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Health and Human Services Secretary Robert F. Kennedy Jr. speaks as Centers for Medicare & Medicaid Services administrator Dr. Mehmet Oz listens during an event with President Donald Trump in the Oval Office of the White House, Friday, Oct. 10, 2025, in Washington.

Associated Press

Democratic governors form a public health alliance in rebuke of Trump administration

By **GEOFF MULVIHILL** and **MIKE STOBBE**

Associated Press

A group of Democratic state governors has launched a new alliance aimed at coordinating their public health efforts. They're framing it as a way to share data, messages

about threats, emergency preparedness and public health policy and as a rebuke to President Donald Trump's administration, which they say isn't doing its job in public health. "At a time when the federal government is telling the states, 'you're on your

own,' governors are banding together," Maryland Governor Wes Moore said in a statement.

The formation of the group touches off a new chapter in a partisan battle over public health measures that has been heightened by Health Secretary Robert F. Kennedy Jr.'s advisers declining to recommend COVID-19 vaccinations, instead leaving the choice to the individual.

Andrew Nixon, a spokesperson for the U.S. Department of Health and Human Services, said in an email that Democratic governors who imposed school closures and mask mandates, including for toddlers, at the height of the pandemic, are the ones who "destroyed public trust in public health."

"The Trump Administration and Secretary Kennedy are rebuilding that trust by grounding every policy in rigorous evidence and Gold Standard Science not the failed politics of the pandemic," Nixon said.

The initial members are all Democrats

The Governors Public Health Alliance bills itself as a "nonpartisan coordinating hub," but the initial members are all Democrats the governors of 14 states plus Guam.

Among them are governors of the most populous blue states, California and New York, and several governors who are considered possible 2028 presidential candidates, including California's Gavin Newsom, Illinois' JB Pritzker and Maryland's Moore.

The idea of banding together for public health isn't new for Democratic governors.

They formed regional groups to address the pandemic during Trump's first term and launched new ones in recent months amid uncertainty on federal vaccine policy.

States have also taken steps to preserve access to COVID-19 vaccines. □

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Social Security cost-of-living increase announcement delayed by government shutdown

By FATIMA HUSSEIN

Associated Press

WASHINGTON (AP) — The ongoing government shutdown is delaying the announcement of the annual Social Security cost-of-living adjustment for tens of millions of beneficiaries.

Originally scheduled for Wednesday, the 2024 Social Security COLA announcement will now be Oct. 24. It's timed to the September Consumer Price Index, which also has not been released.

The Social Security Administration adjusts its benefits every year based on inflation. The postponement of the announcement is the most recent example of how the government shutdown, entering its third week and with little progress made toward a resolution, has made it more difficult for people to plan out their finances.

Projections by the Senior Citizens League and the AARP anticipate a COLA increase of roughly 2.7%. About 70 million people, including retirees, disabled people and children, get



Jeanne Weaver, 79, of Ebensburg, Pa., left, Sue Conard, 75, of Wisc., and Vanessa Fields, 70, of Philadelphia, pose for a portrait on Capitol Hill, Thursday, Oct. 9, 2025, in Washington.

Associated Press

Social Security benefits. Social Security Administration beneficiaries have voiced concerns that next year's increase will not be enough to counter rising costs.

Sue Conard, a 75-year-old retired nurse from La Crosse, Wisconsin, and SSA recipient, recently trav-

eled to the U.S. Capitol with other retiree members of the American Federation of State, County and Municipal Employees union to lobby for meaningful progress toward gaining health care protections to end the shutdown, as well as changes to Social Security benefits.

She said she wants lawmakers to change the calculation on how the COLA is determined since the standard CPI gauge, which includes a market basket of consumer goods and services, doesn't take into account many costs typical for older Americans. "The issue of how the COLA

is determined is flat-out wrong because health care is not factored into the CPI," said Conard, speaking on the front steps of the Longworth House Office Building.

Some lawmakers have proposed legislation that would make SSA use a different index, called the Consumer Price Index for the Elderly, or CPI-E, to calculate the cost-of-living increase that measures price changes based on the spending patterns of older people on things such as health care, food and medicine.

Some Democratic lawmakers have proposed legislation to change the CPI calculation for COLA benefits to the CPI-E. Last session, Sen. Bob Casey, D-Pa., proposed a law that would change the COLA calculation, but that never got a hearing in the Senate finance committee.

AARP CEO Myechia Minter-Jordan said the COLA "isn't just a source of income it's a lifeline of independence and dignity, for tens of millions of older Americans." □

Judge temporarily blocks the Trump administration from firing workers during the government shutdown

By JANIE HAR

Associated Press

SAN FRANCISCO (AP) — President Donald Trump's administration for now must stop firing workers during the government shutdown, a federal judge ordered on Wednesday.

U.S. District Judge Susan Illston in San Francisco said the cuts appeared to be politically motivated and were being carried out without much thought.

"It's very much ready, fire, aim on most of these programs, and it has a human cost," she said. "It's a human cost that cannot be tolerated."

She granted a temporary restraining order blocking the job cuts, saying she believed the evidence would ultimately show the cuts were illegal and in excess

of authority.

Emails sent to the White House and the Office of Management and Budget after the judge's ruling Wednesday were not immediately returned.

The judge's decision came after federal agencies on Friday started issuing layoff notices aimed at reducing the size of the federal government. The layoff notices are part of an effort

by Trump's Republican administration to exert more pressure on Democratic lawmakers as the government shutdown continues. The American Federation of Government Employees and other federal labor unions had asked Illston to block the administration from issuing new layoff notices and implementing those that were already sent out. The unions said the firings were an abuse of power designed to punish workers and pressure Congress.

Illston's order came as the shutdown, which started Oct. 1, entered its third week. Democratic lawmakers are demanding that any deal to reopen the federal government address their health care demands. Republican

House Speaker Mike Johnson predicted the shutdown may become the longest in history, saying he "won't negotiate" with Democrats until they hit pause on those demands and reopen.

Democrats have demanded that health care subsidies, first put in place in 2021 and extended a year later, be extended again. They also want any government funding bill to reverse the Medicaid cuts in Trump's big tax breaks and spending cuts bill passed this summer.

The Trump administration has been paying the military and pursuing its crackdown on immigration while slashing jobs in health and education, including in special education and after-school programs. □



A sign that reads "Closed due to federal government shutdown," is seen outside of the National Gallery of Art in Washington, Oct. 6, 2025.

Associated Press

Alaska storms drive 1,500 from their homes and 2 villages are decimated

By BECKY BOHRER,
CEDAR ATTANASIO and
GENE JOHNSON
Associated Press

JUNEAU, Alaska (AP) — Rain and wind were forecast Wednesday along the Alaska coast where two villages were devastated by the remnants of Typhoon Halong and officials were scrambling to find shelter for more than 1,500 people driven from their homes.

The weekend storm brought high winds and storm surges that battered the low-lying Alaska Native communities along the Yukon-Kuskokwim Delta in the southwest part of the state, nearly 500 miles (800 kilometers) from Anchorage. At least one person was killed and two were missing. The Coast Guard plucked two dozen people from their homes after the structures floated out to sea.

Hundreds were staying in school shelters, including one with no working toilets, officials said. The weather system followed a storm that struck parts of western Alaska. Across the region, more than 1,500 people were displaced by the back-to-back storms. Dozens were flown to a shelter set up in the National Guard armory in the regional hub city of Bethel, a community of 6,000 people, and

officials were considering flying evacuees to longer-term shelter or emergency housing in Fairbanks and Anchorage.

The hardest-hit communities included Kipnuk, population 715, and Kwigillingok, population 380. They are off the state's main road system and reachable this time of year only by water or air.

"It's catastrophic in Kipnuk. Let's not paint any other picture," Mark Roberts, incident commander with the state emergency management division, told a news conference Tuesday. "We are doing everything we can to continue to support that community, but it is as bad as you can think."

Heartbreaking moment

Among those awaiting evacuation to Bethel on Tuesday was Brea Paul, of Kipnuk, who said in a text message that she had seen about 20 homes floating away through the moonlight on Saturday night.

"Some houses would blink their phone lights at us like they were asking for help but we couldn't even do anything," she wrote.

The following morning, she recorded video of a house submerged nearly to its roofline as it floated past her home.

Paul and her neighbors



In this photo provided by the U.S. Coast Guard, Kipnuk, Alaska, experiences coastal flooding, Sunday, Oct. 12, 2025.

(U.S. Coast Guard via Associated Press)

had a long meeting in the local school gym on Monday night. They sang songs as they tried to figure out what to do next, she said. Paul wasn't sure where she would go. "It's so heartbreaking saying goodbye to our community members not knowing when we'd get to see each other," she said. About 30 miles (48 kilometers) away in Kwigillingok, one woman was found dead and authorities on Monday night called off the search for two men whose home floated away.

The school was the only facility in town with full power, but it had no working toilet and 400 people stayed there Monday night. A situation report from the

state emergency operations center on Tuesday noted that portable toilets, or "honey buckets," were being used. A preliminary assessment showed every home in the village was damaged, with about three dozen having drifted from their foundations, the emergency management office said.

Power systems flooded in Napakiak, and severe erosion was reported in Toksook Bay. In Nightmute, officials said fuel drums were reported floating in the community, and there was a scent of fuel in the air and a sheen on the water.

The National Guard was activated to help with the emergency response, and

crews were trying to take advantage of any breaks in the weather to fly in food, water, generators and communication equipment.

Long road to recovery ahead, officials say

Officials warned of a long road to recovery and a need for continued support for the hardest-hit communities. Most rebuilding supplies would have to be transported in and there is little time left before winter.

"Indigenous communities in Alaska are resilient," said Rick Thoman, an Alaska climate specialist at the University of Alaska Fairbanks. "But, you know, when you have an entire community where effectively every house is damaged and many of them will be uninhabitable with winter knocking at the door now, there's only so much that any individual or any small community can do."

Thoman said the storm was likely fueled by the warm surface waters of the Pacific Ocean, which has been heating up because of human-caused climate change and making storms more intense.

Three years ago, the remnants of another storm, Typhoon Merbok, caused damage across a massive swath of western Alaska. □



Ryan Walters, Republican candidate for Oklahoma State Superintendent, speaks at a rally, Nov. 1, 2022, in Oklahoma City.

Associated Press

By SEAN MURPHY
Associated Press

OKLAHOMA CITY (AP) — Oklahoma's new public schools superintendent announced Wednesday he is rescinding a mandate from his predecessor that forced

schools to incorporate the Bible into lesson plans for students. Superintendent Linda Fields said in a statement he has "no plans to distribute Bibles or a Biblical character education curriculum in classrooms." The directive

New Oklahoma schools superintendent rescinds mandate for Bible instruction in schools

last year from former Superintendent Ryan Walters drew immediate condemnation from civil rights groups and prompted a lawsuit from a group of parents, teachers and religious leaders that is pending before the Oklahoma Supreme Court. It was to have applied to students in grades 5 through 12.

Oklahoma Gov. Kevin Stitt appointed Fields to the superintendent's post after Walters resigned last month to take a job in the private sector. Jacki Phelps, an attorney for the Oklahoma State Department of Education, said she intends to no-

tify the court of the agency's plan to rescind the mandate and seek a motion to dismiss the lawsuit.

Many schools districts across the state had decided not to comply with the Bible mandate.

A spokeswoman for the state education department, Tara Thompson, said Fields believes the decision on whether the Bible should be incorporated into classroom instruction is one best left up to individual districts and that spending money on Bibles is not the best use of taxpayer resources.

Walters in March had an-

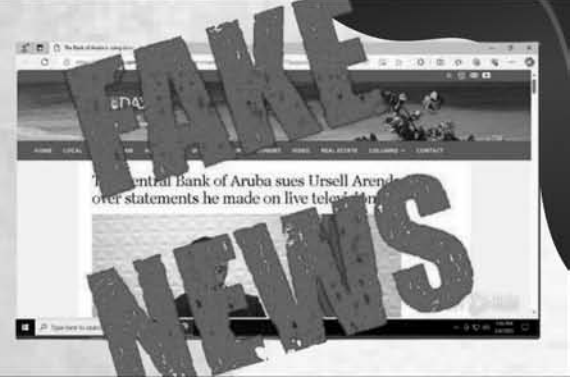
nounced plans to team up with country music singer Lee Greenwood seeking donations to get Bibles into classrooms after a legislative panel rejected his \$3 million request to fund the effort. The plaintiffs in the lawsuit challenging the Bible mandate did not immediately comment.

Walters, a far-right Republican, made fighting "woke ideology", banning certain books from school libraries and getting rid of "radical leftists" who he claims were indoctrinating children in classrooms a focal point of his administration. □

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Pakistan and Afghanistan announce ceasefire after deadliest clashes in years

By MUNIR AHMED
Associated Press

ISLAMABAD (AP) — Pakistan and Afghanistan on Wednesday announced a ceasefire following days of the deadliest clashes in years that killed dozens of people on both sides of the border.

The pause came after appeals from major regional powers, including Saudi Arabia and Qatar, as the violence threatened to further destabilize a region where groups, including the Islamic State group and al-Qaida, are trying to resurface.

Pakistan accuses Afghanistan of harboring armed groups, a charge rejected by the country's Taliban rulers. Pakistan is grappling with militant attacks that have increased since 2021, when the Taliban seized power in Afghanistan. Pakistan's Foreign Ministry described the ceasefire as a 48-hour one and said the ceasefire was at Afghani-



People walk through rubble as a hydraulic shovel demolish a structure during an operation against illegal settlement of Afghan refugees conducted by local government, on the outskirts of Karachi, Pakistan, Wednesday, Oct. 15, 2025.

stan's request. Key border crossings remained closed.

Moments later, the Taliban government's chief spokesman, Zabihullah Mujahid,

said the truce was at the "insistence" of the Pakistani side. His social media post did not mention a 48-hour time frame.

Earlier Wednesday, Paki-

stan said its troops killed dozens of Afghan security forces and militants in overnight fighting.

Humanitarian group Emergency NGO, which runs a

surgical center in the Afghan capital of Kabul, said it received five dead and 40 wounded following explosions in the capital.

Dejan Panic, Emergency NGO's country director in Afghanistan, said the victims had "shrapnel wounds, blunt force trauma and burns." In a statement, he said 10 were in critical condition.

It was unclear what caused the blasts. There was an oil tanker explosion, confirmed by the Taliban. And two Pakistani security officials said their army had hit militant hideouts. They spoke on condition of anonymity because they were not authorized to speak with the media.

Mujahid, the Taliban spokesman, earlier said that Pakistani forces used light and heavy weapons in assaults on Spin Boldak in southern Kandahar province, with more than a dozen people killed and over 100 wounded. □

Associated Press

U.N.'s World Food Program warns donor cuts are pushing millions more into hunger

By TRISHA THOMAS and
JAMEY KEATEN
Associated Press

ROME (AP) — The United Nations' food aid agency said Wednesday that severe funding cuts from its top donors are especially hurting its operations in six countries and warned that nearly 14 million people could be forced into emergency levels of hunger.

The World Food Program, traditionally the U.N.'s most-funded agency, said in a new report that its funding this year "has never been more challenged" largely due to slashed out-

lays from the U.S. under the Trump administration and other leading Western donors.

It warned that 13.7 million of its food aid recipients could be forced into emergency levels of hunger as funding is cut. The countries facing "major disruptions" are Afghanistan, Congo, Haiti, Somalia, South Sudan and Sudan, it said.

"We are watching the life-line for millions of people disintegrate before our eyes," Executive Director Cindy McCain said.

WFP said it expects to receive 40% less funding this

year, leading to a projected budget of \$6.4 billion after receiving some \$10 billion last year, and it has been reducing what was a staff of 22,000 by about 6,000 posts.

"This is not just a funding gap it's a reality gap between what we need to do and what we can afford to do," McCain said in a statement. "We are at risk of losing decades of progress in the fight against hunger."

The Rome-based agency says global hunger is already at record levels, with 319 million people facing

acute food insecurity including 44 million at emergency levels. Famine has

broken out in Gaza and Sudan. □



Children wait for transportation after receiving food donated by the World Food Program, in Kabul, Afghanistan, Jan. 24, 2017.

Associated Press

Australia's highest court rejects Candace Owens' visa challenge

By ROD McGUIRK

Associated Press

MELBOURNE, Australia (AP)

— Australia's highest court on Wednesday rejected U.S. conservative commentator Candace Owens' bid to overturn an Australian government decision barring her from visiting the country.

Three High Court judges unanimously rejected Owens' challenge to Home Affairs Minister Tony Burke's decision in 2024 to refuse her a visa on character grounds.

Owens had planned to begin a speaking tour in Australia last November and also visit neighboring New Zealand.

Burke used his powers under the Migration Act last October to refuse her a visa because she failed the so-called "character test," court documents said.

Burke found there was a risk Owens would "incite discord in the Australian community" and that refusing her a visa was in the national interest. As a political commentator, author and activist, Owens was "known for her controversial and conspiratorial views."

She had made "extremist and inflammatory comments toward Muslim,



U.S. conservative commentator Candace Owens speaks at the Convention of the Right, in Paris, on Sept. 28, 2019.

Black, Jewish and LGBTQ-IA+ communities which generate controversy and hatred," Burke said in court documents.

Owens' lawyers had argued the Migrant Act was unconstitutional because it infringed upon Australia's implied freedom of political communications.

Australia doesn't have an equivalent of the U.S. First Amendment that states a right to free speech. But

because Australia is a democracy, the High Court has decided that the constitution implies free speech limited to governmental and political matters.

Owens' lawyers had argued that if the Migration Act was constitutional, then Burke had misconstrued his powers under that law in refusing her a visa.

The judges rejected both arguments and ordered Owens to pay the govern-

ment's court costs.

Burke described the ruling as a "win for social cohesion."

"Inciting discord might be the way some people make money, but it's not welcome in Australia," Burke said in statement.

Owens' spokesman told The Associated Press in an email on Thursday Owens would comment on the court decision on social media later this week.

Burke had told the court that while Owens already had an ability to incite discord through her 18 million followers across social media platforms, her presence in Australia would amplify that potential.

He noted that when Australia's terrorism threat level was elevated from "possible" to "probable" last year, the national domestic spy agency reported an "increase in extremism."

Australia has long used a wide discretion under the character test to refuse foreigners temporary visas.

Burke stripped Ye, the U.S. rapper formerly known as Kanye West, of an Australian visa after he released his single "Heil Hitler" in May this year. Ye had been traveling for years to Australia, where his wife of three years, Bianca Censori, was born. Burke's decision to ban Owens prompted neighboring New Zealand to refuse her a visa in November on the grounds that she had been rejected by Australia. But a New Zealand immigration official overturned that refusal in December, citing "the importance of free speech." Owens' spokesman said on Thursday she would not tour New Zealand. □

Ukrainian officials meet with U.S. weapons manufacturers before Trump-Zelenskyy talks



Ruslan Stefanchuk, Chairman of the Verkhovna Rada of Ukraine, addresses MPs and Peers in the Houses of Parliament, as an Iranian-made drone of Russian's army that was shot down and captured by the Ukrainian military goes on display at the Palace of Westminster, London, Wednesday Oct. 15, 2025.

Associated Press

By ILLIA NOVIKOV

Associated Press

KYIV, Ukraine (AP) — A Ukrainian government del-

egation has met with prominent American weapons manufacturers during a U.S. visit, a senior Kyiv official

said Wednesday, before President Volodymyr Zelenskyy's meeting with U.S. counterpart Donald Trump at the White House later this week.

A delegation led by the head of the Ukrainian president's office, Andrii Yermak, and Prime Minister Yulia Svyrydenko met with representatives of Lockheed Martin and Raytheon, Yermak wrote in a Telegram post.

Yermak didn't disclose what was discussed during the talks, but said that his country's cooperation with the two companies "continues to grow" as Ukraine looks for further help resisting Russia's all-out war, which began on Feb. 24, 2022.

Mykhailo Podolyak, a senior

adviser to Yermak, posted on X that Ukraine is seeking cruise missiles, air defense systems and joint drone production agreements from the United States.

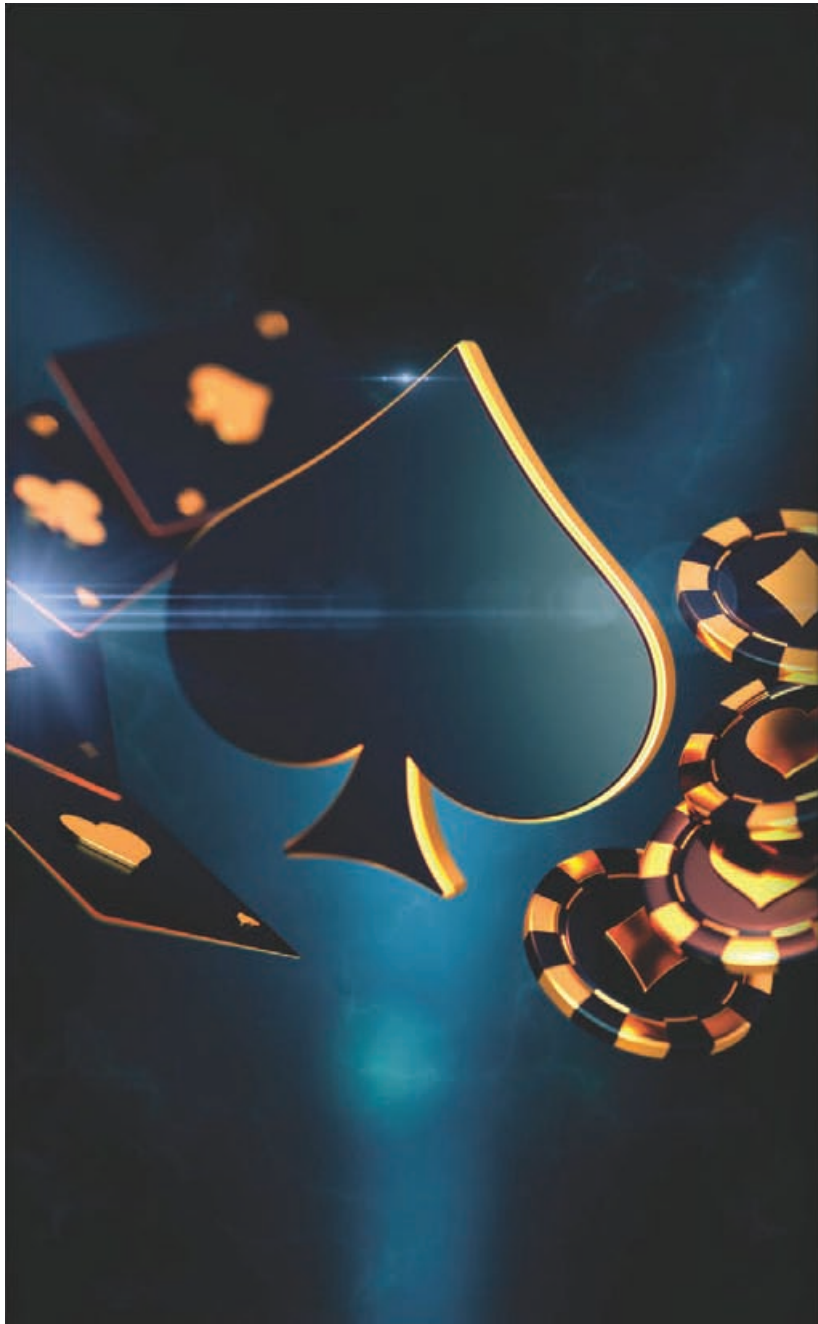
Raytheon produces Patriot air defense systems, which have been vital for Ukrainian efforts to counter Russian long-range strikes, and Tomahawk cruise missiles. Kyiv officials are keen to obtain Tomahawks, which could allow Ukraine to strike targets deep inside Russia, including Moscow, accurately and with large warheads.

While Zelenskyy is widely expected to request Trump's go-ahead at the Oval Office to procure Tomahawks, Washington has hesitated over such a move out of

concern that it could escalate the war and deepen tensions between the United States and Russia.

However, Trump on Sunday warned Russia that he may send Tomahawk missiles to Ukraine if Moscow doesn't end its war there soon — possibly using that threat to increase the pressure on Russian President Vladimir Putin to compromise.

"If this war does not end, if there is no path to peace in the short term, then the United States, along with our allies, will take the steps necessary to impose costs on Russia for its continued aggression," U.S. Defense Secretary Pete Hegseth told Ukraine's Western backers, gathered at NATO headquarters in Brussels. □



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Fun facts about the 'Lisinbein'

The 'Lisinbein' (*Scolopendra gigantea*), also known as the Giant Centipede, is one of the largest centipedes in the world and is found in Aruba. Its size and hunting prowess make it a fascinating, if often misunderstood, creature.

Despite its fearsome reputation, it plays a crucial ecological role that often goes unnoticed:

As an apex invertebrate predator, *Scolopendra gigantea* helps maintain balance in the ecosystem. Moreover, they themselves are a food source for birds such as the Crested Caracara (Warawara) and the Aruba burrowing owl (Shoco).

It controls populations of smaller invertebrates and even small vertebrates, ensuring that no species overpopulates, which could disrupt local biodiversity.

Its presence can indicate a healthy, functioning ecosystem. Its sensitivity to environmental changes makes it a bioindicator of ecological balance.



It can reach an impressive length of up to 30 centimeters (approx. 12 inches) and live for around 5 to 10 years in the wild. Its size and longevity makes it a significant and long-term part of the ecosystem.

A mother's love

In *Scolopendra* species, the 'mother' typically exhibits maternal care by curling around her eggs and newly hatched young. She stays coiled around the clutch, protecting it from predators and fungi, which are serious risks in the moist environments these centipedes often inhabit. The mother maintains a clean environment for the eggs by carefully grooming them, which helps prevent fungal growth that could endanger the brood. This behavior may continue until the young centipedes have undergone their first molt, making them more capable of independent

survival.

This form of parental care is beneficial in increasing the survival rates of offspring, as the mother's protection provides a safe 'environment' during their vulnerable developmental stages. It's a fascinating adaptation because it shows a form of care that resembles more complex behaviors observed in vertebrates.

No bark, all bite!

The lisinbein is known locally for having a really painful sting. While venomous, the Lisinbein is generally not aggressive toward humans unless provoked. Its role as a guardian of balance in the ecosystem helps protect the natural beauty of Aruba by keeping the ecosystem in harmony.

Editor's note: Information and pictures provided by Ms. Natasha Silva from the Aruba Conservation Foundation. □



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Drunken Fish Kitchen is open during the week from 11am till 11pm. On Fridays and Saturdays from 11am till 12am. While the bar team entertains you at the weekend till 2am. Daily Fish Has daily happy hours from 5pm-7pm and from 9pm-10pm.



Feeling parched? Grab refreshment by the side of the road!



(Oranjestad)—Touring the island in the blistering heat can leave one feeling rather thirsty and looking to cool off. Luckily there are a few stands along the roads of Aruba that can offer you just what you need: a nice, refreshing beverage!

These "coconut stands" can be found at several locations on the island, where you can cool off with delicious smoothies, drinks, snacks, and of course, fresh coconuts! Perfect during family outings around the island, these stands can be found in the following locations:

- Near the red Anchor in San Nicolas
- On the Linear Park in Oranjestad (in front of airport runway)
- At the California Light House hill
- Bushiribana Gold Mill Ruin
- Bushiribana Beach (Near the Ling & Song Supermarket)

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Don't forget to visit Aruba's famous Red Anchor

At the south east coast of the island, standing alone on a windswept and barren land stands a popular Aruba landmark – a large anchor. It overlooks the sea just beyond, watching over the shipping lanes. It stands there in memory and in honor of all seamen who have lost their life at sea.

Where to Find the Anchor?

The anchor is a "must see" landmark when you visit Aruba. It is among the most photographed historical landmarks for the island. You want to make sure you add this stop on your itinerary when your visiting the south coast of Aruba. The bright red anchor against the backdrop of the deep blue Caribbean sea and the azure blue skies, make a great backdrop for your vacation pictures.

The anchor is located at the entrance to Gate 6 to the former Lago Colony. It is on the outskirts of Seroe Colorado, on the south east point of the island at the "T" junction to Baby Beach.

Depending on where you are staying on the island, follow the signs that indicate the way to Baby Beach. Once you reach the T-junction, it will be right in front of you.

About the Anchor

Size

It will be hard to miss the anchor, it's huge! The anchor that weighs 21,772 kilos, is approximately 10 feet 6 inches wide and 15 feet, 6 inches tall.

On the anchor there are some numbers. The 4112 and 4115, which are believed to be the serial numbers that refer to the "fluke" or horizontal and vertical parts of the anchor, respectively. The number 21772K refers to the weight of the anchor in kilos.

This type of anchor was manufactured by Hoesch Dortmund Horde, at a foundry located in Germany.

Where did the Anchor Come From?

There are a number of stories as to the origins of the anchor, which one do you think it was? (Unfortunately the mystery has never been solved, so your imagination can pick which one you think it might be!)



Story 1:

"According to Mr. Manuel M. Curiel, an ex-Lago Tug Captain, a fully laden VLCC (Very Large Crude Carrier) was seeking a mooring at the 15-mile anchorage, known as Bara, on the southern part of the island. This is the usual shallow mooring location for ships awaiting orders, etc. The weather was rough with strong current. The normal procedure is that they would walk out three shackles (about 90 feet) until the anchor touches the bottom while the chain must rest on the bottom. Subsequently, they will walk out some extra shackles and when the ship starts to swing or lean on one side, the anchor is properly set. Because of the rough weather, unfortunately they did not get the time to walk out the extra tackles and because of the tension exerted on the winch, it broke, and they lost the anchor and its chain."

Story 2:

"Mr. Curiel also said that at one time a small tanker with a Korean crew, while lifting their anchor also lifted another anchor near the inner harbor. When the ship asked for assistance, he went with his tugboat along with a barge, to help. But eventually they had to cut the chain and let the anchor go to the bottom because they could not untangle them."

How Did The Anchor Become a Landmark?

Sometime between 1980 and 1985, three gentlemen (Mr. Wim Martinus – the Harbormaster of Aruba; Mr. August Genser – the ex-Division Superintendent of Lago's Laboratory; and Mr. Willie Davis – Owner of Filtec at Zeewijk in San Nicolas), were having a conversation with Mr. Charlie Brouns Jr. at his famous Charlie's Bar and Restaurant in San Nicolas. Charlie, who

was a visionary and had dreams for developing the San Nicolas area, told these gentlemen that he would like to come up with something innovative for the San Nicolas area to draw tourism to the area.

The "anchor", which at that time was being stored at the Oranjestad harbor, was suggested as an option. Charlie liked the idea! He then contacted the President of Lago for permission to acquire the anchor. He was granted permission and the anchor was then relocated to its present location and dedicated "To All Seamen" on the occasion of the closing of the Lago Oil Refinery on March 31, 1985.

Through the Years

Through the years the Anchor was slowly weathering from the wind and salt. As time passed, sadly the origin and purpose of the anchor slowly faded away from people's memories.

After Charles Brouns Jr died on September 15, 2004, his friend Mr. Sam Speziale, requested assistance from the management of Valero Aruba Refinery to help maintain the monument. The Valero Aruba Refinery, graciously sand-blasted and painted the anchor and poured a concrete pad around it. On April 17, 2005, the anchor monument was rededicated "To All Seamen" in a formal ceremony in memory of Charles Brouns Jr.

Today, the anchor stands both as memorial to all seaman who have lost their lives at sea, but also as a silent reminder that Seroe Colorado is part of San Nicolas and that San Nicolas is still a vibrant and important part of the island of Aruba.

The Best Time to Visit

When your planning your visit to the south end of the island, you will want to include in your itinerary the many things to see and do there. The anchor will be just one of these stops, (keep an eye out for our future editions, we publish our recommendations!).

With that being said, I have to say, if you enjoy catching a sunrise, the anchor is one of the best places on the island to catch the sunrise. But in reality, anytime is a good time to visit, depending on your personal schedule. ☐

The legend of the Kibrahacha tree

ORANJESTAD—The Kibrahacha is a famous tree known locally for its bright, yellow flowers that blooms for just three days. Scientifically known as *Tabebuia billbergii*, and in English as the Yellow Poui, this tree is native to the Caribbean islands of Aruba, Bonaire and Curacao, and is considered among locals as one of the most spectacular trees on the island. But did you also know that the beautiful yellow flowers have a story behind them?

The Kibrahacha is said to have extremely hard wood—so hard that it can break an axe. In fact, that's what its name means in Papiamentu: "kibra" (break) "hacha" (axe). The flowers bloom around April and May, but this only last for about three days, as the flowers start to fall off and the tree starts growing its green leaves. The Kibrahacha is especially particular, as it's the only one among its neighboring trees to start blooming first.

The legend of the Kibrahacha

Written by Hubert (Lio Booi)

One day Aterima, who lived west of the hill Sero Warawara, woke up one day to find her father sleeping in his hammock, suffering a bout of terrible fever. Her mother was very worried, and as was the custom in the olden days, asked Aterima to go fetch Kudawechea, who was a epistemophile, to come see his father.

Aterima wasted to time and went to go fetch

Kudawechea. Upon telling Kudawechea that her father was sick, he immediately accompanied Aretima back to her hut, where he encountered her father in a bad state. Not willing to waste any time, he told Aretima that the only thing that can cure her father is a home-made potion made out of the Kibrahacha flower. At the time the Kibrahacha was not yet in her blooming season, but the stubborn Kudawechea was determined to bring back Aretima's father back to health, and so off they went to the nearest Kibrahacha tree.

When they arrived at the tree, they saw that it was covered head to toe in thorns, with only a few closed flowers at the very top. Kudawechea, experienced veteran in all things Aruban flora and fauna, told Aretima to start plucking the thorns of the tree to climb to the top where the flowers are. Aretima, just as determined to save her father, didn't hesitate to start.

To her surprise, every time she plucked a thorn of the tree, a bright, yellow flower bloomed in its place. The thorns were hard to pluck out, but Aretima continued plucking with enthusiasm and wonder at the unfolding sight before her. Not too long after she was able to fill her entire satchel with the yellow flowers.

Kudawechea, satisfied to see Aretima so happy and encouraged to help her father, took her back to her hut.

Upon arriving back at the hut, Aretima's moth-



er quickly made a tea out of the flowers and gave it to her sick husband. Miraculously, after just one sip of the tea, the father's fever left his body immediately, and he opened eyes and sprung up feeling new.

The next morning, they all visited the same Kibrahacha tree that saved the life of Aretima's father and they saw another miracle. The tree was covered again in the same bright, yellow flowers, with not a thorn in sight. And as the legend goes, from that day on, the Kibrahacha tree no longer produced any more thorns.□

Aruba's neighborhoods; the meaning behind their names; Ayo & Alto Vista



(Oranjestad)—Just like any other country, Aruba has unique and beautifully named neighborhoods that all form a part of its culture and development. Many of these names have a his-

torical background and meaning that teaches us about the island and its rich culture every day.

With this series, we want to take you on a journey

of discovery, where you'll learn not only the beautiful names but the history behind it that gives it life and meaning.

Ayo

Ajo, or Ayo, is a word with Arawak-Indian origin. A (or Ha) is an Indo-Antillean generalizing word. If you were to change a part of the word "Ayo", namely 'Yo', to 'Yu' and make 'Ayu', it would mean "white."

However, as we now know, the name of the neighborhood is 'Ayo'. The word 'Yo' stands for Yocahu, which is another word for 'creator' in Arawak/Taino and in the Papiamentu spoken today, 'Ayo' means 'bye'.

At Ayo, you can find some of the most well known rock formations. These formations became a well loved and visited attraction at Aruba that is held in high regards by both tourists and locals alike.



If you'd like to know more about the rock formations at Ayo, stay tuned for our article where we tell you all about its location and history.

This neighborhood's abbreviation is; A.

Alto Vista

This word combination can be roughly translated to a 'high point of view' and the neighborhood received this name from the Hill.

In the surrounding areas, DomingoAntonia Silvestre

built his by his own means the very first chapel or church of Aruba. The walls of this church were made with rocks but the roof was made of dry corn stalks. The church was inaugurated by father Pablo Algemesi

If you'd like to know more about the Alto Vista Church's beautiful history, stay tuned for our article where we tell you all you need to know about it for when you visit it.

This neighborhood's abbreviation is; AV.□



Basic driving rules on Aruba: Traffic signs



(Oranjestad)—In Yesterday's issue, we've provided some basic rules when driving on the four-lane highways and roundabouts on the island. Today, we want to offer you more tips and tricks when it comes to driving on the roads and highways of Aruba.

Speed limit in certain areas

As mentioned in yesterday's issue, the legal minimum and maximum speed limit on the island is 50 and 80 km/h respectively. However, there are some areas where it is mandated to drive up to a cer-

tain speed. This is always indicated by a circular traffic sign with red border and the number 50 on it. Signs like these are always paired by a similar sign with the number crossed out further down the road. This means that the mandate for this speed is now over; you may increase your velocity. Red borders on traffic sign—whether it's a circle or triangle—usually signal a warning, prohibition or preference.



Besides the "50" sign, you may also encounter a traffic sign that says "bebouwde kom". These can be found in San Nicolas and Oranjestad. Bebouwde kom signs are rectangular and blue, and essentially tell you that you are in a heavily inhabited area. The maximum speed limit in a bebouwde kom is 50 km/h.

Just like the previous pair, bebouwde kom signs are also paired with a similar sign crossed out.

Priority signs

On the main roads of Aruba (not the highways), you may see a yellow, squared sign with a white border. This sign tells you that on this road, you have priority and all other traffic should yield to you. This sign can be seen in Savaneta for example. So, if you are driving on the main road in Savaneta going to San Nicolas, you are driving on a single long road, and other cars that want to get on this main road or cross it, either from an intersection or from a dirt road, must all wait until traffic on the main road is clear. In other words, you do not have to stop for them. This sign too has a counter part that indicates that your priority is over.

Another priority sign you may encounter is a triangle sign with a red border and something that looks like a cross. You'll see this sign in an intersection. The general rule of thumb for crossing an intersection that do not contain traffic lights, roundabouts, sign or arrows on the road, is to always yield for traffic on your right. However, if you encounter this sign on your side of the intersection, you have priority over the other cars, even the one on your right.

However, be careful not to con-



fuse this sign with a similar up-side down triangle, also found on intersections. This sign is a prohibition sign, telling you that you have to stop and give other cars priority. Of course you also have a "stop" sign that mean the same thing. The stop sign is generally used for tricky intersections with minimal view of opposite incoming traffic.

These are some of the basic rules that you would have to know if you decide to drive on the island. These are of course other traffic signs, and we recommend you visit aruba-travelguide.com for an extensive overview of all traffic signs used on Aruba. □

Picture credits:
aruba-travelguide.com



Fun facts about cacti hedges "Trankera"



(Oranjestad) – When off-roading in inland Aruba, you may notice some cacti hedges around various properties or lined up by certain pathways. These man-made hedges are called "trankera" and play an important role in maintaining our flora and fauna.

The trankera dates to colonialism, where settlers established several 'cunucu' (farm) on the island. People either used stone walls or trankera as a fence to ward off strangers and wild animals that can feed on the cunucu vegetation or cattle.

Nowadays, trankeras are less common, and those that still stand are often not maintained. On the surface this seems like a bad development, however this proved to be beneficial for our flora and fauna. Naturally developed flora around the hedges offers more shelter for fauna. Another aspect is the propagation process. When pruning hedges, flowers and seeds were removed, which limits propagation to a minimum.

So, though trankeras don't play that big of a role in Aruba's agriculture anymore, our environment still reaps the benefits of these long-standing natural structures. □

CROSSWORD

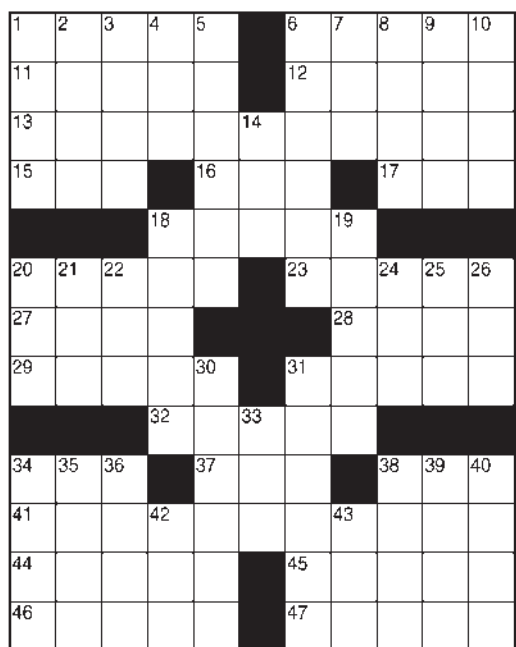
By THOMAS JOSEPH

ACROSS

- 1 Rap sheet name
6 Michael of "A Fish Called Wanda"
11 Bond portrayer Roger
12 Dodge
13 Car stoppers
15 Pampering place
16 Energy
17 Have something
18 Bona fide
20 Used a crowbar
23 Dinner setting
27 Mystique
28 Inside picture
29 Walker's line
31 Stop
32 Continental coins
34 Dude's address
37 Knight's title
38 Couple
41 Workday intermissions
44 When expected
45 Disney's mermaid
46 Sugar source
47 Rodeo rope

DOWN

- 1 Band boosters
2 Velcro feature
3 Corn Belt state
4 "Roses — red"
5 Did restaurant work
6 Sanction
7 In the manner of
8 Leia's brother
9 Concept
10 High home
14 Massive
18 Renter's paper
19 Price add-ons
20 Buddy
21 Regret
22 S&L offering
24 Lingerie item
25 — Vegas
26 Retina setting
30 Silences
31 Ranch pen
33 Vault part
34 Amor-phous mass
35 Celtic letter
36 In the past
38 Speaker's stand
39 Luau instruments
40 European capital
42 Director's cry
43 Geological period



10-24

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

10-24

CRYPTOQUOTE

KTO OLT FOQCF FLPMT NZBM

OLT TMR BX JBNC CBQR.

— D.C.C. OBKIPTM, "XTKKBAFLPZ

BX OLT CPMY"

Cryptoquote: I CANNOT ENDURE TO WASTE ANYTHING SO PRECIOUS AS AUTUMNAL SUNSHINE BY STAYING IN THE HOUSE. — NATHANIEL HAWTHORNE



Cruise ship Schedule: Oct. 14 - 26 2025

			ARR	DEPT	BERTH	CALLS
TUE	14	CARNIVAL HORIZON	09.00	23.00	C	1
WED	15	SERENADE OF THE SEAS FREEWINDS	08.00 06.00	23.00 ****	C E	1 1
FRI	17	CELEBRITY SILHOUETTE	07.00	17.00	C	1
SUN	19	NORWEGIAN ESCAPE CARIBBEAN PRINCESS FREEWINDS - Dept.	07.00 09.00 ****	17.00 22.00 22.30	B C E	1 1 -
TUE	21	SERENADE OF THE SEAS	08.00	23.00	C	1
WED	22	RHAPSODY OF THE SEAS OASIS OF THE SEAS FREEWINDS	08.00 07.00 06.00	23.00 16.00 ****	C I E	1 1 1
THU	23	EURODAM	08.00	17.00	C	1
SUN	26	FREEWINDS - Dept.	****	22.30	E	-

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.



Supermarket hours

Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 8 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.



Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.



Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occur, so keep yourself and your belongings safe.

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

2		5			3		7	1
	1			2	8			9
	3	4		5	1		8	
			5	7		1		
			3			9		
	4	2			9	5	3	7
	7				8			
	5				7		1	6
		3			6		4	

Difficulty: ★★★

10/16

Answer to previous puzzle

1	9	5	4	3	6	8	2	7
4	3	8	2	7	1	9	5	6
2	6	7	8	9	5	1	4	3
7	8	9	6	4	2	3	1	5
6	2	3	5	1	7	4	9	8
5	1	4	3	8	9	7	6	2
9	4	2	7	6	3	5	8	1
3	5	1	9	2	8	6	7	4
8	7	6	1	5	4	2	3	9

Difficulty: ★★★

10/15

U.N. agency says CO2 levels hit record high last year, causing more extreme weather

By JAMEY KEATEN and SETH BORENSTEIN

Associated Press

GENEVA (AP) — Heat-trapping carbon dioxide levels in the atmosphere jumped by the highest amount on record last year, soaring to a level not seen in human civilization and "turbo-charging" the Earth's climate and causing more extreme weather, the United Nations weather agency said Wednesday.

The World Meteorological Organization said in its latest bulletin on greenhouse gases, an annual study released ahead of the U.N.'s annual climate conference, that CO2 growth rates have now tripled since the 1960s, and reached levels that existed more than 800,000 years ago.

Emissions from burning coal, oil and gas, alongside more wildfires, have helped fan a "vicious climate cycle," and people and industries continue to spew heat-trapping gases while the planet's oceans and forests lose their ability to absorb them, the WMO report said.

The Geneva-based agency said the increase in the global average concentration of carbon dioxide from 2023 to 2024 amounted to the highest annual level of any one-year span since measurements began in 1957. Growth rates of CO2 have accelerated from an annual average increase of 2.4 parts per million per year in the decade from 2011 to 2020, to 3.5 ppm from 2023 to 2024, it said.

"The heat trapped by CO2 and other greenhouse gases is turbo-charging our climate and leading to more extreme weather," said WMO Deputy Secretary-General Ko Barrett in a statement. "Reducing emissions is therefore essential not just for our climate but also for our economic security and community well-being."

What's disturbing is not just the increase in greenhouse gases, but that it may be



A person checks his mobile phone as farmers burn crop residue after harvest near Bundelkhand expressway in India, on Nov. 17, 2024.

Associated Press

signaling a problem in the long-standing and delicate carbon cycle, where humans, industry, cars and animals spew carbon dioxide into the air and forests and oceans pull much of it out of the air, reducing some of the potential warming effect, said WMO senior scientific officer Oksana Tarasova.

Natural land sinks, including the Amazon, remove about one-quarter of the carbon dioxide in the air and the world's oceans suck up another quarter, she said.

'We may flip over the tipping point'

The increase in CO2 levels in the atmosphere "is very important in the sense that probably we started seeing the early indication of the limited capacity of the natural systems to actually absorb everything we emit," Tarasova told a news conference. She pointed to the Amazon, which had severe drought and heat, limiting trees' ability to suck carbon dioxide out of the atmosphere.

"The sinks which we have, they started failing," Tarasova said. "The Amazon indeed is emitting CO2, despite the general understanding that if you have a

tree, it should absorb."

"What also may happen is that at a certain point we may flip over the tipping point and then the whole Amazon forest just starts dying." □



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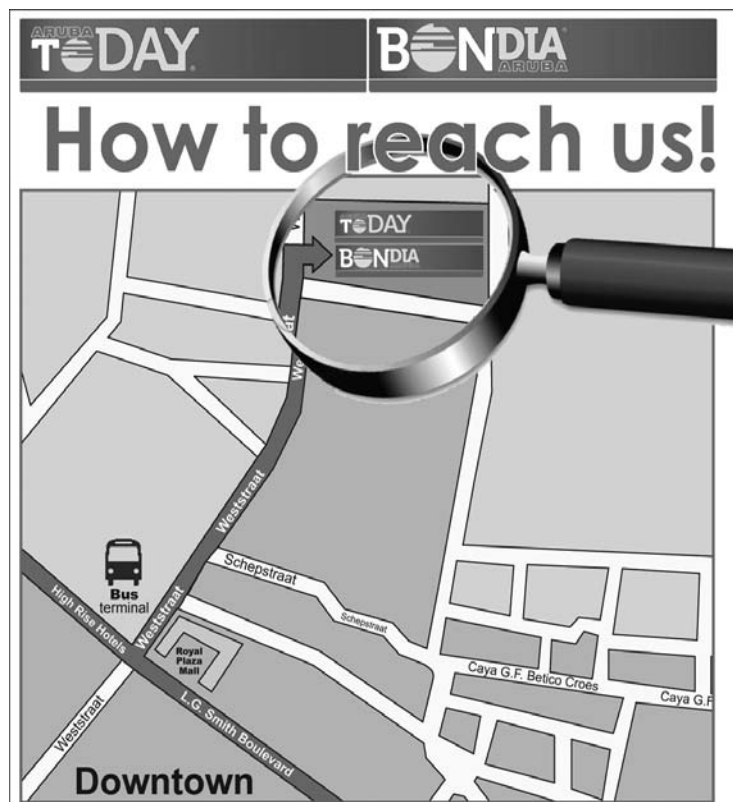
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HEALTH

DOCTOR ON DUTY

Oranjestad

Hospital 7:00 pm / 10:00pm
Tel. 527 4000

San Nicolas

Imsan 24 hours
Tel. 524 8833

PHARMACY ON DUTY

Oranjestad:

Oduber: Tel. 587 9011

San Nicolas:

Seroe Preto: Tel. 584 5794

OTHER

Dental Clinic 587 9850
Blood Bank Aruba 587 0002
Urgent Care 586 0448
Walk-In Doctor's Clinic
+297 588 0539

EMERGENCY

Police	100
Oranjestad	527 3140
Noord	527 3200
Sta. Cruz	527 2900
San Nicolas	584 5000
Police Tipline	11141
Ambulancia	911
Fire Dept.	115
Red Cross	582 2219

TAXI SERVICES

Taxi Tas	587 5900
Prof. Taxi	588 0035
Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

TRAVEL INFO

Aruba Airport	524 2424
American Airlines	582 2700
Avianca	588 0059
Jet Blue	588 2244
Surinam	582 7896

AID FOUNDATIONS

Aruba Food Bank
Tel. 588 0002
FAVI- Visually Impaired
Tel. 582 5051
Alcoholics Anonymous
Tel. 736 2952
Narcotics Anonymous
Tel. 583 8989
Fundacion Contra Violencia
Relacional Tel. 583 5400
Centre for Diabetes
Tel. 524 8888
Child Abuse Prevention
Tel. 582 4433
Quota Club Tel. 525 2672

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ARUBA TODAY NEWS

A character wouldn't leave Reese Witherspoon alone. It led to her first novel

By HILLEL ITALIE
AP National Writer

NEW YORK (AP) — Reese Witherspoon's first novel for adults began with the kind of inspiration veteran fiction writers know well — a character who wouldn't leave her alone.

A military doctor who ends up performing plastic surgery for mysterious clients. "I had never had an idea for a character in my whole life. She was sort of living in my head, and once that happens I knew I was going to have to do something about it," Witherspoon said this week as she and co-author Harlan Coben spoke in a conference room at the Apple SoHo store in downtown Manhattan, shortly before they were interviewed for an upcoming podcast, Bookmark.

"And so I called Harlan."

The novel, which has just been published, is called "Gone Before Goodbye." The woman in Witherspoon's mind became Maggie McCabe, an Army combat surgeon whose professional setbacks lead her to accept a lucrative, but suspicious plastic surgery job that will bring her everywhere from Russia to Dubai and ensnare her in a puzzle of murder, multiple identities and jarring coincidences. "Gone Before Goodbye" began with Witherspoon, but has the kind of layered plot lines and haunting back stories known to Coben's many readers.

The careers of the 49-year-old Witherspoon and 63-year-old Coben have run parallel for decades she's the Oscar-winning actor and producer whose credits include "Walk the Line," "Legally Blonde" and "The Morning Show" and he's the million-selling author of such crime stories as "Tell No One," "Fool Me Once" and "No Second Chance." But their interests have also overlapped. Witherspoon oversees an influential book club and is one of Hollywood's most prominent champions of reading and literacy, while



Harlan Coben appears at a photocall for the series "Missing You" in London on Nov. 6, 2024, left, and Reese Witherspoon appears at the 29th Critics Choice Awards in Santa Monica, Calif., on Jan. 14, 2024.

Coben has seen many of his books adapted for film and television.

Witherspoon says the two met at a conference about nine years ago and that she has long been a fan of his work. Once she decided to take on a novel, she contacted Coben, who had never worked with a co-author.

"I was wary of the idea of collaborating. I'm just not that guy," he said. "But when she told me the idea and started talking about private doctors illegally going over and doing surgeries for very wealthy people and then something going wrong. And that's kind of in my alley but not. And I loved it. It's like when you have an idea, there's like hooks in your brain, you know, and all these ideas kind of rushed through."

Maggie McCabe might seem like a fine and challenging role for an actor like Reese Witherspoon. And "Gone Before Goodbye" has clear cinematic scope, with its mix of exotic locales, narrow escapes and deadly confrontations. But no rights have been sold and the authors both say they want the book to

be enjoyed as a book for now. Coben explained that they worked under a few ground rules no writers besides themselves, and no thinking beyond the project at hand.

"The biggest kiss of death, despite how many adaptations I've had of my own books, is to write a novel thinking, 'Ooh, this is going to make a really good movie.'"

During their recent interview, Witherspoon and Coben also talked about their collaborative process, Witherspoon's family background and what they learned from each other. Questions and answers have been edited for brevity and clarity.

AP: How did the writing process for this work? You were sending each other drafts?
WITHERSPOON: Constant communication. Text messages.

COBEN: Emails. We met in person once every 2 or 3 weeks, I guess.

WITHERSPOON: We'd sit for hours, kind of just beating out the story, making sure we understood each character's backstory so that we could mine it for future plot lines. It was really in-

teresting, the construction process.

COBEN: I warned her that novels like a sausage. You might like the final taste. You probably don't want to see how it was made. So we really got into the weeds with that.

AP: Do you (Witherspoon) feel like you now know enough that you could write a novel yourself?

WITHERSPOON: I know what I don't know. And I think, you know, partnering with a master who's done it for more than 10,000 hours and has 37 or 38 books, there's a reason I wanted to work with somebody who is so incredibly skilled at it because he actually had the patience to let me into his process.

I felt very confident in my mastery of building a character. I felt as confident about this character as I do Tracy Flick (from "Election"), or Elle Woods (from "Legally Blonde"). To me, this character so clear and the fact that we built this together and he showed me how you can construct a world around a character, it really was an education for me.

AP: What was the biggest

adjustment for you (Coben) about working with another writer?

COBEN: Reese took over part of the part of my brain that sometimes talks to myself. I would talk to Reese instead. I would tease her because sometimes when we were speaking, because of her acting background, her ability to create character, I could almost see her becoming Maggie. Her voice would change a little. I would think to myself, "I've really got to mine her now because it's like I'm talking to the actual character and she is in the room."

AP: Was there an incident that inspired the book?

WITHERSPOON: Not really. I got a lot of inspiration from my dad, who was a military surgeon, my mom's a military nurse. So they would talk about their surgeries at night. And my dad worked right after Vietnam. So he was seeing soldiers coming back from Vietnam. He was, you know, seeing patients after a lot of conflicts. And he would come home and tell us really vivid stories about surgeries, trauma surgeries and things he had seen.

I have a real reverence for people who serve in the military and who are also in the medical community. And, I'm also really fascinated by what drives a person to want to be that person.

COBEN: She's a novelist (now), like it or not.

AP: Is it going to be lonely for you (Coben) the next time you write a book by yourself?

COBEN: Yes it is. It's going to be strange.

WITHERSPOON: Aww, I'll be here. Just call a friend.

COBEN: I'll just call Reese. "Honey, I need help." □



LeBron James, Chris Paul and Kyle Lowry enter season as the NBA's largest 20-year club

By TIM REYNOLDS
AP Basketball Writer

LeBron James' beard has quite a bit of gray in it these days. Chris Paul has been hearing questions for years about how much longer he wants to play. Kyle Lowry already has his retirement job lined up, for whenever that day comes. Meet the NBA's current 20-year club. It's bigger than ever before.

There are no players currently in the league and very few in the league's 80-season history with more seniority than the trio of James, Paul and Lowry. For the first time, the NBA has three players simultaneously entering their 20th seasons; James, when he makes his 2025-26 debut, will be the first 23-year player in league history, while Paul is going into his 21st season and Lowry is entering his 20th.

"The love of the game is still high. The love of the process is even higher," James said. "So, that's what continues to push me to play this game. I mean, it is really that simple."

There's nothing simple about it. To still be contributing at this level, at this point in their careers, is practically unheard of.

All three invest plenty of their own money (they've made a combined \$1.2 billion in NBA salaries) in their own individualized programs that have helped them survive the rigors of NBA life for this long.

James' workout regimen is legendary, yet still not invincible he'll miss the start of this season while dealing with sciatica and there's no firm timetable for when he'll actually take the floor with the Los Angeles Lakers to start Year 23.

Lowry, at least since the NBA began tracking such stats, is the NBA's all-time leader in charges taken, which means he's probably taken more hard falls than anybody. And last season with San Antonio, Paul became the first player in NBA history to play 82 games in a 20th year of a career and he started all



Los Angeles Lakers' LeBron James, left, and Rui Hachimura watch action from the bench during the first half of a preseason NBA basketball game against the Golden State Warriors Sunday, Oct. 12, 2025, in Los Angeles.

Associated Press

of them, too.

"I've always believed in 'keep stacking days' and that you just have to show up every single day, every single day," said Paul, who rejoined the Los Angeles Clippers this summer. "So, that's what I plan on bringing to this team. ... My role on this team is obviously different than it's been the past 20 years of being in the NBA, but showing up every day, if I can show some of the guys what it looks like every day to clock in and clock out, I'm excited for it."

Kareem Abdul-Jabbar was the first player in the 20-season club, getting there in 1988-89. Robert Parish followed in 1995-96 (and played a 21st season as well). Kevin Willis played 21 seasons, his career ending in 2006-07.

The rest of the entrants into the club have all come in the last decade: Kevin Garnett, Kobe Bryant, Dirk Nowitzki, Vince Carter (the league's first 22-year player before James tied that mark last year), Jamal Crawford, Udonis Haslem, James, Paul and soon, Lowry.

What the likes of James, Paul and Lowry have done, and how they've done it, has been noticed by everyone veteran and

younger players alike.

"I'm asking and taking advice from these guys and I want to take even more advice from them in the future," said San Antonio center Victor Wembanyama, who is going into his third season. "They're defi-

nately examples."

Milwaukee forward Giannis Antetokounmpo, who is entering his 13th season, pointed out that constant innovation in medicine, recovery, technology and more has made it possible for players to extend their

careers if they choose to put in the effort.

"At this point, if you don't follow the blueprint that guys like Vince Carter, Dirk, LeBron ... if you don't follow that blueprint, I don't know what blueprint you should follow," Antetokounmpo said. "Those guys have been playing at a high level for so many years, they've been taking such good care of their body."

They have their own physio, they have their chef. You know how you sit down with your financial advisor four times a year and you go through your finances? I think you should sit down with your doctors and your physios four times a year, minimum, to talk about what you want from your body."

Lowry is back with the Philadelphia 76ers this season, though he has signed with another team as well Amazon Prime, which he's joining as an analyst this season, even while still playing. □

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Kyle Tucker's decision looms large as Cubs look toward future after making playoffs

By **ANDREW SELIGMAN**
AP Sports Writer

CHICAGO (AP) — Cubs president of baseball operations Jed Hoyer was sure of one thing. The team was at its best when Kyle Tucker was at his best.

Whether they'll be together next season remains to be seen. Tucker, after all, is set to become a free agent, and he will be arguably the top player on the market.

"Everyone can use a guy like Kyle Tucker," Hoyer said Wednesday. "Everyone gets better by having a player like that. We'll certainly be having those conversations."

The offseason trade that reeled in Tucker from Hous-



Chicago Cubs' Kyle Tucker (30) runs the bases after hitting a solo home run during the seventh inning of Game 4 of baseball's National League Division Series against the Milwaukee Brewers Thursday, Oct. 9, 2025, in Chicago.

Associated Press

ton played a big role in propelling the Cubs to the playoffs for the first time in five years. So did Pete Crow-Armstrong's emergence as an All-Star as well as big seasons from sluggers Michael Busch and Seiya Suzuki.

With an elite defense and solid pitching, Chicago finished second behind Milwaukee in the NL Central at 92-70 and posted its highest win total since the 2018 team finished 95-68. The Cubs hadn't advanced in the postseason since 2017, but that changed when they beat San Diego in the NL Wild Card Series. In the NLDS against the Brewers, they regrouped after losing the first two games and won the next two before getting knocked out on Saturday.

"I was really proud of the way that group came together," Hoyer said. "They really cared about each other. They really worked hard together. It was a really special group."

Whether Tucker remains part of that group or turns out to be a one-year rental is a big question. The four-time All-Star started the season on a strong note before struggling through injuries to his right hand and left calf. He finished with a .266 average and 22 homers while driving in 73 runs and scoring 91.

Tucker also found friendlier confines on the road than at Wrigley Field, where he hit just .236 with seven home runs compared to .292 with 15 in away games.

If Tucker does leave, the Cubs could try to reunite with Kyle Schwarber in free agency. They could also go young and give players like Owen Caissie and Moises Ballesteros a shot.

Hoyer said he hasn't discussed the budget yet with ownership. But he said he's "confident" he will have the resources to "field a good team."

While Tucker's future looms large, the Cubs also have a decision to make on Sho-ta Imanaga. □



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