department of Defense officials announced.

The U.S. Army Medical Research Institute of Infectious Diseases is performing the tests on “nonhuman primates,” said Jonathan Hoffman, the department’s assistant to the secretary of defense for public affairs, at a Pentagon press briefing Monday.

The Defense Department is involved in five clinical vaccine trials while also supporting the efforts of other federal agencies, such as Air Force Brig. Gen. Paul Friedrichs, Joint Staff surgeon.

“I think it’s important for everyone to keep in mind that this is a process that is going as quickly as it can,” Friedrichs said. “We’re balancing, again, that risk of how do we make sure any vaccine candidates are safe.”

After the animal trials, the testing will move to a small group of people in hopes of expanding to a larger group, Friedrichs said. Citing Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, and Dr. Deborah Birx, the White House’s coronavirus response coordinator, Friedrichs noted that these efforts don’t guarantee a vaccine in the near future.

“Only when we know that they are both safe and effective will we be able to offer them more widely to larger numbers,” Friedrichs said. “We’re making progress on those. I don’t want to create a false expectation, though, that a vaccine is right around the corner.”

“As has been briefed by Dr. Fauci and Dr. Birx and many others, we are still months away, not weeks away, from a vaccine.”

The Corps of Engineers has options if cities realize later they do need a hospital, he said.

“This is where it might not necessarily be exactly the facility you want… The neat thing with the hotel concept was it was a faster build — we can build it faster than a convention center,” Seamonite said. “Probably lower numbers [of beds], but if there is somewhere we need 200 or 300 [beds], we can go into a regular normal hotel on the side of an interstate and convert that to a little bit faster.”

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WASHINGTON — The Strategic National Stockpile is nearly out of the N95 respirators, surgical masks, face shields, gowns and other medical supplies desperately needed to protect frontline medical workers treating coronavirus patients.

The Department of Health and Human Services told The Associated Press on Wednesday that the federal stockpile was in the process of deploying all remaining personal protective equipment in its inventory.

The HHS statement confirms federal documents released Wednesday by the House Oversight and Reform Committee, showing that about 90% of the personal protective equipment in the stockpile has been distributed to state and local governments.

HHS spokeswoman Katie McKeogh said that the remaining 10% will be kept in reserve to support federal response efforts.

House Oversight Chairwoman Carolyn B. Maloney, D-N.Y., said in a statement that the Trump administration is leaving states to scour the open market for scarce supplies, often competing with each other and federal agencies in a chaotic bidding war that drives up prices.

“The President failed to bring in FEMA (the Federal Emergency Management Agency) early on, failed to name a national commander for this crisis and failed to fully utilize the authorities Congress gave him under the Defense Production Act to procure and manage the distribution of critical supplies,” Maloney said. “He must take action now to address these deficiencies.”

For the last month, health care workers across the nation have taken to social media to illustrate the shortages by taking selfies wearing home-sewn masks on their faces and trash bags over their scrubs.

President Donald Trump has faulted the states for not better preparing for the pandemic and has said that they should only be relying on the federal stockpile as a last resort.

The AP reported Sunday that the Trump administration squandered nearly two months after the early January warnings that COVID-19 might ignite a global pandemic, waiting until mid-March to place bulk orders of N95 masks and other medical supplies needed to build up the stockpile. By then, hospitals in several states were treating thousands of infected patients without adequate equipment and were pleading for help.

At the start of the COVID-19 crisis, the federal stockpile had about 13 million N95 respirators, masks which filter out about 95% of all liquid or airborne particles and are critical to prevent health care workers from becoming infected. That’s just a small fraction of what hospitals need to protect their workers, who would normally wear a new mask for each patient, but who now are often issued only one to last for days.

Federal contracting records showed that HHS made an initial bulk order of N95 masks on March 12, followed by larger orders on March 21. But those contracts won’t yield big deliveries to the national stockpile until the end of April, after the White House has projected the pandemic will reach its peak.

Asked about the AP report, the president suggested Sunday that the states should be thankful for the shipments of supplies they have gotten.

“FEMA, the military, what they’ve done is a miracle,” Trump said. “What they have done for states is incredible.”

Troops to Teachers is a military career transition program that helps eligible members of the armed forces begin new careers as K-12 school teachers in public, charter, and Bureau of Indian Affairs schools. Skills acquired in the military like leadership, initiative, discipline, integrity, and the ability to thrive in an ever-changing environment are a natural fit for the classroom.

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Marines on Okinawa start a 3D printing juggernaut

By Matthew M. Burke
Stars and Stripes

CAMP KINSEY, Okinawa — Armed with a cache of warehouse 3D printers and spools of orange thermoplastic, Marines have waged war against coronavirus by turning out thousands of frames for face masks and face shields for use on Okinawa.

The III Marine Expeditionary Force's 3rd Maintenance Battalion has 17 3D printers in a Camp Kinser warehouse "factory" running 24 hours a day to provide medical personnel with vital supplies and alleviate pressure on the supply chain as the virus gains a foothold on Okinawa.

As of Wednesday, the island had 4 more confirmed cases of coronavirus, not including those at the military installations. As of Wednesday, the island had 4 more confirmed cases of coronavirus, not including those at the military installations.

"This is what we train for no matter what the enemy is," Chief Warrant Officer 4 Sean Flores said at the Kinser warehouse Wednesday. Flores is the III MEF utilities and innovation officer.

"Everyone is stepping up," he said. "It's infectious to see others around you making a difference and knowing that you're contributing to the fight no matter what your roles or responsibilities are. I think the importance of training and thinking outside the box has led us to this, and it's truly paid dividends."

Marine officials on Okinawa began discussing the need for personal protective equipment 48 hours before they started printing on March 30 — a week before Defense Secretary Mark Esper ordered masks be worn on military installations around the world — Flores said. They began looking at available designs online and talking to Marines in the local 3D printing community.

"We were actually able to be a little bit proactive on this whole deal because we could see the trends statewide and saw there was going to be a shortage," said battalion shop foreman Staff Sgt. Quincy Reynolds. "A whole bunch of us got together and we said, 'Hey, what can we do? How can we attack this?'"

The Marines at Kinser were about to kick off a series of technology courses that involved 3D printing with Building Momentum, a Virginia-based, veteran-owned small business that specializes in technology training programs. Their "Innovation Boot Camp" was canceled due to the coronavirus, but Marines like Reynolds saw the potential in the 24 Creativity Ender 3 Pro 3D printers stacked unopened against the warehouse wall.

"We were lucky enough to have the printers on hand," he said.

With the blessing of Building Momentum, the battalion put its LulzBot TAZ 6 3D printers to the side and opened the Ender 3 printers, as well as spool after spool of orange polylactic acid filament, Reynolds said.

After six Marines built the printers in a marathon session, they kept 17 at Kinser and deployed the other seven around the island, including the Marine Corps' second "factory" with Marine Aviation Logistics Squadron 36 at Marine Corps Air Station Futenma. The maintenance battalion was charged initially with making the face masks and the logistics squadron was tasked with the face shields, Flores said.

Two Marines from 3rd Maintenance Battalion have worked around the clock in six-hour shifts for more than a week now keeping the printers humming, said shift supervisor Sgt. Craig Hill.

The face shields were made in several varieties and head sizes. The one-size-fits-all face mask frames can be combined with any cloth to make a functioning face mask.

The Marines also produced face mask clips that alleviate pressure on the ears of first responders.

Hundreds of face mask frames are already in use by Naval Hospital Okinawa staff.

"The naval hospital is ecstatic," Flores said. "They're nervous about resources, trying to hold on to what they have. They're on the front line of this problem, so we'll do whatever we can to support them."

The Marines are already looking to procure a softer material for the face shield frames and to produce other in-demand medical supplies. They will work until they have exhausted all 180 rolls of filament.

Flores said it was amazing to see the military community on the island coming together to combat the virus.

"It never ceases to amaze me how a crisis brings Marines and innovators and individuals together, everybody collaborating and feeling like, 'we're doing something, which is critical,'" he said. "Against any adversary we can come together and get after the root of the problem and try to fix problems upstream."

BY J.P. LAWRENCE
Stars and Stripes

Volunteers adapt troop care packages to the times

Care packages for deployed troops, often filled with items like cookies and cards, will feature something new in response to a worldwide pandemic: face masks.

Volunteers for Soldiers' Angels, a charity based out of San Antonio, sewed face masks to put in care packages to send to service members overseas Wednesday night.

The organization bought yards of fabric to sew face masks after a Pentagon directive Sunday required troops to cover their faces if they cannot maintain social distancing standards.

"We are going to be sending masks, as well as sanitizer that is being donated by distilleries around the country," said Amy Palmer, CEO of Soldiers' Angels. These packages should be on the way to troops overseas by the end of the week, Palmer said, adding that these shipments will also include Girl Scout cookies.

Soldier's Angels, like other organizations that send care packages to deployed service members, has adapted to the coronavirus pandemic. Many workers and volunteers for these organizations are older and at greater risk of dying if infected. Volunteers have been instructed not to go to the grocery store to buy supplies for care packages in the midst of the pandemic.

The organization, like many other companies across America, has moved to minimal staffing to reduce the chances of infection. The number of boxes sent to troops overseas dipped from around 21,000 in February to about 16,000 in March, Palmer said, although the company sent thousands of care packages last month to troops, families and first responders in the United States.

Charities such as the Maryland-based Operation We Care and the New Jersey-based American Recreational Military Services have stopped care package operations altogether to protect their volunteers, representatives for the groups said.

Operation Shoebox, based out of Beltsview, Fla., also stopped sending care packages overseas, but has switched to sewing cloth masks for local health care workers, said Katie Harper, a spokeswoman for the groups.

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A resident copies down the Mississippi unemployment benefit website after being unable to enter the state WIN Job Center in north Jackson, Miss., earlier this month.

**Democrats stall $250B business relief package**

Associated Press

WASHINGTON — Senate Republicans are trying to use this crucial program to open broader negotiations on other topics, including parts of the CARES Act where little progress has been made.

The future of the legislation is likely to be largely determined by a small, familiar group of senior Washington hands, including House Speaker Nancy Pelosi, D-Calif., and Senate Majority Leader Chuck Schumer, D-N.Y.

Pelosi, D-Calif., has stressed making sure the popular paycheck protection program, part of the $2.2 trillion economic aid package Congress passed in March, delivers benefits to businesses in minority communities that have been under-served by traditional lenders.

Democrats are pressing for half of the White House request, or $125 billion, to be channeled through community-based financial institutions that can reach farmers, families, women, minority and veteran-owned small businesses and nonprofits in rural, tribal, suburban and urban communities.

"Democrats are prepared to go farther, directly proving the money is going to get to the intended recipients," said Sen. Ben Cardin, D-Md., in an interview with The Associated Press. "There seems to be an understanding that you have to have emergency measures put in place while you are trying to put in place the long-term aid."

They circulated a $500 billion plan that would add $100 billion for state and local governments, as well as a 15% boost in food stamp benefits. They hope this serves as a basis for talks with McConnell going forward.

Pelosi said McConnell's request "simply can't" advance through the Democratic-controlled House under unanimous consent. There's also lone wolf Republican Thomas Massie of Kentucky, who promises to block efforts to pass such huge legislation without lawmakers present and ready to vote.

The government is just beginning to implement three previously passed bills to respond to the unprecedented coronavirus outbreak, which has caused grave damage to the economy in addition to the personal toll.

The massive infusions of federal cash are intended as a patch to help the $21 trillion U.S. economy through the current recession, which is causing an economic contraction and spike in joblessness.
Dubai allows alcohol home delivery as virus shuts down bars

Associated Press

DUBAI — United Arab Emirates — The Champagne corks no longer pop at Dubai's infamous alcohol-soaked brunches. The buzzing bars and licensed restaurants now-idle beer taps. It's been an emotional roller coaster for the city and its visitors, with months of hopes and fears, restrictions and relaxations.

Tourists, the few remaining here, can use their passports to buy the alcohol. Residents, however, need an alcohol license, a plastic red card issued by Dubai police that requires annual renewal. Only non-Muslims over 21 and older can apply for a license — but bar workers and bartenders across the city never check for them before pouring drinks.

The spread of the infections is so fast in Tokyo that we cannot wait that long," she said.

India, whose 1.3 billion people are under a lockdown until next week, has sealed off dozens of hot spots in and around New Delhi, the capital. It will supply residents with food and medicine but not allow them to leave. The number of confirmed cases exceeds 5,000, with 166 deaths.

New infections, hospitalizations and deaths have been leveling off in some worst-hit countries, as each together have more than 32,000 deaths, but the daily tolls are still shocking. Spain reported 683 new deaths Thursday, bringing its total to 15,238.

The latest figures were released as Spanish Prime Minister Pedro Sanchez appeared before parliament to ask for a second two-week extension of a state of emergency. Sanchez acknowledged authorities were caught off guard by the crisis and failed to provide hospitals with adequate medical supplies, including virus tests and protective clothing for medical workers.

"Europe reacted late. All of the West reacted late, and Spain is no exception," Sanchez said.

Worldwide, the number of confirmed cases climbed to nearly 1.5 million, with nearly 90,000 deaths, according to Johns Hopkins University. The true numbers are much higher, because of limited testing, different rules for counting the dead and the efforts of some governments to conceal the extent of their outbreaks.

Prime Minister Shinzo Abe has declared a state of emergency, but not a lockdown, in Tokyo and six other prefectures. Companies in the world's third-largest economy have been slow to embrace working from home and Abe appears concerned about keeping the economy going. Many companies jam packed Tokyo's streets as usual Thursday.

Dubai allows alcohol home delivery as virus shuts down bars

A priest peeks from a window in the door of the Church of the Holy Sepulchre, a place where Christians believe Jesus Christ was buried, just before Archbishop Pierbattista Pizzaballa arrives amid a lockdown during Holy Thursday in Jerusalem's old city.

A priest peeks from a window in the door of the Church of the Holy Sepulchre, a place where Christians believe Jesus Christ was buried, just before Archbishop Pierbattista Pizzaballa arrives amid a lockdown during Holy Thursday in Jerusalem's old city.

Associated Press

BERLIN — As the Easter holiday approaches, world leaders and health officials are fervently warning that hard-earned gains in the fight against the coronavirus must not be jeopardized by relaxing social distancing.

A spike in deaths in Britain and New York and surges of reported new infections in Japan and in India's congested cities make it clear the battle is far from over.

Dr. Anthony Fauci, the top American infectious diseases expert, is saying that the U.S. will demand permanent changes in people's behavior until a vaccine is developed. He said everyone should be constantly washing their hands and those sick should not go to school or work.

"Don't anybody ever shake hands again," he said. "I mean, it sounds crazy, but that's the way it's really got to be until we get to a point where we will have widespread population protection."

He also shot down hopes that warmer spring weather would bring an end to the crisis.

"One should not assume that we are going to be rescued by a change in the weather," he said Thursday. "You must assume that the virus will continue to do its thing."

The U.S. has by far the most confirmed infections with over 430,000, three times the number of the next three countries combined. New York state on Wednesday recorded its highest one-day increase in deaths, 779, for an overall death toll of almost 6,300. New York has more than 40% of the U.S. death total of around 5,000.

"We are flattening the curve because we are rigorous about social distancing," New York Gov. Andrew Cuomo said. "But it's not a time to be complacent."

Gerhard Health Minister Jens Spahn cautioned that the positive trend in fewer new infections "must be cemented."

"We have to remain consistent over Easter," he told the Handelsblatt newspaper Thursday. "Even if it is difficult in this weather, we should stay home and refrain from family visits so that the infection curve does not rise again."

Chancellor Angela Merkel emphasized that "even short trips inside Germany, to the seaside or the mountains or relatives, can't happen over Easter this year."

New Zealand police warned people not to drive to holiday homes over Easter or risk arrest, while Lithuania was imposing a lockdown on major cities over the holiday.

Portugal halted commercial flights at the country's five international airports and set up checkpoints on major roads and junctions to stop Easter visits. Additional restrictions came into force Thursday for the next four days, including a ban on people leaving their local areas and on gatherings of more than five people.

Greece also tightened restrictions ahead of next week's Orthodox Easter, increasing police roadblocks along highways, doubling fines for lockdown violations and banning travel between islands.

Swiss police were setting roadblocks at the Gottthard tunnel, seeking to dissuade drivers from heading to the Italian-speaking Ticino region, the only part of Switzerland south of the Alps and one of the worst-hit by the pandemic.

Iran's Supreme Leader Ayatollah Ali Khamenei suggested mass gatherings may be barred through the holy Muslim fasting month of Ramadan, which runs from late April through most of May.

Khamenei urged Shiite faithful to pray at home instead. Shites typically pray together and communities often share meals, especially during Ramadan. Iran has reported over 66,000 infections and over 4,100 deaths, although experts suspect those numbers underreport the country's outbreak.

Indonesia's president banned civil servants, police officers, military personnel and employees of state-owned companies from returning to their home-towns to celebrate the end of Ramadan. The annual mass exodus usually involves tens millions of Indonesians crisscrossing the archipelago of 17,000 islands.

Britain's Prime Minister Boris Johnson spent a third night in intensive care with COVID-19 infection, where his spokesman said Thursday "he continues to improve." Johnson is receiving oxygen but is not on a ventilator. Britain posted its highest death toll in a single day Wednesday, with 938 virus-related deaths.

Japan reported more than 500 new cases for the first time Thursday, bringing its total to 15,238, with 938 virus-related deaths.

Associated Press

A priest peeks from a window in the door of the Church of the Holy Sepulchre, a place where Christians believe Jesus Christ was buried, just before Archbishop Pierbattista Pizzaballa arrives amid a lockdown during Holy Thursday in Jerusalem's old city.

Andri Schulte/STARS AND STRIPES
Pandemic deals blow to plastic bag bans, overall plastic reduction

By Gillian Flaccus
Associated Press

PORTLAND, Ore. — Just weeks ago, cities and even states across the U.S. were busy banning straws, limiting takeout containers and mandating that shoppers bring reusable bags or pay a small fee as the movement to eliminate single-use plastics took hold in mainstream America.

What a difference a pandemic makes.

In a matter of days, hard-won bans to reduce the use of plastics — and particularly plastic shopping sacks — across the U.S. have come under fire amid worries about the virus clinging to reusable bags, cups and straws.

Governors in Massachusetts and Illinois have banned or strongly discouraged the use of reusable grocery bags. Oregon suspended its brand-new ban on plastic bags this week, and cities from Bellingham, Wash., to Albuquerque, N.M., have announced pauses on plastic bag bans as the coronavirus rages.

And it's worth hanging on to takeout and a ban on reusable cups and straws at the few coffee stores that remain open, and environmentalists are worried that COVID-19 could set back their efforts to tackle plastic pollution for years.

"People are scared for their lives, their livelihood, the economy, feeding their loved ones, so the environment is taking a back seat," said Glen Quadros, owner of the Great American Diner & Bar in Seattle.

Quadros has laid off 15 employees and seen a 60% decline in business since Seattle all but shut down to slow the pandemic. For now, he's using biodegradable containers for takeout and delivery, but those products cost up to three times more than plastic bags, and Oregon and California have laws limiting the use of plastic straws.

New York's statewide plastic bag ban is on hold because of a lawsuit.

The Plastics Industry Association recently sent a letter to Alex Azar, head of the U.S. Department of Health and Human Services, and asked him to speak out against plastic bag bans because they put consumers and workers at risk. And the American Recyclable Plastic Bag Alliance is doubling down on its opposition to plastic bag bans under a preexisting campaign titled Bag the Ban.

Grocery worker unions, too, have joined the chorus. The union that represents Oregon supermarket workers is lobbying for a ban on reusable bags, and a Chicago union called for an "end to the disease-transmitting bag tax."

Critics have argued that people with reusable bags don't regularize washing them.

"If those bags coming into the store are contaminated with anything, they get put on the conveyer belt or the counter, and you're putting yourself in a bad spot," Quadros said.

The plastics industry has seized the moment and is lobbying hard to overturn bans on single-use plastics by arguing that disposable plastics are the safest option amid the crisis. California, Connecticut, Delaware, Hawaii, Maine, New York, Oregon and Vermont have statewide bans on plastics and stainless steel for up to three days, and on cardboard for up to one day. The Centers for Disease Control and Prevention said that it appears possible for a person to get COVID-19 by touching a surface that has the virus on it and then touching their mouth, nose or eyes — but it's not thought that's the main way the virus spreads.

More studies are needed to fully assess the dangers posed by reusable bags, which are mostly made of fabric, said Dr. Dan Cohen, lead health officer for the Portland metropolitan area.

"It's not clear that a virus that you can find on a surface — whether it's cloth or something else — is viable and can actually make you sick," she said.

Environmental groups, well aware of the nation's current priorities, were at first unusually silent on moves to temporarily roll back plastic bag bans. But they responded forcefully after the plastics industry asserted that bag bans could worsen the pandemic's toll.

"The fear-driven gains the industry was able to win this month are likely to be short-lived," said John Hocevar, of Greenpeace USA. "The movement away from throwaway plastic is the kind of awakening that is not going to be that easy for the plastic industry to stop."
Staff no-shows, deaths hit California nursing facilities

Associated Press

RIVERSIDE, Calif. — A Southern California nursing home where nearly three dozen residents have the coronavirus was evacuated Wednesday after staff members failed to show up to work while six infected residents have died at a nursing home in the San Francisco Bay Area.

The 90-bed Magnolia Rehabilitation and Nursing Center in Riverside were moved to other nursing facilities in the area after many employees failed to report for work for the second day in a row, Riverside County public health officials said. The number of absences wasn’t clear, but only one certified nursing assistant out of 13 scheduled to work showed up.

The evacuation occurred a day after the county was notified that five employees and 34 residents at the 90-bed facility had tested positive for the virus, said Brooke Duggan, a spokeswoman for the county’s public health agency.

“Nationwide all of our health care workers are considered heroes, and they rightly are,” said Dr. Cameron Kaiser, the county’s public health officer. “But implicit in that heroism is that people stay at their post.”

Kaiser said it’s up to state regulators to determine if the workers are punished for abandoning patients.

In San Francisco’s East Bay region, six residents at Gateway Care and Rehabilitation Center in Hayward have died, Alameda County health officials announced Wednesday. They were among 35 residents and 24 staff who tested positive at the facility.

Alabama

MONTGOMERY — Alabama agreed to remove old ventilator triage guidelines that advocates said discriminated against the elderly and disabled, the U.S. Department of Health and Human Services announced Wednesday.

The decision means that below certain age and disability thresholds, all patients who need a ventilator will get one, if a hospital has any available. The previous guidelines allowed hospitals to prioritize patients under age 71 and over 80 who were in intensive care units, and those with no chance of surviving a mechanical ventilation if they developed pneumonia.

The state Health Department said Wednesday that four residents at a rehabilitation facility in Opelika have tested positive for COVID-19, the disease caused by the coronavirus. Two of the residents have died of COVID-19, the health department said.

Mississippi

JACKSON — Numbers released Wednesday show the stark reality of the coronavirus is affecting black and white Mississippians, reflecting longstanding health problems in a state where African Americans are more likely to be poor and uninsured.

The state Health Department said 72% of Mississippi residents who have died of COVID-19 were black and 28% were white. The department said that was based on cases for which “full information” was available, as of Tuesday evening.

It also said that 56% of Mississippian diagnosed with the virus are black, 37% are white and 7% are of another race.

About 38% of Mississippi’s 3 million residents are black and 59% are white.

Texas

AUSTIN — A 72-year-old is the first Texas state inmate reported to be a possible COVID-19 fatal- ity during the new coronavirus pandemic.

Telford Unit inmates Bartolo Infante died Tuesday, according to a Wednesday statement from the Texas Department of Criminal Justice. Infante suffered from numerous preexisting medical conditions and was hospitalized under isolation in Tarkettana for viral pneumonia after testing positive for COVID-19, the disease caused by the coronavirus, the TDCJ statement said.

An autopsy was ordered to determine if COVID-19 was a factor in Infante’s death. Four Telford Unit employees have tested positive for the illness and are under self-quarantine, while seven offenders have been confirmed to be infected, according to the statement.

The Telford Unit is under medical restriction, the TDCJ said.

Washington

SEATTLE — About 1,000 patients in Washington state hospitals have confirmed or suspected diagnoses of coronavirus, according to a new count that shows earlier surveys had undercounted such admissions.

The Seattle Times reported that Washington State Hospital Association statistics, current as of April 7, include 664 confirmed and another 331 suspected cases of the disease caused by the coronavirus. About half of the cases are in King County hospitals.

Cassie Sauer, the association’s executive director, said the updated count is from a new statewide reporting system that went into place on April 2.

This new system is more accurate than earlier surveys done in March, Sauer said, which counted weekly admissions of patients with COVID-19-like symptoms but did not track total patient counts.
**Biden v. Trump: General election battle set**

**By Steve Peoples**  
Associated Press

The stage is set for November. Barring unforeseen disaster, Joe Biden will represent the Democratic Party against President Donald Trump this fall, the former vice president's place on the first ballot endorsed by a majority of delegates at the party convention.

As Biden and Trump, voters will choose between two white secessionist candidates offering dramatically different prescriptions for health care, climate change, foreign policy and leadership in an era of extreme partisanship.

At 77, Biden becomes the oldest major party presidential nominee in modern history. And having spent most of his life as an elected official in Washington, no nominee has more experience in government.

But in Trump, Biden is up against an adversary the likes of which he has never faced in his decades-long political career. The 73-year-old Republican president opened the 2020 campaign as a shaky. tate and a well-established willingness to win at any cost.

Trump's campaign is moving forward with a multipronged attack that mixes legitimate criticism with baseless charges, in some cases, outright conspiracies.

It's similar to the unconventional playbook Trump used against Hillary Clinton four years ago with unexpectedly devastating success.

Trump campaign spokesman Tim Murtaugh said that Trump would be portrayed as too liberal for most Americans, weighed down by questions about his son's overseas business dealings and about questionable mental acuity at his age. Brad Parscale, Trump's campaign manager, predicted that Trump would "destroy" Biden, with the president and his allies having nicknamed "Sleepy Joe."

"President Trump is still disrupting Washington, D.C., while Biden represents the old, tired way and continuing to coddle the communist regime in China," Parscale wrote in a recent email to Trump supporters.

Trump's team also believes that he can win over disaffected Trump voters if he can portray Biden as a consummate insider. Shortly after Sanders' announcement Wednesday, the president accused Sanders of being "too old" and said that Democratic leaders were plotting against Sanders.

The Republican National Committee has already assembled an extensive research book on Biden, which it has handed to several hundred researchers to Biden and sent hundreds of Biden-related fact sheets to public records requests on additional damaging material.

Biden advisers noted that he had already disavowed the approach taken by Sanders' aligned progressive organizations, including those focused on young people like the Sunrise Movement and the March For Our Lives.

Sanders suggested that any formal endorsement of Biden would come with strings attached.

"We are talking to Joe, and we are talking to his team about how we can work together," he told CNN. "It's going to take a while to get on the same page."

In a sign of what he hopes will come from those talks, Sanders said, "I hope to be able to work with him in a more progressive direction."

Perhaps Biden's most powerful ally, former President Barack Obama, was quiet on Wednesday. Still, both the former president and first lady Michelle Obama are ultimately expected to help rally the party behind Biden, who served for eight years as Obama's vice president.

Trump tried to raise suspicion about why Obama had yet to endorse Biden, saying, "When is it going to happen? Why isn't he? He knows something that you don't know."

The former presidents typically don't interject themselves in the primary process, and Obama had long maintained he wouldn't intervene until a nominee had been selected.

Biden's status as the presumptive nominee affords him the freedom to move forward more openly with selecting a running mate. He's already started vetting potential vice presidents, but he had to tread gently with Sanders still in the race.

The campaign's general counsel, Tara Remus, and an outside adviser, Bob Bauer, are leading the early weeks of the search process. Bauer served as White House counsel to Obama and is married to Anita Dunn, Biden's top campaign strategist.

Biden acknowledged during a virtual fundraiser Wednesday that his team has discussed a faster timeline for announcing his running mate, which traditionally comes on the eve of the national convention. But, he added, "It's going to take a while to get through the usual vetting."

Meanwhile, both candidates are agitating over the pandemic, which has turned 2020 campaign logistics on their head. With peak infection rates still several weeks away for many parts of the country, the outbreak and related economic devastation will play a major role in shaping voter attitudes and campaign logistics.

Biden's team suggested that his empathy and experience are right for the moment, yet he has struggled to be heard from the makeshift television studio in the basement of his Delaware home. The campaign has committed to at least one virtual event each day, while Trump has starred in widely viewed daily White House briefings about the coronavirus outbreak.

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**Iraq appoints third PM-designate after second withdrawals**

**Associated Press**

BAGHDAD — Iraq's intelligence chief was appointed the country's third prime minister designate in just over a month Thursday after the resignation of the most recent candidate amid a severe economic crisis and virus pandemic.

Abdul-Mahdi Al-Zurfi's candidacy was imperiled in the past 48 hours when key Shiite parties rallied around Iraq's intelligence chief, Mustafa al-Kadhimi, to replace him. His chances were further diminished when the main Kurdish and Sunni blocs withdrew support for his candidacy.

Iraq's President Barham Saleh appointed Kadhimi, 53, as prime minister-designate shortly after Al-Zurfi's resignation.

"With my mandate to lead the Iraqi government, I pledge to my honorable people to work to form a government that puts the aspirations and demands of Iraqis at the top priority," Kadhimi tweeted shortly after his appointment was announced.

Kadhimi was appointed by former Prime Minister Haider al-Abadi as head of Iraq's National Intelligence Service, and has served in this post since June 2016.

In a resignation letter to Saleh, Al-Zurfi cited "internal and external reasons" that prevented him from carrying out his duties as premier-designate. He had presented a government plan focusing on the economy, reconstruction and bringing arms under the control of the state, but fell short of producing a Cabinet lineup to parliament.

"I offer my apologies first to everyone who put their trust in us," the letter said.

Al-Zurfi faced stiff resistance from Iraq's powerful Iran-backed political parties since his appointment in March. On April 4, eight Iran-backed militia groups issued a joint statement accusing Al-Zurfi of being an "American agent" and threatened to overthrow his Cabinet if they approved his proposed cabinet.

Five weeks of political dysfunction over his government formation risked deepening the political crisis in Iraq, as the country faces severe financial hardship with plunging oil prices and a multibillion-dollar budget deficit.

The crude-exporting country earned just $2.9 billion from March oil exports at $28 per barrel, slashing government projections to fund state spending in half. Over 90% of Iraq's state revenue is derived from oil exports.

Meanwhile, the country is struggling to fund measures to contain the spread of the coronavirus, with health officials reporting a shortage in testing equipment and ventilators. At least 69 people have died among more than 1,200 confirmed cases, according to Health Ministry figures.

Kadhimi's appointment as prime minister-designate comes a week after Esmail Ghani, head of Iran's expeditionary Quds Force, visited Baghdad. Iraq officials said that the Iranian general suggested in meetings that Iran and the Revolutionary Guard did not want al-Zurfi as prime minister.

Al-Zurfi is the second premier hopeful to withdraw since caretaker Prime Minister Adi Abdul-Mahdi resigned in December under pressure from mass protests. Mohammed Allawi, a former communications minister, stepped down last month, citing obstruction from political parties and after failing to garner support for his proposed Cabinet.

Kadhimi, who is backed by parties across Iraq's fragmented political scene, is unlikely to face the same setbacks as Allawi and al-Zurfi. In addition to key Shiite parties, Iraq's largest Sunni parliamentary bloc, al-Ikhana, and president of the northern Kurdish region, Nechervan Barzani, have issued statements supporting his candidacy.

According to Iraq's constitution, he has 30 days to present a Cabinet lineup to parliament.
**AMERICAN ROUNDPUP**

**Police: Bear spray helps foil robbery, find robber**

**MD**

FREDERICK — Police says an attempted robbery was foiled at a Maryland restaurant after an employee sprayed a knife-wielding bandit with bear deterrent spray.

The Frederick News-Post reported that the bear spray helped officers arrest the man because police said he still reeked of it when they tracked him down.

The incident occurred last Friday at Dutch’s Daughter restaurant in Frederick. Police said that James Edward Maxwell III, 36, threatened employees with a knife. The bear spray that was used on him is a powerful form of pepper spray.

Maxwell was charged with assault and robbery and sent to jail.

**Man accused of rules violation taunts police**

**NC**

ASHEVILLE — A North Carolina man accused of violating the state’s coronavirus restrictions by leasing non-essential rentals turned himself in after taunting police on Facebook.

Shawn Johnson, 34, surrendered Tuesday after Asheville police issued an arrest warrant for his obsessive behavior on the social media site. According to The State, an account apparently belonging to Johnson commented on an arrest warrant to ask if he can “get a reward” for telling police about his own whereabouts.

Asheville police had described Johnson as 286 pounds on the warrant, to which Johnson commented that he’s actually 235 pounds.

The Asheville Citizen-Times reported Johnson’s real estate license was revoked in 2019 for keeping money belonging to property owners whose rentals he managed. Police said the renter in the property leased by Johnson compiled after they were requested to leave.

**Agency: Hemorrhagic disease killing rabbits**

**NM**

SANTA FE — New Mexico wildlife managers say recent deaths in both wild jackrabbits and cottontail rabbits to their local conservation officer or the agency’s information center.

Wildlife managers are asking that people report any large numbers of wild rabbits to their local conservation officer or the agency’s information center.

**This family digs helping out**

Owensboro High School assistant athletic director Jason Harrison takes time to volunteer with his 8-year-old twins, Jay, left, and Eva, to clean up and groom the flower bed located at the entry gate to the Western Kentucky Botanical Garden, on Wednesday in Owensboro, Ky.

**Lawmaker apologizes for his obscene gesture**

**MN**

ST. PAUL — A Minnesota House Democratic leader apologized Tuesday after a video showed him making an obscene gesture at a Republican lawmaker who was announcing a tentative deal on affordable insulin at the state Capitol.

House Majority Leader Ryan Winkler, of Golden Valley, is seen off to the side extending a middle finger toward Chaska Sen. Scott Jensen, the lead Senate GOP negotiator on the insulin bill. Minnesota Senate Republicans tweeted a video of Winkler’s gesture Tuesday, saying it looked like Winkler “didn’t like our message today” on insulin.

Winkler apologized on Twitter, saying his son has Type 1 diabetes and that “after months in which Senate Republicans blocked the emergency insulin bill, it was also poor form of them to claim credit alone after we are all on the edge of a deal.”

**Man charged after van rammed into FBI gate**

**UT**

SALT LAKE CITY — A Utah man who briefly took a hostage at an FBI office eight years ago is facing new charges after prosecutors say he rammed his car into the main security gate of the agency’s building to draw agents’ attention.

When no one answered, he returned and drove around the building several times before crashing his minivan into a gate. He was detained and later said he “wanted to commit a federal crime to attract the attention of an FBI agent,” according to the complaint.

The incident comes after he briefly held a man at knifepoint in 2012, forcing him to take him to an FBI office several floors up to draw attention to his claim that his ex-wife’s new husband should have been changed with murder in the woman’s death the year before.

**Family out hiking finds stone crypt from 1850s**

**NH**

DEERFIELD — A New Hampshire family hiking close to home during the coronavirus pandemic made quite the discovery — a stone crypt from the 1850s.

New Hampshire Public Radio reported Krystin Cooney, of Deerfield, and her family went looking for a moose behind their home after a neighbor spotted one. Instead, they came across what Cooney’s fourth-grade daughter, Ellie, described as “a really cool fort.”

After doing some research, they realized they had stumbled upon a crypt of former residents, the Norris family.

Ellie said she found it creepy at first, but she’s gotten used to it and told her classmates about the discovery during a virtual class meeting.

**Ex-police chief to be tried in military surplus case**

**MI**

THETFORD TOWNSHIPSHIP — A former Flint-area police chief will stand trial on embezzlement and obstruction of justice charges tied to his department’s use of surplus military equipment, including parachutes and mine detectors.

A circuit court judge has determined that a district judge abused her discretion in September in dismissing charges against Robert Kenny following his preliminary examination, Genesee County Prosecutor David Leyton said Monday in a news release.

Leyton appealed the district court ruling.

Kenny was Thetford Township police chief. He was charged in August 2018.

A county sheriff has said an investigation alleged government money was deposited into a personal bank account and the equipment was given to friends and family. The sheriff said records show the 2-person police department received about 4,000 pieces of equipment through a federal program with a retail value of $2.7 million.

Kenny later was fired by the township board.
Online groceries struggling to keep up with the demand

By Kelvin Chan
Associated Press

LONDON — A pandemic forcing everyone to stay home could be the perfect moment for online grocery services. In practice, they’ve been struggling to keep up with a surge in orders, highlighting their limited ability to respond to an unprecedented onslaught of demand.

After panic buying left store shelves stripped of staples like pasta, canned goods and toilet paper, many shoppers quickly found online grocery delivery slots almost impossible to come by, too.

“It’s kind of becoming more challenging to put a meal together,” said Paul Smyth, a software engineer who lives near Manchester, England, where the online groceries industry is particularly advanced. He’s a longtime customer of British online-only supermarket Ocado but hasn’t been able to land a slot since he received his last delivery two weeks ago.

The problem for many delivery services is ramping up staff to pick goods in shops and deliver. But for Ocado, a cutting edge service that relies on warehouse robots, significantly increasing deliveries would mean a big investment in new machinery and warehouses too late to catch the spike in demand.

Smyth said he’s starting to run low on meat and frozen foods, but wants to avoid going to a supermarket because he worries his asthma, diabetes and high blood pressure are risk factors if he catches the new coronavirus.

“I won’t be panicking for another week, but if I’ve got to wait another two weeks for a delivery slot it’s going to be very close to the bone.”

The coronavirus crisis is giving the e-commerce industry a boost but troubles at Ocado and other online grocers highlight how hard it is for the industry to quickly scale up online delivery.

In the U.S., grocery shopping had only been slowly migrating online, making up 3% of the food retail market, according to a report last year by Deutsche Bank.

As the crisis hit, delivery orders surged as millions of Americans stayed home. During the week of March 2, even before some cities and states imposed “stay at home” orders, Instacart, Amazon, and Walmart grocery delivery sales all jumped by at least two-thirds from the year before, according to Earnest Research. Instacart, a platform that partners with more than 25,000 stores in North America, says orders in more recent weeks have surged 150%.

As a result, customers in hard-hit New York City are waiting days to schedule deliveries that usually take just hours.

In China, where the outbreak originated early this year, ubiquitous smartphone food apps helped millions get through months of strict lockdown. Even so, e-commerce giant Alibaba’s supermarket chain Freshippo reportedly recruited laid off restaurant workers for temporary staff as more customers shifted to ordering by app and average basket sizes jumped in the first half of February.

Britain’s online grocery market, one of the world’s most advanced, is estimated to account for 8.3% of all sales in 2020, according to market research firm Mintel. Nevertheless, Ocado and the online arms of supermarket chains Tesco, Sainsbury’s and Walmart owned-Asda were all booked up. To be fair, Ocado has pioneered online groceries in the U.K, since 2002 with automated warehouse robots and has licensed its technology to other companies, including Kroger. That experience wasn’t enough when its website melted down after traffic quadrupled.

The company battled to get systems back to normal by taking its smartphone app offline and stopping new account signups. It temporarily blocked its website, then made all visitors wait in a virtual queue, alienating long-time users.

“It just felt as if they’d completely abandoned customers,” said Smyth, 50, who waited as long as four hours online only to find there were no delivery slots. Ocado now has a new system to allocate slots but Smyth still hasn’t had any luck and is getting by with basic items from a local shop.

CEO Melanie Smith emailed customers to tell them demand spiked to 10 times the normal level. Her message came after Prime Minister Boris Johnson announced new lockdown rules and urged people to use food delivery services.

Every time the British government announces new measures to fight the virus, she said, “we see a further extraordinary surge of customers.”

“No matter how hard we work, we will not have enough capacity to serve the unprecedented levels of demand.”

By Paul Wehman
and Anne D’Innocenzo

WASHINGTON — For years, personal trainer Amanda Tikalsky didn’t have to worry much about her job. The U.S. economy’s record-breaking 11-year expansion offered security to service workers such as her.

Then came the coronavirus, which closed the Milwaukee athletic club where she worked for 15 years. She scrambled to organize online exercise sessions to keep money coming in. About 25% of her clients made the jump with her.

“It’s an adjustment for everybody,” she said. “We are used to being face-to-face.”

But even when the virus threat is gone, Tikalsky predicts that many customers will continue to exercise from home. The shutdown is also likely to change her own shopping habits. She has a new appreciation for the ease of buying groceries online.

The pandemic is almost sure to leave a mark on the way people work, shop and socialize. Perhaps permanently shifting the way many service industries operate.

Consumers will think harder about the health implications of squeezing into crowded restaurants and movie theaters. More businesses will accept the effectiveness of employees who work from home, and the move to online shopping will accelerate.

“We’ve never had a crisis where we couldn’t socially gather with people,” said John Gordon, founder of Pacific Management Consulting Group in San Diego, which advises restaurants.

Until March, service workers — from dishwashers to real estate agents — had been enjoying a record winning streak in the job market. U.S. service jobs had risen for a decade.

The virus wiped out 659,000 service jobs in March — 94% of the jobs that vanished last month as the U.S. economy plunged into recession.

The sector appeared almost immune to blips in the economy. Not even low-wage competition overseas or automation seemed to threaten service jobs that require direct contact with customers.

Then the virus arrived. It upended the service economy, which accounts for 84% of U.S. private-sector employment. It wiped out 659,000 service jobs in March — 94% of the jobs that vanished last month as the U.S. economy plunged into recession.

It is sure to claim many more.

In an interview Monday on CNBC, former Fed Chair Janet Yellen predicted that unemployment rates could climb to Great Depression levels. But because the economy was in solid shape before the outbreak, she added, the return to normal employment could happen much faster than during the Depression or after the 2007-09 Great Recession.

When the economy goes into a nosedive, manufacturers, not service providers, are usually hit first and hardest.

Not this time. The virus has been a gut punch to businesses that depend on social gatherings — restaurants, cinemas, theaters, hotels, airlines, gyms, shopping centers. More than 250,000 stores are now temporarily closed, accounting for nearly 60% of retail square footage, according to Neil Saunders, managing director of GlobalData Retail, a research firm.

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And the band played on

Unit continues its mission to bring the military’s story to the American people through music

Singing lead with the unit’s barbershop quartet, Sgt. Maj. Rob McIver is used to standing cheek-to-jowl with his comrades. “It is a little strange to sing barbershop quartets and sing them at a distance of 6 feet or greater from your colleagues,” said McIver, an Owensboro, Ky., native. “It makes it a little more difficult to, you know, kind of like physically play off with each other if there’s, like, a gag bit or something that’s supposed to be sort of funny.”

Normally, the unit’s 150 musicians and support personnel spend about 100 days a year crisscrossing the country and globe, performing in concert halls, veterans’ homes, school gymnasiums and, sometimes, the theater of war. There are benefits to staying at home. Sgt. Maj. Erica Russo, an alto in the Soldiers’ Chorus who was recently named the unit’s director of operations, can view the concerts with her 7-year-old son, Thomas. She has been with the band for 19 years; the rehearsal for her boot camp ceremony was held on Sept. 11, 2001. This, she says, is another moment when the band’s music can help give Americans strength and reassurance.

Sitting on the couch with Thomas, watching on a laptop as Sgt. 1st Class Randy Wight belted out “America the Beautiful” in a soulful baritone, Russo found herself with tears streaming down her face. “Mom!” her son exclaimed. “You have been singing the song for a million years.” And she had — hundreds of times, sti-cally and professionally. But it was as if she were hearing that old song with new ears. “For just that beautiful little moment,” she said, “this microcosm of emotion just made me really understand what it is we do.”

BY ALLEN G. BREED
Associated Press

For members of the U.S. Army Field Band, it has never been merely about the music. Yes, they wanted to please the ear, but they played for the Army. For America.

So as concert dates evaporated with the spread of COVID-19 and the band was ordered back to Fort Meade in Maryland, there was never any question: The band would not stand down. The music would not stop.

With an already faithful following on Facebook and YouTube, they quickly set up a studio space from which to live stream. The result: a daily “We Stand Ready” virtual concert series that attracted more than 4.3 million viewers in just 10 days, said Master Sgt. Brian T. Sacawa, a Concert Band saxophonist for 17 years.

Music “has the power to make incredibly deep and meaningful connections,” said Sacawa, a native of Schenectady, N.Y. “It inspires people. It heals people. It unites people. And what better time than now to send that message to the American people?”

The unit includes the concert band, a chorus, jazz band and other smaller ensembles. It broadcasts from the concert band rehearsal hall, which now looks more like a television studio. Like other Americans, band members have been ordered to socially distance — something that poses unique challenges for musicians.

PHOTOS BY CAROLYN MAUSER/AP

U.S. Army Field Band Barbershop Quartet members from left, Staff Sgt. Timothy Coombs, Sgt. Maj. Robert McIver, Staff Sgt. Will Tvrdik, and Staff Sgt. Ian Bowling sing six feet apart to allow for social distancing during rehearsal of their daily “We Stand Ready” virtual concert series at Fort George G. Meade in Fort Meade, Md., last month.

U.S. Army Field Band member Staff Sgt. Kyle Johnson plays the trombone.

U.S. Army Field Band member Chief Warrant Officer 2 Kevin Pick is seen on a monitor as he plays his tuba during a rehearsal.
Key moments

Reflective book ‘More Myself’ tells Alicia Keys’ story from childhood to today’s superstar status

Books, Page 34
Got the screen time blues

More people are video chatting ... and hating it

BY TRAVIS M. ANDREWS
The Washington Post

It’s no wonder Samantha Bergeson hates video calls.

The 25-year-old’s courses at NYU, where she’s a senior in the journalism school, transitioned to online video amid the COVID-19 pandemic. Now, during one weekly three-hour class, 30 fellow students can see straight into Bergeson’s apartment.

Video chatting “kind of has this connotation of something private,” she said, pointing out “people in long-distance relationships use it in an intimate and romantic way.”

Since she shares her apartment with her boyfriend and their dog, she’s relegated to sitting on her bed during class, always hyper-conscious of how she appears, especially since anyone can take a screenshot of the call. She tries to look as professional as the situation allows.

Then, after class, “there’s now this huge pressure to do happy hour” over video, she said, even though the calls often come with “a lot of dead air and dead space.”

What’s the point? “You’re not really doing anything ... You’re both just sitting in a chair, staring at a computer screen,” Bergeson said. “If you’re looking for a human connection, a phone call might be more intimate.”

Connecting with one another via webcam has brought our new virtual reality that about 90 percent of Americans are social distancing. Since we can’t physically be together, our early-morning meetings, our happy hour gatherings, our dates, movie nights and even our dance parties now occur on our screens. Sure, video conferencing has always been around, but it’s never been so ubiquitous.

Zoom was downloaded 600,000 times in one week, and we’re also using Skype, Google Hangouts and many others. But just because video chatting has become the new normal doesn’t mean everyone enjoys it.

“I understand it’s a necessary thing right now, since it’s the only way I can do school,” said Sophia Kianni, an 18-year-old senior at Thomas Jefferson High School for Science and Technology in Alexandria, Va. The calls, though, can make her feel anxious. She comes from a “very noisy household” where she, her sister and parents call to each other from room to room.

Now, she shares her schedule with her family, and tells them not to shout during call times. And: “If you have to blend something, can you do it before that time slot?”

For some, though, video chatting presents more than simply an awkward inconvenience. Paige Thompson, a 12-year-old seventh grader in Santa Rosa, Calif., already lives with anxiety. Her school recently had a large check-in on Zoom, and she found herself dreading the call.

“For me, anxiety feels like not knowing what to do,” Thompson said via email, with permission from her parents. Zoom, which she had never used, proved a perfect trigger. “As it got started, I felt awful. Sometimes I smile when situations are awkward and I did, which made me feel embarrassed about people seeing that.” Eventually she just turned off her camera.

Even without video chat, “in a socially anxious moment, we turn our attention inward. We focus on ourselves, and we start to question and monitor what we say, how we are holding our bodies,” said Ellen Hendriksen, a clinical psychologist and author of “How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety.” “Video chatting, because we have to look at ourselves, mimics that self-focus. In a real-time conversation, we don’t have access to that same mirror view.”

Hendriksen suggested anxious video chatters should “just look at the other people on the call and notice that their background or outfit or lighting isn’t perfect.”

Many people, though, feel video chatting leads to too many misconclusions. “Just as with an in-person meeting, there are a lot of social cues. But in this setting, it’s like they’ve been tossed into the air by an incompetent juggler, and it’s unclear where they fall,” said Susan Cain, author of “Quiet: The Power of Introverts in a World That Can’t Stop Talking.”

Normally, “if you chat with your colleague and you see them smile when you say such and such, that smile has value,” Cain said.

But video chatting often lags. The glitches can “discombobulate.” Then “there’s always the question of when are you done talking and when the next person should talk,” she added. “Everybody seems a little awkward, because the technology is so awkward.”

However you feel about it, video conferencing could remain popular after we’re no longer in need of social distancing.

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GADGET WATCH

A little spring cleaning unearths great tech finds

BY GREGG ELLMAN

The Nimble wireless stand for Qi-enabled devices worked perfectly to charge my iPhone XS, but there’s a lot more to Nimble than their great products.

When you receive a Nimble product, it’s delivered in an eco-friendly package along with a bag to recycle old electronics back to Nimble for free. They have zero plastic in the packaging. Nimble’s site states that they are “Bridging the gap between your everyday modern needs and those of the planet.”

The Nimble wireless stand is covered in an attractive fabric, designed with a sustainable blend made from recycled water bottles and organic hemp. There’s a small plastic strip on the front, which is necessary to keep your phone in place. A USB-C input keep it powered with the included cable and wall adapter.

Online: gonnimble.com; $41.96

Many of us seem to be struggling to get a good night’s sleep at the best of times, and these are not the best of times. Like many, I’m willing to try anything that claims it will help. The iHome Air fan and sound machine looks like a small desktop fan and produces natural white noise to work as a sleep aid.

The fan has dual speeds and can be angled to degrees in the direction needed. Twelve built-in white noise, nature recordings and sleeping sounds are accessed from bottom side buttons. Both the fan and sound can be programmed with sleep timers to operate up to 8 hours.

Online: ihomeaudio.com; $58.04

The Momentum Meri smart Wi-Fi thermostat

The Momentum Meri smart Wi-Fi thermostat is a great way to keep control of your home air systems. Once installed, your smartphone can be used with the companion app to set schedules or make temperature adjustments on the fly.

On-screen color touch controls assist with the setup and let you set schedules and adjustments.

According to Momentum, recent firmware updates to the smart home thermostat have improved the room temperature sensor. Also, on-boarding flow was added, so once the device boots up it will walk the user through the setup.

Online: momentumcam.com; $129.99

The white noise from the iHome Air fan and sound machine can be a great help as a sleep aid.

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ON THE COVER: Alicia Keys shares some of the stories that made the Grammy-winning superstar what she is today in her new book, “More Myself: A Journey.”

AP
The virus of being young

Comedian Taylor Tomlinson talks about why the 20s aren’t actually that great

BY JESSICA M. GOLDSTEIN
Special To The Washington Post

The Taylor Tomlinson on my television screen was just striding across the stage in tight black jeans and a leather motorcycle jacket, lamenting her theoretically enviable but actually miserable condition: being 25 years old. She recently heard she was two years shy of developing the frontal lobe function that enables real adults to anticipate the consequences of their actions. This, she explained, made her feel unmoored, dumber than she’d like to be and vaguely useless. “You have no intuition. No instincts,” she said. “You can’t make decisions, only mistakes. That’s why you’re thin in your 20s: You don’t have a gut to listen to yet.”

The Taylor Tomlinson on my FaceTime screen is sitting in her home in Los Angeles with a white scrunchie holding back her hair and clear-rimmed glasses on her face. All that gives Tomlinson “a reason to put in contacts and put on makeup” in the morning is shooting “New Couple Gets Quarantined” sketches with her boyfriend, comedian Sam Morril, who went from long-distance to live-in just weeks before, about five months into their relationship. She figures those two processes — expending any effort on her appearance, creating comedy — have “probably been helping keep me sane.” She gestures at her get-up from sweatshirt to po-nytail. “I would have just looked like this for two weeks, and I might have started to lose any sense of self I had.”

Tomlinson’s standup special, “Quarter-Life Crisis,” was released by Netflix on March 3, right before the national response to COVID-19 began to ramp up. For weeks now, we’ve all been stuck at home hitting “play next episode” over and over, treating our Netflix accounts like a morphine drip that keeps the panic at bay. The coronavirus has given a whole new meaning to the concept of a captive audience. “I feel like that’s a return to comedy-business-as-usual.” People are going to be out of work for a while,” she said. “They may not want to spend extra money on live shows. Maybe people are going to be afraid to be in large groups like that for a while. Or maybe they’ll be starved for it and there’ll be another huge comedy boom. We just don’t know.”

In the meantime, and Morril are occupying themselves with “New Couple Gets Quarantined.” The 90-second videos are usually based on a real conversation, like when Tomlinson suggested they watch “Contagion” and Morril, who is Jewish, countered “that would be like if the Jews were watching ‘Schindler’s List’ during the Holocaust.” Tomlinson is, like her audience, in a holding pattern, trying to make something bearable out of a nightmare scenario. As the days blur together, we’re all just sweating it out until the awful part is over, so we can get on with our lives. Which is something Tomlinson’s been thinking about for years, as have bits about how nobody expects anything from her because she’s so young. But the linchpin of her special came about in a totally unexpected way.

As she mined jokes from her pain in that several-month span, her existing material took on a new charge. It was the accidental but ultimate proof of concept: She didn’t know what she was doing with her life. “The broken engagement feels like the turning point of, ‘I thought I had it figured out,’” she said. “I obviously don’t.”

“It sucks that I had to get engaged and then go through an excruciating breakup and let go of this future I had planned for myself with another person,” she said. “But the hour that ended up being ‘Quarter-Life Crisis’ was different and, in my opinion, so much better than what it would have been if I hadn’t gone through that right before. And I felt like a different, better person after it as well.”

‘Being in your 20s is like having a virus. You can’t do anything. You just have to wait until you’re better.’

Taylor Tomlinson

‘I obviously don’t.’

Taylor Tomlinson

‘I don’t want to be irresponsible and have fun right now,’ she said. ‘I’m so desperate for all the wisdom that only comes with age. But I can’t do anything except wait for it. And even though I’ve always been told that I’m an old soul and mature for my age, I don’t know what I’m doing. And it’s frustrating to keep being reminded of that by life, every year.’

Conan O’Brien, who’s had Tomlinson as a guest on his show and brought her on his ‘An Evening of Stand-Up and Investment Tips’ tour, respectfully disagrees with Tomlinson’s harsh self-assessment.

“When I toured with Taylor, we were playing to some very large venues and she would walk out on that stage without a hint of fear,” he told The Washington Post via email. “I could not have done that when I was her age. Taylor has the steady resolve of someone who has been doing standup for decades, and I still cannot believe that she is so young.”

Tomlinson’s jokes about being uncool — less “life of the party,” more “faint pulse of the potluck” — have been in her set for years, as have bits about how nobody expects anything from her because she’s so young. But the linchpin of her special came about in a totally unexpected way.

Tomlinson broke off an engagement last summer, after she landed the Netflix gig but before she taped it. As she mined jokes from her pain in that several-month span, her existing material took on a new charge. It was the accidental but ultimate proof of concept: She didn’t know what she was doing with her life. “The broken engagement feels like the turning point of, ‘I thought I had it figured out,’” she said. “I obviously don’t.”

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INTERACTION REACTION

Extroverts and introverts alike are finding imposed isolation challenging

BY DEEPTI HAJELA
Associated Press

Within days, Vicktery Zimmerman had figured out how to connect with friends and family even as she and her husband sheltered in place at their Chicago home.

There are the FaceTime calls. There’s the movie night (remote, of course) with another couple. There are plans for a game night. Whatever it takes to keep the 30-year-old self-professed extreme extrovert and public relations specialist from, as she puts it, “spinning in circles.”

Justin Zimmerman, 32, her introverted husband, is bemused — and amused — by it all.

“Now it’s become a thing where people are FaceTiming us all day, every day to say ‘Hi,’” the doctoral student said, laughing. “I’m like, ‘You really don’t have to.’”

The self-isolation designed to arrest the coronavirus’ spread has turned the tables on many who works in IT in Mount Pleasant, Mich.

My wife actually said to me last week: ‘For someone like you, this must be hell.’”

It’s been a relief for David Choi, a 34-year-old Los Angeles musician who is an avowed introvert even as the demands of professional musicianship required him to be networking and making the social rounds.

The demand to quarantine, he says, “gives you an excuse to stay home, which is what you want to do in the first place.”

The world generally has been a place where extroverts are rewarded and introverts get a little bit more.”

It was actually leery of the post-quarantine return to socializing, Kaenzig said, not looking forward to being swarmed by effusive introverts looking for hugs of greeting.

For some introverts, though, there has been a struggle.

But even in pre-virus times, there were people for whom those things were more pressure than pleasure: introverts, those who largely get their energy from inside themselves and selected interactions with people, as opposed to extroverts, who obtain it from outside themselves.

The quarantines and distancing have upended that. It’s a relief for some introverts who now don’t need excuses for why they don’t want to be out — and, equally, a struggle for extroverts seeking out social connection in a world where there’s suddenly a limited commodity.

But the quarantines have changed those assumptions, she says. While everyone shares in the anxiety and worry over the virus, the actual demand of staying home and limiting social interaction has felt like a boon to the introverts she’s spoken to.

“All of the things that make the world harder for them as introverts, the world is better for them right now. They’re adapting much more quickly,” she says.

One introvert she spoke to was actually leery of the post-quarantine return to socializing, Kaenzig said, not looking forward to being swarmed by effusive introverts looking for hugs of greeting.

For some introverts, though, there has been a struggle with the idea that staying home is a matter of government demand, that there’s no option of going to a cafe or coffee shop if they did want some human interaction.

Jackie Aina would often do just that to break up the monotony of working from home, where the makeup artist and online content creator already spends most of her time.

“Being able to go to the local coffee shop, it’s nice just to switch up the environment,” says Aina, 32, of Los Angeles.

“Now that control is being taken away,” she says. “That’s very different than choosing when and how you get to stay at home.”

And of course, for those extroverts and introverts who share homes where they are being told to self-isolate, it’s created a new level of challenge: learning to live with each other.

Extroverts have found ways to do many things remotely — video conference calls for work and school or even lunch dates and regular check-ins with loved ones over phones or computers, sometimes to the bafflement of the introverts they live with.

Jackie Hardt, 34, of Buffalo, N.Y., recently used video conferencing to have a long coffee date with a colleague or a lunch date with friends. Her introverted husband, she says, doesn’t understand that the least bit.

“It would be very hard for him to make virtual happy hour or virtual coffee,” she said. “He’d be perfectly fine not seeing his friends until this is all over. For me, that would be a lot harder.”

Through the recent days of unusually close quarters, they’ve been trying to respect each other’s needs.

“I think he recognizes I might need more interaction during the day,” she said. At the same time, she said, after several years of marriage, “I know when he needs to be quiet and be by himself. I’m trying to recognize that a little bit more.”

In light of what the world is facing, she has an idea for a marriage vow that she believes would be more apt for the times: “In quarantine and social isolation is really what they should make you promise to each other.”

It’s mind-boggling to grasp how much I need to be around other folk. My wife actually said to me last week: ‘For someone like you, this must be hell.’”

Eric Bellmore, 32, an avowed introvert, Mount Pleasant, Mich.

Eric Bellmore, an avowed extrovert, found himself yelling a greeting across the road to someone he didn’t know when he went for a jog near his home. He just wanted a moment of interaction.

“It’s mind-boggling to grasp how much I need to be around other folk,” said Bellmore, 47, whose husband sheltered in place at their Chicago home.

Eric Bellmore

Vicktery Zimmerman works from her home in Chicago March 27 during the coronavirus-related order to shelter in place.

Eric Bellmore works from his home in Mount Pleasant, Mich., March 27 while following a coronavirus-related stay-at-home guideline.

Vicktery Zimmerman

Associated Press

Friday, April 10, 2020
A hairy situation

With salons closed to curb the spread of coronavirus, amateurs are taking cuts, color into their own hands

By Leanne Italie
Associated Press

Some love playing out in a living-room hair trim. A botched home dye job with a silver lining. Stylists shipping out kits of personalized color with promises to talk their regulars through the process via FaceTime.

As the spread of the coronavirus sends more people into isolation, trips to beloved salons and barbershops for morale-boosting services and camaraderie are on hold.

While some brazenly cut themselves new bangs, turn to over-the-counter color or try picking up electric clippers and scissors to work on the heads of loved ones, others are letting nature take its course.

Memes and real-life stories are flying about cuts gone bad and the onslaught of gray hair, along with out-of-control eyebrows, sad lash extensions and overdue nail work. While such things seem frivolous in the sad and desperate crush of the pandemic, many people are reaching for rituals as emotional relief and connection to their longstanding way of life.

Mary Beth Warner in Syracuse, N.Y., has a lighthearted air about her as she hunkers down with her husband and 17-year-old son, but she isn’t laughing on the inside.

“I remember my mom used to say during the war, as long as they could get lipstick they were happy,” she said. “That’s how I feel right now about my hair.”

Warner, 63, usually travels to Manhattan for color appointments every four weeks with Frank Friscioni at Oon Arvelo Salon. He’s been doing her color (blonde) for 25 years.

She’s past her regular appointment, but rather than take on the task herself, she’s wearing a baseball cap to walk her dog until she can coax Friscioni up to her apartment on Manhattan’s Upper West Side, creating an adorable bob.

Some of her regulars are paying for their canceled appointments.

“My clients are my family,” Howell said, breaking down in tears. “It really means a lot for people to reach out.”

Howell doesn’t recommend DIY cuts or coloring using professional products that are stronger and trickier than over-the-counter varieties.

“It’s really damn hard to cut your own hair,” she said.

For others, styles are going flying about cuts gone bad and the onslaught of gray hair, along with out-of-control eyebrows, sad lash extensions and overdue nail work. While such things seem frivolous in the sad and desperate crush of the pandemic, many people are reaching for rituals as emotional relief and connection to their longstanding way of life.

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Kathy Cardenas, who shut down his salons in Las Vegas, Chicago and Carlsbad, Calif., calls the hair experiments playing out in homes and on social media a mere “15 minutes of feeling OK that could take your hairdresser up to a year to fix.”

Debra Hare-Bey, a braider and stylist in Brooklyn, said black hair, depending on texture, length and style, might pose home challenges for those used to relying on specialists. Asked how her clients are feeling now that her home business is closed until the health emergency subsides, she said: “It’s pandemonium. Pure and simple. They’ve lost their minds.”

Mylaena Sutton, 43, in Haddonfield, N.J., isn’t ready to take matters into her own hands.

“I’m an African American woman with very kinky, curly hair that tends toward being dry. I don’t relax my hair, but I do color it, and there’s no way in the world that I’m attempting that at home,” she said.

For now, she’s covering her roots with hats, headbands and “overall hiding.”

He was about a month overdue when he asked his wife, Ashley, to try the clippers.

“Huh! huh!” Ashley gasped near the end of a YouTube video they made during the process. She forgot to snap on the appropriate attachment for the clippers and carved a bald spot into the back of his hair.

“I’m sorry. I was doing so good,” she said, to which Brian replied: “It’s OK. Just cut around it and we’ll see what we can do.”
**WEEKEND: VIDEO GAMES**

**Heavy hitters**

From baseball to battle royale, the best Apple Arcade games to play this spring

_**By Harold Goldberg** _
Special to The Washington Post

The expansion of the Apple Arcade library is much slower now than around the service's launch in the fall, when I reviewed dozens of its games. And while the early excitement has waned, the games below, many new, but some older, prove that Apple Arcade continues to offer strong titles across all genres—from classics to puzzle games to retro adventures.

No matter how much social distancing or sheltering in place you're dealing with, no one can stop you from having a stellar time with your iPhone or iPad in these sundry worlds for what's still a very attractive monthly subscription price of $5.

**Butter Royale**

Butter Royale is a mildly amusing riff on the battle royale genre with 32 players online in a meltingly fast-paced, top-down food fight. Filled with puns, this Fortnite homage offers varied powerups that include hot dogs to throw and baguettes that fire like rockets. It's a breeze to play. There are no levels to ascend to, just a flat suburban surface for your five-minute game. There's no flossing, unfortunately. Then again, there are also no dreaded, potentially addicting in-app purchases.

**UFO on Tape: First Contact**

This timed, photo-taking game about a UFO invasion takes you through the historical deserts of Egypt and the jam-packed streets of neon Tokyo. As you whip around, snapping pictures of UFOs and taking videos as they zip through the skies, you'll feel a breathless exhilaration, as though you've become a photographer, discovering that the truth really is out there. Despite a corny moment or two of dialogue, this is one of the better games to play online in a meltingly fast-paced, top-down environment.

**Spyder**

Despite not being a proper arachnid, the tiny, eagery-legged robot in Spyder is a wonder — and so is the game. A '60s spy movie-inspired soundtrack sets the mood. As you move stealthily through a bunker for clues to halt the launch of a nuclear device, Spyder taps tap taps along to find answers in lockboxes and, finally, on the bomb itself as it drops from a plane. The only issue is the game engine's camera, which goes haywire in corners. In those moments, you go from feeling like a cool James Bond to a bumbling Austin Pumper.

**Ballistic Baseball**

Major League Baseball is on hold. If you don't have time to play the latest, big console sim, the over-the-top arcade nature of Ballistic Baseball is a happy, quick hit. I just love the details. For instance, when your character deals with an angry priest. When you start a game, the hand-drawn artwork is a plus, as are the loopy characters who send you on quests. With up to 50 vehicles, and meeting a variety of loopy characters who send you on quests. The hand-drawn artwork is a plus, as are the 60 different enemies you encounter.

**No Way Home**

You've landed on a bright, appealing island world of tweeting birds, Crash Bandicoot-like music and plush, giant flowers that give you wild jumping powers. As a smiling girl adventurer in this world, you try to save a Prince Rupert from the clutches of Zantorian the Dragon. You can pick from a small variety of princess characters to play as, deal with timed trials, and even go online for some hectic multiplayer play. It's properly distracting in short doses. But you may get a bit dizzy: Kings of the Castle is played from a first-person perspective.

**Down In Bermuda**

You've crashed hard on a Bermudian island, and encounter a character who's slept for 30 years. As you help the bearded, backpacking Milton, you find a glassess-wearing turtle who's trapped for 563 years. Hopping from island to island, you find orbs, solve slider puzzles, and watch Milton stop to fish on the beach occasionally. It's good, diverting fun — the beaches and ocean especially so — if you canceled your vacation due to the coronavirus.

**Pilgrims**

Created by the brilliant but sadistic minds at Amanita Design (which created the Samorost series), Pilgrims is more than a puzzle game. In it, you search to find small clues that will propel you to the next difficult encounter. With its folksy music, quirky characters and fairy-tale woodcut graphics, Pilgrims is just about perfect. And you'll most definitely chuckle when your character deals with an angry priest.

**Doomsday Vault**

This riff on Norway’s Global Seed Vault might be considered mediocre if not for its timely focus on environmentalism. It features a little being called DV Robot, who wears a Charlie Brown smile as he climbs ladders, crosses streams and moves boxes to solve puzzles in order to find and save the last plants and seeds in the world. It may sound Polyanna-like, but I gently watered my own plants each day after playing. While there's no overt message to Help The Earth in a games for change way, Doomsday Vault does indeed make you want to do more to protect the world.

**Inmost**

Inmost is a thinking person's puzzle game, oozing with dark energy. With a monochrome palette and stylish pixel technology, its ghosts and creepy goo are truly frightening. Of the three characters you follow, the big-eyed monster that “feeds on pain” is the most nuanced. It's both abhorrent and, dare I say, somehow lovable. Searching for 80 well-concealed items was a chore, but the story was big. What starts out as a tale of terror morphs into an emotional story of sacrifice by the end.

**Yaga**

On the surface, Yaga is as cheesy as a well-worn fairy tale. However, this light role-playing game is steeped in Slavic folklore that’s compelling in its simplicity. Shakespearean witches who rhyme, goats with devilish spells and thieves with pitchforks all try to foil the protagonist, a one-armed blacksmith. Add some toe-tapping folk music to heighten the action, and the game will catch you in its spell.

**Monomals**

If you remember Viva Pinata, the sweaty lurry Xbox game, you'll get an idea of the appealing, colorful palette of Monomals. Even more engaging, though somewhat jarring, is that Monomals is two games in one. First, you play as a fishing lure (and what an ingenious idea for a character it is). You wander in an underwater platformer environment, catching and piercing all you can. To get to the end of the level and you'll unlock a Mountain climbing character. That character lets you open a music-making app with seemingly infinite possibilities.

**Towaga: Among Shadows**

It’s you in a hellish environment against the demons who dare to take down the sacred temple called Towaga. In this bullet hell, you may be tempted to get lost in the art. But don't gaze too long. A barrage of monsters and minions attack with startling speed. You return the favor with a beam of killing light that powers up with spells. The myth-like sentences describing each enemy in your codex immerse you in this violent world, populated by the awesome Voidmonger. Don't be fooled by the relative ease in purifying the shrine on the first level. The next five are incredibly difficult.
M any of us are working from home now as the fast-spreading coronavirus has forced us to shelter in place. That means that many of us are working remotely in less-than-ideal ergonomic situations as we type on laptops in bed, on bookshelves, on the couch and at the kitchen table.

Staying home may be the right thing to do for the greater good, but it can be the wrong thing for your body, especially if you’re working at an impromptu desk with spouses, roommates, children and pets underfoot. As a result, many of us are feeling stiff and sore, no matter how many online yoga classes we do.

“There is a saying that ‘the best position is the next position,’” says ergonomics consultant Karen Loesing, an expert in evaluating work stations.

The key, Loesing says, is to break up the workday with stretching, walking and a variety of postures.

Here, Loesing offers 8 tips on how to stay healthy while working from home, plus some shopping inspiration in case you need to upgrade your WFH setup.

1. Desktop computer

Use your home computer so that you don’t work exclusively on your laptop. If you can work on a bigger monitor, consider purchasing one.

The monitor is the key to everything,” Loesing says. “You want to look straight ahead while you are working.”

If you can’t live without two monitors, use your laptop as a second monitor.

Adjust your monitor so that it is directly in front of you at arm’s distance (or a bit more) to your head, which is about 3 inches below the top of the monitor.

2. Riser

An inexpensive laptop riser will allow you to bring your monitor to your eye level. Books will also do the trick. Loesing recommends the Nulaxy laptop stand, $75, and the Soundance laptop stand, $34.

3. Keyboard and mouse

Invest in an external keyboard and mouse such as the Logitech K400 Plus wireless touch TV keyboard with a built-in touchpad, $26.99, or the Logitech MK345 wireless combo, $49.99.

Adjust your desk and keyboard tray height so that your keyboard and mouse are level or slightly below elbow height. Keep your shoulders relaxed and your wrists straight while operating your keyboard and mouse.

With your arms at your sides and your elbows at 90 degrees, your fingers should reach the keyboard’s home row.

4. Seating

Not everyone can afford an Aaron chair, a popular work chair that can cost as much as $1,600.

Still, Loesing says, “You get what you pay for.”

Loesing likes the Mirra 2 work chair, starting at $600 on the Herman Miller website; the Leap ($880) and the Gesture ($930) from Steelcase, as well as customizable chairs by Bodybilt and Ergocentric. Adjust the height of your chair so that your feet are on the floor, or on a footrest. Adjust the back of your chair so that the lumbar support is positioned slightly below your belt line. There should be a two- to three-finger width between the edge of your seat and the back of your knees.

Adjust your chair, whether with pillows or mechanical adjustments, so that your elbows are the same height as the desk. It’s important to mix it up a bit, Loesing says.

“If you want to sit on your couch for 15 minutes, that’s fine. One of the nice things about being at home is being able to sit and stand and mix it up,” she says. “It’s OK to go sit and work on your easy chair, but not for more than a half hour.”

Learn how to use your chair if it’s adjustable.

5. Posture

When sitting, try to recline by 10 to 15 degrees.

“Most people think, incorrectly, that they should be sitting with their back at 90 degrees,” Loesing says. A slight recline will take the pressure off your hip flexors.

“You know when you get up from a chair and you feel like you are 100 years old? That’s because your hips are tight from sitting at 90 degrees.”

6. Move

Take a walk. Do some stretches. If there is one particular part of your body that is bothering you, do some stretches for that problem area. Try to change your posture twice an hour, and aim to perform some tasks while standing throughout the day.

Use software break reminders such as Pinda Top or Stretchclock or smartphone apps such as UP or Stand Up.

Alan Hedge, Cornell professor emeritus and a noted expert on ergonomics, recommends getting up to stand and stretch every 20 minutes.

7. The desk

The average desk is 29 inches high, and most kitchen tables are even higher.

“It’s too high for everyone,” Loesing says. Raise your chair so that your elbows are the same height as the table, and place something under your feet if they are dangling. Step stools are often too high. You need a 4-inch support for your legs so that they are at 90 degrees.

8. Footrest

It’s worth investing in a footrest as sheltering in place continues.

“A lot of people perch at the edge of their chair because the table is too high,” Loesing says. “If you have a footrest, it pushes you back in your chair so that your back is supported.”
Europe is a treasure chest of great cultural monuments. But it’s also a continent filled with natural beauty—often overlooked by tourists sprinting from sight to sight, or searching for the perfect souvenir. I’ve found that a day biking in the great outdoors can be just as culturally fulfilling as time spent in a great church or art gallery. Biking through the countryside (using a town as a springboard) is extremely popular in Europe. Thanks to the laws of supply and demand, you can generally count on finding bike-rental shops wherever there are good bike-tripping options. Here are five top bike rides that can take you out of the tourist rat race and into the heart of Europe.

Belgium: For the best short bike trip out of the well-preserved Gothic city of Bruges, pedal four miles each way to the nearby town of Damme. You’ll enjoy a whiff of the countryside and see a working windmill while riding along a canal to a charming (if well-discovered) small market town. The route is a straight and level ride through Belgium’s polder—a salt marsh that would flood each spring until it was reclaimed by industrious local farmers. Your destination is Damme—one of a thriving medieval port, and then a moated garrison town, and now a tourist center. Allow about two hours for a leisurely round-trip ride and a brief stop in Damme.

Italy: Lucca, Tuscany’s most impressive fortress city, is encircled by a perfectly intact medieval wall. This Renaissance wall is also its most enjoyable attraction—especially when you’re biking around on top of it. Stretching for 2.5 miles, this is an ideal place to come for an overview of the city. The wide ramparts are made-to-order for a leisurely ride—it’s a wonderfully smooth 20- to 30-minute pedal, depending on how fast you go and how crowded the wall-top park is. The best people-watching—and slowest pedaling—is during passeggiata time, just before dinner, when it seems that all of Lucca is doing slow laps around the wall.

France: While known for its many châteaux, the Loire River valley offers much more, including wine tastings, balloon rides, graceful gardens—and towpath bike rides. Cyclists options are nearly endless since the elevation gain is generally manageable. Amboise, Chenonceaux, Azay-le-Rideau and Chinon call good biking bases and have places to rent cycles. For a convenient home base, try the city of Blois. It’s well-positioned as a starting point for biking forays into the countryside. You can cycle from Blois to Chambord—the monumental chateau of François I—in a level, one-hour, one-way ride along a well-marked, 10-mile route, much of it a bike-only lane that follows the river.

Austria: Biking is one of the most enjoyable ways to experience the famous “Blue Danube.” Bicyclists rule here, and you’ll find all the answers on how to make this river valley so popular with Austrians on two wheels. The best route starts west of Vienna in the village of Melk. From here, it’s a three- to four-hour, gently downhill pedal to the riverside village of Krems. The best biking is on the south side of the river, which has a dedicated, paved bike path the whole way; at worst you ride next to—but never on—the road. The south side is also much quieter and more rural than the traffic-ridden north side, with plenty of vineyards and small inns (Gasthoefe) in the villages along the way. If you want to see attractions on the north side, inexpensive ferries carry people, bikes and cars regularly across the river at three points (Spitz, Weissenskirchen and Duernstein).

Ireland: The Dingle Peninsula has a fantastic 30-mile loop that starts in the town of Dingle and mostly follows the Atlantic coastline. Cycling around the peninsula feels like a trip through an open-air museum; you’ll see stone cottages, ancient churches, burial mounds and standing stones—some older than the pyramids. In the nearby village of Gallarus Oratory, built about 1,300 years ago; it’s one of Ireland’s best-preserved early Christian churches. Count your blessings if you see sunshine; more than 100 inches of rain a year gives this area its “40 shades of green.” This is the toughest ride I’ve listed. It’s a demanding four hours by bike—if you don’t stop to catch your breath—and roads can be congested in summer.

When I’m traveling, I find having a bike parked in the courtyard of my hotel is a great way to fit in and literally “go local.” By biking in the boonies, you can slip your fingers under the staged culture of any destination and actually find a pulse. It’s clear to me that the more you delve into a region, the more you appreciate and enjoy it.

A virtual tour of the Netherlands

While Europe’s greatest attractions remain shut tight to visitors, opportunities to enjoy them online are as proliferate as flowers in the spring. Gardens and museums are just some of the tourist attractions welcoming visitors into their worlds with innovative approaches to making their best assets accessible remotely.

A wildly popular destination around this time of year is the Netherlands. Since it’s not possible to be there in the flesh this year, put on your wooden clogs, whip up a batch of pancakes, pour a relaxing cup of herbal tea and settle into these virtual delights. And if you’d like to see how to take a virtual stroll through the Netherlands’ spring crown jewel, the Gardens of Keukenhof, turn to page 26.

Museums

Holland’s museums are among the most highly regarded in Europe, not least the Rijksmuseum. Some 125,000 of its objects of art are now online. The museum’s Rijksstudio helps art lovers navigate by means of its numerous ready-made collections. In addition to one that points out the museum’s highlights, site visitors can pore over collections grouped by artist (Vincent van Gogh, Anthony van Dyck), theme (the Old Testament, daily life), subject (animals, tulips) or form of art (tapestry, metalwork). By setting up a free online account, one has the option to create a bespoke collection of favorites or download high-quality images of the works and get creative with them. Online: rijksstudio.nl/en/rijksstudio

By way of the Google Arts & Culture platform, the Van Gogh Museum offers a virtual tour of its premises, allowing viewers to see not only the masterpieces themselves but also the paintings hung side by side. On the homepage of the site, there’s lots to discover too, including outlines of paintings for thematic coloring sessions, lesson plans for pupils of all ages and a collection of Van Gogh’s letters. The “Unravel Van Gogh” app allows users to discern fine details such as grains of sand embedded in a painting or how the paintings must have looked before the vibrancy of the pigments faded over time. Online: unravel.vangogh.com

Escher in het Paleis is a museum in The Hague dedicated to the works of Maurits Cornelis Escher. This Dutch graphic artist is best known for his mathematically inspired woodcut and lithographs, including optical illusions and his so-called impossible constructions. In addition to scrolling through his fascinating, trippy works, the website’s “Make your own Meta Morphosis” feature allows a user to custom design a shape-shift ing graphic of his own. Online: escher.ntr.nl/en/mm

A four-mile bike ride along a canal from Belgium’s Gothic town of Bruges to nearby Damme includes a view of a working windmill.
How to shop for 2 weeks ... no hoarding necessary

ANN MALONEY
The Washington Post

Among the essential activities allowed during mandatory stay-at-home orders caused by the coronavirus pandemic is grocery shopping, but most experts agree that residents should cut back on the number of trips they make to the store as part of their social-distancing strategy.

One key to doing that is to create a list of essentials and stick to it, said Joanna Michalowska, a dietitian and doctoral candidate from the Medical University of Poznan in Poland, who worked with a team of health professionals there to create a tool — the Omni Food Calculator (www.omnicalculator.com/food/quarantine-food) designed to help people understand how much food they need for a two-week period.

“When something like this happens, we don’t know what’s going on, how to behave,” Michalowska said.

Her advice is to first do an inventory of the pantry, refrigerator and freezer. Then, create a healthy meal plan for the next two weeks. Finally, make that grocery list.

The team from Poznan demonstrated how to do this by using software designed to create a handful of healthful meal plans that emphasize lean protein, fruit, whole grains and vegetables. They debubed in items with longer shelf life. For example, you won’t find strawberries under fruit, but you will find apples.

The team then applied multipliers, so people can enter the number of adults and children in their household and calculate how much perishable, nonperishable, canned/frozen and fresh foods they might need to follow the meal plans.

You’ll be surprised at how little you need, even for 14 days,” she said, stressing that the team also wanted to discourage hoarding.

“Don’t panic-buy,” she said.

“That’s the most important thing. Think: What do you need and what will you eat? Think there are other people in this world. Other people also need these things.”

Making healthy choices is essential, she said. Predicts that many will gain weight during the pandemic. (Her meal plans include the occasional treat.)

“In Poland, at the beginning, all the pasta and rice started to disappear, but also sweets,” she said. “I was thinking, if you’re preparing for quarantine, you should have essentials, not just junk food, especially because we’re not getting as much physical activity.”

She offers these general tips for shoppers:

- Stick to the list of essentials. Prepare to vary based on availability, but don’t be swayed because an item is in stock or you see others buying it.
- Don’t overstock. It leads to waste and prevents others from getting essential items. Check the dates on perishable foods to be sure you’ll be able to consume all of it before it goes bad.
- Choose nourishing products with long-use-by dates, such as whole-grain pastas, brown rice, canned milks, seeds, grains and legumes.
- Avoid unhealthy snacks and sweets. “You will eat all of them really quickly if you stay at home,” she said.
- Buy products that you will use even after the pandemic is over. Don’t buy items that you don’t like or are allergic to just because they have a long-use-by date and are available.

The last tip is important because it doesn’t do any good to buy pounds of apples, for example, if no one in your house eats them.

“You can’t build a meal plan that is good for every person,” Michalowska said of the calculator, noting that tastes, availability and health requirements vary.

Still, she said, she hopes the calculator and meal plans can serve as a guide as people navigate strategies for staying healthy and slowing the pandemic.

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Indian Palace

Indian Palace in Wiesbaden adds variety to takeout

BY DAVID EDGE
Stars and Stripes

A
takeout food goes, Indian curry is a nice change of pace from the glut of pizza and doner kebab shops found throughout Germany.

Before the coronavirus led the country to shut down dining inside restaurants, I found an Indian place in Wiesbaden worth coming back to, and yes, they’re still doing takeout.

Indian Palace is about a mile away from the Army’s Hainerberg installation and a 10-minute walk from the Crestview housing area.

The outside of the restaurant is a nondescript storefront, with an inside that, once things return to something approaching normal, will seat about 20 people, along with a small bar. The décor is simple but pleasant.

The menu includes about 15 appetizers and 40 main courses to choose from, including 11 vegetarian dishes. For the uninitiated, a good Indian vegetarian dish has enough flavor to please most carnivores. But I prefer meat, so for starters, I ordered the minced meat samosas, though the flaky filled pastries did come in a vegetable version. The crust on the samosas was a little thick, but the minced meat was very good.

My companion ordered butter naan, the traditional flatbread found throughout the subcontinent and especially in the north. It actually reminded me of the naan I ate while deployed to Afghanistan.

Both appetizers were served with three dips: sweet mango sauce, sweet and sour tamarind sauce and a spicy yogurt sauce.

Next up was the chicken makhni, which was sliced chicken breast fried in butter and served in a mild tomato-based curry. This was possibly one of the best dishes I’ve had since I moved to Wiesbaden. The chicken was super tender and moist. The curry was a little sweet but when I mixed it with the rice, I couldn’t stop eating it.

My companion ordered lamb karahi, which included lamb chunks cooked with ginger, chili and Indian herbs cooked in a karahi pan. This dish was listed on the menu as slightly spicy, but it had several peppers on it. The sauce was deceptively hot. It was chock full of favor and the more you ate, the hotter the sauce became.

The prices were reasonable and the portions were large. I’ll be back, even if it’s just takeout for a while.

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INDIAN PALACE

Address: Schulheissstrasse 23, Wiesbaden
Hours: Tues.-Sat. noon-2:30 p.m., 5 p.m. to 11:30 p.m.; Sunday noon-2:30 p.m. and 5 p.m. to 10 p.m.; closed Mondays. Takeout only for now.
Food: Curries and other classics
Drinks: Beers from India and Germany, and a full bar with European and Indian wine selection. Fountain sodas, juice, water and coffee.
Prices: 13 to 17 euros for most meals.
Menu: German and English. Most of the servers speak English, are friendly and very helpful.
Phone: 0611-5315-862
Online: indianpalacebierstadt.weebly.com
— David Edge

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Customers wear protective masks while shopping for groceries March 20 in the Sherman Oaks section of Los Angeles.

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PHOTOS BY DAVID EDGE/Stars and Stripes

Indian Palace’s chicken makhni is sliced chicken breast fried in butter and served in a mild tomato-based curry. Lamb karahi, top, has lamb pieces cooked with ginger and herbs, made in a karahi pan.

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Tired of home cooking?

Indian Palace in Wiesbaden adds variety to takeout

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PHOTOS BY DAVID EDGE/Stars and Stripes

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PHOTOS BY DAVID EDGE/Stars and Stripes

Indian Palace’s chicken makhni is sliced chicken breast fried in butter and served in a mild tomato-based curry. Lamb karahi, top, has lamb pieces cooked with ginger and herbs, made in a karahi pan.
Take a virtual stroll

Since you can’t go to Keukenhof’s gardens, the gardens will come to you ... online, at least

By Immanuel Johnson
Stars and Stripes

Cheese markets, fields of tulips, windmills and wooden shoes are what the Netherlands is known for, but right now, you probably can’t go there to enjoy them in person. But you can visit one of Holland’s star attractions, Keukenhof Gardens, with its more than 7 million spring-flowering bulbs. All you need to visit the park is a phone or computer.

Keukenhof, with its thousands of tulip varieties and array of other flowers, is being brought to you through virtual tours led by Bart Siemerink, managing director of Keukenhof, the park’s gardener of 34 years Andre Beijk, and others.

“If you can’t come to Keukenhof, we’ll bring Keukenhof to you,” Siemerink says in a YouTube video posted March 21. More than 60,000 bulbs were planted at Keukenhof last fall, and many of them are in full bloom, Siemerink says in Dutch as he stands amid fields of tulips, daffodils and crocuses. Crouching down to cradle a vibrant red Showwinner tulip in his hand, Siemerink explains that only tulips are red at Keukenhof, and the Showwinner is the first red tulip to bloom in the park each year.

Black tulips will come into bloom in the upcoming weeks, he says. I don’t speak Dutch — the video has English subtitles.

In another video, Siemerink explains that tulips originated somewhere between Turkey and China and were brought to Holland more than 400 years ago. Beijk talks about the gardens he has worked in for more than three decades from what he calls “my favorite and oldest spot, the lake garden.” This part of the park features, as you might imagine, a lake, along with mature trees, grass that is resown every year, and, of course, tulips and other flowers, Beijk says.

“If you work here, the water brings so much peace, and that makes this part of Keukenhof my favorite,” he says. Several more videos will be posted as the season continues.

Keukenhof will not open to the public this year due to the global coronavirus pandemic, but the gardens’ future will not suffer because of this, park officials said in an official statement.

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Twitter: Manny_Stripes

The tulips are in bloom, but Keukenhof has no visitors. Because of the coronavirus pandemic, the flower garden on the outskirts of Lisse, Netherlands, will not open in 2020.

Keukenhof Gardens photos

Europe
WEEKEND: QUICK TRIPS

ON THE QT

Addresses
Video with Bart Siemerink: youtu.be/a0VXJ11AT14g
Siemerink explains tulips: youtu.be/AGhAaqV005s
Lake garden with Andre Beijk: youtu.be/CP0uUAjt4GU
Video without narration: youtube.com/watch?v=dqMAsN-NJUw
More videos are available at the Visit Keukenhof YouTube page.

Information
Online: keukenhof.nl
Telephone: +31 252 465 555
— Immanuel Johnson

INFORMATION
Online: keukenhof.nl,
telephone: +31 252 465 555
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Longing for a return to travel

By Julie Pace
Associated Press

For the first time in years, we’ve put our suitcases away. Flights have been canceled. The shared Google calendar where we tracked each other’s travel schedules is empty.

For my husband and me, travel has been a constant of our more than decade together. Long multi-country trips with American presidents on Air Force One and weeks spent in political battleground states for Monday through Thursday consultant travel and, more recently, quick trips to a new employer’s London headquarters for him.

It’s often stressful, just as often exhilarating. The suitcases on the bedroom floor in a half-unpacked, half-packed state meant the prospect of discovering a new destination or returning to a familiar locale. Business trips offered the chance to find a place worth returning to just for fun.

The world seemed small, accessible. And I know how lucky we were to feel like it was.

Now, those same places seem so distant, so out of reach. And they quite literally are, with stay-at-home orders spreading and travel restricted to all but the essentials as the world strains to control the spread of the fast-moving coronavirus.

For us, the changes came slowly at first. My husband’s trip to San Francisco was scrapped as northern California grappled with an outbreak. Then the SXSW conference in Austin, Texas, which draws hundreds of thousands of people each year, canceled.

My last hope was a one-night trip to New York for a business dinner. I could wipe down the Amtrak seat with a disinfectant wipe, I figured.

Then my company restricted nonessential travel, and my business dinner didn’t make the cut. The next day, we all began to work from home.

Now our world actually is small, centered around our compact city house with its postage-stamp-sized backyard. Forget planes and trains; we’ve driven our car once in nearly three weeks.

Still, just a few weeks into this new reality, I find myself longing for the world. Not any place in particular. Simply the ability to be out in it.

When I make my midday escape for a walk around our neighborhood, I keep looking to the sky to see how many planes I can spot flying overhead. We’re just a few miles away from Reagan National Airport. But on most days, I’m lucky if I spot one.

At night, I scan the news and find myself pausing to scroll through photo galleries of iconic locations around the world, many of them places I’ve visited. At first, there’s something eerily beautiful about the empty scenes at the Eiffel Tower or St. Peter’s Square, the desolate streets of New York and San Francisco.

Then it’s simply sad.

And I think to myself: Some day we’ll go back.
The mind that’s locked down by a stay-at-home coronavirus order may yet roam online. Looking for something to satisfy your intellectual curiosity, tame a couple of homebound students or maybe provide an enticing look at a destination in Japan you’ve been meaning to visit? Virtual tours online are in vogue this season, and Japan has several worth your time.

For one, the National Museum of Western Art in Tokyo is a world-class museum that ranks with the Musee d’Orsay in Paris, the National Gallery in London and the National Gallery of Art in Washington, D.C. They all have links on the Google Arts and Culture website.

The Tokyo museum in Ueno Park offers a video primer on western art by the curator, Shinsuke Watanabe, and associate curators that expound upon a sample of art in the museum collection. They deconstruct the methods, interpretations and themes of paintings and artifacts from Europe of the 15th to 17th centuries.

The museum is the only institution of its kind in Japan devoted to western art. Founded 61 years ago, it was built around a collection acquired by Kojiro Matsukata, the former owner of Kawasaki Dockyard Co. Ltd., now Kawasaki Heavy Industries.

After finishing primary schools in Japan, Matsukata attended Rutgers College, now Rutgers University, in New Jersey, where he played football, and Yale University, where he earned a law degree.

The shipbuilding business made Matsukata a wealthy man, and with his fortune he acquired thousands of works of art, many Japanese woodblock prints but also oil paintings and artifacts from European galleries during his visits there in the late 1910s and early 1920s, according to the museum website.

Just prior to World War II, Matsukata left about 400 works of Impressionist art and sculptures by Auguste Rodin in France, which confiscated them as enemy property toward the end of the war. However, the French government returned most of the artworks to Japan by 1959 “as a sign of the renewed amity between the two countries,” according to the museum. Those artworks, the Matsukata Collection, became the seed for the National Museum of Western Art in Tokyo.

Online, through Google Arts and Culture, art aficionados can take a virtual tour of the museum and through “curator’s talks” learn something about 11 pieces of art from Japanese curators whose short lectures are translated into English.

Watanabe starts the presentation with a 16th century painting by Titian and his workshop, “Salome with the Head of John the Baptist.” Associate curators take up works by Pieter Brueghel the Younger, Peter Paul Rubens and gold rings from the 17th century, among other pieces.

The western art museum tour is the starting point for a tour of many similar institutions that may turn you into a global art connoisseur.

—— Joseph Ditzler

ON THE QT

DIRECTIONS
Go to the Google Arts & Culture website and search for The National Museum of Western Art. When the results appear, click on the topmost panel, the one labeled “partner.” On the next page, look for the Online Exhibit, curator’s talks, parts 1 and 2, in English.

INFORMATION
Online: nmwa.go.jp/en/; artsandculture.google.com/partner/the-national-museum-of-western-art

—— Joseph Ditzler

Top: “Salome with the Head of John the Baptist,” by Titian and his workshop, is the first work of art discussed in an online presentation by of the National Museum of Western Art collection in Tokyo.

Left: This 17th century fedor ring of enamel and gold is in the collection of the National Museum of Western Art in Tokyo.
How to cancel, update or make new travel arrangements for Tokyo Olympics in 2021

Natalie B. Compton  
The Washington Post

The International Olympic Committee announced that it has postponed the start of the Tokyo Olympics to July 23, 2021, and of the Paralympic Games to August 24, 2021, because of the coronavirus pandemic. The worsening outbreak, along with measures to prevent its spread — such as social distancing, stay-at-home orders and increasingly severe travel restrictions — affected Olympic athletes’ training and made the 339-event spectacle no longer tenable this year in Tokyo, whose metropolitan area is the world’s largest by population.

“In the meantime, we will strengthen our efforts to encourage travelers to visit Japan as soon as it is safe to do so,” Naohito Ise, executive director of the Japan National Tourism Organization in New York, told The Washington Post in an email. “This means that many travelers may still be able to visit Japan this fall, and can certainly continue to plan trips for 2021.”

Airlines may not be forthcoming with this information, so travelers may need to request a cash refund explicitly.

The rules are different for those who booked flights through third-party sites, although many of those are adjusting their policies as well. Those policies will differ from company to company, so check their websites and contact a customer service agent for further assistance (but note that wait times may be much longer than normal).

If all else fails, travelers can try to get a refund for their ticket through their credit card company.

“Depending on the card, the company will fight for a refund on your behalf,” Andrea Sachs reported for The Washington Post. “Document all of your communications. For instance, take screen shots of your DMs and online activity with the airline, and any extras you may have purchased, such as a seat assignment.”

How do I reschedule flights?

Now that the Games have officially been pushed back, some travelers are stuck with summer plane tickets to Tokyo that they never want or need to fly.

During the pandemic, many airlines are allowing customers who booked directly with them to reschedule flight reservations without charge fees, or exchange flights for airline credits to be used at a later date. That means travelers looking to attend the Olympics in 2021 can rebook their Tokyo flights without financial penalty.

According to federal regulations, travel agencies should get cash back for their ticket if the airline cancels their reservation as long as it’s a flight to, from or within the United States, regardless of airline.

“If your flight is canceled and you choose to cancel your trip as a result, you are entitled to a refund for the unused transportation — even for non-refundable tickets,” the U.S. Transportation Department website reads. “You are also entitled to a refund for any bag fee that you paid, and any extras you may have purchased, such as a seat assignment.”

How do I reschedule lodging?

Japan has a wide range of accommodation options for Olympics travelers, from Airbnbs to rustic guesthouses, luxury hotels, capsule hotels and more. Each accommodation type will have its own policies regarding canceling or rescheduling lodging.

For hotel reservations, contact the property to find out your options. Some hotels, such as Hoshino Resorts, which operates nearly 40 properties throughout Japan, are allowing travelers to postpone reservations for up to a year.

Marriott International hotels are allowing guests “with guest reservations for any future arrival date, including reservations with prepaid rates that are typically more restrictive,” to change or cancel a reservation without a fee up to 24 hours before check-in, “as long as the change or cancellation is made by June 30, 2020.” (Exclusions, however, may apply.)

Meanwhile, as with flights, online travel sites may have altered options for changing your hotel reservations.

“If you’ve booked your hotel through an online travel agency like Orbitz or Travelocity, good news is canceling or changing plans has gotten a lot easier with new online tools that let travelers cancel plans online or in the app,” Med Dohmen, senior manager of communications and public relations for Expedia Group, told The Post in an email.

It’s not yet clear whether coronavirus-related policy changes made for immediate reservations will apply to bookings later in 2020.

What does this mean for my Olympics tickets?

According to the Tokyo 2020 website, if you already bought tickets but cannot attend on the new dates, your tickets will be refunded.

Beyond that, it’s not totally settled. Reuters reported that the Tokyo Olympics organizing committee was still considering the status of purchased tickets for the 2020 Games; the site says that, “in principle,” 2020 tickets would just “be valid for a new date.”

What about my other day trips and tickets for that week?

Travelers who had booked additional tourism activities in Japan during the Olympics, such as day trips and sightseeing excursions, should check with the activity providers. Out of precaution, many tours are being canceled during the pandemic anyhow. Some popular tour operators, such as Get Your Guide, are offering full refunds or future credits for canceled bookings.

What if I didn’t plan to attend but want to in 2021?

Attending the Olympics is a bucket-list travel experience for millions of people around the world. So, despite the unsettled landscape, travelers interested in attending the Games in 2021 should make reservations ASAP, says Nori Akashi, from the Tokyo Tourism Representative Office.

“Many people book trips to Tokyo/Japan a year ahead (or even earlier) if they are trying to go in high seasons for cherry blossoms, festivals, etc.,” Akashi told The Post in an email. “The travel arrangement for the Olympics would not look any different.”

In light of the pandemic’s impact on travel, people may want to book room rates or flights that include free cancellations.
Plan ahead

The world is your oyster, but at the moment, there’s no lustrous pearl inside. Until travel returns, spend your time organizing the best vacation ever. Here are 10 things you can do.

BY CATHARINE HAMM • Los Angeles Times

1 Figure out who’s going
Whether the family, you and your siblings or some other collection of folks, check whether there are dates that won’t work. If you’re going solo, congratulate yourself and skip to Step 2.

2 Set a goal
Gather your group — even if virtually — and figure out what each of you wants from your respite. It’s critical to find out who wants to lounge undisturbed on the beach for a week and who wants to do the equivalent of study abroad. If this doesn’t go well, maybe some folks should go one way and some another.

3 Choose your destination
A beach vacation may sound simple, but California has more than 400 public beaches. Which one of the thousands will work for you? A learning trip can be any place you choose; what’s a favorite and what are the risks?

4 Decide how much you want to spend
Start saving. How much can you set aside? You don’t want to rely on credit cards. A vacation savings account is one of the most important girders in this construction.

5 Begin expense calculations
If you’re driving, figure your mileage, miles per gallon and the cost of gas. Go to AAA Gas Prices. Flying? Start perusing airfares. Lodging, meals and incidentals? See the federal government’s per diems for international travel and U.S. travel in the Lower 48 and in Alaska, Hawaii and the territories.

6 Add up hidden fees
Do you need insurance? If you need to board a pet, pay someone to bring in your mail and check on the house, park at the airport or a cab or rideshare, figure in those costs. Unless you’re tent camping or staying with family, calculate tips, and don’t forget the housekeeper. Figure in transportation at your destination.

7 Begin your bookings
A travel adviser (don’t call them agents) can help with complex vacations. But if you prefer to do it yourself, save the details of each transaction. Keep meticulous records. Consider using a planning app (TripIt is one), but many people also like to keep paper records as a backup.

8 Buy insurance, but be careful
Because coronavirus is now a known event, you probably won’t be covered if you want to cancel your trip, unless you have cancel-for-any-reason insurance. Read the fine print, talk with an agent and find out whether a travel provider’s default is covered.

9 Begin studying your destination
Keep track of attractions and restaurants you’ll want to visit. Consider a loose daily itinerary. Check the weather so you pack correctly (you are making a list of outfits you can put together out of what you’re packing, right?); if going abroad, study up on what is considered inappropriate dress at your destination.

10 Make sure your documentation is current
If you’re traveling internationally, check passport expiration dates; know that some countries require that you have as much as six months left on your passport. (Go to country information at travel.state.gov.) Find out whether you need a visa. For now, domestic flyers do not need to worry about having the federally compliant driver’s license or other acceptable identification to board a plane. President Donald Trump has postponed the implementation, which was to have been Oct. 1.
10 tips to remember your vacations more easily

How can you keep your travel memories alive? You can start by incorporating these tips into your travel routine long before you head out the next time. Some are as easy as planning a meetup with locals who know the lay of the land; others are about collecting information you can use when you return home. Here are 10 ways to enhance your photo memories:

1. Create a written itinerary and build on it
   That itinerary you created with flight times and hotel reservation codes is the first step in your process. Keep amending and adding to it as your trip goes on. Store it on your phone, laptop or Google Docs. Scribble down restaurant names or picnic locations for your meals. Pubs and bars, too. Take a quick photo of each place to record the location.

2. Give yourself time to make those memories
   As you’re building that itinerary, ensure you have time to take photos. On road trips, I used to cover 300 or 400 miles a day. Now I aim for 200 because I want to stop for an hour if a great-looking roadside diner pops up. Or a rainbow. Or a lonely road twisting into the distance. Those are some of my favorite pictures.

3. Include a class or meetup in your plans
   Then keep in touch. Not every trip yields a new friendship that will endure. But if your itinerary includes a cooking class, photo meetup or on-the-spot language brush-up, you connect with more people. If it feels right, collect email addresses and social media contacts. If nothing else, you can send them a photo or two that you didn’t share on the spot.

4. Grab coasters and hotel stationery (or take photos of them)
   I stuff those things into my carry-on bag almost as a reflex. Also, I’ve never smoked, but I have dozens of matchbooks from travels in the 1980s and ‘90s because their graphics, colors and shapes are tangible reminders of certain settings.

5. Snap photos of people you meet (with their permission)
   That way, you won’t come home with images only of what you ate and the loved ones you hung out with. The next time you’re eating in a restaurant, don’t just take a photo of your plate. Ask if you can take a picture of the waiter delivering the food. It’s easy to interact with only your travel mates and the guide. Don’t get lazy.

6. Keep a journal and/or be diligent with social media posts
   But not too diligent. The point is to have an experience, not justify yourself on Instagram. If you can draw a bit, sketch a few things. Even if the results are lousy, the process will help you slow down and soak up the scene. The photographic version of this is using a tripod. It demands deceleration.

7. Collect as much caption info as you can
   Do this as you’re taking the pic. Things can blur if you’re traveling among small towns or similar landmarks. Get place names so you can reconstruct your route. Thanks to mobile phones and Google maps, this is getting easier.

8. Organize your photos within a month of return
   Preferably within a week. I suggest organizing by year and location. Then back them up someplace other than your phone or the cloud. I suggest an external hard drive. That said, Apple’s and Google’s most common image management software can be very helpful. (The app is called Photos in both cases.) I make a folder for every year, and within each year I have folders for each trip, labeled by month and destination. I mark the best 10% of the images with stars and usually disregard or delete the rest. I mix video clips with stills, but some people separate them. I’m moving my archive into Adobe Lightroom Classic, which combines an organizational framework with powerful image-editing options.

9. Print your favorite travel photos
   If you’re a digital native, you share pictures with your phone or laptop and keep a few favorites as screen savers. All good. But there’s old-school power to putting pictures on the wall. If you take the time (and expense) to display travel images in your home, you’ll be reminded of those trips more often. Costco, Shutterfly, Bay Photo and many other companies will print your digital images in all sorts of formats and mail them to you.

10. Repeat yourself
    That is, don’t bore your friends with the same travel stories. But if you have loved ones who shared those adventures with you — then, yes, tell, retell and retell again. That’s how you keep them alive. In fact, through some miracle of human psychology, those stories get better every time.
Brandy Clark's breakup album allows her creative freedom

By Kristin M. Hall
Associated Press

When singer-songwriter Brandy Clark went into the studio to record her next album, many of her songs reflected on the breakup of a 15-year relationship. Musically, she was divorcing herself of the notion that she was just a country singer.

“All I ever saw myself as was a country artist because most of my influences were country,” said the 44-year-old singer from Morton, Wash. “But in this record, I guess I just kind of took the handcuffs off of myself.”

Clark has co-written big hits for Miranda Lambert (“Mama’s Broken Heart”), The Band Perry (“Better Dig Two”) and Kacey Musgraves (“Follow Your Arrow”) on top of releasing her own critically acclaimed and Grammy-nominated albums. On Clark’s previous records, her country songs were primarily character driven, full of observant details about the lives of ordinary people that Clark either knew or imagined. But on “Your Life Is a Record,” which came out in March, Clark reflected inward not only on her breakup, but her career in country music as well.

“The country radio door didn’t swing wide open for me like I would have loved for it to,” said Clark, who is among the many female artists who have struggled to gain traction in country radio in recent years. “I’m just gonna make a record that is the most creative record I could make.”

She started by restricting herself in the studio to acoustic instruments and a small trio of musicians. Those included multi-instrumentalists Giles Reaves and Jedd Hughes and her producer Jay Joyce. They added a cinematic flair to the songs of loss and love with help from Memphis strings and horn musicians, orchestrated by prominent Stax Records session musician Lester Snell.

“When you think of those horns and strings, to me it starts to feel big,” Clark said. “And Jay did a really good job of pulling me back because my instinct was to sing harder.”

Influenced by the soulful R&B sounds of the classic 1970s record “Dusty in Memphis” by Dusty Springfield, Clark whispers her desires on songs like “Love is a Fire,” backed by delicate swirls of strings and tinkling pianos.

One of Clark's longtime songwriting partners, hit country songwriter and producer Shane McAnally, said that Clark went looking for more universal themes about relationships for this record. They co-wrote “Love Is a Fire,” and “Who Broke Whose Heart.”

“I just don’t know anybody who is better at telling a story with just a few words,” said McAnally. “She’s serving the song and the story, and then she gets out of the way.”

Folk icon John Prine, who died Tuesday, inspired her to write the song “Who You Thought I Was,” after he remarked at an Americana awards show that “I’m John Prine, but I’d like to go back to being who you thought I was.”

But one of the biggest left turns on the record is a duet with Randy Newman, famous for his Oscar-winning film compositions and wry musical songs. Clark pitched a song she wrote called “Bigger Boat” to Newman, who agreed to do it if he could cut out a curse word. “He said, ‘I changed that line. I don’t want to say that word, and my line is better anyway,’ ” Clark said with a laugh.

The song is full of the witty, sarcastic and subtle political lyrics that Newman has made all his career, as well as a number of references to films like “Titanic” and “Jaws.”

“A lot of my stuff is heavy,” Clark said. “And so you need those little moments of levity. My philosophy is, life is a dark comedy.”
Adam Schlesinger wrote great songs – and helped us get why we loved them

By Alyssa Rosenberg
The Washington Post

“You can take all the novels in the world,” argued Alex Fletcher, the washed-up singer-songwriter played by Hugh Grant in the 2007 romantic comedy “Music and Lyrics,” “and not one of them will make you feel as good as fast as: ‘I’ve got sunshine / On a cloudy day.’”

Alex was stating a general principle about the value of pop music. But he could have been talking about musician and songwriter Adam Schlesinger, who wrote many of the best original tracks for “Music and Lyrics,” along with other movies and television shows, and who co-founded the bands Fountains of Wayne and Ivy. Schlesinger, who died of complications from COVID-19 on April 8 at age 59, had a gift for making his listeners feel good, that fast.

Schlesinger is probably most famous for “Stacy’s Mom,” a horny, goofy and totally infectious hit from Fountains of Wayne’s 2003 album “Welcome Interstate Managers.” Reviewing the record for Pitchfork, Mark Martelli pondered whether Schlesinger and his bandmates were making music that was too much fun for listeners’ good. Fun wasn’t the only thing Schlesinger had on that album: “Bright Future in Sales” is a brutal takedown of corporate life, while “Hackensack” is a dreamy lament from a boy left behind by his famous sweet-heart. And his sharply tuned ear for both catchiness and emotion meant that Schlesinger could do something rare: He wrote songs that were not only wonderful but also could help you understand what it was that you loved about an entire genre of music.

Schlesinger first employed that talent in “That Thing You Do!”, the titular song for Tom Hanks’ directorial debut about a one-hit wonder band from Erie, Pa. The track is pure nostalgia for the pop music of 1964, and it shows just how powerful the combination of repetition, innuendo and innocence that powered early Beatles songs can be. The song never clarifies what “that thing you do” is, leaving space for the listener to fill in the blank. But the sense of yearning it evokes is immediately, universally familiar.

No one needs to make the case for pop anymore. But Schlesinger didn’t stop there: He had the musical intelligence to see what was compelling in genres of music that other people derided, and a respect for the power of pop that made him strive for greatness, wherever others might have slacked off.

“Josie and the Pussycats,” the 2001 movie about the girl band from Archie Comics, is entirely disposable. The songs Schlesinger wrote and produced for it are not. “ Pretend to Be Nice,” a lament by a girl whose boyfriend takes her for granted and constantly tears her down, balances perky arrangement with a real sense of exhaustion and derivation.

For “Music and Lyrics,” Schlesinger saw through the bad, and the sexed-up merchandising of ’90s stardets like Britney Spears and Christina Aguilera, and he wrote songs that acknowledged the emotional acuity that makes those genres so appealing. The lyrics “I need inspiration / Not just another negotiation” may be sung by the movie’s flaky teen pop goddess, but they’re a succinct and mature statement of what a good relationship looks like.

And Schlesinger’s musical voracity was most obvious in his work on “Crazy Ex-Girlfriend,” a show for which he wrote or co-wrote songs that channeled everything from Cole Porter to New Jack Swing and from Filipino karaoke to Cole Porter to New Jack Swing and from Filipino karaoke to Motown. Rachel Bloom, who co-created and starred in the series, described him as “irreplaceable.”

Schlesinger made us happier and smarter. Now that he’s gone, all I can hear is the silence left behind.
For new memoir, ‘More Myself: A Journey,’
Alicia Keys looks to the past to find herself

**BY MESFIN FEKADU**
Associated Press

A s a young woman growing up in the 1980s and ’90s in New York City’s Hell’s Kitchen — “the name was exactly accurate for what it looked like, what it felt like,” as Alicia Keys recalls it — the budding musician born Alicia Cook would purposely wear baggy clothing and Timberland boots as she walked to and from the one-bedroom apartment she lived in with her mother.

She didn’t wear bright colors. She didn’t wear her hair in a way that would warrant attention. She wouldn’t even paint her nails. A self-proclaimed tomboy, part of Keys’ look was her own preference. The other part — the major one — was for her own protection.

“There were pimps and prostitutes everywhere. There were those XXX-theaters everywhere. Besides that, heroin addicts, crack addicts, drug addicts — those streets were filled with all those people and all those situations,” Keys told The Associated Press in a recent interview. “As a young woman, I definitely learned early how to call the least attention to myself possible. How could I get through those spaces unnoticed?”

“In order to do that, I was definitely not about having some bright clothes on or some short skirt on or some long nails on,” she added. “I’m very much the antithesis of what I had to do in order to be separate from that space that I was walking in.”

It worked, and allowed Keys, the daughter of a single mother, to take trains in the city to school and to play music unbothered while her mother worked long hours. It’s just one of the many telling stories the Grammy-winning superstar shares in her new book, “More Myself: A Journey.”

“These are the stories that I’ve been telling,” Keys said. “They’re all so important to me. They’re all so important to my journey. They’re the journey of me as a young woman and my mother as a young woman and my grandmother as a young woman.”

“More Myself” takers readers from Keys’ childhood to her breakthrough debut in 2001 to where she stands now — on the heels of her seventh studio album “ALICIA” (out May 15) with a multi-dimensional career and a strong family life with hubby-musician Swizz Beatz and two kids.

She spent the past two years writing the book, taking time to deeply reflect on her life and bare it all. She opens up about her mother wrestling with the decision to keep her child after finding out she was pregnant after just briefly dating Keys’ father, and decades later, Keys learning she was already four months pregnant with her second child, and her own decision to keep the baby even though she said it came at “the worst time ever” since she was working on a new album and her husband had gotten into Harvard Business School. She also said she had been drinking a lot.

In “More Myself,” she also uncovers her songwriting process; her interactions with legends Stevie Wonder and Prince, who critiqued her sound at one of her shows; and her tumultuous relationship with producer Kerry Brothers Jr., who worked on Keys’ first four albums, including the hits “Diary” and “No One.”

She also recalls feeling burnt out after releasing her sophomore album; her tumultuous relationship with her father; first meeting her now-husband when they were teenage musicians; and even fielding questions about her sexuality early in her career.

“How many times do you actually look back on things and have enough space between it to realize how it affects what you’re doing now, or whatever you want to start to do now? Honestly, I feel really good. Even the timing of this all, with where we are on the planet, feels right. It feels like the right conversation,” Keys said. “I want people to get into it. We’re all on that journey. It’s my personal story, but it applies to everybody.”

Keys credits her mother, who at 19 left Toledo, Ohio, to pursue her acting career in New York, and the piano gifted to them with helping her fall in love with music, and wanting to take it on professionally.

Keys even dropped out of Columbia University, forgoing a scholarship, to pursue her career and first record deal at, famously enough, Columbia Records. But things didn’t work out and she eventually parted ways with the label.

Later, she signed with Clive Davis and his J Records label imprint through Sony. Davis wrote Oprah Winfrey about his new signee and asked her to book Keys for her top-rated talk show. After watching Keys perform, she did.

Almost 20 years later, Winfrey and Keys are close friends, and “More Myself” is being released through the media icon’s An Oprah Book imprint via Flatiron Books.

“I feel like a mother, sister, friend to her. I feel in many ways the kind of kinship, admiration and adoration that Maya (Angelou) felt for me, I feel toward her. I feel it from the very first moment that she hit that key on my show and she did ‘Fallin’. I was in awe of this young woman,” Winfrey said.

“It’s not until actually reading her book that I knew that we were such real kindred spirits. In reading her book, I feel and see so much of myself in her story, even though it’s not the same story. I’m hoping that other people will see the same.”

Winfrey is one of the famous faces, and friends, who help introduce the chapters in “More Myself”; other participants include Keys’ parents, Swizz Beatz, Michelle Obama, Bono and Jay-Z.

“Her whole story is about a woman learning how to fuel the flames of her own heart’s desire. So that when she says, ‘This girl is on fire’ — that is coming from a real truthful space,” Winfrey said. “I’m so happy with the way that it turned out.”
Author’s focus on pandemic feels prescient

BY SUZANNE BERNER
Special to The Washington Post

What could be more suspenseful right now than the question of whether a virulent disease released into the world, can be contained? In a time filled with unprecedented crises and coincidences, another arrives in Chris Bohjalian’s most recent novel, “The Red Lotus,” which delves into biologically engineered pathogens and the possibility that profiteers and unscrupulous laboratory scientists have created a plague for sale.

Bohjalian specializes in well-researched, topical thrillers with complex plots and flawed but principled heroes struggling with some of the world’s most intractable problems. His 21 novels have involved homelessness, animal rights, human trafficking and genocide, to name just a few; and almost always count on her husband, Terry McMillan;

Since each one is the “Mysterium dogs” is one of the “Mysterium dogs” retriever, is no ordinary dog. He makes first contact with an alien species of creatures that look like salamanders and it all goes horribly wrong. The violence is captured on video, and now Earth is at war.

In her third book of essays, the honest and self-deprecating Irby muses on everything from rats as laboratory scientists have created a transformative. Raised in a volatile home by a drug-dealing brother, Cal, who protected her as stability in life has been her older brother.

The long periods of isolation and vast space take their toll, and also they soon struggle with their tasks and patience with each other. It becomes difficult for them to interact without deepening the franz and hostility. It doesn’t help that even after all this time, the enemy’s motives remain a mystery.

The Familiar Dark
Amy Engel
Eve Taggart, a waitress in the impoverished town of Barren Springs in the Missouri Ozarks, knows firsthand how love can be transformative. Raised in a voluntary home by a drug-dealing single mother with a “penchant for casual violence” and a string of boyfriends, Eve has managed to be topical in a way she could not have predicted.

In alternative medicine, from midwifery, several have also focused on ethical issues such as the use of placenta and forensic pathology, to name just a few. Nevertheless, they are as intelligent as human beings. The Mysterium dogs stay in touch with each other telepathically. One day, Kipp hears a strange murmur that seems to come from a human boy. The boy seems to need help, so Kipp goes to find him.

Kipp is picked up by Ben Hawkins, a good-hearted novelist and former Navy SEAL. Hawkins follows the dog’s unsubscribed directions and delivers Kipp to the boy’s home some 90 miles away.

And just in time, too. The boy, Woody Bookman, and his widowed mother, Megan, have just been terrorized by one of the evil people intent on killing them. Why? Woody has found evidence, or his father didn’t die from a freak accident. He was murdered.

Kipp learns all this from Woody, who can communicate with Mysterium dogs, and plots to defeat the villains. “Devoted” has every mark of a classic.

Wow, No Thank You
Samantha Irby
In her third book of essays, the honest and self-deprecating Irby muses on everything from the pressure of caring for the children at all costs to the pressure of caring for the children at all costs to the pressure of caring for the children at all costs. Alexis’ of friends are available any time and her blog, Bitches gone Home.

When she sees the shopping list while having a panic attack while trying to make a bunch of stuff off her American wish list and into the main cart. Despite her rise in star status, though, her fresh, unique writing is as raunchy and relatable as ever.

“Wow, No Thank You” is Irby’s exploration of life as a full-grown adult, navigating questions like “do people clean their roofs or does the rain just take care of it?” and having a panic attack while identifying his body at the morgue? And were those really cat bites on his fingertips?

Meanwhile in Vietnam, Quang, a police captain, deduces that Austin’s death might be linked to the death of a Vietnamese food chemist and a fire at her lab, which happened around the same time. To further complicate matters, we keep receiving detailed dispatches about rats as disease carriers from a mysterious first person source, speaking in italics. We are also reminded, periodically, that Alexis still has those Psych gel.

I’m not giving away much of the story as it seems: The plot becomes labyrinthine as we move back and forth between New York and Vietnam. But with “The Red Lotus,” she has managed to be topical in a way he could not have predicted.
Enduring the test of time

Star Trek’s Data defies both death, age in CBS All Access’ ‘Picard’

BY MICHAEL SHERIDAN
New York Daily News

I
n the final frontier, no character ever really dies. Just ask Brent Spiner. In 2002’s “Star Trek Nemesis,” the actor bid farewell to the character of Data when the beloved android was blown up after saving Captain Jean-Luc Picard and the crew of the USS Enterprise.

Time travel nearly 20 years later, and Ol’ Yellow Eyes is back playing opposite Patrick Stewart in the CBS All Access series “Star Trek: Picard,” which premieres Friday on AFN-Spectrum.

“It was certainly unexpected,” Spiner told the Daily News as the coronavirus kept him self-isolated in Los Angeles.

The 71-year-old said he was initially reticent to reprise the role because he feared that, after 18 years, he couldn’t pull off a character who doesn’t age.

“I am too old to play the part,” he said bluntly.

That fear was nullified, however, when he was assured it would protect a couple from a crime family in Costa Rica. Stars Billy Zane, Randy Couture and Edi Patterson.

“The Rhythm Section”:

A grieving woman (Blake Lively) seeks revenge after a premeditated attack on a plane kills her family. Out on DVD and Blu-ray April 28.

— Katie Foran-McHale/TNS

NEW ON DVD

“Just Mercy”:
Young, idealistic Harvard Law grad Bryan Stevenson (Michael B. Jordan) moves to Alabama after spending a summer internning there and witnessing a taste of the massive disparities and racism of its criminal justice system. With the help of a local woman, Eva Ansley (Brie Larson), he establishes the Equal Justice Initiative and sets out to help those on death row fight for their lives. One of those prisoners is Walter McMillian (Jamie Foxx), a black man who was wrongfully accused of murdering a white woman. (The film is based on Stevenson’s memoir, “Just Mercy: A Story of Justice and Redemption.”) McMillian is incredulous, as Stevenson has only just begun to experience the threatening uphill battles created by those in local power.

Director Destin Daniel Cretton and director of photography Brett Pawlak deftly put the audience into the claustrophobic discomfort the men face, physically and mentally. They offer an empathetic lens into how their traumatic injustices add up, often leading to perhaps the most devastating kind of imprisonment: within one’s wounded mind.

Although the dialogue tends to hit the typical legal docudrama beats a little too hard and a little too on the nose, leaving the characters feeling somewhat superficial, the film is most effective in the quiet moments in which the audience can sit with the vast, tragic implications of what Stevenson, McMillian and others are facing.

“The film portrays the ferocious resistance of some people to the possibility that this man had nothing to do with the crime,” wrote critic Kenneth Turan in his Los Angeles Times review. “And that’s when ‘Just Mercy’ is at its best.”

Also available on DVD

“Underwater”:
After an earthquake damages their trench facility, a team of researchers struggles to get back to the surface safely. Kristen Stewart, John Goodman, Willem Dafoe andper.

“Criminal Minds: The Final Season”:
The long-running hit CBS procedural crime drama comes to an end.

“Final Kill”:
A mercenary must protect a couple from a crime family in Costa Rica. Stars Billy Zane, Randy Couture and Edi Patterson.

“Fantasy Island”:
As guests at a tropical resort must uncover a mystery to leave a remote island, their paradise turns into a nightmare. Look for it on DVD and Blu-ray May 12.

“X-Men: Days of Future Past”:
A time-traveling X-Man (James McAvoy) returns to the 1970s to persuade his younger self not to go through with a plan that will have dire, unforeseen consequences. Out on DVD.

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By Michael Sheridan

New York Daily News

It was surreal. I hadn’t looked at Captain Picard and I hadn’t looked at Data in 18 years, and there we were looking at each other again.”

Brent Spiner
Data in the Star Trek series

It was the chance to work once again with Stewart.

One of the first scenes the two filmed together for the show had Data and Captain Picard playing a game of poker in a re- created set from “Star Trek: The Next Generation.”

“It was surreal,” Spiner said. “I hadn’t looked at Captain Picard and I hadn’t looked at Data in 18 years, and there we were, looking at each other again.”

The reunion was emotional for both him and Stewart, he said.

“There were many different feelings going on,” he said. It was “odd, and emotional and wonderful and strange; it was all of the above.”

Of course, as unique as it was for the two actors to reunite on the small screen in these iconic roles, the two have always remained close. In fact, the entire “Next Generation” cast has famously maintained a close-knit relationship for more than 30 years.

“We do actually get together fairly often,” Spiner said. “If not all of us at the same time, we all see each other individually quite a bit.”

What’s the secret to their friendship? Laughter.

“When we were doing the series, we were on sound stages almost every day for almost 10 months, and we laughed all day long,” he said. “We all amused each other, and we still do, and that’s gone a long way, and I think we’ll all probably be friends forever.”

Like that friendship, Spiner believes Star Trek, too, will endure the test of time.

“I think Star Trek will go on forever,” he said.

“It was surreal. I hadn’t looked at Captain Picard and I hadn’t looked at Data in 18 years, and there we were looking at each other again.”

Brent Spiner
Data in the Star Trek series

Jean-Luc Picard (Patrick Stewart) and Data (Brent Spiner) meet again in the CBS All Access series “Star Trek: Picard,” which premieres Friday on AFN-Spectrum.

‘It was surreal. I hadn’t looked at Captain Picard and I hadn’t looked at Data in 18 years, and there we were looking at each other again.’

Brent Spiner
Data in the Star Trek series

It was the chance to work once again with Stewart.

One of the first scenes the two filmed together for the show had Data and Captain Picard playing a game of poker in a re-created set from “Star Trek: The Next Generation.”

“It was surreal,” Spiner said. “I hadn’t looked at Captain Picard and he hadn’t looked at Data in 18 years, and there we were, looking at each other again.”

The reunion was emotional for both him and Stewart, he said.

“There were many different feelings going on,” he said. It was “odd, and emotional and wonderful and strange; it was all of the above.”

Of course, as unique as it was for the two actors to reunite on the small screen in these iconic roles, the two have always remained close. In fact, the entire “Next Generation” cast has famously maintained a close-knit relationship for more than 30 years.

“We do actually get together fairly often,” Spiner said. “If not all of us at the same time, we all see each other individually quite a bit.”

What’s the secret to their friendship? Laughter.

“When we were doing the series, we were on sound stages almost every day for almost 10 months, and we laughed all day long,” he said. “We all amused each other, and we still do, and that’s gone a long way, and I think we’ll all probably be friends forever.”

Like that friendship, Spiner believes Star Trek, too, will endure the test of time.

“I think Star Trek will go on forever,” he said.
Couples in quarantine

More time together putting stress on marriages

By KEVYN BURGER
Star Tribune (Minneapolis)

I was thinking we could adopt a routine, "we're all at home," said Joanne Moffitt, with a teasing tone in her voice.

"That's a no," replied her husband, Les.

Had the coronavirus not erupted, the Moffitts, Minn., couple and their two children would be on a spring break trip to the Grand Canyon. Instead, they're home, spending more time together than they have in 15 years of marriage.

"I think this is great. Now I have a sous chef," said Les, who does most of the cooking.

"I do know how to chop," said Joanne, adding, "I cleaned the oven yesterday. That's a first."

Typically they are tag team parents, turning turns supervising kids' homework and bedtime rituals around their work schedules. Joanne, 44, is a dental hygienist who routinely works evenings, and Les, 43, a high school teacher, is often away on weekends at matches with the quiz bowl teams he coaches.

But now, like millions of couples, the Moffitts must navigate a new reality, one that requires them to be together 24/7.

They've settled into a routine, with the peak of their energy being a 9 p.m. Zoom meeting with about a dozen Navy friends from the comforts of their respective homes. But on the other hand, my instincts tell me that the novelty of video conferencing will wear off quickly.

Before the pandemic, I was already spending too much of my day looking at screens. As a writer who works primarily from home, I stare at my laptop for hours typing, searching for interesting topics. Googling relevant words, answering emails and submitting articles.

"It's actually a treat for me do yard work, run errands or take long walks so I can focus on things that are more than 15 inches from my face."

After the pandemic hit, I thought my job wouldn't change much. But then, everyone started saying "zoom," and I was suddenly spending more time on the computer than ever before.

Via Zoom, I've shared cocktails with hometown friends while binge-watching Season 3 of "Ozark." I've caught up with Navy friends from the comforts of our respective couches. I've attended an impromptu family reunion. I've participated in Zoom staff meetings for my part-time library job, pets and babies included.

Frankly, I'm already annoyed.

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NEW YORK TIMES CROSSWORD

KEEP THE CHANGE
BY RICKY CRUZ / EDITED BY WILL SHORTZ

1. Company often cited in business studies about disruptive innovation 10
2. Hevan County s ____ Beach 10
3. Waiter in the 2015 news 5
4. Dog show 7
5. Dresser’s __________ sections 9
6. Cherry, for one 5
7. College town in Iowa 5
8. Units in linguistics 5
9. False horn 7
10. Home to the Alhambra 10
11. Confused 7
12. The invaders in Space Invaders, in brief 10
13. Things held up in the ear 5
14. Nobel and Politzer winner Mottissao 7
15. Part of a mission 5
16. Unfavorable 8
17. Some coolers 5
18. Surgeon’s tool 7
19. Sloop 8
20. “30 for 30” network 10
21. Lab noise 5
22. Lazy ____ 9
23. Relied on one else 5
24. [That knocked the wind out of me!] 9
25. Free offering from a cafe 9
26. Certain colors in printing 5
27. Beyonce’s role in 2019’s The Lion King 10
28. Having as a hobby 10
29. Not good luck 10
30. ____-Tiki 10
31. Blue lighting against theaters 10
32. Kind of visual puzzle 10
33. What to do with each line in this puzzle’s two shaded areas 10
34. Location in the Beach Boys’ Kokomo 10
35. Dog days of winter 10
36. House-half in the Harry Potter books 10
37. Any one of the Magi, to Jesus 10
38. Cousin of Inc. 12
39. Mount ____ much-hiked peak in Yosemite 10
40. Not hide one’s feelings 10
41. Apparel brand 12
42. Drama component 12
43. Site for handmade goods 12
44. Introduction 12
45. Kick off 12
46. World Cup cry 6
47. 2007小幅La Croix 6
48. Hero of a Virgin epic 5
49. Bit of raised land 5
50. Someone with all the desired qualities 6
51. Curving 6
52. “How, grace” 9
53. “Leave it be” 10
54. The Entertainer (actor and comedian) 10
55. Food discharged 6
56. The circled letters in the second shaded area 6
57. Ink container 6
58. Went unused 6
59. Manage to bave the ball before time expires 6
60. Dispense with (gynecology) 6
61. Hopeless from the start, simply 7
62. Job seekers’ needs, in brief 7
63. Egg maker 7
64. Long stories 7
65. The Golden Finished of the Mid-American Conf. 8
66. Jazz’s Fitzgerald 8
67. Cartoons character who works at the Krony Krab 8
68. Vim and vigor 8
69. Articles of apparel that’s an anagram of other articles of apparel 8
70. Lengths of time between moons 8
71. Point out 9
72. Crime of disappointment 9
73. Full disclosure 9
74. Roof part 9
75. Supporting 9
76. Somewhat 9
77. “That didn’t work!” 10
78. Fool moved 10
79. Earnings 10
80. Sights in the Jerusalem skyline 10
81. One of six in Shahri’s logo 10
82. Over 11
83. Bit of raised land 11
84. Direction in a film script 11
85. ___-bro 11
86. Long stories 11
87. Comic book: onomatopoeia 11
88. Big whoop 11
89. A/C spec 12
90. Even so

RESULTS FOR ABOVE PUZZLE

GUNSTON STREET

“Gunston Street” is drawn by Basil Zaviski. Email him at gunstonstreet@yahoo.com, and visit gunstonstreet.com.
By KRISTIN M. HALL
Associated Press

FACES

Lynn: Bond with Cline still strong

Patsy Cline and Loretta Lynn only knew each other a short time before Cline's death at the age of 30, but the friendship formed between two trailblazers of country music is enough to fill a book. Lynn's new memoir, "Me and Patsy: Kicking Up Dust," which was released Tuesday, chronicles their bond as pioneering artists, as well friends who leaned on each other.

"We were two bad ones. We'd be out on the road and, around, we'd probably both be in the pen," said Lynn, 87, while laughing in a phone interview from her Tennessee home.

Cline, one of the most powerful and recognizable voices in country music, took the Kentucky singer-songwriter under her wing in the early '60s. The two became quick friends, bonding over their lovers, their marriages and motherhood. At the time they knew each other, Cline was reaching the peak of her career, while Lynn was rising to fame.

"I couldn't believe that there were so many young people around by men in the business that I love so much," said Lynn, who wrote her favorite series moments and souvenirs they gained from the show includes her relationship with Nolan Gould, who played her sibling Luke. Winter calls Gould "one of my best friends. He really is the little brother that I never had and that I love so much."

Souvenirs, anyone?

Julie Bowen (Claire Dunphy) spent a fair amount of off-camera time in a hallway that mostly served as a waiting area for scenes shot elsewhere in the Dunphy house. Cast photos decorated the walls, along with paintings of birds that Bowen requested as a keepsake. The artwork "had so much to do with that set, and being there and feeling at home," she said.

Great job, great memories

Whether high school seniors believe it or not, there's more and better relationships and experiences ahead of them, said Eric Stonestreet, who plays Cameron Tucker. But Stonestreet finds it hard to believe that's the case after graduating from "Modern Family": "We had a full-blown utopia, where we had a great group of people. We worked with professionals at the top of their game. And it's going to be hard to re-create that."

Jesse Tyler Ferguson, who plays Cam's partner and eventually husband Mitchell Pritchett, said it was the convergence of reality and fiction that resonated for him. In a "Modern Family" scene, Mitch is seen watching news footage that included his real-life spouse (actor-producer Justin Mikita) demonstrating for legalized same-sex marriage in California. "It felt very much a circle moment. ... I couldn't believe that I got to be married in real life, and then later I got to get married again on TV in front of millions of millions of people. It felt very important."

"It was the combination of being critically acclaimed as well as popular that made for a heady mix," Lloyd said. "There's crazy mile-stones, like when Mitt Romney was running against (President Barack Obama) and they both stated it was their favorite TV show. That doesn't happen very often.

Ariel Winter (Alex Dunphy) says what she gained from the show includes her relationship with Nolan Gould, who played her sibling Luke. Winter calls Gould "one of my best friends. He really is the little brother that I never had and that I love so much."

"Modern Family" memories

Series finale prompts tears, nostalgia from cast

The group crying began after the final scene of the last episode of ABC's "Modern Family" was taped — with the notable exception of Ed O'Neill, who plays patriarch Jay Pritchett.

"I said, 'No tears?'" recalled his co-star, Jesse Tyler Ferguson. "He said, 'you know what?". Things hit me in a really weird way. I'll be getting a facial in two weeks and, all of a sudden, I'll burst into tears. And the only thing I took from that is, 'Ed gets facials!'"

After 11 seasons, the "Modern Family" actors and creators port our community in this time of crisis.


ABC

BET plans starry television special

DJ Khaled, Charlie Wilson, Chance the Rapper, Kirk Franklin, Fantasia and Melvin Crispell III are slated to perform in a special BET show that will assist people of color in dealing with the coronavirus.

"Saving Our Selves: A BET COVID-19 Relief Effort" broadcast special will air state-side April 15.

The special will be hosted by singer and actress Kelly Rowland, TV personality Terrence J and actress Regina Hall. The special will give up-to-date information and drive viewers to needed resources.

"Every day, there are new reports of how this pandemic is killing African Americans at much higher rates than other communities," said Scott Mills, BET president. "BET is using all of our resources - our capital, our media platforms, our relationships with the creative community, sponsors, businesses and charitable organizations to support our community in this time of crisis."

Reporter writes book on Melanie Trump

A Pulitzer Prize-winning reporter for The Washington Post has written an unauthorized bi- ography of first lady Melania Trump. Mary Jordan's "The Art of Her Deal," which draws upon more than 100 interviews, comes out June 16.

"The picture is one of a woman who was always so steady, so ambitious, so deliberate, and who plays the long game," according to an announcement Wednesday from Simon & Schuster. "Melania Trump, the only key people who speak publicly for the first time and never-before-seen documents and tapes - The Art of Her Deal paints a surprising portrait of a determined immigrant and the first lady she had before she met Donald Trump."

Other news

"Tiger King," the Netflix documentary series about big-cat trainer who goes by the name of Joe Exotic, has become the runaway hit of the global pandemic, attracting 34.1 million U.S. viewers in the first 10 days after its release. The program debuted March 18, and much of America was hunkering down under coronavirus stay-at-home orders. The series, a reality TV producer and longtime "Saturday Night Live" music supervisor, died Tuesday. He had symptoms consistent with those caused by the coronavirus, but he had not been diagnosed. He was 64.


erika Berman, 38, who pro-duced hit TV comedies such as "Full House" and "Perfect Strangers," was found dead Tuesday while working as a Broadway producer, died Sunday of complications from heart disease. He was 94.

Allen Garfield, a veteran character actor in classic 1970s films like "The Conversation" and "All the President's Men," died Tuesday of complications from the coronavirus. He was 80.

From wire reports
Blunt Sanders wasn’t viable, but he’d be missed

BY NICHOLAS GOLDBERG

Never supported Bernie Sanders. I believed this year, just as I believed in 2016, that he could not win a general election campaign against a Republican presidential candidate, and that, if by some miracle he did win, he wouldn’t be able to fulfill the broad, sweeping, transformative promises of his utopian campaign.

But now that he’s getting out of the race, I already miss him.

Who else will say things like this?

“Not only is it a moral outrage, but it is an ... insubstantial situation when three people in America own more wealth than the bottom half of American society.”

“Health care in America should be a right, not a privilege.”

“If you work 40 hours a week, you should not be living in poverty.”

“Our message to the fossil fuel industry, in this country and around the world, is that they are not able to profit more than the bottom half of American society.”

“In America should not go bankrupt because they have cancer or heart disease, because that is a moral outrage.”

Each of these statements is true, obvious and unapologetically stated. And it is no accident that Sanders used these terms. They are the moral currency of his campaign.

But despite his popularity on college campuses, he never persuasively showed that he could raise a big enough army for the job. Perhaps he didn’t have the necessary discipline and devotion for the job. Perhaps he never really intended to do it. Perhaps he certainly can’t start a revolution, and pounding on the podium won’t make it so.

In 2016, when he visited the Los Angeles Times editorial board, he said he was not sure he could accomplish his ambitious agenda when he was sitting across the table from Senate Majority Leader Mitch McConnell, R-Ky., and the members of his recalcitrant Republican caucus. Sanders responded: “How do we win? How do we take them on? You take them on when you say, ‘Hey, Mitch, look out the window. There’s a million young people out there now. If you want to vote against this legislation, go for it. But see and some of your friends probably will not have your seats next election.’”

If only it were that easy. Nor was I persuaded that Sanders could beat President Donald Trump, because his radical politics seemed likely to scare off the moderate and swing voters and independents needed to win the election. A cowardly way to decide how to vote? Maybe. But for me, as for so many Democrats, defeating Donald Trump, our worst president in modern history, is the highest priority.

Certainly if Sanders had been elected, his poetry would have gone way to prose, as concessions and compromises became necessary to get anything at all done in D.C.

But the poetry mattered. It was exhilarating to hear him talk. No one else cut to the heart of things in an unflinching way. No one. I just don’t think he’ll be missed. Only.

Nicholas Goldberg is an associate editor and op-ed columnist for the Los Angeles Times.
What newspapers are saying at home

The following editorial excerpts are selected from a cross section of newspapers throughout the United States. The editorials are provided by The Associated Press and other statewide syndicates.

In November, all in US might be in Wis. voters’ position

The San Jose, Calif.

We must not only save our nation’s residents from the pandemic, we must save their democratic rights.

The Wisconsin primary debacle on Tuesday highlights just how far the Republican Party is willing to go in disenfranchising voters in the middle of a health emergency — and that the highly partisan U.S. Supreme Court majority is willing to enable the decision.

Let this serve as a warning of the danger ahead in the November election. It’s highly likely that the threat of the coronavirus will not be over by then. Yet, 16 states don’t even offer balloting from home as an option for all voters — and congressional Republicans are opposing funding to help change that.

There are states like Wisconsin, where Republican lawmakers backed efforts to delay the primary voting while the nation’s high court overturned reasonable deadlines for sending absentee ballots to voters who had not received their ballots in time.

As we said before, everyone eligible to cast a ballot should be able to do so by mail, especially in the middle of a pandemic. While we hope that the coronavirus will be under control by November, we shouldn’t count on it.

Moreover, we should be prepared for an extended presidential campaign with lots of people turning out at the polls difficult or impossible. As Wisconsin demonstrates, we’re not.

For decades, the GOP strategy has been to suppress voter turnout. Now President Donald Trump is talking openly about it as he seeks to undermine any claims about voter fraud. Last week, he complained about Democratic vote-by-mail proposals in Wisconsin and threatened to sue. “They want to steal this election,” he said.

That, if you ever agreed to it, you’d never have a Republican elected in this country again,” he said.

The political. The Republican political strategy seems to hinge on depressing turnout. The party carried that to an extreme with the Wisconsin recounts that insisted on holding the primary election despite a statewide order to stay at home to stop the spread of COVID-19.

Wisconsin was the only one of 12 states that conducted in-person primary voting in April. The state GOP there is battling to elect a conservative state Supreme Court justice to a 10-year term.

Republicans, who control the Legislature, argued without evidence that Democrat Gov. Tony Evers had sought. The result was the chaos the nation witnessed.

That, like a normal mail-in election, involved long and limited polling locations for voting. There were only five Milwaukee locations to vote.

The confusion was compounded by delays in fulfilling unprecedented numbers of requests for ballots, which have swelled in tens of thousands of voters not receiving them in time. Consequently, a federal judge ordered the deadline for returning them extended by six days.

On Monday, a divided Supreme Court on Monday blocked that.

By a 5-4 vote, with the high court split along ideological lines, the majority ruled that the postmark deadline for returning the ballots would remain Tuesday.

“The Court’s order, I fear, will result in massive disenfranchisement,” wrote Justice Ruth Bader Ginsburg for the minority.

“A voter cannot deliver for postmarking a ballot she has not received. Yet tens of thousands of voters who timely requested ballots are unlikely to receive them by April 7, the Court’s postmark deadline.”

S ituation’s a warning of the danger ahead in the November election.

Democrats are blaming the Supreme Court for endangering public health. That’s not what this is.

On Monday, the justices reversed a district judge’s last-minute order that would have extended Wisconsin’s ballots to cast for the election and that the election was legally over.

The confusing episode is a reminder that, even in a pandemic, steps as grave as rewriting voting rules should be up to elected representatives and not freelanced by judges.

Wisconsin planned to mitigate the coronavirus threat with an increase in vote-by-mail so fewer people would need to leave their homes. The Democratic National Committee sued to force the delay of the election.

Last Thursday, a federal judge denied that request.

Instead of receiving ballots by April 7, the courts needed to extend the deadline. Yet instead of receiving ballots by next Monday, April 13. After apparently realizing that this could distort the election process by allowing Tuesday’s results and results to influence votes, the judge issued another order banning the state elections committee from reporting any results before April 13.

The Republican National Committee asked the U.S. Supreme Court to intervene, and five justices agreed that the district judge was outside his authority. His remedy, they said, would “fundamentally alter the nature of the election by allowing voting for six additional days after the election,” they wrote in an unsigned opinion.

The Supreme Court decision came an hour after the Wisconsin Supreme Court overturned then-Gov. Tony Evers’ effort to unilaterally postpone the election. Through March, Evers, a Democrat, had indicated the election should proceed and issued an executive order compelling polling places from his mass-gathering ban.

Yet liberal pressure built in recent days as the pandemic kept the threat of the coronavirus.

In January, millions of Americans got the opportunity for the first time to request a diverse menu of options for voting. The risk was that multinational companies collect and use personal data.

The result was the chaos the nation witnessed.

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Eugene Sheffer Crossword

ACROSS
1 Mexican snacks 58 Signing need
6 Nap site 57 You'll get a
9 Cover 56 Opposite
12 Bit of grass 55 of paleo-
13 Exist 54 Mrs.
14 Big bird of 53 Madrid
Australia 52 Make melancholy
15 Earth Day month 28 Daisy Mae's
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Yesterday's Cryptoquip: SPECIAL FAVOR THAT PEOPLE ARE SHOWN IF THEY HAVE BECOME VERY MUSCULAR: BRAWNY POINTS.

Today's Cryptoquip Clue: V equals K

Friday, April 10, 2020

THIN ICE MIGHT BREAK Beneath you or it MIGHT NOT, with CONSEQUENCES EithEr, ABSENT OR HARSH.

YOU KNOW WHAT'S WRONG WITH THIS ROOM?

NOT ENOUGH OF ME IN IT. THAT'S WHAT.

ARE YOU TESTING YOUR FAKE CONFIDENCE?

NO, I'M JUST CRACKING WIDE ABOUT THAT.

Hey neighbor Bob, just came over to remind you to stay at least six feet away from me for your own safety.

This is the woman who used to make fun of how mom for having a kid that blanked them for twenty years straight.

But today it occurred to her: what if she was earning it?

WHAT IF SHE DIDN'T WANT ME TO SEE THAT CORONAVIRUS BUT NOT BECAUSE?

AN EARLY MORNNG IN THE SERENCE? IN 1964

41 — Lingu s
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44 Author Wiesel
50 Meryl of film
47 Capital of Lithuania
49 Separated
52 First lady?
54 Look (into)
55 French article

4-10

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Sponsored by IAL
Olympians train stranded public

**By James Ellington**
Associated Press

DUSSELDORF, Germany — Moving from the track to the living room, many athletes around the world are doing their bit to boost public health during the coronavirus pandemic.

There’s been an explosion of athletes offering free online fitness classes and tips to an audience isolated at home.

It helps others keep fit, and especially for sports like track and field, it’s a way to stay relevant in a year without the Olympics.

“The onus is all now on the parents and for kids you’re stuck in whatever space you’ve got at home,” former marathon world record holder Paula Radcliffe, who is preparing an upcoming online class for World Athletics, told The Associated Press.

“So it was just trying to make that a fun way to get everybody active together and try to restore a little bit of normality.”

Radcliffe previously organized family running events to keep people active. Now that more people are at home, she’s taking the initiative online.

World Athletics, the governing body of track and field, has been left with an empty schedule as meets around the world have been cancelled. But it has had a wealth of online exercise tips and educational resources, particularly aimed at children.

Radcliffe, other Olympic athletes involved include two-time 100-meter champion Shelly-Ann Fraser-Pryce of Jamaica, who is reading her children’s book, and 2012 hurdles champion Sally Pearson of Australia, leading a prenatal workout class.

The trend spans sports and countries. England cricket player Jos Buttler has been demonstrating pilates exercises on Instagram with his wife Louise.

Sometimes he’s even done it in full gear, with helmet, pads and bat.

In Germany, world long jump champion Malaika Mihambo led an after-school sports club for young children. Now she’s taking it online, with daily German-language YouTube workouts packed with motivational chat for her “world champions.”

“Even when parents try hard to keep the general uncertainty away from their children, everyone has finely tuned antennas and sense something like that anyway,” Mihambo said on the German track federation website. “If I can make my little contribution to putting a bit of structure in their everyday lives in this time, to make them enthusiastic about sport, then I’m happy to do that.”

Spanish soccer coaches and American football athletes have joined in, too, while the Slovakian football federation published a video showing Jan Gregus, a midfielder with Minnesota United in Major League Soccer, doing a playful routine. Copying his high-energy mix of abominable exercises and ball tricks will challenge anyone stuck at home.

Radcliffe said athletes can adapt during the pandemic. “It’s not easy, thanks to the resilience many have built up during their training options are limited by injuries.”

It’s the not-so-fun side as if you’re injured. You focus on doing what you can do to maintain, so that when you can come out and compete, you compete well and build on that base,” she said. “The world’s a bit topsy-turvy right now and we’re all just trying to focus a bit on what we can do to help everybody else get through it.”

AP sports writers Kareem Janssen in Prague and Steve Douglas in Sundsvall, Sweden, contributed to this report.

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**Scoreboard/Virus Outbreak/Soccer**

Inaugural MLS game was filled with promise

**By Anne M. Peterson**
Associated Press

Before the inaugural Major League Soccer match, a group of San Jose Clash players went to a local restaurant for some pregame bonding. Four of them threw up after the meal, but it had nothing to do with the food, recalled Eric Wynalda.

“It was just the nervousness,” he said. “These were guys that had never played in a professional game. We were just starting to feel in the country, he said, about how to happen, that we were going to be playing a game that the world was going to be watching.”

Wynalda scored the first — and only — goal back on April 6, 1996, when the Clash hosted D.C. United in the inaugural Major League Soccer match. The nationally televised event attracted a sellout crowd of 31,635 to Spartan Stadium. Monday marks the league’s 25th anniversary as well.

Then-United coach Bruce Arena said the game was important for what it represented.

“I recall that the league, how proud we were when ‘The Star-Spangled Banner’ was played and they introduced teams. It was something we all waited for, for many years, to have a professional league back in the country,” said Arena.

Actor Andrew Shue, who starred on the TV series “Melrose Place,” performed the coin toss.

Shue was actually a good player and appeared in five games for the LA Galaxy in the league’s inaugural year.

Wynalda’s goal in the 87th minute gave the Clash the victory on the warm evening.

“I’m just so glad that I scored and we finished that game 1-0 and it didn’t give all the haters an opportunity to say, ‘Oh look, socer’s boring, 0-0,’” Wynalda said.

“It was a wonderful moment and it really was the kick-start,” said From The Associated Press story at the time: “Wynalda, who earlier had failed to convert two good scoring chances, dribbled through two defenders and slammed a shot with his right foot past Washington’s goalkeeper, Jeff Causer, and into the corner of the net.”

It went on: “Most of the sloppy play was at midfield and there were few good scoring chances, giving ammunition to critics who charge soccer does not have enough offense to succeed in the United States.”

Wynalda played in three World Cups and scored 34 goals in 106 appearances with the U.S. team over a 10-year span. A National Soccer Hall of Famer, Wynalda now coaches the Las Vegas Lights of the USL Championship league.

Jeff Agoos, now a senior vice president of competition for MLS, was a defender for D.C. United in the inaugural game. Agoos went on to a 10-year playing career in the league.

“I give Eric an incredible amount of credit for what he was able to accomplish in the end. Do remember at the end of the game, in the shower and out of our locker room, feeling obviously disappointed in the result,” Agoos said. “But I felt like the worst outcome we could have had was a 0-0 game, and that everybody had complained about soccer as boring. What Eric did, and what the team did, was that the Clash was able to bring up the kids who had to come back. They wanted to see another game. And we really created a specialty as if you’re injured. You focus on doing what you can do to maintain, so that when you can come out and compete, you compete well and build on that base,” she said. “The world’s a bit topsy-turvy right now and we’re all just trying to focus a bit on what we can do to help everybody else get through it.”

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**Pro soccer**

**Mls**

**Eastern conference**

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NBA players’ access to workouts varies widely

**By Steve Megargee**
Associated Press

MILWAUKEE — Giannis Antetokounmpo is spending much of his time during the coronavirus-imposed hiatus working out, helping care for his newborn son and playing occasional video games. What the reigning MVP isn’t doing very often is shooting baskets since the NBA has closed team practice facilities.

“I don’t have access to a hoop,” the Milwaukee Bucks forward said last week during a conference call. “A lot of NBA players might have a court in their house, something. I don’t know, but now I just get my home workouts, (go on the bike, treadmill, lift weights, stay sharp that way.”

The hiatus is forcing thousands of athletes, pro and otherwise, to work out from home as they try to keep in shape. Equipment varies from player to player, too.

“It all comes down to what they have and what they’re capable of doing,” Atlanta Hawks coach Lloyd Pierce said. “We can do a lot of body weight stuff. That’s how they stay ready. That’s the most I can offer as a coach for them to stay ready. I can’t say ‘Hey, can you find access to a gym?’ That would be bad management on my part.”

For instance, Pierce said Hawks guard Kevin Huerter has access to a gym in New York and guard Jeff Teague owns a gym in Indiana.

Other players face different situations.

“I’ve seen LeBron’s Instagram,” Pierce said of Los Angeles Lakers superstar LeBron James. “LeB-ron has a house with a full weight room and he has an outdoor court. He’s got a different reality right now than what gives him a little more access to continue the normal. (Hawks rookie) Cam Reddish lives in an apartment and it’s probably a two-bedroom apartment. He can’t go in the apartment weight room because it’s a public facility. So he’s limited in all things.”

Bucks coach Mike Budenholzer said he wanted his players to focus on keeping their bodies in shape and conceded that logistics would make it tougher for them to do any basketball-specific activities.

Bucks players said team officials have made sure they all have the necessary exercise equipment. An-tetokounmpo noted the Bucks also had a catering company bring food to make sure they maintain a proper diet. Center Brook Lopez said workout plans have been sent to them via a phone app.

Los Angeles Lakers small forward LeBron James, left, has a home gym and access to a court to help keep him in shape, but Atlanta Hawks head coach Lloyd Pierce, right, said other players vary widely in their access to a court and workout equipment during the NBA’s coronavirus hiatus.

LOS ANGELES — Instead of preparing for a playoff run, LeBron James is mostly spending the spring playing hoops with his teenage sons and enjoying tea time with his young daughter.

And when he isn’t watching “Tiger King” with his wife, he is scanning the news for information on whether the coronavirus pandemic will allow the Los Angeles Lakers to finish their implosive season chasing an NBA championship.

James is still optimistic about the Lakers’ future, but he also knows safety comes first.

“I don’t think I’ll be able to have any closure if we do not have any opportunity to finish this season,” James said from his home Wednesday.

The Lakers were cruising toward their first playoff berth since 2013 when the NBA season was suspended March 11. They have the Western Conference’s best record at 49-14, leading the second-place Clippers (44-20) by 5½ games and trailing only Milwaukee (53-12) in the overall league standings.

The Lakers did it following a thorough roster turnover last summer headlined by the arrival of Anthony Davis. They also pers-pired that the new system, playing along with the death of franchise icon Kobe Bryant in a helicopter crash in January.

“I have some satisfaction on what our team has been able to do this year (with) a first-year coach, first-year system, a whole new coaching staff, bringing on so many new pieces (and) bringing in Anthony. I honestly didn’t think that we would be able to come together as fast as we did, just having so many new pieces and that bringing in Anthony. He spent seven years in New Or-leans, so he was coming into a new system, playing along with myself, and how we would be able to come together? I thought it would take a lot longer than it did, but I was wrong. I was very wrong about that.”

And then all that good work abruptly stopped four weeks ago. Two unidentified Lakers players subsequently tested positive for coronavirus, but the Lakers say James and his teammates are all healthy after they completed their 14-day quarantine.

James will be deeply disappointed if the Lakers don’t get a chance to test themselves during a playoff run, yet he realizes what’s most important.

James initially expressed re-

Waiting game: LeBron wants to finish season

**By Greg Beacham**
Associated Press

Los Angeles Lakers superstar LeBron James is doing weekly meditation sessions now says he is up for anything that’s safe and smart.

“If it’s in one single, isolated destination, if it’s Las Vegas or somewhere else that can hold us and keep us in the best possible chance to be safe, not only on the floor but also off the floor as well, then these conversations will be had,” James said. “Once this thing gets a good handle on it and the people in the higher ranks un-derstand it, if they know we are safe, then we can make the next step.”

James is doing weekly medita-

on, but says his mental state is outstanding, thanks to his family. He has frequently spoken about missing time with loved ones during the grind of the NBA season, so he is enjoying this intensive to-

getherness with his kids.

“They wake up every day in a positive mind frame,” James said. “Maybe one reason is they’re not actually in school, so I let them get to sleep in a lot more now. But also they’re just so appreciative of life. ... Just being able to see my kids wake up with that posi-

This week featured the NBA.

MILWAUKEE — Giannis Antetokounmpo is spending much of his time during the coronavirus-imposed hiatus working out, helping care for his newborn son and playing occasional video games. What the reigning MVP isn’t doing very often is shooting baskets since the NBA has closed team practice facilities.

“I don’t have access to a hoop,” the Milwaukee Bucks forward said last week during a conference call. “A lot of NBA players might have a court in their house, something. I don’t know, but now I just get my home workouts, (go on the bike, treadmill, lift weights, stay sharp that way.”

The hiatus is forcing thousands of athletes, pro and otherwise, to work out from home as they try to keep in shape. Equipment varies from player to player, too.

“It all comes down to what they have and what they’re capable of doing,” Atlanta Hawks coach Lloyd Pierce said. “We can do a lot of body weight stuff. That’s how they stay ready. That’s the most I can offer as a coach for them to stay ready. I can’t say ‘Hey, can you find access to a gym?’ That would be bad management on my part.”

For instance, Pierce said Hawks guard Kevin Huerter has access to a gym in New York and guard Jeff Teague owns a gym in Indiana.

Other players face different situations.

“I’ve seen LeBron’s Instagram,” Pierce said of Los Angeles Lakers superstar LeBron James. “LeB-ron has a house with a full weight room and he has an outdoor court. He’s got a different reality right now than what gives him a little more access to continue the normal. (Hawks rookie) Cam Reddish lives in an apartment and it’s probably a two-bedroom apartment. He can’t go in the apartment weight room because it’s a public facility. So he’s limited in all things.”

Bucks coach Mike Budenholzer said he wanted his players to focus on keeping their bodies in shape and conceded that logistics would make it tougher for them to do any basketball-specific activities.

Bucks players said team officials have made sure they all have the necessary exercise equipment. An-tetokounmpo noted the Bucks also had a catering company bring food to make sure they maintain a proper diet. Center Brook Lopez said workout plans have been sent to them via a phone app.

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While the world wrestles with the coronavirus pandemic, the three biggest U.S.-based sports leagues currently affected by the crisis are trying to figure out if, how and where games can be safely played again this year.

The NBA, NHL and Major League Baseball have some similar constraints. Public and player health are the most pressing issues and any decisions would have to come with widespread federal, state and local support. But there are also individual challenges for each league, which have unique schedules and playing arrangements that could affect logistics.

All three have discussed the possibility of essentially quarantining their players in cities for long periods to play games in a safe environment.

Dr. Patrick Mularoni, who is the medical director of sports medicine at Johns Hopkins All Children's Hospital, says it's possible, at least on paper. "You'd have to completely isolate the players, staff, coaches, medical staff and likely food-service workers until 14 days. They'd all have to be willing to do that," Mularoni said. "And the logistics of having that number of people not make a mistake is the difficulty there. But once you do that, if they are all together and working together, once they're together, you should be fine because essentially what you created is an oasis where people who have proven that they do not have COVID can be."

A Q&A prepared by some AP's beat writers on where leagues are with their plans:

**NBA**

Q: If safe, how would play resume and when?

A: The NBA is looking at countless restart options, but a consistent theme throughout them calls for a training camp of at least two weeks for teams to get back into some sort of basketball shape. It would seem likely that teams would be quarantined at that time. No decision has been made about whether to resume some of the regular season or go right into the playoffs, and NBA Commissioner Adam Silver has said his league won't decide anything definitively until at least May.

Q: Where would games be held?

A: The idea of having one or two sites for games has been discussed, with Las Vegas and Los Angeles among them. The league has explored several possible sites, for preparation purposes, but has not entered into any concrete deals anywhere.

Q: Would fans be allowed?

A: Almost certainly not, at least not at first, unless social distancing guidelines are lifted and public health officials say it is safe.

Q: Could they shorten the playoffs?

A: Absolutely. The best-of-seven format could be abandoned for a best-of-five or possibly less, though the NBA seems adamant at this point that — if the season is going to resume — it wants an legitimate a champion as possible.

Q: What other precautions would the NBA take?

A: The ball itself could be a major issue. NBA players sweat, and sweat a lot. That sweat gets on the floor, gets on other players, but the one thing in the game that everyone is touching is the same ball.

— Tim Reynolds in Miami.

**NHL**

Q: If safe, how would play resume and when?

A: The NHL could target a late June or early July resumption of the regular season or beginning of the playoffs. League officials, coaches, general managers and players expect at least a two-week training camp before resuming play. If the NHL goes directly to playoffs, either 16 or 24 of the 31 teams would likely be involved.

Q: Where would games be held?

A: The NHL would like to use home arenas but is also considering hundreds of places to hold games at neutral sites, if need be.

Q: Would fans be allowed?

A: It would take CDC and Public Health Canada clearance for large gatherings for fans to be allowed.

Q: What would be among the upsides in resuming play?

A: The playoffs could be the most competitive, with teams icing nearly complete rosters, given most players dealing with injuries will have had time to heal. NHL's two key broadcast partners, NBC and SportsNet/CBC, have a huge hole to fill in their broadcast schedules with the Summer Olympics being postponed.

Q: How late could hockey be played?

A: Potentially into September. NHL officials are focused on staging a full 82-game 2020-21 season that could start as late as mid-November with the Stanley Cup awarded in late June. At least a month's break would be required to allow for the draft and a free-agency period, and to provide players a chance to rest.


**MLB**

Q: If safe, how would play resume and when?

A: Games likely would start about three weeks after teams return to training. Teams and players have looked at the end of the 1994-95 strike as a possible model. Teams accepted the players’ unconditional offer to return to work on April 2, which was the original start of the season, and opening day was pushed to April 25.

Q: Where would games be held?

A: MLB's first choice would be to play in regular-season ballparks. Uncertain whether that will be possible, teams and the players' association have discussed possibly basing all 30 teams in the Phoenix area, where they would be sequestered for an indeterminate time. There would have to be agreement on economic and logistical issues, and medical and government approvals.

Q: Would fans be allowed?

A: At regular-season ballparks, the decision likely would be a city-to-city determination, made by local and state governments. At spring training ballparks in Arizona, there likely would not be any fans and games would be played for television, streaming and radio audiences.

Q: How long of a season is needed for it to be considered legitimate?

A: There is no one answer, but the early consensus appears to be about 81, half the usual length. Teams played 103-111 games in the strike-interrupted 1981 season and 123-131 in 1918, shortened due to World War I.

Q: How would the season change?

A: Players and teams want to play as many games as possible, which would increase revenue. Look for more games per week and more doubleheaders.

— Ronald Blum in New York.

Above: A pedestrian wears a face mask on Sunset Boulevard in the Echo Park neighborhood of Los Angeles on April 2. Major League Baseball’s opening day was to have been March 26 but was pushed back to mid-May at the earliest because of the virus outbreak. Left: NBA commissioner Adam Silver.
CINCINNATI — Cincinnati had a list of top targets heading into free agency, and coach Zac Taylor says the Bengals got the players they wanted.

The Bengals announced Wednesday they had reached agreements with nine unrestricted free agents since the new league year started March 18, though all eight still must pass physicals. The Bengals’ top targets included defensive tackle D.J. Reader and cornerback Trae Waynes as Cincinnati spent lots of money after going 2-14 in Taylor’s inaugural season.

Taylor said the players Cincinnati landed in free agency speak to how the Bengals are viewed outside their own building.

“Taylor said on a Zoom call with reporters.

“Guy’s are excited to be a part of it and look forward to getting to know these guys. Who knows the next time we’ll get a chance to actually meet them physically. But it was certainly a fun process.”

Next will come the NFL draft with free-agent haul.

Los Angeles Rams running back Malcolm Brown, center, is congratulated by center Austin Blythe (66) and wide receiver Robert Woods (17) following a touchdown last season. Brown will likely see a heavier workload this season after the abrupt departure of 2017 AP Offensive Player of the Year Todd Gurley.

By Greg Beacham

AP Sports Writer

LOS ANGELES — The Los Angeles Rams’ unceremonious release of Todd Gurley left an enormous hole in the middle of their offense.

Coach Sean McVay and general manager Les Snead don’t believe they can fill it with just one running back.

The Rams intend to rely less on a single ball carrier and more on a talented group of running backs in the upcoming season, McVay and Snead said Monday in their first public comments on their biggest offseason move.

What we want to be is a team that utilizes the best, most dynamic group of running backs in the league, McVay said.

That’s a big-picture vision, Darrell (Henderson) being a part of it, but we do expect other pieces to be a big part of it as well.

Henderson, who barely played as a rookie third-round pick last season, is the top in-house candidate to replace Gurley, one of the NFL’s most productive running backs of the last half-decade.

Henderson was a second-round pick in 2019 and appeared in nine games before being contacted with a nagging knee injury.

Los Angeles Rams running back Darrell Henderson Jr. as the top in-house candidate to replace departed All-Pro Todd Gurley.

McVay steadfastly claimed Gurley earned what he got — a four-year, $60 million contract, no, he did earn that.

That’s an awful lot of production to replace, even after Gurley’s numbers declined last season amid concerns about his left knee. The Rams were compelled by payroll constraints and Gurley’s waning production to release him March 19 before he even got to the first season of his four-year, $60 million contract extension — the largest in NFL history for a running back when he agreed to it in 2018.

That deal, which included $45 million in guarantees, will loom as one of the biggest tactical mistakes of Snead’s eight-year tenure.

Since joining the league in 2015, his 5,404 yards rushing in that stretch are 1 yard behind Ezekiel Elliott for the league lead.

There’s no way you can ever regret the yards he gained, the touchdowns he scored for us, Snead said. “The championships, whether it’s two division titles or (the) conference championship. The Super Bowl appearance. That will be tough to regret. What I can say is, obviously I think we all wish the partnership could have lasted longer. But from a standpoint of Todd earning that contract, no, he did earn it.”

The Atlanta Falcons scooped up Gurley with a one-year, $8 million deal announced Monday.

Gurley had his two best NFL seasons during McVay’s first two years in charge. Gurley rushed for a combined 2,556 yards in 2017 and 2018 while ranking among the league leaders in touches for his young head coach.

McVay said he never could have imagined being without Gurley at this point in his career even a year ago. The coach faces a new challenge in the upcoming season without Gurley to rely upon — although in retrospect, that transition already began last year.

When Gurley’s touches and production declined last season, McVay steadfastly claimed Gurley was healthy and capable of doing whatever the Rams needed, even after Los Angeles finished with the NFL’s 26th-ranked rushing offense.

There’s a lot of things that went into (Gurley’s release), but at the end of the day, this guy has been instrumental in helping create a lot of the good things that are going on in our building,” McVay said.

Think he’ll do a good job for the Falcons, but in a lot of ways, it’s a reflection on the confidence that that we have in those guys that are in place with Darrell Henderson, with Malcolm Brown.”

The Rams see second-year RB Darrell Henderson Jr. as the top in-house candidate to replace departed All-Pro Todd Gurley.

By David T. Foster III, Charlotte Observer

Former Texans tackle D.J. Reader (98) attempts to bring down Packers running back Christian McCaffrey during a game in Houston last season. The versatile 6-foot-3, 347-pounder joined the Cincinnati Bengals on a four-year, $53 million deal this offseason.

Former Carolina Panthers defensive end Jimmy Smith also got a chance to play for the Rams.

He’s a defensive end, and I’m a defensive end, I’ve been around a lot of defensive ends and his skill set is different, McVay said.

The Rams will be group effort for Rams running backs of the last half-decade.

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That deal, which included $45 million in guarantees, will loom as one of the biggest tactical mistakes of Snead’s eight-year tenure.

But the GM still feels he did the right thing overall in paying his highly productive star.

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Brady says It was ‘just time’ to leave Pats

By Fred Goodall
Associated Press

TAMPA, Fla. — Tom Brady entered his final season in New England with a strong inkling that it would be his last with the Patriots.

The six-time Super Bowl champion who signed with the Tampa Bay Buccaneers in free agency last month said Wednesday on SiriusXM’s “The Howard Stern Show” it was “just time” for a change, reiterating he has no hard feelings about coach Bill Belichick not making him a Patriot for life.

“I think he has a lot of loyalty and I think he and I have had a lot of conversations that nobody’s ever been privy to, and nor should they be,” Brady told Stern during a wide-ranging interview lasting more than two hours.

“So many wrong assumptions were made about our relationship, or about how he felt about me. I know genuinely how he feels about me. I know genuinely how he feels about me. That’s what every coach should be doing.”

Brady signed a two-year, $50 million contract with the Bucs last month, joining a team with the worst winning percentage in league history.

Tampa Bay hasn’t made the playoffs since 2007 and doesn’t have a postseason win since its lone Super Bowl championship run 18 years ago.

“I never cared about legacy,” Brady said. “I never once, when I was in high school, said, ‘Man, I can’t wait for what my football legacy looks like.’ I mean, that’s just not me. That’s not my personality. So why would I choose a different place? It’s because it was just time. I don’t know what to say other than that,” Brady said.

“I had done everything. I accomplished everything I could in two decades with an incredible organization, an incredible group of people. That will never change,” the three-time NFL MVP said. “And no one can ever take that away from me. No one can ever take those experiences or Super Bowl championships away from us.”

Brady talked about moving his family into a furnished manor-his renting from Derek Jeter in Tampa, as well. “The marriage to supermodel Gisele Bundchen, trying marijuana and alcohol as a teenager but not enjoying the lifestyle, and his college career at Michigan.

The quarterback also spoke in detail about his decision to skip OTAs in recent years with the Patriots after reading a letter from his wife, who at the time was unattached territory as an athlete” when he continued to perform at a high level in recent years.

“I was an older athlete, and he started to plan for the future, which is what his responsibility is. And I don’t fault him for that,” Brady said of Belichick. “That’s what every coach should be doing.”

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Brady’s departure from AFC East

MIAMI — The biggest free-agent deal for the Miami Dolphins this offseason has been one they didn’t make.

The Dolphins spent more than $237 million last month and signed seven potential starters. But none will help their chances of overtaking the Patriots in the AFC East as much as Tom Brady did by bolting from New England to Tampa Bay.

The 6-foot-4 Brady looked large in the division for two decades, dominating the Dolphins and the other perennial also-rans, the Buffalo Bills and New York Jets.

And now he’s gone. This is no April Fool’s joke: Just like Elvis has left building, Tom has left the division — the entire conference, in fact.

“I’ll certainly be different,” Brady said.

The Dolphins, Bills and Jets sure hope so. Each is eager to seize center stage.

The Patriots have won the division 17 times in the 19 seasons since Brady became their starting quarterback. The exceptions were 2002, when the Dolphins finished first with a 9-7-1 record, and 2008, when Brady suffered a season-ending knee injury injury in Week 1 and Miami took the division title.

The Bills and Dolphins haven’t won a postseason game since Brady left. The Dolphins finished first with a 9-7-1 record in 2001. The Jets haven’t been to the playoffs since the 2010 season.

So what do they think about playing in a division without the three-time NFL MVP?

“Ha, ha. I mean, I’m not going to frown about it, you know?” Bills safety Jordan Poyer said. “He has been there for 20 years, and it’s going to be different faces in the East now.”

“Pretty crazy to not imagine him as a Patriot,” said Buffalo Sabres captain Jack Eichel, who grew up in the Boston area a Patriots fan. “But, hey, go Bills. Go Bucs.”

Even during a pandemic, Brady’s uniform switch was front-page news, with lots of subsequent talk that the Patriots are now “just another team.”

The Patriots understand.

“Especially now, you have a lot of time to be on Twitter and stuff, so a lot of what I’ve seen is just people tweeting me like, ‘Enjoy what you guys had, it’s over, you guys won’t win a game,’” New England safety Devin McCourty said.

“I think that’s natural, though. I think if I was a fan and I watched the team and watched a guy for a long time and he left and he was great, I would say that team is going to be terrible, too. That’s expected.”

The 2020 Patriots likely won’t be terrible — after all, they still have Bill Belichick. But they do need a quarterback, with Jarrett Stidham, Cody Kessler and Brian Hoyer the choices on the current roster.

So who’s the best quarterback in the AFC East now? While Belichick must replace perhaps the greatest of all time, the Bills believe they have a franchise QB in Josh Allen. Ditto the Jets with Sam Darnold. The Dolphins, with the fifth pick in the draft and three selections in the first round, hope to land a keeper at QB this month.

“It’s a new season,” said Ted Karras, a former Patriots center who signed last month with Miami. “We’ve got as good of a shot as anybody else in the division.”

Not necessarily. The team that appears closest to overtaking New England is the Bills, who went 10-7 last season, their best record since 1999. They have a sense of stability for a change with Sean McDermott entering his fourth year as coach, and they’re especially eager to embrace this new era in the AFC East after going 3-32 against Brady.

The Dolphins are rebuilding under second-year coach Brian Flores, who used a league-record 94 players last season and miraculously won five games. Heavy roster turnover will likely continue for at least another year, and Flores’ long-term fate rests largely on whom Miami drafts at QB.

The Jets also remain a work in progress under general manager Joe Douglas, who is in his first full offseason, and second-year coach Adam Gase. They need a left tackle, a go-to receiver and — most of all — further development by Darnold.

The Patriots, meanwhile, have been hit hard in free agency, and not just at quarterback. Among those departing was linebacker Kyle Van Noy, who split for Miami but tapped the brakes on the notion the Patriots have fallen out of the mix in the East.

“‘They’ll always be the Patriots, with the kind of players they have up there,” Van Noy said. “They still have a really good set of football players up there that love football, that are going to be hungry to prove to a lot of people that they’re still in it.”

The Dolphins, Jets and Bills still have to play New England twice a year. But they don’t have to play against Brady in 2020 — at least not until the Super Bowl. He’s the NFC South’s problem now.

Dennis Waszak Jr., Kyle Hightower and John Wawrow of the Associated Press contributed to this report.
Redskins weighing options

BY STEPHEN WHYNO
Associated Press

WASHINGTON — It has long seemed like a virtual certainty that the Redskins will take Chase Young with the second pick in the NFL Draft.

If the Cincinnati Bengals select LSU quarterback Joe Burrow first overall as expected, the Ohio State pass-rusher and Heisman Trophy finalist would fall into Washington’s lap.

The Redskins have taken calls about trading down, but the smart money’s still on them sticking at No. 2 and plugging Young into their lineup.

New coach Ron Rivera said on a video call Tuesday, “I’d like to believe in the back of my mind I know what we want to do,” and laid out the ramifications of trading down. “These are the kind of impact you need to validate missing an opportunity to take a player that’s a high-impact guy,” Rivera said. “You’ve got to be able to sit there and say that the next guy that I’m going to take is going to be that high-impact guy, and that’s what I’m looking for. That’s what I believe we need is we need a guy that’s going to come in and really change our football team.”

Young fits that bill. The D.C.-area native had 46 tackles and 16½ sacks during his junior season at Ohio State and would provide a big boost to a defense that ranked sixth-worst in the league in 2019.

Rivera already acquired quarterback Dwayne Haskins, and Tagovailoa might be more attractive to another team interested in trading up.

Rivera said he sees only a few players in the draft as immediate-impact rookies.

“If you’re going to pass up Player A and you go back and you’re going to take Player B, Player D has to be equal to Player A,” Rivera said. “Because if Player A is going to play for you for 10 years and Player D may not, then did you just get a whole bunch of picks?”

Washington doesn’t have a second-round pick after trading into the first round last year to take edge rusher Montez Sweat. Rivera said trying to acquire a new second-round pick is a possibility that he and vice president of player personnel Kyle Smith are evaluating.

“There’s a lot to think about,” Rivera said. “We’ve talked as a group the last three days, four days, about what everybody needs to be ready to happen.”

Changes: Cancellations put some draft prospects in limbo

FROM BACK PAGE

effort to sell the players who didn’t get a chance to work out in front of NFL scouts.

Even agents find themselves playing new roles.

“I feel like more of a mental health counselor than ever before because some of these kids have been so stressed out to not have the opportunity to showcase what they’ve worked for their whole life,” said David Moreno, who represents about 10 pro prospects.

Everybody agrees that top-tier players such as Heisman Trophy winner Joe Burrow or defensive end Chase Young won’t be hurt by the cancellations. They did enough in their college careers — and it’s all on tape. Plus, they met with team officials and went through the medical checks at the NFL’s annual scouting combine in Indianapolis.

Some players with medical concerns, such as Tua Tagovailoa, the 2018 Heisman Trophy runner-up, or Colorado receiver Laviska Shenault Jr., probably won’t see a precipitous drop in their stock, either.

And those who competed in college all-star games but didn’t receive a combine invite, like Indiana receiver Nick Westbrook, also have the advantage of performing in front of scouts.

Many others find themselves in limbo.

“I just feel horrible for all these kids that aren’t combine guys and put in all this work and now they’re just kind of stuck,” agent Ron Slavin said.

The stories are endless.

Slavin represents eight draft-eligible players, including Houston punter Dane Roy, who returned home to Australia for his wedding before the school’s March 31 workout was called off. Roy doesn’t know when he’ll be back in the U.S.

Westbrook was working out in Seattle — until the pandemic started shutting down the city. So the Indiana receiver moved in with his parents in Florida but has since struggled to find a workout facility.

Lehigh’s top receiver, Devon Bibbens actually missed out on three pro days — two at Temple and another at Delaware. He’s also back home in Pennsylvania, using his equipment in his garage — dumbbells, a barbell, a pull-up bar, field equipment.

My high school has a hill,” Bibbens said. “These are the workouts I did in high school, so getting back to those things is honestly kind of fun.”

Still, nothing can really replace missing time in front of NFL scouts. So coaches are pitching in.

Illinois was one of the few major schools to conduct a pro day before travel restrictions were imposed, so coach Lovie Smith has spent his days responding to follow-up questions.

At Georgia, coach Kirby Smart said he’s been contacted personally by five NFL teams and answers text messages daily in an effort to help his players, especially those under the radar.

“The guys that didn’t get to go to the combine that are really football players, I worry for them, for their sake,” Smart said. “You feel good when you go out there and you go perform, whether you perform good or bad, you feel good that you got your opportunity.”

But Polian has a reassuring message for borderline prospects. NFL teams have been unearthing talent for decades, many years with no combine and no pro days.

“That’s why we have scouts,” he said. “They’ve seen the player up close and personal and can do a pretty good assessment of all the measurables and the physical. If they need additional information, I’m sure the school will give it to them… If you have good scouts, you’re in great shape.”
BY MICHAEL MAROT
Associated Press

INDIANAPOLIS
Hall of Famer who constructed multiple Super Bowl teams during his 32-year career believes it’s time for a return to his throwback approach.

“Really all you need, and it’s especially true in a time like today, you need the game film, the physical exam, which may be difficult to get right now, and the measurables,” he told The Associated Press. “So if a player has been to the combine, that’s all you really need. If a player hasn’t been to the combine or is from a small school, then you’ve just got to go on the game film and you’d be slightly less accurate.

“And the people who haven’t done it as long as I did are probably a little discombobulated about that right now.”

Younger scouts, front-office executives and even coaches find themselves coping with a whole new process with Americans hunkering down and doctors overwhelmed by the mounting cases of COVID-19.

Gone for the most part this year are access to in-person interviews, campus workouts and visits to team headquarters. Also gone are some of the numbers garnered at pro days decision makers like to crunch as they become increasingly reliant upon advanced metrics.

That combination has forced everyone to rethink how they do business:

- Zoom and Skype meetings have become commonplace.
- Draft prospects are offering to send homemade videos of workouts and drills to NFL teams.
- Some college coaches are making a more concerted

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Above: Clemson football player Tee Higgins lifts weights during NFL Pro Day on March 12 in Clemson, S.C.

Richard Shiro / AP

TO OUR READERS
As the sports world pauses to join the rest of the world in fighting the coronavirus pandemic, you will see fewer sports stories in Stars and Stripes. We look forward to resuming our normal coverage when the leagues and governing bodies determine it is safe for athletes and fans to return to competition.