



Performance Painter David Garibaldi Visits TDCJ With Fitness Guru Wife For Memorable, Inspiring Experience

David Garibaldi performs at the Wynne Unit.

The ECHO is a criminal justice publication produced by the publisher and staff for use by those residing within the TDCJ. Submissions and letters may be sent via regular mail to:

The ECHO
c/o Windham Admin. Bldg.
P.O. Box 40
Huntsville, TX 77342-0040.

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Annual subscriptions to **The ECHO** can be purchased for \$12. Money orders or personal checks must be made out to **The ECHO/Windham** and sent to:

The ECHO
Attn: Subscriptions
P.O. Box 40
Huntsville, TX 77342-0040

ISSN 1530-7298

Find the digital versions of **The ECHO** online by searching: **The ECHO newspaper** at Windham's website: wsdtx.org.

the echo

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Vol. 97 No. 7
August/September
2025

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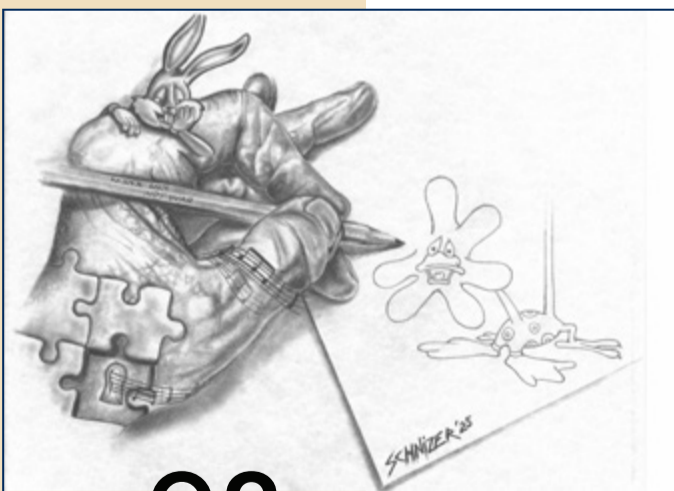
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Letter to the Editor

Bambi Kiser | Managing Editor

The ECHO

c/o Windham Admin. Bldg.

P.O. Box 40

Huntsville, TX 77342-0040



To the editor,

I am writing to you after reading and being inspired by Angela Gilbreath's story in the April 2025 issue of *The ECHO*. She said that she found the path to "rebuild" her life when she began to embrace the lessons, guidance and support offered within Windham School District.

There are many on the inside who only need guidance and support to motivate them. Most of us experienced trauma more than triumph, yet there are no excuses for our poor choices. We must embrace the lessons and take advantage of the opportunities to get out of the mental and emotional prisons we've enclosed ourselves in. That is what Angela did.

There is an awakening and wisdom seeing a former resident who has now reentered their community put into action the lessons taught through Windham. She made sure her last trip to TDCJ was truly her last trip as a resident. Perhaps Angela and other former residents will return as volunteers.

Angela brought up the P-word we often avoid — patience. Her heart and mind are different — as is her walk. I am learning how to persevere with confidence from Angela and others who have been through this struggle. Often, we want excess without sacrifice, success without surrender and progress without struggle. However, life just doesn't work that way. We must come to the end of ourselves and take full responsibility for our actions, learn from our past, educate others and continue to grow. We do this when we embrace the lessons.

Clifton B. Hennington
Clements Unit

To the reader,

Thank you for writing and sharing your perspective about how Angela Gilbreath's story inspired you. It's always a privilege to share news of success — especially from former residents!

Dear Darby



Dear Darby,

Hey, I see that *The ECHO* prints the schedules of the National Football League, National Basketball Association and Major League Baseball teams. Hooray! However, what about some of the selected college schedules also such as the Southeastern Conference, Big 12, Lonestar Conference and the Sun Belt? Oh, don't forget about the American Conference, also. If you need any ideas on how to make *The ECHO* like a real paper, I'm your guy.

Eric Richard Estes
Smith Unit

Dear ERE,

You want us to schedule some more schedules, eh? Think about this for a minute. If we start addin' a college conference or two, the next thing that'll happen is that folks will be askin' for MORE conference schedules until we're printin' every conference out there! But that won't be the end of it — people will be wantin' their hometown's high school schedules, then middle school all the way down to Pop Warner pee-wee leagues. To avoid all that madness, we'll just stick to the big boys.

As far as The ECHO not bein' a real paper, it seems pretty real to me! We have a print version, and we have a digital version available on the tablet's FYI app and also online at wsdtx.org and tdcj.texas.gov for those who are back in the communities. Also, just so you know, ERE, I'm here typin' every day to keep this here paper real for all y'all!

Dear Darby | Letters to the Darbster

The ECHO
c/o Windham Admin. Bldg.
P.O. Box 40
Huntsville, TX 77342-0040



Dear Darby,

My name is Blake, the Ellis Unit Chip Lover. After I saw the “commissary seeks suggestions” ad in *The ECHO*, I thought it would be fun to conduct a survey to see what food everyone misses the most. The results were predictable, and I received the same answers hundreds of times. To my delight and astonishment, I received input from residents and employees. We all love Frito-Lay, Sour Patch Kids and Skittles. I just wanted to thank you and *The ECHO* for using its platform to make our voices heard and our commissary experience better. I also hope this inspires everyone to work together and realize we all, staff included, have more in common than we thought. Oh, and how about a nice bag of chips and more candy! 😊

**Your Chip Lover,
Ellis Unit**

Dear Chippy,

Frito-Lay, Sour Patch Kids and Skittles, eh? What about Pringles, Flaming Hot Cheetos, honey buns and pre-packaged salads? How ‘bout bringin’ back the bacon, Pop Tarts and pasta seasoning kits?!? There are MANY items the commissary could add, and they might even consider carrying them again — they do take suggestions (including from me). Just know that even if they DO decide to add something that was suggested, it’ll take a minute before it’s added to your commissary shelves. Oh, by minute, I mean possibly months — the process of taking bids from vendors and getting a contract approved can take a while. So, send ‘em your suggestions, and in the meantime, I’ll be dreamin’ about the ol’ days when they sold Strawberry Cheesecake frozen yogurt at the store! Send suggestions to:

**Commissary & Trust Fund Suggestions
P.O. Box 629
Huntsville, TX 77342-0629**

Dear Darby,

I am writing this letter hoping that it finds each and every one of y’all doing well and in the best of health. I was reading a past issue of *The ECHO* when I saw a list of books. *The ECHO* said residents could request a free copy, and I would like “The Dallas Cowboys: The Outrageous History of the Biggest, Loudest, Most Hated, Best Loved Football Team in America.” I am a diehard Cowboys, the Dream Team, fan. I would really appreciate it if y’all could send me a copy of this book.

**Isidoro
Ferguson Unit**

Dear Isidoro,

*Thank you for your patronage of **The ECHO**, and for taking the time to write to us. Unfortunately, I think you (and other people) got some wires crossed at some point and became confused. How can I say this where everyone will understand? How about, “**THE ECHO ISN’T SENDING OUT FREE BOOKS!**” The listin’ of books you saw was a section of the paper called the Book Drop, where we provide readers brief reviews of interestin’ books to read. The books are all TDCJ-approved, so they may be in your unit’s library. Send an I-60 to your campus Windham library assistant to see if they have it for check-out, or you can have family or friends in the community order a copy for you. We appreciate you writin’ about this topic! Keep on readin’!*

Two are Better Than One: **ECHO** Opens New Office at Murray Unit for Women

In the almost 100-year history of *The ECHO*, women residents of the Texas Department of Criminal Justice (TDCJ) have served as contributing writers and unit reporters, submitted creative writing, recipes and artwork to be published, and shared information with thousands of *ECHO* readers. However, the newspaper has been produced by writers at men's facilities since 1928. A new era now begins as TDCJ and Windham School District celebrate opening a second *ECHO* office at the Dr. Lane Murray campus in Gatesville, where women will be working on the newspaper staff and collaborating with the men's *ECHO* office at the Wynne campus in Huntsville.

The ECHO editors in both locations look forward to growth in the publication.

"There's a lot of buzz and anticipation as we expand *The ECHO*'s capacity for serving 120,000-plus readers," Managing Editor Bambi Kiser said from Huntsville. "We've been excited for a long time about the possibility of creating a team in which women and men can guide this unique publication. By offering a synergy of talents, experiences and viewpoints, we are building a stronger team. That means enhanced coverage, more resident creativity, and a living, vibrant product for readers, whether they are enjoying the newspaper in print or on the tablets, or on the web, for outside stakeholders."

Kiser, who has worked with *The ECHO* in various

roles since the 1990s, is joined by new *ECHO* Assistant Manager Blair Dupre in Gatesville.

"Ms. Dupre brings a rock-solid professional background of editorial, managerial and journalistic writing experience," Kiser said. "She is selecting and preparing her crew in Gatesville for their roles. And as always, the new writers, graphic designers and artists will be gaining career skills for future endeavors and employment."

Dupre also looks forward to new dynamics in the creation of *The ECHO*. "The more perspectives that you are able to gather, the more information you are going to have — and the more opportunities the readers will have to learn more things," she said. "I'm excited to share my experience and help the women here at the Dr. Lane Murray campus."

Dupre expressed her gratitude for the support of TDCJ and Windham as she has worked to establish the new team.

"I couldn't have asked for a warmer welcome," Dupre said. "The support from TDCJ and Windham employees, on campus and across the district, has allowed and motivated me to get started as soon as possible. I know with this support we will be successful."

Editor's Note: The ECHO's newest writers and designers will be personally introduced in an upcoming issue as their new work and creations develop.

"There's a lot of buzz and anticipation as we expand *The ECHO*'s capacity for serving 120,000-plus readers. We've been excited for a long time about creating a team in which women and men can guide this unique publication.

By offering a synergy of talents, experiences and viewpoints, we are building a stronger team."

— Bambi Kiser, Managing Editor





Windham School District

Schools in the Texas Department of Criminal Justice

To: Windham Students: Past, Present and Future

From: Kristina J. Hartman, Ed.S.

Superintendent,

Windham School District

Date: September 10, 2025

SUBJECT: Family Educational Rights and Privacy Act (FERPA) Notification

The Family Educational Rights and Privacy Act requires that Windham School District (Windham), with certain exceptions, must obtain your written consent prior to disclosing personally identifiable information from your education records. However, Windham may disclose "directory information" without written consent, unless you have notified Windham within 30 days of the date of this memo, or during the reception process, that you do not want this information released. Directory information includes only

your name, TDCJ number, your contact address (which will be shared with verified employers only), and a list of programs that you have completed. This information may be helpful for current and future employers or court officials to assist in verification of a high school diploma or high school equivalency, career and technical education program completion, and job skills training participation. If you choose not to allow the release of your directory information, you must complete a Directory Information Restriction Form. You can obtain the form through your Windham campus.

Before Windham may disclose any specific education or job skill program information to someone other than the program participant, students must complete a Windham School District Records Request form. Specific education records are those that contain assessment scores, grades, program progress notes, or enrollment in programs not yet completed.

Contact your Windham campus for more information.

Do you want to be part of *The ECHO*? There are several ways of getting involved.

HELP SHAPE THE ECHO CONTENT

1. Showcase your artistic talent! Send in examples of your artwork to be shared and highlighted in the Art Expo issues.
2. Send in a delicious recipe for the Chow Hound section.
3. Need advice or want to give out some? Write advice columnist Dear Darby who is ready and willing to help with questions about relationships, daily concerns, general life and prison etiquette.

PERSONAL PERSPECTIVE:

Have you learned something in a class that you want to share with the rest of the readers? Are you getting closer to your reentry date and want to leave some parting words of wisdom? Send a copy of your submission to:

The ECHO
c/o Windham Admin. Bldg.
P.O. Box 40
Huntsville, TX 77342-0400

ATTENTION STAFF:

Do you spend your day repeatedly answering the same question? If there was something you wished the resident population understood better? Are you a facilitator of a graduating program or class? Contact Bambi.Kiser@wsdtx.org and share your idea or information with *The ECHO* readers throughout Texas.



What Art Means to Me



By Joshua P. Schnizer | Staff Artist/Writer

The beautiful world of art found me like fresh air finds a drowning man breaking the surface of the sea. Two weeks north of my tenth birthday, the fates conspired to snatch the snow globe I'd been living in from its shelf and shake it with apocalyptic enthusiasm. We buried my dad on a Tuesday, same as my grandpa five months earlier, and my grandma just after Easter.

With the contents of my world swirling all around me, introducing my tender mind to chaos, and my anguished heart to the cosmic comedy of life, I needed a safe distraction from falling debris. So, I ditched the secure confines of coloring books and got serious about sketching.

On rainy days, blank paper and stubby pencils became a fine reprieve from couch cushion forts and the tireless tedium of our wooden console television. I'd sit for hours drawing to the rhythm of a downpour. Soon the exterior of our refrigerator started to resemble an art gallery and magnets grew scarce.

What began as a diversion quickly evolved into a passion, one fueled by creativity as well as an obsession to

fine-tune my budding craft. I had found a positive means to heal.

Somewhere on one canvas or another, the scratching of graphite or crayon wax on the bone white surface of my drawing pad erased the sound of my father's voice and his laughter, and in place of nightmares, I now drew dreams. There's no safer place in the known universe than a child's imagination.

Art has been a great many things for me, in all the various seasons of life. It is so much more to me than a hobby or pastime. In times of loneliness, it has always been my closest friend. During periods of grief, art reminded me that life still holds immense beauty.

Without a doubt, being an artist has opened many doors to me through the years, has taken me on some fantastic adventures and has introduced me to a host of interesting people.

Art is not merely something I do; it's become a part of who I am. I can't imagine not creating art, so I plan to draw until I draw my final breath, because there is life creating and healing in art. €

“What began as a diversion quickly evolved into a passion, one fueled by creativity as well as an obsession to fine-tune my budding craft. I had found a positive means to heal.”

Performance Painter David Garibaldi Visits TDCJ With Fitness Guru Wife For Memorable, Inspiring Experience

By Joshua P. Schnizer | Staff Writer



David Garibaldi performs at the Wynne Unit.

Nearly six-feet square, an imposing black canvas in the front of the Wynne Unit chapel is suspended not on an easel, but on an aluminum folding ladder. The giant empty canvas attracts excited onlookers' stares, mirroring an aura of expectancy lingering in the crowd. Eager attendees wait to see what the man on stage, a man dressed all in black, including glasses without lenses, is about to do. He has performed with or opened for artists such as KISS, Carlos Santana, Snoop Dogg, Andrea Bocelli and others, and he is sometimes remembered for his appearance on "America's Got Talent." Yet today, he is honoring Change Agent graduates, mesmerizing his audience and sharing a message of hope for all.

The large chapel is still suspiciously quiet, even though its pews and aisles are nearly packed with residents and their families. They are joined by other guests and employees in attendance for a Change Agent graduation ceremony in Huntsville, Texas. An inspirational upbeat song from the chapel band and choir soon radiates from the speakers, and the man in black lifts his hand to the musicians like a paint-splattered conductor, urging them onward. There are theatrics to his opening movements: a momentary pause before he swoops down and snatches two flat-handled paintbrushes from a shallow cardboard box on his right. Several small cans of paint are also lined up on stage.

Ninja-quick, performance painter David Garibaldi loads paint on his brushes in each hand, and he begins to frantically, rhythmically smear pigment upon the waiting backdrop. Garibaldi seems to shadow dance to the tempo of the song, with his hands doing the work of two painters.

The audience is already into the performance and along for the ride. There isn't a face in the building not painted with a smile. Where the man in black goes with his body — footloose legs leaping, methodically-moving arms splashing bright splotches of colorful paint willy-nilly — everyone goes. At the side of the crowd, his wife watches, smiling at what is about to unfold. It is a good day for this California couple.

Earlier that morning, *The ECHO* sat down for a two-on-two interview with Garibaldi and his wife, fitness influencer Chady Garibaldi, to discuss creative inspiration, the importance of completing a goal, the benefits of helping others in need, and other topics.

***The ECHO* (E):** Can you tell us about how life experiences have influenced your art?

***David Garibaldi* (DG):** Yeah. My life experiences have influenced my art in the most surprising ways.

So, what I do is a performance painting that has various disciplines in it. My art is obviously music and dance, but I learned those skills separately, leading up to it — not knowing that at some point all these passions would collide. Growing up, I was always into art, always creating, I mean, on anything I can get my hands on, even doing graffiti as well. I thank my parents for this. They put me in music classes in third grade, and I learned how to play the trumpet early on. I really developed this love for classical and jazz music. As time went on, I found hip hop. I was like, this is way cooler than the trumpet. Later on in high school, I got into dance, but I didn't graduate. I was just struggling trying to find myself.

E: On your podcast, "The Paint Method," you mentioned that there's never a perfect time to start things, but today is a perfect time to start. So, let's start



Chady and David Garibaldi



Chady and David Garibaldi (left) share insights with *ECHO* staff writers Joshua Schnizer and Robert Morgan (right).

with discussing you getting your high school diploma after being a drop out. Why was that important to you?

DG: When I decided to finally go back and get my high school diploma, I was coming out of one of the hardest, darkest times in my life. I think when you're in a time like that, really all you have are moments that you decide like, "Okay, look, what can I take control of? What can I change myself?" I was taking inventory of my life. What is one thing that I can control and I can start today? That was this thing hanging over my head for so long, which was not being a high school graduate. I signed up shortly after. That was important to me. Not just taking a test to test out of it, but finishing the credits that I didn't do in high school and do them as an adult. Where I was in life, this was very challenging because I already have a busy career. I've got kids, a wife, a family — there's a lot going on, but what can I control? What can I do with the time that I have? It that was important to finish that.

E: Is there something about the act of completing a painting that kept you striving toward some of those other goals you may have left unsettled?

DG: I think it's not just the completion of the art that inspires me to keep going. It's mostly my dissatisfaction with the results. We can start and finish something, but then we look at our art, and we're like, that's not really what I envisioned. Sometimes we feel like we fail because we set this high standard in our minds of what our inspiration was, and then we fall short. Mmm-hmm. I look at the process of art: starting, completing, but also the next one, improving just a little bit more. I take a lot of mental notes about parts of the art that I really should and could work on better, and then I work on those specifically in the next one.

E: You have a company called Creator X which helps young people get involved with art. Can you tell us a little bit about that and how does working with students impact you and your family?

DG: So, Creator X was founded by myself and my art teacher from high school, and we were sitting thinking about a lot of the artists that go to these really expensive art schools. They have families that can pay for it, or they have the credit to get there. We didn't have that opportunity, so we just wanted to help students see what they could become by bringing in professionals from the industry that we know. It's putting them through this three-day course and coming out on the other side, knowing that this



Artist David Garibaldi's paint-splattered shoes

art could go somewhere. It's not fruitless.

Chady Garibaldi (CG): Just seeing first, your vision is everything. If you can't have that eagle's eye vision of what your future could be like, whether you're stuck or whether you're in a situation where you have an opportunity, it's all the same. You just have to visually see what you can do next and apply yourself. I think Creator X is such a great foundation. It's giving all of us an opportunity to see what it's like to be working with Dreamworks Pixar. And it gives them [participants] that opportunity to manifest something bigger than they've ever been able to. Sometimes people don't have that support system at home. I'm proud to see him do this. Also, we have a parallel story where he's in the arts and I'm in the wellness industry, so it works.

E: Yes, you're in the health and wellness industry, and you work with people who may be less inclined to exercise. What advice do you have for those people?

CG: I used to be overweight. I used to be over 200 pounds, and I had a lot of health issues. I've been able to achieve so much in the bodybuilding world and have platforms and magazine covers. It all stemmed from having a vision, and starting off with a vision board.



David Garibaldi's finished artwork

Honestly, you can use that vision board in any facet of your life, whether it's arts, fitness, relationships or financial manifestations. You have to see it, learn it and then become it.

E: What brought you here today to the Wynne Unit for the Change Agent graduation?

DG: Well, Damon West [author of "The Change Agent"] is a force of nature in so many different ways. I heard him on a podcast three years ago. It moved me so much, you know, because of what was possible. The power of what starts in your mind can become real in this world. It's the whole Coffee Bean concept. I'm proud of Damon, but also, I'm proud of every single student that has made the decision to say, "I'm not going to stay the same. I can see something different." These people have been given the tools through the Change Agent [program], but they're doing the work. That's why we're here. They're the inspiration for me (see story on page 5).

E: Art is a lot like storytelling when you're creating it. What story do you want to tell with your art?

DG: If you watch how the paintings come to life, you can really break it down. At the beginning, it's a big, dark black blank canvas, a vastness of nothing. It starts off with a small splatter of random stroke, here and there, and immediately you're like, where's this going? Then eventually, there's a moment where we all come together and we see what that image is, what this artist or creator intended for the audience to feel along the

way, that uncertainty — and then the payoff. All of our lives are all like this — that process. I guess this is the beautiful part about it. When you're done, just put a new, fresh blank canvas on and learn from the last. That's the paint method: passion, action, intent, and to teach my story or experience, on and off canvas. Then let's put a new, fresh canvas up. Let's take what we learned from this past experience and make it better the next time. That's it.

E: What does the future hold for prison outreach and rehabilitation for you guys as a couple?

CG: I think what gets people to make mistakes and feel stuck is not having the support system. If we can pour into others who don't have that support system, we want to do it. Start from the inside out or the outside in. It can manifest as something bigger than you could ever imagine.

DG: Let's start with this. Look around right now. We're having an interview. This is such a great step because these tools help other people who are incarcerated see their lives just a little different. I think the biggest part that would help anyone in life is the process of bringing people in to help them see a better version of themselves through their story, through what they've experienced, like Damon or me or Chady. Then I think the second part is more programs like the Change Agent, a framework that could help them from day one, step by step, and by

"Your vision is everything. If you can't have that eagle's eye vision of what your future could be like, whether you're stuck or whether you're in a situation where you have an opportunity, it's all the same. You just have to visually see what you can do next and apply yourself."

– Chady Garibaldi



David Garibaldi performs while painting a large portrait at the Wynne Unit.

the end, to feel and see a transformation.

E: Is there anything else that you would like to share with our readers?

DG: I just want to reemphasize a little bit about that paint method way of thinking about your life as a blank canvas. Maybe up until this point someone else has put the paint on there for you. If you can mentally and spiritually decide, we're gonna take that one off. We're gonna start with this new blank one. When you start doing this work, when you start envisioning and learning and going through whatever program you have access to, it will feel like that ugly phase of the art. It'll feel very uncertain. However, doing that and creating with the intent of change, at the end of this, you will have a masterpiece. Your painting will look completely different than the last one. I just want to keep encouraging the work that's being done now. Keep going because if you think today's beautiful and you think today's a lot better, start thinking years from now how beautiful it can be.

Three and a half minutes after the artist in the black clothes began feverishly flinging and spreading paint across the large blank backdrop in the chapel, he tosses his dripping brushes to the floor, plunges his hands into a few paint buckets and then flings fat drops of color across the painting. He almost looks like a

drummer smashing symbols at the crescendo of rock and roll song. Arms spread wide, artist Garibaldi snatches his masterpiece from its resting place, and with the suaveness of a magician swings the giant canvas first one way, then back the other. All the while he is rotating the upside-down image to its correct position before replacing it in its cradle. A collective gasp followed by an uproar of cheers and applause erupts. While the chapel band enters its final minute of its song, the artist smears and spatters the finishing touches on an extraordinary likeness of Christ, head bowed and crowned in thorns. The portrait is complete.

The performance and painting formed a memorable moment between audience and artist. The audience went on a brief but exciting journey with Garibaldi, and when the music faded, the clapping and cheering continued. Like the students who were gathered there to receive their certificates of completion, David Garibaldi started something. He brought the tools that he had for the job that needed to be done, and he took a blank canvas and transformed it into something beautiful. Not only that, he danced, smiled and sometimes sang while doing it. He was not concerned about his past mistakes, or terribly concerned with what the future might look like. He simply set out to achieve a goal, he did his best, and he had a blast doing it. €

Editor's Note: *The Garibaldis also brought encouragement the following day to the O'Daniel Unit in Gatesville. Fitness influencer Chady Garibaldi shared a health and fitness session with resident women, leading them in an onsite workout (see below).*



Chady Garibaldi leads participants through stretches during a special fitness session at the O'Daniel Unit. Photo from TDCJ social media.

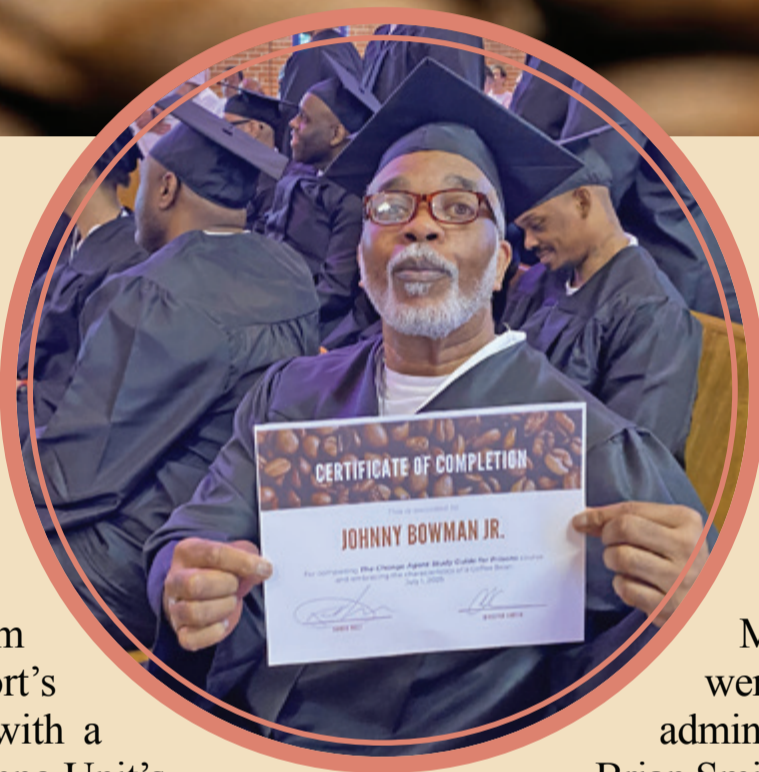
Change Agent Program Celebrates Graduation of New Coffee Beans

By Todd R. Carman | Staff Writer

“Your past does not define you; your future is yours to write,” said Rex Spain, co-author of the Change Agent curriculum and guest speaker.

The Change Agent program celebrated the 10th cohort’s completion of the curriculum with a graduation ceremony at the Wynne Unit’s Rockwell chapel. Thirty-one men graduated, bringing the Coffee Bean count in the Texas Department of Criminal Justice (TDCJ) to almost 300. An additional 30 men are part of Cohort 11, the incoming class.

In attendance were the graduates and their loved



ones, the incoming 11th cohort, Rex Spain, Change Agent author and program co-creator Damon West, parole board member Carmella Jones, Chaplaincy and Volunteer Services Division (CVSD) director Chris Carter and guest speaker and artist David Michael Garibaldi. Also present were a number of TDCJ staff and administrators, including Senior Warden Brian Smith.

“I believe in you,” said Damon West, addressing the graduates.

“Plant one seed,” added Carmella Jones, talking about having a positive impact on the environment. “And a Coffee Bean IS a seed!”



Guest speaker David Garibaldi (left) and his wife Chady join Change Agent graduates, residents and TDCJ officials to celebrate positive change.

Resident Reymundo Ramirez was chosen to be the spokesman of Cohort 10, and he encouraged fellow graduates to support each other in changing their surroundings for the better.

“I want to be a positive force to have a positive impact on my environment,” Ramirez said, “I am not alone in this struggle.”

The highlight of the graduation was guest speaker and performance artist David Michael Garibaldi (related article in this issue), who is also known as the upside-down artist. Garibaldi shared his life struggle as a graffiti-tagging high school dropout growing into a successful artist and high school equivalency completer — who raised more than \$9 million for charities this past year.

“What are you doing with your creativity?” Garibaldi said he asked himself after almost being arrested as a delinquent. He then passed that same question to the graduating class, encouraging them to use their talents to better the world around them. He also gave a brilliant performance of creating upside-down art, which earned him a standing ovation.

CVSD Director Carter closed the event, thanking all those working behind the scenes to make the Change Agent program possible.

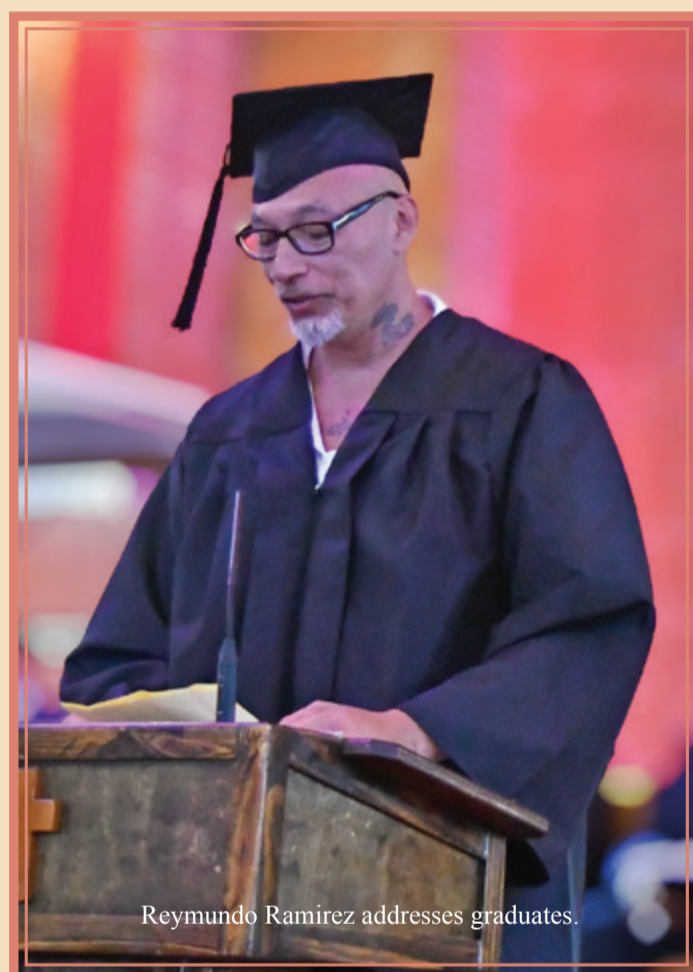
“You are the author of your own story — go write a best seller,” Carter told the graduates.

After the presentation of certificates, graduates enjoyed a luncheon provided by speaker West and visited with their loved ones.

The Cohort 10 graduates are: Tyler Adams, Charles Armstrong, Jordyn Barefield, Leon Maker, Johnny Bowman Jr., Mark Cantu, Lloyd Carter, Jose Cortez, Christopher Cuba, Chad Curry, Mateo Espinoza, John Galindo, Travis Griggs, Derrick Harvey, David Howell, Billy Johnson, Demarcus Johnson, Casey Linden, Mark Loomer, Jonathan Lucas, Joseph Mann, Clarence Martin, Karey McFarland, Lester Morris, Benjamin Neill, John Perez, Reymundo Ramirez, Mark Rodriguez, Michael Thompson and Rodrigo Zuniga. €



Damon West: Author of *The Change Agent*



Reymundo Ramirez addresses graduates.



Guest speaker David Garibaldi displays his work.



***Growing Better
Instead of
Growing Bitter***

By Misty Weaver | O' Daniel Unit

Being in the circumstances that I find myself in, I have a choice to make: grow better or grow bitter. I don't say, "Be better or be bitter" anymore, because I have learned that "being" something indicates an opinion about myself as a person, not an opinion about my behaviors and thoughts. Words are powerful.

I say that phrase a lot, but I didn't believe and I wasn't mindful of the words coming out of my mouth. Since the last months of 2024, I have been practicing affirmations with the Strength Through Restoration, Independence, Vision and Empowerment (STRIVE) ladies and have seen the fruits of them in both my thoughts and behaviors.

I have learned that my perspective is actually a filter that I look through that changes and can distort what I see and what I grow to believe. Another way of expressing this is: what is on my belief window? Does this sound familiar?

I recently read something that compared the filter through which I view myself to the air filter in the air conditioning unit at home. How often do you check or change that air filter? My dad taught me to check mine every 30 days. If I didn't, it got clogged with all the stuff in the air and didn't cool my house efficiently. Our own lives can happen that way. If we don't change and clean our filter, then we don't operate efficiently.

I challenge you to start over with a clean filter. Use your words to change your thoughts and beliefs, and speak life over yourself. In Proverbs 18:21, the Word tells us that life and death are in the power of the tongue.

In STRIVE, we speak affirmations over ourselves at the beginning of our class. We stand up, raise our voice, hold our head up and proclaim the affirmation boldly. We repeat the affirmations for 30 days before we choose another one. Begin your affirmation with the words, "I am..." and speak life over yourself. €

The Empty Chair

By Casey Torrence | Wainwright Unit



On September 23, 2018, I was involved in a single vehicle collision in which I collided with a sign in front of a flower shop called Faye's Flowers. Authorities estimated my truck was travelling between 100 and 120 miles per hour. I couldn't tell you the speed because I was asleep at the wheel after being awake for more than a week in the throes of a methamphetamine addiction.

Consciousness returned to me as I am crumpled inside the cab of my truck in a state of utter confusion. The pain had yet to replace the shock, but my body was screaming, "Something is wrong!" I was having extreme difficulty catching a full breath, and as I inhaled with everything I had, I suffered the same outcome as when you take a drink of something and it takes a wrong turn down the trachea instead of the esophagus. My body evicts the invader to my respiratory system with a spray of my own warm, sticky blood. That is when consciousness left me like a shadow in the shade.

When I awoke, I was walking through a clearing filled with knee-high grass and the occasional patch of wild flowers. The air is permeated with that smell that permanently lingers in areas close to water. My steps

led me onward to a house with an immense and beautiful lake, stretching as far as the eye can see behind it. I didn't recognize the house or the lake, but the setting felt like home with an undertow of apprehension enveloping the whole moment. I was drawn to the house like a moth to a flame.

As I set off a symphony of creaks and groans ascending the steps of the front porch, I couldn't shake the feeling of cautious familiarity that hung over me like predatory nostalgia. Upon entering the house, I immediately felt overwhelmed with a foreboding sense of finality. This must be the feeling of the condemned man as he approaches the gallows tree.

The interior of the house was typical of a lake house that has been in use for many years by someone who appreciates functionality over aesthetics. The front room was tidy and clean but exuded a maturity well beyond the age of the contents and furniture. My eyes dated the house 30 years old or so, but my soul felt an ageless presence. The magnetic pull I felt drew me to the kitchen where I found the occupants seated at the kitchen table which looked hand hewn from an ash tree.

Two men sat at the table on the same side looking at me with patient expectation, almost as if I had an appointment. The

“The man in white looked down to the book and turned the page, and I could see his eyes move from left to right several times. He looked up at me with a look that pierced me in a way that left me feeling eviscerated.”

men could have passed as twins, maybe not identical, but fraternal for sure. The only difference was how they had aged and how they were dressed. The man on the left was wearing a button-down flannel shirt that was a notch above threadbare, with a toothpick in his mouth. His hair and beard were colored with a mixture of salt and pepper. Coal and snow. Light and dark. Ash and bone. Something in my spirit was spewing signals of fight or flight, yet I remained still. It was as if I was being comforted by something I could not place, while simultaneously and inwardly sensing impending doom.

The man on the right was wearing a white button-down shirt with pearl snaps. The shirt looked well-worn but well cared for. His hair was snow white and flowed seamlessly to his beard of the same brilliant shade of white. I couldn't help but feel comfortably vulnerable in his paternal gaze. It was as if his eyes shrouded me in a protection I trusted infinitely.

In the hand of the man in white was a book. The book was leatherbound, well-made and well-thumbed. A single chair was opposite them and pulled out from the

table, suggesting I sit. Neither man said a word, but the silence was deafening. It was as if both of their energies were flowing through me, searching and inspecting the contents of my soul. The man in white spoke to the man in plaid in a language I knew, but I can't say how or from where. It wasn't English.

The man in white asked the man in plaid, “Do you want him?” The man in plaid picked the crevice to the right of his left incisor and responded with an expression mixed with equal parts mirth and malignance. “He'll do,” the man in plaid said.

The man in white looked down to the book and turned the page, and I could see his eyes move from left to right several times. He looked up at me with a look that pierced me in a way that left me feeling eviscerated. In a matter of seconds or years, it's too hard to gauge, every person I ever loved or hated passed through my mind's eye as if on a conveyor belt of memories. I was overcome with a feeling of yearning and shame. I began to feel panicked and I looked up to see the sympathetic, yet relieved expression on the man in white's face. He opened his mouth as if to speak and then closed the book.

My eyes then open, and I see my whole family around me in a hospital room. Some people are asleep, and some are pacing. All have puffy eyes or tear-stained cheeks. My sister sees me looking at her and screams, “He's awake!” I have been in a medically-induced coma for two weeks. Both of my kidneys and liver are lacerated. I suffered fractures to multiple ribs, and I have received several blood transfusions to purge the drugs. I had been cut out of my truck by the Jaws of Life and flown by helicopter more than 60 miles to Odessa Regional Medical Center.

As the nurses descend and fret over their patient like benevolent hens, my family hovers like vexing vultures. My inability to speak because of the breathing tube doesn't matter as I ruminate in reveries. All I can think about is the table set for three where the empty chair remains. My second chance begins. €

Up at the Camp

By Regan Gorneault | Stevenson Unit

I'm about six years old in the picture with my bangs cut straight across my face, and wearing a 70s-style polo shirt. "Not my best look," I think to myself. For now, it's the backdrop that brings me back to my favorite place before cell phones and bills. I think it was 1985.

Looking around the picture I see behind me the old open-hearth fireplace. The red bricks tower above three stories inside a beautiful A-frame cabin complete with deer heads above the mantle. It must be summer because there's no fire going. To the left of me is a most magnificently lit chandelier with spotted dogs chasing the Clydesdales who are pulling an old-fashioned beer wagon. Below that, an old hand-me-down TV sits on an even older 8-track stereo. You know the kind, more furniture than anything else. On the other side of me is the kitchen. Long after all the excitement and meals were done, the table became the place to play cards.

The Camp was in Northern Massachusetts right off the Blue Trail and just a stone's throw from Vermont. It is where we went every weekend growing up. It is the only



place on earth where the Thomey Brook and the Green River meet. It is so far from anywhere that we never needed a fishing license — or that is what I've been told.

It was a great family getaway. Especially when you consider it took almost two hours to get there. Twelve acres of the best land I have ever touched. It was a place where a young man could easily get caught up in mud so black and thick it will suck the shoes

“Then there's my family's yearly trip to Boston's Fenway Park, the oldest baseball park and the home of the best hot dogs — I don't care what Nathan says.”

and socks off him. He'd be left muddy and barefoot all the way home with so many leeches stuck on him that he believes they are mud, too. At least until he washes the "mud" off and it moves on its own.

It's the first place I shot a gun. The greatest gun ever, a wood-and-steel .22 caliber Smith & Wesson long rifle. A throwback from before I was born, a semi-automatic that had the rod under the barrel that you remove to load it.

Looking close on the wood handle were carved seven notches. Ten years before I was born, four families were put to the task of making what the man that sold them the land called "wasted property" into a weekend hideaway. It still has the power to take people's breath away: four cabins around a man-made pond fed by a brook cutting through the property.

Opening the scrapbook, I find so many

memories. For example, my parents and grandparents bowling every weekend. I can still smell the stale air and cigarette smoke of the bowling alley. I remember my big family gatherings for the holidays and the excuse to sleep over at my cousin's house.

Then there's my family's yearly trip to Boston's Fenway Park, the oldest baseball park and the home of the best hot dogs — I don't care what Nathan says. I can still feel the snap of biting into a red-hot Fenway Frank. During the weekend in the city, we would walk the Freedom Trail and eat at Quincy Market before heading home on the T-train.

There are pictures of us on the Cape. Honestly, I wish my mom would have written down where we were. The picture could be Long Island or Hammonasset Beach. Who knows? Some of my memories run together into one, but they



are all fond ones. Whatever we were doing, we were doing it as a family. There is one thing that will stick in my memory: Dad was always good at finding adventures, even if sometimes it was by accident. Once when we were in Boston, we were doing our usual tour when we stumbled upon a traveling exhibit about King Tut at the Boston's Children Museum. I'm glad Mom took a picture of that one or I would have forgotten it.

As far back as I can remember, my father took the family on a yearly vacation to challenge our imaginations. One year it was Gettysburg where we were late for the guided tour, but a man who was going on his break took us on a personal tour in our own car. Dad got lucky on that one. There were other trips, such as the ones to the Catskill Game Farm, or the weekend camping trip on a deserted island on Moosehead

Lake, Maine, where my uncle's 12-foot aluminum boat almost sank. Then there's the time we rode horses on the Blue Ridge Mountains. To this day, I believe that guide had a deer released just in front of us.

Here is the picture I have been searching for: I am cleaning a fish without a trace of a smile on my face. Normally, a fish this size would have been something to brag about. I was around 10 and just cocky enough to challenge the greatest fisherman ever. With more than a little pride in my voice, I dared Grandfather. After a long stare from him, I knew it was on.

We went out back and around the side of the shed where we broke ground and before long, we had filled a small can with nightcrawlers. Then I took my fishing pole, and Grandfather took just a hook and five feet of line walk, and we walked through the marshy back of the property. The trail



is wide with vegetation so dense on either side you couldn't see more than eight feet into the forest. We stopped at the fork in the trail for our usual treat of blackberries, but this is a fishing contest, not a blackberry eating contest, so we push on.

When we get to the end of the property, we descend down a deep ridge that drops into the valley below. I can still smell the fresh air. The water moves around rocks jutting into the stream. The place is earthy and alive. As we stop 10' feet from the river on an old rock wall, Grandfather begins to tie the hook onto the end of his line, and I watch impatiently. Finally, in his thick French-Canadian accent he says, "You go that way, and I'll go this way, and we will meet back at the cabin in two hours."

Without a second thought, I darted off with all the worms and headed north. I was missing all the usual spots Grandfather and Dad normally hit because I knew my prize was ahead of me and there was no reason to wait. I really thought I had the advantage, I knew the best fishing hole, and I had the only pole. I knew this place well. We called it the swimming hole. It was the only place deep enough to have a rope swing. This is where the biggest trout gathered in the summer. I even knew exactly how to approach it so the fish wouldn't see me coming. I gave the swimming hole my first worm, then quickly my second and third. Before long, I was fighting the tree above me to keep my fourth worm.

By this point, the fish have seen me and are heading for the faster moving current. Knowing that the fishing hole was done, I went downstream to where I should have started. If only I would have been patient at the beginning.

"As far back as I can remember, my father took the family on a yearly vacation to challenge our imaginations. One year it was Gettysburg where we were late for the guided tour, but a man who was going on his break took us on a personal tour in our own car."

After doubling back to where I was before I ran off to the swimming hole, I walked up to a spot on the river with a large rock sitting alone in the middle of the stream. I'd seen my father cast out to the far side of the rock where the water moves faster, so I did the same.

The worm landed exactly where I wanted. Pulling out some slack to allow the current to do its job and follow along the big rock just like my dad. Wouldn't you know it: I hooked a 10-inch trout within two minutes.

Before I knew it, my time was up. I was sure the beautiful rainbow trout was going to be the winner today. Not only did I want to win the prize for the biggest fish, but I wanted to be the first back to the cabin and win

twice, so I rushed back up the hill.

After what seemed like the fastest I had ever moved, I saw the clearing and the back of the cabin. Forgetting to take my shoes off and still holding all my equipment in my hands, I rushed to the kitchen to proclaim my victory. Grandfather was already at the sink cleaning his six fish, and two of them were bigger than mine. Right next to him was a tree branch with the line still tied to it. He must have turned over rocks to find more worms.

He had walked to the mouth of the creek and then fished his way back to the cabin. The creek was small enough to just reach out and drop a line. There was no need to cast. He had anticipated all of it before we started. He even knew he would be the first back to the cabin.

I went out front to the water to clean my one magnificent fish when someone took that picture. What a great memory. What a great time to be a kid, even if I did lose. €

ART EXPO

Want your craft shop goods featured in The ECHO? Request your unit's craft shop supervisor or the campus principal take a digital photo and email it to: Bambi.Kiser@wsdtx.org.

For regular artwork, send it to: The ECHO c/o Windham Admin. Bldg., P.O. Box 40, Huntsville, TX 77342-0040.

Drawing pads and/or illustration boards preferred. Half and quarter boards welcome. Artwork cannot be returned.

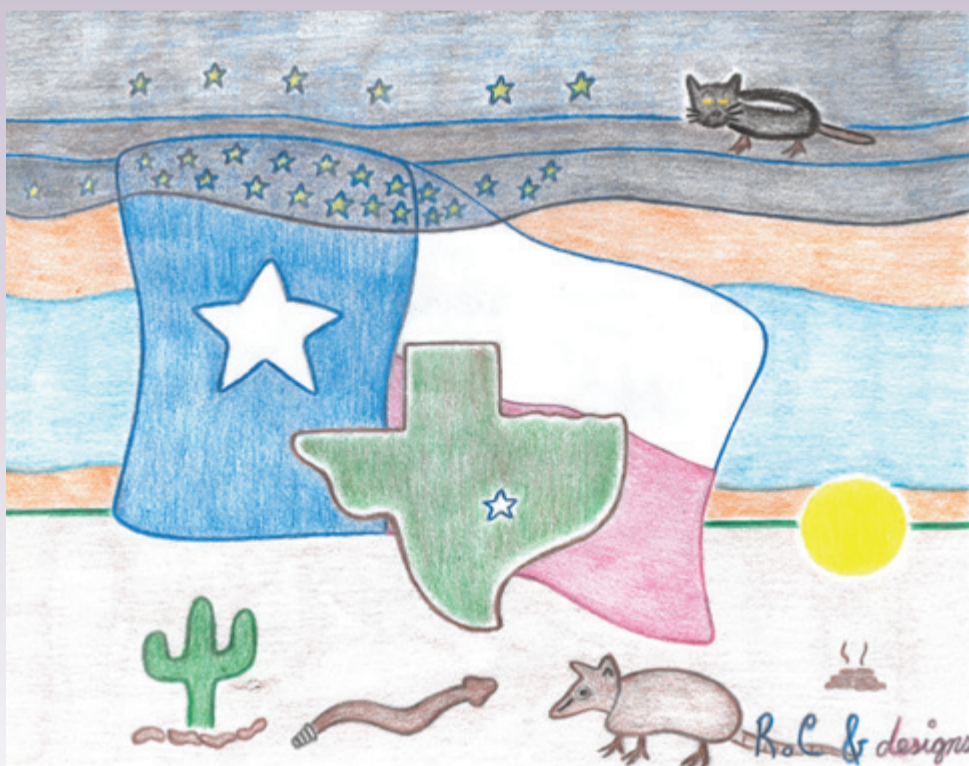


Queen Elizabeth II | Ray Grant
Graphite on Illustration Board | 15" x 20"
ECHO favorite from the past.

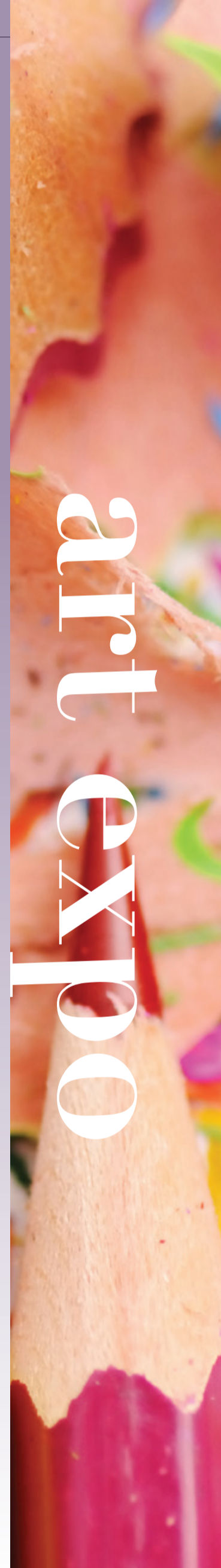
John Wayne | Charles Mayo
Graphite on Illustration Board | 15" x 20"



Willie | Robert Morgan
Graphite on Illustration Board | 11" x 14"



I Love Texas | Richard Cornholm
Color Pencil on Paper | 8.5" x 11"



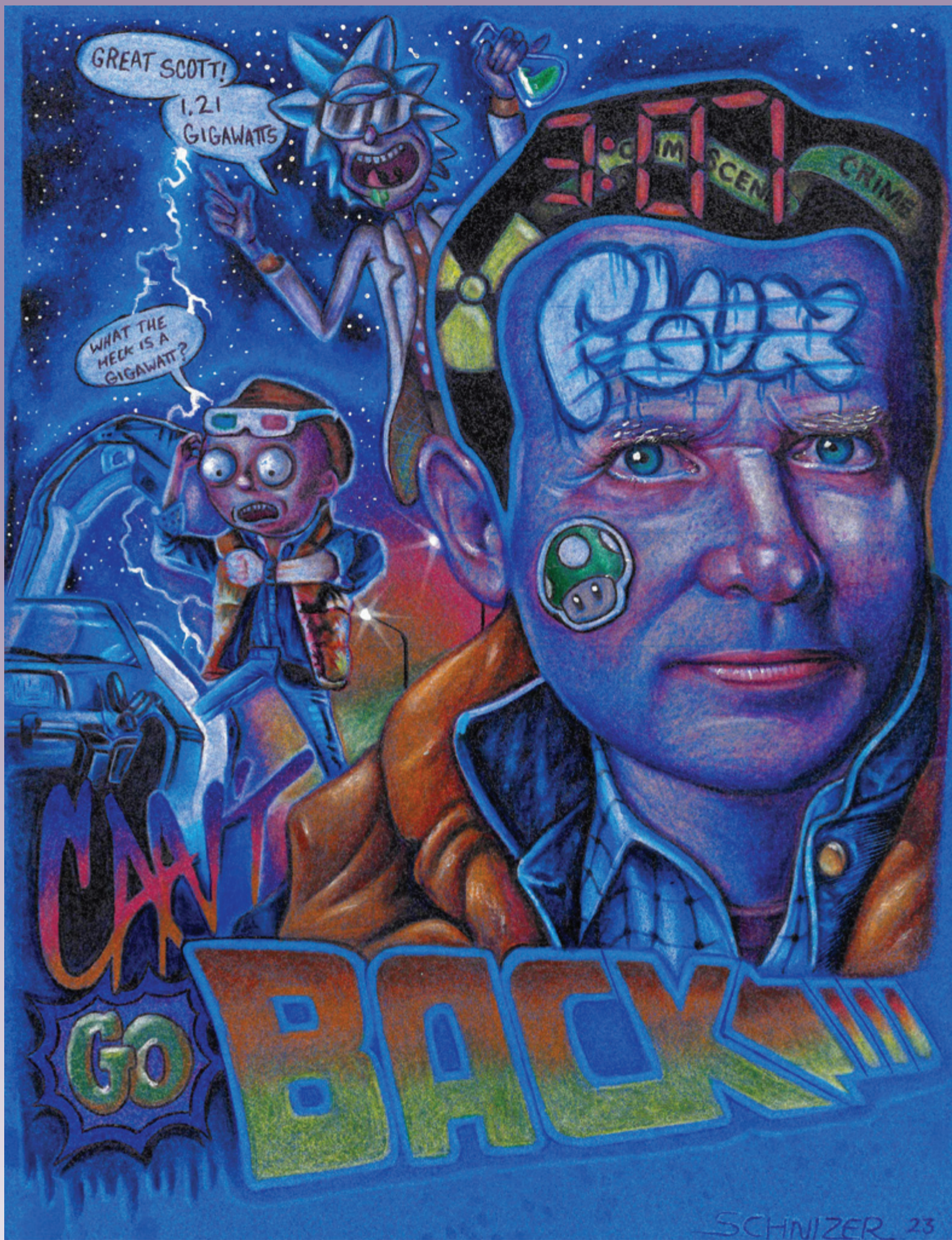
art expo

ART EXPO



Patrick Mahomes | Santiago Juarez
Color Pencil & Water Colors on Illustration
Board | 15" x 20"

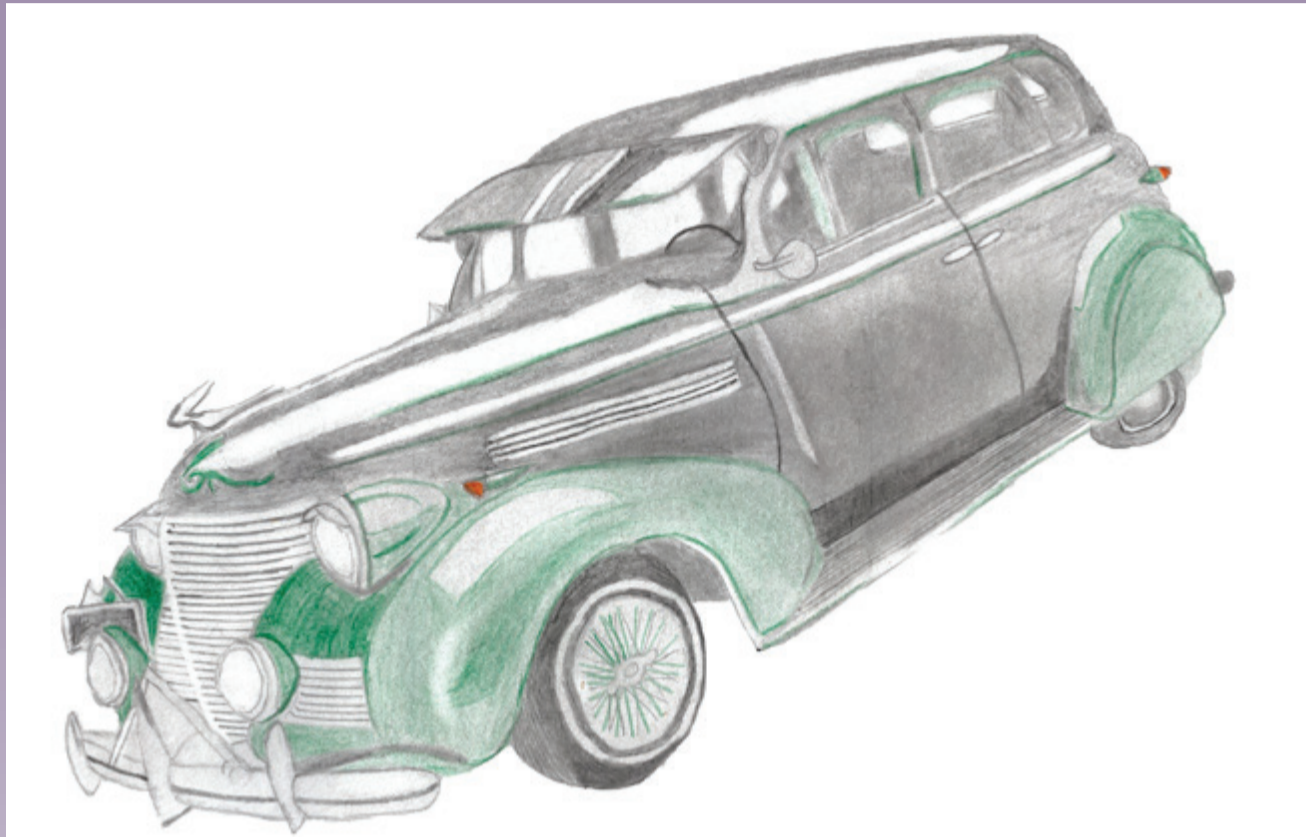
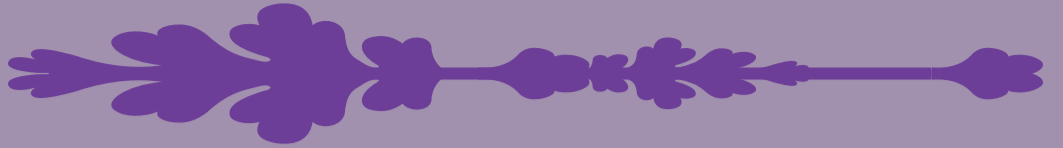
AWESOME



Back to the Future | J. P. Schnizer
Colored Pencils on Illustration Board | 8.5" x 11"

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ART EXPO



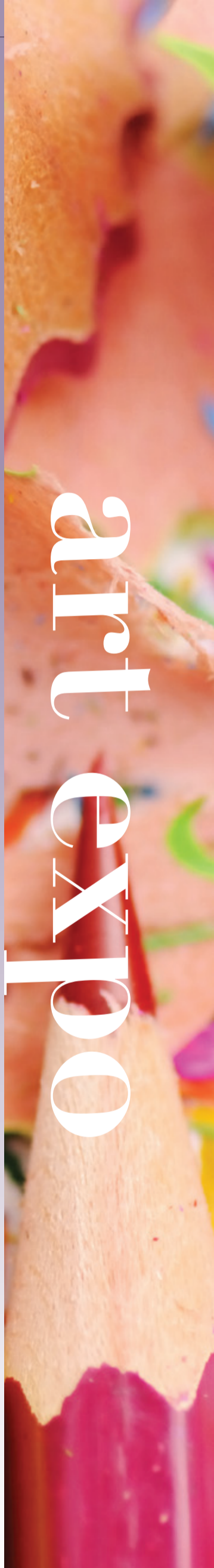
Green Fenders | Melvin Gooden
Color Pencil & Graphite Paper | 9" x 12"



Low Rider | Lance Gentry
Color Pencil on Paper | 8.5" x 11"



J. B. Mauny | Franco McNab
Ink on Paper | 8.5" x 11"



art expo



Sports View

This sports column represents the viewpoints of sports fan and sportswriter Will Hill, reflecting his opinions and observations. These opinions do not represent official opinions of TDCJ or of *The ECHO*. Enjoy them; respond to them. *The ECHO* welcomes your letters and input!

NFL Draft Review: Cowboys, Texans, Saints Rope in New Talent

By Will Hill | Staff Writer

The National Football League (NFL) annual draft is the lifeblood of every team. Big-name free agents and their hefty salaries steal all the headlines, but championship teams are built in the draft. In this article, I will provide a quick review of players the Dallas Cowboys, Houston Texans and New Orleans Saints selected in the 2025 Amateur Draft, as well as my grade for each team.

Dallas Cowboys (C)

1. (12) Tyler Booker, Offensive Lineman (OL), Alabama — A logical selection with the retirement of Zach Martin. Booker is one of those plug-and-play guys that a coaching staff loves.

2. (44) Donovan Ezeiruaku, Defensive End, Boston College — Ezeiruaku is a promising pass rusher who could benefit greatly from having Micah Parsons on the other side (if Jerry Jones ever signs Parsons. Don't get me started). Impressive stats for Ezeiruaku: 16½ sacks (2nd in Football Bowl Subdivision [FBS]) and 20 ½ Tackles For Losses (3rd most in FBS) in 2024.

3. (76) Shavon Revel Jr., Defensive Back (DB), East Carolina — Revel might be pressed into service quicker than expected with Trevon Diggs still recovering from a knee injury and the loss of Jourdan Lewis in free agency.

4. (149) Jaydon Blue, Running Back (RB), Texas — The team needed an upgrade at running back and Blue is that. He adds the dimension of speed the team lacked in 2024; although he is not an every down back.

5. (152) Shemar James, Linebacker, Florida — Long injury history, but is quick with a lot of energy when on the field. Can be fooled and made to look foolish. A strong pass rusher but doesn't always finish the job. A project at best.

6. (204) Ajani Cornelius, OL, Oregon — Can play either tackle or guard but figures to fit better inside. Not quick on his feet, which leads to having trouble against fast defenders. Strong hands but needs to work on technique. Another project.

7. (217) Jay Toia, Defensive Lineman (DL), UCLA — A player born to be a nose tackle. Quick off the snap and takes on double teams. Solely a one trick pony but a big one.

8. (239) Phil Mafah, RB, Clemson — Keep an eye on Mafah; the running back could be the sleeper of this draft class if his shoulder injury is healed. Excellent size and speed for the position but not a good receiver. Should impress with determination and willingness to compete for extra yards.

9. (247) Tommy Akingbesote, DL, Maryland — Prototypical size for this position. Has some mobility and uses his hands well. Needs to work on

“The National Football League (NFL) annual draft is the lifeblood of every team. Big-name free agents and their hefty salaries steal all the headlines, but championship teams are built in the draft.”

fundamentals, but if he makes the team could be interesting prospect.

Summary: The Cowboys filled some holes created by retirement and free agent defections. The team potentially got two starters on the offensive line and two complementary running backs. The rest of the picks will need to bide their time on special teams. The Cowboys are going to do what they usually do, make the postseason and bow out after the first playoff game.

Houston Texans (B)

1. (34) Jayden Higgins, Wide Receiver (WR), Iowa State The 6'4" receiver gives C.J. Stroud a big target in the passing game. Could help fill the void left by Stefon Diggs. Higgins is a human highlight reel with the ability to make spectacular catches. Excellent hands. Needs to improve his route running, especially since he is not a speed demon.

2. (48) Aireontae Ersery, OL, Minnesota — Was named the Big Ten Offensive Lineman of the Year in 2024. Ersery will probably start at right tackle this season, but he could be the long-term answer to protect quarterback C. J. Stroud's blindside in the future.

3. (79) Jaylin Noel, WR, Iowa State — Noel could be a slot receiver in some packages but he is probably slated to be the team's punt and kickoff returner. He is a threat to score every time he gets the ball in his hands.

4. (97) Jaylin Smith, DB, Southern California — Smith is a development prospect on defense, but should shine on special teams.

5. (116) Woody Marks, RB Southern California — Marks is an excellent receiver out of the backfield

with the ability to make defenders miss in the open field. However, the running back room is crowded with incumbents Joe Mixon and Dameon Pierce.

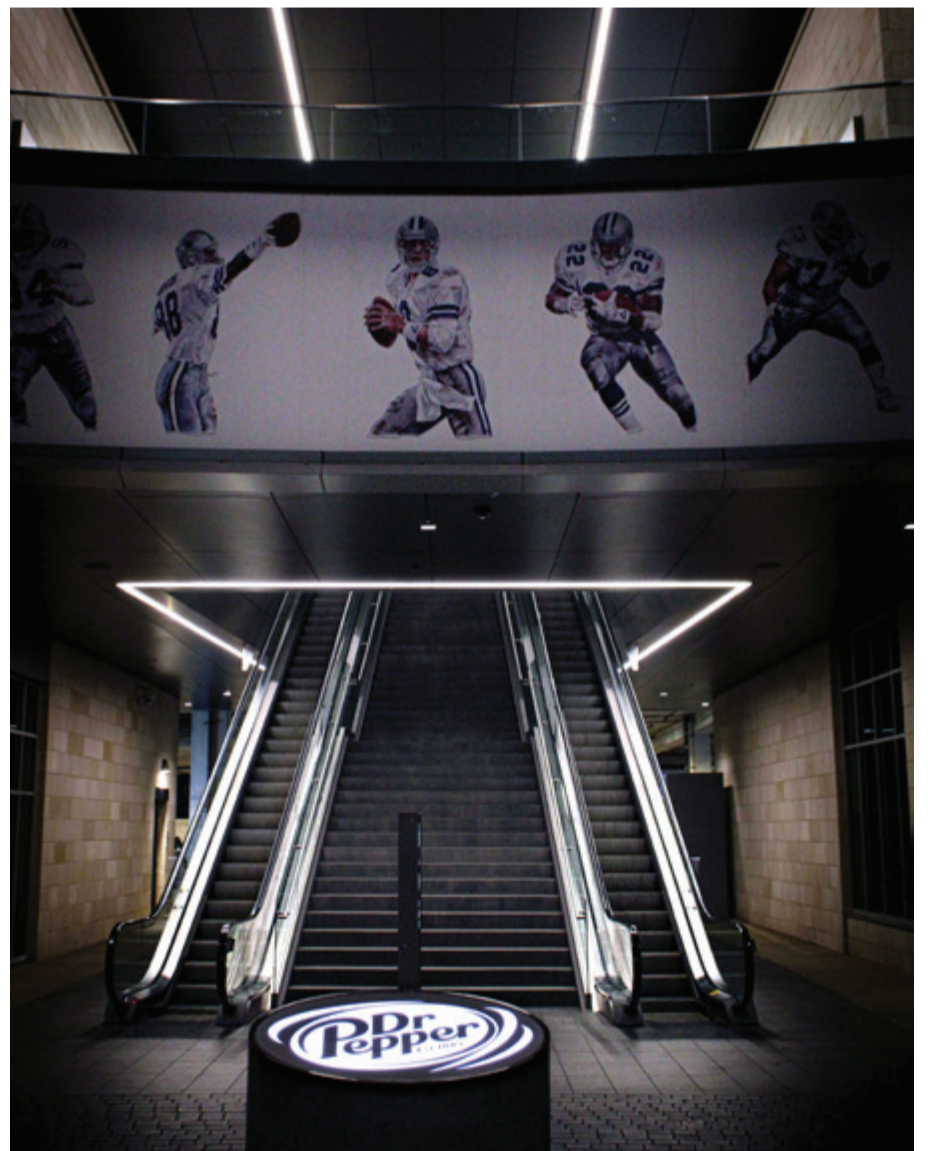
6. (187) Jaylen Reed, Safety, Penn State — Reed is the rawest of prospects. Needs a lot of time and coaching.

7. (197) Graham Mertz, Quarterback (QB), Florida — This pick had me scratching my head for days. Mertz was a four-year starter at Wisconsin before transferring to Florida and accomplished nothing at either school. Too cautious to make it in the NFL as a passer. Might be a coach someday, which is the best I can say about him.

8. (224) Kyonte Hamilton, DL, Rutgers —Has the size to plug holes in the middle of the defensive line, but that is all he will do. In college he was neutralized by one blocker too many times.

9. (255) Luke Lachey, Tight End (TE), Iowa — The son of former All-Pro offensive lineman Jim Lachey, which is his best attribute. Comes from a school that produced All-Pros George Kittle and T.J. Hockenson. Unfortunately, Lachey is no Kittle.

Summary: Decent draft but nothing spectacular. Higgins and Ersery should compete for starting roles, and Noel and Marks could see significant playing time. The rest should contribute on special teams this season and could develop into contributors. Houston should win their division again and perhaps make a decent run in the playoffs.



1. (9) Kelvin Banks Jr., OL, Texas — The 2024 Outland Trophy winner for best college offensive lineman allowed only two sacks for the Longhorns in nearly 1,100 pass block snaps over the past two college seasons. Banks could take over the left side shifting 2024 first round pick Taliese Fuaga to his more natural right side.

2. (40) Tyler Slough, QB, Louisville — Not your typical rookie quarterback with seven seasons of college football under his belt. He is adept at adapting to new situations having played in three different offensive systems for three different teams (Oregon, Texas Tech, and Louisville). Will probably enter the season as the starter after Derek Carr's retirement unless the team trades for a disgruntled veteran signal caller (Kirk Cousins?) or has a disappointing training camp.

3. (71) Vernon Broughton, DL, Texas c— The 6'5", 311 pounder adds size to the Saints' new 3-4 defense. He had four sacks and 39 tackles for the Longhorns in 2024, but was blocked by one opponent. Has the ability to dominate but too often fails to do so.

4. (93) Jonas Sanker, S, Virginia — Sanker has a motor that never stops. Reads the run well and gets to the ballcarrier in a hurry. Making the tackle is not always a sure thing. Decent hands for a defensive back. Versatile defender who could play nickel corner as well.

5. (112) Danny Stutsman, LB, Oklahoma — One of the few bright spots for Oklahoma in 2024. A tackling machine in college. Is best suited for the middle but can handle his own on the outside. Could work himself into playing time but will probably start on special teams.

6. (113) Quincy Riley, DB, Louisville — Has the size and speed to excel at cornerback. Excellent play recognition. His aggressiveness leads to guessing wrong but has the skills to recover. Must improve against the run.

7. (184) Devin Neal, RB, Kansas — A four-year starter at Kansas. Not fast by NFL standards but seems to find the holes in defenses. Solid hands out of the backfield but needs to work on pass protection.

**“The Cowboys
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8. (248) Moliki Matavao, TE, UCLA — Has NFL size and decent hands. Needs to improve on blocking.

9. (254) Fadil Diggs, DL, Syracuse — First four years were spent at Texas A&M before transferring to Syracuse. Takes too many plays off, but when he is focused, he can make plays. Needs a strong training camp to make team.

Summary: Other than Banks, there are no sure-fire starters in this draft class. Slough seems like a stopgap at best at the most important position on the field. The good news is that the 2026 draft class is projected to be deeper at quarterback. This team is destined to finish fourth in their division which sounds good until you realize there are only four teams in the division.

The 2025 NFL Amateur Draft produced a number of interesting storylines, including: Will Travis Hunter be able to play on both offense and defense in the pros like he did in college? Is Cam Ward the answer to the Tennessee Titans quarterback quandary? Can Shadeur Sanders escape from the shadow of his famous father, Deion Sanders, to carve out a career for himself? I don't know, but I am looking forward to watching the upcoming season and finding out. €



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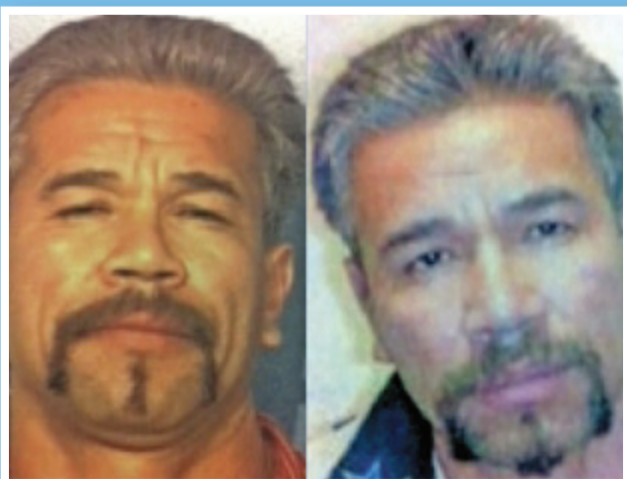
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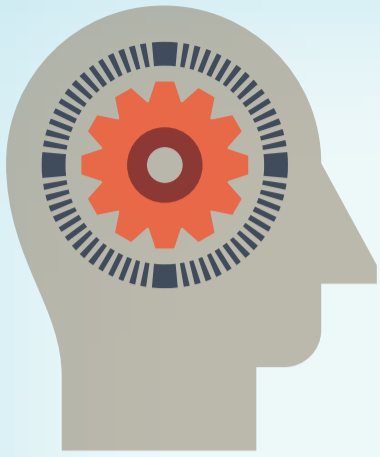


Missing Person

John Sanchez Salazar



John Sanchez Salazar was last seen leaving the hospital with two acquaintances in Abilene, Texas on Nov. 7, 2004. He has never been heard from again. Foul play is possible in his disappearance. Salazar was 40 years old at the time of his disappearance, 5'9", 170 lbs., black hair, and brown eyes. Salazar has tattoos on his chest, back and both arms. He may use the first name Juan. The family is offering a reward for information that helps bring him home. If you have any information concerning Salazar, please contact the TDCJ Crime Stoppers Office at P.O. Box 1855, Huntsville, TX 77340, or Abilene Crime Stoppers. TDCJ Crime Stoppers will pay \$50 up to \$1,000 for information leading to the arrest, filing of charges, or indictment of person or persons that committed a felony crime or is a wanted fugitive. Crime Stoppers guarantees your anonymity.



The ECHO Puzzles & MindBenders

What's the Missing Number?

Fill in the missing number from
this list of expressions and titles.

1. _____ *Minutes* (TV)
2. _____ minutes of fame
3. _____ Pennsylvania Avenue
4. _____ *Sunset Strip* (TV)
5. _____ wheel drive
6. _____ dollar question
7. _____ Heinz varieties
8. _____ finger discount
9. _____ keys on a piano
10. _____ *Arabian Nights*
11. _____ wheeler
12. _____ *The Steps*
13. _____ *Degrees of Separation*

Do the Math!

Do you remember the arithmetic
you learned in school? It's time
to exercise your math smarts by
solving these problems.

Put the following sets of numbers
in order from the smallest number
to the largest:

$$\frac{5}{8} \quad \frac{2}{6} \quad \frac{1}{2}$$

$$\frac{13}{4} \quad \frac{9}{2} \quad \frac{16}{8}$$

$$.05 \quad .1 \quad .75 \quad .15$$





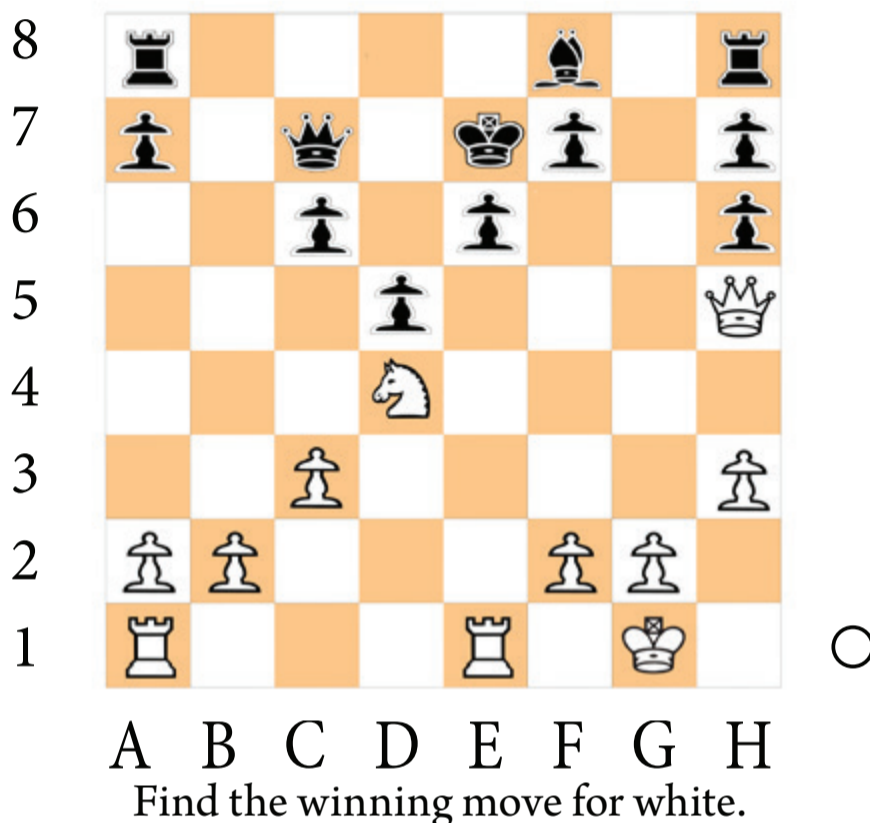
The goal of this exercise is to find the best first move, together with the subsequent moves, that lead to an advantage for the superior side. There is only one apparent best first move for this exercise. However, there may be several moves for the second and later moves that are equally as good. All of the choices are acceptable as solutions.

The game scores use standard algebraic notation. The following symbols are also used. The side to move on a diagram is denoted by a white or black circle on the side of the diagram.

Symbols

X	capture
+	check
#	checkmate
!	good move
!!	brilliant move
?	bad move
??	blunder
1-0	White wins the game
0-1	Black wins the game

Chess Tactics Exercises
from Tournament Games
by Sam Cicero 2017
<http://cicerochess.com>.



Frequently Asked Chess Questions:

What is castling and what are the advantages and disadvantages to using it depending on the situation?

Castling is a special move which involves moving two pieces: the king and one of the rooks. It is accomplished by moving the king along the first rank (or 8th rank for black) two squares toward the rook, and placing the rook on the square adjacent to the king attack on the other side. Thus, king side castling for white involves the king moving from e1 to g1 (e8 to g8 for black) and the rook moving from h1 to f1 (h8 to f8 for black). Similarly, for queen side castling the king moves from e1 to c1 (e8 to c8 for black) and the rook moves from a1 to d1 (a8 to d8 for black). The following rules restrict when a player is allowed to castle:

- The king and the rook involved in the castling move must both be on their original squares, and neither can have moved previously in the game.
- The king is not allowed to castle out of, into or

through check. That is, none of the squares e1, f1, or g1 (e8, f8, or g8 for black) can be under attack by an enemy piece during king side castling, or e1, d1 or c1 (e8, d8 or c8 for black) during queen-side castling.

Castling is a very useful strategic move, and it occurs in a majority of games by strong players. It accomplishes two important goals: it moves the king away from the center where it will be more difficult to attack, and it helps to bring the rooks to the center files where they can be effectively placed to support play in the center.

Some considerations about using castling effectively: it's best to avoid castling to a side where the pawn shield has been disrupted, as this will leave the king vulnerable to attack. Also, if your opponent has castled early on one wing, castling on the other wing usually leads to a double-edge game. So, if you're behind in development, this should be avoided. In this type of game, the player whose attack comes first usually wins.

Dog Eat Dog

The answer to each clue is a phrase or saying that contains the word DOG.

1. In trouble, especially with one's spouse.

2. A heavy downpour.

3. Everyone has success or good luck at some point in their lives.

4. Don't interfere in something that isn't causing a problem.

5. Only they go out "in the noonday sun".



Riddle Me This

Classic riddles like this one are easier to solve if you think outside the box.

When can six large people fit under one small umbrella and not get wet?

WACKY WORDY

The arrangement of the letters in the frame is a clue to the answer. For example, if the word *school* were placed high up in the frame, the answer would be *high school*. Or if the phrase *easy pieces* occurred five times in the frame, the answer would be *five easy pieces*.

OTHER FOOT



Puzzle Solutions

What's the Missing Number?

1. 60, 2. 15, 3. 1,600
4. 77, 5. 4, 6. 64,000
7. 57, 8. 5, 9. 88
10. 1,001, 11. 18
12. 39, 13. 6

Riddle Me This

When it's not raining.

Wacky Wordy

One foot after the other.

Dog Eat Dog

1. In the doghouse
2. Raining cats and dogs
3. Every dog has its day
4. Let sleeping dogs lie
5. Mad dogs and Englishmen

Double Trouble

1. Eye (eyeball, eyeglasses, eyelashes, eyewitness)
2. Hand (handshake, handcuff, handwriting, handsome)
3. Tooth (toothpaste, toothpick, toothbrush)
4. Finger (fingernail, fingerprint, fingertip)
5. Hair (haircut, hairdo, hairdresser)
6. Foot (football, footstool, footnote, footlocker)
7. Heart (heartache, heartbeat, heartburn)
8. Brain (brainstorm, brainwash, brainteaser, brainchild)
9. Head (headlights, headquarters, headlock, headphones)
10. Back (background, backstroke, backfire, backdrop)
11. Arm (armpit, armchair, armrest)
12. Neck (neckline, necktie, necklace)
13. Thumb (thumbscrew, thumbtack, thumbnail)

Do The Math!

Smallest number to largest)

$\frac{2}{6}$ $\frac{1}{2}$ $\frac{5}{8}$ (The lowest common denominator is 24.
 $\frac{8}{24}$ $\frac{12}{24}$ $\frac{15}{24}$)

$\frac{16}{8}$ $\frac{13}{4}$ $\frac{9}{2}$ (Convert each = improper fraction to a compound fraction.

$\frac{16}{8}=2$, $\frac{13}{4}=3\frac{1}{4}$, and $\frac{9}{2}=4\frac{1}{2}$)

.1 is the same as .10. When you add the zero, it then

becomes obvious that the order from smallest to largest is .05, .10, .15, and .75.

You can also think about this as fractions of a dollar or pennies.



CHESS Solution

Answer: 1.Qh4+.

1.Qh4+ Kd7

Other king moves lead to similar continuations to the game.

2.Qf6! Be7

White also wins after 2 ... Bd6

3.Nxe6! Qb7 (3 ... fxe6 4.Qxe6+ Kd8 5.Qf6+ Kc8 6.Qxh8+-)

4.Nd4 Rad8 5.c4 dxc4 6.Nf5! Bb4

7.Re4 Qb6 8.Rc l+-, since Black has too many weaknesses to survive.

3.Qxf7 e5

3 ... Kc8 4.Qxe6+ Kb7 5.Qxe7 c5

6.Qe2 Rac8 7.Ne6 Qc6 8.Radl Ka8

9.Qe5 d4 10.cxd4 cxd4 11.Rcl!+is no better.

4.Qe6+ 1-0

White has a winning attack after

4 ... Ke8 (4 ... Kd8 leads to a

lengthy mate) 5.Rxe5 Rd8 6.Rael

Rd7 7.Qxh6 Qd6 8.Re6+-.

Game reference: Florencio (2066)

- Nikolic (1823), Sao Paulo, 2016.



NFL 2025 SEASON TEAM SCHEDULES

Home games are
in ALL CAPS

DALLAS COWBOYS

Sept. 4	at Philadelphia	7:20 p.m.	NBC
Sept. 14	N.Y. GIANTS	12:00 p.m.	FOX
Sept. 21	at Chicago	3:25 p.m.	FOX
Sept. 28	GREEN BAY	7:20 p.m.	NBC
Oct. 5	at N.Y. Jets	12:00 p.m.	FOX
Oct. 12	at Carolina	12:00 p.m.	FOX
Oct. 19	WASHINGTON	3:25 p.m.	FOX
Oct. 26	at Denver	3:25 p.m.	CBS
Nov. 3	ARIZONA	7:15 p.m.	ABC/ESPN
Nov. 9	BYE		
Nov. 17	at Las Vegas	7:15 p.m.	ABC/ESPN
Nov. 23	PHILADELPHIA	3:25 p.m.	FOX
Nov. 27	KANSAS CITY	3:30 p.m.	CBS
Dec. 4	at Detroit	7:15 p.m.	PRIME
Dec. 14	MINNESOTA	7:20 p.m.	NBC
Dec. 21	L.A. CHARGERS	12:00 p.m.	FOX
Dec. 25	at Washington	12:00 p.m.	NETFLIX
TBD	at N.Y. Giants	TBD	TBD

HOUSTON TEXANS

Sept. 7	at L.A. Rams	3:25 p.m.	CBS
Sept. 15	TAMPA BAY	6:00 p.m.	ABC
Sept. 21	at Jacksonville	12:00 p.m.	CBS
Sept. 28	TENNESSEE	12:00 p.m.	CBS
Oct. 5	at Baltimore	12:00 p.m.	CBS
Oct. 12	BYE		
Oct. 20	at Seattle	9:00 p.m.	ESPN+
Oct. 26	SAN FRANCISCO	12:00 p.m.	FOX
Nov. 2	DENVER	12:00 p.m.	FOX
Nov. 9	JACKSONVILLE	12:00 p.m.	CBS
Nov. 16	at Tennessee	12:00 p.m.	FOX
Nov. 20	BUFFALO	7:15 p.m.	PRIME
Nov. 30	at Indianapolis	12:00 p.m.	CBS
Dec. 7	at Kansas City	7:20 p.m.	NBC
Dec. 14	ARIZONA	12:00 p.m.	FOX
Dec. 21	LAS VEGAS	3:25 p.m.	CBS
TBD	at L.A. Chargers	TBD	TBD
TBD	INDIANAPOLIS	TBD	TBD

ARIZONA CARDINALS

Sept. 7	at New Orleans	12:00 p.m.
Sept. 14	CAROLINA	3:05 p.m.
Sept. 21	at San Francisco	3:25 p.m.
Sept. 25	SEATTLE	7:15 p.m.
Oct. 5	TENNESSEE	3:05 p.m.
Oct. 12	at Indianapolis	12:00 p.m.
Oct. 19	GREEN BAY	3:25 p.m.
Oct. 26	BYE	
Nov. 3	at Dallas	7:15 p.m.
Nov. 9	at Seattle	3:05 p.m.
Nov. 16	SAN FRANCISCO	3:05 p.m.
Nov. 23	JACKSONVILLE	3:05 p.m.
Nov. 30	at Tampa Bay	12:00 p.m.
Dec. 7	L.A. RAMS	3:25 p.m.
Dec. 14	at Houston	12:00 p.m.
Dec. 21	ATLANTA	3:05 p.m.
TBD	at Cincinnati	TBD
TBD	at L.A. Rams	TBD

ATLANTA FALCONS

Sept. 7	TAMPA BAY	12:00 p.m.
Sept. 14	at Minnesota	7:20 p.m.
Sept. 21	at Carolina	12:00 p.m.
Sept. 28	WASHINGTON	12:00 p.m.
Oct. 5	BYE	
Oct. 13	BUFFALO	6:15 p.m.
Oct. 19	at San Francisco	7:20 p.m.
Oct. 26	MIAMI	12:00 p.m.
Nov. 2	at New England	12:00 p.m.
Nov. 9	Indianapolis	8:30 a.m.
Nov. 16	CAROLINA	12:00 p.m.
Nov. 23	at New Orleans	3:25 p.m.
Nov. 30	at N.Y. Jets	12:00 p.m.
Dec. 7	SEATTLE	12:00 p.m.
Dec. 11	at Tampa Bay	7:15 p.m.
Dec. 21	at Arizona	3:05 p.m.
Dec. 29	L.A. RAMS	7:15 p.m.
TBD	NEW ORLEANS	TBD

BALTIMORE RAVENS

Sept. 7	at Buffalo	7:20 p.m.
Sept. 14	CLEVELAND	12:00 p.m.
Sept. 22	DETROIT	7:15 p.m.
Sept. 28	at Kansas City	3:25 p.m.
Oct. 5	HOUSTON	12:00 p.m.
Oct. 12	L.A. RAMS	12:00 p.m.
Oct. 19	BYE	
Oct. 26	CHICAGO	12:00 p.m.
Oct. 30	at Miami	7:15 p.m.
Nov. 9	at Minnesota	12:00 p.m.
Nov. 16	at Cleveland	3:25 p.m.
Nov. 23	N.Y. JETS	12:00 p.m.
Nov. 27	CINCINNATI	7:20 p.m.
Dec. 7	PITTSBURGH	12:00 p.m.
Dec. 14	at Cincinnati	12:00 p.m.
Dec. 21	NEW ENGLAND	12:00 p.m.
TBD	at Green Bay	TBD
TBD	at Pittsburgh	TBD

BUFFALO BILLS

Sept. 7	BALTIMORE	7:20 p.m.
Sept. 14	at N.Y. Jets	12:00 p.m.
Sept. 18	MIAMI	7:15 p.m.
Sept. 28	NEW ORLEANS	12:00 p.m.
Oct. 5	NEW ENGLAND	7:20 p.m.
Oct. 13	at Atlanta	6:15
Oct. 19	BYE	
Oct. 26	at Carolina	12:00 p.m.
Nov. 2	KANSAS CITY	3:25 p.m.
Nov. 9	at Miami	12:00 p.m.
Nov. 16	TAMPA BAY	12:00 p.m.
Nov. 20	at Houston	7:15 p.m.
Nov. 30	at Pittsburgh	3:25 p.m.
Dec. 7	CINCINNATI	3:25 p.m.
Dec. 14	at New England	12:00 p.m.
Dec. 21	at Cleveland	12:00 p.m.
Dec. 28	PHILADELPHIA	3:25 p.m.
TBD	N.Y. JETS	TBD

CAROLINA PANTHERS

Sept. 7	at Jacksonville	12:00 p.m.
Sept. 14	at Arizona	3:05 p.m.
Sept. 21	ATLANTA	12:00 p.m.
Sept. 28	at New England	12:00 p.m.
Oct. 5	MIAMI	12:00 p.m.
Oct. 12	DALLAS	12:00 p.m.
Oct. 19	at N.Y. Jets	12:00 p.m.
Oct. 26	BUFFALO	12:00 p.m.
Nov. 2	at Green Bay	12:00 p.m.
Nov. 9	NEW ORLEANS	12:00 p.m.
Nov. 16	at Atlanta	12:00 p.m.
Nov. 24	at San Francisco	7:15 p.m.
Nov. 30	L.A. RAMS	12:00 p.m.
Dec. 7	BYE	
Dec. 14	at New Orleans	3:25 p.m.
Dec. 21	TAMPA BAY	12:00 p.m.
TBD	SEATTLE	TBD
TBD	at Tampa Bay	TBD

CHICAGO BEARS

Sept.8	MINNESOTA	7:15 p.m.
Sept. 14	at Detroit	12:00 p.m.
Sept. 21	DALLAS	3:25 p.m.
Sept. 28	at Las Vegas	3:25 p.m.
Oct. 5	BYE	
Oct. 13	at Washington	7:15 p.m.
Oct. 19	NEW ORLEANS	12:00 p.m.
Oct. 26	at Baltimore	12:00 p.m.
Nov. 2	at Cincinnati	12:00 p.m.
Nov. 9	N.Y. GIANTS	12:00 p.m.
Nov. 16	at Minnesota	12:00 p.m.
Nov. 23	PITTSBURGH	12:00 p.m.
Nov. 28	at Philadelphia	2:00
Dec. 7	at Green Bay	12:00 p.m.
Dec. 14	CLEVELAND	12:00 p.m.
Dec. 20	GREEN BAY	TBD
Dec. 28	at San Francisco	7:20 p.m.
TBD	DETROIT	TBD

CINCINNATI BENGALS

Sept. 7	at Cleveland	12:00 p.m.
Sept. 14	JACKSONVILLE	12:00 p.m.
Sept. 21	at Minnesota	12:00 p.m.
Sept. 29	at Denver	7:15 p.m.
Oct. 5	DETROIT	3:25 p.m.
Oct. 12	at Green Bay	3:25 p.m.
Oct. 16	PITTSBURGH	7:15 p.m.
Oct. 26	N.Y. JETS	12:00 p.m.
Nov. 2	CHICAGO	12:00 p.m.
Nov. 9	BYE	
Nov. 16	at Pittsburgh	12:00 p.m.
Nov. 23	NEW ENGLAND	12:00 p.m.
Nov. 27	at Baltimore	7:20 p.m.
Dec. 7	at Buffalo	3:25 p.m.
Dec. 14	BALTIMORE	12:00 p.m.
Dec. 21	at Miami	7:20 p.m.
TBD	ARIZONA	TBD
TBD	CLEVELAND	TBD



CLEVELAND BROWNS

Sept. 7	CINCINNATI	12:00 p.m.
Sept. 14	at Baltimore	12:00 p.m.
Sept. 21	GREEN BAY	12:00 p.m.
Sept. 28	at Detroit	12:00 p.m.
Oct. 5	Minnesota	8:30 a.m.
Oct. 12	at Pittsburgh	12:00 p.m.
Oct. 19	MIAMI	12:00 p.m.
Oct. 26	at New England	12:00 p.m.
Nov. 2	BYE	
Nov. 9	at N.Y. Jets	12:00 p.m.
Nov. 16	BALTIMORE	3:25 p.m.
Nov. 23	at Las Vegas	3:05 p.m.
Nov. 30	SAN FRANCISCO	12:00 p.m.
Dec. 7	TENNESSEE	12:00 p.m.
Dec. 14	at Chicago	12:00 p.m.
Dec. 21	BUFFALO	12:00 p.m.
Dec. 28	PITTSBURGH	12:00 p.m.
TBD	at Cincinnati	TBD

DENVER BRONCOS

Sept. 7	TENNESSEE	3:05 p.m.
Sept. 14	at Indianapolis	3:05 p.m.
Sept. 21	at L.A. Chargers	3:05 p.m.
Sept. 29	CINCINNATI	7:15 p.m.
Oct. 5	at Philadelphia	12:00 p.m.
Oct. 12	N.Y. Jets	8:30 a.m.
Oct. 19	N.Y. GIANTS	3:05 p.m.
Oct. 26	DALLAS	3:25 p.m.
Nov. 2	at Houston	12:00 p.m.
Nov. 6	LAS VEGAS	7:15 p.m.
Nov. 16	KANSAS CITY	3:25 p.m.
Nov. 23	BYE	
Nov. 30	at Washington	7:20 p.m.
Dec. 7	at Las Vegas	3:05 p.m.
Dec. 14	GREEN BAY	3:25 p.m.
Dec. 21	JACKSONVILLE	3:05 p.m.
Dec. 25	at Kansas City	7:15 p.m.
TBD	L.A. CHARGERS	TBD

DETROIT LIONS

Sept. 7	at Green Bay	3:25 p.m.
Sept. 14	CHICAGO	12:00 p.m.
Sept. 22	at Baltimore	7:15 p.m.
Sept. 28	CLEVELAND	12:00 p.m.
Oct. 5	at Cincinnati	3:25 p.m.
Oct. 12	at Kansas City	7:20 p.m.
Oct. 20	TAMPA BAY	6:00 p.m.
Oct. 26	BYE	
Nov. 2	MINNESOTA	12:00 p.m.
Nov. 9	at Washington	3:25 p.m.
Nov. 16	at Philadelphia	7:20 p.m.
Nov. 23	N.Y. GIANTS	12:00 p.m.
Nov. 27	GREEN BAY	12:00 p.m.
Dec. 4	DALLAS	7:15 p.m.
Dec. 14	at L.A. Rams	3:25 p.m.
Dec. 21	PITTSBURGH	3:25 p.m.
Dec. 25	at Minnesota	3:30
TBD	at Chicago	TBD

GREEN BAY PACKERS

Sept. 7	DETROIT	3:25 p.m.
Sept. 11	WASHINGTON	7:15 p.m.
Sept. 21	at Cleveland	12:00 p.m.
Sept. 28	at Dallas	7:20 p.m.
Oct. 5	BYE	
Oct. 12	CINCINNATI	3:25 p.m.
Oct. 19	at Arizona	3:25 p.m.
Oct. 26	at Pittsburgh	7:20 p.m.
Nov. 2	CAROLINA	12:00 p.m.
Nov. 10	PHILADELPHIA	7:15 p.m.
Nov. 16	at N.Y. Giants	12:00 p.m.
Nov. 23	MINNESOTA	12:00 p.m.
Nov. 27	at Detroit	12:00 p.m.
Dec. 7	CHICAGO	12:00 p.m.
Dec. 14	at Denver	3:25 p.m.
Dec. 20	at Chicago	TBD
TBD	BALTIMORE	TBD
TBD	at Minnesota	TBD

INDIANAPOLIS COLTS

Sept. 7	MIAMI	12:00 p.m.
Sept. 14	DENVER	3:05 p.m.
Sept. 21	at Tennessee	12:00 p.m.
Sept. 28	at L.A. Rams	3:05 p.m.
Oct. 5	LAS VEGAS	12:00 p.m.
Oct. 12	ARIZONA	12:00 p.m.
Oct. 19	at L.A. Chargers	3:05 p.m.
Oct. 26	TENNESSEE	3:25 p.m.
Nov. 2	at Pittsburgh	12:00 p.m.
Nov. 9	Atlanta	8:30 a.m.
Nov. 16	BYE	
Nov. 23	at Kansas City	12:00 p.m.
Nov. 30	HOUSTON	12:00 p.m.
Dec. 7	at Jacksonville	12:00 p.m.
Dec. 14	at Seattle	3:25 p.m.
Dec. 22	SAN FRANCISCO	7:15 p.m.
Dec. 28	JACKSONVILLE	12:00 p.m.
TBD	at Houston	TBD

JACKSONVILLE JAGUARS

Sept. 7	CAROLINA	12:00 p.m.
SEPT. 14	at Cincinnati	12:00 p.m.
Sept. 21	HOUSTON	12:00 p.m.
Sept. 28	at San Francisco	3:05 p.m.
Oct. 6	KANSAS CITY	7:15 p.m.
Oct. 12	SEATTLE	12:00 p.m.
Oct. 19	L.A. Rams	8:30 a.m.
Oct. 26	BYE	
Nov. 2	at Las Vegas	3:05 p.m.
Nov. 9	at Houston	12:00 p.m.
Nov. 16	L.A. CHARGERS	12:00 p.m.
Nov. 23	at Arizona	3:05 p.m.
Nov. 30	at Tennessee	12:00 p.m.
Dec. 7	INDIANAPOLIS	12:00 p.m.
Dec. 14	N.Y. JETS	12:00 p.m.
Dec. 21	at Denver	3:05 p.m.
Dec. 28	at Indianapolis	12:00 p.m.
TBD	TENNESSEE	TBD

KANSAS CITY CHIEFS

Sept. 5	L.A. Chargers	7:00 p.m.
Sept. 14	PHILADELPHIA	3:25 p.m.
Sept. 21	at N.Y. Giants	7:20 p.m.
Sept. 28	BALTIMORE	3:25 p.m.
Oct. 6	at Jacksonville	7:15 p.m.
Oct. 12	DETROIT	7:20 p.m.
Oct. 19	LAS VEGAS	12:00 p.m.
Oct. 27	WASHINGTON	7:15 p.m.
Nov. 2	at Buffalo	3:25 p.m.
Nov. 9	BYE	
Nov. 16	at Denver	3:25 p.m.
Nov. 23	INDIANAPOLIS	12:00 p.m.
Nov. 27	at Dallas	3:30 p.m.
Dec. 7	HOUSTON	7:20 p.m.
Dec. 14	L.A. CHARGERS	12:00 p.m.
Dec. 21	at Tennessee	12:00 p.m.
Dec. 25	DENVER	7:15 p.m.
TBD	at Las Vegas	TBD

LAS VEGAS RAIDERS

Sept. 7	at New England	12:00 p.m.
Sept. 15	L.A. CHARGERS	9:00 p.m.
Sept. 21	at Washington	12:00 p.m.
Sept. 28	CHICAGO	3:25 p.m.
Oct. 5	at Indianapolis	12:00 p.m.
Oct. 12	TENNESSEE	3:05 p.m.
Oct. 19	at Kansas City	12:00 p.m.
Oct. 26	BYE	
Nov. 2	JACKSONVILLE	3:05 p.m.
Nov. 6	at Denver	7:15 p.m.
Nov. 17	DALLAS	7:15 p.m.
Nov. 23	CLEVELAND	3:05 p.m.
Nov. 30	at L.A. Chargers	3:25 p.m.
Dec. 7	DENVER	3:05 p.m.
Dec. 14	at Philadelphia	12:00 p.m.
Dec. 21	at Houston	3:25 p.m.
TBD	N.Y. GIANTS	TBD
TBD	KANSAS CITY	TBD

LOS ANGELES CHARGERS

Sept. 5	Kansas City	7:00 p.m.
Sept. 15	at Las Vegas	9:00 p.m.
Sept. 21	DENVER	3:05 p.m.
Sept. 28	at N.Y. Giants	12:00 p.m.
Oct. 5	WASHINGTON	3:25 p.m.
Oct. 12	at Miami	12:00 p.m.
Oct. 19	INDIANAPOLIS	3:05 p.m.
Oct. 23	MINNESOTA	7:15 p.m.
Nov. 2	at Tennessee	12:00 p.m.
Nov. 9	PITTSBURGH	7:20 p.m.
Nov. 16	at Jacksonville	12:00 p.m.
Nov. 23	BYE	
Nov. 30	LAS VEGAS	3:25 p.m.
Dec. 8	PHILADELPHIA	7:15 p.m.
Dec. 14	at Kansas City	12:00 p.m.
Dec. 21	at Dallas	12:00 p.m.
TBD	HOUSTON	TBD
TBD	at Denver	TBD

LOS ANGELES RAMS

Sept. 7	HOUSTON	3:25 p.m.
Sept. 14	at Tennessee	12:00 p.m.
Sept. 21	at Philadelphia	12:00 p.m.
Sept. 28	INDIANAPOLIS	3:05 p.m.
Oct. 2	SAN FRANCISCO	7:15 p.m.
Oct. 12	at Baltimore	12:00 p.m.
Oct. 19	Jacksonville	8:30 a.m.
Oct. 26	BYE	
Nov. 2	NEW ORLEANS	3:05 p.m.
Nov. 9	at San Francisco	3:25 p.m.
Nov. 16	SEATTLE	3:05 p.m.
Nov. 23	TAMPA BAY	7:20 p.m.
Nov. 30	at Carolina	12:00 p.m.
Dec. 7	at Arizona	3:25 p.m.
Dec. 14	DETROIT	3:25 p.m.
Dec. 18	at Seattle	7:15 p.m.
Dec. 29	at Atlanta	7:15 p.m.
TBD	ARIZONA	TBD

MIAMI DOLPHINS

Sept. 7	at Indianapolis	12:00 p.m.
Sept. 14	NEW ENGLAND	12:00 p.m.
Sept. 18	at Buffalo	7:15 p.m.
Sept. 29	N.Y. JETS	6:15 p.m.
Oct. 5	at Carolina	12:00 p.m.
Oct. 12	L.A. CHARGERS	12:00 p.m.
Oct. 19	at Cleveland	12:00 p.m.
Oct. 26	at Atlanta	12:00 p.m.
Oct. 30	BALTIMORE	7:15 p.m.
Nov. 9	BUFFALO	12:00 p.m.
Nov. 16	Washington	8:30 a.m.
Nov. 23	BYE	
Nov. 30	NEW ORLEANS	12:00 p.m.
Dec.7	at N.Y. Jets	12:00 p.m.
Dec. 15	at Pittsburgh	7:15 p.m.
Dec. 21	CINCINNATI	7:20 p.m.
Dec. 28	TAMPA BAY	12:00 p.m.
TBD	at New England	TBD

MINNESOTA VIKINGS

Sept. 8	at Chicago	7:15 p.m.
Sept. 14	ATLANTA	7:20 p.m.
Sept. 21	CINCINNATI	12:00 p.m.
Sept. 28	Pittsburgh	8:30 a.m.
Oct. 5	Cleveland	8:30 a.m.
Oct. 12	BYE	
Oct. 19	PHILADELPHIA	12:00 p.m.
Oct. 23	at L.A. Chargers	7:15 p.m.
Nov. 2	at Detroit	12:00 p.m.
Nov. 9	BALTIMORE	12:00 p.m.
Nov. 16	CHICAGO	12:00 p.m.
Nov. 23	at Green Bay	12:00 p.m.
Nov. 30	at Seattle	3:05 p.m.
Dec. 7	WASHINGTON	12:00 p.m.
Dec. 14	at Dallas	7:20 p.m.
Dec. 21	at N.Y. Giants	12:00 p.m.
Dec. 25	DETROIT	3:30 p.m.
TBD	GREEN BAY	TBD

NEW ENGLAND PATRIOTS

Sept. 7	LAS VEGAS	12:00 p.m.
Sept. 14	at Miami	12:00 p.m.
Sept. 21	PITTSBURGH	12:00 p.m.
Sept. 28	CAROLINA	12:00 p.m.
Oct. 5	at Buffalo	7:20 p.m.
Oct. 12	at New Orleans	3:25 p.m.
Oct. 19	at Tennessee	12:00 p.m.
Oct. 26	CLEVELAND	12:00 p.m.
Nov. 2	ATLANTA	12:00 p.m.
Nov. 9	at Tampa Bay	12:00 p.m.
Nov. 13	N.Y. JETS	7:15 p.m.
Nov. 23	at Cincinnati	12:00 p.m.
Dec. 1	N.Y. GIANTS	7:15 p.m.
Dec. 7	BYE	
Dec.14	BUFFALO	12:00 p.m.
Dec. 21	at Baltimore	12:00 p.m.
Dec. 28	at N.Y. Jets	12:00 p.m.
TBD	MIAMI	TBD

NEW ORLEANS SAINTS

Sept. 7	ARIZONA	12:00 p.m.
Sept. 14	SAN FRANCISCO	12:00 p.m.
Sept. 21	at Seattle	3:05 p.m.
Sept. 28	at Buffalo	12:00 p.m.
Oct. 5	N.Y. GIANTS	12:00 p.m.
Oct. 12	NEW ENGLAND	3:25 p.m.
Oct. 19	at Chicago	12:00 p.m.
Oct. 26	TAMPA BAY	3:05 p.m.
Nov. 2	at L.A. Rams	3:05 p.m.
Nov. 9	at Carolina	12:00 p.m.
Nov. 16	BYE	
Nov. 23	ATLANTA	3:25 p.m.
Nov. 30	at Miami	12:00 p.m.
Dec. 7	at Tampa Bay	12:00 p.m.
Dec. 14	CAROLINA	3:25 p.m.
Dec. 21	N.Y. JETS	12:00 p.m.
Dec. 28	at Tennessee	12:00 p.m.
TBD	at Atlanta	TBD

NEW YORK GIANTS

Sept. 7	at Washington	12:00 p.m.
Sept. 14	at Dallas	12:00 p.m.
Sept. 21	KANSAS CITY	7:20 p.m.
Sept. 28	L.A. CHARGERS	12:00 p.m.
Oct. 5	at New Orleans	12:00 p.m.
Oct. 9	PHILADELPHIA	7:15 p.m.
Oct. 19	at Denver	3:05 p.m.
Oct. 26	at Philadelphia	12:00 p.m.
Nov. 2	SAN FRANCISCO	12:00 p.m.
Nov. 9	at Chicago	12:00 p.m.
Nov. 16	GREEN BAY	12:00 p.m.
Nov. 23	at Detroit	12:00 p.m.
Dec. 1	at New England	7:15 p.m.
Dec. 7	BYE	
Dec. 14	WASHINGTON	12:00 p.m.
Dec. 21	MINNESOTA	12:00 p.m.
TBD	at Las Vegas	TBD
TBD	DALLAS	TBD

NEW YORK JETS

Sept. 7	PITTSBURGH	12:00 p.m.
Sept. 14	BUFFALO	12:00 p.m.
Sept. 21	at Tampa Bay	12:00 p.m.
Sept. 29	at Miami	6:15 p.m.
Oct. 5	DALLAS	12:00 p.m.
Oct. 12	Denver	8:30 a.m.
Oct. 19	CAROLINA	12:00 p.m.
Oct. 26	at Cincinnati	12:00 p.m.
Nov. 2	BYE	
Nov. 9	CLEVELAND	12:00 p.m.
Nov. 13	at New England	7:15 p.m.
Nov. 23	at Baltimore	12:00 p.m.
Nov. 30	ATLANTA	12:00 p.m.
Dec. 7	MIAMI	12:00 p.m.
Dec. 14	at Jacksonville	12:00 p.m.
Dec. 21	at New Orleans	12:00 p.m.
Dec. 28	NEW ENGLAND	12:00 p.m.
TBD	at Buffalo	TBD

PHILADELPHIA EAGLES

Sept. 4	DALLAS	7:20 p.m.
Sept. 14	at Kansas City	3:25 p.m.
Sept. 21	L.A. RAMS	12:00 p.m.
Sept. 28	at Tampa Bay	12:00 p.m.
Oct. 5	DENVER	12:00 p.m.
Oct. 9	at N.Y. Giants	7:15 p.m.
Oct. 19	at Minnesota	12:00 p.m.
Oct. 26	N.Y. GIANTS	12:00 p.m.
Nov. 2	BYE	
Nov. 10	at Green Bay	7:15 p.m.
Nov. 16	DETROIT	7:20 p.m.
Nov. 23	at Dallas	3:25 p.m.
Nov. 28	CHICAGO	2:00 p.m.
Dec. 8	at L.A. Chargers	7:15 p.m.
Dec. 14	LAS VEGAS	12:00 p.m.
Dec. 20	at Washington	TBD
Dec. 28	at Buffalo	3:25 p.m.
TBD	WASHINGTON	TBD

PITTSBURGH STEELERS

Sept. 7	at N.Y. Jets	12:00 p.m.
Sept. 14	SEATTLE	12:00 p.m.
Sept. 21	at New England	12:00 p.m.
Sept. 28	MINNESOTA	8:30 a.m.
Oct. 5	BYE	
Oct. 12	CLEVELAND	12:00 p.m.
Oct. 16	at Cincinnati	7:15 p.m.
Oct. 26	GREEN BAY	7:20 p.m.
Nov. 2	INDIANAPOLIS	12:00 p.m.
Nov. 9	at L.A. Chargers	7:20 p.m.
Nov. 16	CINCINNATI	12:00 p.m.
Nov. 23	at Chicago	12:00 p.m.
Nov. 30	BUFFALO	3:25 p.m.
Dec. 7	at Baltimore	12:00 p.m.
Dec. 15	MIAMI	7:15 p.m.
Dec. 21	at Detroit	3:25 p.m.
Dec. 28	at Cleveland	12:00 p.m.
TBD	BALTIMORE	TBD

SAN FRANCISCO 49ers

Sept. 7	at Seattle	3:05 p.m.
Sept. 14	at New Orleans	12:00 p.m.
Sept. 21	ARIZONA	3:25 p.m.
Sept. 28	JACKSONVILLE	3:05 p.m.
Oct. 2	at L.A. Rams	7:15 p.m.
Oct. 12	at Tampa Bay	12:00 p.m.
Oct. 19	ATLANTA	7:20 p.m.
Oct. 26	at Houston	12:00 p.m.
Nov. 2	at N.Y. Giants	12:00 p.m.
Nov. 9	L.A. RAMS	3:25 p.m.
Nov. 16	at Arizona	3:05 p.m.
Nov. 24	CAROLINA	7:15 p.m.
Nov. 30	at Cleveland	12:00 p.m.
Dec. 7	BYE	
Dec. 14	TENNESSEE	3:25 p.m.
Dec. 22	at Indianapolis	7:15 p.m.
Dec. 28	CHICAGO	7:20 p.m.
TBD	SEATTLE	TBD

SEATTLE SEAHAWKS

Sept. 7	SAN FRANCISCO	3:05 p.m.
Sept. 14	at Pittsburgh	12:00 p.m.
Sept. 21	NEW ORLEANS	3:05 p.m.
Sept. 25	at Arizona	7:15 p.m.
Oct. 5	TAMPA BAY	3:05 p.m.
Oct. 12	at Jacksonville	12:00 p.m.
Oct. 20	HOUSTON	9:00 p.m.
Oct.	BYE	
Nov. 2	at Washington	7:20 p.m.
Nov. 9	ARIZONA	3:05 p.m.
Nov. 16	at L.A. Rams	3:05 p.m.
Nov. 23	at Tennessee	12:00 p.m.
Nov. 30	MINNESOTA	3:05 p.m.
Dec. 7	at Atlanta	12:00 p.m.
Dec. 14	INDIANAPOLIS	3:25 p.m.
Dec. 18	L.A. RAMS	7:15 p.m.
TBD	at Carolina	TBD
TBD	at San Francisco	TBD



TAMPA BAY BUCCANEERS

Sept. 7	at Atlanta	12:00 p.m.
Sept. 15	at Houston	6:00 p.m.
Sept. 21	N.Y. JETS	12:00 p.m.
Sept. 28	PHILADELPHIA	12:00 p.m.
Oct. 5	at Seattle	3:05 p.m.
Oct. 12	SAN FRANCISCO	12:00 p.m.
Oct. 20	at Detroit	6:00 p.m.
Oct. 26	at New Orleans	3:05 p.m.
Nov. 2	BYE	
Nov. 9	NEW ENGLAND	12:00 p.m.
Nov. 16	at Buffalo	12:00 p.m.
Nov. 23	at L.A. Rams	7:20 p.m.
Nov. 30	ARIZONA	12:00 p.m.
Dec. 7	NEW ORLEANS	12:00 p.m.
Dec. 11	ATLANTA	7:15 p.m.
Dec. 21	at Carolina	12:00 p.m.
Dec. 28	at Miami	12:00 p.m.
TBD	CAROLINA	TBD

TENNESSEE TITANS

Sept. 7	at Denver	3:05 p.m.
Sept. 14	L.A. RAMS	12:00 p.m.
Sept. 21	INDIANAPOLIS	12:00 p.m.
Sept. 28	at Houston	12:00 p.m.
Oct. 5	at Arizona	3:05 p.m.
Oct. 12	at Las Vegas	3:05 p.m.
Oct. 19	NEW ENGLAND	12:00 p.m.
Oct. 26	at Indianapolis	3:25 p.m.
Nov. 2	L.A. CHARGERS	12:00 p.m.
Nov. 9	BYE	
Nov. 16	HOUSTON	12:00 p.m.
Nov. 23	SEATTLE	12:00 p.m.
Nov. 30	JACKSONVILLE	12:00 p.m.
Dec. 7	at Cleveland	12:00 p.m.
Dec. 14	at San Francisco	3:25 p.m.
Dec. 21	KANSAS CITY	12:00 p.m.
Dec. 28	NEW ORLEANS	12:00 p.m.
TBD	at Jacksonville	TBD

WASHINGTON COMMANDERS

Sept. 7	N.Y. GIANTS	12:00 p.m.
Sept. 11	at Green Bay	7:15 p.m.
Sept. 21	LAS VEGAS	12:00 p.m.
Sept. 28	at Atlanta	12:00 p.m.
Oct. 5	at L.A. Chargers	3:25 p.m.
Oct. 13	CHICAGO	7:15 p.m.
Oct. 19	at Dallas	3:25 p.m.
Oct. 27	at Kansas City	7:15 p.m.
Nov. 2	SEATTLE	7:20 p.m.
Nov. 9	DETROIT	3:25 p.m.
Nov. 16	Miami	8:30 a.m.
Nov. 23	BYE	
Nov. 30	DENVER	7:20 p.m.
Dec. 7	at Minnesota	12:00 p.m.
Dec. 14	at N.Y. Giants	12:00 p.m.
Dec. 20	PHILADELPHIA	TBD
Dec. 25	DALLAS	12:00 p.m.
TBD	at Philadelphia	TBD



2025 SCHEDULE



MARCH/APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24 KC 7:05	25 KC 1:35	26	27 BOS 3:05	28 BOS 7:05	29 BOS 6:05
30 BOS 1:35	31 CIN 5:40	1 CIN 5:40	2 CIN 11:40 AM	3	4 TB 7:05	5 TB 6:05
6 TB 1:35	7 CHC 6:40	8 CHC 6:40	9 CHC 1:20	10	11 SEA 8:40	12 SEA 8:40
13 SEA 3:30	14	15 LAA 7:05	16 LAA 7:05	17 LAA 7:05	18 LAD 7:05	19 LAD 3:05
20 LAD 1:35	21	22 ATH 9:05	23 ATH 9:05	24 ATH 9:05	25 SF 8:35	26 SF 3:05
27 SF 3:05	28 ATH 7:05	29 ATH 7:05	30 ATH 7:05			

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ATH 1:35	2 SEA 7:05	3 SEA 6:05
4 SEA 1:35	5	6 BOS 5:45	7 BOS 5:45	8 BOS 12:35	9 DET 5:40	10 DET 5:10
11 DET 12:40	12 COL 7:05	13 COL 7:05	14 COL 7:05	15 HOU 7:05	16 HOU 7:05	17 HOU 6:05
18 HOU 12:05	19	20 NYN 6:05	21 NYN 6:05	22 NYN 11:35 AM	23 CWS 6:40	24 CWS 3:10
25 CWS 1:10	26 TOR 3:05	27 TOR 7:05	28 TOR 7:05	29	30 STL 7:05	31 STL 3:05

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 STL 12:05	2	3 TB 6:35	4 TB 6:35	5 TB 6:35	6 WSH 5:45	7 WSH 3:05
8 WSH 12:35	9	10 MIN 6:40	11 MIN 6:40	12 MIN 12:30	13 CWS 7:05	14 CWS 3:05
15 CWS 1:35	16	17 KC 7:05	18 KC 7:05	19 KC 1:35	20 PIT 5:40	21 PIT 3:05
22 PIT 12:35	23 BAL 5:35	24 BAL 5:35	25 BAL 5:35	26	27 SEA 7:05	28 SEA 3:05
29 SEA 1:35	30 BAL 7:05					

Schedule subject to change.

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 BAL 7:05	2 BAL 7:05	3	4 SD 5:40	5 SD 8:40
6 SD 8:30	7 LAA 8:38	8 LAA 8:38	9 LAA 8:38	10 LAA 8:38	11 HOU 7:10	12 HOU 6:35
13 HOU 1:10	14	15 ALL-STAR GAME	16	17	18 DET 7:05	19 DET 6:05
20 DET 1:35	21 ATH 7:05	22 ATH 7:05	23 ATH 7:05	24	25 ATL 7:05	26 ATL 6:05
27 ATL 1:35	28 LAA 8:38	29 LAA 8:38	30 LAA 8:38	31 SEA 8:40		

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 SEA 9:10	2 SEA 3:10
3 SEA 3:10	4 NYN 7:05	5 NYN 7:05	6 NYN 1:35	7	8 PHI 7:05	9 PHI 6:15
10 PHI 1:35	11 AZ 7:05	12 AZ 7:05	13 AZ 1:35	14	15 TOR 6:07	16 TOR 2:07
17 TOR 12:37	18 KC 6:40	19 KC 6:40	20 KC 6:40	21 KC 1:10	22 CLE 7:05	23 CLE 6:05
24 CLE 1:35	25 LAA 7:05	26 LAA 7:05	27 LAA 7:05	28	29 ATH 9:05	30 ATH 9:05
31 ATH 3:05						

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 AZ 7:10	2 AZ 8:40	3 AZ 2:40	4	5 HOU 7:05	6 HOU 6:15
7 HOU 1:35	8 MIL 7:05	9 MIL 7:05	10 MIL 1:35	11	12 NYN 6:10	13 NYN 3:10
14 NYN 12:40	15 HOU 7:10	16 HOU 7:10	17 HOU 7:10	18	19 MIA 7:05	20 MIA 6:05
21 MIA 1:35	22	23 MIN 7:05	24 MIN 7:05	25 MIN 1:35	26 CLE 6:10	27 CLE 5:10
28 CLE 2:10	29	30				

EXHIBITION GAMES HOME GAMES

HOUSTON ★ ASTROS. 2025 SCHEDULE

MARCH-APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
				27 3:10 NYM	28 7:10 NYM	29 6:15 NYM
30	31 7:10 SF	1 7:10 SF	2 3:10 SF	3 3:10 PIT	4	5 1:10 PIT
6 1:10 PIT	7 8:40 SD	8 8:40 SD	9 3:10 SD	10	11 7:10 ARI	12 6:10 ARI
13 1:10 ARI	14 6:45 PIT	15 6:45 PIT	16 12:15 PIT	17	18 7:10 SD	19 6:10 SD
20 6:10 SD	21 7:10 TOR	22 7:10 TOR	23 6:40 TOR	24	25 6:40 KC	26 6:10 KC
27 1:10 KC	28 7:10 DET	29 7:10 DET	30 1:10 DET			

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 6:40 STL	3 1:10 STL
4 1:10 STL	5 6:40 PIT	6 6:40 PIT	7 12:10 PIT	8	9 7:10 CIN	10 6:10 CIN
11 1:10 CIN	12 7:10 KC	13 7:10 KC	14 7:10 KC	15 7:05 TEX	16 7:05 TEX	17 6:05 TEX
18 1:35 TEX	19 6:05 TB	20 6:05 TB	21 12:10 TB	22 7:10 SD	23 7:10 SD	24 3:10 SD
25 1:10 SD	26	27 7:10 A's	28 1:10 A's	29 7:10 TB	30 7:10 TB	31 3:10 TB

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1 1:10 TB	2	3 5:40 P	4 5:40 P	5 5:40 P	6 6:10 C	7 3:10 C
8 12:40 C	9 12:40	10 7:10 STL	11 7:10 STL	12 7:10 STL	13 7:10 PIT	14 3:10 PIT
15 1:10 PIT	16 9:05 A's	17 9:05 A's	18 9:05 A's	19 9:05 A's	20 8:38 ARI	21 8:38 ARI
22 3:07 ARI	23	24 7:10 P	25 7:10 P	26 1:10 P	27 7:10 CIN	28 6:15 CIN
29 1:10 CIN	30					

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 7:40 GR	2 7:40 GR	3 2:10 GR	4 8:10 LA	5 6:15 LA
6 3:10 LA	7 7:10 C	8 7:10 C	9 7:10 C	10	11 7:10 TEX	12 6:35 TEX
13 1:10 TEX	14	15	16	17	18 9:10 SD	19 8:40 SD
20 3:10 SD	21 8:40 ARI	22 8:40 ARI	23 2:40 ARI	24 7:10 A's	25 7:10 A's	26 6:10 A's
27 1:10 A's	28 7:10 W	29 7:10 W	30 1:10 W	31		

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1 6:10 BOS	2 3:10 BOS
3 12:35 BOS	4 5:40 M	5 5:40 M	6 3:40 M	7	8 6:05 NY	9 TBD NY
10 TBD NY	11 7:10 BOS	12 7:10 BOS	13 6:10 BOS	14	15 7:10 PIT	16 6:10 PIT
17 1:10 PIT	18 5:40 DET	19 5:40 DET	20 12:10 DET	21 6:15 DET	22 6:05 PIT	23 6:05 PIT
24 12:35 PIT	25	26 7:10 GR	27 7:10 GR	28 1:10 GR	29 7:10 ARI	30 6:10 ARI
31 1:10 ARI						

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1 1:10 ARI	2 7:10 NY	3 7:10 NY	4 6:40 NY	5 7:05 TEX	6 6:15 TEX
7 1:35 TEX	8	9 6:07 TOR	10 6:07 TOR	11 2:07 TOR	12 6:15 ARI	13 6:15 ARI
14 12:35 ARI	15 7:10 TEX	16 7:10 TEX	17 7:10 TEX	18	19 7:10 SD	20 6:10 SD
21 1:10 SD	22	23 9:05 A's	24 9:05 A's	25 2:35 A's	26 8:38 ARI	27 8:38 ARI
28 2:07 ARI	29	30				

SCHEDULE AS OF 01-15-2025
SUBJECT TO CHANGE

HOME **FIREWORKS** AWAY

If you can't fly,
then run. If you can't
run, then walk.
If you can't walk, then
crawl. Whatever you
do, you have to keep
moving forward.

—Dr. Martin Luther King Jr. 1964

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