

Donald Trump body-slams CNN

A viral video that caused outrage a few years ago had Donald Trump body-slaming the cable network CNN personified as a professional wrestler.

This "MAGA" fantasy was all but made a reality at a CNN townhall with the former president in New Hampshire the other night.

Trump steamrolled the moderator Kaitlan Collins, relentlessly stuck to his most outrageous contentions on everything from Jan. 6 to claims the 2020 election was stolen, lit up the audience of supportive Republicans, and proved that he is as outlandishly entertaining and compulsively watchable as he was at his height in 2016.

The message to the rest of the GOP field was, "Watch out, below!"

The forum underlined how one of Trump's greatest strengths is the sheer force of his personality.

One of his advantages in the 2016 primaries was that, as the leader in the polls, he always stood dead center in the debate stage, taller, more vivid, and more commanding than the other candidates.

It almost didn't matter what Trump said or did on stage, because the way he acted and looked projected strength -- there's a reason the old pros, like the late Roger Ailes of Fox News and Trump himself, watch TV with the sound off to get a true sense of the impression being made.

If Trump wins the Republican nomination next year, it will be partly because Republicans are once again drawn to what they consider his distinctive and unmatched sense of personal power.

Trump's is an odd and obviously very flawed kind of strength. For him, it's a quality that is consistent with whining, insecurity, defensiveness and a refusal to take responsibility -- all of which usually lead us to conclude someone is weak.

Trump makes up for it with what my National Review colleague Michael Brendan Dougherty calls "willfulness," a deep-seated, near-primal drive to impose what he wants, whether on a political narrative, a negotiation, a set of rules or, at the CNN townhall, an interviewer.

Incapable of shame, he didn't display the slightest defensiveness about Jan. 6 or his conspiracy theories about the election, despite Collins repeatedly challenging him on them. He bulldozed through every fact check, even saying he'd completed his border wall. He mocked the claims of E. Jean Carroll, who had just won a jury verdict against him in New York. There was never a sense that he wasn't in complete command -- Gulliver easily swatting away a determined but unthreatening Lilliputian.

Was Trump truthful or respectful? Of course, not. The dynamic, though, is that the more he says things he shouldn't, the stronger he seems. For Republicans, there was also the advantage of Trump taking on the cable network they disdain most; he turned the much-hyped town hall into an embarrassment for its sponsor.

This points to the way that Trump can out-MAGA Florida Gov. Ron DeSantis and the rest of the GOP field -- by always being on the offensive, never being abashed about his own contradictions or mistakes or weaknesses, making himself the constant focus of attention, and overall just being a bigger personality.

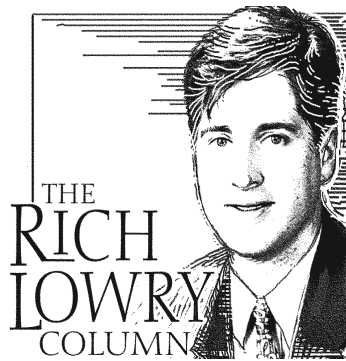
It always helps when other Republicans seem afraid of him, and they usually do.

Of course, Trump's is, to a large extent, a faux strength. There's a place for discipline, selflessness and knowledge in true strength. It also will avail Republicans little if Trump projects his characteristic showy strength in the course of winning the GOP primaries and then loses the general election -- or wins, only to govern in an even more shambolic fashion than the first time around.

There's a lot of material that DeSantis or another Republican candidate has to work with against Trump, who is vulnerable to attacks from the right on his response to the coronavirus and his performance on other conservative priorities as president. But no one else is becoming the nominee unless at the end of the day Donald Trump is no longer the biggest person in the room.

Rich Lowry is editor of the National Review.

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THE
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COLUMN

Nurse Claims Wound Must Heal From the Inside Over Time

DEAR DR. ROACH: Whenever I got a wound while I was young, my mother would take me to the hospital to get stitches. I am now 94. I went to get a wound seen, and the nurse said that it needed to heal from the inside. They treated it with gauze, wrapping and then a stocking. It took months to heal. Why the big change? Why couldn't they have just put in stitches and saved me months of healing? -- D.J.

ANSWER: A wound can be sutured (stitched) closed when it is new, clean and regular. A wound cannot be closed if it is infected or irregular. Most chronic wounds cannot be closed by stitching. Also, if there is a lot of swelling around the wound, there may be so much pressure that the wound cannot be closed and must be allowed to heal over time. This is often the case with larger wounds.

Basic principles of wound healing are to treat and prevent infection by bacteria or other germs, control pain and bleeding, and avoid treatments that are toxic to open wounds. I hear very frequently from people who have mistreated wounds. Strong agents like hydrogen peroxide, iodine, bleach and even soaps will kill more of your body's healing cells than bacteria, and they should not be used in open wounds.

I also hear people say wounds "need air," but wounds heal faster when they are moist. A barrier like petrolatum (Vaseline or many other proper wound-care agents) and a clean cover will accelerate wound healing. Most wounds do not need topical antibiotics, and these should only be used when recommended by an expert. The best experts for wound care are wound-care nurses and, in extreme cases, vascular or plastic surgeons.

It takes time for a wound to heal. How much time depends on many factors, but a time span of months is not unusual, especially with a person in their 90s, who may not have the same blood supply they had when they were much younger.

DEAR DR. ROACH: I take 25 mg of quetiapine at night as a sleeping aid, and one of the side effects is an increase in blood sugar. I am curious if that will also show a rise in my A1C blood work as well? -- T.F.

ANSWER: Quetiapine (Seroquel), an antipsychotic medication that is often used as a sleep aid due to its side effect of sedation, has at least two ways that it can increase blood sugar.

The first is that it directly acts against insulin, causing the body to try to release more insulin. At the same time, it reduces the ability of the body to make insulin. The combination means that in people who don't have much reserve (such as people with prediabetes or diabetes), this will increase their blood sugar. Secondly, the resistance to insulin helps promote weight gain, which worsens the resistance to insulin even more.

Any condition that raises blood glucose significantly for a long enough period will increase the A1C. The A1C measures the amount of sugar on hemoglobin molecules in red blood cells. The higher the blood sugar and the longer it stays high, the higher the A1C level.

A dose of 25 mg of quetiapine is relatively small, so it doesn't usually have these metabolic changes the way that quetiapine used for schizophrenia does -- at the usual dose of 400 to 800 mg daily in adults. Still, I do not prescribe quetiapine as a sleep aid, since I greatly prefer nonmedication treatments such as cognitive-behavioral therapy whenever possible.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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LOCAL LOOKOUT

Liam Rengstl and Emma Jedow, both of of Lake Worth have been named to the Dean's List at Belmont University for the Spring 2023 semester.

The following students have been named to the 2023 Winter President's List at Southern New Hampshire University: **Christopher Nogueira**, **Amber Ringes**, **Jabare Slocum**, Kaitlyn Duggan, of Lake Worth, along with **Neil Andrews** of Green Acres.

Lantana Chamber to Hold Shred Event

The Greater Lantana Chamber of Commerce will be hosting a drive up Charity Paper Shred event, benefiting the HEROES Foundation of America on Saturday, June 3 from 9-11 a.m. in the Lantana Chamber Parking Lot.

HEROES Foundation of America was formed to empower GED students enrolled in the School District of Palm Beach County. The foundation provides scholarships, GED Test vouchers, career counseling and other support services for

student success.

Bring your papers and documents in a box or bag and shred your documents for a local cause. (A box may be up to recycling bin size). Plastics or x-ray film will not be accepted. A \$5 donation will be taken for each box or bag of documents you bring. The proceeds from this event will go to benefit the HEROES Foundation of America.

A special thanks goes to Lantana Chamber member Total Shredding for donating their time.