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Monday

Aug. 14, 2023

High

78

Low

70

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WVUMedicine

STATE

Cybersecurity capabilities comes to WV

Joint venture adds complementary technology

DPNews@DominionPost.com

A joint venture between two nationally recognized defense innovation and cybersecurity organizations will focus on cybersecurity technology innovation and growing and equip-

ping the West Virginia workforce to become a national leader in cybersecurity.

The venture, known as the Cyber Innovation Institute LLC, which will be based in Morgantown, will combine the resources of McLean, Va.-based By Light Professional IT Services (By Light) with Morgantown-based Civil-Military Innovation Institute (CMI2).

This collaboration will bring By Light's deep national security

and defense sector relationships to the growing West Virginia defense innovation ecosystem.

"West Virginia is becoming a hub of expertise within the cybersecurity community, where the people and technologies required to protect our most critical systems are developed and enhanced every day," said Sen. Shelley Moore Capito (R-W.Va.)

"I am proud to see West Virginia-based groups like CMI2 leading these efforts for the state and at

the national level."

By Light, a national company, boasts support for all branches of the military, Combatant Commands and the Federal Government with transformative solutions that form the foundation for robust, diverse, resilient, and protected networks and computing environments that enable warfighting operations.

CMI2 is a national defense innovation non-profit that fos-

SEE TECH, A-2

THIS WEEK IN WEST VIRGINIA HISTORY

Events around the Mountain State

WV Humanities Council

CHARLESTON — The following events happened on these dates in West Virginia history. To read more, go to e-WV: The West Virginia Encyclopedia at wvencyclopedia.org.

■ Aug. 13, 1900: Railroad mogul and founder of Huntington, Collis Potter Huntington, died. Raised in poverty, Huntington went west when gold was discovered in California. There he became rich, not from mining but by selling supplies to miners.

■ Aug. 13, 2018: The House of Delegates adopted articles of impeachment against all sitting justices of the Supreme Court of Appeals.

■ Aug. 14, 1894: Entertainer Ada Beatrice Queen Victoria Louise Virginia "Bricktop" Smith was born at Alderson. She performed in Paris in the 1920s and opened her own club, called the Music Box, in 1926.

■ Aug. 14, 1943: Astronaut Jon Andrew McBride was born in Charleston. McBride became an astronaut in 1979 and piloted the space shuttle Challenger on an eight-day mission in 1984.

■ Aug. 15, 1867: The cornerstone for the first building of the Fairmont Branch Normal School was laid at the corner of Adams and Quincy streets in the heart of town. The first class of students occupied the new building in April 1869. That school became Fairmont State University.

■ Aug. 15, 1906: The Niagara Movement began a five-day meeting at Storer College in Harpers Ferry. The organization was founded in 1905 by a group of Black intellectuals, including W.E.B. Du Bois.

■ Aug. 15, 1946: The first FM radio station in the state, WCFC of Beckley, began regular programming.

■ Aug. 16, 1851: William Hope "Coin" Harvey was born in Buffalo, Putnam County. Harvey, a social reformer, was nominated for president of the United States by the Liberty Party in 1932.

■ Aug. 17, 1944: Staff Sgt. Stanley Bender earned the Medal of Honor in southern France. Bender rushed through intense machine gun fire and grenades, and knocked out two German machine guns with rifle fire. His

SEE HISTORY, A-2

STEREO

THIS RECORD WILL PLAY ON STEREO OR HI-FI PHONOGRAPHS

THE WORKING MAN

"CURLY" RAY CLINE

AND HIS LONESOME PINE FIDDLE

JALYN JLP-126

Submitted photos

Fiddler Curly Ray Cline died Aug. 19, 1997. Born in Logan County, Cline was a member of the Lonesome Pine Fiddlers and Ralph Stanley's Clinch Mountain Boys. Below is a class from the Fairmont Branch Normal School. On Aug. 15, 1867, the cornerstone for the first building of the Fairmont Branch Normal School was laid at the corner of Adams and Quincy streets in the heart of town. The first class of students occupied the new building in April 1869. That school became Fairmont State University.

West Virginia & Regional History Center

THE FIRST FM RADIO STATION IN THE STATE, WCFC OF BECKLEY, BEGAN REGULAR PROGRAMMING IN AUGUST 1946.

FEDERAL FUNDS

Research in state gets \$898K

2 of 3 projects taking place at WVU

DPNews@DominionPost.com

U.S. Sen. Joe Manchin (D-WV), member of the U.S. Senate Appropriations Committee, announced \$898,443 from the National Science Foundation (NSF) for three West Virginia research initiatives.

The funding will support two projects at West Virginia University, including research on nitrogen emissions in forest environments and computational imagery in space.

The third project will expand access to STEM research awards for four-year colleges and universities across the state through the West Virginia Higher Education Policy Commission.

"The National Science Foundation continues to be an important partner for the Mountain State through their investments in groundbreaking projects that provide West Virginia students and educators with unique research opportunities. I'm pleased these three initiatives are receiving awards to help advance our understanding of environmental science and computational imagery, as well as break down barriers to future research opportunities for our higher education institutions. As a member of the Senate Appropriations Committee, I will continue advocating for resources that bolster academic research and support our universities across West Virginia," Senator Manchin said.

Individual awards

■ \$599,442 — West Virginia University: Quantifying the Recovery of Central Appalachian Forests during the Final Chapter of Society's Inadvertent Nitrogen Fertilization Experiment

This project will investigate the effects of nitrogen emissions in eastern U.S. forest environments through research at the Fernow Experimental Forest in Parsons. The initiative will engage local 8th grade students in rural Tucker County through field trips and in-class activities.

■ \$200,000 — West Virginia University: Uncertainty-Aware Compu-

SEE RESEARCH, A-2

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BEST REGIONAL HOSPITALS

U.S. News & World Report RANKINGS

WVUHeart&VascularInstitute

WVUMedicine.org/HEART

\*Per the U.S. News and World Report Hospital Data Insights

HAWAII

Death toll from Maui wildfire reaches 93, recovering begins

Associated Press

LAHAINA, Hawaii — As the death toll from a wildfire that razed a historic Maui town climbed to 93, authorities warned that the effort to find and identify the dead was still in its early stages. The blaze is already the deadliest U.S. wildfire in more than a century.

Crews with cadaver dogs have covered just 3% of the search area, Maui Police Chief John Pelletier said Saturday.

“We’ve got an area that we have to contain that is at least 5 square miles, and it is full of our loved ones,” he said, noting that the number of dead is likely to grow and “none of us really know the size of it yet.”

He spoke as federal emergency workers picked through the ashen moonscape left by the fire that razed the centuries-old town of Lahaina. Teams marked the ruins of homes with a bright orange “X” to indicate an initial search, and “HR” when they found human remains.

Pelletier said identifying the dead is challenging because “we pick up the remains and they fall



Members of a search-and-rescue team walk along a street Saturday, in Lahaina, Hawaii, following heavy damage caused by wildfire.

apart.” The remains have been through “a fire that melted metal.” Only two people have been identified so far, he said.

During the search efforts, the barks of cadaver dogs alerting their handlers to potential remains echoed over the hot, colorless landscape.

“It will certainly be the worst natural disaster that Hawaii ever faced,” Gov. Josh Green said as he toured the devastation on

historic Front Street. “We can only wait and support those who are living. Our focus now is to reunite people when we can and get them housing and get them health care, and then turn to rebuilding.”

At least 2,200 buildings were damaged or destroyed in West Maui, Green said, nearly all of them residential. Across the island, damage was estimated at close to \$6 billion.

At least two other fires

have been burning on Maui: in south Maui’s Kihei area and in the mountainous, inland communities known as Upcountry. No fatalities have been reported from those blazes.

The Upcountry fire affected 544 structures, most of them homes, Green said.

As many as 4,500 people are in need of shelter, county officials said on Facebook, citing figures

from the Federal Emergency Management Agency and the Pacific Disaster Center.

Pelletier encouraged people with missing family members to go to a family assistance center to take a DNA test.

“We need to identify your loved ones,” he said.

Those who escaped were thankful to be alive as they mourned those who didn’t make it.

Retired fire captain Geoff Bogar and his friend of 35 years, Franklin Trejos, initially stayed behind to help others in Lahaina and save Bogar’s house. But as the flames moved closer and closer Tuesday afternoon, they knew they had to flee.

Each escaped to his own car. When Bogar’s vehicle wouldn’t start, he broke through a window to get out, then crawled on the ground until a police patrol found him and brought him to a hospital.

Trejos wasn’t as lucky. When Bogar returned the next day, he found the bones of his 68-year-old friend in the back seat of his car, lying on top of the remains of the Bogars’ beloved 3-year-old golden retriever

Sam, whom he had tried to protect.

Trejos, a native of Costa Rica, had lived for years with Bogar and his wife, Shannon Weber-Bogar, helping her with her seizures when her husband couldn’t. He filled their lives with love and laughter.

“God took a really good man,” Weber-Bogar said.

The latest death toll surpassed that of the 2018 Camp Fire in northern California, which left 85 dead and destroyed the town of Paradise. A century earlier, the 1918 Cloquet Fire broke out in drought-stricken northern Minnesota and raced through rural communities, destroying thousands of homes and killing hundreds.

The wildfires are Hawaii’s deadliest natural disaster in decades, surpassing a 1960 tsunami that killed 61 people. An even deadlier tsunami in 1946, which killed more than 150 on the Big Island, prompted development of a territory-wide emergency alert system with sirens that are tested monthly.

Hawaii emergency management records do not indicate that the warning sirens sounded before fire hit the town.

KANSAS

Police questioned over legality of newspaper raid

Computers, phones seized

Associated Press

MARION, Kan. — A small central Kansas police department is facing a firestorm of criticism after it raided the offices of a local newspaper and the home of its publisher and owner — a move deemed by several press freedom watchdogs as a blatant violation of the U.S. Constitution’s protection of a free press.

The Marion County Record said in its own published reports that police raided the newspaper’s office on Friday, seizing the newspaper’s computers, phones and file server and the personal cellphones of staff, based on a search warrant. One Record reporter said one of her fingers was injured when Marion Police Chief Gideon Cody wrested her cellphone out of her hand, according to the report.

Police simultaneously raided the home of Eric Meyer, the newspaper’s publisher and co-owner, seizing computers, his cellphone and the home’s internet router, Meyer said. Meyer’s 98-year-old mother — Record co-owner Joan

Meyer who lives in the home with her son — collapsed and died Saturday, Meyer said, blaming her death on the stress of the raid of her home.

Meyer said in his newspaper’s report that he believes the raid was prompted by a story published last week about a local restaurant owner, Kari Newell. Newell had police remove Meyer and a newspaper reporter from her restaurant early this month, who were there to cover a public reception for U.S. Rep. Jake LaTurner, a Republican representing the area. The police chief and other officials also attended and were acknowledged at the reception, and the Marion Police Department highlighted the event on its Facebook page.

The next week at a city council meeting, Newell publicly accused the newspaper of using illegal means to get information on a drunk driving conviction against her. The newspaper countered that it received that information unsolicited, which it sought to verify through public online records. It eventually decided not to run a story on Newell’s DUI, but it did run a story on the city council meeting, in which

Newell confirmed the 2008 DUI conviction herself.

A two-page search warrant, signed by a local judge, lists Newell as the victim of alleged crimes by the newspaper. When the newspaper asked for a copy of the probable cause affidavit required by law to issue a search warrant, the district court issued a signed statement saying no such affidavit was on file, the Record reported.

Newell declined to comment Sunday, saying she was too busy to speak.

Cody, the police chief, defended the raid on Sunday, saying in an email to The Associated Press that while federal law usually requires a subpoena — not just a search warrant — to raid a newsroom, there is an exception “when there is reason to believe the journalist is taking part in the underlying wrongdoing.”

Cody did not give details about what that alleged wrongdoing entailed.

Cody, who was hired in late April as Marion’s police chief after serving 24 years in the Kansas City, Mo., Police Department, did not respond to questions about whether police filed a probable cause affidavit for the search warrant. He also did not answer questions about

how police believe Newell was victimized.

Meyer said the newspaper plans to sue the police department and possibly others, calling the raid an unconstitutional violation of the First Amendment’s free press guarantee.

Press freedom and civil rights organizations agreed that police, the local prosecutor’s office and the judge who signed off on the search warrant overstepped their authority.

“It seems like one of the most aggressive police raids of a news organization or entity in quite some time,” said Sharon Brett, legal director for the American Civil Liberties Union of Kansas. The breadth of the raid and the aggressiveness in which it was carried out seems to be “quite an alarming abuse of authority from the local police department,” Brett said.

Seth Stern, director of advocacy for Freedom of the Press Foundation, said in a statement that the raid appeared to have violated federal law, the First Amendment, “and basic human decency.”



Submitted photo

Entertainer Ada Beatrice Queen Victoria Louise Virginia “Bricktop” Smith was born Aug. 14, 1894: in Alderson.

HISTORY

FROM PAGE A-1

actions inspired the rest of his company to take out a German roadblock, kill 37 enemy soldiers, and take 26 prisoners.

■ Aug. 17, 1976: The National Mine Health and Safety Academy opened at Beaver, near Beckley. The academy, located on a 76-acre campus, is the world’s largest educational institution devoted solely to safety and health in mining.

■ Aug. 18, 1885: Artemus Ward Cox was born on a farm at Red Knob, Roane

County. In 1914, Cox bought the George Ort Department Store on Capitol Street in Charleston. That store became the first in a chain of 21 A.W. Cox stores in West Virginia, Virginia, Ohio and Kentucky.

■ Aug. 19, 1863: Union cavalry under Brigadier Gen. William W. Averell destroyed the Confederate saltpetrer works near Franklin.

■ Aug. 19, 1997: Fiddler Curly Ray Cline died. Born in Logan County, Cline was a member of the Lonesome Pine Fiddlers and Ralph Stanley’s Clinch Mountain Boys.

RESEARCH

FROM PAGE A-1

tational Imaging (CI) in the Wild: A Bayesian Deep Learning Approach in the Latent Space

This project will advance the capabilities of CI to handle uncertain scientific and engineering paradigms. The development of uncertainty-aware CI systems will have a wide range of impact on both scientific exploration, such as astronomical questions,

and daily life, such as smartphone applications.

■ \$99,001 — West Virginia Higher Education Policy Commission: Increasing STEM Grant Capacity Across West Virginia

This project will examine the barriers to research grant proposal submissions and award management success at West Virginia’s four-year colleges and universities with the goal of ensuring increased research success.

CLARIFY

The Dominion Post strives to publish accurate information. If a factual error does occur, notify: Editor Pam Queen, 304-291-9425 or editor@dominionpost.com

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News tips

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TECH

FROM PAGE A-1

ters military modernization via a frontline, warfighter-first approach that leverages technology innovations from universities and industry.

“The joint venture with CMI2 is an opportunity to enhance By Light’s robust cybersecurity infrastructure and expertise as we also expand the base of the state’s cybersecurity workforce,” said Bob Donahue, By Light founder

and CEO.

“This joint venture brings together two strong organizations who will advance innovative cybersecurity technology, create the future cybersecurity workforce and supply that workforce with cutting-edge technology,” said CMI2 founder Zenovy Wowczuk. “The people and knowledge we combine will focus on cybersecurity technology development while also cultivating and populating human capital for this sector.”

The Cyber Innovation

Institute will function via two locations within CMI2’s infrastructure in West Virginia, including the Tactical Operations Related to Cybersecurity Hub (TORCH) facility in Morgantown and CMI2’s Adaptive Experimentation Facility in Fola, Clay County.

“It is another opportunity in West Virginia with the announcement of the joint venture known as ‘Cyber Innovation Institute’ between CMI2 and By Light,” said Glenn Jeffries, West Virginia state Sen-

ator. “The joint venture is expected to not only enhance the capabilities of both companies but also contribute to the broader cyber security framework. Through collaborative research and development, sharing of knowledge and best practices, the venture can foster an environment of mutual growth and progress within the industry. As we continue to focus on bringing companies like By Light to West Virginia, having talent like CMI2 helps make these opportunities possible.”

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WVU MEDICINE

# Children’s Vascular Anomalies Clinic offers state-of-the-art treatment

Benefits adults and kids with hereditary or acquired issues

WVU Medicine

The WVU Medicine Children’s Vascular Anomalies Clinic provides state-of-the-art treatment for hereditary and acquired vascular anomalies in children and adults.

“We primarily treat children in our clinic, but some vascular anomalies don’t make themselves

apparent until adulthood, so we also offer treatment for adults,” Dr. Zachary Zinn, WVU Medicine Children’s pediatric dermatologist, said.

Vascular anomalies can occur as tumors, birthmarks, or internal venous malformations and are caused by abnormal growth of blood vessels.

They can occur anywhere on the body and can vary in size, shape and color. Some vascular anomalies are harmless, while others can cause pain, bleeding, or other complications.

“Vascular anomalies are dis-

orders of blood vessels,” Zinn said. “We have treatment options for these now, whether it be to improve the cosmetic appearance, or to help with the function of day-to-day living and decrease pain.”

The Vascular Anomalies Clinic at WVU Medicine Children’s is the only one of its kind in West Virginia. The clinic offers a wide range of diagnostic and treatment options for vascular anomalies, including comprehensive evaluations by a multidisciplinary team of specialists comprised of complex care pediatri-

cians, dermatologists, interventional radiologists, plastic surgeons, hematologists and ophthalmologists and the latest medical, surgical and radiological treatments.

“That’s what makes the clinic so special,” Zinn said. “Prior to seeing the patients, we do an hour-long radiology review where we go over all the patient’s imaging as a team. Then, we see the patient as a team. No one doctor can really do sclerotherapy, laser, manage the medicines, perform surgery and any other care that might be needed.

“Our team approach lets us come together from different specialties to make sure our patients receive the customized care they need.”

For more information, visit WVUKids.com.

**“THAT’S WHAT MAKES THE CLINIC SO SPECIAL. PRIOR TO SEEING THE PATIENTS, WE DO AN HOUR-LONG RADIOLOGY REVIEW WHERE WE GO OVER ALL THE PATIENT’S IMAGING AS A TEAM.”**

Dr. Zachary Zinn  
WVU Medicine Children’s pediatric dermatologist

## DIY: Gallery Wall



Aldona Bird photos/for The Dominion Post

Just four holes and some hooks on a wire frame will allow you to hang several photos or other wall-hangings.

### Four holes and hooks allow for hanging several photos, other items

BY ALDONA BIRD  
DPNews@DominionPost.com

Creating a gallery wall in your home or workspace can turn a plain wall into a statement. It can give personality to a bare space, or make a room with high ceilings feel cozier.

To create a gallery wall, select and frame art works you like. They don’t even all have to be framable — add in some 3D wall art to add extra dimension to your collection.

But hanging enough art to create a gallery wall requires a lot of holes for nails or other hangers. If you are renting your home or office, have a wall that is difficult to drill into or simply want the ability to rearrange your art without needing to spackle, and repair holes, adding a hanger for each individual art work may not be ideal.

A hanging system can help you avoid putting lots of holes in your wall. Professional hanging systems are available online, and offer flexibility. But they can be expensive.

Using a fencing panel you can create a hanging system, which offers both flexibility in how you hang your favorite art works and an additional visual element to your wall.

Cattle or hog fencing panels work well for this project. They often come in 50-inch by eight- or 16-foot panels, usually for less than \$40 each.

Measure the length of wall area on which you want to install this hanging system. If it is shorter than the fence panel, you can cut the panel down using bolt cutters or a saw



**A HANGING SYSTEM CAN HELP YOU AVOID PUTTING LOTS OF HOLES IN YOUR WALL. PROFESSIONAL HANGING SYSTEMS ARE AVAILABLE ONLINE, AND OFFER FLEXIBILITY. BUT THEY CAN BE EXPENSIVE. USING A FENCING PANEL YOU CAN CREATE A HANGING SYSTEM, WHICH OFFERS BOTH FLEXIBILITY IN HOW YOU HANG YOUR FAVORITE ART WORKS AND AN ADDITIONAL VISUAL ELEMENT TO YOUR WALL.**

(equipped with a blade suitable for cutting metal).

Cut the fencing carefully, to avoid creating sharp edges.

Hold the fence panel up to the wall, and choose the exact placement for hanging it. Having a friend help, level the panel and use a pencil to mark where you will fasten the panel to the wall.

If you are using a panel eight feet long or shorter, attaching it on the four corners should be enough. You can add more points of attachment if your panel is longer, if the art you plan to hang from it is particularly heavy or if you think it isn’t stable enough on your wall.

Rather than hanging it from the outer corners, mark the fencing cross section diagonally in from the corners.

Once you have these marked, drill a hole for each. Drilling into a stud is ideal. If the spacing for hanging the panel on the studs doesn’t work out and you have drywall walls, be sure to use drywall anchors.

Into the wall (drywall anchors inserted, if applicable) screw an eye screw into each pre-drilled hole. Hold the bottom of the circular metal with one pair of pliers while twisting the open side with another pair of pliers until there is a gap in the loop. Repeat with the other eye screws.

Place your fence panel into the open eye screws, then using the same method, close the loops back up.

Before hanging the fencing you can paint it. Paint it a color to match other accents in the room, or the same color as your wall. This can be tedious, and may require multiple coats, depending on the paint. But the result may be worth it, if silver doesn’t suit your décor.

Hang pictures from the panel using S hooks, or other hooks. It is very easy to rearrange your display on this system, which requires only four holes in your wall.

## HOSPITAL

# Mon Health enhances patient safety

### IV barcoding and cameras improve accuracy, compliance

Mon Health System

The Mon Health System has implemented the Pharmacy Keeper, a new pharmacy dispensing program for IV medications that uses barcoding and cameras to enhance the accuracy and compliance of sterile compounding and improve patient safety.

Pharmacy Keeper is a web-based software that is used to complete sterile compounding, which is the preparation of custom medications for patients in a sterile environment to prevent contamination and ensure patient safety.

Pharmacy Keeper advances sterile compounding by automating workflow and providing a tool for real-time dose verification, a process that can decrease the risk of errors.

“At Mon Health System, we continue to prioritize the health and safety of our patients. This new barcoding pharmacy dispensing program will allow our staff to efficiently prepare medicine and improve communication throughout our pharmacies,” said David Goldberg, president and CEO of Mon Health System and executive vice president of Vandalia Health.

The new system not only improves patient safety, but also pharmacy compliance to recommendations from patient safety organizations, such as The Institute for Safe Medication Practices (ISMP), sterile compounding regulations and state board requirements.

“Pharmacy Keeper will leave no room for uncertainty or human error,” said Brandon Crowe, director of Pharmacy for Mon Health Medical Center. “The program ensures that each dose is accurately labeled and helps us identify potential hazards before they can occur.”

Mon Health Medical Center, Mon Health Stonewall Jackson Memorial Hospital and Mon Health Preston Memorial Hospital are implementing this software together to enhance the health of the communities they serve, one person at a time.

To learn more about Mon Health System, visit MonHealth.com.

Mon Health System is an integrated network of physician clinics, outpatient centers and hospitals in north-central West Virginia.

REVIEW

# Area man pens Einstein book

**HAVE YOU EVER WONDERED HOW EINSTEIN PLAYS A ROLE IN TODAY'S SOCIETY?** If so, I have the book for you.

Local author Benjamin Cohen, and Einstein's social media account handler for over 20 million followers, has recently had his book, "The Einstein Effect," published.

"I've been obsessed with Einstein for about 20 years, ever since I read about his autopsy," Cohen said, "The doctor performing the procedure on Einstein's brain stole it and kept it in a beer cooler in his basement for decades. I thought, 'What else don't I know about Einstein?'"

So, he set out to discover everything else about the genius. His book covers it all. It talks about modern day technologies, like the GPS, that is courtesy of Einstein.

Other inventions that have Einstein's fingerprints are the iPhone cameras, burglar alarms, and so much more.

Do you have to love science to want to read this book? The answer is no.

"It's a book very much geared toward everyday Americans," Cohen said. "Sure there's some science



ANN BURNS

in the book, but I also interviewed actors and artists about how Einstein inspires them, took a tour of a factory making Einstein bobble heads, and met the man who holds the Guinness World Record for the largest collection of celebrity hair: Yes, he

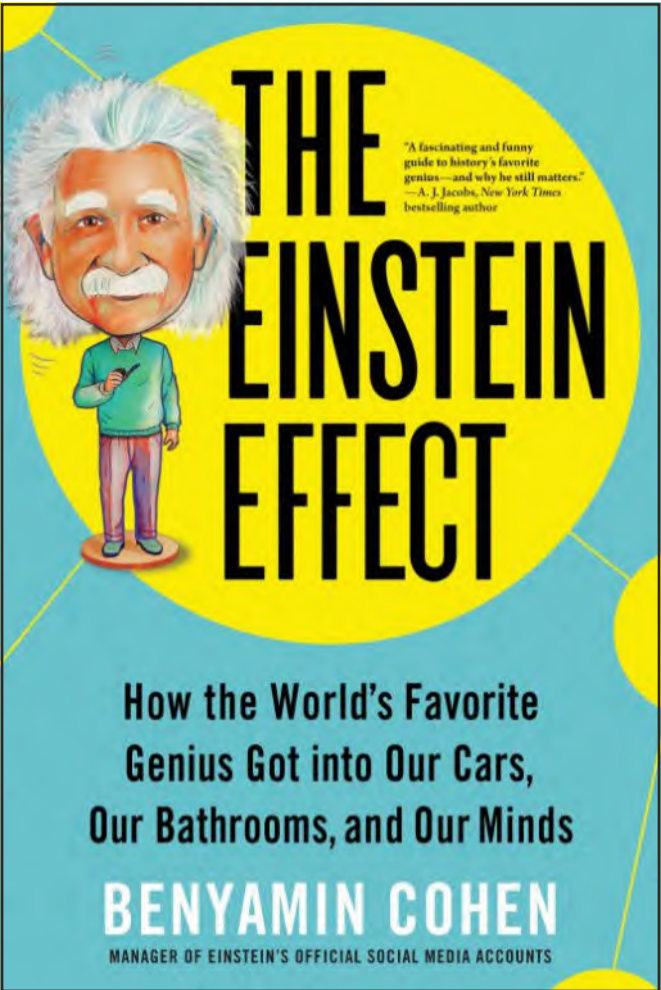


Benjamin Cohen

has a tuft of Einstein's wild hair."

One of the celebrities mentioned in the book is Christopher Lloyd, who said his famous Doc Brown character from "Back to the Future" was inspired by Einstein himself.

So, if you are looking for a fun and quirky book to read, stop by Barnes and Noble and pick up a copy of "The Einstein Effect!"



Cohen will have a book signing at 4 p.m. Aug. 27 at the Barnes and Noble at University Town Centre.

**ANN BURNS** is a Morgantown native, raising two young children with her husband, Drake. She writes weekly columns for The Dominion Post. Contact her at Columns@DominionPost.com.

STATE

## Waybright earns Women in Agriculture Award

DPNews@DominionPost.com

Since West Virginia's beginning, agriculture has played an important part in its development.

Agritourism has now become a way to keep traditions alive and many women in agriculture are paving the way for a better future.

Marsha Waybright is one of them. She was awarded the 2023 West Virginia Women in Agriculture Award at the West Virginia State Fair Sunday.

"I've been farming most of my life but now that we've stepped into agritourism, I think we are making a huge difference in how people see farming," said Waybright. "We allow people to actually step into our lives on the farm and get a genuine authentic experience. After visitors leave the farm they long to come back and learn more. "When you can reconnect people with nature and real life on the farm, they leave with enough knowledge to maybe start a little garden where they live. You give them hope that they can grow or make something on their own. That's pretty empowering in today's world."

Waybright is one of three women receiving this annual award. It is given to "women who have made a significant contribution to



Submitted photo

Marsha Waybright was honored Sunday.

agriculture and the agricultural industry through forestry, specialized crops and various forms of agriculture within the state," said Kriston Strickler, who heads up the West Virginia Women in Ag program. For each applicant, an application is submitted by friends, family or peers. It is judged by a committee and three to four women are chosen to receive an award. Strickler said Waybright was chosen due to her "huge impact to agriculture. She has an extensive agricultural background and runs three businesses all in the agritourism field. What she has

done is just astounding."

Waybright is the property manager of the Laurel River Club Bed & Breakfast, owner of Laurel Fork Farm and founder of the West Virginia School of Traditional Skills. She constantly uses her knowledge and skills to teach others how to preserve the land around them from the 200-acre educational farm surrounding the B&B. Her willingness to "train other people and provide a learning experience, aided in her receiving this award," Strickler said.

"I feel very honored to be recognized as a woman in agriculture; farming is hard

but also very rewarding," said Waybright. "I'm so proud of all the other women in agriculture with whom I share the same passion."

These women are mentors and have a deep passion for agriculture.

Waybright advised women to "do something with your life that you don't need a vacation from, something you are passionate about."

Her passion for "all aspects of farming and teaching others that they can do all this too may be on a smaller scale, of course, but everyone should have enough knowledge to be able to eat without necessarily depending on someone else to provide for them.

"I love to teach people and although we all need a break from time to time, you should live your life so that you love and appreciate each day that the good Lord has given you. So many people live their lives just looking forward to the next long vacation. I try to live a life I don't need a vacation from."

For more information about the Laurel River Club B&B and surrounding farm, upcoming classes through the West Virginia School of Traditional Skills, or to book a stay, visit lrcbnb.com

REUNIONS

DPNews@DominionPost.com

**Class reunions**

**MHS class of 1968**

Morgantown High School class of 1968 will host its 55-year reunion Friday through Sunday. A meet-and-greet is set for 5 p.m. Friday at Smokin' J's at Holiday Inn on Pineview Drive. On Saturday, there will be a dinner at Holiday Inn, starting at 5 p.m. Reservations are required. On Sunday, a catered picnic will begin at 1 p.m. at Dorsey's Knob. An auction featuring homemade items and a donation of "Pass the Hat" will be held after the picnic lunch. Class photos will be taken at the Saturday and Sunday gatherings. Rooms for out of town guests are available at Holiday Inn on Pineview Drive. Designate the group you are with when reserving your room at 304-241-6649. For more information, email Gordon Shilling at boparc.softball@gmail.com

guests are reminded to bring a wrapped item for the white elephant sale. If you would like to go swimming (weather permitting), the pool hours are: noon-5 p.m. and admission prices are: Children (12 and under), \$3.25; teens (13-17) \$3.50; adults (18 and ver) \$4. All children must be accompanied by an adult of at least 18 years of age. Everyone must pay even if they are not swimming. Admission to the pool will be at the expense of those attending. Anyone needing information or with questions can contact Debby at 304-288-9334.

**Gibson**

The 100th Gibson reunion will be Aug. 20 at the Salem Community Building, 2118 Clifton Salem Road, Bruceton Mills. The event runs from noon-5 p.m. with a potluck lunch at 1 p.m. Family and friends welcome. For info, contact Amy at 423-650-2408

**Reckart**

The annual Reckart reunion will be held Aug. 20 at the Cuzzart Country Crosses pavilion (formerly the Cuzzart Church). Please bring your favorite covered dish. Dinner is at 1 p.m.

**Shisler**

The 77th Annual Shisler reunion will be Sept. 3 at Camp Muffy (4-H Camp), near Morgantown, under the pavilion near the pool. The gathering will begin at 11:30 a.m. and lunch, games and fellowship will follow. If questions, call reunion secretary, Norma Rohozen, at 304-292-7986.

**Family reunions**

**Costello**

The descendants of Edward Marshall and Susanna Grimm Costello will gather Aug. 20 at 4-H Camp Muffy, Pavilion 1 in Monongalia County for the annual reunion. Friends and family are encouraged to begin gathering about 11:30 a.m. to reminisce and reacquaint with family. A covered-dish dinner will begin between 12:30-1 p.m. The annual business meeting, games and drawings will follow dinner. Family and

RIVERS

## Melin new Army Corps commander of Pittsburgh District

DPNews@DominionPost.com

PITTSBURGH — The U.S. Army Corps of Engineers Pittsburgh District transferred leadership during a recent Change of Command ceremony at the Senator John Heinz History Center in Pittsburgh.



Nicholas Melin

Czekanski, commander of the Pittsburgh District since July 2021, transferred command to Col.



Adam Czekanski

Nicholas Melin during a traditional military ceremony. Maj. Gen. William Graham, deputy commanding general for Civil Works and Emergency Operations of the U.S. Army Corpsu of Engineers' headquarters, presided over the ceremony.

The Change of Command ceremony symbolizes the continuation of leadership and unit identity. It represents the transfer of responsibility and authority from one individual to another while continuing the mission. The ceremonial passing of the unit colors from the departing commander to the incoming commander physically represents the transfer of authority.

"It has truly been an honor to serve with the great men and women of the Pittsburgh District these past two years," said Czekanski. "There has not been a day since I joined this exceptional team that I have not been thoroughly impressed with their commitment to success and their dedication to serving our nation."

Melin comes to the Pittsburgh District fol-

lowing an assignment as the division chief for Oceania, South and Southeast Asia in the Directorate for Strategy, Plans and Policy (J-5) on the Joint Staff. He holds a Bachelor of Science degree in civil and mechanical engineering from West Point, a Master of Military Art and Science from the United States Army Command and General Staff College, a master's degree in strategic studies from Madras University and a Doctor of Philosophy in engineering science from Oxford University. Melin served in key leadership positions such as commanding a Security Force Assistance Battalion. He is a registered professional engineer in Missouri.

As commander and district engineer, Melin will lead the Pittsburgh District in delivering integrated solutions that minimize risk and enhance reliability for the region's water resource infrastructure while improving the environment.

The Pittsburgh District covers an area of approximately 26,000 square miles comprising the upper Ohio River Basin and extending into five states: Pennsylvania, West Virginia, Ohio, Maryland and New York.

The district supports commercial navigation on the upper Ohio, Allegheny and Monongahela rivers, operating and maintaining 23 locks and dams.

Pittsburgh's flood-damage reduction mission encompasses 16 multi-purpose reservoirs that have prevented an estimated \$866 million in flood damages during 2022. The district's flood-risk management portfolio also includes more than 80 local flood protection projects, which have prevented more than \$5.3 billion in flood damages during their lifetime.

TECHNOLOGY

## NETL heads group to advance ammonia as fuel

DPNews@DominionPost.com

As part of its mission to advance energy innovation, NETL organized and maintains a growing information-sharing consortium of researchers from sister national laboratories, private companies, federal agencies, and academia to gain a greater technical understanding of how to use ammonia in combustion processes like industrial furnaces, internal combustion engines and gas turbines — actions that can help the world transition to a carbon-free economy for net-zero carbon emissions by 2050.

Ammonia is an inorganic compound of nitrogen and hydrogen. Because global efforts to move away from carbon-intensive fossil fuels are increasing, interest is growing in clean, zero-carbon energy carriers and many believe ammonia could present an

important alternative.

Ammonia has many attractive attributes for energy applications: It is carbon free and environmentally benign; it may be used as a hydrogen carrier because it has three atoms of hydrogen; production, storage, transportation and distribution are much easier and less complicated than many other fuels; it can be a potential replacement for gasoline, diesel and kerosene; it can be used, in addition to hydrogen, as a form of chemical energy storage for excess renewable energy in existing natural gas power systems; and it can be potential fuel solution for clean power generation in remote areas.

However, there is only partial understanding of the chemistry that governs ammonia combustion. That makes it difficult to maximize the performance of many energy systems that could rely on ammonia.

"That's where the importance of the Ammonia Combustion Technology Group comes in," NETL's Clint Bedick, who helped organize the group, explained. "It's a collection of researchers from a wide range of organizations who are interested in promoting a technical understanding about ammonia combustion for power and industry. We are gathering and sharing information and viewpoints from individual participants to reduce the risks and address challenges associated with developing the technology."

"For example, some of the world's largest gas turbine engine manufacturers have expressed interest in and have active projects involving ammonia combustion technologies," Bedick said. "However, none offer a commercial product capable of operating on ammonia or ammonia-mix fuels. This is largely due to

technical challenges that must be overcome."

He said specific research challenges include the low flammability of ammonia, a propensity for nitrogen oxide emissions, chemical kinetics uncertainties, limited experimental validation data, combustor design and optimization, and scaling to practical flows and geometries.

The Ammonia Combustion Technology Group was organized to share technical viewpoints from individual participants to address the challenges associated with developing the technology.

The group holds virtual meetings every first Tuesday of the month, which are open to the public. Specific dates and times for the meetings are shared on an NETL web page. The next public meeting of the Ammonia Combustion Technology Group will be 1-3 p.m. Sept. 5, via WebEx.

GUEST EDITORIAL

When will GOP get the message people want their abortion rights?

Here is the lesson from last Tuesday’s special election in Ohio, where voters resoundingly defeated a ballot measure that would have made it more difficult to pass state constitutional amendments — notably the one enshrining abortion rights in the Ohio Constitution on the November ballot: People support abortion rights — and democracy.

Even people in a state that elected conservative leaders were highly motivated to participate in a hastily called special election in summer with just one item on the ballot that wasn’t about abortion but had everything to do with abortion.

The measure, Issue 1, which would have raised the threshold for passing a constitutional amendment ballot measure from a simple majority to a 60% supermajority, was placed on the ballot by the Republican-dominated legislature just a year after the same state legislature voted to eliminate most August special elections because of cost and low turnout. It would have also made it harder to collect the number of signatures needed to get a constitutional amendment on the ballot by requiring signatures from all of Ohio’s 88 counties. Currently, signatures need to come from 44 of the counties.

Legislators made no secret that Issue 1 was an unabashed attempt to make it more difficult to pass a citizen-initiated amendment to the state constitution enshrining the right to an abortion up to fetal viability (or beyond when needed to protect the health of the pregnant person). Abortion protection amendments in other states have passed with simple majorities but under 60%.

Why have Republican leaders failed to grasp that the majority of Americans support the protection of abortion rights, regardless of the political leanings of the state in which they live? Voters in Michigan, Kentucky, California and Vermont passed constitutional amendments in 2022 either making it clear they want abortion rights protected or rejecting amendments that did away with protections.

Last Tuesday’s election result shows that voters are smart enough not to fall for a sneaky ruse to make it more difficult to pass abortion protections. Even some Republicans balked at this anti-democratic attempt to hamper the ability of people to change their state constitution. Four former Ohio governors — two Democrats and two Republicans — spoke out against Issue 1.

When the issue of abortion is put in the hands of state voters, they have chosen to protect it. The Ohio measure was rejected by 57% of the voters, which mirrors the 57.6% of Ohioans who said in a recent poll they support the abortion rights constitutional amendment. Nearly 700,000 early in-person and mail ballots were cast. That’s more than twice the early votes cast in the 2022 Ohio primaries. When will Republican leaders stop being so myopic and realize that trying to take away abortion rights is a colossal failure at the polls?

**THIS EDITORIAL** first appeared in the Los Angeles Times. This commentary should be considered another point of view and not necessarily the opinion or editorial policy of The Dominion Post.

Why wouldn’t Americans see politics in indictments against Trump?

**IT IS SOMETIMES SAID THAT THE PROSECUTIONS OF FORMER PRESIDENT DONALD TRUMP ARE “BACKFIRING” ON DEMOCRATS.** That is, instead of lowering Trump’s political support, they are raising it. That is indeed happening among Republicans and some independents. But many Democrats still hope the cumulative weight of multiple indictments — there will soon be four, when the Georgia case is added to the New York case and the two federal cases — will make it impossible for Trump to win the general election.

That is why there seemed to be a mini panic recently when a number of political observers pointed out that, in spite of everything that has happened, Trump not only has a very good chance of winning the Republican nomination — he also has a reasonable chance of winning the presidency again.

In any event, it is absolutely clear to all involved that the indictments, filed by an elected Democratic district attorney in New York City, by the Biden Justice Department, and soon by an elected Democratic district attorney in Fulton County, Georgia, will influence the 2024 presidential campaign. People can debate whether that is the intention, or part of the intention, of the prosecutions. But there is no doubt that the cases will affect the campaign.

That is where a new poll from CBS News and YouGov comes in. The survey asked this question: “Which concerns you more right now: 1) That Donald Trump tried to overturn a presidential election, [or] 2) That the charges and indictment against Donald Trump are politically motivated, [or] 3) Both.”

Thirty-eight percent said they were more concerned that Trump tried to overturn an election. And then a precisely equal number 38% — said they were more concerned that the charges and indictment against Trump are politically motivated. And then 24% said they were equally concerned by both.

There were differences among groups. More men than women were concerned that the charges are politically motivated. People under 45 were more concerned

about Trump’s actions, while people over 45 were more concerned about political motivation. White people were more concerned about political motivation, while black people and Hispanic people were more concerned about Trump’s actions (although large numbers of the latter two groups, 38% of black people and 35% of Hispanic people, said they were equally concerned about both).

The bottom line is that many, many people see the Trump prosecutions as politically motivated. That does not mean they deny any Trump culpability. They just also see the obvious fact that the prosecutions have a large political component. They then believe, or suspect, that an action so clearly political might have a political motive behind it.

That could be leading many Americans to discount, and perhaps ultimately ignore, the news they hear about each new Trump indictment. A new report from Axios notes that, “The public’s attention to former President Trump’s legal drama has declined with each subsequent indictment.” That is, perhaps, the world’s least surprising news. It’s just human nature that when something is repeated over and over, we become less attuned to each new repetition. Especially when we think at least some of it is just politics.

That could be enormously frustrating to those Democrats most determined to remove Trump from the American political scene. In a recent appearance on MSNBC, the historian Doris Kearns Goodwin expressed bewilderment that Republican leaders have not abandoned Trump. If that does not change by next year, Goodwin said, then the only solution

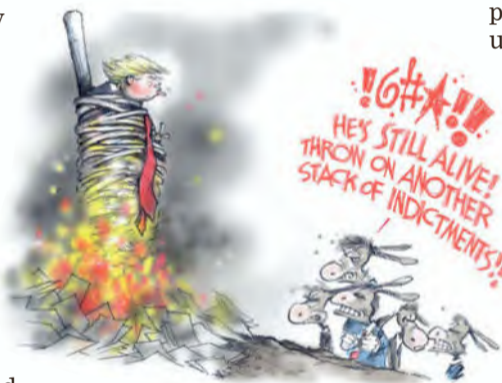
will be “organizing the country at all the levels so that [Trump] cannot win that election.” It is not entirely clear what that meant. In any event, here is how Goodwin addressed continuing GOP support for Trump:

“It’s still so hard to accept that. I thought after Jan. 6, when you saw McConnell speak, when you saw McCarthy speak, that that was going to be the beginning of the leadership turning against him. And then somehow, somehow it has not happened. And it can’t just be a few of them. And we’ve got to figure out, when is that going to happen, when is that going to break. And maybe the more this thing becomes clear what was done, you’ve got to believe that rational thought will come back in the minds of some of these people. But if not, then it’s going to take the overwhelming organization ... organizing the country at all the levels so that he cannot win that election. If the party will not depart from him, then he has to be defeated, and the party has to be defeated.”

One does not have to listen too closely to hear the frustration in those words. Some Democrats argue that all this will change when the trials begin. “The audience will come roaring back, I would predict, as soon as major trials are underway and verdicts are close to being rendered,” an NYU professor told Axios. With renewed interest, the thinking goes, there will be renewed opposition to Trump as he is presumably found guilty of the various charges against him.

Maybe that will happen. Maybe it will not. But the fundamental fact remains: Millions of Americans see the Trump indictments as at least partially politically motivated. It is highly unlikely that the partisan Democrats and Biden administration officials behind the prosecutions will ever change that perception.

**BYRON YORK** is chief political correspondent for The Washington Examiner. For a deeper dive into many of the topics Byron covers, listen to his podcast, The Byron York Show, available on the Ricochet Audio Network at [ricochet.com/series/byron-york-show](https://www.ricochet.com/series/byron-york-show) and everywhere else podcasts are found.



Inflation Reduction Act helped make America healthier

**THE NUMBERS ARE IN. THE INFLATION REDUCTION ACT HAS, IN FACT, HELPED TO REDUCE INFLATION.** The most recent numbers from the Federal Reserve show year-over-year inflation standing at just 3%. When the Inflation Reduction Act was passed one year ago, inflation stood at a whopping 9%. The legislation helped achieve this dramatic decline through specific policies to reduce costs in two critical sectors of the economy: energy and health care.

In July 2022, a spike in oil and gas costs from the war in Ukraine caused U.S. energy prices to increase 32% in a single year, one of the single biggest drivers of overall inflation. Then tax credits in the Inflation Reduction Act made it possible for the first time to buy a new long-range all-electric vehicle for under \$20,000. As a result, electric car sales jumped 63% this year and more Americans than ever are driving on electricity, which is half the cost

of gasoline per mile traveled. More electric cars on the road reduces the demand for oil, which lowers the cost of gasoline for everyone.

The Inflation Reduction Act has worked similar magic in helping record numbers of people own solar panels and install more efficient, electric appliances. All told, someone who utilizes all the tax credits in the act will save on average \$1,800 in reduced energy bills a year. As a result, over the past year, U.S. energy prices have actually decreased 17%, even though the war in Ukraine rages on. This abrupt U-turn in energy costs did not happen by accident. It was caused in large part by the Inflation Reduction Act.

The same is true with health care costs. At this time last year, Americans were watching their health care costs climb quickly, peaking at 6.0% inflation in September 2022. Today, however,

health care inflation has fallen to a mere 0.13%.

The Inflation Reduction Act helped to bring down inflation in the health care sector through a series of policies. It capped the cost of insulin at \$35 per month for Medicare participants. It will also eliminate coinsurance in Medicare for catastrophic coverage and Part D vaccines; cap total out-of-pocket costs for Medicare drugs at \$2,000 annually; and allow Medicare to negotiate fair prices for the 10 top-selling drugs.

And it’s not just the elderly who benefit: The IRA requires drug companies to offer rebates when prices rise faster than inflation, and it continues the enhanced premium subsidies for Affordable Care Act plans originally put in place under the American Rescue Plan which helps millions of Americans afford their health care.

Of course, rising interest rates have also contributed to reductions in inflation, but interest rates are a blunt tool that also cause pain, as anyone who has obtained a mortgage in the past year could attest. In contrast, the price saving policies of the Inflation Reduction Act do not hurt consumers and are very precise. The data show that the sectors of the economy targeted by the legislation have seen inflation fall faster than the economy as a whole, evidence that the new law is working as intended.

There is still more work to do, particularly at the state level. On health care, we need to make sure that those who are not on Medicare can afford high-cost drugs.

On energy, we need to move forward with clean energy proposals and ensure we have the funds necessary to adapt to climatic changes that are already

inevitable. At the national level, we are thrilled that Sen. Chris Van Hollen is pursuing his We Paid Act to make sure that we don’t pay twice for high-cost drugs whose research was funded in large part by federal dollars.

With the Inflation Reduction Act, President Joe Biden and Vice President Kamala Harris and the Democrats in Congress fulfilled a vision for bringing down inflation while investing to expand our climate response and strengthen our health care system. The benefits of this consequential law — in a cleaner environment, healthier citizens, and a lower cost of living — will continue to flow for many years to come.

**JAMIE DEMARCO** is the Maryland director for Chesapeake Climate Action Network. **Vincent DeMarco** is president of the HealthCare for All! Coalition.

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PEARLS BEFORE SWINE



BY STEPHAN PASTIS

NON SEQUITUR



BY WILEY

REALIGNMENT

Breaking down what leagues will do next

Associated Press

The Pac-4 schools are in limbo. The Mountain West is open for additions. The American Athletic Conference is interested in growing and on-guard for being poached.

The Atlantic Coast Conference can't reach a consensus on expansion, and the Big Ten seems to be done adding West Coast schools — but we have heard that before.

While there appears to be a break in the action, here's what could be next in major college football conference realignment.

PAC-4

While talking with the ACC, Stanford and Cal were still exhausting options to convince the Big Ten to add two more West Coast schools to go along with Southern California, UCLA, Oregon and Washington.

The Bay Area rivals have been unsuccessful so far. Could minds be changed? Never underestimate the power and influence of Stanford graduates, but for now it appears unlikely.

Stanford and Cal's inability to land in a Power Five conference keeps alive hopes that they, along with Oregon State and Washington State, could rebuild the Pac-whatever by luring a few of the top Group of Five schools into a smaller league that conceivably would be more valuable going forward than the ones they are currently in.

"We continue to believe that preserving the Pac-12 is in the best interests of OSU student-athletes and the remaining universities, and so we are doing everything in our control to stabilize and rebuild the conference," Oregon State President Jayathi Murth said in a statement Friday.

There are myriad obstacles, starting with multimillion dollar exit fees in the Mountain West and AAC and the lack of a media rights deal for the Pac-12.

"They're not going to have a war chest to rebuild with," Tom Burman, athletic director at Mountain West school Wyoming, said in an interview with Pokescast.

Football independence and an Olympic sport agreement with a Western conference — maybe the West Coast Conference and its strong basketball? — could be an option for Stanford and Cal.

Probably more so for Stanford, which doesn't have Cal's athletic budget issues.

As for Oregon State and Washington State, the choices seem to be figure something out with Stanford and Cal or join the Mountain West or AAC.

"We're going to be OK," Washington State athletic director Pat Chun said this week. "The reality is, realignment is not done."

ACC

The conference thought hard about rescuing Stanford and California from the sinking Pac-12. Notre Dame, which doesn't compete in ACC football, was leading the push to add the Northern California schools, but the 12 votes necessary to approve the expansion were not quite there.

Everything in the ACC is about revenue and how it's divvied up these days. Expansion appears to be another leverage point. A Stanford/Cal addition, and maybe SMU, wouldn't produce a windfall, but there is some money to be

SEE NEXT, A-8

AUTO RACING

McDowell dominates Brickyard 200, makes playoffs

Associated Press

INDIANAPOLIS — Michael McDowell knelt down at Indianapolis Motor Speedway's yard of bricks and delivered the sweetest kisses of his racing career Sunday.

The 38-year-old Arizona driver became a Brickyard champ — and a member of an elite club.

McDowell inherited the lead on Lap 53 and never trailed again as he drove the most dominant race of his career, beating Chase Elliott to the yard of bricks by 0.937 seconds for his second NASCAR crown jewel victory while securing a playoff spot. Pole-winner Daniel Suarez was third.

McDowell's only other win was the 2021 Daytona 500.

"That's a big deal," he said when asked about his second playoff appearance in three years. "When we won the Daytona 500, that was one of the coolest moments we ever had. We cherry pick the races, my family comes to the ones we think we can win, and we thought we could win this one."

As a result, McDowell's wife and children also celebrated by kissing the bricks after his 453rd career Cup start. They weren't at Daytona for his first win.

While his first win came by navigating traffic following a crash at Daytona, there was no doubt Sunday. McDowell won the first stage, finished behind only



AP photo

Joey Logano (22) is spun out Sunday during the Verizon 200 road race.

Denny Hamlin in Stage 2 and closed it out by leading a career-high 54 laps to give Front Row Motorsports its fourth Cup win.

McDowell's victory put him on the short list of Cup drivers to reach victory lane at Daytona and Indy, a list that includes names such as the late Dale Earnhardt, Jeff Gordon, Kevin Harvick, Jimmie Johnson and Dale Jarrett, who introduced the kissing tradition.

And on the annual crossover weekend with the IndyCar

Series, McDowell also fittingly joined two of IndyCar's greatest drivers on the list — Mario Andretti and A.J. Foyt, the only winners of the Daytona 500 and Indianapolis 500.

The significance struck McDowell almost immediately as he finished the 82-lap race on Indy's 14-turn, 2,439-mile road course.

"We did it, we won Indy," he shouted into the radio. "We had the fastest car. I don't know if it was dominant, but it felt dom-

inant."

Elliott, the 2020 series champion, spent the final 20 laps trying to chase McDowell. He trimmed the deficit from nearly three seconds to less than one but couldn't close enough to mount a charge.

So he settled for a runner-up finish that gave him some extra points — but not the playoff-clinching win. He'll have two more chances to as the regular

SEE MCDOWELL, A-8

BASEBALL

Triolo's homer does in Reds

Associated Press

PITTSBURGH — Jared Triolo hit his first major league home run, a three-run drive as a pinch hitter in the seventh inning, and the Pittsburgh Pirates beat the Cincinnati Reds 4-2 in a doubleheader opener Sunday.

"A good moment to do it, for sure," Triolo said. "I've waited a long time for that."

Pittsburgh overcame a 2-0 deficit against the Reds, who lost for the ninth time in 11 games.

Alika Williams started the comeback with an RBI single in the fifth.

Liover Peguero walked against Lucas Sims starting the seventh and pinch-hitter Endy Rodriguez walked with one out against Alex Young (4-1).

Triolo, in his 116th at-bat and 128th plate appearance, drove a full-count changeup to left.

"I was hoping that I hit it hard enough that it would carry a little bit," Triolo said. "I didn't actually see it go over the fence. I was looking for the umpires to see their sign."

Triolo's parents Tom and Lesa Triolo saw their son's first big league homer.

"I think my mom was crying after the game," Triolo said. "The last time I saw her cry was my debut."

Angel Perdomo (3-2) pitched a hitless seventh inning. David Bednar allowed a ninth-inning triple to Will Benson but got his 24th save in 27 chances.

Young lost for the first time with the Reds.

Mitch Keller allowed two runs — one earned — five hits and three walks in six innings with seven strikeouts. Reds starter Brandon Williamson gave up one run and two hits in 5 2/3 innings.



AP photo

Pittsburgh outfielder Bryan Reynolds makes a sliding catch on Sunday against Cincinnati.

Christian Encarnacion-Strand had an RBI single in the fourth and Matt McLain hit a run-scoring double in the fifth.,

Pittsburgh right-hander Andre Jackson (0-0, 5.16 ERA) and Cincinnati right-hander Luke Weaver (2-4, 6.75) were to

start the second game, necessitated by a rainout Saturday.

Trainer's room

Reds: RHP Ben Lively (right pectoral muscle strain) was sent to Louisville on a rehabilitation assignment. Lively, who has been

on the IL since Aug. 2, is 4-7 with a 5.20 ERA.

Up next

Pirates: RHP Carlos Carrasco (3-6, 6.42) starts for the New York Mets in Monday's series opener against visiting Pittsburgh.

CONNECT

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SCOREBOARD

ON TV

MONDAY, AUGUST 14	
AMERICAN LEGION BASEBALL	
4 p.m.:	ESPN — American Legion World Series: TBD, Semifinal
7 p.m.:	ESPN — American Legion World Series: TBD, Semifinal
MLB BASEBALL	
7 p.m.:	AT&T — Pittsburgh at NY Mets
MLBN — Regional Coverage: NY Yankees at Atlanta OR Oakland at St. Louis	
8:30 p.m.:	FS1 — Arizona at Colorado
MEN'S SOCCER	
3 p.m.:	USA — Premier League: Wolverhampton at Manchester United
WOMEN'S SOCCER	
4 a.m. (Tuesday):	FOX — FIFA World Cup: Spain vs. Sweden, Semifinal
TENNIS	
11 a.m.:	TENNIS — Cincinnati-ATP/WTA Early Rounds

SOCCER

Women's World Cup	
Colombia 1, Jamaica 0	
France 4, Morocco 0	
QUARTERFINAL	
Thursday, Aug. 10	
Spain 2, Netherlands 1, OT	
Friday, Aug. 11	
Sweden 2, Japan 1	
Saturday, Aug. 12	
Australia 0, France 0, Australia advances 7-6 on penalty kicks	
England 2, Colombia 1	
SEMIFINAL	
Tuesday, Aug. 15	
Spain vs. Sweden, 4 a.m.	
Wednesday, Aug. 16	
Australia vs. England, 6 a.m.	
3RD PLACE FINAL	
Saturday, Aug. 19	
L61 vs. L62, 4 a.m.	
FINAL	
Sunday, Aug. 20	
W61 vs. W62, 6 a.m.	
ROUND OF 16	
Saturday, Aug. 5	
Switzerland 1, Spain 5	
Japan 3, Norway 1	
Netherlands 2, South Africa 0	
Sunday, Aug. 6	
Sweden 0, United States 0, Sweden advances 5-4 on penalty kicks	
Monday, Aug. 7	
England 0, Nigeria 0, England advances 4-2 on penalty kicks	
Australia 2, Denmark 0	
Tuesday, Aug. 8	

BASEBALL

National League					American League				
EAST DIVISION					EAST DIVISION				
	W	L	Pct	GB		W	L	Pct	GB
Atlanta	75	41	.647		Baltimore	73	45	.619	
Philadelphia	65	54	.546	11½	Tampa Bay	71	49	.592	
Miami	62	57	.521	14½	Toronto	66	54	.550	
Washington	53	66	.445	23½	Boston	62	56	.525	1½
New York	52	65	.444	23½	New York	60	58	.508	
CENTRAL DIVISION					CENTRAL DIVISION				
	W	L	Pct	GB		W	L	Pct	GB
Milwaukee	65	54	.546		Minnesota	62	58	.517	
Chicago	61	57	.517	3½	Cleveland	57	62	.479	4½
Cincinnati	61	58	.513	4	Detroit	53	65	.449	
Pittsburgh	53	64	.453	11	Chicago	47	72	.395	14½
St. Louis	52	66	.441	12½	Kansas City	38	81	.319	23½
WEST DIVISION					WEST DIVISION				
	W	L	Pct	GB		W	L	Pct	GB
Los Angeles	71	46	.607		Texas	70	48	.593	
San Francisco	63	55	.534	8½	Houston	68	51	.571	2½
Arizona	59	59	.500	12½	Seattle	63	54	.538	6½
San Diego	56	62	.475	15½	Los Angeles	59	60	.496	11½
Colorado	45	73	.381	26½	Oakland	33	85	.280	33
Saturday's Games					Saturday's Games				
Atlanta 21, N.Y. Mets 3, 1st game					Chicago Cubs 5, Toronto 4				
Chicago Cubs 5, Toronto 4					Miami 3, N.Y. Yankees 1				
Miami 3, N.Y. Yankees 1					Tampa Bay 6, Cleveland 5				
Minnesota 8, Philadelphia 1					Detroit 6, Boston 2				
Milwaukee 3, Chicago White Sox 2					Minnesota 8, Philadelphia 1				
Washington 3, Oakland 2					Houston 11, L.A. Angels 3				
St. Louis 5, Kansas City 4					Milwaukee 3, Chicago White Sox 2				
Atlanta 6, N.Y. Mets 0, 2nd game					Washington 3, Oakland 7				
Arizona 3, San Diego 0					St. Louis 5, Kansas City 4				
L.A. Dodgers 4, Colorado 1					Texas 9, San Francisco 3				
Texas 9, San Francisco 3					Baltimore 1, Seattle 0, 10 innings				
Cincinnati at Pittsburgh, p.p.d.									
Sunday's Games					Sunday's Games				
Pittsburgh 4, Cincinnati 2, 1st game					Boston 6, Detroit 3				
Minnesota 3, Philadelphia 0					Minnesota 3, Philadelphia 0				
Toronto 11, Chicago Cubs 4					Cleveland 9, Tampa Bay 2				
Washington 8, Oakland 7					Toronto 11, Chicago Cubs 4				
Miami 8, N.Y. Yankees 7					Washington 6, Oakland 7				
Milwaukee 7, Chicago White Sox 3					Miami 8, N.Y. Yankees 7				
San Francisco 3, Texas 2, 10 innings					Milwaukee 7, Chicago White Sox 3				
L.A. Dodgers 8, Colorado 3					L.A. Angels 2, Houston 1				
Arizona 5, San Diego 4					San Francisco 3, Texas 2, 10 innings				
Cincinnati at Pittsburgh, 2nd game, night					Baltimore 5, Seattle 3, 10 innings				
Atlanta at N.Y. Mets, night									

GOLF

FedEx St. Jude Championship	
Sunday	
At TPC Southwind	
Memphis, Tenn.	
Purse: \$20 million	
Yardage: 7,243; Par: 70	
Final Round	
(x-won on first playoff hole)	
x-Lucas Glover	66-64-66-69—265
Patrick Cantlay	68-67-66-64—265
Tommy Fleetwood	66-66-66-68—266

AUTO RACING

Verizon 200 at the Brickyard	
Sunday	
At Indianapolis Motor Speedway Road Course	
Speedway, Ind.	
Lap length: 2.44 miles	
(Start position in parentheses)	
1. (4) Michael McDowell, Ford, 82 laps, 59 points.	
2. (3) Chase Elliott, Chevrolet, 82, 49.	
3. (1) Daniel Suárez, Chevrolet, 82, 51.	
4. (2) Tyler Reddick, Toyota, 82, 44.	
5. (9) Alex Bowman, Chevrolet, 82, 38.	
6. (13) Chase Briscoe, Ford, 82, 33.	
7. (12) Martin Truex Jr., Toyota, 82, 31.	
8. (6) Kyle Larson, Chevrolet, 82, 36.	
9. (7) Christopher Bell, Toyota, 82, 32.	
10. (8) Shane Van Gisbergen, Chevrolet, 82, 0.	
11. (17) Chris Buescher, Ford, 82, 26.	
12. (10) Ty Gibbs, Toyota, 82, 25.	
13. (16) Ryan Blaney, Ford, 82, 24.	
14. (39) William Byron, Chevrolet, 82, 23.	
15. (20) Austin Cindric, Ford, 82, 22.	
16. (27) Austin Dillon, Chevrolet, 82, 21.	
17. (21) Ross Chastain, Chevrolet, 82, 20.	
18. (19) Bubba Wallace, Toyota, 82, 19.	
19. (25) Denny Hamlin, Ford, 82, 28.	
20. (22) Brad Keselowski, Ford, 82, 24.	
21. (24) Harrison Burton, Ford, 82, 16.	
22. (11) Brodie Kostecki, Chevrolet, 82, 15.	
23. (38) Kevin Harvick, Ford, 81, 14.	
24. (37) Mike Rockenfeller, Chevrolet, 81, 13.	
25. (34) Ricky Stenhouse Jr., Chevrolet, 81, 12.	
26. (26) AJ Allmendinger, Chevrolet, 81, 11.	
27. (35) Ty Dillon, Chevrolet, 81, 10.	
28. (31) Jensen Button, Ford, 81, 9.	
29. (14) Corey LaJoie, Chevrolet, 81, 8.	
30. (29) Andy Lally, Ford, 81, 7.	
31. (30) Ryan Preece, Ford, 81, 6.	
32. (32) Josh Billicki, Chevrolet, 81, 0.	
33. (28) Kamui Kobayashi, Toyota, 81, 0.	
34. (18) Joey Logano, Ford, 81, 3.	
35. (36) Erik Jones, Chevrolet, 81, 2.	
36. (5) Kyle Busch, Chevrolet, 80, 11.	
37. (23) Todd Gilliland, Ford, 80, 1.	
38. (15) Justin Haley, Chevrolet, 80, 1.	
39. (33) Aric Almirola, Ford, 79, 1.	
Race Statistics	
Average Speed of Race Winner: 92.315 mph.	
Time of Race: 2 hours, 9 minutes, 59 seconds.	
Margin of Victory: 0.937 seconds.	
Caution Flags: 1 for 3 laps.	
Lead Changes: 10 among 7 drivers.	
Lap Leaders: D.Suárez 0-5; M.McDowell 6-16; C.Elliott 17; C.Bell 18-26; A.Dillon 27; D.Hamlin 28-35; M.McDowell 36-48; D.Suárez 49; S.Van Gisbergen 50; C.Bell 51-52; M.McDowell 53-82	
Leaders Summary (Driver, Times Led, Laps Led): M.McDowell, 3 times for 54 laps; C.Bell, 2 times for 11 laps; D.Hamlin, 1 time for 8 laps; D.Suárez, 2 times for 6 laps; C.Elliott, 1 time for 1 lap; S.Van Gisbergen, 1 time for 1 lap; A.Dillon, 1 time for 1 lap.	
Wins: W.Byron, 4; M.Trux, 3; K.Busch, 3; D.Hamlin, 2; K.Larson, 2; C.Buescher, 2; C.Bell, 1; R.Chastain, 1; R.Blaney, 1; J.Logano, 1; T.Reddick, 1; R.Stenhouse, 1.	
Top 16 in Points: 1. M.Trux, 799; 2. D.Hamlin, 742; 3. W.Byron, 703; 4. C.Bell, 677; 5. K.Harvick, 663; 6. K.Larson, 662; 7. R.Chastain, 656; 8. B.Keselowski, 651; 9. K.Busch, 649; 10. R.Blaney, 642; 11. C.Buescher, 639; 12. J.Logano, 636; 13. T.Reddick, 609; 14. B.Wallace, 541; 15. R.Stenhouse, 530; 16. T.Gibbs, 486.	

GOLF

Lilia Vu captures 2nd major in 2023 at Women's British Open

Associated Press

WALTON-ON-THE-HILL, England — Lilia Vu was already smiling when her long, snaking birdie putt dropped into the cup on the 18th green, confirming her — not that it was ever in doubt — as the Women's British Open champion and a two-time major winner.

The 25-year-old Californian has plenty to smile about.

A first LPGA Tour win. Two major championships. An imminent ranking of No. 1 in the world.

How that's for a breakthrough season?

"It sounds almost unreal," Vu said.

With accurate driving and relentless reliability on the greens, Vu took any potential drama out of the final round of the year's last major by staying largely out of trouble at Walton Heath and shooting 5-under 67 for a six-stroke victory on Sunday.

She began the day tied for the lead with popular home hope Charley Hull, with 11 players within five shots of them. By the time she teed off on No. 11, Vu led by five after seeing all of her rivals — including top-ranked Nelly Korda — falter one by one.

Hull, roared on by the locals on a course located just 30 minutes from where she grew up, holed out from a greenside bunker for eagle at the par-5 11th to trim the lead to three shots.

Vu responded with an approach to 3 feet for birdie at No. 12 and was never threatened down the stretch.

She walked down No. 18 leading by five shots and, after rolling in a sixth birdie of her round, she was drenched in champagne by fellow players.

Vu won an LPGA event in Thailand in February, then the Chevron Championship in a playoff two months later. Since then, she has missed the cut in



AP photo

Charley Hull sinks her shot from the bunker on the No. 11 hole Sunday during the final round of the Women's British Open.

four of her six stroke-play events, saying she struggled to deal with a change in expectations as a major champion.

"How I felt afterward," she said, "honestly I was thinking those two wins were a fluke."

PGA Tour

MEMPHIS, Tenn. — Lucas Glover made three big putts just to stay in the game and then hit the most important shot — on dry land in a playoff — to beat Patrick Cantlay on the first extra hole and win the FedEx St. Jude Championship for his second straight victory.

And so the amazing run continues for the 43-year-old Glover, who two weeks was No. 112 in the FedEx Cup and preparing for an early end to his season. Now he is assured the FedEx Cup finale at East Lake and perhaps consideration for the Ryder Cup.

Glover made a 20-foot par putt, a 30-foot bogey putt and a 12-foot par putt over the final six holes to

close with a 1-under 69 and force a playoff with Cantlay, who surged into contention with a 64 at the TPC Southwind.

The playoff effectively ended with one shot. Cantlay hit 3-wood that was about a foot from being perfect. Instead, it hopped down the bank and into the water. Glover found the fairway and two-putted for par. Cantlay took a penalty drop and his 20-foot par putt just slid by the right edge.

Glover becomes only the third player in his 40s to win back-to-back weeks on the PGA Tour over the last 25 years, joining Kenny Perry (2003) and Vijay Singh, who did it three times, most recently in the FedEx Cup playoffs in 2008.

"Whether you're fighting something or playing great, you just work hard. You never know when it can turn," Glover said. "And it's turned very quickly for me."

The biggest fight was the back nine when some

of the game's best lined up trying to take catch him — Cantlay and Rory McIlroy, Tommy Fleetwood, Jordan Spieth and Max Homa.

Cantlay played superbly on the back nine, starting with a chip-in on the 10th hole and giving himself birdie on practically every hole after that. Glover looked to be on the ropes and briefly fell one shot behind. But it could have been a lot worse.

On the 13th, his approach buried in a hole in deep rough and he did well to chop that out to some 20 feet. He made that for par. Then, he blocked his tee shot on the par-3 14th into the water, went to the drop zone and hit it 30 feet short. He made that for bogey.

After tying Cantlay with an up-and-down just short of the green for birdie on the par-5 16th, he missed another fairway and made a 12-foot par putt.

Glover goes to No. 4 in the FedEx Cup after starting this week at No. 49.

MCDOWELL

FROM PAGE A-7

season winds to a close.

"I just lost too much ground in that mid-cycle," Elliott said.

Suarez also spent most of the afternoon up front in a race that had only one yellow flag and 77 laps of green flag racing. He finished 5.75 seconds behind McDowell, the byproduct of a hose getting caught underneath the car's left front tire during a pit stop.

Defending champion Tyler Reddick and Alex Bowman, who also is fighting to make the playoffs, finished fourth and fifth.

Shane van Gisbergen finished 10th in his second career start, failing to become the first Cup

driver to win his first two career starts. Van Gisbergen won in his NASCAR debut in the inaugural Chicago race last month but had a more challenging weekend running his first oval in Friday's truck race and contending with a field of drivers who have years of data regarding Indy's course.

"Oh, it's aggressive," the New Zealander said. "It was fine. I really enjoyed it. You make a move on someone and that gives you the room and then they expect it back, so really cool."

McDowell felt the same way for a very different reason.

"After winning the Daytona 500, there aren't many things that can top that but this was a close second," he

said. "To have it all come together, it's super special."

Larson's double

Kyle Larson's late-night arrival after winning the Knoxville Nationals sprint car race Saturday in Iowa, didn't make any difference to the 2021 series champ. He still made it to a scheduled news conference before noon to unveil Arrow McLaren's No. 17 car for next May's Indianapolis 500.

Larson is scheduled to attempt the double and the two cars will feature familiar colors — the traditional blue-and-white paint scheme with a touch of papaya for the 600-mile Charlotte race and papaya, blue and white for the McLaren team.

"Obviously,

I'm

extremely excited, but at the same time, I'm so busy racing and trying to take care of my family that I haven't — like it hasn't really set in yet that it's truly a reality," Larson said. "When you have days like today and you unveil the car, all those little steps, it definitely makes it seem more real. But I'm sure once things slow down in the offseason and I have a lot of time to sit around and think about the upcoming season is when it's really going to hit."

Larson finished eighth.

Up next

The series makes its annual stop at the road course at Watkins Glen next Sunday, the second-to-last regular-season race.

NEXT

FROM PAGE A-7

made.

That's why westward expansion is still not a dead issue in the ACC. The majority of schools liked the idea and believe it could be part of a long-term strategy that provides more security. But do they like it enough to sweeten the pot for Florida State, Clemson and North Carolina to agree to it?

Right now, no. Eventually? To be determined.

Big Ten

The Big Ten switched gears on adding Oregon and Washington when it became a buy-low opportunity.

Could it do the same with Stanford and Cal?

There are no indications of that.

Former Commissioner Kevin Warren had already made the case to Big Ten presidents to add Oregon and Washington last year when the conference grabbed USC and UCLA.

Stanford and Cal were not as appealing, unless it was as a package to lure Notre Dame.

Next up on the Big Ten's list of value adds are North Carolina and Virginia. The ACC schools are contractually locked up for now, but if the Big Ten is going to try to figure out how to run a 20-team (or more) conference, it would prefer it comes with more financial upside.

Big 12

The Big 12 has pushed

the limits of how much ESPN and Fox want to pay for more inventory so it appears Commissioner Brett Yormark's conference is done targeting Power Five schools.

A Pacific Northwest addition for the Big 12 is more likely to be Gonzaga and its powerhouse basketball program than more Pac-12 schools.

Mountain West

The logical landing spot for Oregon State and Washington State based on geography, but logic and geography don't have the pull they used to in conference alignment.

As always, TV money is a consideration.

How much is Fox and CBS willing to pay the Mountain West for two

more schools? The current deals pay about \$4 million annually per school.

AAC

The American has interest in Oregon State and Washington State, and a more lucrative TV deal with ESPN (about \$9 million per school), but adding them would increase travel costs for existing members.

So is it really worth it?

Retention might be the AAC's larger priority right now, considering SMU's wandering eyes.

SEC

Commissioner Greg Sankey can comfortably sit atop his kingdom, claim the moral high ground and wait to see how things shake out in the ACC.

## COLLEGE FOOTBALL

# Harbaugh's status uncertain, NCAA fails to approve deal

## Michigan coach faces suspension

Associated Press

It is unclear if the NCAA Committee on Infractions will accept Michigan's proposal of a four-game suspension for coach Jim Harbaugh to settle a case involving recruiting violations.



**Jim Harbaugh**

Michigan recently submitted a negotiated resolution to the NCAA in a case that has been in the works for about two years. The school received notice earlier this year that the NCAA was investigating

impermissible texts and calls — including some by Harbaugh — to high school prospects during part of a pandemic-related dead period for contact with potential recruits. The details were confirmed by a person who spoke to The Associated Press on condition of anonymity because the agreement was not finalized at that time.

The committee could have approved a suspen-

sion for Harbaugh to start the upcoming season, but it reviewed the negotiated resolution between Michigan and the NCAA, and has more questions. Now, the case could go to a full hearing, which could lengthen the process and push any suspension back.

"It is not uncommon for the (Committee on Infractions) to seek clarification on key facts prior to accepting," Derrick Crawford,

NCAA vice president for hearing operations, said in a statement to the AP. "The COI may also reject an (negotiated resolution) if it determines that the agreement is not in the best interests of the Association or the penalties are not reasonable."

Michigan spokesman Kurt Svoboda said in a text message to the AP that the school could not comment on an open NCAA case.

Michigan opens with four straight home games, starting Sept. 2 against East Carolina. The Wolverines then face UNLV, Bowling Green and Rutgers.

Harbaugh, 59, is entering his ninth season coaching at his alma mater. He is 74-25 with the Wolverines and has beaten archrival Ohio State each of the last two seasons.

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stk# 43134A 61K Miles Was \$32,150

Now \$28,500

2020  TOYOTA RAV4 XLE



Certified Used Vehicles

stk# 43148A 23K Miles Was \$33,750

Now \$28,800

2021  TOYOTA RAV4 XLE



Certified Used Vehicles

stk# 43153A 35K Miles Was \$33,275

Now \$30,500

2021  TOYOTA CAMRY XSE Hybrid



Certified Used Vehicles

stk# RT226A 30K Miles Was \$36,625

Now \$31,800

2020  TOYOTA RAV4 Limited



Certified Used Vehicles

stk# 23373A 41K Miles Was \$38,500

Now \$36,500

2022  TOYOTA HIGHLANDER LE



Certified Used Vehicles

stk# RT230 14K Miles Was \$42,063

Now \$37,500

2018  TOYOTA 4RUNNER TRD Off Road



Certified Used Vehicles

stk# 63149A 58K Miles Was \$41,600

Now \$38,500

2020  TOYOTA HIGHLANDER XLE HYBRID



Certified Used Vehicles

stk# 24002A 27K Miles Was \$46,500

Now \$42,000

2021  TOYOTA 4RUNNER TRD Pro



Certified Used Vehicles

stk# 23385A 20K Miles Was \$59,750

Now \$54,900

SAVE THOUSANDS ON A GREAT SELECTION OF QUALITY PRE-OWNED VEHICLES!!

2019 Mitsubishi ECLIPSE CROSS ES



stk# 43133A 69K Miles Was \$18,925

SAVE \$2,925 NOW \$16,000

2017 KIA SPORTAGE LX



stk# 43083B 76K Miles Was \$18,450

SAVE \$1,950 NOW \$16,500

2019 Ford ESCAPE SE



stk# S3010 52K Miles

SAVE SAVE! NOW \$18,700

2018 Jeep COMPASS Limited



stk# 43106A 60K Miles Was \$22,125

SAVE \$1,625 NOW \$20,500

2019 Nissan MURANO SV



stk# 43146A 77K Miles Was \$25,500

SAVE \$4,000 NOW \$21,500

2019 Mazda CX3 Sport



stk# 43111A 17K Miles Was \$24,300

SAVE \$2,500 NOW \$21,800

2022 Mitsubishi OUTLANDER SPORT 2.0 ES



stk# RM204 6K Miles Was \$26,435

SAVE \$3,935 NOW \$22,500

2018 Volkswagen TIGUAN SEL



stk# L3004B 39K Miles Was \$24,925

SAVE \$1,325 NOW \$23,600

2019 Mercedes-Benz C 300



stk# L3009 55K Miles

Special Price \$26,700

2023 Chevy EQUINOX Premier



stk# 23326B 11K Miles Was \$39,175

SAVE \$2,175 NOW \$37,000

2021 Jeep WRANGLER Unlimited Freedom



stk# 33104A 32K Miles Was \$40,700

SAVE \$1,700 NOW \$39,000

2022 Honda PILOT Special Edition



stk# 23205C 12K Miles Was \$41,075

SAVE \$1,075 NOW \$40,000

2022 Mercedes-Benz CLA 250 4MATIC



Certified stk# 62122X 3K Miles

Special Price \$40,000

2021 Ford F-150 XLT



stk# 23270A 15K Miles Was \$48,650

SAVE \$7,650 NOW \$41,000

2023 Mercedes-Benz CLA 250 4MATIC



Certified stk# 63030X 2K Miles

Special Price \$42,800

2021 Audi A5 Sportback 45 Prestige



stk# 63150A 34K Miles Was \$44,150

SAVE \$1,150 NOW \$43,000

2023 Mercedes-Benz GLB 250 4MATIC



Certified stk# 63010X 4K Miles

Special Price \$43,500

2022 Jeep GRAND CHEROKEE Overland



stk# 23366A 16K Miles Was \$53,675

SAVE \$1,675 NOW \$52,000

2023 Ford F-150 XLT



stk# 23283B 2K Miles Was \$62,150

SAVE \$4,150 NOW \$58,000

2020 Range Rover SUPER SPORT



stk# 63074A 58K Miles Was \$80,900

SAVE \$18,400 NOW \$62,500



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Side effects of colectomy call for a multipronged response

**DEAR DOCTORS:** My husband is 78 years old. A second colectomy left him with one-fourth of his colon, and he suffers from chronic diarrhea. I've read that he should avoid sugar and alcohol, which he won't give up. Should he see a GI doc, or perhaps a dietitian? I am the cook in our home. How can I help?

Dear Reader: A colectomy is a medical procedure in which a portion of the colon is surgically removed. The colon, along with the rectum and the anus, are all part of the large intestine. Colectomy is used in the treatment of a range of diseases. These can include cancers of the colon or the rectum; inflammatory bowel diseases such as ulcerative colitis or Crohn's disease; the presence of polyps that, due to their size, number or shape, cannot be successfully addressed during a colonoscopy; and in some cases of persistent intestinal bleeding. When it becomes necessary for the entire colon to be removed, this is known as a total colectomy.

Changes to bowel function are among the potential long-term side effects

of this type of surgery. The persistent diarrhea that your husband is experiencing is common. Additional symptoms can include dehydration, the production of excess gas and constipation.

The colon absorbs water and nutrients from the digested food it receives and passes the resulting waste to the rectum. A colectomy alters the anatomy of the colon, sometimes significantly. This can lead to an imbalance in the gut microbiome, may adversely affect enzyme function, and can disrupt the complex mechanisms that control the passage of nutrients through the gastrointestinal tract.

We think it would be wise to consult with a gastroenterologist. A specialist will evaluate your husband's medical history, as well as the origin and scope of the disease that led to a colectomy.

It's also a good idea for your husband to see a registered dietitian. Some dietitians specialize in working with colectomy patients. Your medical care provider should be able to help you with referrals.

Monday, Aug. 14, 2023

Do your due diligence before you embrace change. A trial-and-error approach will take a toll if you aren't precise when assessing situations. Look for an alternative; having a backup plan in place will put your mind at ease and give you room to adjust as you move forward.

**LEO (July 23-Aug. 22)** — Use your imagination; you'll recognize how many options are available. Don't settle for less or follow the crowd.

**VIRGO (Aug. 23-Sept. 22)** — Curiosity will open your mind to doing things differently. Test the water before you immerse yourself in debt or risky ventures.

**LIBRA (Sept. 23-Oct. 23)** — Take pride in what you know, and share information with those you can count on to get things up and running.

**SCORPIO (Oct. 24-Nov. 22)** — Change begins with you; if you don't like what someone is doing, head in a different direction.

**SAGITTARIUS (Nov. 23-Dec. 21)** — Follow your heart and let your intuition lead the way. Check out your budget and live within your means.

**CAPRICORN (Dec. 22-Jan. 19)** — Don't hesitate; size up situations and imple-



EUGENIA LAST

ment adjustments that serve your needs.

**AQUARIUS (Jan. 20-Feb. 19)** — Observe what others do, but don't get involved. A partnership is only worthwhile if it magnifies your plans.

**PISCES (Feb. 20-March 20)** — Work toward your goal, look for the best route, and dedicate time and effort to expanding your awareness and prospects.

**ARIES (March 21-April 19)** — Don't deny yourself happiness for the sake of someone pressuring you to do something that doesn't appeal to you.

**TAURUS (April 20-May 20)** — Recognize the difference between seeking opportunity and being used. Make decisions using reason and research.

**GEMINI (May 21-June 20)** — Stick close to home and to those who support you. Think for yourself and protect who you are.

**CANCER (June 21-July 22)** — Put your energy where it counts, and you'll get results. Don't fear being different or taking a chance.

CROSSWORD

- ACROSS
- 1 Coniferous tree
  - 4 Swab
  - 7 Turncoat
  - 10 Service branch (abbr.)
  - 11 Flower part
  - 13 "Wheel of Fortune" buy
  - 14 Fairy
  - 15 Self-esteem
  - 16 Compass pt.
  - 17 Pie crust design
  - 19 Croc's cousin
  - 21 "— port in a storm"
  - 22 — -de-sac
  - 23 West Point newbie
  - 26 Jawbreaker (2 wds.)
  - 30 Villain — Luthor
  - 31 Mineral
  - 32 Szyrak of "The Simpsons"
- DOWN
- 33 Santa —
  - 34 LAX posting
  - 36 Chamber
  - 37 Chosen candidate
  - 39 Creator
  - 41 Seed
  - 42 Buddy
  - 43 Produce blossoms
  - 46 Hospital worker
  - 50 Careless
  - 51 Garden shelter
  - 53 Watch
  - 54 Get (with "out")
  - 55 Baggy
  - 56 Baseball stat.
  - 57 Lair
  - 58 Pipe fitting
  - 59 — Moines

Answer to Previous Puzzle

ALA	RAFT	SHOW
MEN	OREO	TALE
MAT	TIDY	ARIA
OPAQUE	ARDOR	
	UNSTICK	
ACHED	ENT	FAR
PRESAGED	DONE	
SORT	ATYPICAL	
EWEE	WEE	LAITY
	CHARTER	
ARRAY	RAYGUN	
REAL	PLOT	ARE
CARY	ROVE	USS
APEX	OWED	LAS

2 "La — Bonita"

- 3 Rubber boat
- 4 Clemency
- 5 Mayberry boy
- 6 Mat
- 7 — and rave
- 8 Part of AD
- 9 Level

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CURTIS

LOOK WHO TH' WIND BLEW IN-CLAMBAKE!

CURTIS

GUNTHER, DO YOU REMEMBER WHY YOU DECIDED TO BE A BARBER?

ENTER WITH A SMILE AND MONEY

I HAVE AN OLDER SISTER...WHEN WE WERE YOUNGER SHE MADE MY LIFE A NIGHTMARE

ONE NIGHT WHILE SHE SLEPT I SNUCK IN HER ROOM AND SHAVED HER HEAD!

WAY OVERKID FANG EYELASHES

BY RAY BILLINGSLEY

PEANUTS

POW!

I'M A REPORTER FOR OUR SCHOOL PAPER, CHARLIE BROWN. CAN ANYTHING BE DONE ABOUT VIOLENCE IN SPORTS?

TELL THEM NOT TO HIT THE BALL SO HARD!

BY CHARLES M. SCHULZ

THE GRIZZWELLS

DID YOU HEAR ABOUT THE FISH WITH HUMAN-LIKE TEETH?

No

YEAH...I WONDER HOW IT HAPPENED... EVOLUTION, OR SOMETHING TO DO WITH CLIMATE CHANGE...

IMPLANTS

BY BILL SCHORR

BEETLE BAILEY

I THOUGHT I TOLD YOU TO PULL THOSE WEEDS

A WEED IS JUST A PLANT NO ONE LIKES

BUT I LOVE THESE LITTLE FLOWERS

I'M NOT SURE YOU'RE SOLDIER MATERIAL

BY GREG, BRIAN & NEAL WALKER

FRANK & ERNEST

I CAN'T BELIEVE YOU ORDERED STUFF FROM CAVEATEMPTOR.COM!

BY BOB THAVES

BORN LOSER

WELCOME! YOU PICKED A GOOD DAY TO COME IN, WE'RE SELLING ALL OUR CARS BELOW COST!

REALLY? HOW CAN YOU AFFORD TO DO THAT?

SIMPLE—WE MAKE ALL OUR MONEY REPAIRING THEM!

BY ART & CHIP SANSON

HAGAR THE HORRIBLE

VIKINGS ARE SWIMMING IN THE MOAT?

DON'T THOSE FOOLS KNOW THE WATER IS FILTY?

HAGAR DIDN'T COME WITH THEM!

YAHOO

BY DIK BROWNE

MARMADUKE

"How do you DO that?!!?"

SCRABBLE G.R.A.M.S.

PAR SCORE 140-150  
BEST SCORE 208

FOUR RACK TOTAL  
TIME LIMIT: 20 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com

Solutions — A-9

GARFIELD

MY PRESCRIPTION FOR MONDAYS...

A CUP OF COFFEE

WITH REFILLS TIL TUESDAY!

BY JIM DAVIS

FAMILY CIRCUS

"While Daddy was swimming his ear swallowed some water."

BY BIL KEANE

BLONDIE

WE WANT TO THROW A "WE CAN'T WAIT FOR AUTUMN" PARTY

AUTUMN IN THE SUMMER SOUNDS FUN! WHAT WOULD YOU SERVE?

GUESS!

PUMPKIN SPICE EVERYTHING!

BY DEAN YOUNG & JOHN MARSHALL

RHYMES WITH ORANGE

THE VACATIONERS

I'll gain ten ounces before we reach port in Oahu.

BREAKFAST, LUNCH, DINNER... AND THEN THERE'S THE BUFFET.

I LOVE A CRUISE!

BY HILARY PRICE

MUTTS

WHAT EXACTLY IS A PEARL?

WELL...

A PEARL IS AN IRRITANT IN MY BODY THAT I COVER UP OVER TIME TO PRODUCE A ROUND TREASURE OF EXQUISITE BEAUTY!

LIKE A HAIRBALL.

BY PATRICK MCDONNELL