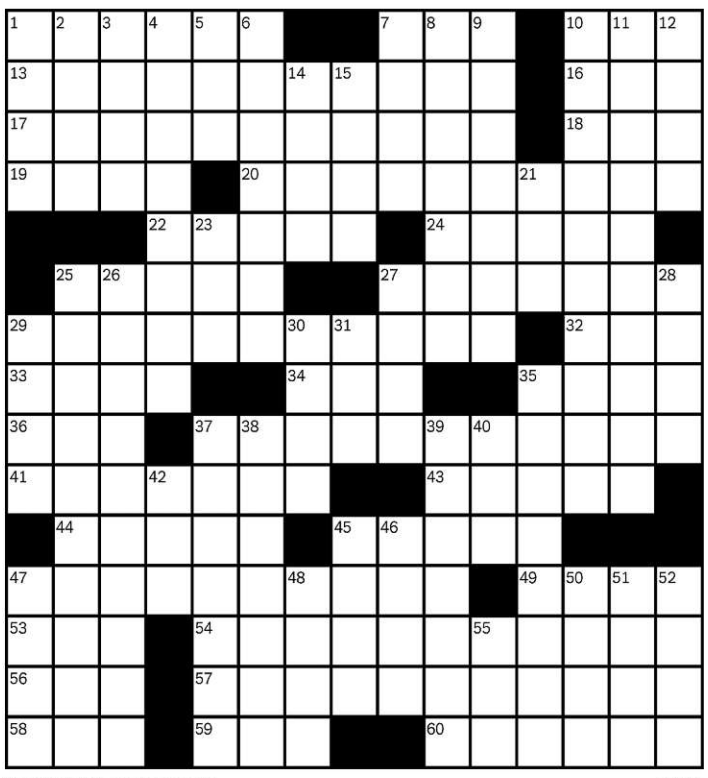
NEW YORK TIMES CROSSWORD

No. 0619



Puzzle by Jack Hatchett 7/24

ACROSS

1 Cut of beef used in Santa Maria-style barbecue
7 __ Wilson, four-time MVP of the 27-Down
10 Common export, nowadays
13 Field trip?
16 Section of a timeline
17 Chef's complimentary bite
18 Staff
19 Reacted to capturing a championship, perhaps
20 Dish often served with tartar sauce, informally
22 Terrorizer of Amity Island, in a 1975 blockbuster film
24 Finishes filming
25 Epitome of thinness
27 Mushroom named for its resemblance to a body part
29 "You've gotta be kidding me!"
32 Off-grid connection?
33 Former attorney general Bill
34 Short cut
35 "__ Green" (Kermit the Frog song)
36 Skater who lit the Olympic cauldron in 1998
37 Political philosopher who wrote "The state of a king shuts him from the world, yet the business of a king requires him to know it thoroughly"
41 Maker of sole music?
43 Succeed in
44 Stamp purchase
45 Companion of Ash and Misty in Pokémon anime
47 Cold one enjoyed during a hot wash
49 Word with ball or board
53 Spot for a flask
54 "That sounds brave ... but very stupid!"
56 Date in France?
57 One concerned with transparency in the workplace?
58 Bench press target, informally
59 Hebrew name meaning "high"
60 Chinese revolutionary Sun __

DOWN

1 Spring event
2 Twin city?
3 Morning announcement
4 Tries to identify, as a medical issue
5 Red state
6 20-Across, e.g.
7 A military parade might go through it
8 Director of "Face/Off" and "Mission: Impossible II"
9 Admitted fault
10 Sudden reversal of fortune, in literature
11 Mentions one's ring size, maybe
12 They're hot, until they're not
14 Film __
15 Certain canine
21 Conned
23 Clothing line
25 "Too bad!"
26 Preferring to keep one's feet on the ground?
27 See 7-Across
28 French director Clair
29 Last words?
30 Instrument usually pitched in C
31 Awards season announcement, for short
35 What might go off the rails?
37 Guitarist who played the first-ever rock concert at the Sistine Chapel
38 Item in a basket at the dinner table
39 Felt completely confident in
40 Insta post
42 Patch, say
45 "All __ are off!"
46 Losing side in the Battle of Shiloh, informally
47 Insult, metaphorically
48 Children of, in Hebrew
50 What's going on
51 Willie __, first Black player in the NHL
52 Run-down
55 Like

ANSWER TO THURSDAY'S PUZZLE:

N	E	S	T	S		C	H	O	P		A	C	M	E
O	U	T	I	E		L	O	N	E		R	O	A	N
B	R	O	A	D	W	A	Y	O	P	E	N	I	N	G
L	O	L		G	I	S	T		S	T	I	N	E	
E	P	I	P	E	N	S		D	I	C	E	C	U	P
S	A	S	H		G	A	R	I	S	H		I	V	E
			A	N	I	M	A	S		A	I	D	E	D
	V	I	S	I	T	O	R	C	E	N	T	E	R	
B	I	N	E	T		R	E	L	E	T	S			
I	N	S		T	W	O	D	A	Y		M	E	T	H
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	G	R	U	N	T		F	M	R	I		E	O	N
F	A	I	R	Y	T	A	L	E	E	N	D	I	N	G
U	R	D	U		E	V	E	R		E	E	N	I	E
R	Y	E	S		D	E	W	S		S	E	G	E	R

CAROLYN HAX

Did sister leave therapy too soon?

BY CAROLYN HAX
tellme@washpost.com

Dear Carolyn: My sister "Eileen" started having weight issues as a child. Our mom emphasized healthy eating and exercise, but our dad always had tons of sweets and junk food at his house. Eileen would overindulge when we were there and packed on the pounds. She tried lots of diets over the years, but nothing worked until she got into a behavior modification program three years ago. She lost weight and looks and feels better.

I'm happy for her, but I'm concerned that she left therapy too soon. She still doesn't have a normal approach to food. She's very rigid, not only about eating but exercise. Our mom needed help getting ready for a family reunion, so I asked Eileen to go over with me at 10 a.m. She said she couldn't because she goes to the gym at that time. I asked her to switch the time or skip it just once, and she said absolutely not. She's done that before, not missing a single workout no matter the reason. Later at the reunion, Eileen was wrapping up a piece of a special family dessert. I asked her why she didn't eat it there, and she said she only eats dessert on Sunday.

Later I asked Eileen if she left therapy too soon since she still carries so much anxiety about food and gaining weight. She went off on me, saying it was too bad she wasn't fixed enough for me, but she wasn't going to stay in therapy forever so I can be happy she's "normal." I didn't say or mean that, but she was so over-the-top angry that I apologized and dropped it.

I'm still wondering, though, doesn't that reaction tell you something? Does she need more therapy?

— Sibling

Sibling: Her reaction tells me she's being concern-stalked by someone who has no idea what it's like to be Eileen.

Anxiety around eating, weight-related health problems, extreme rigidity in habits — all these can be or become serious, sure.

But Eileen may have none of these issues, and even if she does, none is your issue. Meanwhile, she is presumably trying to get to the gym, enjoy being among family and pack up yummy dessert for later without getting surveilled, quizzed and cornered by Highly Concerned but Uninformed Helicopter Sibling who won't let her leave a past self in the past.

Strict schedules aren't for everyone, but they're what keep some people focused — plus your examples seem pretty tame. They also would have been so so easy for you to brush off. "Cool, OK, come by when you're done?" is a response to gym plans that costs a sibling nothing. Especially a sibling familiar with Eileen's struggle to get where she is. Likewise, not saying anything to her wrapping dessert would have been even easier. Like, standing-there-and-breathing easy. Who cares if she takes a piece home?

Even better for our purposes, since you say your concern is Eileen's anxiety: The most calming presence a sibling can offer is one who doesn't monitor, pry, react or judge-judge-judge a sister's body management in the first place. Siblings can be so steady and enveloping. They can also be amber for selves we're desperate to leave behind.

Bigger picture, if you sense she (or anyone) is stressed (about anything), then make a point of just generally checking in.

LEXIGO®

7-24

Start at the double hexagon. Spell solutions to the clues below by winding your way through the grid. You can backtrack to use letters more than once. **Each new word starts with the last letter of the previous word.**

1. Things that need doing T _ _ _ _
2. Afternoon nap _ _ _ _ _ _
3. Digression A _ _ _ _
4. Makes changes to text _ _ _ _ _
5. Result of a lawsuit S _ _ _ _ _ _ _ _ _

TASKS, SIESTA, ASIDE, EDITS, SETTLEMENT

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Fastest miler Kerr's formula: A team, altitude and attitude

BY LIAM THARME AND GEORGE EDWARDS
The Athletic/NYT News Service

MICHAEL STEELE Getty Images

Josh Kerr of Team Great Britain celebrates after winning the men's mile final and setting a new world record during the Novuna London Athletics Meet on July 18 in London.

With a fist pump as he crossed the line, Josh Kerr cashed in a check that he had spent eight months writing.

The clock stopped at 3 minutes 42.66 seconds, and the London crowd erupted.

A Briton, on home soil, had just taken down a world record from 1999. Hicham El Guerrouj's time of 3:43.16, once considered untouchable, was no longer.

"I'm following the footsteps of the giants," Kerr, who broke the record on July 18 in the London Diamond League, told reporters. He is the seventh British man to hold the mile world record, 72 years after Roger Bannister broke the four-minute barrier.

This performance was the product of Kerr's self-branded Project 222 – the number of seconds that go into 3:42. He pitched it to Brooks, his sponsor, last November, just four weeks after hobbling to the finish in the 1,500-meter world championship final because of a calf injury.

"The body is electric right now," Kerr said. "I felt pretty incredible. My legs felt good, my mind was ready, but it's been a long journey."

Kerr, 28, does not so much race middle-distance events as play poker within them. He runs wearing sunglasses and is one of the smartest at showing his hand late and covering moves by others. By the same analogy, with this project, he went all-in on a blind hand – and won.

The split of 3:27.62 at 1,500 meters was even faster than Kerr's British record run, which earned him silver at the 2024 Paris Olympics, and he was nearly perfect when cutting the race in half. He passed 800 meters in 1:51.1. Then the first pacemaker, Brandon Kidder, dropped out. Kerr clocked the second 809 meters in 1:51.6.

"I knew I had it in the first 400 meters because my pacemakers did an incredible job," he said.

The preparation for this race was intense, and needed to be for the 2.68-second improvement he produced. But what made it a reality?

Brooks crafted Kerr bespoke spikes, made for his mechanics and to run 55-second laps on repeat, in addition to an aerodynamically tested speed suit. The process of creating his footwear involved VO2-max (how much oxygen your body can use during intense exercise) and perception testing, plus a visit to a facility to run on a treadmill in the race day spikes.

Kerr spoke about the sacrifice his teammates and his family had made. For the past five weeks, his parents have lived with him at altitude in Albuquerque, New Mexico, to allow Kerr to train on a track at 5,335 feet above sea level, with his mother, Jill, providing physiotherapy.

"The mantra was that we're not chasing world records, we're creating the conditions where world records become inevitable," Kerr said.

That meant 70-mile weeks and running as many 55-second laps as possible. One of the key sessions was a 4-by-800-meter workout, with the third and fourth reps at 1:50, in which Kerr tested spike prototypes.

Kidder, a fellow Brooks Beasts athlete, played rabbit in the race, just as he had in training. He hoped to get to 1,000 meters rather than 800 meters, and suffered because of a slightly fast opening lap (54.75 seconds).

"I knew Josh was really fit, so I felt a little bit of pressure to not mess things up," Kidder said. "Josh just looked so good. I was like, 'If he wants to squeeze, I don't want to get in the way.' Such a cool moment. I've known the guy for years. He's a gamer."

Their relationship dates to 2017 when Kidder was running for Brooks and it recruited Kerr, a three-time NCAA champion, from the University of New Mexico.

Kerr first shared his desire to break the world record in December, and asked if Kidder wanted to be involved. Little convincing was needed.

Zan Rudolf also stepped in as a late replacement after another pacer dropped out. He and Kerr did one workout together the day before the race – 300 meters, 200 meters and 100 meters at target pace – as Rudolf arrived only in midweek, having been in Budapest, Hungary, for other pacemaking duties. The Slovene went three-tenths of a second quicker than his own national record to lead Kerr through the kilometer mark in 2:18.7, also dropping out short. (He had planned to go to 1,200 meters.)

Coach Danny Mackey, who has worked with Kerr since he turned pro in 2018, was watching from the stands. He said he was "a little worried" to have Kerr, who was born in Scotland, running alone that early, but had complete faith in his athlete.

"That was the most elated I've ever been," Mackey said. "In the lead-up to the race, there have been cameras and attention on us, something we just aren't used to. We all knew he could do it. I told him I love him."

Kerr, however, relished the high-pressure moment, which is partly why he publicized his record-breaking attempt in March. "He's a rare person like that, but he's still human," Mackey said.

The coach's one complaint? That it was only 3:42.66. "Based on a couple of his workouts, if he had better weather, I think there's another second there," Mackey said.

Wembanyama will be on cover of NBA 2K27 game

Field Level Media

Spurs star Victor Wembanyama will grace the cover of the NBA 2K27 video game, ESPN reported on Wednesday.

The 7-foot-4 center powered San Antonio to the 2026 NBA Finals, with the Spurs falling to the New York Knicks in five games last month.

In his third NBA season, Wembanyama averaged 25.0 points, 11.5 rebounds and a league-leading 3.1 blocks.

Previous cover athletes in the NBA 2K series have included Carmelo Anthony, Kobe Bryant, Kevin Durant, Allen Iverson, LeBron James, Michael Jordan, Shaquille O'Neal and Jayson Tatum.

Wembanyama, 22, is the third Spurs player to make the cover of at least one version of the game, joining Tony Parker (NBA 2K16, French version) and Pau Gasol (NBA 2K17, Spanish version).

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Legals

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The members are as follows:
Almas Salleha Ali of 559 Madison Point Dr, Lexington, KY 40515
Samjhana Ojha Poudel of 1973 Falling Leaves Ln, Lexington, KY 40509
Rama Gautam of 4517 Clooney Pass, Lexington, KY 40509

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IPL0360051
Jul 24 2026

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