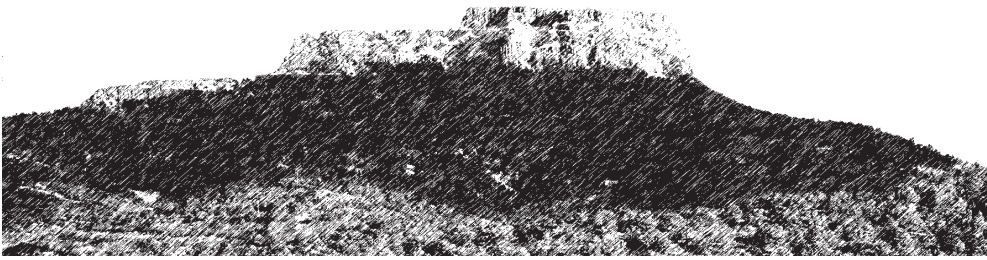


OVER THE PASS



"Drink water every time my wife tells me to. That's the one that keeps me out of the hospital. In St. Louis our humidity is around 95 percent. Here, the heat is like a dry oven; there, you can cut the heat with a machete."

— Clinton Hillman, gunsmith, St. Louis, MO



"Shade and water at the water park with my grandson. We live up the river so we come down for an hour, then go back up, at least once a week. He's seven and he loves it. 'Grandma, it's time. It's hot in the house.' 'Okay.'"

— Marlene Martin, care assistant, Legacy at Trinidad



"Wake up early to get the gardening done, and then my favorite place to be is floating in my plastic pool and watching the clouds and cottonwood seeds floating by."

— Sally Eggly, mother & artist, Romeo, Michigan

TIM KELLER'S CONNECTIONS

"What are your favorite ways of coping with the summer heat?"

Photos by Tim Keller / The Chronicle-News



"Bringing my kids here to play in the water at Cimino Park, here or at the community-center pool. We try to come down at least every other day, as often as we can. They play in the fountains here."

— Brandon Ritz, paraprofessional, G.O.A.L. Academy

2016 ELECTION

Eight years after hope and change, voters are angry, anxious

JULIE PACE
AP White House Correspondent

ARVADA, Colo. (AP) — Eight years ago, Barbara Conley was one of the millions of Americans swept up in Barack Obama's promises of hope and change when he accepted the Democratic nomination at a packed football stadium a few miles from her home in the Denver suburbs.

But those optimistic days are almost unrecognizable to Conley now.

With Donald Trump and Hillary Clinton preparing for their own nominating conventions, the 68-year-old independent is filled with so much frustration at the candidates and the political system that propelled them to victory that she can't even imagine voting in November.

"I'm so mad about both of the candidates," said Conley, who finds Clinton too dishonest and Trump too unproven to be president. She paused while loading groceries into her car and declared, "It's depressing."

Less than four months before Election Day, that same sense of anger and anxiety runs deep with voters across the country. Trump and Clinton will each try to paint a rosy picture of life under their leadership during their back-to-back conventions, but it seems unlikely either can quickly shake Americans out of their bad mood.

A stunning 79 percent of Americans now believe the country is heading in the wrong direction, a 15-point spike in the past year, according to an Associated Press-GfK poll. Voters are strikingly unhappy with the candidates who will be on the ballot this fall, with only 22 percent saying they would be proud to see Trump win and 27 percent to see Clinton.

Kristie Boltz, a registered Republican from Black Lake, Ohio, said a choice between Clinton and Trump is so unappealing that she would rather Obama stay in office

for a third term.

"And I didn't even vote for Obama. How crazy is that?" said Boltz, a 39-year-old who works in marketing.

By some measures, America's palpable pessimism can appear at odds with the country's economic and security standing.

The economy is growing, jobs are being created and unemployment is low. Tens of thousands of American troops have come home from dangerous war zones during Obama's presidency. Crime is down nationwide.

But the improving economy is no doubt a changing one, leaving some Americans without the skills they need for the jobs available. Terrorism fears have been heightened in the U.S. after a string of deadly incidents in the West.

This summer in particular has seemed to bring a steady stream of gruesome news.

A mass shooting at an Orlando nightclub left 49 people dead, as well as a gunman who pledged his allegiance to the Islamic State militants despite no formal ties to the group. Shootings by police of black men in Louisiana and Minnesota were captured on video, followed by the murder of five police officers in Dallas.

The incidents seemed to momentarily spark national soul searching about gun violence and race relations. But as Americans looked toward the presidential candidates and other political leaders, some saw little sign of readiness to meet a challenging time.

Emilie Pasow, a 68-year-old Democrat from Bala Cynwyd, Pennsylvania, said her disgust extends beyond the presidential candidates to Congress as well. "There's so little attempt at conciliation and consensus," she said.

More than any other candidate in this election, Trump has latched onto the public's fears. He promises to "Make America Great Again," pledging to bring back manufacturing and mining jobs from areas where they've disappeared. With coded — and sometimes not so coded — language, he's cast aspersions on immigrants seeking to come to the United States and on Muslims already here.

"We're trying to be so nice, we're trying to be so civil. We're so weak," Trump said hours after the Nice attack. "The world has got to strengthen up, and we have to be very tight with our borders. It's now a different world."

While Trump supporters cheer those lines, they leave other voters on edge.

Melissa Andreas, 42, said of the prospect

of a Trump presidency: "I'm scared that our country is going to be in utter turmoil with him as our leader."

Mike Ryan shares many of those sentiments about Trump. But his view of Clinton isn't much better.

"I've always been a Democrat and always will be," Ryan, 76, said. "But it's going to be a toughy."

Like his fellow Coloradan Barbara Conley, some of Ryan's feelings stem in part from his frustrations with Obama's eight years in office. Though Ryan supports Obama, he's been irritated by the years of battle between the Democratic president and Republican lawmakers that have often ended in stalemate.

Asked whether he believes Clinton — or Trump — could do any better, Ryan said simply, "I'm disappointed with what we're left with."

COLORADO BASEBALL

Gray enjoys pitchers' duel even though Rockies come up short, lose 1-0

GEORGE HENRY
Associated Press

ATLANTA (AP) — Jon Gray loved being in a pitchers' duel with Julio Teheran for seven innings.

The rookie right-hander was disappointed the Colorado Rockies didn't win, but he enjoyed battling the Atlanta Braves' ace.

"The first couple of innings I was kind of trying to find my groove, but then I got going," Gray said. "It was fun. I was glad to keep us in the game."

Gonzalez Germen gave up Chase d'Arnaud's single with two outs in the ninth, and the Rockies missed a chance to sweep the Atlanta Braves with a 1-0 loss on Sunday.

Gray, who allowed five hits and three walks in a career-high 115 pitches, stranded two runners in the seventh with his fifth strikeout. That ended his day and gave him a 3.11 ERA and 64 strikeouts in his last 10 games.

Not bad considering the sweltering conditions and a 102-degree heat index.

"It took a little while for him to get a feel for his slider, but he adjusted," catcher Tony Wolters said. "Sometimes it takes a while to warm up even on this kind of day."

The Braves are just 14-36 at Turner Field and have baseball's worst overall record, but they snapped a four-game skid to Colo-

rado.

Atlanta used four relievers and the Rockies one before Germen (2-1) gave up Ender Inciarte's leadoff single in the ninth.

Anthony Recker bunted over Inciarte, who advanced to third on a wild pitch and scored on d'Arnaud's liner to left field.

Teheran scattered three hits, walked one and struck out five. Pitching for the majors' weakest offense, the two-time All-Star remained winless with a 2.90 ERA in 11 home starts.

"Whenever I go out there, I just try to do my job and give the team a chance to win, just concentrate on that," Teheran said. "If I get the win I'm happy with that, and if I don't get the win and the team still wins, I'm happy with that."

Teheran didn't allow a baserunner until Wolters singled in the fourth. That was all Colorado could muster until Charlie Blackmon singled with two outs in the sixth.

Daniel Delscasso was the third Rockie to get into scoring position with a double in the seventh. Cristhian Adames, the next batter, drew a four-pitch walk before Brandon Barnes grounded out.

"That's why Teheran is an All-Star," Barnes said. "He's got good stuff and he competes out there. Give it to Jon for keeping us in the game."

Jim Johnson (2-5) gave up one walk in two-thirds of an inning to get the win.

D'Arnaud went 3 for 5 with three singles. Blackmon, D.J. LeMahieu, Nolan Arenado and Carlos Gonzalez — the top four hitters in Colorado's lineup — went a combined 2 for 15 and stranded five runners.

TOUGH WEEKEND

Braves 1B Freddie Freeman, who had a cancerous mole removed from his upper back earlier in the week, struck out four times, stranded three runners and went 0 for 11 in the series.

IN THE DIRT AGAIN

Teheran's wild pitch in the sixth was the Braves' ninth in the series. Atlanta leads the majors with 52 wild pitches.

TRAINER'S ROOM

Braves RHP Shae Simmons, sidelined by Tommy John surgery the last 1½ years, will throw a simulated game on Monday.

UP NEXT

Rockies: LHP Tyler Anderson (1-3) won on July 9 for the first time in six starts. He will face Tampa Bay for the first time.

Braves: RHP Matt Wisler (4-8) is 1-0 with a 2.70 ERA in one career start against Cincinnati.