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Pentagon says despite Russia's war, China still top threat to US

By DOUG G. WARE
Stars and Stripes

WASHINGTON — China remains the greatest threat for U.S. interests at home and abroad, despite Russia's ongoing war in Ukraine, according to a Pentagon defense strategy released Thursday. "[China is] the only country with both the intent to reshape the international order, and, increasingly, the economic, diplomatic, military, and technological power to do so," Defense Secretary Lloyd Austin states in the foreword to the 2022 National Defense Strategy.

The Defense Department unveiled its first National Defense Strategy in four years, a comprehensive security assessment that identifies China, Russia, North Korea, Iran — and climate change — as some of the top threats for which the U.S. military is preparing.

While the strategy identifies several potential threats, it calls China is the chief U.S. competitor.

"[China] remains our most consequential strategic competitor for the coming decades. I have reached this conclusion based on [its] increasingly coercive actions to reshape the Indo-Pacific region and the international system to fit its authoritarian preferences, alongside a keen awareness of [Beijing's] clearly stated intentions and the rapid modernization and expansion of its military," Austin said.

The Pentagon released the strategy along with its nuclear posture and missile defense reviews, which detail the military's key priorities and approaches to modern warfare worldwide. It's a department-specific follow up to the National Security Strategy that Biden released earlier this

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About-face on austerity

US Army announces heating caps, other measures to cut energy use in Europe

By PHILLIP WALTER WELLMAN
Stars and Stripes

KAISERSLAUTERN, Germany — U.S. Army garrisons in Europe are set to be colder and darker this winter because of new conservation measures taken in response to the Conti-

ment's energy crisis.

The energy cutbacks were presented in a memo that is dated Oct. 21 but was released this week. They went into effect immediately and will be observed until April.

"We must reduce fuel and energy consump-

tion; otherwise, our costs will continue to rise," Installation Management Command-Europe director Tommy Mize said in the memo.

As part of the measures, buildings are to be

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MILITARY

Report: Lack of info-sharing harms troops

By JOHN VANDIVER
Stars and Stripes

A Navy SEAL sniper's killing of an ISIS fighter in Cameroon, the wounding of a Marine in battle in Tunisia and large-scale gunfights in Somalia.

Those are among the reporting failures across presidential administrations that have put U.S. troops at heightened risk because of insufficient oversight, according to a transnational think tank based in Brussels.

In a report released Wednesday, the International Crisis Group called for greater congressional oversight of ongoing American counterterrorism missions.

"The failure to report such hostilities, or quietly and retroactively sweeping them under the 2001 (Authorization for Use of Military Force) ... increases the risk that the U.S. will unwittingly slide into new conflicts," the report said.

The report, which focused on

authorizations granted after the 9/11 terrorist attacks, argues that lawmakers should take a range of steps to bring more scrutiny to globe-spanning military missions.

For years, critics have lamented that the 2001 legislation has been used by successive U.S. administrations to carry out secret counterterrorism missions outside the public eye and with little pushback from Congress.

Such missions, which the Pentagon generally refers to as "advise, assist and accompany" operations, continue even as the military has shifted its attention to countering adversaries like Russia and China.

On numerous occasions, things have quickly turned violent. According to one unidentified former U.S. official cited in the report, American forces ended up "running with scissors" and "chasing (high-value targets), which they never should have

been doing."

Since 2015, U.S. armed forces have engaged in several clashes that should have been reported to Congress under the War Powers Resolution but weren't, the Crisis Group report said.

One little-known episode occurred in 2017 in northern Cameroon, where SEALs accompanied a local unit to a compound flying an ISIS flag. The SEALs took up overwatch 300 yards away as Cameroonian troops approached the site.

"An unidentified man emerged with an AK-47, and a Cameroonian soldier tried to fire upon him, but the soldier's gun reportedly jammed," the report said. "Acting in what a former official characterized as 'collective self-defense' of the Cameroonian forces, a SEAL sniper shot and killed the man with the AK-47."

Another 2017 battle involved U.S. Marines accompanying Tunisi-

an partners, who got into a firefight with militants along the Tunisia-Algeria border.

A former U.S. official told the Crisis Group that a Marine was shot during the battle when a bullet ricocheted underneath his body armor.

But those instances and several others like them in places such as Niger and Mali weren't reported to Congress within the War Powers Resolution's 48-hour reporting period, according to the Crisis Group's findings.

"Nor was any of this fighting widely understood to be authorized at the time," the report said.

It made the following recommendations:

The Biden administration should release a full list of groups with which it considers the U.S. to be at war under the 2001 law and publicly disclose the legal bases on which it deems such groups to be within the scope of the autho-

rization for use of force.

Congress should resort to more aggressive tactics to obtain information from "a recalcitrant executive branch." Holding up White House confirmations until requested documents are provided is one such method.

Congressional committees should more routinely hold closed-door, transcribed briefings to avoid the kind of partisan grandstanding for television cameras that makes some public hearings unproductive.

"Subsequent public hearings could then be used to draw public attention to the issues under scrutiny — and give members a chance to make their soundbites for television — but substantive fact finding would have been undertaken beforehand," the report said.

vandiver.john@stripes.com
Twitter: @john_vandiver

Leaking pipes blamed for tainted water

By DOUG G. WARE
Stars and Stripes

WASHINGTON — Contaminated water found in some of the tanks aboard the USS Abraham Lincoln as it was moored off the Southern California coast a few weeks ago got into the ship's potable water system through a leak in one of its pipes, Navy officials said.

The Navy said earlier this month that E. coli bacteria and some foul-smelling water that was cloudy in appearance was found in some of the potable water tanks aboard the warship as it was off the coast of San Diego.

Officials said the water's unusual appearance and smell led to the discovery of the E. coli in three of the ship's 26 potable water tanks. However, they noted the two issues were not related to each other.

After the discovery of the bacteria, the Navy said the tanks were taken out of service and inspected.

"Those tanks were immediately isolated and secured from the potable water system, and the odor and cloudiness in the water abated by [the following day]," said Cmdr. Zachary Harrell, spokesman for the commander of the Naval Air Forces.

Harrell also said the affected tanks would be deep-cleaned and inspected and a thorough root-cause analysis was being done.

The Navy said the cloudy and smelly water was contaminated with bilge water, which contains various waste elements such as oil and chemicals that accumulate on lower parts of the ship.

"Personnel from Puget Sound Naval Shipyard and USS Abraham Lincoln completed the inspection of the affected potable water tanks. The inspection concluded that bilge water entered one of the potable water tanks through a hole that was found in the tank's air vent line, causing the cloudy ap-



LEE APSLEY/U.S. Navy

Contaminated water was found in some of the tanks aboard the aircraft carrier USS Abraham Lincoln as it was moored off the Southern California coast in September.

pearance and odor in the ship's potable water," Naval Air Forces officials said in a statement.

Typically, bilge water is pumped into a storage holding tank on ships and disposed of properly.

Navy officials said there were no confirmed illnesses from the bilge water or the E. coli contamination have been documented. About 3,000 sailors were aboard the USS Abraham Lincoln when the tainted water was found Sept. 21.

Harrell said all drinking water that's stored on all Navy ships is tested regularly.

"Drinking water aboard U.S. Navy ships is tested for bacteria once a week when in port or at sea," he said. "The water is tested more frequently when contamination is suspected."

No similar contaminations have since been found on any other U.S. Navy vessels, the Naval Air Forces said.

E. coli is a very common bacteria, and most strains are not seriously threatening to humans. People who are sickened by the most common strain can experience mild symptoms such as nausea or vomiting, diar-

rhoea and stomach cramps, according to the Centers for Disease Control and Prevention.

The USS Abraham Lincoln is a nuclear-powered Nimitz-class aircraft carrier named after the 16th president of the United States. It was built in the 1980s and commissioned in 1989. Its home port is Naval Air Station North Island in San Diego.

The USS Abraham Lincoln was the Navy's second aircraft carrier in about a month to have contaminated water. Officials delayed the departure of the USS Nimitz from San Diego in September after jet fuel was found in its potable water system. Nearly a dozen sailors were sickened on the Nimitz but not seriously. It's not yet known how the aviation fuel got into the ship's water.

The Nimitz's contamination delayed the aircraft carrier's departure from the port in San Diego by a couple of weeks. The vessel is the lead ship in the Nimitz class, which consists of 10 nuclear-powered aircraft carriers.

Ware.doug@stripes.com

Sailor convicted for sale of illegal machine guns

By ROSE L. THAYER
Stars and Stripes

A Virginia-based sailor was convicted Friday by a federal jury on five counts of owning and selling unregistered machine guns online, after authorities found dozens of weapons, including antitank missile launchers in his home, according to the Justice Department.

Petty Officer 1st Class Patrick Tate Adamiak, a 28-year-old master at arms first class in the Navy, became the focus of a Bureau of Alcohol, Tobacco, Firearms and Explosives, or ATF, investigation about a year ago when an informant told agents that the sailor sold machine guns and altered other weapons making them easy to convert into machine guns, according to online court records.

When contacted by the informant, Adamiak gave his name and home address in Virginia Beach to receive payment through a money order for weapons and machine gun receivers.

With the informant's help, agents continued to make purchases from Adamiak through March, spending thousands of dollars. The weapons sold to ATF investigators and the informant were considered illegal because Adamiak had not registered them in compliance with the National Firearms Act, according to the court documents.

Adamiak was found guilty by a jury of receiving, possessing and transferring unregistered machine guns, and possession of four destructive devices, the Justice Department said.



Adamiak

Thayer.rose@stripes.com
Twitter: @Rose_Lori

MILITARY

DIY checkout coming to AAFES exchanges

By **SETH ROBSON**
Stars and Stripes

YOKOTA AIR BASE, Japan — The Army and Air Force Exchange Service is rolling out 500 self-checkout units at its military department stores worldwide over the next few months.

The DIY stations will be available at AAFES exchanges, convenience stores and specialty locations, according to AAFES spokesman Chris Ward.

“Self-checkout allows more customers to be served, improves in-store productivity and increases the availability of associates on the sales floor to assist customers with purchase decisions,” he said Wednesday in an email to Stars and Stripes.

Ward declined to reveal how much the project cost, except to say the expense associated with self-checkout equipment is minimal relative to its efficiencies and the im-



SETH ROBSON/Stars and Stripes

An airman uses a new self-checkout station inside the exchange at Yokota Air Base, Japan, on Thursday.

proved customer experience it provides. Self-checkout will have “no impact on staffing,” he said.

Employees who staffed checkout lanes

will instead focus on answering customer questions or providing specialized service, according to Ward.

“The Exchange is steadfast in its efforts to incorporate technology to improve efficiencies and the services it is honored to provide service members and their families,” he said.

AAFES follows the Defense Commissary Agency, which installed self-checkout lanes 14 years ago at its supermarkets on U.S. military bases.

The exchange at Yokota, home of U.S. Forces Japan in western Tokyo, put four self-checkout machines into service Oct. 19, store manager Andrew Defelice said Thursday as he watched customers scan their purchases.

“It’s more expeditious,” he said.

Defelice said store employees stand by to assist employees when their items fail to

properly scan.

A store employee must approve sales of alcohol and over-the-counter medicines that have age restrictions, he said.

Employees who once manned the registers will spend more time taking inventory or working on store displays, Defelice said.

People might take a while to get used to the new machines, said Air Force Staff Sgt. Brent Cook, 32, of Wheeling, W.Va., as he checked out at the Yokota exchange on Thursday.

Air Force veteran Jerry Deyoe, 61, a contractor visiting Yokota on Thursday from Washington state, said he’ll still sometimes visit cashiers.

“I’ll wait in line to have some human interaction,” he said.

robson.seth@stripes.com
Twitter: @SethRobson1

COVID-19 less frightful this Halloween on US military bases in Japan

By **KELLY AGEE**
Stars and Stripes

TOKYO — Stock up on candy, carve those pumpkins and get your costumes ready because Halloween is coming back strong this year on U.S. military bases in Japan. The COVID-19 pandemic declared by the World Health Organization more than 2½ years ago dampened Halloween spirits and curtailed traditional costume parties and trick-or-treating.

This year, many military commands in Japan are shedding prohibitions to accommodate group activities like spooky bowling nights, haunted houses and increased numbers of local guests.

However, bases on Okinawa are limiting their Halloween activities to base personnel only while emphasizing safe practices to prevent the spread of COVID-19.

At Yokota Air Base in western Tokyo, one sponsor may bring as many as 10 trick-or-treaters on base from 5 to 9 p.m. Saturday. Last year, sponsors could invite five guests.

“We are looking forward to celebrating another year of Halloween, and the Trick-or-Treat tradition with members of our community,” Staff Sgt. Juan Torres Chardon, a spokesman for 374th Airlift Wing, told Stars and Stripes via email Tuesday.

Eligible sponsors include Defense Department ID cardholders and Japanese base employees — master labor contracts and indirect hires — as well as members of the Japan Air Self-Defense Force at Yokota, Torres Chardon said.

Air Force spouse Lisa Ricci, 35, of Charleston, S.C., said she and her daughters, ages 8 and 9, are ex-

cited about sharing the holiday.

“I think it is awesome,” she told Stars and Stripes on Monday at her Yokota home. “The Japanese have their traditions, but this is a great way for the community to bond on something.”

Zama zombies

At Camp Zama, the headquarters of U.S. Army Japan about 20 miles south of Yokota, eligible sponsors may welcome up to 28 guests onto the base or the Sagami Family Housing Area from 6 to 9 p.m. Oct. 31, Amber Kurka, a spokeswoman for U.S. Army Garrison Japan, told Stars and Stripes by email Monday.

This is the first year since 2019 that Halloween guests are permitted on the Army installations for trick-or-treating, she said.

Eligible sponsors, including Japanese employees and members of the Japan Ground Self-Defense Force, may bring up to seven adult guests. Each of those adults can bring up to three children under the age of 18 with them.

Camp Zama required sponsors to obtain installation passes by Wednesday for all guests 18 and older.

“U.S. Army Garrison Japan is excited to be able to host events this year that are traditionally popular for our community, friends and neighbors,” Kurka said.

Yokosuka ghosts

At Yokosuka Naval Base, the homeport of the U.S. 7th Fleet southwest of Tokyo, local children are welcomed again on base after two years of pandemic restrictions.

Eligible residents and base employees may bring up to four



JEREMY GRAHAM/U.S. Navy

Trick-or-treaters enter the Dragon Vale housing area at Sasebo Naval Base, Japan, on Oct. 31.

guests on the base or the Ikego Housing Detachment for trick-or-treating from 4:30 to 7:30 p.m. Oct. 31, base spokesman Randall Baucom told Stars and Stripes by email Monday.

“It gives an opportunity for our Japanese partners to participate in this American tradition,” he said.

For the past two years at Yokosuka only the children of individuals covered by the status of forces agreement, typically Americans in uniform or DOD civilian employees, could trick-or-treat on base, he said.

This year, SOFA members may invite guests under Yokosuka’s normal guest policy, which is based on rank or position, Baucom said. Japanese employees may bring as many as four guests.

Sasebo spirits

At Sasebo Naval Base in south-

ern Japan, the Hario Village, Dragon Vale and Fiddler’s Green housing areas will be open for trick-or-treating from 5 to 8 p.m. Oct. 31, base spokesman Aki Nichols told Stars and Stripes by phone Wednesday.

Visitors from the surrounding communities may enter the base without an escort provided they present a valid, government-issued ID. Children ages 12 and older must show a school ID or be escorted by an adult age 18 or older with a valid ID.

“We expect to have a good turnout this year,” Nichols said.

Eerie Okinawa

Installations on Okinawa, still mindful of the coronavirus, are planning Halloween events for base residents only.

Kadena Air Base has scheduled trick-or-treating for 5 to 8 p.m. Oct.

31, according to the base’s official Facebook page.

“Halloween will look a bit different this year, so we’re providing official guidance which capitalizes on social distancing, hygiene, and protecting each other, the mission, and the Okinawan community,” the post said.

On Marine base Camp Lester, a haunted house and trunk-or-treat event in which base residents decorate the trunks of their cars, are scheduled for 6 to 8 p.m. Saturday at Lester Middle School. Anyone with base access may take part. Camp Foster plans a similar event, Mardie Marqueze-Velasquez, the base’s USO center manager, told Stars and Stripes by phone Wednesday.

Stars and Stripes reporters Frank Andrews and Jonathan Snyder contributed to this report.
agee.kelly@stripes.com
Twitter: @KellyA_Stripes

PACIFIC

Author celebrates military moms with baby shower

By ALEX WILSON
Stars and Stripes

YOKOSUKA NAVAL BASE, Japan — About 50 new and soon-to-be mothers laughed, cheered and chatted alongside the author of a best-selling pregnancy guide this week, part of a USO program that brings the baby shower experience to future parents who are far from home.

The Special Delivery program in the past decade has feted more than 30,000 military moms- and dads-to-be at showers on U.S. bases around the world, according to the U.S. Navy Office of Information.

The events feature food, games, prizes, Q&A sessions and guest speakers.

At Yokosuka's Officers Club on Monday, new and expectant mothers were joined by the program's co-founder, Heidi Murkoff, author of the bestselling "What to Expect" book series, and parents in attendance received copies of her books.

The series, which began in 1984 with "What to Expect When You're Expecting," are guides that focus on pregnancy, giving birth, and parenthood. The series



ALEX WILSON/Stars and Stripes

Heidi Murkoff, right, author of the best-selling "What to Expect" book series, speaks with guests at a Special Delivery baby shower at Yokosuka Naval Base, Japan, on Monday.

has been translated into 44 languages and sold more than 42 million copies, according to Murkoff's website.

Being pregnant is difficult enough, but the challenges only multiply thousands of miles away from home, Murkoff told Stars and Stripes before the event. Programs like Special Delivery are

meant to bridge that gap.

"These moms are so far from their family and friends and their network of support. They won't necessarily have a baby shower — at least not an in-person one, especially if they don't have a lot of friends in the community yet," she said. "This is a way to celebrate them and shower them with love

and gifts and all the things you would get at a baby shower."

The program was born in 2013, when Murkoff and her husband, Erik Murkoff, attended a shower at Fort Belvoir, Va.

"We went to the shower, and we were immediately hooked; we knew we had to do this," she said. "And a month later, we were doing our first baby showers."

Monday's shower was the second this year at Yokosuka. Combined with events at Yokota Air Base in western Tokyo and Marine Corps Air Station Iwakuni near Hiroshima, Special Delivery has celebrated with more than 230 parents-to-be this year, according to USO area coordinator Natalie Rowland.

"What the USO does, our sole purpose, is to connect our military service members and their families to home," Rowland told Stars and Stripes on Monday. "Having an event like this is our opportunity to support the mothers and mothers-to-be to have a tradition that they would normally have at home."

Games included Pass the Pacifier, where mothers passed a pacifier around the table and awarded

each other for "mom superlatives" such as who had lived in Yokosuka the longest and who has the most kids.

The mom who had the most "unique pregnancy craving" — buffalo sauce with lemon — won the pacifier.

In another game, moms used Play-Doh to sculpt something related to babies, being a mom or pregnancy. Murkoff and others visited each table to guess each sculpture.

First-time mom Heather Johnson, 31, of Dunnellon, Fla., said learning about concepts such as "baby-led weaning," a method of introducing solid foods to infants, made the shower a positive, informative experience.

Emily Osgood, 30, of Boston, said the event was a great way for off-base residents like herself to make new friends and connect with other military moms.

Jasmine Iyer, 32, of Dallas, recommended all expectant mothers to attend Special Delivery.

"It's a great event," she said. "Heidi has such great energy."

wilson.alex@stripes.com
Twitter: @AlexMNWilson

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MILITARY

Vets fear for future of Afghan visa program

By J.P. LAWRENCE
Stars and Stripes

A Republican senator's latest moves against a program that provides visas to interpreters who worked with U.S. forces in Afghanistan could spell doom for it, some advocates and aides say.

Lawmakers this week are debating a provision in the annual defense budget that would extend the Special Immigrant Visa program beyond 2023.

Iowa Sen. Chuck Grassley has raised objections that could kill the program, Jeff Phaneuf, advocacy chief at the Virginia-based nonprofit No One Left Behind, said in a statement Wednesday.

"Ensuring the continuation of this program is critical to keep our promise to those who stood shoulder to shoulder with U.S. troops on the battlefield," Phaneuf said, adding that thousands of translators remain in Afghanistan and



J.P. LAWRENCE/Stars and Stripes
An ex-interpreter for U.S. forces who left Afghanistan in 2020 on a Special Immigrant Visa.

are seeking the visas.

The Special Immigrant Visa program resettles translators and their family members who face risks to their lives because of their previous work with the U.S. Currently, anyone who applies by Dec. 31, 2023, will be considered.

A spokesman for Grassley declined to comment on the sen-

ator's position but said the matter is part of ongoing negotiations, in which various lawmakers have concerns.

"It seems there are a number of objections, from both the House and Senate minority," George Hartmann, deputy communications director Grassley, said in an email Wednesday.

Grassley is the ranking Republican on the Senate Judiciary Committee, which has jurisdiction over the SIV program. He has objected to it in the past and tried repeatedly to limit its scope, The Daily Beast reported in 2018.

He has taken issue with what he considers "lax standards" in the program and has sought to include stipulations that only Afghans who were classified as a translator or interpreter can apply for an SIV, according to The Daily Beast.

Grassley represents a "significant hurdle" to the program's sur-

vival, said a congressional staffer who is familiar with the negotiations but is not authorized to speak publicly on the matter.

"Barring something rather extraordinary, the provision probably doesn't get included and the SIV program would effectively stop at the end of 2023," the staffer told Stars and Stripes on Wednesday.

But the program has survived previous objections by Grassley, noted Lawrence Montreuil, legislative director at the American Legion. He downplayed the foreboding expressed by the congressional staffer.

"We're frustrated by his opposition, but we're not overly concerned that Sen. Grassley will succeed," Montreuil said Wednesday, adding that if the program ends up in a dire predicament, the American Legion and other groups will lobby for it.

The U.S. welcomed some 74,000 Afghans after the fall of the American-backed government to the Taliban in August 2021. About half of them are eligible for SIVs or have applied, a senior administration official said in 2022.

The SIV program has seen case delays lasting years because of understaffing and a reliance on outdated technology, a State Department inspector general report in 2020 said.

The debate comes amid advocacy for another bill, the Afghan Adjustment Act, which provides permanent legal status to Afghans outside the SIV program or the asylum system.

The bill faces opposition from some Republicans, who say the security procedures in it are not stringent enough.

lawrence.jp@stripes.com
Twitter: @jplawrence3

China: DOD needs to be able to address multiple conflicts

FROM PAGE 1
month.

The defense strategy outlines four top-level defense priorities — defending the homeland, deterring attacks against the United States, deterring aggression and preparing for possible conflict and building a "resilient joint force and defense ecosystem."

The 80-page strategy is the Pentagon's unclassified version. Its classified version was given to Congress last spring, not long after Russia invaded Ukraine, but officials said there isn't a lot of foundational difference between the two versions.

"In these times, business as usual at the department is not acceptable," Austin said. "The 2022 NDS lays out our vision for focusing the Defense Department around our pacing challenge, even as we manage the other threats of our swiftly changing world. It builds on my 2021 message to the force, which stressed as core values defending the nation, taking care of our people, and succeeding through teamwork."

Biden and other military officials have previously identified China as a potential threat to U.S. interests, in part, because it has made aggressive statements toward Taiwan, which it considers a breakaway territory.

Air Force Gen. Jacqueline Van Ovost, commander of the U.S. Transportation Command, said earlier this month that Beijing creates a unique challenge because China and Taiwan are in the vast Pacific Ocean, which poses some logistical difficulties in transporting military equipment and personnel.

The defense strategy identifies Russia as an "acute" threat. "We chose the word 'acute' carefully," Austin told reporters the word was chosen because it's unlikely that Russia can "systemically challenge the U.S. over the long term."

Senior defense officials who spoke on the condition of anonymity underscored the importance of nuclear weapons as a deterrent. Russian President Vladimir Putin on multiple occasions has threatened the use of nuclear weapons in Ukraine, particularly after Moscow sustained heavy losses during Ukraine's successful counteroffensive.

"Our central charge is to develop, combine, and coordinate our strengths to maximum effect," Austin said in the foreword to the defense strategy.

"We live in turbulent times. Yet, I am confident that the department, along with our counterparts throughout the U.S. government and our allies and partners around the world, is well positioned to meet the challenges of this decisive decade."

A significant component to the new strategy, officials said, is the U.S. military's need to plan for a scenario in which it might need to address multiple conflicts at once.

"In a potential conflict with a competitor, the United States would need to be able to deter opportunistic aggression by another competitor," according to the strategy. "We will rely in part on nuclear weapons to help mitigate this risk, recognizing that a near-simultaneous conflict with two nuclear-armed states [Russia and China] would constitute an ex-

treme circumstance."

The Pentagon also issued its Nuclear Posture Review and Missile Defense Review on Thursday. For the first time, officials said, all three documents were integrated, meaning Defense Department officials and experts across portfolios were involved in putting together the reviews.

One senior defense official described the process as everyone having a hand in "baking the cake." The official said the strategy is a "call to action for the defense enterprise to incorporate allies and partners at every stage of defense planning."

After China and Russia, the National Defense Strategy identifies other "persistent threats" to include North Korea and Iran.

"North Korea continues to expand its nuclear and missile capability to threaten the U.S. homeland, deployed U.S. forces, and [South Korea] and Japan, while seeking to drive wedges between the United States, [South Korea] and United States-Japan alliances," the strategy states. "Iran is taking actions that would improve its ability to produce a nuclear weapon should it make the decision to do so, even as it builds and exports extensive missile forces, uncrewed aircraft systems, and advanced maritime capabilities that threaten chokepoints for the free flow of energy resources and international commerce."

Some of the important challenges that will affect U.S. national security, the department said, also include global threats such as pandemics and climate change. The Pentagon refers to these as "transboundary challenges." Austin

called them threats that "do not respect borders."

"Beyond state and non-state actors, changes in global climate and other dangerous transboundary threats are already transforming the context in which the department operates," according to the strategy. "Increasing temperatures, changing precipitation patterns, rising sea levels, and more frequent extreme weather conditions will affect basing and access while degrading readiness, installations, and capabilities."

"Climate change is creating new corridors of strategic interaction, particularly in the Arctic region," the strategy said. "It will increase demands, including on the joint force, for disaster response and defense support of civil authorities, and affect security relationships with some allies and partners."

The coronavirus pandemic is a good example of how cross-border challenges can impact national security, defense officials said. The pandemic is still affecting many countries, global supply chains and the U.S. defense industrial base — and is requiring "substantial commitment" of resources and is highlighting the immense costs and risks of future biological threats.

"Together, these rapidly evolving features of the security environment threaten to erode the United States' ability to deter aggression and to help maintain favorable balances of power in critical regions," it states. "[China] presents the most consequential and systemic challenge, while Russia poses acute threats — both

to vital U.S. national interests abroad and to the homeland."

Two main points of the department's Nuclear Posture Review, the officials said, are maintaining a safe nuclear deterrent and taking steps to reduce the risks of a nuclear war.

"As long as nuclear weapons exist, the United States and other nuclear weapon states have a special charge to be responsible custodians of these nuclear capabilities and work with a sense of urgency to create a security environment that would ultimately allow for their elimination," according to the strategy. "Nuclear weapons have not been employed in more than 75 years. While ensuring our security, our goal is to extend this record of non-use and reduce the risk of a nuclear war that could have catastrophic effects for the United States and the world."

Austin said the Pentagon is confident that it's effectively identifying traditional and emerging defense challenges and responding accordingly. That includes, he said, taking care of America's troops. For example, he said, a decision to increase pay for service members by more than 4% will take effect in January.

"We do not shy away from tough challenges, especially when it comes to securing our national interests and defending our national values," he said. "To meet this moment, we will tap into our core strengths: our dynamic, diverse, and innovative society; our unmatched network of allies and partners, and the tremendous men and women of our armed forces."

MILITARY

Navy crews save 3 from burning motorboat

Stars and Stripes

NAPLES, Italy — Sailors from two Navy ships rescued a trio of Yemeni nationals from a burning motorboat moments before it sank in the Gulf of Aden this week, the service said Thursday in a statement.

The destroyer USS Nitze and the patrol coastal ship USS

Monsoon responded Wednesday after seeing the mariners in distress in international waters, U.S. Naval Forces Central Command/U.S. 5th Fleet said.

One man required medical attention but was stable when he and the other two civilians were transferred to Yemen's coast guard, said Cmdr. Tim

Hawkins, a spokesman for the command and 5th Fleet.

The rescue took place about 50 miles off the coast of Yemen, the Navy said.

Homeported at Naval Station Norfolk in Virginia, Nitze began operating in the Middle East this summer, the Navy said. The ship is part of the

George H.W. Bush Carrier Strike Group, which deployed to the Mediterranean Sea in August.

Monsoon is forward-deployed to U.S. 5th Fleet and operates from Bahrain, according to the statement.



CRYTON VANDIESAL/U.S. Navy

U.S. sailors extinguish flames from a motorboat in the Gulf of Aden on Wednesday.

info@stripes.com

Energy: 66-degree limit set

FROM PAGE 1

heated to no more than 66 degrees Fahrenheit, and unnecessary outdoor lighting is to be turned off.

The move comes less than two months after the Army told Stars and Stripes it had no plans to specify heating limits at its European installations.

Officials said then that the service is not bound by host nation regulations and would try to reduce energy consumption by other means.

Earlier this year, the European Union pledged to cut overall consumption of natural gas by 15% as Russian imports dwindle, a consequence of the Kremlin's response to Western sanctions punishing Russia for its war of aggression in Ukraine.

The Army's conservation measures will help ensure it is "part of the solution" to the energy challenges facing European allies, Mize said.

The 66 degrees cap, which is slightly below heat level 3 on many European radiators, will apply to all workplaces during office hours and will be reduced to 50 degrees, or heat level 1, during non-working hours, according to the new guidelines.

Nonwork areas, such as hallways and bathrooms, will remain at 50 degrees throughout the day. Facilities such as hospitals, schools and child development centers are exempt from the measures but are being encouraged to adopt them if possible.

The memo also says outdoor lighting at all installation buildings should be turned off if it provides little safety or security.

In addition, it directs service members to get rid of space heaters, keep doors and windows closed except for ventilation and open shutters during the day to let in sunlight but close them at night to trap warmth.

Although no enforcement mechanism is specified in the memo, garrison leaders think there will be a personal incentive to abide by the measures, command spokesman Mark Heeter said.

"People are looking to their own energy consumption as a way to help themselves while also contributing to solving a bigger problem," Heeter said.

Officials say soldiers living in barracks and Army family housing also should reduce heat at home.

The memorandum lacks a standard maximum home temperature but says DOD employees who are leaving on vacation should keep their residence no warmer than 50 degrees.

Despite a recent drop in energy costs, continued concerns over the price of natural gas, which jumped by 300% in some military communities in Germany and Italy this summer, appear to be a main reason for the U-turn by the command.

As a result of unusually warm fall weather and ongoing EU efforts, natural gas prices on Europe's TTF benchmark on Monday fell below \$100 per megawatt-hour for the first time since June. That was a 70% drop from late-August highs of about \$350 per megawatt-hour.

European storage facilities are also over 90% full, according to data from Gas Infrastructure Europe.

Still, prices could rise sharply again when the weather gets colder, according to experts, who have also voiced concerns about the threat of sabotage and the impact it could have on the energy market.

The largest Air Force wing in Europe and Africa is also attempting to match the EU's collective 15% gas reduction.

Ramstein Air Base's 86th Airlift Wing announced that decision in a Sept. 26 memorandum that was issued Sunday, nearly a month later.

The Air Force memo says buildings should not be heated over 68 degrees Fahrenheit, as opposed to the Army's 66 degrees.

The Army relies on local power grids for most of the electricity it uses to power its European garrisons.

In fiscal year 2021, the Army spent \$6.6 million on natural gas for its garrisons in Germany alone during, and it is estimated to have spent about \$10 million during fiscal year 2022, which ended last month, IMCOM-Europe told Stars and Stripes in August.

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EUROPE

Russia warns it could target US satellites

BY ANDREW MELDRUM

Associated Press

KYIV, Ukraine — Ukrainian forces attacked Russia's hold on the southern city of Kherson on Thursday while fighting also intensified in the country's east. The battles came amid reports that Moscow-appointed authorities in Kherson have fled the city, joining tens of thousands of residents who have been evacuated to other Russia-held areas.

Ukrainian forces were surrounding Kherson from the west and attacking Russia's foothold on the west bank of the Dnieper River, which divides the region and the country.

Amid the battles, Russia warned that Moscow could target Western commercial satellites used for military purposes in support of Ukraine.

Russian Foreign Ministry spokeswoman Maria Zakharova accused the United States of pursuing "thoughtless and mad" escalation. She argued that Washington should take a more responsible approach shown during the 1962 Cuban Missile Crisis — when the Cold War superpowers stepped back from the brink of nuclear confrontation.

Ukraine has pushed ahead with an offensive to reclaim the Kherson region and its capital of the same name, which Russian forces captured during the first days of a war now in its ninth month.

More than 70,000 residents from the Kherson city area have evacuated in recent days, the region's governor, Vladimir Saldo, said Thursday.

Members of the Russia-backed regional administration were included in the evacuation, the deputy governor, Kirill Stremousov said.

Monuments to Russian heroes were moved, along with the remains of Grigory Potemkin, the Russian general who founded Kherson in the 18th century, that



ANDRII MARIENKO/AP

Members of the Ukrainian Emergency Service operate the Armtrac 400 demining machine during its media presentation outside Kharkiv, Ukraine, on Thursday. The placard on left reads "Dangerous! Mines!"

were kept at the city's St. Catherine's Church.

In eastern Ukraine, Russian forces continued to bombard the city of Bakhmut in the Donetsk region, making slow gains toward the center.

Amid the heavy combat on two fronts, Russian officials stepped up warnings that the West could become part of the conflict.

"The more the U.S. is drawn into supporting the Kyiv regime on the battlefield, the more they risk provoking a direct military confrontation between the biggest nuclear powers fraught with catastrophic consequences," said Zakharova, the Russian Foreign Ministry spokeswoman.

"Washington now keeps upping the ante, apparently believing that it's capable of controlling the escalation," she said.

The deputy head of Russia's delegation at a U.N. arms control panel, Konstantin Vorontsov, described the use of U.S. and other

Western commercial satellites for military purposes during the fighting in Ukraine as "extremely dangerous."

"The quasi-civilian infrastructure could be a legitimate target for a retaliatory strike," Vorontsov warned.

As they have all month, Russian forces carried out attacks on Ukraine's energy infrastructure, which have caused increasing worry ahead of winter.

A Russian drone attack early Thursday hit an energy facility near the capital of Kyiv, causing a fire, said Kyiv regional Gov. Oleksiy Kuleba. He said the latest attacks inflicted "very serious damage."

"The Russians are using drones and missiles to destroy Ukraine's energy system ahead of the winter and terrorize civilians," Kuleba said in televised remarks.

Kuleba announced new rolling blackouts and urged consumers to save power. He said authorities

were still pondering over specifics of the blackouts needed to restore the damaged power facilities.

Kyrylo Tymoshenko, deputy head of Ukraine's presidential office, said rolling blackouts would also be introduced in the neighboring Chernihiv, Cherkasy and Zhytomyr regions.

Ukrainian President Volodymyr Zelenskyy has said earlier that Russian attacks have already destroyed 30% of the country's energy infrastructure.

In a likely response to Russia's attacks on Ukrainian infrastructure, a power plant was attacked just outside Sevastopol, a port in the Russian-annexed region of Crimea. The plant suffered minor damage in a drone attack, according to city leader Mikhail Razvozhayev. He said electricity supplies were uninterrupted.

Crimea, a region slightly larger than Sicily, was annexed by Russia from Ukraine in 2014. It has faced drone attacks and explo-

sions amid the fighting in Ukraine. In a major setback for Russia, a powerful truck bomb blew up a section of a strategic bridge linking Crimea to Russia's mainland on Oct. 8.

A senior Ukrainian military officer accused Russia of planning to stage explosions at the Zaporizhzhia Nuclear Power Plant and blame them on Ukraine in a false flag attack.

Gen. Oleksii Gromov, the chief of the main operational department of the Ukrainian military's general staff, pointed to Moscow's repeated unfounded allegations that Ukraine was plotting to detonate a radioactive dirty bomb as a possible signal that Moscow was planning explosions at the plant, Europe's largest nuclear power station.

Russia took control of the Zaporizhzhia plant in the opening days of the invasion. Russia and Ukraine have accused each other of attacking the plant, whose reactors were shut down following continuous shelling.

Gromov also charged Thursday that Russian forces may have staged explosions at residential buildings in the city of Kherson before retreating from the city "to inflict a critical damage to the infrastructure of the areas being reclaimed by Ukraine."

The war in Ukraine and the resulting energy crisis is likely to cause global demand for fossil fuels to peak or flatten out, according to a report released Thursday by the Paris-based International Energy Agency, largely due to the fall in Russian exports.

"Today's energy crisis is delivering a shock of unprecedented breadth and complexity," the IEA said, releasing its annual report, the World Energy Outlook.

The report said this was forcing the world's more advanced economies to accelerate structural changes toward renewable energy sources.

Putin: West seeks global domination using Ukraine

Associated Press

MOSCOW — Russian President Vladimir Putin on Thursday sought to cast the conflict in Ukraine as part of efforts by the West to secure its global domination.

Speaking at a conference of international policy experts, Putin accused the U.S. and its allies of trying to dictate their terms to other nations in a "dangerous and bloody" domination game.

Putin, who sent his troops into Ukraine on Feb. 24, has cast Western support for Ukraine as part of broad efforts by Washing-

ton and its allies to enforce what they call a rules-based world order that only foments chaos.

The Russian leader warned that "he who will sow the wind will reap the whirlwind."

Putin claimed that "humankind now faces a choice: accumulate a load of problems that will inevitably crush us all or try to find solutions that may not be ideal but working and could make the world more stable and secure."

Putin said Russia isn't the enemy of the West but will continue to oppose the diktat of Western neo-liberal elites.

West, Russia clash over UN drone probe

Associated Press

UNITED NATIONS — The U.S. and its Western allies on the Security Council insisted Wednesday that Secretary-General Antonio Guterres has the right to investigate if Russia has used Iranian drones to attack civilians and power plants in Ukraine.

They dismissed Moscow's argument that the U.N. chief would be violating the U.N. Charter.

Russia's U.N. ambassador, Vasiliy Nebenzia, who called the council meeting, argued that only the Security Council can mandate an investigation. He cited Article 100 of the charter, which says the secretary-general "shall not seek

or receive instructions from any government or from any other authority external to the organization."

U.S. deputy ambassador Robert Wood called Russia's contention "simply dumbfounding" and an attempt "to deflect attention from its own egregious wrongdoing in Ukraine."

French Ambassador Nicolas De Riviere accused Russia of constantly violating the U.N. Charter "and trampling on its principles by invading its neighbor and claiming to annex its territories."

Britain's deputy ambassador, James Kariuki, called it "another attempt by Russia to distract from

its crimes in Ukraine, and Iran and Russia's failure to abide by their international obligations."

The Western envoys said the Security Council's time is being wasted by Russia, which is engaged in a blitz of activity at the council.

Russia called closed-door consultations Tuesday about its unfounded allegations that Ukraine is preparing a dirty bomb. It called Wednesday's meeting to try to prevent the investigation of its purported use of Iranian drones. And it called a meeting Thursday on its claims that secret American labs in Ukraine were engaged in biological warfare — a charge denied by the U.S. and Ukraine.

NATION

US sees unemployment claims inch higher

Associated Press

WASHINGTON — Slightly more Americans applied for unemployment benefits last week as the labor market remains one of the healthiest parts of an uneven U.S. economy.

Jobless claims for the week ending Oct. 22 inched up by 3,000 to 217,000 from 214,000 the previous week, the Labor Department reported Thursday.

The four-week moving average

rose to 219,000 from 212,250 the previous week.

Applications for jobless claims, considered a proxy for layoffs, have remained historically low even as the Federal Reserve has cranked up its benchmark borrowing rate in an effort to cool the economy and tame inflation.

Fed officials have warned that the unemployment rate will likely have to rise as part of their fight against rising prices, and the most

recent government jobs report likely snuffed out any hope that the Fed would pause rate increases when it meets in next week.

American employers slowed their hiring in September but still added 263,000 jobs and the unemployment rate fell from 3.7% to 3.5%, matching a half-century low.

Earlier this month, the government reported that inflation in the United States accelerated in September, with the cost of housing and

other necessities intensifying pressure on families and businesses.

Four-decade high inflation has prompted the Federal Reserve to keep raising its key interest rate, which is currently in a range of 3% to 3.25%. A little more than six months ago, that rate was near zero. The sharp rate hikes have pushed mortgage rates up near 7%, and made other borrowing costlier. The Fed hopes that higher interest rates will slow borrowing and spending

and push inflation closer to its traditional 2% target.

The U.S. economy rebounded in the third quarter, the government reported Thursday, expanding by 2.6% after contracting in the first half of the year.

The total number of Americans collecting unemployment aid rose by 55,000 to 1.44 million for the week ending Oct. 15, its highest level in seven months, but still not a worrisome level.

US economy returned to growth last quarter

Associated Press

WASHINGTON — The U.S. economy grew at a better-than-expected 2.6% annual rate from July through September, snapping two straight quarters of economic contraction and overcoming punishingly high inflation and interest rates.

Thursday's estimate from the Commerce Department showed that the nation's gross domestic product — the broadest gauge of economic output — grew in the third quarter after having shrunk in the first half of 2022. Stronger exports and steady consumer spending, backed by a healthy job market, helped restore growth to the world's biggest economy.

The latest GDP report comes as Americans, worried about inflation and the risk of a recession, have begun to vote in midterm elections that will determine whether President Joe Biden's Democratic Party retains control of Congress. Inflation has become a signature issue for Republican attacks on the Democrats' stewardship of the economy.

Consumer spending, which accounts for about 70% of U.S. economic activity, expanded at a 1.4%

annual pace in the July-September quarter, down from a 2% rate from April through June. Last quarter's growth also got a big boost from exports, which shot up at an annual pace of 14.4%. Government spending also helped: It rose at a 2.4% annual pace, the first such increase since early last year, with sharply higher defense spending leading the way.

Housing investment, though, plunged at a 26% annual pace, hammered by surging mortgage rates as the Federal Reserve aggressively raises borrowing costs to combat chronic inflation. It was the sixth straight quarterly drop in residential investment.

Overall, the outlook for the overall economy has darkened. The Fed has raised interest rates five times this year and is set to do so again next week and in December. Chair Jerome Powell has warned that the Fed's hikes will bring "pain" in the form of higher unemployment. Concern about the likelihood of a recession next year has been growing.

"Looking ahead, risks are to the downside, to consumption in particular, as households continue to face challenges from high prices and



NAM Y. HUH/AP

People shop at a grocery store in Glenview, Ill., in July. Inflation, still near a 40-year high, is punishing households. Rising interest rates have derailed the housing market and threaten to inflict broader damage.

likely slower job growth going forward," Rubeela Farooqi, chief U.S. economist at High Frequency Economics, wrote in a research note.

With inflation still near a 40-year high, steady price spikes have been pressuring households across the country. At the same time, rising interest rates have derailed the housing market and are likely to inflict broader damage over time. The outlook for the world economy, too,

grows bleaker the longer that Russia's war against Ukraine drags on.

Economists noted that the third-quarter gain in GDP could be traced entirely to the surge in exports, which added 2.7 percentage points to the economy's expansion. Export growth will be difficult to sustain as the global economy weakens and a strong U.S. dollar makes American products pricier in foreign markets.

Thursday's report offered some encouraging news on inflation. A price index in the GDP data rose at a 4.1% annual rate from July through September, down from 9% in the April-June period — less than economists had expected and the smallest increase since the final three months of 2020. That figure could raise hopes that the Fed might decide it can soon slow its rate hikes.

USDA announces \$759 million for high-speed internet in rural areas

Associated Press

WASHINGTON — The U.S. Department of Agriculture is making available \$759 million in grants and loans to enable rural communities to access high-speed internet, part of the broader \$65 billion push for high-speed connectivity from last year's infrastructure law.

Agriculture Secretary Tom Vilsack and White House senior adviser Mitch Landrieu were unveiling the grants in North Carolina on Thursday.

There are 49 recipients in 24 states. One is North Carolina's AccessOn Networks, which will receive \$17.5 million to provide broadband service to 100 businesses, 76 farms and 22 educational fa-

cilities in the state's Halifax and Warren counties. Both counties are rural and have predominantly Black populations.

The announcement and visit to North Carolina, a state with an open U.S. Senate seat, come as President Joe Biden and other top Democratic officials are trying to sell their achievements to voters before the Nov. 8 midterm elections. Landrieu, the infrastructure coordinator and former New Orleans mayor, told reporters on a Wednesday call that the Biden administration has already released \$180 billion for various infrastructure projects.

The administration is specifically targeting support for small

towns and farm communities, places that generally favor Republicans over Democrats.

"Rural communities are the backbone of our nation, but for too long they've been left behind and they have been underrecognized," Landrieu said. "We all know how essential the internet is in order to access lifesaving telemedicine, to tap into economic opportunity, to connect with loved ones, to work on precision agriculture and so much more. That's just beyond unacceptable that that's not available to rural America."

Vilsack said he and Landrieu will "learn firsthand" from people in North Carolina about the opportunities internet access can create.

They plan to meet with state and local officials including North Carolina Gov. Roy Cooper at Wake Technical Community College, where they'll announce the grants. They will also hold a town hall in

Elm City.

Neither candidate in North Carolina's U.S. Senate race — Democrat Cheri Beasley and Republican Ted Budd — was slated to appear at the events.

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NATION

Legal challenges already begin for Nov. 8 election

By COLLEEN LONG
Associated Press

WASHINGTON — Election Day is 12 days away. But in courtrooms across the country, efforts to sow doubt over the outcome have already begun.

More than 100 lawsuits have been filed this year around the upcoming midterm elections. The suits, largely by Republicans, target rules over mail-in voting, early voting, voter access, voting machines, voting registration, the counting of mismatched absentee ballots and access for partisan poll watchers.

It's the most litigation ever before an election and it's likely a preview of a potentially contentious post-election landscape. The strategy was born in part of the failure of allies of former President Donald Trump to successfully challenge and overturn the free and fair results of the 2020 presidential election.

But while the 2020 election effort was an ad hoc response fronted by a collection of increasingly ill-prepared lawyers that included Rudy Giuliani, today's effort is a more formalized, well-funded and well-organized campaign run by the Republican National Committee and other legal allies with strong bona fides. Party officials say they are actively preparing for recounts, contested elections and more litigation. And there are thousands of volunteers in place primed to challenge ballots and hunt down evidence of malfeasance.

"We're now at the point where charges of fraud and suppression are baked into the turnout models for each party. Republicans charge fraud. Democrats charge suppression. Each side amplifies its position with massive and costly amounts of litigation and messaging," said Benjamin Ginsberg, co-chair of the Election Official Legal Defense Network and for-

"Contesting an election that is clearly lost is now where all the incentive structure is, and that is incredibly corrosive for democracy."

Marc Elias
attorney

mer counsel to the George W. Bush campaign and other Republican candidates.

Democrats, too, have similar efforts underway. But their legal effort ahead of the election focuses on making voting easier and helping those denied a chance to vote, through legal hotlines and volunteers. A team led by attorney Marc Elias and his firm is litigating roughly 40 cases in 19 states, some in which they have intervened in Republican-led lawsuits.

Elias said he's bracing for a deluge of litigation challenging election results, particularly as some Republican candidates have already said they will not accept a loss or have planted doubt on the election process despite no evidence of fraud.

"The problem with the Republican Party right now is that conceding you lost an election is the only thing that will hurt you," Elias said. "Contesting an election that is clearly lost is now where all the incentive structure is, and that is incredibly corrosive for democracy."

Litigation around elections is nothing new; almost every election begets some legal challenge. But the bulk of this litigation generally occurs after the votes have been cast, not before Election Day.

In 2020, pro-Trump attorneys filed roughly 60 lawsuits across the nation and asked judges to set aside votes. Those lawsuits were roundly rejected. Trump's own leadership found the election was

fair, and state election officials nationwide saw no widespread evidence of fraud. Biden earned 306 electoral votes to Trump's 232, the same margin in Trump's 2016 victory over Hillary Clinton, which he repeatedly described as a "landslide."

At the time, the Republican establishment had not adopted Trump's lies about the election. Since then, though, the falsehoods have taken root within the party and become a major talking point for many of the candidates. Some have refused to commit to accepting the results after Nov. 8.

Ginsberg said that unsubstantiated charges that elections were fraudulent or rigged or unreliable have become the ante for a Republican candidate to win a contested 2022 primary in most states, and that's a problem.

"That can only harm public faith in elections, something for which Republicans will eventually pay a price."

This year, the focus is on offense. The RNC said it has built a multimillion-dollar "election integrity" team, hiring 37 lawyers in key states, holding more than 5,000 trainings to teach volunteers to look for voter fraud, which is rare, and filing 73 lawsuits in 20 states. Other Trump-allied legal teams are also ramping up and preparing for litigation, including America First Legal, run by former Trump adviser Stephen Miller.

"We built an unprecedented election integrity ground game to



JOHN LOCHER/AP

Interim Nye County Clerk Mark Kampf works in an office where early votes are being counted Wednesday in Pahrump, Nev.

ensure that November's midterm elections are free, fair, and transparent," RNC Chair Ronna McDaniel said late last month.

For three decades, the RNC was under a consent decree that prohibited it from challenging voters' qualifications and targeting alleged fraud. The consent decree, which ended in 2019, arose from a Democratic National Committee lawsuit that argued Republicans sought to dissuade Black Americans from voting by posting armed, off-duty law enforcement officers at certain polling sites and sending targeted mailings warning about penalties for violating election laws.

In 2020, Republican poll watchers, who have no direct role in the elections and cannot interfere in the electoral process apart from watching and reporting issues, were the basis of many of the lawsuits filed by Trump allies. But when pressed by judges for evidence backing partisan claims of fishy behavior by election workers, litigation faltered.

Election workers have increasingly been subjected to abuse and threats of violence. In battleground states, voter intimidation cases are on the rise. There's growing concern among election officials and law enforcement about overly aggressive poll watchers or people pretending to be poll watchers intimidating

voters.

Last week the RNC won a legal challenge against Michigan's secretary of state, Democrat Jocelyn Benson, who sought to tamp down rank partisanship by issuing rules around how poll challengers can operate.

"Jocelyn Benson not only disregarded Michigan election law in issuing this guidance, she also violated the rights of political parties and poll challengers to fully ensure transparency and promote confidence that Michigan elections are run fairly and lawfully," McDaniel said in a statement.

The RNC has won legal challenges in Nevada and Arizona over the appointment of poll workers and in Wisconsin on ballot curing and drop boxes. Other legal action includes litigation in Pennsylvania over absentee ballots dating and whether outside parties should be allowed to examine voting machines.

Democrats are continuing to file litigation, too. Democratic-led groups have initiated roughly 35 lawsuits that focus largely on making voting easier. Just this week, litigation was filed on behalf of Voto Latino and the Arizona Alliance for Retired Americans to stop intimidation over using drop boxes in Arizona. The ACLU of Pennsylvania sent a letter to Allegheny County officials on mail-in ballot concerns.

Herschel Walker faces abortion allegation from 2nd accuser

Associated Press

LOS ANGELES — A woman came forward Wednesday to accuse Herschel Walker, the anti-abortion Republican running for U.S. Senate in Georgia, of encouraging and paying for her 1993 abortion — an accusation that came just weeks after a former girlfriend said he did the same for her in 2009.

Walker dismissed the newest allegation as "foolishness" and "a lie," similar to his vehement denials earlier this month of the

abortion alleged to have happened 13 years ago.



Walker

"I'm done with all this foolishness. This is all a lie, and I will not entertain any of it. I also did not kill JFK," Walker said in a statement later Wednesday.

The second accuser, identified only as "Jane Doe," spoke to reporters via an audio Zoom call ar-

ranged by her lawyer, Gloria Allred. The woman alleged that Walker, a former college and professional football star making his first bid for public office, pressured her into an abortion and paid for one after she became pregnant during their six-year relationship while he was married to his first wife.

"The reason I am here today is because he has publicly taken the position that he is 'about life' and against abortion under any circumstances when, in fact, he pres-

sured me to have an abortion and personally ensured that it occurred by driving me to the clinic and paying for it," the woman said. She said she was not revealing her identity because she fears "reprisals against myself, my family and my livelihood."

"I do not believe that Herschel is morally fit to be a U.S. senator and that is the reason why I am speaking up and providing proof," she said.

She said partisan allegiances were not a factor in her decision to

come forward. She called herself a registered independent and said she voted twice for Donald Trump, the former Republican president who has endorsed Walker.

The second round of abortion allegations against Walker returned the issue to the forefront of the campaign in the final two weeks before the Nov. 8 elections. Walker is competing against Democratic Sen. Raphael Warnock in a tight race that could help determine party control of the Senate.

WORLD

China accused of using outposts to track dissidents

Associated Press

THE HAGUE, Netherlands — China has reportedly established dozens of “overseas police stations” in nations around the world that activists fear could be used to track and harass dissidents as part of Beijing’s crackdown on corruption.

Information about the outposts underscored concerns about the ruling Chinese Communist Party’s influence over its citizens abroad, sometimes in ways deemed illegal by other countries, as well as the undermining of democratic institutions and the theft of economic and political secrets by bodies affiliated with the one-party state.

Spanish-based non-government group Safeguard Defenders pub-

lished a report last month, called “110 Overseas. Chinese Transnational Policing Gone Wild,” that focused on the foreign stations.

Laura Harth, a campaign director with the group, told The Associated Press that China has set up at least 54 overseas police service stations.

“One of the aims of these campaigns, obviously, as it is to crack down on dissent, is to silence people,” Harth said. “So people are afraid. People that are being targeted, that have family members back in China, are afraid to speak out.”

Chinese Foreign Ministry spokesperson Mao Ning said Thursday that Beijing wasn’t doing anything wrong. “Chinese

public security authorities strictly observe the international law and fully respect the judicial sovereignty of other countries,” Mao said.

The Dutch government said this week it was looking into whether two such police stations — one a virtual office in Amsterdam and the other at a physical address in Rotterdam — were established in the Netherlands.

“We are investigating the activities of these so-called police centers. Once there is more clarity on the matter, we will decide on appropriate action,” the Dutch Ministry of Foreign Affairs said in a statement sent to the AP. “We have not been informed about these centers via diplomatic chan-

nels.”

Another Chinese Foreign Ministry spokesperson, Wang Wenbin, described the foreign outposts identified by Safeguard Defenders as service stations for Chinese people who are abroad and in need of help with, for instance, renewing their driver’s licenses.

Wang added that China also has cracked down on what he called transnational crimes but said the operation was conducted in line with international law.

In its report, Safeguard Defenders reproduced Chinese media accounts about people suspected of alleged crimes in China being interrogated by video link from some of the locations in other countries that Beijing allegedly

did not declare to other governments.

In one instance, according to the group, a Chinese man accused of environmental crimes was persuaded in 2020 to return from Madrid to Qingtian, in Zhejiang province, where he turned himself in to authorities.

Visits by The Associated Press to some of the locations identified by Safeguard Defenders in Rome, Madrid and Barcelona found, respectively, a massage parlor, the Spanish headquarters of an association of citizens from Qingtian and a firm providing legal translation services. There was no indication of police stations or other activity directly related to the Chinese government.

Activists target Dutch painting

Associated Press

THE HAGUE, Netherlands — The Johannes Vermeer masterpiece “Girl with a Pearl Earring” on Thursday became the latest artwork targeted by climate activists in a protest at the Mauritshuis museum in The Hague. The priceless work reportedly was not damaged.

A video posted on Twitter showed one man pouring a can of what appeared to be tomatoes over another man who appeared to attempt to glue his head to the

world famous painting.

Dutch broadcaster NOS reported that the Mauritshuis museum said the painting was not damaged.

One of the men, wearing a T-shirt emblazoned with the words “Just Stop Oil,” shouts “How do you feel when you see something beautiful and priceless being apparently destroyed before your eyes? Do you feel outrage? Good. That is the feeling when you see the planet being destroyed before our very eyes.”



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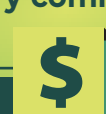
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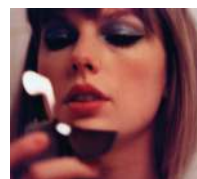
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WEEKEND



'Midnights' a good time for Swift fans

Music, Page 28



'Till' there is justice

Civil rights-era story reflects modern-day issues

Movies, Pages 15-16

Danielle Deadwyler, left, stars as grieving mother Mamie Till-Mobley in "Till."
Inset: Jalyn Hall as Emmett Till.

MGM, Entertainment Pictures

WEEKEND: GADGETS & TECHNOLOGY

Emotional support squid now streaming

Millions chilling out to lo-fi California aquarium videos

BY JULIE CARMEL
Los Angeles Times

When Avi Silver settles into work each morning, they usually put a YouTube video titled “2 Hours Of Chill Shrimp To Work/Study/Relax” on their living room TV.

“It has shrimp, it’s great, it’s so relaxing,” they said. “And then at the one hour and 22-minute mark, it gets inexplicably funky for about four minutes, and then goes back to being chill. It’s a whole experience.”

Silver, who works in publishing from their home in Hamilton, Ontario, is one of the millions of people who have streamed the Monterey Bay Aquarium’s ambient and lo-fi videos, which fuse the aquarium’s livestreams with the popular low-fidelity hip-hop music that’s all over YouTube.

Emily Simpson, a social media content creator for the Monterey Bay Aquarium, said the team began making these videos in 2020 while the aquarium was closed.

“Especially when the pandemic hit, we had to pivot to a lot of new social outreach just to keep the aquarium’s presence front of mind,” Simpson said.

The aquarium’s first lo-fi video, “2 Hours Of Squid To Relax/Study/Work To,” was posted that August and has since become the third-most-popular video on its YouTube channel, with more than 2.3 million views.

“Everyone be quiet,” the video’s top comment reads, “I’m watching my emotional support squid.”

The videos are used in many ways: Simpson said that people have commented and messaged about how they play the videos while they’re sleeping, studying, meditating or even entertaining pets who are left home alone.

“There are hospitals that will broadcast the live cams in waiting rooms,” Simpson said, “and there are so many people who turn to those live cams to just have this really calm, almost meditative thing on in the background.”

Lo-fi music is often associated with Lofi Girl: the uber-famous YouTube channel that runs a 24/7 stream of lo-fi music set to an illustration of an animated girl wearing a green sweater and large over-ear headphones and calmly writing. With more than 11 million subscribers (and tens of thousands of people streaming at most hours of the day and night), it became national news when the Lofi Girl stream was removed for two days during July.

Griffin Candey, a doctoral candidate at the University of Michigan’s School of Music, Theatre & Dance, said that he came across the Monterey Bay Aquarium’s lo-fi videos while he was working on a paper about the lo-fi hip-hop community for his musicology class.

“This kind of hip-hop is not new,” Candey said as he traced aspects of the lo-fi subgenre back to Brian Eno’s 1978 album “Ambient 1: Music for Airports.” “But (the Lofi Girl) channel is kind of the primary disseminating voice.”

Candey likened contemporary lo-fi music to an Eno quote about how ambient music should “accommodate many levels



LOS ANGELES TIMES/TNS

Millions of people have streamed the Monterey Bay Aquarium’s ambient and lo-fi videos, which fuse the aquarium’s livestreams with popular low-fidelity hip-hop music.

of listening attention without enforcing one in particular; it must be as ignorable as it is interesting.”

“Because it has a very repetitive structure, or that kind of predictability, it’s not a thing that you have to actively use a lot of brain power on,” he said. “They just very easily blend into one another.”

But as lo-fi hip-hop grew from that ambient ethos, it was also heavily influenced by the work of the Detroit-born producer J Dilla and the Japanese producer Nujabes, who inspired the genre’s smooth and funky beats.

“Those two artists also use this technique called sidechain compression, which is basically when the kick drum of the kit hits, it reduces the volume of the rest of the instruments,” Candey said. “So the combination of asymmetrical beats, sidechain compression and the sampling digital media that brings natural imper-

fections into the music creates a kind of wavy texture, which is a very lo-fi thing.”

Silver, who watches these videos as they work from home, said the background noise can also be an essential tool for focusing.

“I have ADHD, and I have such a hard time balancing two things at once,” they said. “But I find it’s really good for my brain. Because it’s sort of the same few videos, I can rotate and have consistency while half-listening, so I find it’s been a really good access tool, honestly.”

But regardless of whether these fishy videos are used by viewers to sleep, survive chemistry 101 or just vibe, their effects seem to be overwhelmingly positive.

“Wow. This is truly the pinnacle of human creation,” one comment on the shrimp video reads. “The internet was made so I could chill alongside two shrimps.”

True wireless speakers broadcast solar-powered sound

BY GREGG ELLMAN
Tribune News Service

After this past summer’s brutal heat, we are finally having some outdoor social weather where I live in Texas, which is perfect for bringing the tunes outside with iLive Outdoor Dual Bluetooth 5.0 true wireless speakers.

They come in a pair for stereo sound. Each cylindrical-shaped speaker (6.57 inches long by 3.03 inches rounded) broadcasts 360-degree full-bodied sound with speakers under a matte black rubber finish.

The speakers are built with an IPX6 water-resistant design, allowing them to withstand a rain shower, but they should not be submerged into water deeper than 3 feet. Each speaker has a rubberized coating, and the fabric grills over the speakers are waterproof.

The pair also comes with individual removable stakes, so they can be placed in the ground to

spread the stereo sound to 60 feet for the speaker and 33 feet between each speaker.

There’s no need to run power cords, use portable USB batteries or swap out internal batteries. The iLive Outdoor speakers run and power themselves off using energy from built-in solar panels on the top side of the cylinder.

Once powered, pairing them is flawless, and if your area is smaller, the speakers can be used as a single speaker.

The stereo sound was far better than I expected. The clear and powerful sound was perfect for backyard atmospheres. The speakers aren’t going to perform like speaker systems that cost hundreds of dollars, but you can’t go wrong with \$69.99 for the pair.

Aside from broadcasting music, the iLive Outdoor Dual Bluetooth 5.0 true wireless speakers have a built-in microphone to work as a hands-free speakerphone for calls, an FM Scan Ra-

dio and a built-in Micro SD card slot (card not included) to support audio file playback of personalized playlists. There’s also a 3.5 mm audio input.

While many of the features of the iLive Outdoor stereo speakers were designed with the outdoors in mind, they are perfect for any indoor setting as well.

Online: iliveelectronics.com

The work-from-home lifestyle seems to be here to stay, making it even more essential to hear and talk with headsets, which need to work well and feel comfortable.

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(HS-2000BT) is an excellent WFH USB stereo headset designed to work with both PC and Mac computer systems and is comfortable for all-day use.

The over-the-head headset has a padded adjustable headband. Soft padded ear cushions cover

40 mm drivers in each ear to broadcast clear speech for meetings or calls and excellent stereo sound for music.

A boom with a unidirectional microphone is on the lightweight headset and can be muted by angling it up. An LED light indicates the mic is on with a green light, and shines red when muted. The mic can be positioned on either side of the headset.

Setup and pairing for use is as easy with Bluetooth connections for up to two devices. On-ear controls are easy to access for volume, play/pause and answering calls. There’s also a busy light to indicate that you are on a call or in a meeting.

Environmental noise cancellation and active noise cancellation keep out background sound so your voice is heard clearly by those on the other end. An internal battery is charged with the included USB-C cable or on a Qi wireless charging pad (not in-



CYBER ACOUSTIC/TNS

Cyber Acoustics’ CA Essential USB headset works with both PC and Mac computer systems.

cluded). The battery life with the ANC on is 20 hours, 27 hours with it off.

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WEEKEND: MOVIES



Orion Pictures

Danielle Deadwyler, left, and Whoopi Goldberg star in "Till." Goldberg, also a producer, said she had pushed a Till project for more than 20 years.

Fertile time to release 'Till'

Production of film about Black teen's 1955 kidnapping, lynching comes after long wait

By JONATHAN LANDRUM JR.
Associated Press

When Whoopi Goldberg was invited to help produce an Emmett Till project, the actor thought she knew everything about the Black teenager's 1955 kidnapping and lynching — until she learned the untold stories about how his mother handled the horrific aftermath.

After Goldberg dove deep into Till's backstory, she and her production team-mates Barbara Broccoli and Fred Zollo eagerly pitched movie ideas to several major studios. All eventually turned them down. It became discouraging at times, but after more than two decades of trying to get the project greenlighted, Hollywood finally took notice following George Floyd's death in 2020.

Goldberg said that's when MGM's Orion Pictures stepped up to financially support the development of "Till," which opened in select on-base theaters Friday and includes some of the behind-the-scenes details about Mamie Till-Mobley's monumental decision to expose the brutality of her son's death to educate people.

"People kind of hopped up and said, 'Wait a minute; this is not okay with any of us,'" Goldberg recalled after the killing of Floyd, who died after a Minneapolis police officer pressed a knee into his neck for several minutes. She said Floyd's death struck a chord throughout the U.S. the same way Till's lynching created public uproar 60-plus years ago.

"Corporations started to pay attention," said Goldberg, who added that she's been pushing a Till project for more than 20 years — which was long enough for her to go from being a "young woman with a kid" to now a grandmother. "Orion said 'Listen, we do want to tell this story. We want to help you tell this story. We've been waiting a long time.'"

Goldberg said several directors were interviewed, but they were easily won over by Chinonye Chukwu — who wanted to primarily focus her film on Till's mother. The new movie follows the true and untold story of Till-Mobley, whose decision to publicize her 14-year-old son's brutal death for whistling at a white woman in Mississippi helped spark the civil rights movement.

"Without Mamie, the world wouldn't know who Emmett Till was, and she is the heartbeat of the story," said the director, who called Till-Mobley a "warrior for justice" while she combated racism, sexism and misogyny in wake of her son's killing.

Chukwu said she had unconditional support from Goldberg, who said the director was an obvious fit.

"(Goldberg) constantly communicated her unwavering belief in my artistry and my abilities to be able to tell this story in a way that it needed to be told," said Chukwu, who directed the 2019 drama "Clemency" starring Alfre Woodard. "That kind of support made me feel so seen as an artist, as a human being and as a Black

woman. I will never forget that kind of support."

Chukwu co-wrote the screenplay with Michael Reilly and Keith Beauchamp — a filmmaker best known for his extensive research behind Till's abduction. His 2005 documentary "The Untold Story of Emmett Louis Till" played a major role in the U.S. Department of Justice's decision to reopen the Till investigation.

Beauchamp became friends with Till-Mobley, who was a mentor to him before she died in 2003. His work laid the foundation for Chukwu, who called Beauchamp a "treasure trove" of information and research in telling her cinematic story.

"It was incredible for myself to learn more about who she was as a person," she said. "The many aspects of her life — with her girlfriends, with her man, with her church, at work, with her mother and a community of people who were so critical to her world. I learned so much about that. I knew audiences will learn a lot about that too along with the other people involved in the story."

Chukwu felt the need to focus on Till-Mobley's emotional journey, but she wanted to also explore how Till's death impacted his other family members, like his young cousins who witnessed his kidnapping. She made an effort to re-create "real character-driven moments" in two-person scenes.

"I just wanted to add more layers to the complexity of their relationships and the positions that they were in, in the story



MATT LICARI, INVISION/AP

Whoopi Goldberg poses for a portrait to promote the film "Till" Sept. 30 at the Park Lane Hotel in New York.

and in the world," she said. "It was great to unpack that, those layers and emotional subtext with the actors as well."

Danielle Deadwyler, who stars as Till-Mobley, applauded Chukwu's storytelling along with Beauchamp's ability to "access the truth." She commended Goldberg and other producers for staying diligent.

"This is something Mamie wanted done since around 1955. It's about her seeking to tell this story," Deadwyler said. "The work that Chinoye and I did together in preparing through rigorous research of visual and academic, in just giving ourselves over to this grave task, that's what this experience has been and what we hope to share."

Goldberg, who portrays Till's grandmother Alma Carthan, said she's open to the idea of exploring more films that deal with racial struggles.

"I will produce as many things as we can get made," she said. "You know, Black people go in and out of popularity, so you got to hit while the iron is hot."

WEEKEND: MOVIE REVIEWS

'Till' an emotional punch to the gut

Deadwyler gives Oscar-worthy performance of grief turned resolve as the mother of lynched 14-year-old Emmett

By MICHAEL O'SULLIVAN
The Washington Post

The image, in his casket, of the murdered Emmett Till, the Black 14-year-old lynched in 1955 Mississippi after reportedly wolf-whistling at a white woman, Carolyn Bryant, is said to have added urgency to the civil rights movement.

Disfigured in death, Till's swollen, virtually unrecognizable face was made famous in a photograph by David Jackson, first published in *Jet* magazine, showing the boy's mother, Mamie Till-Mobley, looking down on her son. The implication of the violence visited upon him by two white men — Bryant's then-husband, Roy Bryant, and his half brother J.W. Milam, who confessed to the killing in a 1956 magazine profile but have never been convicted of any crime — was more hideous than anything captured on film.

That is the story told, with unflinching honesty and to devastating effect, by the movie "Till," which begins with Mamie (Danielle Deadwyler, in an Oscar-worthy performance of maternal grief turned resolve) setting Emmett (Jalyn Hall) on a train from Chicago to visit his cousins in Mississippi. Emmett's brief encounter with Carolyn Bryant (Haley Bennett) is depicted as an innocent misjudgment by an overly friendly, perhaps cocky, boy from the big city in unfamiliar territory, but Em-



Orion Pictures

Danielle Deadwyler (Mamie Till-Mobley), left, and Jalyn Hall (Emmett Till) in a scene from "Till."

mett's subsequent, retaliatory murder is never shown. We hear only his cries of agony, off-screen, from a distance.

Similarly, director Chinonye Chukwu ("Clemency"), working from a screenplay she co-wrote with Michael Reilly and Keith Beauchamp, initially seems to shy away from showing us Emmett's ruined face on-screen, photographing it obliquely, and with appropriate reserve and respect, after the boy's coffin is sent to a Chicago funeral home,

where Mamie insists that it not be closed at the funeral or his face cosmetically altered. Later, at the viewing, we see Emmett again, but at a slight remove. Mostly, Chukwu keeps the camera on the faces of the mourners filing past: scared, horrified, confused, angry, in shock.

But it's Mamie's response to Emmett's death, as reflected in Deadwyler's expressive face — at first heartsick, then aghast, then steeled by an unshakable determination to make a differ-

ence — that matters. It drives the film, carrying us through the prosecution of Roy Bryant and Milam (Sean Michael Weber and Eric Whitten) to the film's emotionally gutting conclusion.

"Till" is many things: a portrait of Emmett Till, vibrant with the promise of life; the riveting retelling of a true-crime tale; a doomed courtroom drama about justice undelivered; and a glimpse at the backroom strategizing of the early civil rights movement's players, who include

Medgar Evers (Tosin Cole), the NAACP field secretary in Mississippi who offered Mamie counsel and helped find witnesses to Emmett's lynching who were willing to testify in court.

But those threads are brief, woven together as texture and context in a larger story that is about one person, and one person alone: Mamie. It's Deadwyler who holds our attention — our gaze and our hearts — and who does so with a masterful control. Even when Mamie's most shattered, an inextinguishable ember of courage and purpose seems to smolder at the core of the character.

"Till" is no mere period piece, either. Although closing on-screen titles tell us the fates of several characters (most notably Evers, who would be assassinated in 1963 in front of his wife and children), the film ends with other dark echoes. Some of them still reverberate today, with reports of attempts to suppress Black votes and the disproportionately violent — and disproportionately violent — policing of Black bodies.

Propelled by Deadwyler's unforgettable portrayal, "Till" leaves us with a sense of an indictment still unanswered in 2022. It's one that is implicit in the second meaning of the film's provisional-sounding title: the word "till," as in until.

"Till" contains mature thematic material involving racism, strong disturbing images and racial slurs. Running time: 130 minutes.

A-list talent squandered in Netflix's tawdry, true-crime tale 'Good Nurse'By MICHAEL O'SULLIVAN
The Washington Post

Directed by the Danish filmmaker Tobias Lindholm, screenwriter of the Oscar-nominated 2013 film "The Hunt" and the 2020 Oscar winner "Another Round," "The Good Nurse" stars Jessica Chastain and Eddie Redmayne, prestige performers who between them have been nominated for five Oscars. (Chastain won last year for "The Eyes of Tammy Faye" as did Redmayne in 2015 for "The Theory of Everything" — both times, it should be noted, for portraying real people, as they do here.)

Based on Charles Graeber's 2013 nonfiction book by the same name about serial killer Charlie Cullen, a hospital nurse who in 2004 admitted to murdering multiple patients while on duty, "The Good Nurse" was adapted for the screen by Krysty Wilson-Cairns, herself an Oscar nominee, with Sam Mendes, for the World War I drama "1917."

That's a boatload of pedigree for what turns out to be not much more than the kind of dime-a-dozen true-crime tale that typically goes straight to streaming, where an eager audience is waiting. Though this one arrives on Netflix before the end of the month, it's opening in theaters now, in what seems like a naked

attempt to cash in on awards season.

Playing Cullen — who never fully explained why he killed what may be as many as 400 people, and who is serving several consecutive life sentences in New Jersey — Redmayne delivers a creepily smarmy performance that outclasses the tawdry material. So does Chastain's earnest everyday heroism, as Charlie's real-life co-worker and friend Amy Loughren, who gradually came to suspect Charlie, eventually helping two detectives (played by Noah Emmerich and Nnamdi Asomugha) get a confession.

It's all entertaining enough, if that's the right word for the undeniable appeal of this lurid sort of thing. But there's a shadow of unknowability that shrouds and diminishes "The Good Nurse," a title that refers to Amy, by the way, not Charlie — not even ironically, though he does seem to be good at his job. Redmayne ultimately fails to crack the secret of what made this man — er, this monster — tick.

But that's not really the biggest mystery that hangs over "Nurse." Rather, it is the question of why all these power players thought something this slight, this weightless, this forgettable was ever worth their time.

"The Good Nurse" is rated R for crude language. Running time: 123 minutes. Now streaming on Netflix and showing in select theaters.



NETFLIX/AP

Jessica Chastain plays nurse Amy Loughren, who faces growing suspicions about a colleague played by Eddie Redmayne in "The Good Nurse."

WEEKEND: MOVIES

Friends on, off screen

Chastain, Redmayne team up for 1st time in Netflix true-life drama 'The Good Nurse'

BY JAKE COYLE

Associated Press

Jessica Chastain and Eddie Redmayne's careers were, perhaps, always on a collision course. Their similar red-haired, fair-skinned appearances have long been compared. At the 2017 Golden Globes when they presented together, host Jimmy Fallon introduced them by rapping "Chastain and the Redmayne" to the beat of Cypress Hill's "Insane in the Membrane."

Since meeting at a children's film festival in Italy years ago, they've been friends, too. Even if they've occasionally verged on being rivals.

"I think we needed 'The Danish Girl,' because everyone always talks about how we look alike," Chastain says. "I took a picture of him in costume in character and I emailed Eddie and I said, 'Stop taking my roles, (expletive).'"

"The Good Nurse," which premiered this week on Netflix, brings Chastain and Redmayne together on screen for the first time. It's a deft, chilling true-life drama that revolves around the case of Charles Cullen, a nurse at East Coast hospitals who murdered at least 29 patients.

The film is directed by Tobias Lindholm and adapted by screenwriter Krysty Wilson-Cairns ("1917," "Last Night in Soho") from Charles Graeber's 2013 book, "The Good Nurse: A True Story of Medicine, Madness and Murder."

Chastain plays Amy Loughren, a New Jersey single-mother nurse who befriends Cullen (Redmayne), after he's newly hired. In an interview together at a Toronto hotel ahead of the film's premiere, their easily apparent chemistry in the film was even more effusive in person.

"We play friends," Chastain says, over-emphasizing "play." "That was hard."

"It was a joy," beams Redmayne, causing Chastain to laugh and sigh: "He can't even pretend."

The film deals with not just with a stealthy serial killer but the for-profit health care system that allowed him to go undetected for so long. Nnamdi Asomugha and Noah Emmerich co-star as police detectives.

"For me, the script was a complex story, a mixture of this very intimate friendship, a story of heroism by Jessica's character, Amy," Redmayne says. "But in some ways, it was a questioning of a system, and how that system worked or failed."

"The Good Nurse" was initially set up several years ago, but Lindholm, the Danish writer of several Thomas Vinterberg films including the Oscar-winning "Another Round" and "The Hunt," committed to making a sprawling Danish miniseries, "The Investigation," about the death of 30-year-old Swedish journalist Kim Wall. The actors discussed their options and elected to wait for Lindholm.

"We had so many conversations before we even started. So we knew what we wanted with the film, and we were looking forward to it," Lindholm says. "We came in with an extremely caring and loving energy. The three of us would be the core. My idea was that the three of us would create this film together."

"They're a dream, the two of them," he adds. "They look alike. They have the same humor. They have the same energy. And yet they're so different."

For Chastain, 45, and Redmayne, 40, making "The Good Nurse" came with some trepidation. Working with friends, they note, can mean seeing a different side of someone.

Redmayne's character, too, is a deeply damaged person who puts up a gentle and warm facade. The slightly hangdog physicality Redmayne has in "The Good



CHRIS PIZZELLO, INVISION/AP

Eddie Redmayne, left, and Jessica Chastain, cast members in "The Good Nurse," pose together Sept. 10 for a portrait during the 2022 Toronto International Film Festival at the Shangri-La Hotel in Toronto.

Nurse" is different from that of anything else he's done.

"I respect that he doesn't need to torture other people around him to believe his performance," says Chastain, who adds she respects any actor's process. "I'd be talking to Eddie just as easily as this, and then 'We gotta roll,' and here comes Charlie. It wasn't like we were having to work with Charlie. I was like, 'Phew. I still like you, thank God!'"

"The Good Nurse" is Chastain's first film since she won best actress at the Academy Awards earlier this year for "The Eyes of Tammy Faye." Promotions have highlighted that the two leads of the film are Oscar winners; Redmayne won best actor for his Stephen Hawking in 2014's "The Theory of Everything."

"I have to say when I saw the trailer of our film and it was like

both of us had it, I was like, 'Yes,'" Chastain says.

"That's almost the best feeling," Redmayne responds. "Because you don't really believe it when it happens."

Chastain had previously had a superstition about holding an Oscar, and once refused to touch Redmayne's award.

"But now," she says, laughing, "I'll hold your Oscar and you can hold mine."

"They're a dream, the two of them. They look alike. They have the same humor. They have the same energy. And yet they're so different."

Tobias Lindholm
director of "The Good Nurse"

WEEKEND: MOVIE REVIEWS

Icy visuals,
chilly script

‘Wendell & Wild’ a dark tale with ghoulish humor about 2 demons who escape hell

BY MARK KENNEDY
Associated Press

Just in time for Halloween comes a film that isn't afraid to lean into the darkness, one frame at a time.

In the first five minutes of “Wendell & Wild,” our teen heroine loses her parents in a car accident, her town is economically gutted and she ends up in the back of a prison bus, her legs shackled and her hands cuffed.

This is cold stuff. Director Henry Selick's return to stop-motion animation is icy, from the slushy potholes on the roads to the vapor clouds that emerge from characters' mouths. His script with Jordan Peele is equally chilly, a place where alienation, backstabbing and plots abound.

Selick, whose previous films include “The Nightmare Before Christmas,” “James and the Giant Peach” and “Coraline,” has attracted a starry lineup of actors to supply voices this time: Ving

Rhames, James Hong, Angela Bassett, David Harewood and Peele, reunited with his old comedy partner Keegan-Michael Key.

Peele and Key play the titular characters, a pair of mid-level, none-too-smart demon brothers who hope to escape drudgery in hell by escaping to the world of the living and opening a fun fair. Unfortunately, their banter is a little hemmed in, a little less hysterical than anticipated.

They think they've found their way out of hell in the form of 13-year-old Kat Elliott (Lyric Ross), a goth-like rebellious orphan who has green hair, eyebrow piercings, knee-length platform boots and fingerless studded gloves. She carries a boombox and a doesn't-play-with-others vibe.

“I don't do friends,” she says. “Bad things happen to people I'm close to.”

It is a dark tale, with the action never far from the town's cemetery and coffins seemingly al-



Netflix

Wendell (voiced by Keegan-Michael Key), Father Bests (James Hong) and Wild (Jordan Peele) appear in a scene from “Wendell & Wild.” Wendell and Wild are demons who leave hell.

ways being cracked open. There is a stab at social criticism involving an ominous for-profit company that wants to build a prison so badly it raises the dead to get the city council votes, and a parochial school willing to make a deal with these devils to stay open.

Throughout is Selick's idiosyncratic vision. It takes a certain kind of ghoulish humor to bring a Catholic priest back from the dead with a hair-regrowth cream while our two demon brothers celebrate with high-fives as the soundtrack plays “You Sexy Thing” by Hot Chocolate. In

many ways, this film has the creepiness of “The Nightmare Before Christmas” fused with the girl power of “Coraline,” but for less payoff than either.

The animation style includes the hyper-realism of backgrounds and thrilling details like a messy, bubbling pot of sauce or a rusted bulldozer to human characters who have seams on their faces and often long, skinny legs. A pair of nuns resemble strange fat birds and skeletons with worms in their eyes stumble along. The nifty character designs are credited to designer Pablo Lobato.

Beneath it all is the story of a child's love and guilt — and an education and judicial system letting her down — which propels her to bring her parents back from the dead, but that gets a little lost in the gross-out humor, Addams Family-level weirdness and shock-for-shock's-sake visual gags like a demonic teddy bear. For all the lovingly crafted spectacle, Selick's agonizing, shot-by-shot film is as overstuffed as that bear.

“Wendell & Wild” is rated PG-13 for some thematic material, violence, substance use and brief strong language. Running time: 106 minutes. Now streaming on Netflix.

‘Call Jane’ inspired by real abortion-rights organization

BY THOMAS FLOYD
The Washington Post

Topicality is baked into the film “Call Jane,” director Phyllis Nagy's historical drama about a pre-Roe v. Wade network of underground abortion providers in late-1960s Chicago. But for this undercooked endeavor, such relevance is more of a burden than a boon.

The real-life inspiration for this fictionalized tale — the Jane Collective, a women-run network that provided 11,000 abortions when the procedure was mostly illegal — is a genuine source of female empowerment. Still, Nagy only occasionally imbues the proceedings with urgency befitting the life-or-death stakes. Best known as the screenwriter behind 2015's “Carol,” a master class in romantic longing and slow-burn storytelling, the filmmaker (working from a slapdash screenplay by Hayley Schore and Roshan Sethi) strains to shepherd a narrative that zips along in a haze of underserved storylines.

That can't be blamed on star Elizabeth Banks, who portrays a housewife named Joy with a criminal-litigator husband (Chris Messina), a pubescent daughter (Grace Edwards) and a life-threatening pregnancy. After seeing her appeal for a “therapeutic termination” rejected by the hospital — a pointedly blunt scene, in which the members of the all-male panel discuss the woman before them as if she's invisible — an incredulous Joy turns to the Jane Collective for a covert procedure.

That experience sparks a feminist awakening in Joy, who soon gets roped into joining the “Janes” as a volunteer. Banks sells the transformation from tightly wound housewife to secret women's rights advocate, though the actress is at her best when Joy is amusingly squirming in discomfort during her early days with the Janes — even if the script promptly sweeps that initial consterna-



Roadside Attractions

Elizabeth Banks stars in the historical drama “Call Jane” as a housewife who gets involved with a network of underground abortion providers in the late 1960s.

tion under the rug.

Sigourney Weaver plays the collective's tough-love founder with palpable pluck and world-weariness. Wunmi Mosaku does a lot with a little with her character, an

impassioned activist pushing for the group to better serve Black women. Cory Michael Smith is sufficiently sleazy as the Jane Collective doctor who is only in it for the money — and may not, in fact, be a physician at all. (His coldly methodical oversight of Joy's abortion makes for a striking, if difficult, scene.) But Messina can't quite get a grip on the patriarchy-pushing Will, whose marital devotion cracks when Joy becomes too busy with her clandestine activism to put dinner on the table. And Kate Mara is woefully underused as the pill-popping widow next door who cozies up to Will amid Joy's increasingly frequent absences.

Although the deception predictably comes to a head, as Joy's husband and daughter act on their suspicions that something is awry, “Call Jane” tidies that mess with baffling brevity. The same goes for the conflict over the Jane Collective's approach to race, which is broached and resolved so swiftly that the entire subplot reads like a last-minute rewrite. A debate in which the Janes futilely attempt to assign a limited number of free abortions — tragically weighing patients' hardships against one another — only scratches the surface of that deeper dilemma.

The result is a film that's engaging enough, but chop-pily paced and oddly inert. After the movie premiered at the Sundance Film Festival in January, several months before the Supreme Court overturned 1973's Roe v. Wade, the parallels between the Jane Collective's battle to protect women's rights and current activists' new-found fight to restore them are even starker now — making it all the more disheartening that “Call Jane” doesn't quite ring true.

“Call Jane” is rated R for coarse language and brief drug use. Running time: 121 minutes.

WEEKEND: TRAVEL

Olomouc: Communist charm, stinky cheese

In the hearty town pub of Olomouc, egged on by the locals around me, I order the “Guttery Breath of the Knight of Lostice” — Olomouc’s infamous stinky cheese. It comes with a lid, mints and the offer of a toothbrush. (The fun-loving menu notes they have only one toothbrush on hand. I decline.)

Olomouc (pronounced OH-la-mootz), the historic capital of Moravia in the east of the Czech Republic, is known for its cheese. Non-Moravian Czechs figure there are two types of people in the world: Olomouc cheese-lovers and sane people. The syrecky cheese — which is aged under hunks of meat — is so much part of this region’s identity that when the European Union tried to forbid the product, the Czech government negotiated for special permission to continue to rot their milk in the time-honored Olomouc tradition.

Olomouc provides the perfect antidote to trendy, crowded Prague. Just 2½ hours away from Prague by express train, Olomouc makes a fine day trip. While you’re not likely to see a single American in Olomouc, you will see a McDonald’s — perched regally on the vast main square. It’s the favorite of local children.

For me, Olomouc’s charm is its

provincial Habsburg ambiance with a crusty, now kitschy layer of Communist charm. Its circa-1950s train station — small, cute, and almost toy-like — is still decorated with propaganda murals. Travelers are greeted by



Rick Steves

mosaics of bright, happy workers and peasants dancing around their hammers and sickles with a Maypole-type gaiety. While there’s plenty of bad Communist heritage, one good leftover from that era is fine, still-subsidized public transit. Riding from the station into the town center for pennies, you notice how public transit is second nature for locals with dirt-cheap monthly passes who likely will never need a car — or know how to drive one.

As in Prague, the centerpiece of the town square is a huge medieval astronomical clock. Destroyed in World War II, today’s version was rebuilt in the 1950s by the Communists — with their flair for propaganda. In the Social Realist style of the Communist era, rather than saints and Marys, you have earnest chemists and heroic mothers.



Rick Steves

Locals know to hold their nose when enjoying the stinky cheese of Olomouc in the Czech Republic.

As in any proper astrological clock, there’s a wheel marked with the names of 365 saints, one for every day of the year. But this clock comes with a Moscow-inspired bonus — small red bands splice in the birthdays of Communist leaders, too, such as Lenin and Stalin.

Olomouc’s few surviving Communist-era lamp posts come with twin 1970s-era speakers. These were the blaring mouthpieces of

governmental boasting of successes (“This year, we will have tangerines for Christmas”) and calling people to action (“There will be no school tomorrow as all will join the farmers in the fields for an abundant harvest”).

A showcase of Baroque city planning, Olomouc is the Czech Republic’s fourth-largest city (pop. 100,000) and harbors Moravia’s most prestigious university. With its wealth of cafés, clubs

and restaurants, Olomouc offers a vibrant Czech culture for half the price of a visit to Prague.

And Olomouc is unrivaled in one category: Its plague monument, erected by locals to give thanks for surviving the great plague, is the tallest and most grandiose anywhere.

Rick Steves (www.ricksteves.com) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. You can email Rick at rick@ricksteves.com and follow his blog on Facebook.

These fun gift ideas have a fair chance of pleasing recipients

Finding that perfect gift for a special someone isn’t always easy, especially for those who procrastinate. With Christmas just under two months away, a short trip to a market or fair at which high-quality, unique or quirky gifts can be purchased combines fun with foresight.

For gourmet tastes



Karen Bradbury

The upscale spa town of Baden-Baden makes an ideal backdrop for a fair celebrating refined tastes. The Genussmesse “fine,” on through Oct. 30 at the city’s Kurhaus, offers gourmet foods, wine and handmade and designer goods. Exhibitors will tempt with items such as chocolate, honey, spirits, oils, salami, cheese, coffee and spices; clothes, cosmetics and fashion jewelry are also offered. Tickets at the door go for 12 euros; those up to the age of 12 enter for free. Online: tinyurl.com/299hscr2

For military memorabilia collectors

For collectors of military memorabilia, a good place to be is Belgium, where large and small fairs take place throughout the year. Ciney Militaria, billed as Europe’s largest fair of its kind, takes place 9 a.m.-4 p.m. Oct. 30 at the city of Ciney’s expo grounds. Some 600 exhibitors from across the Continent are expected to attend. Adult tickets go for 15 euros at the door. Online: cineyexpo.be

The Antwerp & Kortrijk Militaria fairs are indoor events featuring some 150 stands manned by vendors from across Belgium and Europe. The goods include uniforms, helmets, spare parts, medals, flags, posters, authorized weapons, books and vintage equipment. Fairs take place at the Antwerp Expo on Nov. 20 and at the Kortrijk XPO on Dec. 11. Opening hours are 10 a.m.-4 p.m., and admission costs from 6 to 10 euros, depending on time of entry. Online: gentmilitaria.be



iStock

Fairs this fall can yield treats worthy of giving to others.

For vintage fashionistas

Vinokilo, a company that organizes the sale of high-quality used clothing by weight, makes buying second-hand into an event by staging multi-day shopping events in eclectic venues to the accompaniment of live or DJ music and food and drink. Vintage and good vibes can be had Nov. 3-5 at the Stuttgartpark in Stuttgart. Event hours are noon-8 p.m. Thursday and Friday and 10 a.m.-6 p.m. Saturday. Tickets go for 3 euros, payable by card only. Stuttgartpark is located at Kegelenstraße 19. Other upcoming Vinokilo events take place in Frankfurt Nov. 8-12 and in Cologne Nov. 18-19. Online: vinokilo.events

For world travelers

The Bazar International de Luxembourg is a fundraising event that aims to financially support and promote charities from all corners of the world. The volunteer-run organization seeks to help some of the world’s neediest, including victims of poverty, violence or social isolation, particularly women and girls. Each year in the run-up to

Christmas, the group sets up the social and shopping event. About 60 countries are represented at stands selling their most typical products including food and drink, artwork, jewelry, clothing, Christmas decorations and other surprises. Dance and musical performances add fun, color and multicultural allure. After shopping for gifts, visitors can mingle over warm or cold beverages and snacks. The fair takes place Nov. 11-13 in Halls 7 and 8 of the LuxExpo. Entry is free. Hours are 6 p.m.-10 p.m. Friday (for drinks and snacks); 11 a.m.-7 p.m. Saturday and 11 a.m.-5 p.m. Sunday. Online: bazar-international.lu

For lovers of games and hobbies

The Stuttgarter MesseHerbst, a massive trade fair that’s open to the public, puts on sale and display the type of goods best enjoyed during autumn and winter. Set up as eight separate fairs under one roof and accessible with a single ticket, a range of interests are addressed here. “Eat & style” will appeal to lovers of fine food and drink; “Spiele” offers games, toys and puzzles; “Kreativ” is the place to find a new hobby or handicraft or improve the mastery of an old favorite pursuit. Other sections highlight pets, rocks and minerals. The fairs run Nov. 18-20 (four of these fairs will open Nov. 17); tickets costs 15 euros for weekday entry and 17 euros for weekend visits. Children ages 15 and under enter free. Online: tinyurl.com/4vkkfeyb

For lovers of unique design

The Marché de Nuit in Frankfurt am Main turns shopping into a late-evening social event. Around 100 exhibitors display goods including textiles, jewelry, photographic arts, glassware, graphic design and upcycled products. Events take place on a monthly basis in the Zoo-Gesellschaftshaus at Bernhard-Grzimek-Allee 1; the next is Nov. 26. The market runs from 6 p.m. to midnight; tickets go for 6 euros. Online: nachtmarkt-frankfurt.de

WEEKEND: TRAVEL



Stepping back in time

Near the Swiss border with Italy, vestiges of the past are set in stone

BY SYLVIE BIGAR

Special to The Washington Post

Bleary-eyed, I left French-speaking Geneva at daybreak. At lunchtime, I switched trains in Zurich, stammering through my rusty grammar-school-level German. A few hours south through the Saint-Gothard Massif — at almost 11,000 feet, a once formidable obstacle between northern and southern Europe — and, via the longest railway tunnel in the world, I stepped into a balmy summer afternoon in Ticino, the only Italian-speaking canton in Switzerland.

In just a few hours spent in the re-

sort town of Locarno, just about six miles from the border with Italy, it was clear that Ticino's reputation as the sunniest canton was completely warranted. Lush palm trees, dark-green camellia shrubs and pastel-colored facades give it a gentle Mediterranean feel. But that was not what I was seeking. After too much time in New York, I was aching for Alpine meadows, ancient forests and the rural landscape of my Swiss childhood. What I found were vivid traces of an ancient mountain people's enduring struggle against the rocky backdrop of their lives.

SEE PAST ON PAGE 21

Steps dating from the 19th century lead to the church of San Maurizio in Maggia, Switzerland.

SYLVIE BIGAR/For The Washington Post

WEEKEND: TRAVEL

Past: Stone elemental to life in Maggia

FROM PAGE 20

I recently stumbled upon the writings of mountaineer and author Douglas W. Freshfield, who, in 1875, published “Italian Alps: Sketches in the Mountains of Ticino, Lombardy, The Trentino, and Venetia” and wrote, “We feel disposed to cry out with delight before a figure of Michael Angelo or this view in Val Maggia.” Even though I had been to Ticino before, I had never heard of that particular valley. It was enough to send me packing.

A main artery for the Maggia River, the valley leads from the high summits of the Lepontine Alps to Lake Maggiore below, but it also breaks into more than 10 smaller canyons. The small town of Maggia, about 11 miles north of Locarno and off the main road, seemed to provide the perfect home-base location. Though it's possible to use the yellow buses that offer public transportation throughout the area, I opted to rent a car and spend a few days exploring the valleys.

You don't ease into Val Maggia. One bend in the road, and you plunge into a radically different landscape: Silvery cliffs reach down as if to restrain the flow of emerald-green water rushing about 70 feet below under Ponte Brolla, settling into deep, tranquil pools. Turns out this is the departure point for several hikes and has been the site of a cliff-diving championship.

The weather shifts fast, and as I drove, nature donned a darker, mysterious robe. Seeming to reflect the ominous clouds, the vertical rock was everywhere: in the towering promontory that frames the valley, in the traditional stone tiles that protect the roofs, in the prehistoric landslides that have marked the history of this land. So much so that its inhabitants have literally carved their lives into the many massive boulders and caves.

In the hamlet of Cevio Vecchio, I climbed through stone, moss and the odd palm tree toward more than 60 “grotti,” ancient caves carved into the rock. Thanks to a natural system of ventilation, the caves enjoy the right humidity levels to allow the population to use them to store wine, cured meats and local cheeses. Over time, people got into the habit of bringing out tables and sitting in front of the grotti to drink local wine and have a bite to eat. That habit led to the emergence of the present-day grotti, open-air eateries featuring local specialties.

The next day, as if opening the cavern of Ali Baba, Zappa unlocked the heavy wooden door of Santa Maria delle Grazie, a seemingly simple church. Only about 20 minutes on foot from



A poached fish marinated in wine from Grotto Pozzasc in the village of Peccia, Switzerland, can be eaten as an appetizer or entree.

Maggia, it revealed strikingly colorful floor-to-ceiling Renaissance frescoes telling the story of Mary, as well as a whole series of ex-votos commissioned by locals to honor the Madonna.

I had planned to take the cable car all the way to the Robièi area near the Basòdino glacier, but the wind picked up: A storm front was blowing in. Soon the fog hid the peaks, and a torrential downpour sent me back to seek cover at a local cafe. “An end-of-the-world kind of weather,” commented a fellow traveler as she settled into a cozy armchair.

My plans did not include staying put, though. I drove back to Ponte Brolla and from there headed west within the Onsernone Valley where, centuries ago, as many as 27 water mills hummed along the river. In the tiny village of Vergeletto, I visited Ilario Garbani, a retired teacher who, in association with the Museum Onsernonese, was working to revive the ancestral tradition of farina bóna, a finely ground roasted corn flour. The storm was just above us, and the furious torrent rushed past the renovated water mill. Here, too, I noted that locals had learned to harness the power of nature to aid their daily lives. At the lovely Ristorante della Posta Russo in nearby Russo, I savored farina bóna ice cream, amaretti and shortbreads, the powder adding a unique, roasted whiff of the past.

It was time, the next day, to drive north from Maggia toward the mountains. The forest grew thicker on both sides of the road — birches, chestnuts, clusters of pines. To the sound of distant cowbells near the entrance of Val Lavizzara, I stopped in the stunning village of Brontallo, where dark wood and stone chalets — homes to the right and stables to the left — huddled together just below walls of rock.

Cowbells gave way to the syncopated rhythm of mallets hitting stone as I proceeded farther toward the summits, where tears of white marble emerged within the gray layers of gneiss above the School of Sculpture in Peccia. The village is also home to the

International Sculpture Center, where I met artists from all over the world, selected by an international committee from a wide pool of applicants, now spending several months on an artistic retreat sponsored by the center.

Before lunch at nearby Grotto Pozzasc, built on the site of an ancient water mill, families bathed and relaxed on the flat stones that dot the turquoise Peccia River. I was too hungry to wait. I ordered the smooth local merlot, which one drinks directly from an individual pitcher, and which paired perfectly with polenta cooked on an open fire and a whole trout poached, then marinated in wine, a method used in the past to conserve the fish. I couldn't resist the torta di pane, a sweet cake with dried fruits and cinnamon traditionally made with stale bread.

That afternoon, I drove to the village of Mogno, where, in 1986, an avalanche destroyed many structures, including a 1626 church. Renowned architect Mario Botta, a Ticino native, was asked to build a new San Giovanni Battista church.

From the outside, the small building, made of alternating layers of Peccia marble and local granite, resembles a sort of standing cylinder cut diagonally to the sky.

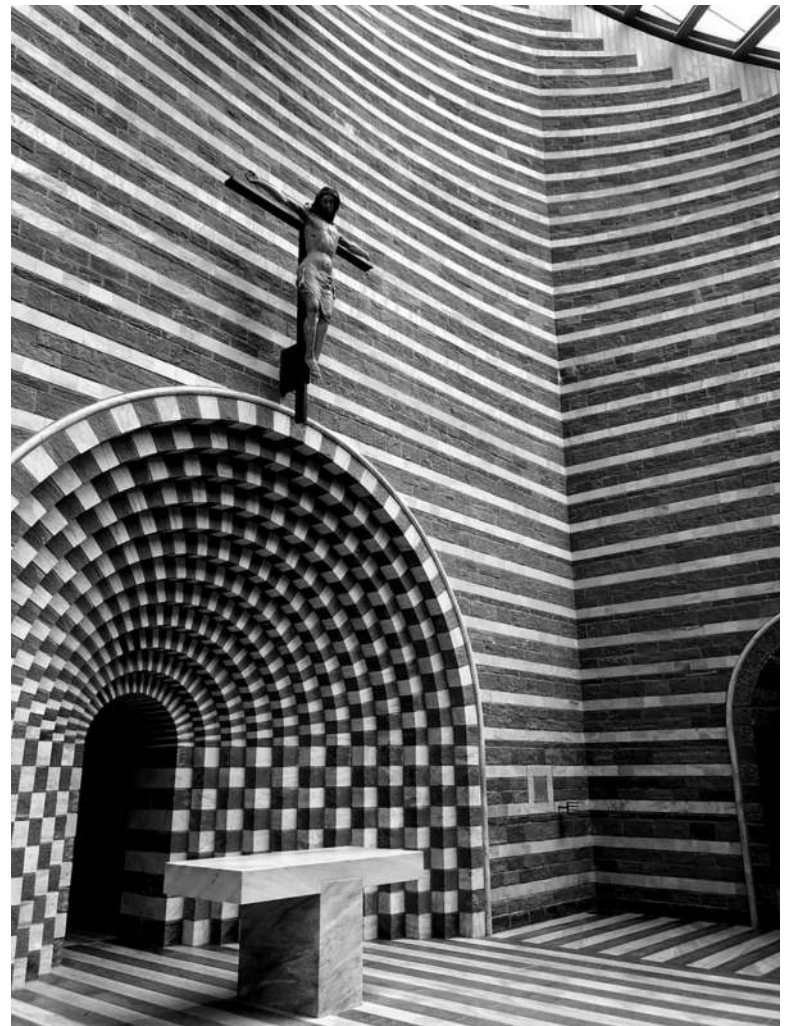
Designed to physically resist nature's force and to represent the ancestral battle between humankind and the mountain, the tiny church reveals the magnitude of its own power inside. In utter silence, daylight filtered through granite arches and the skylights, seemingly bouncing from marble to glass. As decor, only the lone figure of a wooden Jesus hangs over the altar. Stunning.

Walking the next day through Val Bavona and its 12 terre — ancient hamlets and dwellings, most of them still off the electrical grid — brought together the beauty of the rocky landscape and the desperate efforts of the people who attempted to survive there. With high pastures, where many spent the summers with



PHOTOS BY SYLVIE BIGAR/For The Washington Post

In the village of Maggia, a fountain lies within the stony center square.



Architect Mario Botta built a new San Giovanni Battista church in Mogno, Switzerland, following an avalanche in 1986. The small building is made of alternate layers of Peccia marble and local granite.

their animals, and the mouth of the powerful waterfalls along the way, I often wondered whether what I saw was nature (a piece of the mountain) or the moss-covered roof of an antique granary.

I had come to Val Maggia in

search of nature, but the discreet valleys revealed much more than beautiful Alpine landscapes. Under the rock, a society had emerged, fought its way through the elements and left us a fascinating piece of Swiss culture.

TRAVEL: QUICK TRIPS

Spurring interest

There's more than 1 mane event at UK's horse racing museum in Newmarket

By KYLE ALVAREZ
Stars and Stripes

In the days following the death of Queen Elizabeth II, her fondness for horse racing spurred an interest in me to become better acquainted with the world of equestrianism.

The nearby town of Newmarket was the ideal place to pursue this endeavor. It is considered the birthplace of the modern incarnation of the sport in the United Kingdom and therefore hosts the National Horse Racing Museum.

The size of the museum is not apparent at first glance. When I walked in, I figured that this would be the quickest of Quick Trips, but the visit lasted more than three hours.

The first exhibit I visited is a temporary one that runs through Dec. 4, according to the museum's website. It consists of black-and-white photos by Jayne Odell and captures the everyday life of the racing yard.

I was not allowed to take photos of the exhibit, but it was a nice introduction for a novice like me.

On the second floor, I explored displays that trace the history of horse racing back to Persia and Greece around 1000 B.C.

Since I went on a Tuesday morning, I was able to take my time and devote plenty of attention to the artifacts that have been preserved there.

After seeing the exhibits, I had my choice of the Tack Room restaurant or The Bakery for some refreshment. The former was quite busy, surprisingly. It seems to be a popular location for visitors to drink tea and enjoy a morning conversation.

I chose The Bakery, which is right outside the main exhibits in the courtyard. Although small, it reminded me of the many cafeterias in Miami, where I grew up.

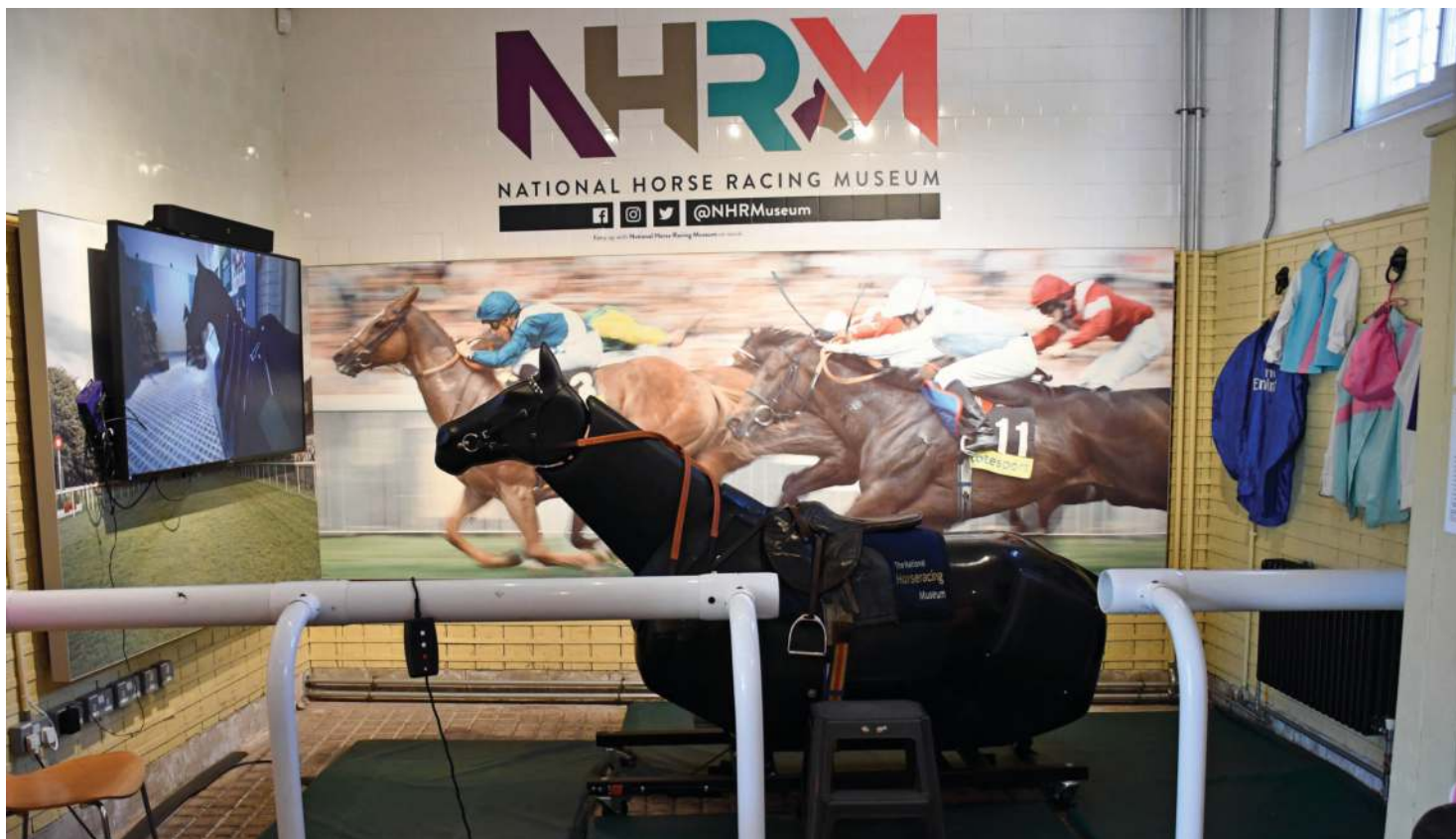
After my short snack, I made my way to the back corner of the courtyard, passing a beautiful statue of the legendary champion thoroughbred Frankel.

The now-retired Frankel is one of the greatest horses ever to run on the track. His career lasted from 2010 to 2012, and he won all 14 of his races. In late 2011, he was the highest-rated racehorse on the planet, according to the World Thoroughbred Rankings.

A museum staffer told me that Frankel's progeny fetch more than \$250,000.

Twice a day, visitors can go on a behind-the-scenes tour of the Rothschild Yard, named after one of the wealthiest families in the modern world.

There, former racehorses are taught how to adjust to their new lives after they've called it a career. This portion of the museum is operated by an organization whose name neatly explains its pur-



PHOTOS BY KYLE ALVAREZ/Stars and Stripes

A mechanical horse lets visitors simulate the experience of a jockey at the National Horse Racing Museum in Newmarket, England.



The museum has displays that range from artifacts of the sport to anatomical outlines of horses.

On the QT

National Horse Racing Museum
Address: Palace Street, Newmarket, England
Hours: Tuesday through Sunday, 10 a.m.-5 p.m.; closed Monday
Cost: Adult admission, 15 pounds; children under 16, free; local residents, 10 pounds
Information: Phone: +44 1638 667314; Online: nhrm.co.uk

Kyle Alvarez

pose: Retraining of Racehorses.

I joined six others in taking the tour. We were shown what the horses do to form new habits and create new muscle memory to go from racehorse to riding horse.

We were lucky enough to see one of the trainers and a rider going through a routine in the arena with a former racehorse. Being able to see in practice what the guide was telling us lent more credibility to the tour.

Once it was complete, I was led back to the courtyard, where a few more displays entice visitors.

One is an interactive horse racing simulator with various speeds, the highest being equivalent to how fast the horses go on the racetrack.



A mural at the museum honors the greatest contributors to the world of modern horse racing. Queen Elizabeth II was considered the greatest special contributor, as she was involved in the sport for over 70 years as a fan, owner, breeder and ambassador.



The National Horse Racing Museum is tucked away on a side street. The museum is open six days a week.

I was not feeling adventurous enough to try my hand at the simulator. For those who are as skittish as I was, there is the option of taking a trot on a mechanical horse.

My museum visit continued across the street in the former residence of the Rothschild family. This area is dominated by a wide assortment of equine paintings, so true enthusiasts are likely to derive the most enjoyment from it.

For a novice like me, the museum visit was more purposeful tourism than im-



A statue of horse racing titan Frankel stands in the center of the courtyard.

mersion. I sought to connect with some of the queen's life story, and the many images of her horse racing involvement humanized her in a way I hadn't seen before.

And of course, the storied sporting spectacle still has an avid following in the U.K., so in that sense, my visit was a bit of a bonding experience with the host country.

I walked away with a greater sense of fulfillment than I thought I would achieve, which is exactly how you want to feel when leaving a museum of any kind.

Alvarez.kyle@stripes.com
Twitter: @Kal2931

WEEKEND: FOOD & DINING

Bavarian amore served up in pleasurable pies

By MICHAEL SLAVIN
Stars and Stripes

Hunting for a restaurant when your belly is rumbling is generally not conducive to success, but my fortunate find of Pizzeria Antonio in Sulzbach-Rosenberg, Germany, stoked a real sense of reward.

It appears to be an apartment building nestled into the back of a soccer venue, Aicher Stadium. Its unpromising exterior, however, conceals a treasure trove of Bavarian goodness.

The cozy atmosphere made me feel as if I had stumbled into a German household that just happened to be serving pizza. The tables are set up for parties of four, so as a solo diner, I received a couple of odd looks.

But after the initial surprise of my request of a table for one, the staff was warm and welcoming. Unlike the case with most restaurants in Europe, I did not have to jump around and wave my hands in the air to get the waiter's attention.

Perusing the drink menu, which is three pages long, I went with something that I knew Germany does not mess up: beer. The delicious Pils from local brewery Sperber Brau proved my beverage intuition correct.

Although the menu was replete with dishes ranging from pasta to calamari, I would have been remiss if I'd gone to a pizzeria and didn't order pizza.

As with any good experiment, I needed to get a baseline and then progress to a specialty pizza to give an accurate assessment.

This led to an interesting encounter with the waitress after the language barrier left her



**AFTER
HOURS
GERMANY**

Pizzeria Antonio

Address: Am Stadion 1, Sulzbach-Rosenberg, Germany

Hours: Tuesday to Sunday, 11 a.m.-1:30 p.m. and 5-11:30 p.m.

Prices: Between 3 and 23 euros.

Menu: German menus and available online at tus-rosenberg.de/verein/sportheim

Phone: 09661 6654

Michael Slavin

wondering whether that silly American had really just ordered two 12-inch pizzas for himself.

After an English-speaking waitress clarified that I did in fact want two whole pizzas, my original server brought out a Margherita pizza, the baseline, and a pizza gallo d'oro, which was topped with cheese, salami and pepperoni with an egg cooked on the middle.

This is not the first time I have been fooled by what the Germans call a Margherita pizza, which in their interpretation is just a normal cheese pizza. That said, it was adequate but lacked a little in the sauce department.

Pizza No. 2 did not disappoint. Normally, I like my eggs scrambled with a side of bacon or oozing out of my burger; I was unsure how I'd react to one on my pizza. Much to my delight, it added a pleasant element to an already delicious ensemble.

I decided to round out my date with myself by ordering dessert, namely the semifreddo, which resembled tiramisu but was served with a chocolate drizzle



PHOTOS BY MICHAEL SLAVIN/Stars and Stripes

The gallo d'oro pizza at Pizzeria Antonio in Sulzbach-Rosenberg, Germany, features an egg on top.



The interior of Pizzeria Antonio in Sulzbach-Rosenberg. The eatery is within driving distance of Vilseck and offers pizza, pasta and other Italian dishes. The board at left announces daily specials.

and apple slices.

When the bill came, I had to take a second look, because I was figuring it would be in the 40 euro range. Much to my surprise, the tab for this hunger-busting bounty was only 24 euros.

For my money, Pizzeria Antonio serves up some of the best pies in Bavaria. Factor in the reasonable prices and the friendly and helpful waitstaff, and you're in for a quality meal.

Just be sure to have cash handy for the bill, as cards are not accepted.

slavin.michael@stripes.com
@mikeatstripes

Almond butter makes chocolate cookies moist and fudgy

By CHRISTOPHER KIMBALL
For The Associated Press

In her cookbook "My Two Souths," chef Asha Gomez added an intriguing twist to the classic chocolate cookie — Nutella. It was an innovative way to introduce nutty flavor to an otherwise straightforward chocolate cookie dough.

Inspired, we wondered what other nutty spreads would work, so for this recipe from our book "Milk Street Tuesday Nights," which limits recipes to 45 minutes or less, we tried natural almond butter.

We were thrilled. Besides injecting the cookie with almond flavor, the natural ingredient gave us more control over the finished texture — moist, fudgy and almost brownie-like.

We made a few other small tweaks — adding cocoa powder



MILK STREET/AP

Almond butter gives chocolate cookies nutty flavor, and sliced almonds add crunch.

and semisweet chocolate to deepen the cookie's flavor and color without overwhelming the lighter milk chocolate — but otherwise kept the recipe simple and straightforward.

Sliced almonds pressed onto the tops added crunch, and a final sprinkle of flaky sea salt

heightened the other flavors. The result was delicious but intense, so we scaled down the cookie's size, making it a decadent two-bite treat.

When you're forming the cookies, if the dough is very sticky, allow it to sit for 5 to 10 minutes. As the milk chocolate solidifies, the dough becomes easier to work with.

Triple-Chocolate Almond Cookies

Start to finish: 30 minutes (20 minutes active). Makes 30 cookies.

Ingredients
8 ounces milk chocolate, chopped
1 cup all-purpose flour
160 grams (¾ cup packed) brown sugar
16 grams (3 tablespoons) cocoa powder

¾ teaspoon kosher salt
3 large eggs
¾ cup roasted almond butter, stirred well
1 teaspoon vanilla extract
6 ounces semisweet chocolate, chopped
¾ cup sliced almonds, lightly toasted
1 large egg white, lightly beaten
2 teaspoons flaky sea salt (such as Maldon Sea Salt Flakes)

Directions

Heat the oven to 350°F with racks in the upper- and lower-middle positions. Line 2 baking sheets with kitchen parchment.

Put the milk chocolate in a medium microwave-safe bowl. Microwave at 50 percent power, stirring every 30 seconds, until completely smooth and melted. Set aside.

In a medium bowl, whisk to-

gether the flour, sugar, cocoa powder and salt. Add eggs and mix thoroughly with a rubber spatula. Stir in the melted chocolate, almond butter, vanilla and chopped semisweet chocolate.

Spread the almonds on a large plate. Divide the dough into 1-tablespoon balls, then lightly press into the almonds, coating one side and slightly flattening them. Arrange 15 of the balls, almond side up, on each of the prepared baking sheets, spaced about 2 inches apart. Brush the tops lightly with the egg white and sprinkle with sea salt.

Bake until the center is set and the edges are no longer glossy, 10 to 13 minutes, rotating the sheets and switching racks halfway through. Let cool completely on the sheets. Store in an airtight container at room temperature for up to five days.

WEEKEND: QUICK TRIPS

Head for the woods

Waterfalls, easy hiking and good food await in Hiroshima prefecture

BY JONATHAN SNYDER
Stars and Stripes

Japan has some great outdoor hiking opportunities, and the Sandankyo Gorge in Hiroshima prefecture, with easy hiking paths and breathtaking views along the Yokokawa River, shouldn't be overlooked.

The gorge has two main waterfalls to see. The Sandandaki waterfall is a 30-minute hike of nearly a mile from the parking area along a mostly paved path with some uphill sections.

Nidandaki, the second waterfall, is accessible only by a small boat service through a narrow gorge. The boat service costs 400 yen (about \$2.75) per person and operates from 10 a.m. to 3 p.m. Monday through Saturday. It's worth planning your visit to use the boat service for the unique experience.

Going the opposite direction from the Mizunashi parking area is a 3.5-mile hike along the river that affords overhead views of rapids and pools of water.

About an hour into the hike, you will come across the Kurobuchi Lodge restaurant along the river. It's the perfect place to stop and rest and enjoy fresh, skewered yamame — Japanese trout — along with udon or somen noodles while enjoying the river view.

Yamame skewers are salted and grilled over an open, charcoal flame. The set meal with rice ball, vegetables and miso soup is 1,000 yen. The udon is thick wheat noodles in a broth with a fish cake and vegetables served hot or cold for 700 yen. The somen is thin noodles circulating in cold water in a round container on the table.

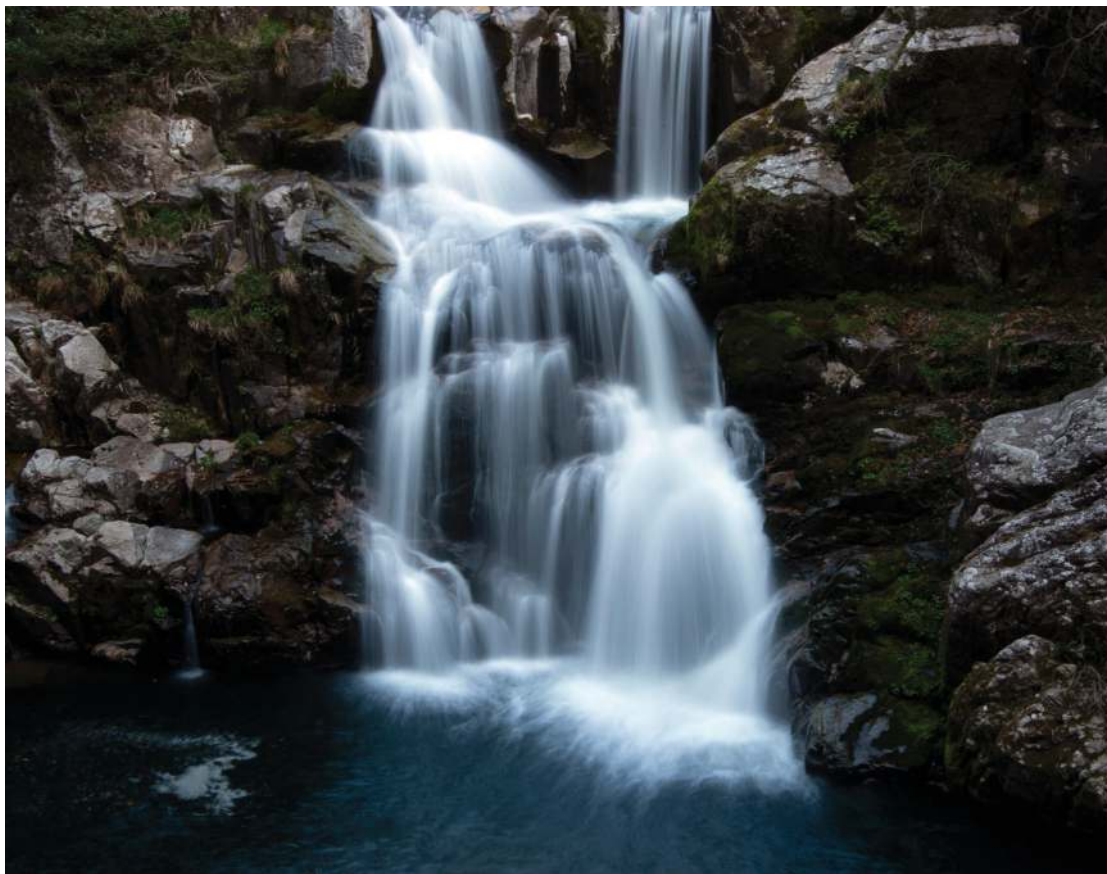
The restaurant is open from 9 a.m. to 4 p.m. daily and weather permitting has a boat service that takes passengers on a 10-minute small circle ride in front of the restaurant that costs 300 yen for adults and 200 yen for children.

The Mizunashi parking area has a paved area with space for about a dozen vehicles and two larger, unpaved parking areas. The day parking fee for cars is 500 yen and 300 yen for motorcycles.

Before arriving at the turnoff from the main road to the parking area there is a water-filling station marked with red flags along the road. Bring some refillable water bottles to fill up on this fresh mountain spring water; it's free.

There is also an official Sandankyo app on Google Play and the Apple Store that offers English information with a trail map with GPS functionality.

Hiking the entire trail system is a good day hike and will take about five hours to complete round trip.



PHOTOS BY JONATHAN SNYDER/Stars and Stripes

The Sandandaki waterfall in Hiroshima prefecture, Japan, is a 30-minute hike from the parking lot.



Hiking the entire Sandankyo Gorge trail system takes about five hours. Make sure to fill your bottles with fresh mountain spring water at the filling station.

On the QT

Directions: Matsubara, Akiota, Yamagata District, Hiroshima 731-3834

Times: The Sarutobi ferry run between 10 a.m. and 3 p.m., Monday through Friday. The Kurobuchi Lodge restaurant is open daily, 9 a.m. to 4 p.m.

Costs: The ferry costs 400 yen per person. Parking in a Mizunashi lot is 500 yen for cars and 300 yen for motorcycles.

Food: The Kurobuchi Lodge restaurant offers hot and cold udon and soba, yamame skewers, somen, ice cream and shaved ice.

Information: Online: akiota-navi.jp/en/text/e_map_sandankyo_s.pdf

Jonathan Snyder



The Kurobuchi Lodge is the perfect place to stop and rest and enjoy a fresh meal along with the river view.



Fresh, skewered yamame — Japanese trout — and udon or somen noodles are among the lodge's food options.

snyder.jonathan@stripes.com
Twitter: @Jon_E_Snyder

STARS AND STRIPES
BEST OF THE PACIFIC
2022-23

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WEEKEND: FOOD & DINING



FRANK ANDREWS/Stars and Stripes

The double bacon cheeseburger from Ishigaki Island Kitchen Bin in Chatan town oozes with flavor.

Return of the beef

Ishigaki Island Kitchen Bin, known for its premium-quality, melt-in-your-mouth burger patties, reopens on Okinawa

BY FRANK ANDREWS
Stars and Stripes

Summer on Okinawa brought more mom-and-pop and father-and-son restaurants out of hiding and back to business.

Thank goodness, because I found a luxury burger spot — the Ishigaki Island Kitchen Bin in Chatan town — that rekindled its griddle in July after 2½ years of COVID-19 closure.

This burger shop is special because its beef and other ingredients are sourced from Ishigaki, a small island south of Okinawa that is famous worldwide for its premium-quality beef, or “tokusen Ishigaki gyu” in Japanese.

Ishigaki beef comes from fattened black cattle bred in Okinawa. It’s a higher-grade meat with marbled fat that gives you a melt-in-your-mouth kind of experience.

The Island Kitchen has three burgers to choose from: bacon, avocado and mozzarella. Each costs about 1,430 yen (about \$9.90). Make it a double for another 550 yen; add a side of fries, onion rings or homemade potato



chips and a drink for 480 yen.

I ordered at the counter, sat at a table in the back and within five minutes my double bacon cheeseburger meal set had arrived. The meat and melted cheese were perfect. The cheese and buns are homemade, and you can taste the freshness with each bite.

There is self-serve soft ice cream made with ginger and imported from Hokkaido, Japan’s northernmost island. The self-serve drink bar has tea, coffee and juices; bottled beers are available on request.

The restaurant has inside seating at four tables that each seat four. More seating is available outside.

The burger shop is a father-and-son operation that they named for their home island. The son, Eito Arashiro, 33, graduated from high school on Ishigaki and moved with his father to Chatan,

Ishigaki Island Kitchen Bin

Location: 11-21, Chatan 1-Chome Chatan, Nakagami-gun 904-0116 Okinawa Prefecture
Directions: Just outside Camp Foster’s Gate No. 2 and across from Araha Beach. Head toward the beach along the road that runs parallel with the water. Look for the big yellow building.
Hours: Monday, Wednesday, Thursday, and Sunday 10:30 a.m. – 6:30 p.m. Friday and Saturday 10:30 a.m. – 7 p.m. Closed Tuesday.
Dress: Casual
Information: Phone: 098-936-7587;
Online: kitchenbin.on.omisenomikata.jp and Facebook.com/ishigakijima-kitchenBin. Phone orders and take-away are available.

Frank Andrews

where they opened the burger place in 2007.

Most of the customers are Japanese tourists followed by Americans on Okinawa with the U.S. military. A few locals patronize the shop, too, he said.

Be prepared to get your hands messy. These burgers are tall and ooze with toppings.

andrews.lynn@stripes.com
Twitter: FrankAndrws

Halloween caramel apples are an easy, fun sweet treat

BY KATIE WORKMAN
Associated Press

There is a slightly weird irony to the fact that around Halloween, we tend to look for recipes for seasonal sweets, even as we prepare for an onslaught of candy. My kids are way beyond trick-or-treating age, but that doesn’t mean we don’t lay in a supply of mini candy bars for the kids who will come a-knocking at our door.

But if you are hosting a Halloween party — for adults or children — a plastic pumpkin full of mini candies might not feel special enough.

Maybe you were tasked with bringing a treat to a school party. Maybe (like us), your building hosts a Halloween party every year for the kids. Or maybe, even though you are an adult, you still think Halloween is the coolest holiday of the year and you need to go the extra mile!

Homemade caramel apples are surprisingly easy to make, and purely joyful.

You can use whatever apples you like, as long as they are firm and crisp.

Granny Smiths are a good choice, with the tartness playing nicely against the sweet. Honeycrisp and Fuji and Gala, all good choices. You want a crunch when you bite into it.

I like to use smaller apples, because with caramel and coatings there is a lot going on.

Kids can help choose different toppings (colored sprinkles or jimmies, crushed cookies, granola, shredded coconut). And they can dip the coated apples into the toppings of their choice.

Caramel apples

Ingredients

- 6 small apples, washed
- 1 (14-ounce) package caramels, unwrapped
- 2 tablespoons heavy cream
- 6 wooden popsicle sticks
- Crushed cookies, sprinkles, crushed nuts, etc. for decorating

Directions

Line a baking sheet with parchment or wax paper. Twist the stem from each apple and insert a popsicle stick in the top.

Place the desired toppings in separate bowls or containers large enough to fit the apples.

If you have a double boiler, set that up with water in the bottom. If not, grab a skillet and a saucepan smaller than the width of the skillet by a few inches. Place the saucepan in the skillet and fill the skillet with water about ½ inch up the sides of the saucepan nestled inside. Place the caramels and the cream in the top pan of the double boiler, or the saucepan in the skillet. Heat over medium heat, stirring often.

Transfer the melted caramel to a heatproof surface. Dip each apple, one at a time, into the hot caramel. Lift the apple and twirl it gently to allow excess caramel to drip back into the pan.

Dip the apple into the toppings of your choice.

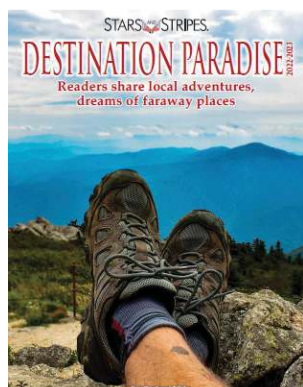
If the caramel starts to firm up before you have dipped all of the apples, return it to the heat over simmering water, and stir frequently until it is liquid again.

Place the decorated apples on the lined baking sheet, transfer the tray to the fridge, and let cool and set for at least 1 hour. Place in cupcake liners if desired.



PHOTOS BY CHEYENNE M. COHEN/AP

Homemade caramel apples are surprisingly easy to make. You can use whatever apples you like, as long as they are firm and crisp.



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STARS AND STRIPES

WEEKEND: LIFESTYLE

What goes around, comes back around

Roller-skating making a comeback in the 2020s, as a safe pandemic activity and throwback to the disco eras

BY TRACEE M. HERBAUGH
Associated Press

At a nondescript basketball court in Waltham, Mass., the leaves take on an autumnal glow and the air is crisp. But there are no pickup basketball players. This is now a spot for people who roller skate.

"I had my eye on skates for a while — I saw they were making a comeback," said Tammy Donroe Inman, 48, of Waltham, Mass., who recently bought a pair of sparkly Impalas. She comes here every few days, turns on music and skates.

"As an older skater, I thought I was going to be self-conscious, but I'm not," she said, wearing a helmet and knee pads. "I fall all the time, but it's pure joy."

With its retro flair, roller-skating has been enjoying a 2020s revival and shows no signs of receding.

That may be partly due to the pandemic, which drew more people to an accessible, social and physical activity that can be done outdoors. It's also part of a larger fashion and music throwback to the disco era of the '70s and '80s, the last time roller-skating was so hot. In the 1990s, in-line skates, a kind of roller skate, were all the rage, but their buzz had gotten quieter.

Now, there are roller-skating pop-up rinks in parks and on roadways, and lots and lots of skates on social media. Skate meetups in large cities are common — outside the Louvre Museum in Paris, for instance, or in Venice Beach, Calif., where skaters have congregated for decades.

New York City's Rockefeller Center hosted a roller rink this summer for the first time since 1940, advertising that it was "bringing the magic of the 1970s with it."

And then there are all the celebrities on skates.

Country star Tyler Hubbard does laps under a disco ball in a video to the new song "Baby Gets Her Lovin.'" Madonna took a spin around a pop-up rink in New York's Central Park at a disco celebration this summer.

R&B singer Usher's smooth skating videos pull in the views on TikTok and YouTube, while Joanna Gaines wore skates on the summer edition of her *Magnolia* magazine. Actors Ryan Gosling and Margot Robbie cruise up and down Venice Beach in neon yellow in-line skates as Ken and Barbie in next summer's "Barbie" movie.

The filmmakers behind a 2019 HBO documentary, "United Skates," about roller-skating as a vibrant Black subculture, told *The Associated Press* then that they expected to be chronicling the end of an era. But they found the opposite. As one young Black skater told them, "Skating's not dead. It just went underground."

At Harlick Skates, a San Carlos, Calif.-based skate-boot company started in 1933, fourth-generation owner Jason Kuhn said roller skate sales started to take off again in 2020.

"I started seeing the orders roll in," he said archly.

While roller skates used to be only 20% of Harlick's business, they're now more popular than ice skates. "It was hard to find workers. Not everyone knows how to do this kind of work," he said.

Many adult roller skaters haven't skated since they were children.



CHARLES SYKES, INVISION/AP

Roller skaters attend the DiscOasis opening night party at Wollman Rink in Central Park on June 18 in New York. Rockefeller Center also hosted a roller rink this summer for the first time since 1940, "bringing the magic of the 1970s with it."

This has sparked a boom in online classes.

Nicole Fiore, 30, of Orange County, Calif., teaches skills and choreography classes online and on YouTube. Her parents worked as roller-skating instructors, and she's a four-time roller-skating World Champion. She often missed school growing up because she was at competitions.

"I've never seen people roller-skating in grocery store parking lots before, and suddenly they're here," she said. "I've been waiting for this moment my entire life."

A day of skating can be a killer workout. There are varied forms of roller-skating, including competitive, speed, dancing and roller derby, a contact sport

played between two teams.

Yet you don't need to be in top shape to start roller-skating.

Dana Johnson, whose roller derby name is Val Kyrie, started participating in a local league seven years ago after getting a divorce. She picked up roller derby after seeing a match, even though she didn't consider herself athletic.

Kyrie, 35, of Minneapolis, is an engineer who now does public relations on the side

for the Minnesota Roller Derby.

"Those skates are a great equalizer," she said. "It's all about how you use your body on those skates."

There are, of course, roller-skating influencers. Across all social media platforms, you can find people posting roller-skating videos, tutorials and pretty pictures of skates.

Ana Coto, 31, lives in Los Angeles and goes by the social media handle @anaocto, an homage to the eight wheels on a roller skate. A 2020 TikTok video of her skating effortlessly to the Jennifer Lopez hit "Jenny From the Block" garnered 2.5 million likes and millions of views.

"There was no intention — just to feel good and feel happy, not to find something to put on TikTok," she said. "I started posting a skate journal, really for myself."

Then Coto saw that people were interested in watching her skate. An actress, she was contacted for appearances in a movie and has since appeared in the Dua Lipa music video "Levitating."

"It is funny. Skating has given me this little foothold in the industry that I never had before," she said.



TAMMY DONROE INMAN/AP

Tammy Donroe Inman, 48, recently bought this pair of Impala skates.

WEEKEND: BOOKS

The Cinderella of rock 'n' roll music

In his memoir, 'Lives of Brian,' AC/DC lead singer Johnson recounts how he got his start, never gave up on his dream

BY MARK KENNEDY
Associated Press

Before he began tearing the roof off arenas as lead singer of hard rock icon AC/DC, Brian Johnson was fixing roofs.

In his new memoir, the "Hells Bells" singer recounts how he went from being a vinyl car roof fitter in the northeast of England to leading one of the most hailed bands in the world.

It's a Cinderella story. Only Johnson, now 75, was a Cinderella at least three times, never giving up on his dream of singing in a rock 'n' roll band.

"I don't know what it is, I just never, ever sort of gave in," he said recently by phone from his

home in Florida. "I was always willing to give something a shot when more pessimistic people wouldn't have. I always thought the glass was half-full."

"The Lives of Brian" goes chronologically through his ups and downs growing up near Newcastle, ending with him joining AC/DC and recording the band's seminal "Back in Black" album.

"It wasn't so much to validate my life," he said of the book. "It was to validate the lives of all the wonderful people that I met that helped shape my life — friends from school, friends at the factories, friends in the music."

Music was his North Star and he recalls first hearing Little Richard sing "Awop



JORDAN STRAUSS, INVISION/AP

Brian Johnson of AC/DC, shown in 2021, says his memoir, "The Lives of Brian," isn't meant to validate his life, but is to validate the lives of those who helped shape his life.

bop/a-loo bop/awop bam boom" at 11 and freaking out. "Many have described that song, 'Tutti Frutti,' as the sound of rock 'n' roll being born — which is fitting, because my dream of becoming a singer was born in that moment, too," he writes.

Johnson was an apprentice engineer who sang on the side and was a young father and husband. To earn enough money for a PA system, he joined an airborne infantry regiment of the British Army.

He attended one of Jimi Hendrix's first shows in Britain, saw Sting perform when the soon-to-be-star of The Police was 15 and made friends with members of Slade and Thin Lizzy. He would meet Chuck Berry, but it didn't go well. "Never meet your heroes," he writes.

Johnson, who would later pen the immortal lines "Forget the hearse / 'cause I'll never die," made his live debut in the deliciously named The Toasty Folk Trio,

survived a horrific car crash and finally found some success in the band Geordie.

The band made it to the "Top of the Pops" — a show that was a crowning achievement for any nascent band. He gave up a good career at his engineering firm, but Geordie had only one Top 10 hit and soon fizzled out.

"At the age of 28, I'd lost everything. My marriage, my career, my house," he writes. He moved in with his parents and recalls once watching AC/DC on BBC. "I loved every second of it. But, of course, it was also a reminder that I'd had my shot and blown it."

Johnson rebuilt his life, becoming a windscreen fitter — later a car roof fixer — and founded Geordie II. He was happy. He had a little business and a little band. "I thought that was my second Cinderella story, but there was more to come," he says.

Still, part of Johnson was unfulfilled. It was a meeting with singer Roger Daltrey that proved pivotal. The Who's frontman invited Johnson — then living with his band in an apartment with just four mattresses on the floor — over for a meal at his manor house.

"He said, 'I'm going to give you one piece of advice, Brian. Never give up. Do you understand me? Never, ever give up.' And I really took that to heart," Johnson recalled. "He's probably forgotten that he said that, but I didn't."

Bon Scott, the original lead singer of AC/DC, died in 1980, and Johnson got an audition to replace him based on recommendations, including from Scott himself, who had heard him sing one night. Only years later did Johnson realize they'd met.

Johnson's editor, Rowland White, an author whose most recent novel is "Into the Black," said the shape of Johnson's story is "extraordinary because it doesn't usually happen like that." "He was happy with the idea that he'd given it a shot and he made his peace with that. And it's what makes the shot at AC/DC somehow more joyful because it was no longer something that he was straining for," White said.

The book ends just as Johnson finally achieves his lifetime goal. If fans are hoping for more about the origins of AC/DC, he argues that's not his story to tell — it's for surviving members guitarist Angus Young, bassist Cliff Williams and drummer Phil Rudd. "That book belongs to the persons who were there from the start because that's what I want to hear," he said.

Harry Potter's Felton reflects on stardom in 'Beyond the Wand'

BY THOMAS FLOYD
The Washington Post

"Beyond the Wand," Tom Felton's self-portrait of child stardom and adulthood aimlessness, follows beats not unlike the arc of his Harry Potter performances. As Slytherin bully Draco Malfoy, Felton delivered a requisite amount of sneering during the eight-movie series' early installments, then cast a more nuanced spell in the last few films. Such is the rhythm of the 35-year-old actor's memoir, subtitled "The Magic and Mayhem of Growing Up a Wizard": After offering many a rote recollection from the saga, he summons his demons and delves deep in the final pages.

That introspection, about Felton's more recent struggles with drugs and alcohol, elevates what otherwise would be a diverting but disposable tome of Harry Potter trivia. Still, if you don't know a horcrux from a hippogriff, feel free to move along — "Beyond the Wand" should only be assigned reading for Hogwarts completists.

That's partially because Felton liberally pulls from the wizarding lexicon, referring to his parents and three older brothers as his "Muggle family" and recalling how Harry Potter props "miraculously apparated" inside one mischievous sibling's bag. But it's mostly because Felton's on-set observations feel painstakingly curated.

Although he has little to say about the Harry Potter filmmakers (aside from original director Chris Columbus) and dances around touchier matters (such as co-star Jamie Waylett's arrest and franchise exit), Felton does drop endearing tidbits about the movies' parade of British acting royalty.

Michael Gambon is the subject of a charming story from the filming of "Harry Potter and the Half-Blood

Prince," when he and Felton shared a smoke between takes of Dumbledore's death scene. Felton also recounts Hagrid actor Robbie Coltrane's playful streak and marvels at Jason Isaacs for being able to flip a switch from the heinous Lucius Malfoy to his gentler real-life persona. An anecdote in which Felton draws Alan Rickman's ire by trampling on his flowing robes amuses, as does the disarming thought of the Snape actor lining up for lunch on set.



"I was rather intimidated by Alan from day one," Felton writes. "But seeing him wait patiently, in full Snape mode, for his sausage sandwich took the edge off just a little."

When it comes to being cast as Draco and rocketing to global fame, Felton is self-aware about his good fortune and cautions that he was "born enthusiastic rather than talented." He's more generous toward his youthful cohorts, lauding Daniel Radcliffe for playing Harry with dedication to his craft and portraying Rupert Grint as an easygoing goof with a big heart — not unlike Ron Weasley. But he has the most to say about Hermione Granger actress Emma Watson, whom he acknowledges had to navigate altogether different terrain in a world that unfairly sexualizes female stars. Dutifully, if vaguely, he addresses their long-standing dating rumors: "I've always had a secret love for Emma, though not perhaps in the way that people might want to hear."

For a book so dominated by Harry Potter — down to the chapter titles, which are chock full of Easter eggs — it's Felton's experiences outside the Wizarding World that

make "Beyond the Wand" worth reading. His brothers come across as colorful characters whose ribbing went a long way toward keeping Felton grounded. And Felton's disastrous audition alongside Anthony Hopkins for the 2012 film "Hitchcock" is deliciously cringeworthy.

When Felton finally opens up on his personal struggles, the change in tone isn't entirely unexpected. Earlier, he alludes to the uneasy burdens of being a teen star — including receiving a death threat when he was 15 — while also citing his problems with tutoring and a few brushes with the law. As Felton details his post-Harry Potter life in Southern California, grinding through the audition circuit, he paints a striking picture of a well-adjusted actor beaten down by Hollywood's superficiality.

"Beyond the Wand" finds greater purpose when Felton explains how he fell into his drinking habits, and chronicles the intervention that shook his world. His experience sneaking out of rehab and wandering the Pacific Coast Highway, trying to find his way back to his neighborhood bar on foot, is especially distressing.

"Just as we all experience physical ill-health at some stage in our lives, so we all experience mental ill-health too," he writes. "There's no shame in that. It's not a sign of weakness. And part of the reason that I took the decision to write these pages is the hope that by sharing my experiences, I might be able to help someone else who is struggling."

Ultimately, the hook of Felton's memoir is his perspective on living a one-in-a-billion experience. Yet "Beyond the Wand" is most insightful when Felton translates his tale into something more universal. Sure, the "boy who lived" was never Draco's moniker — but considering his eventful existence, it suits Felton just fine.

WEEKEND: MUSIC REVIEWS

Out of the woods

Taylor Swift's 'Midnights' heralds the return of a pop-music mastermind

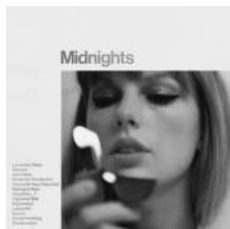
By MIKAEL WOOD
Los Angeles Times

Taylor Swift's pin-sharp new album, "Midnights," closes with a song in which the pop superstar patiently explains to someone — perhaps many millions of someones — that their intimate relationship wasn't a product of kismet but of design.

"I laid the groundwork," she sings over a blippy electronic groove, her voice edging slightly ahead of the beat, "and then just like clockwork the dominoes cascaded in a line." The tune is called "Mastermind," which is what Swift calls herself in the chorus, neatly rhyming the word with "now you're mine." And plenty of its characteristic detail can make you think she's describing a romance. But "Mastermind" is also about Swift's one-of-a-kind career — about the deliberation and the ingenuity of the moves that took the 32-year-old from being a teenage country phenom to being one of the two or three biggest acts in all of music.

"No one wanted to play with me as a little kid," she sings near the end of "Mastermind," which might be the saddest and funniest line on an LP teeming with both kinds, "so I've been scheming like a criminal ever since to make them love me and make it seem effortless." (Take a second to savor the intricate rhythm of those words before you've even heard them

SEE SWIFT ON PAGE 29



Taylor Swift
Midnights (Republic)



VALERIE MACON/TNS

On her latest album, "Midnights," singer Taylor Swift, photographed Sept. 9 at the Toronto International Film Festival, ponders the delights and anxieties of her own celebrity.

Meghan Trainor

Takin' It Back (Epic Records)

Meghan Trainor is back with that doo-wop style of music that made her famous, but this time adding a twist to it.

Her new album isn't your usual journey of self love; this is a more mature Trainor. Riding the ups and downs we all secretly experience, moments of bursting confidence to self doubt and sadness with a sprinkle of reassuring reality.

Like in her single "Don't I Make It Look Easy," Meghan talks about filtering the truth and showing the best part of herself to the world, even when it just feels like a straight-out lie.

Since her last album, Trainor has done some growth of her own, getting married and becoming a mom, and she's imparting all that she learned on the way.



Beginning to end, this album feels like a therapy session. With her lyrics, Trainor is holding the mirror to our fears, as well as being a wise voice for the rainy days.

Don't get me wrong. Like in life, this album is not just slow songs about self reflection; it's also an uplifting, fun experience.

Like in the single "Made You Look," where a loud and sexier Trainor sings "I could wear my Louis Vuitton, but even with nothin' on, bet I made you look."

The music video is a family affair, featuring the singer's best friend and Tik-Tokker Chris Olsen and former "Spy Kids" actor and her husband, Daryl Sabara.

Moreover, Trainor experiments through different music genres, like in the track "Mama Wanna Mambo." Featuring Dominican singer Natti Natasha and Cuban-American musician Arturo Sandoval, it's sure to raise your dancing fever.

In the 12th track "While You're Young," Trainor's lyrics feel like that familiar

voice in our head we always ignore, sometimes even involuntarily.

She tries to shake all the worries away and asks us to be more vulnerable.

"You've only just begun and you're good enough / And I know it doesn't help with the pain, but have you ever tried to dance in the rain? / You're not the only one who's feelin' this way."

The album ends with the slow song "Final Breath," which brings you back to the center of your emotions, just like the best therapy session would do right before sending you out into the real world.

Meghan sings "If I could, I'd do it all over again," and as you end this fluctuation of genres and feelings, you feel reassured that you are not going through all of this alone.

— Matrina Inchingolo
Associated Press

WEEKEND: MUSIC REVIEWS



TERRY WYATT/TNS

Taylor Swift, shown Sept. 20 at the Nashville Songwriter Awards in Nashville, returns to an earlier Swift mode on “Midnights” in both sonic and lyrical terms, with slick, beat-heavy arrangements.

Swift: Singer returns with strong collection

FROM PAGE 28
set to music.)

Pondering the delights and the anxieties of her own celebrity has been a hallmark of Swift’s work for years — or at least it was until 2020, when she set aside much of the autobiographical life-of-a-pop-star stuff for the ostensibly fictional character-driven narratives of her twin pandemic albums, “Folklore” and “Evermore.” Full of songs about small-town grifters and awkward high-school kids and unhappily married people — even a murderer — those projects also radically recast her sound, veering away from the synthed-up productions that sent her up the Hot 100 toward a rootsy, mostly acoustic vibe she formulated with Aaron Dessner of the indie-rock band the National.

Swift suggested that the isolation of the pandemic had set her imagination free; certainly, the music’s smaller scale reflected the demands of remote collaboration. Yet “Midnights,” her 10th studio full-length, returns to an earlier Swift mode in both sonic and lyrical terms: This 13-track set, which she produced with her longtime creative partner Jack Antonoff, feels like it picks up right where 2014’s “1989” and 2017’s “Reputation” left off, with slick, beat-heavy arrangements that seem dimly aware of hip-hop’s existence and with lyrics peppered with juicy allusions to Swift’s various high-profile feuds and love affairs.

It’s easy in a sense to understand why she took this approach, given that she spent 2021 rerecording her albums “Fearless” and “Red” as part of a plan to create new versions of the LPs she lost partial control of when her old record label changed hands.

As meticulous a diarist as pop

has ever known, Swift has clearly been thinking — thinking more than usual — about her journey and about her younger selves; “Nothing New,” one of many freshly recorded outtakes she included on “Red (Taylor’s Version),” captures a woman in her 30s confronting her 20-something suspicions about how her chosen industry would treat her as she aged out of ingenue-hood.

“Midnights” opens with the steamy, R&B-adjacent “Lavender Haze,” in which Swift laments the scrutiny she’s under as a famous person dating another famous person (in her case, the English actor Joe Alwyn); the song — co-written by and featuring background vocals from actress Zoë Kravitz — seeks a safe space removed from a realm where her loose talk threatens to “go viral,” as she puts it. In “Anti-Hero,” over Antonoff’s buzzing synths and booming ’80s-rock drums, she weighs the public’s harshest opinions of her, copping to a “covert narcissism” and admitting that sometimes she feels like “a monster on the hill ... slowly lurching toward your favorite city.”

The vicious and shimmering “Karma” seemingly takes aim at the powerful music executive Scooter Braun, who engineered the label purchase that spawned Swift’s rerecording enterprise: “Spiderboy, king of thieves / Weave your little webs of opacity,” she sings — heed the conspicuous “S” and “B” in “Spiderboy” — before describing what she views as her cosmic advantage with a series of vivid metaphors: “Karma is my boyfriend / Karma is a god / Karma is the breeze in my hair on the weekend.” The breeze in her hair on the weekend! Good night, Spiderboy.

Swift’s storytelling impulse

isn’t dead on “Midnights,” which she’s said grew out of her bent toward wee-hours contemplation. “Midnight Rain,” a slow and woozy number with pitch-shifted vocals, narrates a tale of a guy and a girl with differing life goals, neither of whom appear to be Swift or Alwyn; ditto “Maroon,” in which the guy and girl get drunk off her roommate’s “cheap-ass screw-top rosé.”

Then there’s the pulpy, Billie Eilish-ish “Vigilante S—,” about a woman who helps a betrayed wife get revenge on her dirtbag husband.

Yet the songwriting and the vocal performances here are so strong — she’s playing with cadence and emphasizing the grain of her voice like never before — that eventually you stop caring what’s drawn directly from Swift’s real life and what’s not. It’s just a pleasure to get lost in tunes like “Labyrinth,” in which the singer explores her fear of falling in love again, and “Snow on the Beach,” a gorgeous duet with Lana Del Rey with some of the album’s most affecting imagery: “My smile is like I won a contest,” Swift sings in regards to a surprising new fling, and that’s all you need to conjure the precise picture in your head.

She paints another indelible picture in “Mastermind,” referring to herself as “the wind in our free-flowing sails” after she offers context for why she’s been so thorough in her interactions with her boyfriend (or her audience). “All the wisest women had to do it this way ’cause we were born to be the pawn in every lover’s game,” she sings.

Then she takes a breath and adds: “If you fail to plan, you plan to fail.”

Only Swift could make a self-help slogan sound like a fairy tale.

Tyler Childers

Can I Take My Hounds to Heaven?
(Hickman Holler Records/RCA)

Tyler Childers does what he wants when he wants, and while he’d like you to buy his music, he probably doesn’t care what you think. His last album followed two best-selling country records with an utterly non-commercial deep dive into traditional Appalachian melody.

So it comes as no surprise that on his latest offering, “Can I Take My Hounds to Heaven?,” the red-headed Kentucky native has something different in mind. Or that he does it with fearless exuberance.

This time, Childers has taken eight songs about faith and produced each three different ways. There’s the straightforward “Hallelujah Version,” featuring his fabulous touring band, the Food Stamps. There’s the “Jubilee Version,” which dials up the production with boisterous horns, background vocals and over-the-top attitude. And there’s the “Joyful Noise Version,” an eclectic set that mixes spoken-word samples ranging from Andy Griffith to Thomas Merton with rhythmic, off-the-wall sonic experimentation.

The album is built on a gospel foundation, but Childers’ faith is more about love than judgment. Everybody’s welcome in his heaven.

The repeat takes give the album a behind-the-curtains feel, offering intriguing glimpses into the creative range of Childers and his band. Still, Childers might’ve had a more compelling album if he’d made some painful choices.

The Hallelujah versions are generally the best because his band is so sure-footed, though at times the “Jubilee” takes are soaring — on a song called “Angel Band” in particular. A couple of the “Joyful Noise” takes might have worked better in a mix, but including all eight here feels indulgent. The best of them might be the muscular, anthemic jam-session take on “Heart You Been Tendin’,” but it would’ve had more power as a closer if we hadn’t already heard the same song twice.

But that brings us back to where we started. Childers probably doesn’t care what we think. He’s fine going his own way as one of country music’s most compelling and unpredictable artists, saying his piece about faith.

He’ll bring us all along if we care to join him, but he knows where he’s headed — and it turns out to be another wild ride.

— Scott Stroud
Associated Press

Carly Rae Jepsen

The Loneliest Time (Interscope Records)

Dating in the 21st century might be a lonely time, but Carly Rae Jepsen has found a way to make an album around those experiences that’s as bright and hopeful as it is grounded. From the euphoric “Sideways” to the heart-break of “Go Find Yourself or Whatever,” on her sixth studio album, “The Loneliest Time,” the 36-year-old makes one thing clear: It’s rough out there in the dating world.

While the themes of “The Loneliest Time” are timeless, there’s a specificity to the experiences that reflect the modern age. Jepsen’s second single from the album, “Beach House,” is the best example of this. The kitschy song mirrors the experience of endless scrolling on dating apps.

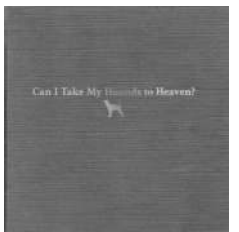
After describing a myriad of bad dating experiences and pleading with men to not view dating as hunting season, male vocals join in with tongue-in-cheek promises that get more preposterous as they go, from “I’m probably gonna never call you” to “I’m probably gonna harvest your organs.” It’s a sure-to-be camp classic from the Canadian pop icon.

Despite what are certainly lows described on “Beach House,” Jepsen’s optimism on “Surrender My Heart” shows she hasn’t given up on love quite yet. A highlight of the album, the synth bop opener finds her embracing vulnerability.

Throughout the LP are disco and ’80s influences, heard most strongly on the title track and “Far Away.” The pop anthems for which Jepsen is known are not in short supply, with softer tracks like “Bends” and “Go Find Yourself or Whatever” sprinkled in between. “Go Find Yourself or Whatever” is endearing in its empathy, opening with an acoustic guitar and building to include an electric guitar, mandolin and sitar.

“The Loneliest Time” is a collection of songs that encompass the highs and lows of searching for love, a journey full of second chances, mistakes and elation. It can be lonely at times, but as she articulates on the opener, her past experiences haven’t stopped her from opening her heart: “I wanna be brave enough for everything.”

— Ragan Clark
Associated Press



WEEKEND: VIDEO GAMES



Nintendo photos

Bayonetta 3 is the third action-heavy title based on the Umbran witch as she defeats a new threat to humanity.

Fresh takes on familiar franchises

Look out for new Bayonetta, Sonic the Hedgehog and Pokemon games on the Nintendo Switch this holiday season

BY GIESON CACHO
Bay Area News Group

Entering its sixth holiday season, the Nintendo Switch is showing it still has plenty left in the tank. The system continues to be home to the company's stellar first-party titles and it has attracted indie projects and high-profile franchises with its huge fan base.

Over the next few months, gamers will see plenty of titles coming out on the console, but these are three to watch out for:

Bayonetta 3

Platinum Games' best franchise returns for a third go-around. Fans can expect Twitch-perfect action gameplay as players once again take control of the Umbran witch as she fights new bioweapons called homunculi.

To defeat these threats to humanity, Bayonetta is armed with her familiar set of moves, including the all-important Witch Time, which slows enemies when she performs perfect dodges. She also has hair that transforms into powerful weapons. (The game even comes with a safer-for-work mode that cuts down on the risqué visuals.)

On top of all of that, the developers layered in new features. The big one is the Demon Masquerade, which is an ability that's tied to the weapons she picks up during the campaign. With the move, she can summon demons to help her on her adventure. These are creatures that drastically change the gameplay and act almost like vehicles in some areas. They're used for traversal and added firepower though they can't be summoned anywhere. Size is a limiting factor as well as inventory space because Bayonetta can



In Pokemon Scarlet and Pokemon Violet, players explore three storylines and can jump between them at will.

only carry three weapons at a time.

Another big addition is Viola, who is a new playable character. She's a witch-in-training from another universe and uses a katana. She plays differently from Bayonetta in that she's reliant on blocking attacks instead of avoiding them.

Bayonetta 3 also places an emphasis on being friendly to newcomers. The self-contained globe-trotting story means that anyone can jump into this chapter and not feel lost. Veterans will enjoy some of the deeper lore references, but to be honest, storytelling has never been the franchise's strong point.

Bayonetta 3 and its predecessors excel at action-heavy gameplay and mission design. This Platinum Games title will impress even the most experienced hardcore fans. It was released Oct. 28.

Sonic Frontiers

When it was first revealed, this fresh take on the famous blue hedgehog drew an enthusiastic response. The idea of an open-world Sonic game in which the icon-



Sonic Frontiers gives the famous blue hedgehog an open world to roam around.

ic Sega character explores a world inhabited by colossal threats from an ancient civilization is intriguing.

It features five massive overworlds, where players can find secrets and portals that take them to cyberstages. It also has Sonic staples such as ring collecting and even a leaderboard for the fastest times to complete certain sections.

Sonic Frontier comes out Nov. 8 on the Nintendo Switch as well as other consoles.

Pokemon Scarlet and Violet

Pokemon Legends Arceus was a prelude to these entries that appeared to push a new vision for the series. Taking place in the Paldea region that's influenced by Spain, these games appear to flesh out the vision introduced earlier this year.

The games offer an unprecedented amount of freedom as players explore three storylines: Starfall Street, Victory Road and Path of Legends. Players can jump between any of these threads as they venture through the campaign.

Starfall Street focuses on battling the Team Star gang of delinquents and their

leaders, essentially the Team Rocket part of the game. Victory Road focuses on traditional gyms, but there's no specific order to tackle them in Pokemon Scarlet and Pokemon Violet. Players have the freedom to go after any of the gym leaders and eventually tackle the stronger trainers to become Pokemon Champions.

The final storyline is the most mysterious. The Path of Legends focuses on Titan Pokemon. They're comparable to the Alpha Pokemon in Arceus, but as the name implies, they're bigger.

Pokemon Scarlet and Pokemon Violet also bring back features from past games, but they dress them up in new ways. The picnic element seems to be an evolution of Poke-Amie that was introduced in Pokemon X and Pokemon Y. It gives players new ways to care for and interact with their pocket monsters. They can make sandwiches and give them baths.

Raid battles, one of the best features to come out of Pokemon Sword and Pokemon Shield, also makes a comeback. They reinforce the games' emphasis on exploration and the multiplayer experience. A group of four can now go up against powerful Pokemon with a chance to catch them at the end. Some have rare Terastal forms, making them more sought-after than others.

Terastallizing essentially gives a Pokemon a third typing, but with the chance of it being any of the 18 types, it creates a wild-card effect in battles. It's a different take on the Mega Evolution and Gigantamax from previous iterations that were meant to spice up battles. It can make multiplayer battles more complex with surprising results.

Pokemon Scarlet and Pokemon Violet launch Nov. 18.

WEEKEND: TELEVISION

'Perfect to play the lead'

Saldana says losing her father as a kid, marrying an Italian helped her relate to her character in Netflix's 'From Scratch'

By ALICIA RANCILIO

Associated Press

Zoe Saldana says filming her new Netflix series "From Scratch" stirred up emotions from her own life, ones she thought she had dealt with long ago. Her father died when she was 9 years old, leaving her mother to care for her and her two sisters as a single mom.

"Grief is very deceiving," she said in a recent interview. "There's management of it, but no closure."

In "From Scratch," Saldana plays Amy, an American woman who travels to Italy to study her true passion, which is art. While there, she meets a handsome local chef named Lino, played by Eugenio Mastrandrea. They fall in love and Lino follows her back to the U.S. Their fairy tale, based on actor Tembi Locke's memoir, is threatened when illness strikes.

"I knew grief from the perspective of a child losing your hero," Saldana said. "I never understood it from my mom's perspective, losing a partner, losing the love of her life and having to wrestle with grieving, but also having to welcome joy in your life because you have little co-dependents that need you."

Locke co-created the series with her sister, Attica Locke, who also served as showrunner and worked with Reese Witherspoon's Hello Sunshine production company on "Little Fires Everywhere." That connection helped put Tembi's book in Witherspoon's hands.

Witherspoon was so taken with the book that she acquired the rights and made it an official Reese's Book Club selection. She also brought it up to Saldana over dinner.

"She said, 'I just want you to read it. For some reason it made me think of you. I'm excited about this book. ... Read it and give me your thoughts. And if you like it, I think that you would be perfect to play the lead,'" Saldana recalled.

There are details in the series that don't happen in the book, or that are changed, because the Lockes were mindful they were creating a series for TV.

"We were very clear about creating a psychic distance, if you will, to be creative storytellers," Tembi said. "We knew the characters were going to have to do things for the purposes of a narrative on screen that may not have happened in real life. We wanted the freedom and license to do that."

It was also a blessing for Tembi Locke to have her sister spearheading this project that was so personal and emotional.

"She not only was a big voice of encouragement to write the book, but the opportunity to lift the story further and give it a broader global audience was very honoring, quite frankly," she said. "It was a very exciting thing creatively to take on, but to do it with my sister, I knew that we could protect the essence of the book."

For her part, Attica Locke doesn't believe she needed to do much protecting because they were surrounded by a team

and crew who respected the weight of the project: "My sister, my brother-in-law's memory, my niece. All those people I love in a way that I can't put into words, but I can put into action. The love for (their story) got me up every day doing the hard work. That drove me more than protection because I think love allowed us to attract people who could either feel that or also had it within their own hearts."

Saldana agrees: "Everybody on that set knew exactly what we were there to do."

The sisters would check in with each other "when the hard moments came, and they did," Tembi Locke said. "We'd make a plan for how to handle it."

Attica would say to her sister, "'Could you give me four things that you want me to make sure that I convey to the director and to the actors so you don't have to sit in the re-creation of the most difficult moments in your life? Let me be the ambassador.'"

There was also joy and fun. Part of the shoot was in Italy. A restaurant scene where Lino seduces Amy through his cooking was a highlight. (Tembi writes about it in her book.)

"That was the first scene that I was like, 'Wow, Eugenio,' because Eugenio is much younger than I am," said Saldana, who is 44; Mastrandrea is 28. "I'm like, 'Oh my God, you guys hired a child to play opposite me. Like, I'm so sorry.' I was very apologetic. ...

"And I just remember that shoot, like, when we walked in, he was owning that kitchen, and we were all like, 'Bravo, mister.' We were making him blush a lot," she said, laughing.

Saldana also bonded with Tembi over having an Italian husband. She married Marco Perego-Saldana (they each took each other's last names) in 2013 and they share three sons.

"In this particular situation, it was easy for me to pull from familiar territories.

Not just in the good ones, but also in the frustrating ones. To be married to an Italian is not a walk in the park every single day. It's yummy, it's delicious, it's romantic, but it's also very challenging in the sense that you're marrying an old culture that is very proud of its history and its art and its love and its food," she said.

"Tembi and I would have so many laughs, bonding in that sense."

Zoe Saldana, shown April 28, stars in "From Scratch," based on a memoir.

CHRIS PIZZELLO, INVISION/AP



NETFLIX/AP

From left, Eugenio Mastrandrea, Isla Colbert and Zoe Saldana star in "From Scratch."



WEEKEND: HEALTH & FITNESS

In hot pursuit of the runner's high

10 ways to get started, fall in love with the sport

BY KELYN SOONG

The Washington Post

Are you a runner who hates running?

It turns out, a lot of runners don't love the actual running part of their sport. Running can conjure up memories of pain and punishment from high school sports. It can feel like a chore. Even avid runners who love the sport have had periods where their motivation wanes. One popular search on Google: "How do you start running when you hate it?"

Brendan Leonard, an outdoor adventure writer who runs ultramarathons, said that when strangers learn he's a distance runner, they often tell him that they hate running, to which Leonard replies, "I hate running, too, man. It's not that fun."

And yet, running is one of the most popular forms of exercise with nearly 8 million people around the world signing up to compete in races each year. Running can be cathartic, and people who do it often feel a sense of accomplishment.

The Washington Post asked readers, "Do you hate running but want to do it anyway?" More than 100 people responded with stories of their love-hate relationship with running. Here's their advice.

Go slower

You can even walk sometimes.

You don't have to go fast. You don't even have to run the whole time.

Cody Townsend, a 39-year-old professional skier, found running boring and painful. His endurance coach, Sam Naney, told him to slow down and alternate jogging for 30 seconds and walking for 30 seconds — a run-walk-run training method popularized by Olympian Jeff Gallo-way.

Townsend ran-walk-ran for 20 minutes several times a week for about four to six weeks. In the beginning, that meant he was running a 12- to 13-minute mile pace.

"If you can run and have a conversation with someone, then you're at the correct pace," Townsend said. "And once I learned that, that's what was the key catalyst to improving and then learning to love running."

Expect the struggle

The struggle of running is a shared experience with every other runner, from beginner to elite marathoner.

In his book, "I Hate Running and You Can Too: How to Get Started, Keep Going, and Make Sense of an Irrational Passion," Leonard recommends giving yourself permission to struggle. Running takes time. It requires practice. You need the proper shoes and gear, which can be found at specialty running stores.

Another common refrain from people who don't like running is that it's boring. Leonard, 43, agrees.

But to him, "Boredom is fertile. It's a

great place to put yourself to actually think, as opposed to something that's commanding your attention every few seconds."

Make a game out of it

Mika McDougall, who is married to Christopher McDougall, the bestselling author of "Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen," realized that she needed extra motivation to run during the frigid winter days of Lancaster County, Pa.

She noticed that in a nearby neighborhood, residents had set up free libraries in their front yards. She started to organize her runs around them. By the end of her runs, she would have a pile of books to take home. She would also drop books off.

"I wanted to vary it up to entertain myself, because you can kind of get into a routine and get bored," said McDougall. "It was a fun way to plan the afternoon and get rid of junk around the house."

Run with a coach in your ear

Listening to a running podcast or guided running app during your run is like having a personal coach by your side. You can search for a variety of apps for runners of all levels.

Jess Mullen, 39, an administrative assistant in Philadelphia, says that running is "always a slog." Listening to the NHS Couch to 5K podcast has helped. The episodes distract her from pain and offer reminders about form and breathing.

The podcast is "a completely judgment-free, nurturing way into running," Mullen said.

Mullen's cousin, 34-year-old Emily Kane, of Philadelphia, runs with Peloton's guided workouts.

"You kind of feel like you're not by yourself," she said.

Run with music or entertainment

Music, audiobooks and podcasts can also serve as entertainment and distraction on a long run.

"At low to moderate intensities of running, the reduction in the rates of perceived exertion is around 10%" while listening to music, said Costas Karageorghis, a professor at Brunel University in London and author of the book, "Applying Music in Exercise and Sport."

"It encourages dissociation, which means that runners are not so aware of the fatigue-related symptoms from the organs and from the working muscles," Karageorghis said.

The sweet spot for music tempo is between 120 beats per minute for a low-intensity run and 140 beats per minute for a high-intensity run.

Look for headphones with "bone conduction technology" and an open-ear de-



iStock

sign so you can listen to music but still stay aware of your surroundings.

Head to the trails

Trail running allows a change of scenery and an escape into nature. It also gives you "permission to slow down," said Mike Crowley, 59, of Conshohocken, Pa., who has competed in multiple 100-mile races, including the Eastern States 100 in Water-ville, Pa.

"It's not as monotonous," Crowley said. "The environment is more appealing and changes through the season. The community of trail runners is very welcoming and a fun group to be a part of."

The American Trail Running Association (ATRA) lists dozens of trail-running events in the United States every month.

Keep chasing the runner's high

Not everyone experiences the runner's high the same way, but research suggests the feeling has to do with endocannabinoids, which are the natural versions of THC and CBD.

"When we say runner's high, we mean kind of a euphoric effect that some but not all people experience after a physical activity, and also reductions in pain and anxiety and stress," said Hilary Marusak, an assistant professor of psychiatry and behavioral neurosciences at the Wayne State University School of Med-

icine. "An acute bout of exercise, whether it's running or cycling or swimming — or even yoga — was associated with an increase in levels of circulating endocannabinoids."

Leonard, the outdoor adventure author, starts feeling the runner's high after 40 to 50 minutes into a run.

"It takes a lot of work to get to a point where running is relaxing," he said.

Practice breathing

A common question beginners ask is how to breathe. Heather Knight Pech, a running coach for McKirdy Trained, said one of the first things she tells her clients is to slow down their pace.

One breathing exercise Knight Pech recommends to warm up before running is box breathing — inhaling and pausing for three to five seconds before exhaling through the mouth and pausing for three to five seconds. The 60-year-old competitive marathoner practices it before running and going to bed.

While running, Knight Pech suggests inhaling through the nose and mouth but exhaling deeper out of the mouth. The key is slowing it down and avoiding short and shallow breathing.

"You do not want to be breathing short," she said. "And if you are breathing short, that probably means you're in some sort of stress."

WEEKEND: FAMILY



STEPHEN M. KATZ/TNS

After being apart for more than a year, Petty Officer 2nd Class Myesha Harris, who was deployed on the USS Harry S. Truman, and her male French bulldog Nipsey are reunited Oct. 14.

Home away from home

Nonprofit ensures troops' pets have a place to stay during deployments

By STACY PARKER
The Virginian-Pilot

Thirteen months ago, Petty Officer 2nd Class Myesha Harris said goodbye to her little French bulldog as she prepared to deploy on the USS Harry S. Truman.

When she returned to pick him up from a foster home, the stocky pup with blond-colored fur ran to Harris, stood on his back legs and snuggled against her neck as she bent down to greet him.

"Nipsey, I missed you so much," said Harris, 29. "Look at you; you're so big."

The 2½-year-old pup gained a few pounds since she last saw him in person, but he was in good hands while she was away. Harris found the foster home for Nipsey through a nonprofit organization named Guardian Angels for Soldier's Pets that connects active-duty service members, wounded warriors and veterans with temporary homes for their pets.

Harris, a California native, doesn't have family in Hampton Roads, Va., to rely on, so she inquired about options for boarding her dog while deployed through the Navy's Fleet and Family Support Center.

Guardian Angels, based in Texas, encourages service members and veterans not to give their animals away when deployed by providing an affordable long-term care option, said Marge Janiak, spokeswoman for the foster program.

"It's a blessing for people like me that love their pets but also want someone to take care of them like they would," said Harris, who works in the carrier's helicopter squadron.

The foster organization has about 10 to 15 pets being cared for across the country at any given time. Another dog is currently in a foster home in Williamsburg, Va., Janiak said.

A team of coordinators screens pet owners and potential fosters before matching them up. Harris

brought Nipsey to meet Deb Coon, a Virginia Beach, Va., resident and one of the organization's approved pet foster parents, before deciding to leave him with her last September.

"She liked him, so I liked her, too," Harris said.

The pet owner is usually responsible for all pet care-related expenses including food and vet visits. The foster contract is for the length of deployment, which can fluctuate.

The USS Harry S. Truman deployed in December and was scheduled to return in May. Its time at sea was extended due to the war between Russia and Ukraine. Harris and around 5,000 other sailors finally returned to Norfolk, Va., on Sept. 12 after nine months.

Nipsey stayed with Coon, a former dog handler in the Navy, while Harris prepared for the ship's departure, during her deployment and until she was settled back into her apartment in Chesapeake, Va., a month after returning.

"They work with you if you need to be out longer," Harris said. "I appreciated that."

Coon, 58, has a soft spot for dogs. She learned at an early age the importance of caring for them. Her mother worked as a veterinarian technician and then owned a pet-sitting business in her hometown in Ohio.

Coon served in the Navy for 24 years and is now working for a contractor. She owns a standard poodle named Clancy and has fostered more than a handful of pups through various volunteer programs.

Her experience with Nipsey was a success, she said. He made fast friends with Coon's dog and had an easygoing demeanor.

Sitting in her backyard with Harris and Nipsey, Coon started to tear up talking about her last days with the pooch.

"You're such a good boy," she said. "I'm going to miss you."

THE MEAT AND POTATOES OF LIFE

Lisa Smith Molinari



Making sense of my party pooper moment

Using my recent foot surgery as an excuse, I sat in a chair beside the dance floor with my orthopedic boot propped up and my Spanx bursting at the seams. Truth be told, I really didn't want to dance regardless of my foot. After the pre-parties, wedding ceremony and all that chitchat during dinner, I just wanted to be a fly on the wall.

It was the wedding of my husband's best friend's daughter. Francis and the bride's father, Marty, had known each other since rooming together as college freshmen. When Marty married back in 1990, Francis couldn't attend because he'd joined the Navy and was out to sea. Tonight, Francis and Marty were making up for lost time.

The band was killing it, playing the songs everyone seemed to know. The dance floor pulsed with people young and old, Francis and Marty included in the latter. With his suit jacket off, shirt sweaty and untucked and tie askew, Francis performed the same dance he'd been doing since I met him in 1992.

It starts with a skippy jig wherein Francis whips his left and right quadruple-E-width feet alternately to each side, while positioning his hands, loose and floppy, in front of his chest. Doing this Tyrannosaurus Rex happy dance, Francis smiles to the gathering crowd. Over the years, Francis added moves such as "stop and point," "flapping wings" and "vogue," but the basic jig remained the same.

Francis' unique dance has garnered him much attention, and attention-seeking is the main reason Francis ever danced in the first place. Unlike me, Francis is a consummate party animal, forever pushing for one more bread basket, one more meatball, one more hour, one more drink, one more song, until the wee hours. I've always enjoyed his fun-loving personality, and hung in there for his marathon social endeavors. For 29 years, I hit every dance floor we ever encountered, striving to meet Francis' hyper-social level.

But at the wedding, I realized that I didn't want to dance, even if I could. I didn't want to talk, drink or eat another piece of cake. I was perfectly happy to sit there, pretending to be invisible, watching my husband do his goofy dance.

Is something wrong with me? Am I a ... oh no, please don't say it's true ... a "party pooper"?

Concerned, I recently explored online personality testing in an attempt to confirm or deny that I've become a wet blanket. Ironically, a friend recommended the Enneagram Personality Test as a "fun party game," but true to form, I took it alone on my laptop.

Personality testing began during World War I, when the Royal Army sought to determine soldiers' susceptibility to shell shock. Today, it's a \$500 million industry, the results often used by corporate human resources departments to optimize workforces.

"You are Enneagram Type Five, The Investigator," my laptop told me. When I convinced Francis to take the test, his results indicated he was "Type Three, The Achiever."

We learned that our core personalities are driven substantially by our greatest fears. As an Achiever, Francis fears not being valued by others, so he seeks admiration, believing he must perform to survive. I thought my greatest fear was a world without cheese, but it turns out, Investigators fear being overwhelmed by the needs or demands of others. They isolate to avoid feeling lost. They build boundaries and gather knowledge about the world to survive.

BOOM! My mind was blown. It all made sense. No wonder Francis stays up all night dancing. No wonder I retreat to my garden to inspect flora and fauna for hours on end. I'm not sure if science has proven that I am or am not a party pooper, but at least my family understands me a little more now.

Now I know — the next time I'm met with a dance floor, I can dance, but only if I want to.

Read more at themeatandpotatoesoflife.com and in Lisa's book, "The Meat and Potatoes of Life: My True Lit Com." Email: meatandpotatoesoflife@gmail.com

WEEKEND: CROSSWORD AND COMICS

NEW YORK TIMES CROSSWORD

TERMINAL CONNECTIONS

BY PAOLO PASCO / EDITED BY WILL SHORTZ

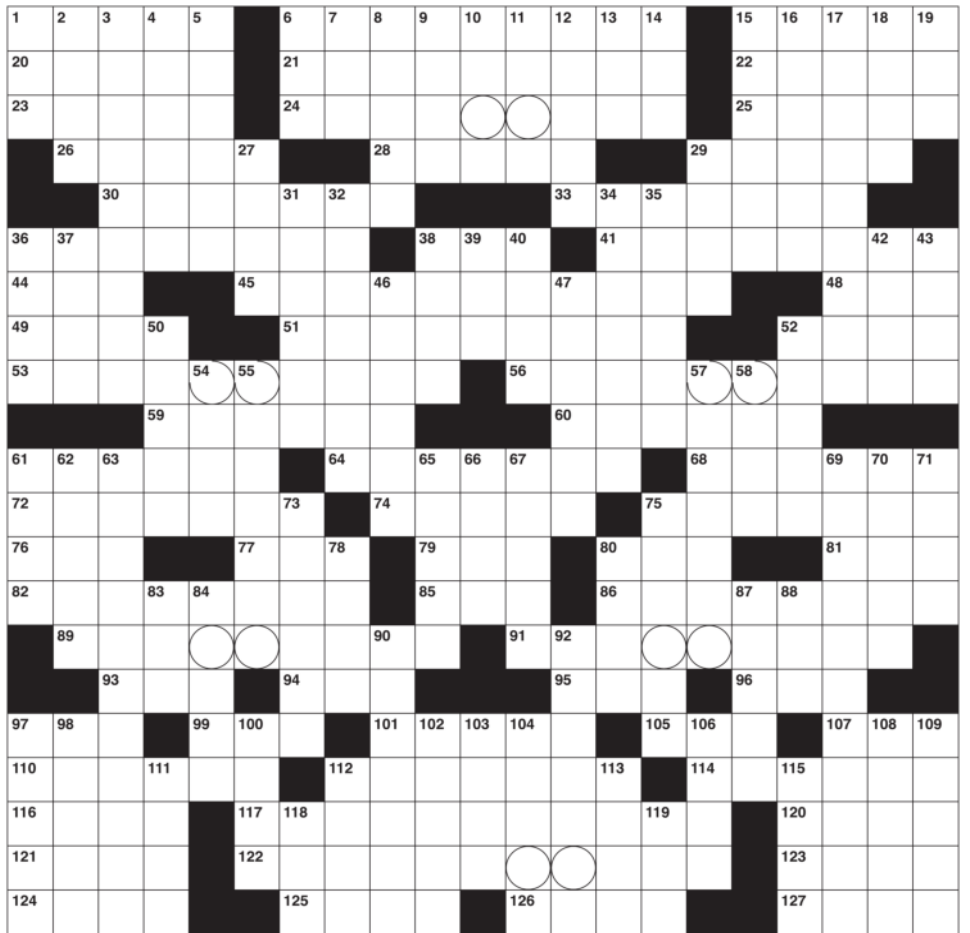
Paolo Pasco is a recent Harvard graduate, now working in data science in San Diego. He's been making puzzles for The Times since he was 15. His job interview was partly about crosswords and included a programming problem to find words, Boggle-style, in a grid. How lucky was that? He says he thought of this puzzle's theme during a class back in April and fleshed it out while walking back to his dorm. — W.S.

ACROSS

- 1 "Te quiero ____" (Spanish words of endearment)
- 6 ____ axis, half of an ellipse's shorter diameter
- 15 See-worthy?
- 20 Volume on an iPad, say
- 21 Singer of "Fame" fame
- 22 "____: Game Over" (2014 video-game documentary)
- 23 Grown-up efts
- 24 Old-fashioned letter opener
- 25 Turn into confetti
- 26 12/25, e.g.
- 28 ____ Lewis, singer of the 2007 No. 1 hit "Bleeding Love"
- 29 Tennis star Naomi, who was born in 29-Across
- 30 "I'm gonna tell you something huge"
- 33 Mossy growths
- 36 River with a "White" counterpart
- 38 Lil ____ Howery ("Get Out" actor)
- 41 Stuffs into a hole, say
- 44 F-, for one
- 45 Ritual with bamboo utensils
- 48 God, in Italy
- 49 Repeated word in an "Animal House" chant
- 51 Pastry with the same shape as an Argentine medialuna
- 52 Attorney general before Garland
- 53 Online promotions, collectively
- 56 What businesses go by
- 59 Cut down
- 60 "Eureka!"
- 61 Word with easy or stop
- 64 Provide change in quarters?
- 68 Long, tragic stories
- 72 Up to this point
- 74 Best supporting actress nominee for "The Power of the Dog," 2021
- 75 Letter opener, pencil cup, inbox tray, etc.
- 76 Phanerozoic ____ (what we live in)
- 77 Classroom aides, for short
- 79 British term of address
- 80 Currency for the prize on "Squid Game"
- 81 Reddit Q. and A. session, in brief
- 82 Most unpleasantly old and mildewy
- 85 Letters before Constitution or Enterprise
- 86 Popular subcompact hatchback from Japan
- 89 Rock commonly used in asphalt
- 91 Part of a hotel with décor fitting a certain motif
- 93 Video-game series with settings in Liberty City and San Andreas, for short
- 94 Gobsnack
- 95 Scottish interjection
- 96 "Everything Everywhere ____ at Once" (Michelle Yeoh movie)
- 97 R.&B. artist whose name sounds like a pronoun
- 99 Eats
- 101 Travis of country music
- 105 One of 2,297 for Hank Aaron, for short
- 107 Annoyance for a Twitch streamer
- 110 Figure with equal angles
- 112 Sunday ____ (end-of-week anxiety, casually)
- 114 Country whose flag depicts a machete
- 116 With 121-Across, company that sells scuba gear
- 117 Certain furniture-store purchases
- 120 Missing
- 121 See 116-Across
- 122 "Be My Baby" group, 1963
- 123 Bygone Microsoft media player
- 124 The lights in fairy lights
- 125 Some travel considerations, in brief
- 126 Tarnish
- 127 Donkey Kong and others
- 4 One who's super-good-looking
- 5 Affirmative gesture
- 6 *Baseball pitching style . . . or a weapon
- 7 Afore
- 8 Dining-hall offerings
- 9 About, on a 10-Down
- 10 See 9-Down
- 11 Volunteer's words
- 12 Tennis's "king of clay"
- 13 Hour, in Italy
- 14 *Big name in hotels
- 15 Access providers
- 16 Within reach
- 17 Actress who played "Jessica" in "Parasite"
- 18 No-go ____
- 19 Something to pry or twist off
- 27 Volunteer's words
- 29 [Gasp!]
- 31 Chooses
- 32 More run-down
- 34 Period in ancient history
- 35 Like a defeatist's attitude
- 36 *Indentation on a chew toy
- 37 Textile-making device
- 38 *Light again
- 39 "I mean . . ." sounds
- 40 *Whom Holmes tells, "You do find it very hard to tackle the facts"
- 42 Telegram
- 43 *Many a Viking
- 46 Pulled a fast one on
- 47 College near Vassar
- 50 Where van Gogh and Gauguin briefly lived together
- 52 Dyeing method using wax

DOWN

- 1 Bachelors, e.g.
- 2 ____ Eats
- 3 Ninja Turtle's catchphrase



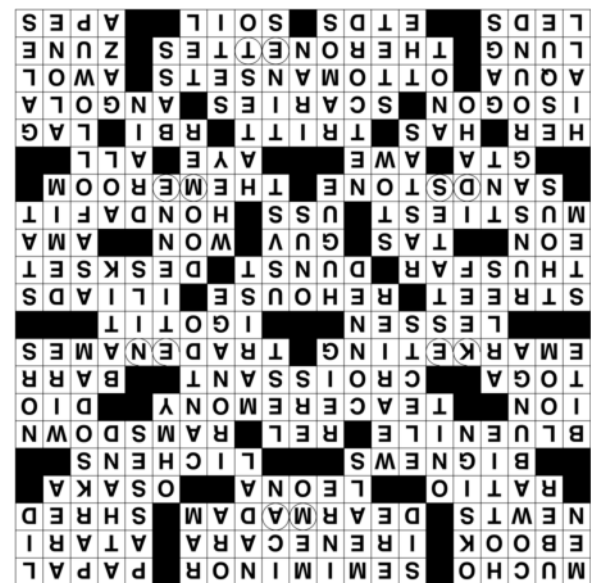
- 54 Chief ____ (rapper with a rhyming name)
- 55 Where feudal workers worked
- 57 French equivalent of "Stephen"
- 58 ____ van der Poel, Olympic speedskater
- 61 Academic acronym
- 62 *Grand
- 63 Hits shore unintentionally
- 65 *Early French Protestants
- 66 Burden
- 67 *Basic rivalry
- 69 "Continuing where we left off last time . . ."
- 70 *"G.I. Jane" star, 1997
- 71 Field goal avg., e.g.
- 73 Believers in Jah, informally
- 75 Fatalistic sort, in slang
- 78 Place in an overhead bin
- 80 No ____! (punnily named dairy-free chocolate brand)
- 83 Explosive stuff
- 84 U.S. ID?
- 87 Bad place to pour grease
- 88 "Have ____ make my email stop" (Destiny's Child lyric)
- 90 Cable in the middle of a tennis court
- 92 Would really rather not
- 97 "What's up, everyone!"
- 98 -ish
- 100 *"Encore!"
- 102 Fidel ____, 1990s Philippine leader
- 103 Tehran's home
- 104 Fork prongs
- 106 *Actress Angela
- 108 How to play solitaire
- 109 They have high ratings on the Beaufort scale
- 111 Joker's arsenal
- 112 "Leave it," on paper
- 113 Alien-seeking org.
- 115 Strip near Tel Aviv
- 118 Beverage at un café
- 119 Business-card abbr.

GUNSTON STREET



"Gunston Street" is drawn by Basil Zaviski. Email him at gunstonstreet@yahoo.com, and online at gunstonstreet.com.

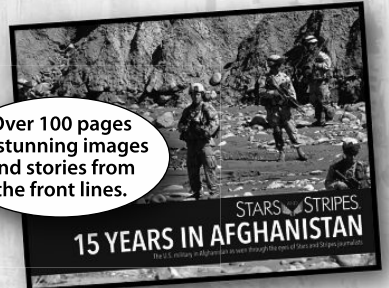
RESULTS FOR ABOVE PUZZLE



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FACES

Prince Harry's memoir, 'Spare,' coming Jan. 10

BY HILLEL ITALIE
Associated Press

Prince Harry's memoir, an object of obsessive anticipation worldwide since it was first announced last year, is coming out Jan. 10.

The book will be called "Spare" and is being billed by Penguin Random House as an account told with "raw, unflinching honesty" and filled with "insight, revelation, self-examination and hard-won wisdom about the eternal power of love over grief."



In a statement released Thursday, Penguin Random House summoned memories of the stunning 1997 death of Prince Harry's mother, Diana, and the subsequent image of Harry and his brother "walking behind their mother's coffin as the world watched in sorrow — and horror."

"As Diana, Princess of Wales, was laid to rest, billions wondered what the princes must be thinking and feeling — and how their lives would play out from that point on," the statement reads in part.

"For Harry, this is his story at last."

The memoir's title is an apparent reference to "the heir and the spare," a phrase often used to describe royal siblings.

Royals watchers and the public at large have speculated endlessly since the book was first announced in July 2021.

The Duke of Sussex had already revealed a newsmaking willingness to discuss his private life when he and his American-born wife, Meghan, Duchess of Sussex, were interviewed by Oprah Winfrey for a bombshell March 2021 broadcast. The couple spoke of Meghan's deep unhappiness with her new life in England, the alleged racism within the royal family and Harry's fear that his wife's life might be endangered had they remained in his native country.

Harry and Meghan stepped back from royal duties in 2020 and moved to the U.S. Harry told Winfrey that his family cut him off financially and that he helped pay for his security with money left to him by his mother. They have launched numerous initiatives, including a Netflix production deal and the nonprofit Archewell Foundation.

The 416-page book will be published in 16 languages, from Dutch to Portuguese. Harry himself will narrate the audiobook.



STARS AND STRIPES ILLUSTRATION/AP, iStock photos

Complicated controversy

Why streamers Spotify and Apple Music haven't pulled Ye's songs

BY WENDY LEE
Los Angeles Times

A week after Endeavor Chief Executive Ari Emanuel called for businesses to cut ties with the artist formerly known as Kanye West after his antisemitic remarks, companies such as Adidas and the Gap stopped working with him.

But others, including streamers Apple Music, Spotify and Amazon Music, still feature Ye's music on their playlists.

Apple Music and Tidal, which also streams West's music, did not respond to a request for comment. Amazon Music declined to comment.

But industry analysts say the decision to take down Ye's music is complicated by several factors, including contract requirements streamers may have with record labels and publishers, free speech considerations and whether it is appropriate to take action against an artist's behavior outside of their music.

On Tuesday, Spotify CEO Daniel Ek told Reuters that even though he found West's antisemitic comments "just awful," they aren't in West's music that is streaming on Spotify. "It's really just his music, and his music doesn't violate our policy," Ek told Reuters.

Ye has been heavily criticized for antisemitic comments and false statements made about the Holocaust and Jewish people. Those viewpoints, which were made outside of his albums and songs, caused a swift backlash.

"Silence is dangerous," Emanuel wrote in an op-ed piece in the Financial Times on Oct. 19. "It allows forms of hatred and racism, including anti-Semitism, to spread and become normalized. It coarsens and degrades our society and country."

In response, several brands cut ties with the rapper.

"Antisemitism, racism and hate in any form are inexcusable and not tolerated in accordance with our values," the Gap said in a statement Tuesday. "On behalf of our customers, employees and shareholders, we are partnering with organizations that combat hate and discrimination."

Severing ties with Ye could be a little more complicated for music streaming services, legal experts said.

Bryan Sullivan, a founding partner at law firm Early Sullivan Wright Gizer & McRae LLP, said that while the 1st Amendment does not bar music streaming services from removing West's music, there could be contracts in place that would require Spotify or Apple Music to go to the music publisher or recording company to get permission to amend their agreement to remove those songs.

If there is no contract in place, the streamer could

remove West's music, he said.

"It all depends on what that contract says," Sullivan said.

Elk told Reuters: "It's up to his label if they want to take action or not."

Yet Spotify has removed songs it promoted on playlists from controversial artists in the past.

In May 2018, Spotify delisted R. Kelly from company playlists and stopped promoting his music as part of its hate content and hateful conduct policy. At the time, Kelly faced sexual misconduct allegations. In 2022, he was convicted of child pornography charges. Spotify said that R. Kelly's music, however, would still remain on its streaming service.

"We don't censor content because of an artist's or creator's behavior, but we want our editorial decisions — what we choose to program — to reflect our values," Spotify said at the time. "When an artist or creator does something that is especially harmful or hateful, it may affect the ways we work with or support that artist or creator."

But less than a month later, the company walked back its statement and updated its policy, saying "we don't aim to play judge and jury" and said their playlist editorial decisions "focus on what music will positively resonate with their listeners." The company said that some artists expressed concerns that mistakes made when they were younger could be used against them on Spotify.

Ye's last album, "Donda 2," was released in February. He launched it on his Stem Player instead of the major streaming platforms.

If his songs contained hate speech, it would violate Spotify's content guidelines, but his music does not.

"Is there an actual legal reason to do a takedown on his music? I don't think so," said Helen Yu, principal attorney at Yu Leseberg. "The hate speech is not in his music. So why would you take his music down? You don't like this person? Don't listen to his music. Don't support him. Don't let him make money."

As of Wednesday, West was still featured on Apple Music playlists including "Hip-Hop/R&B Hits 2016" and "Work from Home Hustle," as well as Spotify's "Gold School" playlist, which listed several of West's songs, including "Stronger" and "Can't Tell Me Nothing."

Another complicating factor: Other collaborators such as songwriters and producers are also involved in West's songs, so pulling down his music would affect them too.

Ray Wang, a principal analyst of Palo Alto, Calif.-based Constellation Research, said brands and platforms are becoming more careful about how they handle these situations.

"We are at a point where cancellations are equally polarizing as not canceling," Wang said.

"It's really just his music, and his music doesn't violate our policy."

Daniel Ek
Spotify CEO

Alan Jackson to get CMA lifetime honor

Country star Alan Jackson will receive the CMA Willie Nelson Lifetime Achievement Award at the Country Music Association Awards in November.

The Country Music Hall of Famer with hits like "Chattahoochee" and "It's Five O'Clock Somewhere" joins a select group of artists who have been given the award, including Nelson, Johnny Cash, Dolly Parton and Charley Pride.

Dierks Bentley, Jon Pardi, Carrie Underwood and Lainey Wilson will be part of an all-star tribute for Jackson during the CMA Awards on Nov. 9, airing on ABC.

The Georgia-born neo-traditionalist challenged the genre's pop leanings in the '90s while selling millions of albums and scoring dozens of hits. He's been named CMA entertainer of the year three times and has been inducted into the Songwriters Hall of Fame.

Deluxe edition of '8 Mile' soundtrack drops

Ahead of the film's 20th anniversary next month, a deluxe 20th anniversary edition of the "8 Mile" soundtrack was to hit streaming services on Friday.

Eminem made the announcement on social media on Wednesday. No details were immediately available about the project.

"8 Mile: Music from and Inspired by the Motion Picture" was released on Oct. 29, 2002. The soundtrack featured Eminem's No. 1 hit "Lose Yourself," along with several other tracks by Eminem, and songs by 50 Cent, Nas, Jay-Z, Gang Starr, Rakim, Xzibit and more.

The set spent four nonconsecutive weeks at No. 1 on Billboard's Top 200 albums chart. It also spawned a follow-up, "More Music From '8 Mile.'"

Other news

■ **Rihanna** has released a new song, "Lift Me Up," the lead single from the upcoming Marvel movie "Black Panther: Wakanda Forever" that's written as a tribute to late actor Chadwick Boseman, Disney announced. It's the first solo single in six years from Rihanna, who co-wrote the song with "Black Panther" director Ryan Coogler, composer Ludwig Göransson and Nigerian singer-songwriter Tems. "Wakanda Forever" comes to theaters Nov. 11.

■ Canadian actor **Michael Kopsa**, a fixture in Hallmark movies and also known for roles in "The X-Files" and "Watchmen," died Sunday. He was 66.

■ **Thomas Cahill**, a scholar of ancient languages and belief systems with a knack for popular storytelling who engaged history readers with such bestsellers as "How the Irish Saved Civilization" and "Desire of the Everlasting Hills," died Oct. 18 at age 82.

From wire reports

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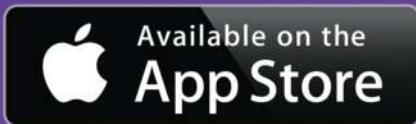
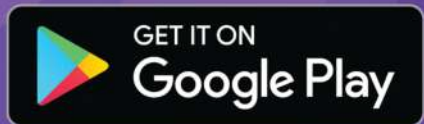
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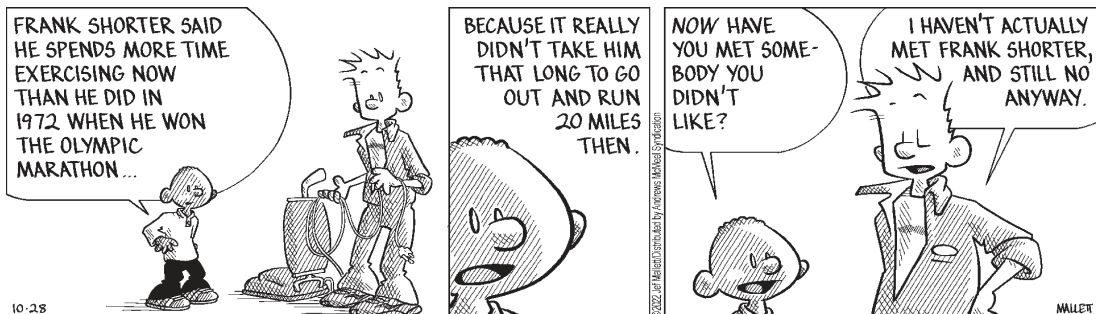


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afngo.net

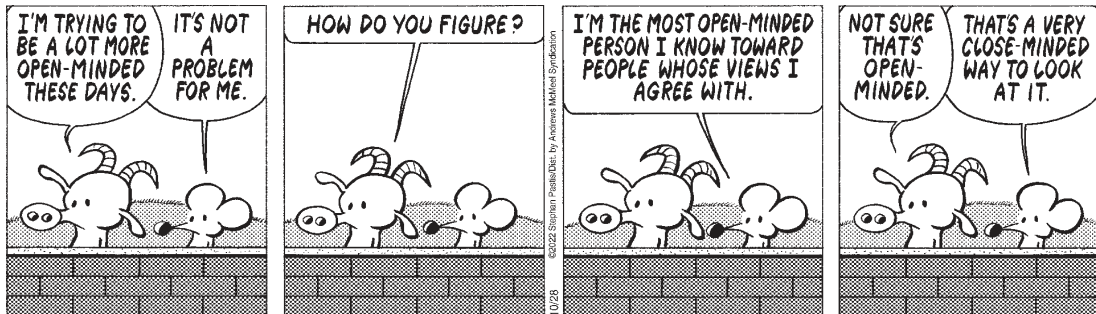
Frazz



Dilbert



Pearls Before Swine



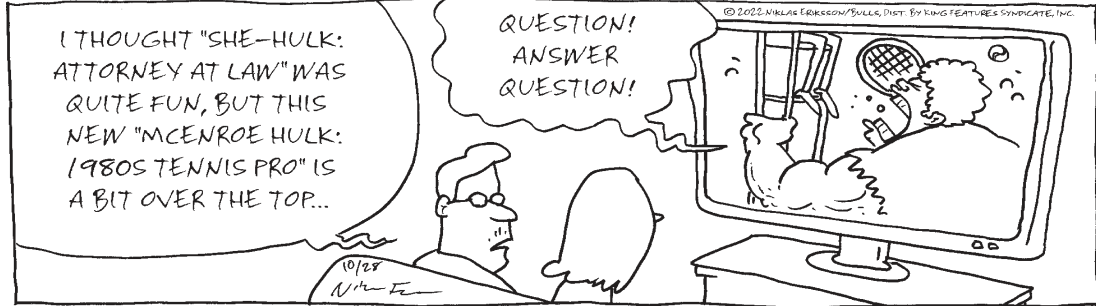
Non Sequitur



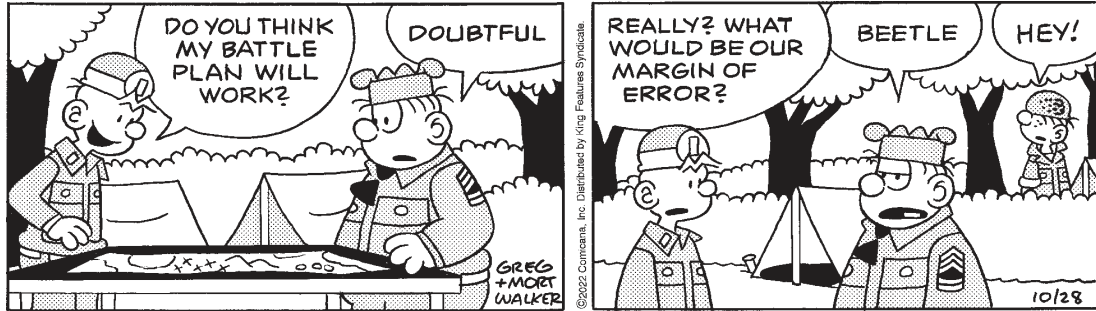
Candorville



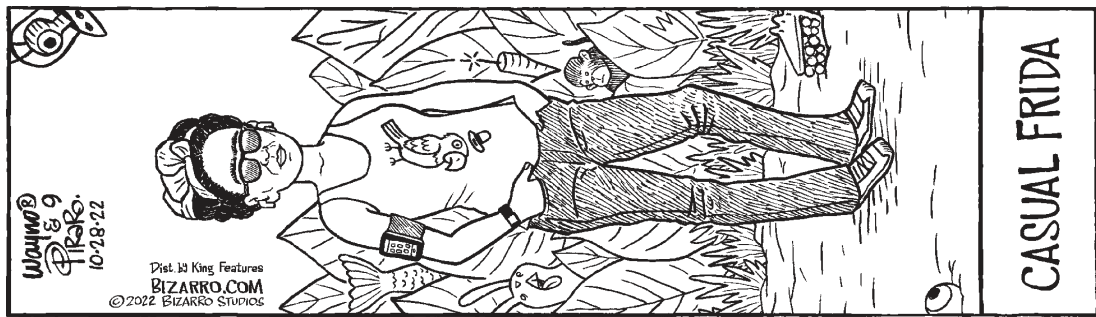
Carpe Diem



Beetle Bailey



Bizarro



Eugene Sheffer Crossword

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
18							19	20				
			21				22			23	24	25
26	27	28				29				30		
31					32				33			
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37			38				39					
			40				41			42	43	44
45	46	47				48	49					
50						51				52		
53						54				55		

ACROSS

- 1 Dazzle
- 4 Too
- 8 Pitcher
- 12 Film director DuVernay
- 13 Slugger Sammy
- 14 MRI forerunner
- 15 Became depleted
- 17 Literary Jane
- 18 Accordion features
- 19 English channel?
- 21 Sock part
- 22 List
- 26 Lazy —
- 29 Office machine
- 30 Greek H
- 31 Paris airport
- 32 — Tin Tin
- 33 Tub session
- 34 Rx overseer
- 35 Make lace
- 36 Comes to
- 37 Colorful season
- 39 Part of LGBTQ
- 40 Photo, for short
- 41 Beethoven's Third
- 45 Jostle
- 48 Guatemalan's neighbor
- 50 Oklahoma tribe
- 51 Emmy-winner Falco

- 52 Chemical suffix
- 53 Den denizen
- 54 Viewed
- 55 Stitch

- 25 Stadium cheers
- 26 Couch
- 27 Pakistan's language
- 28 Blind part
- 29 In shape
- 32 Cattle farms
- 33 Marshy inlet
- 35 Texter's "Enough!"
- 36 Prison head
- 38 Top
- 39 Bottled spirit?
- 42 Nest egg choices
- 43 Walking stick
- 44 From the start
- 45 Short do
- 46 Multipurpose truck
- 47 Extinct bird
- 49 Praise in verse

DOWN

- 1 Buckle
- 2 Track shape
- 3 Diminish
- 4 Actor Kutcher
- 5 Unfettered
- 6 Old map letters
- 7 Muffin ingredient
- 8 Biz bigwigs
- 9 Like some humor
- 10 Corn unit
- 11 Reuben bread
- 16 Skewered Thai recipe
- 20 Jury enclosure
- 23 Ship wood
- 24 Diminutive suffix

Answer to Previous Puzzle

A	G	R	A	J	A	W	S	B	T	S	
C	H	A	N	O	M	I	T	O	O	O	
D	E	C	K	C	H	A	I	R	O	N	O
C	E	Y	L	O	N	A	R	K	I	N	
			E	D			E	N	D	O	F
P	E	C	S	M	A	O	B	A	B	Y	
G	A	L	I	T	O	I	R	E			
A	R	E	S	R	U	N	B	R	A	T	
			A	E	S	O	P	G	O		
S	O	N	I	C	J	E	T	L	A	G	
P	T	A	A	N	G	E	L	H	A	I	R
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10-28

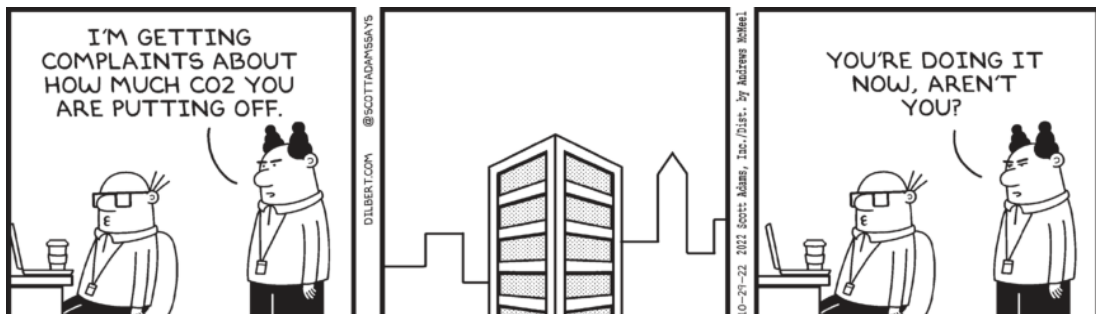
CRYPTOQUIP

CYIBVAY MDY PKMDRIBE ORBWM
 RA JYBLRWO DRA EBLOY CYEM
 PVID MQQ EQQAYEK, JREE MDY
 MRMBW MRODMYW?
 Yesterday's Cryptoquip: IF A POPULAR HOT SAUCE WERE PRODUCED IN A MORE SOLID FORM, WHAT MIGHT IT BE? CHEWING TABASCO.
 Today's Cryptoquip Clue: M equals T

Frazz



Dilbert



Pearls Before Swine



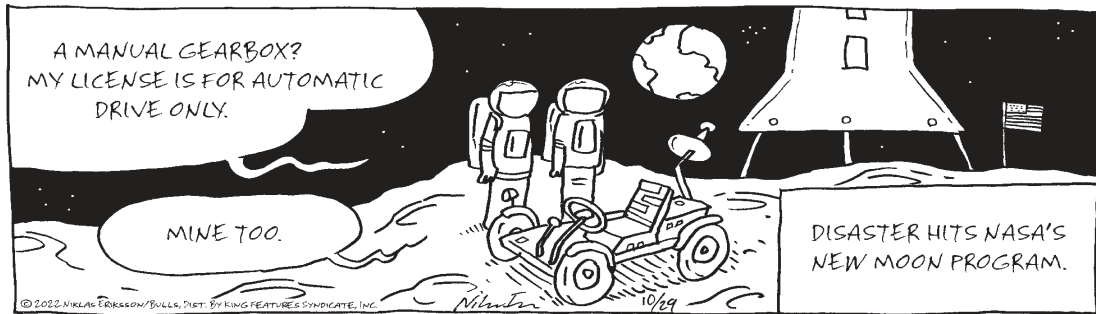
Non Sequitur



Candorville



Carpe Diem



Beetle Bailey



Bizarro



Eugene Sheffer Crossword

	1	2	3	4	5		6	7	8	9	10	11
12							13					
14							15					
16					17	18				19		
			20	21				22	23			
24	25	26		27			28		29		30	31
32			33					34				
35					36					37		
		38		39		40			41			
42	43			44	45				46	47	48	49
50			51					52	53			
54								55				
56								57				

ACROSS

- 1 Shocking weapon
- 6 Prepares potatoes
- 12 Italian ice cream
- 13 Swear (to)
- 14 Familiar adage
- 15 "Ed Wood" star Martin
- 16 Humdrum
- 17 Tavern order
- 19 Roscoe
- 20 Yankee nickname
- 22 "— been had!"
- 24 Docs' bloc
- 27 Periodicals, for short
- 29 Toledo's state
- 32 Donated services
- 35 Thompson of "Love Actually"
- 36 Fly like a hawk
- 37 Petrol
- 38 Canine greeting
- 40 Cold War initials
- 42 Very long time
- 44 Wood strip
- 46 Nashville venue
- 50 "CSI" workplace
- 52 Compare
- 54 Form 1040 amount
- 55 Fencer's moves

DOWN

- 25 Pop's mate
- 26 Annual fact books
- 28 Beach collectible
- 30 Nest egg letters
- 31 Approves
- 33 Former Mideast org.
- 34 Train lines (Abbr.)
- 39 Olympic symbol
- 41 Circular
- 42 Revise
- 43 — account (never)
- 45 Sleeping
- 47 Senate aide
- 48 Numbered rds.
- 49 "Of course"
- 51 — Angeles
- 53 Status follower

Answer to Previous Puzzle

W	O	W		A	L	S	O		E	W	E	R	
A	V	A		S	O	S	A		X	R	A	Y	
R	A	N	S	H	O	R	T		E	Y	R	E	
P	L	E	A	T	S			B	B	C			
				T	O	E		R	O	S	T	E	R
S	S	U	S	A	N		F	A	X		E	T	A
O	R	L	Y		R	I	N		B	A	T	H	
F	D	A		T	A	T		W	A	K	E	S	
A	U	T	U	M	N		G	A	Y				
				P	I	C		E	R	O	I	C	A
B	U	M	P		H	O	N	D	U	R	A	N	
O	T	O	E		E	D	I	E		A	N	E	
B	E	A	R		S	E	E	N		S	E	W	

10-29

CRYPTOQUIP

A C P W V T F M N A W P W S M V D

T L X Y M W G L U F X B T F A U W B X

N U U G W S E N U W Y N C W G G E C T X

N A X P : T C L X B S X B U X T .

Yesterday's Cryptoquip: BECAUSE THE MYTHICAL GIANT IS WEARING HIS LARGE BELT MUCH TOO LOOSELY, WILL THE TITAN TIGHTEN?

Today's Cryptoquip Clue: F equals W

STARS AND STRIPES.

OPINION

Max D. Lederer Jr., Publisher

Laura Law, Chief Operating Officer

Lt. Col. Marci Hoffman, Europe commander

John Rodriguez, Europe chief of staff

Lt. Col. Michael Kerschbaum, Pacific commander

Michael Ryan, Pacific chief of staff

EDITORIAL

Terry Leonard, Editor
leonard.terry@stripes.comRobert H. Reid, Senior Managing Editor
reid.robert@stripes.comSean Moores, Managing Editor for Presentation
moores.sean@stripes.comAnn Pinson, Digital Managing Editor
pinson.ann@stripes.com

BUREAU STAFF

Europe/Mideast

Erik Slavin, Europe & Mideast Bureau Chief
slavin.erik@stripes.com
+49(0)631.3615.9350; DSN (314)583.9350

Pacific

Aaron Kidd, Pacific Bureau Chief
kidd.aaron@stripes.com
+81.42.552.2511 ext. 88380; DSN (315)227.7380

Washington

Joseph Cacchioli, Washington Bureau Chief
cacchioli.joseph@stripes.com
(+1)(202)886-0033Brian Bowers, Assistant Managing Editor, News
bowers.brian@stripes.com

CIRCULATION

Mideast

Kevin R. Miller, Circulation Manager
miller.kevin@stripes.com
xsscirculation@stripes.com
+49(0)631.3615.9136; DSN (314)583-9136

Europe

Karen Lewis, Community Engagement Manager
lewis.karen@stripes.com
memberservices@stripes.com
+49(0)631.3615.9090; DSN (314)583.9090

Pacific

Mari Mori, customerhelp@stripes.com
+81-3 6385.3171; DSN (315)227.7333

CONTACT US

Washington

tel: (+1)202.886.0003
633 3rd St. NW, Suite 500, Washington, DC 20001-3050

Reader letters

letters@stripes.com

Additional contacts

stripes.com/contactus

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No one knows what's going to happen in midterms

BY KURT BARDELLA

Special to the Los Angeles Times

As we head into the final stretch of the midterm elections, the national political media have returned to their favorite pastime: fixating on polls.

For the better part of a year, voters have been inundated with a familiar media chorus: Republicans are poised to retake control of Congress. The rationale for bolstering the “red wave” narrative is a combination of historical precedence — the party in power almost always loses seats in the first term of a presidency — and reliance on polling. But given what we've seen in the last six years, conventional political wisdom, which didn't predict an insurrection, is quite likely to be upended.

The same thing can be said for polling, which has been off the mark cycle after cycle. Donald Trump wasn't supposed to win in 2016. Republicans weren't supposed to gain seats in 2020. A Republican candidate for governor wasn't supposed to win in Virginia, a state Joe Biden won by 10 points. Alaska hasn't elected a Democrat to Congress in 50 years, yet it did this year.

Yet the media are still promoting narratives about the midterm elections that are based on past elections. At best, it's lazy; at worst, it's irresponsible.

By failing to acknowledge the shortcomings of polling, the media are giving the public a false or skewed representation of how competitive this election may be and running the risk of making those predictions a self-

fulfilled prophecy. If voters take the prognosticating at face value, they would believe the election is already determined, which could hinder turnout. It's the same reason people change the channel during a blowout game; who wants to stick around for that?

Now imagine election night 2022, if Democrats hold both the House and Senate. The collective media apparatus will express shock and surprise. They will herald the results as unprecedented and defying all expectations. But the truth will be that the media got it wrong — again. And yet the narrative embedded in so much of political coverage is unlikely to change. The same storyline will probably be trotted out in 2024. That's the inherent danger of the herd D.C. Beltway mentality that dominates conventional wisdom group-think.

I expect that if this scenario comes to pass, we'll see more stories with headlines such as this from Politico, “Pollsters: ‘Impossible’ to say why 2020 polls were wrong” or studies such as this one from Vanderbilt University, “Preelection polls in 2020 had the largest errors in 40 years.”

Those reports are from less than two years ago. And yet, here we are on the doorstep of another election and much of the coverage is still centering on every new poll, as if this pattern of inaccuracy didn't exist.

Now let me be clear, I'm not saying the opposite can't happen, that Republicans can't find themselves the victors in these midterms. Of course, that's entirely within the realm of possibility. But that's not my point. My point is no one really has any clue about what's going to happen, especially the pollsters who rou-

tinely get things wrong.

And if political pundits and reporters are being honest, they would admit that they have no actual hard data to back up the thesis that a red wave is forming.

What's worse is that many are completely ignoring the fact that this election is being conducted under circumstances unlike any other before it, with dozens of new voter suppression laws being enacted in Republican-led states in the last two years alone. This election isn't even being conducted on the same playing field as the last one, yet prognostications so often completely ignore GOP actions designed to reduce voting and affect the election outcomes.

Imagine a segment about the Super Bowl where the analysts and handicappers make their predictions for the big game but omit the fact that one team was given a 10-point lead to start the game. That's essentially what is happening now because of the voter intimidation and suppression we're seeing in states such as Arizona and Florida.

Omitting or downplaying this context in polling stories and political coverage is a huge disservice to the nation. The conventional horse-race narrative for elections has never served the public well. But in these midterms, lack of context normalizes what Republicans have done to fair elections and will further help accelerate the decline of the American democratic process.

Kurt Bardella is contributing writer to the Los Angeles Times' Opinion section. He is Democratic strategist and a former senior adviser for Republicans on the House Oversight Committee.

Voters think there are bigger issues than election denial

BY GARY ABERNATHY

Special to The Washington Post

As the midterms arrive, the shadow of 2020 looms, particularly, some insist, in the danger posed by Republicans who refuse to acknowledge President Joe Biden's victory over former President Donald Trump. The Washington Post recently counted 291 nominees on this fall's ballot — 51% of all Republicans running for the House, Senate and key statewide offices — who “have denied or questioned the outcome of the last presidential election.”

But pundits and numerous influential Democrats “denied or questioned” the legitimacy of Trump's 2016 victory, too. Examples abound, but among the more notable were former President Jimmy Carter, who said that Russian interference “if fully investigated would show that Trump didn't actually win the election in 2016.” And although she properly conceded when the election was called, Hillary Clinton went on to call Trump an “illegitimate president” whose election “wasn't on the level.”

Several House Democrats, too, objected to certifying Trump's Electoral College win during the Jan. 6, 2017, joint meeting of the House and Senate convened to carry out that duty. Granted, the number of Republicans who protested Biden's certification four years later — 147 House members — was far greater, but Democrats in 2017 were clearly hoping to be joined by more colleagues and suffered few lasting recriminations. In fact, one of them, Jamie Raskin, of Maryland, now serves on the Jan. 6 House select committee.

Here's where many of you are shouting at me: But 2020 was different! It was. As the legitimate legal avenues for pursuing their claims

proved fruitless one by one, Trump and a small number of supporters sought out extra-legal options — culminating in the disgraceful Jan. 6 riot and breaching of the Capitol.

Despite supporting Trump, I accepted Biden's victory even before media outlets called the race. But among the millions who have never acknowledged Biden's win are most of my friends and family members. We still argue about it sometimes, but they're smart, honest people and can exercise their free speech right to believe and say what they want.

More important, none of them were among the roughly 800 rioters who invaded the U.S. Capitol on Jan. 6, 2021. The vast majority of “election deniers” aren't storming the White House demanding Biden's removal or plotting a coup. The only manifestations of their skepticism of Biden's legitimacy are when they voice their opinions and line up to vote Republican.

But they do have a clear recollection of the chorus of critics who throughout Trump's term insisted that he won thanks to Russian meddling and even collusion, despite all credible conclusions to the contrary. There was little hand-wringing over the erosion of confidence in our elections due to the countless Americans who doubted Trump's legitimacy.

It's a different story for those “MAGA Republicans” skeptical about 2020, who Biden claimed will “undermine democracy itself.” It seems that if some had their way, Republicans would be marched one by one to an interrogation room with inquisitors screaming, “Say it! Biden won!”

The arm-twisting might take a while. Polling shows that about 70% of Republicans doubt Biden's legitimate election. Guess

what? Several months into Trump's presidency, Gallup found that 56% of Democrats answered “no” when asked if Trump was a legitimate president. It would have been interesting to know how many Democratic candidates on the 2018 or 2020 ballots considered Trump illegitimate, but no poll was taken.

Granted, unlike his predecessors who eventually conceded defeat, Trump himself fans the conspiracy flames, making a bad situation worse. If candidates who echo his claims win, the theory goes, they may seek to delegitimize future unfavorable outcomes. But importantly, these individuals aren't seizing power through armed insurrection. They're participating in free and democratic elections, in which they apparently have more faith than their claims to the contrary suggest. If victorious they will be increasingly unlikely to spend their newfound political capital on bringing Trump along later. Trump will diminish as a certain Florida governor ascends.

This election, Americans appear poised to demonstrate that there are forms of denial they consider worse than refusing to cry uncle on the 2020 election — for example, denying that there's a crisis on our southern border when record numbers are illegally crossing it, or denying that reducing our domestic energy production will put us at the mercy of foreign suppliers, or denying that inflation has been fueled by the government flooding the economy with reckless spending.

Biden and most Democrats in Congress know that those denials will cost them at the ballot box, which explains their panicky rhetoric on election denialism now.

Gary Abernathy, a contributing columnist for The Washington Post, is a freelance writer based in the Cincinnati region.

SCOREBOARD

PRO FOOTBALL

NFL

AMERICAN CONFERENCE

East

	W	L	T	Pct	PF	PA
Buffalo	5	1	0	.833	176	81
N.Y. Jets	5	2	0	.714	159	137
Miami	4	3	0	.571	147	165
New England	3	4	0	.429	155	146

South

	W	L	T	Pct	PF	PA
Tennessee	4	2	0	.667	115	128
Indianapolis	3	3	1	.500	113	140
Jacksonville	2	5	0	.286	155	137
Houston	1	4	1	.250	106	137

North

	W	L	T	Pct	PF	PA
Baltimore	4	3	0	.571	181	161
Cincinnati	4	3	0	.571	173	132
Cleveland	2	5	0	.286	168	186
Pittsburgh	2	5	0	.286	107	162

West

	W	L	T	Pct	PF	PA
Kansas City	5	2	0	.714	223	172
L.A. Chargers	4	3	0	.571	164	189
Las Vegas	2	4	0	.333	163	150
Denver	2	5	0	.286	100	115

NATIONAL CONFERENCE

East

	W	L	T	Pct	PF	PA
Philadelphia	6	0	0	1.000	161	105
N.Y. Giants	6	1	0	.857	150	130
Dallas	5	2	0	.714	134	104
Washington	3	4	0	.429	125	156

South

	W	L	T	Pct	PF	PA
Atlanta	3	4	0	.429	163	171
Tampa Bay	3	4	0	.429	124	124
Carolina	2	5	0	.286	124	149
New Orleans	2	5	0	.286	175	200

North

	W	L	T	Pct	PF	PA
Minnesota	5	1	0	.833	139	118
Chicago	3	4	0	.429	126	132
Green Bay	3	4	0	.429	128	146
Detroit	1	5	0	.167	146	194

West

	W	L	T	Pct	PF	PA
Seattle	4	3	0	.571	183	186
L.A. Rams	3	3	0	.500	104	126
Arizona	3	4	0	.429	156	176
San Francisco	3	4	0	.429	145	133

Thursday's game

Baltimore at Tampa Bay

Sunday's games

Denver vs. Jacksonville at London
 Arizona at Minnesota
 Carolina at Atlanta
 Chicago at Dallas
 Las Vegas at New Orleans
 Miami at Detroit
 New England at N.Y. Jets
 Pittsburgh at Philadelphia
 Tennessee at Houston
 N.Y. Giants at Seattle
 San Francisco at L.A. Rams
 Washington at Indianapolis
 Green Bay at Buffalo
Open: Kansas City, L.A. Chargers

Monday's game

Cincinnati at Cleveland

Thursday, Nov. 3

Philadelphia at Houston

Sunday, Nov. 6

Buffalo at N.Y. Jets
 Carolina at Cincinnati
 Green Bay at Detroit
 Indianapolis at New England
 L.A. Chargers at Atlanta
 Las Vegas at Jacksonville
 Miami at Chicago
 Minnesota at Washington
 Seattle at Arizona
 L.A. Rams at Tampa Bay
 Tennessee at Kansas City
Open: Cleveland, Denver, Pittsburgh, Dallas, N.Y. Giants, San Francisco

Monday, Nov. 7

Baltimore at New Orleans

NFL injury report

NEW YORK — The National Football League injury report, as provided by the league (OUT: Player will not play; DOUBTFUL: Player is unlikely to play; QUESTIONABLE: Player is not certain to play; DNP: did not practice; LIMITED: limited participation; FULL: Full participation):
Sunday

ARIZONA CARDINALS at MINNESOTA VIKINGS — ARIZONA: DNP: OL Max Garcia (shoulder), LB Dennis Gardeck (ankle), OL Rodney Hudson (knee), OL D.J. Humphries (back), CB Christian Matthew (hamstring), S Jalen Thompson (calf). LIMITED: OL Kelvin Beachum (NIR-resting player), RB James Connor (ribs), TE Zach Ertz (NIR-resting player), OL Cody Ford (ankle), K Matt Prater (right hip), DL J.J. Watt (NIR-resting player), RB Darrel Williams (knee). FULL: CB Trayvon Mullen Jr. (hamstring). **MINNESOTA:** FULL: WR Jalen Nailor (hamstring).

CAROLINA PANTHERS at ATLANTA FALCONS — CAROLINA: DNP: DE Marquis Haynes (illness), RB Chuba Hubbard (ankle), G Michael Jordan (NIR-personal matter), T Taylor Moton (illness), DT Daviyon Nixon (illness). LIMITED: S Sean Chandler (hamstring), S Myles Hartsfield (hamstring), CB Jaycee Horn (ribs), DT Matt Ioannidis (concussion), CB Donte Jackson (ankle), LB Cory Littleton (groin), LB Frankie Luvu (shoulder), LB Arron Mosby (hamstring). WR Laviska Shenault (hamstring). **ATLANTA:** DNP: S Jaylinn Hawkins (concussion), CB A.J. Terrell (hamstring). LIMITED: CB Dee Alford (hamstring).

CHICAGO BEARS at DALLAS COWBOYS — CHICAGO: DNP: OL Lucas Patrick (toe), OL Larry Borom (concussion). **DALLAS:** DNP: WR Noah Brown (foot), RB Ezekiel Elliott (knee), S Malik Hooker (hamstring). LIMITED: LB Devin Harper (achilles), TE Dalton

Schultz (knee), T Terence Steele (neck). FULL: DT Quinton Bohanna (shoulder), LB Damone Clark (neck), DT Trysten Hill (thigh), S Jayron Kearse (foot).

DENVER BRONCOS at JACKSONVILLE JAGUARS — DENVER: DNP: CB Essang Bassey (hamstring), LB Baron Browning (hip), WR Tyrie Cleveland (groin), T Cameron Fleming (quadricep), DT Mike Purcell (knee), S Caden Sterns (hip). LIMITED: LB Josey Jewell (knee), QB Russell Wilson (hamstring). FULL: CB K'Waun Williams (wrist, elbow). **JACKSONVILLE:** LIMITED: WR Jamal Agnew (knee).

GREEN BAY PACKERS at BUFFALO BILLS — GREEN BAY: DNP: LB Rashaan Gary (concussion), CB Shemar Jean-Charles (ankle), G Elgton Jenkins (knee), WR Allen Lazard (shoulder), QB Aaron Rodgers (right thumb). LIMITED: T David Bakhtiari (knee), WR Sammy Watkins (hamstring), WR Christian Watson (hamstring). **BUFFALO:** DNP: T Spencer Brown (ankle), RB Taiwan Jones (knee). LIMITED: WR Jake Kumerow (ankle), C Mitch Morse (NIR-resting player), DE Jordan Phillips (NIR-resting player), S Jordan Poyer (NIR-resting player). FULL: CB Cameron Lewis (forearm).

LAS VEGAS RAIDERS at NEW ORLEANS SAINTS — LAS VEGAS: DNP: S Johnathan Abram (illness), WR Davante Adams (illness), DE Tashawn Bower (illness), LB Divine Deablo (back/ankle), DE Clelin Ferrell (illness). LIMITED: ILB Jayon Brown (hamstring), QB Derek Carr (back), OT Jermaine Eluemunor (knee), WR Mack Hollins (heel), RB Josh Jacobs (foot), WR Hunter Renfrow (hip), WR D.J. Turner (hamstring), TE Darren Waller (hamstring). **NEW ORLEANS:** DNP: WR Jarvis Landry (ankle), CB Marshon Lattimore (abdomen), WR Michael Thomas (foot), TE Adam Trautman (ankle). LIMITED: CB Paulson Adebo (knee), WR Keith Kirkwood (ankle), G Andrus Peat (chest), T Ryan Ramczyk (NIR-resting player). FULL: T Calvin Throckmorton (hip), DE Payton Turner (chest), QB Jameis Winston (back, ankle).

MIAMI DOLPHINS at DETROIT LIONS — MIAMI: DNP: T Terron Armstead (toe), S Clayton Fejedelem (groin), CB Xavien Howard (groin), LB Melvin Ingram (NIR-resting player), TE Durham Smythe (hamstring). LIMITED: LB Jerome Baker (hip), TE Tanner Conner (knee), CB Keion Crossen (knee), CB Kader Kohou (oblique), T Greg Little (achilles), DE Emmanuel Ogbah (back), DL Zach Sieler (hand/ankle), QB Skylar Thompson (right thumb), WR Jayle Waddle (shoulder), DT Christian Wilkins (hand). FULL: OL Liam Eichenberg (knee), RB Raheem Mostert (knee), QB Tua Tagovailoa (left hand). **DETROIT:** DNP: S DeShon Elliott (finger), DE Charles Harris (groin), TE T.J. Hockenson (knee), CB Mike Hughes (knee), S Ifeatu Melifonwu (ankle), G Jonah Jackson (neck), CB Chase Lucas (ankle), T Matt Nelson (calf), WR Josh Reynolds (knee). LIMITED: T Taylor Decker (neck), C Frank Ragnow (foot), WR Amon-Ra St. Brown (concussion). FULL: CB Will Harris (hip), RB D'Andre Swift (ankle/shoulder).

NEW ENGLAND PATRIOTS at NEW YORK JETS — NEW ENGLAND: DNP: C David Andrews (concussion), DL Christian Barmore (knee), S Kyle Dugger (ankle). LIMITED: WR Nelson Agholor (hamstring), WR Kendrick Bourne (toe), CB Anfernee Jennings (calf), CB Jonathan Jones (ankle), G Mike Onwenu (ankle), S Adrian Phillips (shoulder), LB Josh Uche (hamstring), T Isaiah Wynn (shoulder). **NEW YORK JETS:** DNP: WR Corey Davis (knee), DE John Franklin-Meyers (illness). LIMITED: OT Duane Brown

(shoulder), S Ashtyn Davis (hamstring), De Jermaine Johnson (ankle), LB Quincy Williams (ankle).

NEW YORK GIANTS at SEATTLE SEAHAWKS — NEW YORK GIANTS: DNP: TE Daniel Bellinger (eye), OL Ben Bredeson (knee), DB Cor'Dale Flott (calf), WR Kenny Golladay (knee), OL Evan Neal (knee), WR Kadarius Toney (hamstring), LB Oshane Ximines (quadricep). LIMITED: OL Tyre Phillips (toe), DB Jason Pinnock (foot), DL Leonard Williams (elbow). **SEATTLE:** DNP: WR Penny Hart (hamstring), WR DK Metcalf (Knee), G Phil Haynes (Concession), LB Nick Bellore (Concussion), DE Poona Ford (Ankle), OLB Darrell Taylor (Groin). LIMITED: G Gabe Jackson (Hip/Knee), WR Tyler Lockett (Hamstring), CB Artie Burns (Groin), S Ryan Neal (Ankle), DE Quinton Jefferson, (Foot), CB Sidney Jones IV (Groin). FULL: NT Al Woods (Knee).

PITTSBURGH STEELERS at PHILADELPHIA EAGLES — PITTSBURGH: DNP: DT Montravious Adams (hamstring), CB Josh Jackson (groin), DT Larry Ogunjobi (knee), CB Levi Wallace (shoulder). LIMITED: TE Pat Freiermuth (ankle), WR Steven Sims (hamstring). FULL: CB Ahkello Witherspoon (hamstring). **PHILADELPHIA:** DNP: DE Brandon Graham (hamstring). LIMITED: CB James Bradberry (NIR-resting player), WR A.J. Brown (NIR-resting player), DT Fletcher Cox (NIR-resting player), G Landon Dickerson (NIR-resting player), T Lane Johnson (concussion), C Jason Kelce (NIR-resting player), G Isaac Seumalo (ankle, NIR-resting player), CB Darius Slay (NIR-resting player), DE Josh Sweat (NIR-resting player). FULL: CB Josh Jobe (shoulder).

SAN FRANCISCO 49ERS at LOS ANGELES RAMS — SAN FRANCISCO: DNP: DT Arik Armstead (foot/ankle), DE Samson Ebukam (achilles), LB Dre Greenlaw (calf), WR Juan Jennings (hamstring), FB Kyle Juszczyk (finger) OT Trent Williams (NIR-resting player). LIMITED: DB Jason Verrett (knee). FULL: CB Jimmie Ward (hand). **LOS ANGELES RAMS:** DNP: RB Cam Akers (Personal), RB Darrell Henderson (illness). LIMITED: C Brian Allen (Knee), WR Van Jefferson (Knee), FULL: CB Cobie Durant (Hamstring).

TENNESSEE TITANS at HOUSTON TEXANS — TENNESSEE: DNP: FB Tory Carter (neck), DT Jeffery Simmons (ankle), QB Ryan Tannehill (ankle), LB Rashad Weaver (back). LIMITED: G Aaron Brewer (toe), LB Dylan Cole (hamstring), LS Morgan Cox (ankle), G Nate Davis (foot), LB Bud Dupree (hamstring), C Ben Jones (knee), LB David Long (groin). FULL: LB Zach Cunningham (elbow), LB Joseph Jones (knee). **HOUSTON:** DNP: DT Maliek Collins (chest), WR Nico Collins (groin), WR Brandin Cooks (NIR-resting player), DE Jerry Hughes (NIR-resting player). LIMITED: G Kenyon Green (shoulder), C Justin McCray (hand).

WASHINGTON COMMANDERS at INDIANAPOLIS COLTS — WASHINGTON: DNP: G Saahdiq Charles (illness), WR Jahan Dotson (hamstring), LB Cole Holcomb (foot), CB William Jackson (back), TE Cole Turner (concussion). LIMITED: WR Dyaami Brown (groin), TE Logan Thomas (calf), RB Jonathan Williams (knee). FULL: T Samuel Cosmi (finger), QB Taylor Heinicke (calf). **INDIANAPOLIS:** DNP: CB Stephon Gilmore (NIR-resting player), DE Yannick Ngakoue (NIR-resting player), DE Kwity Paye (ankle), QB Matt Ryan (right shoulder), LB Grant Stuard (pectoral). LIMITED: LB JoJo Domann (abdomen), C Ryan Kelly (knee). FULL: WR Keke Coutee (concussion), LB Zaire Franklin (shoulder), LB Shaquille Leonard (back), LS Luke Rhodes (shoulder).

PRO SOCCER

MLS playoffs

Second Round

Thursday, Oct. 20
 Philadelphia 1, Cincinnati 0
 Los Angeles FC 3, LA Galaxy 2

Sunday, Oct. 23

New York City 3, Montreal 1
 Austin 2, Dallas 1

Sunday, Oct. 30

Austin at Los Angeles FC
 New York City at Philadelphia

Championship

Saturday, Nov. 5

Conference champions

NWSL playoffs

Sunday, Oct. 23

Semifinals
 Portland 2, San Diego 1
 Kansas City 2, OL Reign 0

Saturday, Oct. 29

Championship
 At Audi Field
 Washington, D.C.

Portland vs. Kansas City

TENNIS

Tampico Open

Wednesday

At Centro Libanes Mexicano de Tampico
Tampico, Mexico
Purse: \$115,000

Surface: Hardcourt outdoor

Women's Singles

Round of 16

Camila Osorio (7), Colombia, def. Eva Vedder, Netherlands, 6-3, 6-2.
 Zhu Lin (6), China, def. Varvara Gracheva, Russia, 6-1, 6-2.

Elisabetta Cocciaretto, Italy, def. Marie Bouzkova (2), Czech Republic, 2-6, 6-3, 7-5.
 Rebecca Marino (8), Canada, def. Moyuka Uchijima, Japan, 7-6 (4), 6-7 (8), 6-3.
 Magda Linette (5), Poland, def. Renata Zarazua, Mexico, 6-3, 7-5.

Leylah Annie Fernandez (3), Canada, def. You Xiaodi, China, 6-3, 6-2.
 Elise Mertens (1), Belgium, def. Ashlyn Krueger, United States, 6-7 (3), 6-3, 6-1.
 Katerina Siniakova (4), Czech Republic, def. Magdalena Frech, Poland, 6-3, 7-6 (7).

Women's Doubles

Round of 16

Renata Zarazua, Mexico, and Elvina Kallieva, United States, def. Christina Rosca and Anna Rogers, United States, 6-2, 6-2.

Swiss Indoors Basel

Wednesday

At St. Jakobshalle
Basel, Switzerland
Purse: Euro 2,135,350

Surface: Hardcourt indoor

Men's Singles

Round of 32

Ugo Humbert, France, def. Jenson Brooksby, United States, 6-1, 6-4.
 Holger Rune, Denmark, def. Alex de Minaur (7), Australia, 6-2, 7-5.

Albert Ramos-Vinolas, Spain, def. Lorenzo Musetti (8), Italy, 1-6, 6-3, 6-4.
 Felix Auger-Aliassime (3), Canada, def. Marc-Andrea Huesler, Switzerland, 6-7 (3), 6-4, 6-4.

Round of 16

Arthur Rinderknech, France, def. Alex Molcan, Slovakia, 6-2, 6-4.
 Carlos Alcaraz (1), Spain, def. Botić Van de Zandschulp, Netherlands, 6-4, 6-2.

Pablo Carreno Busta (5), Spain, def. Dominic Stephan Stricker, Switzerland, 7-5, 6-7 (3), 6-4.

Men's Doubles

Round of 16

Andrey Golubev and Aleksandr Nedovyesov, Kazakhstan, def. Harri Heliövaara, Finland, and Lloyd Glasspool (4), Britain, 7-5, 4-6, 10-3.

Ivan Dodig, Croatia, and Austin Krajicek, United States, def. Matthew Ebden, Australia, and Jamie Murray, Britain, 6-4, 6-4.

Nicolas Mahut and Edouard Roger-Vasselin, France, def. Nathaniel Lammons and Jackson Withrow, United States, 7-5, 6-7 (5), 10-6.

Hugo Nys, Monaco, and Jan Zielinski, Poland, def. Michael Venus, New Zealand, and Tim Puetz (2), Germany, 7-5, 7-5.

Erste Bank Open

Wednesday

At Wiener Stadthalle
Vienna
Purse: Euro 2,349,180

Surface: Hardcourt indoor

Men's Singles

Round of 32

Marcos Giron, United States, def. Tallon Griekspoor, Netherlands, 6-4, 6-2.
 Jannik Sinner (6), Italy, def. Cristian Garin, Chile, 6-3, 6-2.

Stefanos Tsitsipas (2), Greece, def. Denis Novak, Austria, 7-6 (2), 6-2.
 Daniil Medvedev (1), Russia, def. Nikoloz Basilashvili, Georgia, 6-2, 6-2.

Round of 16

Daniel Evans, Britain, def. Karen Khachanov, Russia, 6-2, 6-2.
 Denis Shapovalov, Canada, def. Taylor Fritz (4), United States, 6-1, 4-6, 6-3.

Men's Doubles

Round of 16

Robin Haase, Netherlands, and Philipp Oswald, Austria, def. Lukasz Kubot, Poland, and Fabrice Martin, France, 7-6 (4), 7-5.
 Rohan Bopanna, India, and Matwe Midelkoop, Netherlands, def. Diego Schwartzman and Pedro Cachin, Argentina, 6-1, 6-3.
 Daniel Evans, Britain, and John Peers, Australia, def. Rajeev Ram, United States, and Joe Salisbury (1), Britain, 6-3, 6-2.

DEALS

squad.

CHICAGO BEARS — Signed WR Maurice Fountain to the practice squad and G Dieter Elselen to the active roster. Designated WR Byron Pringle to return from injured reserve. Agreed to terms to acquire a 2023 fourth-round draft pick from Philadelphia in exchange for DL Robert Quinn, pending passing a physical.

CLEVELAND BROWNS — Placed LB Jacob Phillips on injured reserve. Signed S Mike Brown to the practice squad.

DALLAS COWBOYS — Placed CB Jourdan Lewis and OL Matt Farniok on injured reserve. Activated LB Damone Clark from the non-football injury (NFI) list. Signed DB Kendall Sheffield to the practice squad.

DENVER BRONCOS — Designated OL Tom Compton to return from injured reserve.

HOUSTON TEXANS — Signed DT Jaleel Johnson to the active roster off the Atlanta practice squad. Designated CB Tavierre Thomas to return from injured reserve.

INDIANAPOLIS COLTS — Designated DB Trevor Denbow to return from injured reserve.

JACKSONVILLE JAGUARS — Placed CB Shaquill Griffin on injured reserve. Signed CB Tevaughn Campbell to the active roster off the Las Vegas practice squad.

LAS VEGAS RAIDERS — Promoted OT Jackson Barton to the active roster from the practice squad. Signed DT Kyle Peko and CB Bryce Cosby to the practice squad. Signed OT Jackson Barton.

LOS ANGELES CHARGERS — Signed LB Jeremiah Attaochu to the active roster. Placed DB J.C. Jackson on injured reserve.

LOS ANGELES RAMS — Designated RB Kyren Williams and S Quentin Lake to return from injured reserve.

MIAMI DOLPHINS — Signed OL Grant Hermanns to the practice squad.

NEW ENGLAND PATRIOTS — Re-signed K

Tristan Vizcaino to the practice squad. Placed DL LaBryan Ray on the practice squad injured list. Designated OT Yodny Cajuste to return from injured reserve.

AUTO RACING/NHL

IN THE PITS

7 desperate drivers have NASCAR season on line

By JENNA FRYER
Associated Press

Joey Logano has little stress headed into Martinsville Speedway, where his results won't make a difference in his march toward the NASCAR championship.

The rest of the field? Well, expect chaos. There are still three spots open in the title-deciding finale and seven drivers head into Sunday's race at NASCAR's smallest and oldest track with a chance. Only 58 points separate Ross Chastain in second from Chase Briscoe in eighth, and a victory can earn a driver an automatic berth into the winner-take-all finale at Phoenix Raceway.

Logano is locked into the championship race via his victory at Las Vegas two weeks ago. The remaining seven playoff drivers will be fighting for every point possible on a 0.526-mile track that proved in April to be impossible to pass on.

"Nobody's passing anybody at Martinsville, so better bring it," said 2020 NASCAR champion Chase Elliott. "It's gonna be tough."

Elliott knows. He started from the pole at Martinsville in the spring and led 185 laps. But he lost the lead to Hendrick Motorsports teammate William Byron and that was it for Elliott, who finished a perplexing ninth as he stalled out in traffic the rest of the race.

In fact, only four drivers led laps in the Next Gen car's debut at Martinsville, and Ryan Blaney and Austin Dillon combined to lead a whopping six of the 403 laps. The show belonged to Byron and Elliott, who combined to lead the remaining 397 laps (98.5%). That pushed Hendrick Motorsports to 10,000 laps led at the track in Rick Hendrick's home state of Virginia.

So what does it mean? Track position is crucial and the Next Gen car, created in part to level the playing field, has left little separation from the front to the back of the grid. The 18-inch Goodyear tire on the cars has created more grip, which has alleviated the potential for driver mistakes. With the chance to race for the Cup championship on the line, drivers are going to have no choice but to be very, very aggressive.

But NASCAR has made it clear over the past three weeks that it is watching closely and won't tolerate any sort of race manipulation or retaliation. Bubba Wallace was suspended for Sunday's race at

Homestead-Miami Speedway for deliberately crashing Kyle Larson a week before, and Cole Custer and Stewart-Haas Racing had a Thursday appeal scheduled of their \$200,000 fines for allegedly assisting Briscoe's advance into the third round of the playoffs.

Denny Hamlin, co-owner of Wallace's car, wrecked Elliott once at Martinsville to trigger a heated post-race exchange. After the recent message sent by NASCAR, drivers will have to carefully consider what's acceptable.

Blaney, who led five laps at Martinsville in the spring but thought he had a car capable of winning, sits sixth behind Hamlin below the cutline along with Christopher Bell and Briscoe. Bell and Briscoe both believe they are in must-win situations to advance to the Phoenix finale, but Blaney believes he can qualify on points.

He also knows now he must do it within NASCAR's boundaries.

"I personally think it is good that NASCAR is putting the law down, the hammer down on things that they think are wrong and that they want to act," Blaney said. "That is the only way you can kind of police it. You have to do those things. At the end of the day, it is their call."

"If they see something that they don't like, I expect them to act on it, and they have the last couple of weeks. It doesn't change the approach of the way I do anything. In my mind, you never think about, 'If I do something malicious with intent, or something like that, that you can get away with it.'"

Martinsville in 2015 was the site of one of the more recent egregious acts of retaliation. Matt Kenseth, feuding for weeks with Logano, returned his wrecked car to the track to intentionally retaliate against Logano — a move that cost Logano a spot in the championship race and earned Kenseth a two-race suspension.

With the season on the line for seven drivers come Sunday, it might make for desperate measures in the waning laps.

"Sports tests your morals and tests your character a lot of times," Logano said. "Sometimes it is tough to balance all that in the heat of the moment. You sometimes make decisions that you're not proud of later on, but you learn lessons every time. I've made mistakes and made dumb decisions inside race cars that I regret. But I've learned from every one of them, and I feel like I know where my line is now."



Hamlin



Blaney

NHL scoreboard

Eastern Conference

Atlantic Division							
	GP	W	L	OT	Pts	GF	GA
Boston	7	6	1	0	12	30	20
Florida	7	4	2	1	9	21	21
Buffalo	6	4	2	0	8	23	16
Ottawa	6	4	2	0	8	25	18
Detroit	6	3	1	2	8	22	18
Toronto	7	4	3	0	8	19	18
Tampa Bay	8	4	4	0	8	24	26
Montreal	7	3	4	0	6	17	21

Metropolitan Division							
	GP	W	L	OT	Pts	GF	GA
Carolina	6	4	1	1	9	20	14
Pittsburgh	7	4	2	1	9	30	21
Philadelphia	6	4	2	0	8	17	14
New Jersey	7	4	3	0	8	23	22
Washington	7	4	3	0	8	25	24
N.Y. Rangers	8	3	3	2	8	22	26
N.Y. Islanders	7	3	4	0	6	22	18
Columbus	8	3	5	0	6	25	33

Western Conference

Central Division							
	GP	W	L	OT	Pts	GF	GA
Dallas	7	4	2	1	9	23	15
Colorado	7	4	2	1	9	25	21
Chicago	6	4	2	0	8	20	17
St. Louis	5	3	2	0	6	12	12
Winnipeg	6	3	3	0	6	16	17
Minnesota	6	2	3	1	5	22	28
Nashville	7	2	4	1	5	16	24
Arizona	6	2	4	0	4	19	29

Pacific Division							
	GP	W	L	OT	Pts	GF	GA
Vegas	8	6	2	0	12	26	16
Calgary	6	5	1	0	10	22	17
Edmonton	7	4	3	0	8	25	21
Seattle	8	3	3	2	8	26	28
Los Angeles	8	4	4	0	8	28	33
San Jose	9	2	7	0	4	17	27
Anaheim	7	1	5	1	3	17	32
Vancouver	7	0	5	2	2	18	30

Note: Two points for a win, one point for overtime loss. Top three teams in each division and two wild cards per conference advance to playoffs.

Tuesday's games

Minnesota 3, Montreal 1
New Jersey 6, Detroit 2
Boston 3, Dallas 1
Arizona 6, Columbus 3
Colorado 3, N.Y. Rangers 2, 50
Chicago 4, Florida 2
Calgary 4, Pittsburgh 1
Seattle 5, Buffalo 1
Los Angeles 4, Tampa Bay 2
Vegas 4, San Jose 2

Wednesday's games

N.Y. Islanders 3, N.Y. Rangers 0
Edmonton 3, St. Louis 1
Tampa Bay 4, Anaheim 2

Thursday's games

Detroit at Boston
Florida at Philadelphia
Minnesota at Ottawa
Montreal at Buffalo
St. Louis at Nashville
Edmonton at Chicago
Washington at Dallas
Vancouver at Seattle
Toronto at San Jose
Winnipeg at Los Angeles

Friday's games

Anaheim at Vegas
Boston at Columbus
Colorado at New Jersey
N.Y. Islanders at Carolina
Pittsburgh at Vancouver
Winnipeg at Arizona

Saturday's games

N.Y. Rangers at Dallas
Ottawa at Florida
Tampa Bay at San Jose
Carolina at Philadelphia
Chicago at Buffalo
Minnesota at Detroit
Montreal at St. Louis
Toronto at Los Angeles
Colorado at N.Y. Islanders
Washington at Nashville
Edmonton at Calgary
Pittsburgh at Seattle

Scoring leaders

Through Wednesday				
	GP	G	A	PTS
Leon Draisaitl, EDM	7	3	9	12
Jesper Bratt, NJ	7	3	9	12
Artemi Panarin, NYR	8	4	8	12
David Pastrnak, BOS	7	5	7	12
Valeri Nichushkin, COL	7	7	5	12
Nikita Kucherov, TB	8	2	9	11
Sidney Crosby, PIT	7	4	7	11
Connor McDavid, EDM	7	5	6	11
Nathan MacKinnon, COL	7	3	7	10



PHELAN M. EBENHACK/AP

Montreal goaltender Carey Price last season won the Bill Masterton Memorial Trophy, awarded to the NHL player who best exemplifies the qualities of perseverance, sportsmanship and dedication.

Still no timetable for Price's return

Associated Press

MONTREAL—When it comes to playing again, Montreal Canadiens goaltender Carey Price has a long way to go.

There are some important steps along the way, too.

Sidelined by a lingering knee injury, the 35-year-old Price is on long-term injured reserve, and there is no timetable for his return. Price said Monday that his focus has gravitated toward his daily life and not ending his 15-year run in the NHL.

"We'll have to take it step by step. I don't have a plan to retire right at this moment," he said. "Right now, my goal is to just be pain-free from day to day. I'm still having some issues getting up and down stairs and carrying my kids up and down stairs is difficult."

"So my first priority is just to get my body in a place where I'm pain-free in my day-to-day living and go from there."

Price helped Montreal reach the 2021 Stanley Cup Final, and then suffered numerous setbacks in returning to the game. He underwent knee surgery and sought help from the NHLPA/NHL player assistance program last year for substance abuse.

He won the Bill Masterton Memorial Trophy in June, which is awarded to the NHL player who best exemplifies the qualities of perseverance, sportsmanship and dedication.

Price appeared in just five games last season. He then had a second opinion on his knee injury in Pittsburgh and the suggestion was another surgery.

The veteran goaltender said he

was "not fond" of the idea and called the procedure "intrusive."

"The surgery is called OATS," Price said. "Basically, they're taking a plug of cartilage and bone from a lower area in your knee and placing it in the cartilage-damaged area. It's pretty serious and the success rate is above 50% and from a pessimistic perspective it's like, 'Well, there's 50% chance that it could not work or 30% chance or whatever.'"

"It's something, unless I was in dire need of to get through my life, that maybe I would consider at that point but right now I'm looking at my young kids and to play with them day to day is the most important thing for me."

For now, Price is continuing to rehab the injury — a lengthy, tedious process that hasn't been successful as of yet.

"That's been the real frustrating part but I've talked to several people that had this type of injury and it's taken over a year for them to start feeling normal," Price said. "So I'm still holding out hope. There's a possibility of another injection but we'll have to see. We just have to continue trying to solve a problem but that surgery is a bit worrisome for me."

There are no spaces with Price's name anymore in the Canadiens' locker room at the Bell Centre. It's a telling change for Montreal veterans like Brendan Gallagher, who lived the highs and lows of the team's recent history alongside Price.

"It's different looking down and not having him in here. He was really the focal (point) of this team, this organization for so many years," Gallagher said. "It's different but I'm just fortunate to have spent the years that I did with him and he made me look good on many of nights. I'd never say that to his face but I owe him one or two."



Price

NBA

Scoreboard

Eastern Conference				
Atlantic Division				
	W	L	Pct	GB
Boston	3	1	.750	—
New York	3	1	.750	—
Toronto	3	2	.600	½
Brooklyn	1	3	.250	2
Philadelphia	1	4	.200	2½
Southeast Division				
	W	L	Pct	GB
Washington	3	1	.750	—
Charlotte	2	2	.500	1
Atlanta	3	1	.750	—
Miami	2	3	.400	1½
Orlando	0	5	.000	3½
Central Division				
	W	L	Pct	GB
Milwaukee	3	0	1.000	—
Cleveland	3	1	.750	½
Chicago	3	2	.600	1
Indiana	1	4	.200	3
Detroit	1	4	.200	3
Western Conference				
Southwest Division				
	W	L	Pct	GB
New Orleans	3	1	.750	—
San Antonio	3	2	.600	½
Memphis	3	1	.750	—
Dallas	1	2	.333	1½
Houston	1	4	.200	2½
Northwest Division				
	W	L	Pct	GB
Portland	4	1	.800	—
Utah	4	1	.800	—
Denver	3	2	.600	1
Minnesota	3	2	.600	1
Oklahoma City	1	3	.250	2½
Pacific Division				
	W	L	Pct	GB
Phoenix	3	1	.750	—
Golden State	2	2	.500	1
L.A. Clippers	2	2	.500	1
Sacramento	0	3	.000	2½
L.A. Lakers	0	4	.000	3

Tuesday's games
 Washington 120, Detroit 99
 New Orleans 113, Dallas 111
 Oklahoma City 108, L.A. Clippers 94
 Phoenix 134, Golden State 105

Wednesday's games
 Atlanta 118, Detroit 113
 Cleveland 103, Orlando 92
 Toronto 119, Philadelphia 109
 Milwaukee 110, Brooklyn 99
 Minnesota 134, San Antonio 122
 New York 134, Charlotte 131, OT
 Chicago 124, Indiana 109
 Utah 109, Houston 101
 Miami 119, Portland 98
 Denver 110, L.A. Lakers 99

Thursday's games
 Dallas at Brooklyn
 L.A. Clippers at Oklahoma City
 Memphis at Sacramento
 Miami at Golden State

Friday's games
 Atlanta at Detroit
 Charlotte at Orlando
 Cleveland at Boston
 Indiana at Washington
 Philadelphia at Toronto
 L.A. Lakers at Minnesota
 New York at Milwaukee
 Chicago at San Antonio
 Utah at Denver
 Houston at Portland
 New Orleans at Phoenix

Saturday's games
 Miami at Sacramento
 Golden State at Charlotte
 Indiana at Brooklyn
 Atlanta at Milwaukee
 Philadelphia at Chicago
 Memphis at Utah
 Oklahoma City at Dallas

Sunday's games
 New Orleans at L.A. Clippers
 Golden State at Detroit
 New York at Cleveland
 Washington at Boston
 Minnesota at San Antonio
 Orlando at Dallas
 Houston at Phoenix
 Denver at L.A. Lakers

Calendar
Jan. 5 — 10-day contracts may now be signed
Jan. 10 — All standard NBA contracts are guaranteed for the remainder of the season
Jan. 20 — All two-way contracts are guaranteed for the remainder of the season
Feb. 9 — NBA Trade Deadline (3 p.m. ET)

Jokic, Nuggets keep Lakers winless

BY PAT GRAHAM
 Associated Press

DENVER — A LeBron James-led team doesn't begin 0-4 often. Not since his rookie season has one of his teams stumbled out of the starting gate quite like this.

"It's a new system. It's a new group of guys together," James explained. "We're still trying to get familiar with one another."

Nikola Jokic had 31 points and 13 rebounds, Jamal Murray hit a big three-pointer and the Denver Nuggets kept the Los Angeles Lakers winless with a 110-99 victory Wednesday night.

The Lakers remain in the company of Orlando and Sacramento as the only teams yet to win this season.

"We're four games and it sucks to lose, but we have 78 games left," new Lakers coach Darvin Ham said. "It's plenty of time for us to right the ship. And it starts now."

Trailing by two moments into the second half, the Nuggets went on a 29-9 run to grab control. The Lakers worked their way back and cut it to single digits in the fourth, but Murray hit a three-pointer — his only one in seven attempts — for some breathing room.

Anthony Davis, dealing with lower back tightness, had 22 points and 14 rebounds for Los Angeles. LeBron James had 19 points to run

his double-digit streak to 1,100 games. Russell Westbrook was held out to rest a sore left hamstring.

Jokic finished an assist shy of a triple-double. But it was the 31 points that caught Bruce Brown by surprise. He had no idea the back-to-back MVP erupted for that many.

"It was a quiet 31," cracked Brown, who finished with 18 points, including four three-pointers. "Nobody can guard him."

For his big night, Jokic looks no further than James, who motivated him to keep laser focused.

"LeBron is the best player on the planet," Jokic said. "I like to compete with the best."

Struggling with his long-range jumper, Murray found his touch in close and finished with 13 points. He showed flashes of his explosiveness as he works his way back from a knee injury. He also received an early pep talk from coach Michael Malone.

"I just walked over to him in the huddle, gave him a big hug and said, 'Hey, man, big picture. I believe in you. I love you. I know who you are, and I know where you're going to be at some point,'" Malone said.

Late in the third quarter, the Nuggets saw Kentavious Caldwell-Pope turn his left ankle on a layup



DAVID ZALUBOWSKI/AP

The Lakers' LeBron James heads to the bench during the second half Wednesday against the Nuggets, who kept Los Angeles winless.

and leave for the locker room. He had 13 points.

It's been a tough start for the Lakers, who entered the game as the worst-shooting squad in the NBA. They shot 44.4% from the field against Denver.

It's also been a tough beginning for Ham, the player-turned-coach who was brought on board over the

summer after serving as an assistant in Milwaukee. Ham picked up a technical in the fourth quarter for arguing a call.

"Not really about any other team right now, scouts or schemes — just going out there and doing it for 48 minutes to get a win," Davis said. "Whatever we've got to do. That's the first step. We can build on that."

Nash hopeful Simmons regains joy of game

BY STEVE MEGARGEE
 Associated Press

MILWAUKEE — Brooklyn Nets coach Steve Nash says he wants to see Ben Simmons regain "that joy of playing the game" as the three-time All-Star tries to bounce back after missing all of last season.

Simmons hasn't scored more than seven points in any of Brooklyn's first four games as the Nets have staggered to a 1-3 start. He had four points, nine assists and five rebounds in 28 minutes on Wednesday night as the Nets fell 110-99 to the Milwaukee Bucks.

The Nets are counting on Simmons to make a successful return from back surgery as they attempt to contend in the Eastern Conference. They acquired Simmons at the trade deadline last season in a move that sent 10-time All-Star James Harden to the Philadelphia 76ers.

"Ben and I work every day at this, trying to give him the confidence to go out there and be aggressive and try to get back to at least the feeling of joy on the court," Nash said before Wednesday's game.

Simmons, the No. 1 overall pick in the 2016 draft, said he's feeling better with every game. That's not apparent from his statistics thus



BRANDON DILL/AP

Brooklyn Nets guard Ben Simmons handles the ball during a game against the Memphis Grizzlies on Monday in Memphis, Tenn.

far. He's averaging 5.3 points, 7.5 assists and 5.8 rebounds. He fouled out of two of Brooklyn's first three games. The Nets hosted the Dallas Mavericks on Thursday in the first of four straight home

games. "I definitely feel each game I'm progressing a little bit in terms of my physicality and aggression," Simmons said after the Bucks game.

Nash said he just wants to see

"We're just here to give him positive affirmation while he's out there and just let him hoop," Irving said. "While he's hooping and getting back into it, we're going to have to really jell as a team in order to learn how to win as a group."

COLLEGE FOOTBALL

Big Ten boasts some of nation's best defenses

By MITCH STACY
Associated Press

COLUMBUS, Ohio — Just four Big Ten teams are ranked in the AP Top 25, but six of the top 12 defenses in college football reside in the conference.

The Big Ten's surprise team this year, Illinois — 17th in the AP poll — has the top-ranked defensive unit in the nation, followed by No. 2 Ohio State, which appears more and more each week to be a complete package.

Michigan (AP No. 4) is ranked fifth in defense. Iowa, unranked in the poll because of a moribund offense, was propped up by its tough defense before running into the speeding Buckeyes last week. The Hawkeyes are still sixth best in the nation in terms of yards allowed per game.

Rutgers and Minnesota have needed the help of their defenses, ranked seventh and 12th, respectively, to stay above .500.

No. 2 Ohio St. (7-0, 4-0 Big Ten) at No. 13 Penn St. (6-1, 3-1)
AFN-Sports
6 p.m. Saturday CET
1 a.m. Sunday JKT

All six of the teams are allowing fewer than 300 yards per game. Five of them, with Rutgers being the outlier, are giving up under 20 points per game. Penn State is also giving up less than 20 points per game.

By contrast, the Big 12 and ACC have just one team allowing 300 yards or fewer per game, and the Pac-12 has none.

In the SEC, Georgia, Kentucky and Alabama are allowing fewer than 300 yards and 20 points.

Illinois (6-1, 3-1 Big Ten) is the conference's biggest surprise this season, with a defense allowing 221.1 yards and fewer than nine points per game. The only loss for the Illini came in a 23-20 setback at Indiana in Week 2 — the most



JAY LAPRETE/AP

Ohio State defensive back Lathan Ransom plays against Rutgers. The Buckeyes have a defense that can match their explosive offense.

points they've allowed all season.

"Really, from the pilots we hop on the plane with to the schools that we talk to, just everybody is a lot more aware of Illinois football," second-year coach Brett Bielema said.

He noted this week that Illini cornerback Devon Witherspoon was named a finalist for the Thorpe Award given to the best defensive back in college football. Penn State's Joey Porter Jr. and Ohio State's Lathan Ransom also are finalists.

It's not a surprise when Ohio State shows off an explosive offense, but the Buckeyes now have the second-ranked defense to go along with it.

Ohio State is holding teams to 239.9 yards per game and a little

over two touchdowns.

"I thought the guys were fresh, they were fast and opportunistic," defensive coordinator Jim Knowles said after the Buckeyes thumped Iowa 54-10 last week.

Coach Ryan Day lured Knowles from Oklahoma State to overhaul the unit, which finished last season ranked 38th in the country.

"We expect these good things to happen by the way we've trained and we've played," Knowles said.

"Like coach Knowles says, we can win games on defense," said safety Tanner McCalister, a graduate transfer who accompanied Knowles from Oklahoma State. "We don't always have to rely on our No. 1 offense. We have a pretty good defense, and we can win games if need be."

Duggan staying healthy key to TCU's success

By JOHN RABY
Associated Press

Max Duggan threw a completion a split second before a defender's helmet struck his facemask on a targeting call, sending the TCU quarterback's head snapping back and leaving him momentarily woozy on the ground.

The mobile Duggan took his share of collisions against Kansas State but finished the game and has No. 7 TCU alone in first place.

In a year of quarterback attrition, the Big 12 race could come down to how many are left standing, or who has a backup capable of shouldering the load. Most teams have lost their starting quarterback at some point this season. A few remain out, others have returned and the status of some for Saturday's games are a day-to-day observation.

Just as he's shaken off hard tackles, Duggan deferred questions about the recent pounding, instead pointing to the real battle in the trenches.

"My job's pretty easy. When you're a quarterback, you don't get hit too often," Duggan said after TCU beat Kansas State 38-28 on Saturday. "The guys up front, the guys blocking out on the defense, they're getting hit every play. Those guys are never complaining, never talking about their hits. So the least I can do is get up after a



RICHARD W. RODRIGUEZ/AP

TCU quarterback Max Duggan looks to pass the ball while being pressured against Kansas State last Saturday in Fort Worth, Texas.

play."

Duggan might not be thriving had redshirt freshman Chandler Morris not sprained his left knee in the season opener. Despite being a three-year starter, Duggan lost the top position over the spring and summer to Morris. But Duggan has played so well that Morris has remained on the bench despite being available. Duggan has thrown 19 touchdown passes with one interception. His 181.8 efficiency rating is fifth in the nation.

While Duggan led TCU back from an 18-point deficit to beat Kansas State, the Wildcats are having their own quarterback issues.

Starter Adrian Martinez left after the first series with an undisclosed injury and did not return. Backup Will Howard threw for two touchdowns and ran for another, then hurt his shoulder on a third-quarter running play. Howard left the game briefly but was brought back in after a third-string freshman threw an interception.

Coach Chris Klieman said Tuesday he's not sure whether Martinez will be available but Howard should be ready when Kansas State, tied for second place with Oklahoma State, prepares to host the Cowboys on Saturday.

Oklahoma State's Spencer Sanders, playing through undisclosed

No. 7 TCU (7-0, 4-0 Big 12) at West Virginia (3-4, 1-3)
AFN-Sports2
6 p.m. Saturday CET
1 a.m. Sunday JKT

injuries in the past few weeks, led the Cowboys to a comeback win over Texas on Saturday. Sanders is tied with Duggan for the Big 12 lead with 23 total touchdowns — seven more than anyone else.

"He's feeling better," Oklahoma State coach Mike Gundy said. "He's not where he was. You can tell."

Quarterback injuries seem to have hit the Big 12 harder than other Power 5 conferences, although there are some notable season-ending injuries elsewhere, including Devin Leary at North Carolina State (pectoral muscle).

Some schools can't catch a break: Utah State has seen injuries to its top three quarterbacks, forcing one to end his college career, and Texas A&M its top two.

Despite the frequency of quarterback visits to the training room, the Big 12 is on pace to challenge a high scoring mark under the current 10-team format that started in 2012. The league-wide average of 35.4 points scored is more than five points better than each of the past two seasons and the same as that averaged over the 2015 season.

Scoreboard

Schedule

Friday's games

EAST
Yale (4-2) at Columbia (3-3)
SOUTH
Louisiana Tech (2-5) at FIU (3-4)

FAR WEST

East Carolina (5-3) at BYU (4-4)

Saturday's games

EAST

TCU (7-0) at West Virginia (3-4)
SC State (3-4) at Morgan St. (2-5)
Ohio St. (7-0) at Penn St. (6-1)
LIU Brooklyn (0-7) at Duquesne (2-5)
Boston College (2-5) at Uconn (3-5)
Wagner (1-6) at CCSU (0-7)
Presbyterian (1-7) at Marist (2-5)
St. Francis (Pa.) (5-2) at Sacred Heart (4-3)

Notre Dame (4-3) at Syracuse (6-1)
Georgetown (1-6) at Lafayette (2-5)
Penn (6-0) at Brown (2-4)
Hampton (4-3) at Villanova (4-3)
Colgate (2-5) at Bucknell (1-6)
Fordham (6-1) at Holy Cross (7-0)
Stony Brook (1-6) at Albany (NY) (1-6)
Richmond (5-2) at Maine (2-5)
Townsend (2-5) at Monmouth (NJ) (4-4)
Cornell (4-2) at Princeton (6-0)
Merrimack (6-2) at Stonehill (3-2)
Harvard (4-2) at Dartmouth (2-4)
NC Central (5-2) at Delaware St. (4-3)
New Mexico St. (2-5) at UMass (1-6)
Temple (2-5) at Navy (2-5)
Coastal Carolina (6-1) at Marshall (4-3)

SOUTH

Georgia Tech (3-4) at Florida St. (4-3)
Arkansas (4-3) at Auburn (3-4)
Miami (3-4) at Virginia (3-4)
Drake (0-8) at Stetson (3-3)
Charleston Southern (1-6) at Kennesaw St. (3-4)
Rhode Island (5-2) at William & Mary (6-1)

Campbell (4-3) at NC A&T (4-3)
Mercer (6-2) at VMI (1-6)
Bryant (2-5) at Gardner-Webb (3-5)
ETSU (3-5) at Wofford (1-6)
Howard (2-5) at Norfolk St. (1-6)
Samford (6-1) at The Citadel (2-5)
Chattanooga (6-1) at Furman (6-2)
Southern U. (5-2) at Jackson St. (7-0)
Alcorn St. (3-4) at Grambling St. (1-6)
Tennessee St. (3-4) at Murray St. (0-8)
Old Dominion (3-4) at Georgia St. (2-5)
Alabama A&M (3-4) vs. Alabama St. (4-3) at Birmingham, Ala.

Delaware (6-1) at Elon (5-3)
Cincinnati (6-1) at UCF (5-2)
Wake Forest (6-1) at Louisville (4-3)
Georgia (7-0) vs. Florida (4-3) at Jacksonville, Fla.
Robert Morris (0-7) at Appalachian St. (4-3)

North Texas (4-4) at W. Kentucky (5-3)
Missouri (3-4) at South Carolina (5-2)
Ark.-Pine Bluff (2-5) at Florida A&M (5-2)
Jacksonville St. (6-2) at Austin Peay (5-2)
UAB (4-3) at FAU (3-5)
Kentucky (5-2) at Tennessee (7-0)
SE Louisiana (4-3) at McNeese St. (1-6)
Pittsburgh (4-3) at North Carolina (6-1)

MIDWEST

Morehead St. (2-5) at Butler (5-2)
Toledo (5-3) at E. Michigan (5-3)
Oklahoma (4-3) at Iowa St. (3-4)
Miami (Ohio) (3-5) at Akron (1-7)
San Diego (3-3) at St. Thomas (Minn.) (6-1)

Valparaiso (4-3) at Dayton (5-2)
William Jewell (0-0) at Lindenwood (Mo.) (5-2)

South Dakota (2-5) at Youngstown St. (4-3)
E. Kentucky (4-3) at SE Missouri (6-1)
Rutgers (4-3) at Minnesota (4-3)
W. Illinois (0-7) at Missouri St. (2-5)
N. Iowa (4-4) at S. Illinois (5-3)
Indiana St. (1-6) at S. Dakota St. (7-1)
Tennessee Tech (1-6) at E. Illinois (2-5)

Northwestern (1-6) at Iowa (3-4)
Illinois St. (5-2) at N. Dakota St. (5-2)
Illinois (6-1) at Nebraska (3-4)
Oklahoma St. (6-1) at Kansas St. (5-2)
Abilene Christian (5-2) at North Dakota (4-3)

Michigan St. (3-4) at Michigan (7-0)

SOUTHWEST

South Florida (1-6) at Houston (4-3)
Charlotte (1-7) at Rice (4-3)
Bethune-Cookman (2-5) at Prairie View (4-3)
Lincoln University (CA) (0-3) at Texas Southern (3-4)
UT Martin (4-3) at Houston Christian (2-5)
Incarnate Word (7-1) at Texas A&M Commerce (5-2)

Utah Tech (1-6) at Stephen F. Austin (5-3)
SMU (3-4) at Tulsa (3-4)
Nicholls (2-6) at Lamar (0-7)
South Alabama (5-2) at Arkansas St. (2-6)
North Alabama (1-6) at Cent. Arkansas (3-4)

Baylor (4-3) at Texas Tech (4-3)
Mississippi (7-1) at Texas A&M (3-4)
Sam Houston St. (4-2) at Tarleton St. (5-2)

Middle Tennessee (3-4) at UTEP (4-4)

FAR WEST

Montana (5-2) at Weber St. (6-1)
Oregon (6-1) at California (3-4)
Portland St. (2-5) at E. Washington (2-5)
Colorado St. (2-5) at Boise St. (5-2)
Cal Poly (1-6) at UC Davis (3-4)
Southern Cal (6-1) at Arizona (3-4)
Arizona St. (2-5) at Colorado (1-6)
Idaho (5-2) at Sacramento St. (7-0)
San Diego St. (4-3) at Fresno St. (3-4)
Stanford (3-4) at UCLA (6-1)
Nevada (2-6) at San Jose St. (4-2)

Sunday's game

FAR WEST
Wyoming (5-3) at Hawaii (2-6)

NFL

Seahawks rookies delivering

By TIM BOOTH
Associated Press

RENTON, Wash. — Pete Carroll was in the middle of extolling one of the many rookies that have made an immediate impact on the Seattle Seahawks when he made perhaps the overstatement of the season in regard to his team.

“So far we’ve taken advantage of this past draft,” Carroll said.

No kidding.

Whether it’s offensive tackles Charles Cross or Abraham Lucas, defensive backs Tariq Woolen or Coby Bryant, or running back Ken Walker III, the Seahawks have received a wealth of production from their rookie draft class that’s a big reason why Seattle is sitting at 4-3 and currently on top of the NFC West.

Play the kids? Certainly, the Seahawks are taking that to the extreme and so far it’s paid off.

“It’s special. It’s like seeing your little brother shine,” safety Quandre Diggs said of the rookie defensive backs. “For me, those are really like my little brothers. I’ve been super excited about both of them since the jump.”

While the play of quarterback Geno Smith has deservedly earned most of the attention for Seattle’s surprising start, the rookie class is playing a role beyond what was expected back in April during the draft.

Woolen, a fifth-rounder, is starting at cornerback and is tied for the NFL lead in interceptions with four and had his streak of four straight games with a pick snapped last week. Bryant, a fourth-round pick, has taken over as the nickel cornerback for Seattle and is leading the league with four forced fumbles.

Cross and Lucas were the two expected to move into prominent roles and both have excelled as the starting left and right tackles respectively on Seattle’s improved offensive line.

And Walker has broken out in the past two weeks taking over as Seattle’s starting running back following a season-ending injury to Rashaad Penny. Walker had 167 yards rushing — previously 168 before a stat correction by the league this week — and two touchdowns in Seattle’s impressive win over the Los Angeles Chargers last Sunday.

“I could never have foreseen that really, honestly. I’d like to say, ‘Oh, yeah, I knew that,’ but I didn’t,” Carroll said of the class. “This is what we hope for. You hope when you draft a guy you can picture what he’s going to do. And you hope he’s going to fit in and be a factor for us. But I don’t know,



Seahawks cornerback Tariq Woolen intercepts a pass against the Cardinals. He is tied for the NFL lead in interceptions with four.

ABBIE PARR/AP



KYUSUNG GONG/AP

Seahawks running back Kenneth Walker III ran for 167 yards last week in his second start. Seattle has gotten a lot from its rookies.

how many, like six guys or something are playing and starting and doing stuff. I don’t know how many it is. But those guys, they’re just coming through.”

Carroll has long believed in the idea of giving young players an opportunity to shine. That was at the foundation of what Seattle created a decade ago when three straight successful draft classes yielded the foundation for what became back-to-back NFC championship teams and the only Super Bowl victory in franchise history.

They were built around smart draft picks playing on rookie contracts with a mix of veterans sprinkled in.

Eventually, those rookie contracts became mega deals for several of those stars — Richard Sherman, Bobby Wagner, Russell

**New York Giants(6-1)
at Seattle Seahawks (4-3)**
AFN-Sports
9:25 p.m. Sunday CET
5:25 a.m. Monday JKT

Wilson, Doug Baldwin to name a few — and having veterans locked into spots took away opportunities for younger draft picks to develop. Throw in some poor drafting and there are explanations behind the turbulence Seattle has faced with its roster in the years since those Super Bowl trips.

This year has become a nod back to those early days of the tenure between Carroll and general manager John Schneider. It helped that Seattle had a draft pick in the top 10 and was able to anchor the offensive line by drafting Cross at No. 9 overall, a pick acquired after trading Russell Wilson to Denver.

Cross has played every offensive snap through seven games, as has Lucas, who was taken in the third round. Woolen and Bryant have established themselves as pieces of Seattle’s future in the secondary and Walker’s past two games are signs of his potential as a dynamic lead running back.

It’s not out of the question that by the end of the season Seattle could have several players in the conversation for rookies of the year.

“There’s a lot of room for improvement, not just for me, but for everyone as a whole,” Bryant said. “Just got to keep working and keep getting better.”

BRIEFS

Jones to remain Pats starting QB

Associated Press

FOXBOROUGH, Mass. — Bill Belichick wanted to see how Mac Jones began the practice week before making a decision about who would play quarterback for the Patriots this week.

On Thursday, he said he’d seen enough to make that call, saying Jones will be Sunday’s starter against the Jets.

“That’s the decision, so that’s where we are now,” Belichick said. “I talked to all the quarterbacks. So everybody knows where we’re at.”

Belichick said Jones, who was not listed on the injury report after three straight weeks of dealing with a sprained ankle, had a full workload on Wednesday and is expected to be unrestricted when New England (3-4) heads to New Jersey for Sunday’s matchup with surging Jets (5-2).

Getting Jones a full dose of starter reps is pertinent for his preparation, the coach said.

“He’s ready to do that,” Belichick said. “So that’s what he needs to prepare for the game, and that’s what our offensive unit needs. Everybody working together. So we’ll get that this week.”

Eagles acquire Pro Bowl DE Quinn from Bears

LAKE FOREST, Ill. — The undefeated Philadelphia Eagles already have one of the NFL’s best defenses.

Now, they’re adding another pass rusher to the mix.

The Eagles acquired three-time Pro Bowl defensive end Robert Quinn from the Chicago Bears for a 2023 fourth-round pick on Wednesday.

The teams said the trade was pending a physical.

Quinn goes from a rebuilding franchise to a Super Bowl contender. The Eagles (6-0) are the lone undefeated team. Philadelphia, coming off a bye, hosts Pittsburgh on Sunday.

“I think it’s another great player on this team,” Eagles quarterback Jalen Hurts said. “He has a history of being a great defensive end and edge rusher. I think he’ll help us out in a number of ways. Adds a lot of depth, and I’m excited to meet him. I’m excited to meet him (Thursday) when he comes.”

The 32-year-old Quinn is off to a slow start with just one sack and three quarterback hits after opting not to participate in offseason workouts. But he broke Hall of Famer Richard Dent’s franchise

record with 18½ sacks last year in a resurgent season.

“I value — I think I’ve talked about that a lot — the locker room and what it means and the culture and it (stinks) to mess with that, to be completely honest with you,” Bears general manager Ryan Poles said.

“But again, my job is to do what’s best for this organization not only now, but in the future. I felt like that was the best move for us to make.”

With Quinn, an Eagles defensive line that already has Haason Reddick, Josh Sweat, Javon Hargrave, Fletcher Cox, Brandon Graham and Jordan Davis becomes that much more daunting. He replaces defensive end Derek Barnett, who tore an ACL in the opener at Detroit.

The Eagles are holding opponents to 297.8 yards per game, which is fourth in the NFL. They’re fifth against the pass at 188 yards and rank second in interceptions with nine. When it comes to sacks, they’re tied for 10th with 17. And that’s an area where Quinn could help.

He has 102 sacks over 12 seasons with the Rams, Miami, Dallas and Chicago. He went from 11½ sacks with Dallas in 2019 to just two for Chicago in 2020.

Saints sticking with Dalton over Winston

METAIRIE, La. — Saints coach Dennis Allen has decided that Andy Dalton will remain the New Orleans Saints starting quarterback for a fifth straight week — even though Jameis Winston is healthy enough to return.

“Offensively, I feel like we’re in a little bit of a rhythm,” Allen said Wednesday after noting that Winston, who has been recovering from back and ankle injuries, was healthy enough to participate fully in practice.

“We’ve been moving the ball effectively. We’ve scored points,” Allen continued. “So, we’re going to continue down that road with Andy.”

New Orleans (2-5) has lost five of six games and dropped two straight. But as the Saints prepare to host the Las Vegas Raiders on Sunday, they’re just one game out of first place in the NFC South — a division in which every team has a losing record.

The Saints have averaged 31 points per game during Dalton’s four starts after averaging 17 points in Winston’s three starts.

MLB

World Series ump crew youngest in years

Change is a nod to strike zone tech

BY BEN WALKER
Associated Press

Now retired, longtime Major League Baseball umpire Dale Scott scanned the playoff lineup and was startled to spot the names of so many young umpers.

When he saw the list for the upcoming World Series, he had the same reaction. And then some.

"I saw hints in previous years. But this year, my God, it's a changing of the guard," he said. "It's been leading up to this, but now it's official."

In a nod to computerized strike zones, plus other factors including injuries, retirements and postseason rotations, the seven-man World Series umpire crew announced Wednesday by MLB is easily the youngest in recent memory.

At an average age of 45.7 years old, the crew calling the Philadelphia Phillies-Houston Astros matchup is more than five years younger than the average of World Series crews over the past decade, The Associated Press tallied.

So young, in fact, there won't be a full-time regular-season crew chief on the field in Game 2 on Saturday night. Usually, two or sometimes three veteran chiefs are on the Fall Classic crew.

"That would've been unimaginable not too long ago," said Scott, who emphasized he gives high marks to this crew.

One of the reasons: In general, younger umpires tend to score more highly with ball-strike calling in MLB metrics. And with fans howling every time a pitch is mis-

sed on the TV box, and those shouts ramping up calls for robot umpers already being used in the minor leagues, the sport would like to keep barking to a minimum.

Pat Hoberg joined the full-time umpiring staff in 2017 and, at 36, is set to work the plate in Game 2 on Saturday night in Houston. In the past, it would've taken much longer to draw a coveted World Series assignment.

But Hoberg rates among the best pitch callers in the majors. The website umpscorecards.com — which tracks every pitch of the season and uses advanced methods to analyze them — ranks him No. 1 in accuracy among all umpires at 95.4%.

The site doesn't use the same box that MLB employs, and neither do the TV networks. But the ratings give a good indication of who scores best behind the plate.

Tripp Gibson, at 41, and Jordan Baker, at 40, also rated highly in pitch accuracy and will work their first World Series.

Dan Iassogna (53) is the crew chief and working his third World Series, often praised within the sport for the way he calmly runs games. Alan Porter (44), James Hoye (51) and Lance Barksdale (55) are calling the Fall Classic for the second time.

MLB considers many factors when picking the World Series crew — ball-strike grades, game management, performance this year and over a career, and more.

Also, who's available. Many umpires were hurt and missed long periods this season. Veteran Ted Barrett, meanwhile, called the



PHIL LONG/AP

Umpires Will Little, left, and Dan Iassogna review a play on whether the Guardians' Andres Gimenez was hit by a pitch during Game 4 of an AL Division Series against the New York Yankees in Cleveland.

2021 World Series, and umpers don't work it in consecutive years.

Why do younger umpers tend to score better on pitches? Often because they've come up through the ranks training with a strike zone box, learning to call exactly what MLB wants.

Say Adam Wainwright threw a big-bending curveball that Yadier Molina caught with his glove open-faced, flat on the ground. A veteran umpire might call that a ball — the Cardinals battery doesn't flinch, it's been a ball forever.

But a younger ump is more like-

ly to call that a strike. It nicked the lower part of the zone, even by an inch, and that's an MLB strike. Someday, maybe sooner than later, computers might be making those calls.

Hoye will call balls and strikes for Game 1 at Minute Maid Park on Friday night. As the umpires rotate spots, each one will be off the field the game before they work the plate.

Iassogna will be in reserve for Game 2, and Hoye will serve as crew chief. Hoye frequently filled in as a crew chief this season for injured umpers.

For now, though, it'll mean no permanent chief on the field that night at Minute Maid.

The alignment caught Scott's eye. A big league ump during 33 seasons and a crew chief for half that time, he called the World Series three times.

He recalled a postseason series he worked with fellow crew chief Joe West. MLB officials made sure at least one of them was in the infield every game, rather than both being on the outfield lines at the same time.

"It's a change in philosophy, for sure," Scott said.

Cardinals' Wainwright, 41, returning for 18th season

BY DAVE SKRETTA
Associated Press

Adam Wainwright will pitch for the St. Louis Cardinals next season, choosing to return for an 18th and final year with the club even as longtime teammates Albert Pujols and Yadier Molina head off into retirement.

The 41-year-old Wainwright agreed Wednesday to a \$17.5 million, one-year contract that includes \$10 million in deferred pay and the chance to earn \$1 million in bonuses for starts.

He informed the NL Central champions of his decision to return shortly after they were eliminated by the Philadelphia Phillies in the wild-card round of the playoffs. Wainwright did not pitch in either game in part because he had struggled with his delivery late in the season.

"I do tend to think the way the season ended led even more to me coming back," Wainwright said



GREGORY BULL/AP

St. Louis Cardinals pitcher Adam Wainwright will return next year for an 18th season after going 11-12 this season.

Wednesday, "because I just didn't like that. I don't like going out like that. I wasn't performing like I know I should have been performing. Wasn't helping the team like I knew I should have been helping the team. We didn't win. I love my

teammates."

"But looking back on it now, it just seemed like everything that happened led me to coming back one more year," he said.

Asked whether it would be just that — one final year — he replied:

"Yes." But then Wainwright made it clear that he has no interest in answering questions about retirement every week, instead imploring folks to "just let me go out and pitch."

Wainwright finished 11-12 with a 3.71 ERA in 32 starts, his first losing season in which he made at least 20 starts. He won just twice over his final six starts, though, and had a 7.22 ERA while dealing with what he called a "dead arm."

Wainwright's deal includes \$1 million payable each July 1 from 2024-33 and the chance to earn \$500,000 each for 28 and 30 starts.

He gets a full no-trade provision and a hotel suite on road trips. He would earn \$500,000 for finishing among the top 10 in Cy Young Award voting, \$50,000 each for making the All-Star team, winning the League Championship Series or World Series MVP awards or a Gold Glove, and \$25,000 for a Silver Slugger.

Wainwright earned \$17.5 million on a one-year deal last season.

"We all know how competitive he is, we know how special he is in that clubhouse and what he means to this organization," Cardinals president John Mozeliak said, "so we're just glad we could get it done."

Wainwright heads into next season needing five wins to reach 200. The right-hander is 15 behind Jesse Haines for the second-most wins in franchise history; Bob Gibson is the leader with 251 of them.

Wainwright and Molina set the major league record for career starts as a battery last season, eventually hitting 328 starts together. But with Molina heading into retirement, Andrew Knizner is in line to be the everyday catcher, though Mozeliak did indicate Wednesday that the club would be in the market for help behind the plate.

WORLD SERIES



MATT SLOCUM/AP

The Phillies' Kyle Schwarber celebrates his home run during the sixth inning of Game 4 of the NL Championship Series against the San Diego Padres last Saturday in Philadelphia.

Big: Schwarber only cares how many runs each homer produces

FROM PAGE 48

The NLCS ball was, indeed, found (though the authenticator was careful not to disturb one worn ball resting in a bird's nest).

"Trees and shrubs, you've got to really look through," said John Hollinger, who runs the authentication program. "Balls do get wedged in different spots."

Schwarber will say there is no spinach that fuels his muscle — even as his mammoth shots through the years have sunk into ivy or even smashed car windshields as he did in college — and that he's just a slugger who happens to have a little extra oomph in his swing.

Let everyone else stand in awe of Schwarber's prodigious blasts, that include the NL-best 46 he hit this season and three more in the NLCS. The Philadelphia Phillies slugger only counts the runs that each homer scores, not the distance they go.

"Everyone likes to talk about the far homers," Schwarber said Wednesday. "I really don't care how far they go for me. It's more about getting a run on the board."

Schwarber has bashed and mashed baseballs his entire career and his power surge in the first season of his \$79 million, four-year contract with the Phillies has fueled their run to the World Series. Schwarber took his hacks during Wednesday's workout at the ballpark before the team left for Houston. The Phillies will start right-hander Aaron Nola in Game 1 and right-handed ace Zack Wheeler in Game 2.

DID YOU KNOW?

Philadelphia Phillies slugger Kyle Schwarber was a member of the Boston Red Sox squad that lost to Houston in six games in the AL Championship series last season. Schwarber hit a grand slam in Game 3, a 12-3 Boston victory.

SOURCE: baseball-reference.com

Schwarber has done the bulk of his damage from the leadoff spot, as the game moves far away from the days of speedy table-setters such as Vince Coleman or Rickey Henderson at the top of the lineup. Schwarber struck out 200 times and hit only .218 but had a knack for hitting some of the memorable homers of Philadelphia's surprising run at the pennant.

Schwarber slammed a homer off the second-deck facade on opening day in his first at-bat with the Phillies. He led off Game 3 of the NLCS with a homer off Padres ace Joe Musgrove. And the caper, so far, of all the Schwarbombs — as they're affectionately known in Philly — the 488-foot blast in Game 1 against the Padres that had an exit velocity of 120 mph.

That homer — the second longest overall in the postseason since Statcast started tracking distance in 2015 — launched 1,001 memes thanks to teammate Bryce Harper's bug-eyed, mouth-agape reaction in the dugout.

"I thought it got pretty small pretty fast," Harper said.

The 29-year-old Schwarber simply remembered the homer came in a postseason win. It's a run, no matter that Schwarber

turns into some sort of Paul Bunyan mythical figure that can scare the leather off the ball with each colossal moon shot.

"Who cares about distance?" he asked. "I think it's more about trying to impact a game in any way that you can, especially in important times, too."

Schwarber made big October games a habit since he broke into the big leagues with the Chicago Cubs in 2015 and hit five homers in the postseason. The next year, Schwarber tore two ligaments in his left knee after a frightening collision with outfielder Dexter Fowler while chasing down a fly ball. It was only the third game of the season and Schwarber about figured his year was over.

But 201 days later, and following months of relentless rehab, Schwarber returned to help the Cubs break the curse and win the 2016 World Series. He hit .412 with seven hits, one double and two RBIs in five World Series games.

He had a brief 72-game stint last season with Washington before he was traded to Boston. Naturally, Schwarber had a grand slam for the Red Sox in the AL Championship Series.

"He's done it in a lot of different places, and when that usually happens, that tends to not be an accident," Phillies first baseman Rhys Hoskins said. "Some guys just have that knack. They know what it takes to win. They know how to bring guys together, which I think has probably been some of the most important stuff he's done in a Phillies uniform."

Scoreboard

Capsule

A capsule look at the best-of-seven World Series between the Philadelphia Phillies and Houston Astros:

Schedule: (All games on AFN-Sports) Game 1: Friday, at Houston, 2 a.m. Saturday CET, 9 a.m. Saturday JKT; Game 2: Saturday, at Houston, 2 a.m. Sunday CET, 9 a.m. Sunday JKT; Game 3: Monday, Oct. 31, at Philadelphia, 1 a.m. Tuesday CET, 8 a.m. Tuesday JKT; Game 4: Tuesday, Nov. 1, at Philadelphia, 1 a.m. Wednesday CET, 8 a.m. Wednesday JKT; x-Game 5: Wednesday, Nov. 2, at Philadelphia, 1 a.m. Thursday CET, 8 a.m. Thursday JKT; x-Game 6: Friday, Nov. 4, at Houston, 1 a.m. Saturday CET, 8 a.m. Saturday JKT; x-Game 7: Saturday, Nov. 5, at Houston, 1 a.m. Sunday CET; 8 a.m. Sunday JKT.

x-if necessary

Season series: Astros won 2-1.

Philadelphia Phillies

Record: 87-75.

Playoff entry: Wild card.

Manager: Rob Thomson (first season).

Top hitters: DH Bryce Harper (.286, 18 HRs, 65 RBIs, .877 OPS in 99 games), LF Kyle Schwarber (.218, NL-leading 46, 94, 100 runs, .827 OPS), C J.T. Realmuto (.276, 22, 84, 21/22 SBs, .820 OPS), 1B Rhys Hoskins (.246, 30, 79, .794 OPS).

Projected rotation: RHP Aaron Nola (11-13, 3.25 ERA, 235 Ks, 205 IP), RHP Zack Wheeler (12-7, 2.82), LHP Ranger Suárez (10-7, 3.65), RHP Noah Syndergaard (10-10, 3.94 with Angels and Phillies).

Key relievers: LHP José Alvarado (4-2, 3.18 ERA, 2 saves, 81 Ks, 2 HRs, 51 IP), RHP Seranthony Domínguez (6-5, 3.00, 9 saves, 61 Ks, 51 IP), RHP David Robertson (4-3, 2.40, 20 saves, 81 Ks, 63⅓ IP with Cubs and Phillies), RHP Zach Eflin (3-5, 4.04, 1 save in 20 games, 13 starts).

Series story: Back in postseason for first time in 11 years, underdog Phillies were lowest seed in National League playoffs after clinching spot with 3-0 win Oct. 3 at Houston, of all places. Went 9-2 against St. Louis, Atlanta and San Diego to become first third-place team in baseball history to reach World Series. After winning franchise's eighth pennant, seeking third championship (1980, 2008). Lost to New York Yankees in last World Series appearance (2009). ... Harper makes World Series debut. Joined the Phillies before 2019 season on \$330 million, 13-year contract — largest for a free agent. Two-time NL MVP and seven-time All-Star missed two months this season with broken thumb but batted .419 with five homers, six doubles and 11 RBIs in playoffs. Was NLCS MVP after hitting go-ahead HR in eighth inning of clinching Game 5 victory over Padres. ... Hoskins also has five home runs and 11 RBIs in postseason, but batting .182 with 14 strikeouts. ... Phillies were 21-29 through May. Fired manager Joe Girardi a few days later and promoted 59-year-old Thomson from bench coach on interim basis. He was recently given two-year contract and is trying to join Jack McKeon (2003 Marlins) and Bob

Lemon (1978 Yankees) as only managers hired midseason to win World Series. ... Phillies were most recent opponent to defeat Astros when teams opened final series of regular season Oct. 3 in Houston. ... Phillies edged Astros in classic 1980 NL Championship Series before Houston moved to American League in 2013.

Houston Astros

Record: 106-56.

Playoff entry: AL West champion.

Manager: Dusty Baker (third season).

Top hitters: LF Yordan Alvarez (.306, 37 HRs, 97 RBIs, 1.019 OPS), 2B Jose Altuve (.300, 28, 57, 39 doubles, 103 runs, 18/19 SBs, .921 OPS), 3B Alex Bregman (.259, 23, 93, 38 doubles, .820 OPS), RF Kyle Tucker (.257, 30, 107, 25/29 SBs, .808 OPS).

Projected rotation: RHP Justin Verlander (18-4, MLB-best 1.75 ERA, 185 Ks, 29 BBs, 116 hits, 175 IP), LHP Framber Valdez (17-6, 2.82, 194 Ks, 166 hits, AL-high 201⅓ IP and 3 CG), RHP Cristian Javier (11-9, 2.54, 194 Ks, 89 hits, 148⅓ IP in 30 games, 25 starts), RHP Lance McCullers Jr. (4-2, 2.27 in 8 starts).

Key relievers: RHP Ryan Pressly (3-3, 2.98 ERA, 33 saves, 65 Ks, 48⅓ IP), RHP Rafael Montero (5-2, 2.37, 14 saves, 68⅓ IP, 3 HRs, 71 games), RHP Bryan Abreu (4-0, 1.94, 2 saves, 88 Ks, 2 HRs, 60⅓ IP), RHP Hector Neris (6-4, 3.72, 3 saves, 79 Ks, 3 HRs, 65⅓ IP, 70 games).

Series story: Back in World Series for second consecutive season and fourth time in six years. After winning franchise's fifth pennant, scorned Astros seeking second championship. Team's 2017 title was later tarnished by cheating revelations involving illegal sign stealing. Only players remaining from that squad on this year's AL Championship Series roster were Altuve, Bregman, Verlander, McCullers and 1B Yuli Gurriel. Still, this chase presents another chance at some form of redemption. ... Houston lost 2021 World Series to Atlanta in six games. Verlander was out while recovering from Tommy John surgery. McCullers was sidelined with forearm strain. Valdez went 0-1 with 19.29 ERA in two starts, tagged for 10 runs, 12 hits, four homers and three walks in 4⅓ forgettable innings. ... After spectacular comeback this season, 39-year-old Verlander a favorite to win third Cy Young Award. But he's 0-6 with 5.68 ERA in seven World Series starts. Went 0-2 with 5.73 ERA as Houston lost to Washington in 2019, when road team won all seven games. ... Rookie shortstop Jeremy Peña was MVP of ALCS as Astros completed four-game sweep, knocking Yankees out of postseason for fourth time in eight years. Houston went 7-0 against Seattle and New York in playoffs. Last two teams to enter World Series unbeaten in postseason lost: 2014 Royals (8-0) and 2007 Rockies (7-0). ... Neris spent 2014-21 with Philadelphia. ... The 73-year-old Baker is oldest manager to reach World Series. This marks third trip for him and still pursuing first title in 25 seasons as major league skipper.

SPORTS



Still winless

LeBron, Lakers drop to 0-4 with loss to Nuggets » **NBA, Page 43**

WORLD SERIES

Big bopper

Schwarber has powered Phillies in playoffs with mythical homers

By DAN GELSTON
Associated Press

Kyle Schwarber crushed a 98 mph slider beyond the center-field fence and the ball disappeared into a thicket of English ivy, Arborvitae, Holly, and other evergreen flourishing as the greenery backdrop at Citizens Bank Park.

Most of Schwarber's homers land — and yes, they do land even as some he hits might best be viewed through the Hubble once they reach orbit — in easy to track spots.

This particular ball, hit against San Diego during Game 4 of the National League Championship Series, almost needed a search party to locate. The area was swept, not by the grounds crew as might be the assumption, but by the team in charge of collecting game-used memorabilia. Schwarber doesn't make it easy; he hit two into the bushes in one game this year and it couldn't be verified which ball was which.

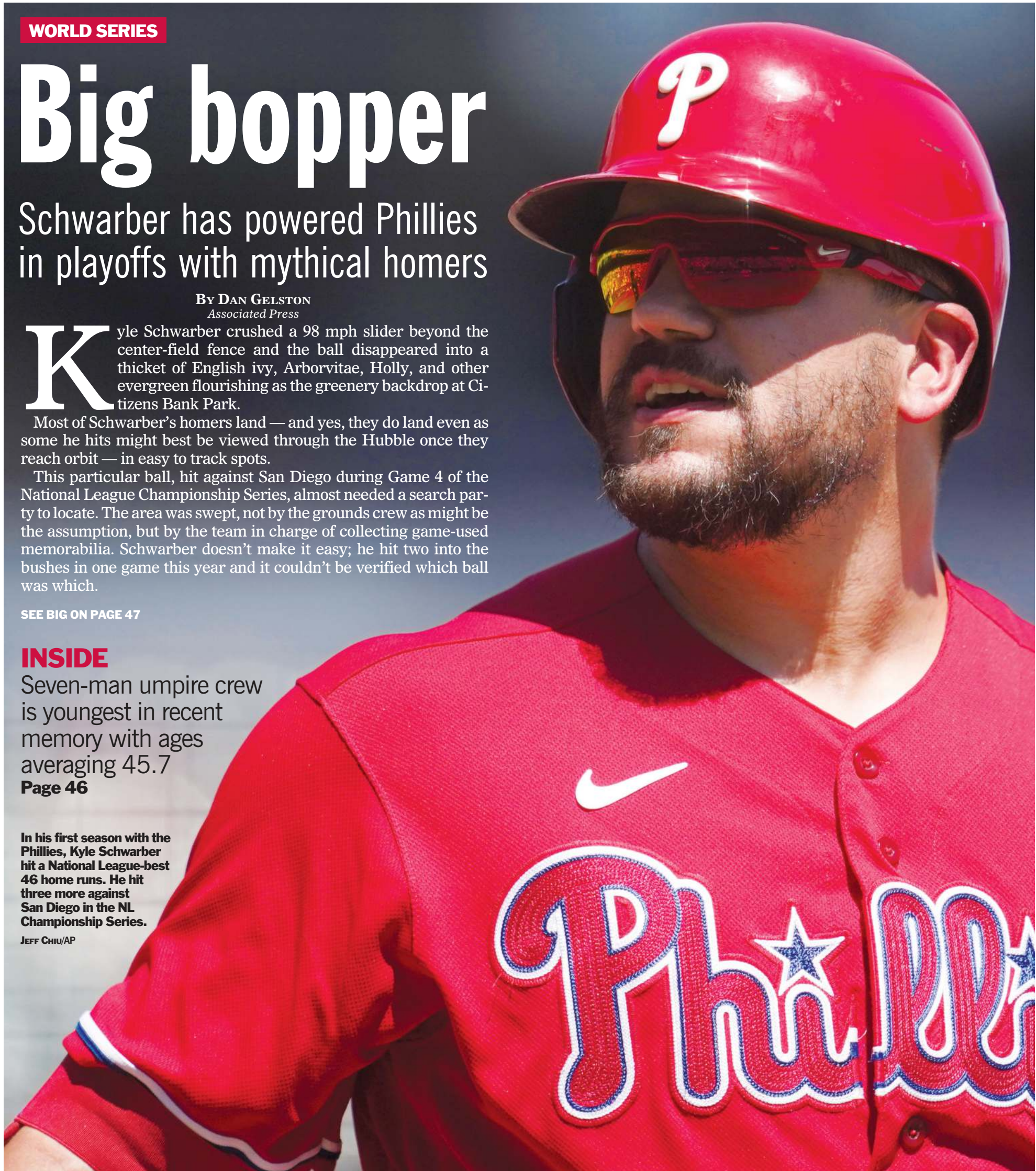
SEE BIG ON PAGE 47

INSIDE

Seven-man umpire crew is youngest in recent memory with ages averaging 45.7
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In his first season with the Phillies, Kyle Schwarber hit a National League-best 46 home runs. He hit three more against San Diego in the NL Championship Series.

JEFF CHIU/AP



7 NASCAR drivers battling for 3 playoff spots » Page 42

