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Trump revives the Presidential Fitness Test for American schoolchildren

By **MICHELLE L. PRICE**

Associated Press

WASHINGTON (AP) — President Donald Trump on Thursday reestablished the Presidential Fitness Test for American schoolchildren, a program created in 1966 to help interest young people in following healthy, active lifestyles.

Children had to run and perform situps, pullups or pushups and a sit-and-reach test, but the program changed in 2012 during the Obama administration to focus more on individual health than athletic feats.

"This is an important step in our mission to make America healthy again," Trump said from the Roosevelt Room of the White House.

In a late afternoon ceremony, Trump signed an order reestablishing the President's Council on Sports, Fitness, and Nutrition, as well as the fitness test, to be administered by his health secretary, Robert F. Kennedy Jr. The council also will develop criteria for a Presidential Fitness Award.

In 2012, the assessment evolved into the Youth Fitness Program, which the government said "moved away from recognizing athletic performance to providing a barometer on student's health." Then-first



Health and Human Services Secretary Robert F. Kennedy Jr. speaks as President Donald Trump listens at an event to promote his proposal to improve Americans' access to their medical records in the East Room of the White House, Wednesday, July 30, 2025, in Washington.

Associated Press

lady Michelle Obama also promoted her "Let's Move" initiative focused on reducing childhood obesity through diet and exercise. Reinvigorating the sports council and the fitness test fits with Trump's focus on athletics. The Republican president played baseball in high school and plays golf almost every weekend. Much of the domestic travel he has done this year that is not related to weekend golf games at his clubs

in Florida, New Jersey and Virginia was built around attending sporting events, including the Super Bowl, Daytona 500 and UFC matches.

The announcement Thursday comes as Trump readies the United States to host the 2025 Ryder Cup, 2026 FIFA World Cup games and the 2028 Summer Olympics. The Youth Fitness Test, according to a Health and Human Services Department website last updated

in 2023 but still online Thursday, "minimizes comparisons between children and instead supports students as they pursue personal fitness goals for lifelong health." Expected to join Trump at the event are several prominent athletes, including some who have faced controversy.

They include Trump friend and pro golfer Bryson DeChambeau; Kansas City Chiefs kicker Harrison Butker; Swedish golfer Annika

Sorenstam; WWE chief content officer Paul "Triple H" Levesque, the son-in-law of Trump's education secretary, Linda McMahon; and former New York Giants linebacker Lawrence Taylor, a registered sex offender.

The NFL distanced itself from comments Butker made last year during a commencement address at a Kansas college, when he said most of the women receiving degrees were probably more excited about getting married and having children than entering the workforce and that some Catholic leaders were "pushing dangerous gender ideologies onto the youth of America." Butker also assailed Pride Month and railed against Democratic President Joe Biden's stance on abortion.

Butker later formed a political action committee designed to encourage Christians to vote for what the PAC describes as "traditional values."

Sorenstam faced backlash for accepting the Presidential Medal of Freedom from Trump on Jan. 7, 2021, the day after rioters spurred by Trump's false claims about his election loss to Biden stormed the Capitol in Washington. □

Trump ally Jeffrey Clark should be disbarred over 2020 election effort, DC panel says



Former Justice Department official Jeffrey Clark speaks during the Conservative Political Action Conference (CPAC) 2024, at the National Harbor, in Oxon Hill, Md., Feb. 23, 2024.

Associated Press

By **ALANNA DURKIN**

RICHER Associated Press

WASHINGTON (AP) — Jeffrey Clark, the former Justice Department official who aided President Donald Trump's efforts to overturn the results of the 2020 election, should be stripped of his law license, a Washington disciplinary panel ruled on Thursday.

Clark, who is now overseeing a federal regulatory office, played a key role in Trump's efforts to challenge his election loss to Joe Biden and clashed with Justice Department superiors who refused to back his false claims of fraud.

The D.C. Board of Professional Responsibility's recommendation will now go to the D.C. Court of Appeals for a final decision. Under the second Trump administration, Clark has been serving as acting head of the Office of Information and Regulatory

Affairs, a part of the Office of Management and Budget that is responsible for reviewing executive branch regulations.

OMB spokesperson Rachel Cauley said in a post on X that "this latest injustice is just another chapter in the Deep State's ongoing assault on President Trump and those who stood beside him in defense of the truth." "JEFF CLARK has been harassed, raided, doxed, and blacklisted simply for questioning a RIGGED election and serving President Trump," she wrote.

At issue in the D.C. bar proceedings was a letter that Clark, as an assistant attorney general in the first Trump administration, drafted that said the Justice Department was investigating "various irregularities" and had identified "significant concerns" that may have impacted the election in Georgia and other states. □

Appellate judges question Trump's authority to impose tariffs without Congress

By PAUL WISEMAN and MATT SEDENSKY
Associated Press

WASHINGTON (AP) — Appellate court judges expressed broad skepticism Thursday over President Donald Trump's legal rationale for his most expansive round of tariffs.

Members of the 11-judge panel of the U.S. Court of Appeals for the Federal Circuit in Washington appeared unconvinced by the Trump administration's insistence that the president could impose tariffs without congressional approval, and it hammered its invocation of the International Emergency Economic Powers Act to do so. "IEEPA doesn't even mention the word 'tariffs' anywhere," Circuit Judge Jimmie Reyna said, in a sign of the panel's incredulity to a government attorney's arguments.

Brett Schumate, the attorney representing the Trump administration, acknowledged in the 99-minute hearing "no president has ever read IEEPA this way" but contended it was nonetheless lawful.

The 1977 law, signed by President Jimmy Carter, allows the president to seize assets and block transactions during a national



President Donald Trump speaks during an event to announce new tariffs in the Rose Garden at the White House, on April 2, 2025, in Washington.

Associated Press

emergency. It was first used during the Iran hostage crisis and has since been invoked for a range of global unrest, from the 9/11 attacks to the Syrian civil war. Trump says the country's trade deficit is so serious that it likewise qualifies for the law's protection.

In sharp exchanges with Schumate, appellate judges questioned that contention, asking whether the law extended to tariffs at all and, if so, whether the lev-

ies matched the threat the administration identified.

"If the president says there's a problem with our military readiness," Chief Circuit Judge Kimberly Moore posited, "and he puts a 20% tax on coffee, that doesn't seem to necessarily deal with (it)."

Schumate said Congress' passage of IEEPA gave the president "broad and flexible" power to respond to an emergency, but that "the president is not asking

for unbounded authority." But an attorney for the plaintiffs, Neal Katyal, characterized Trump's maneuver as a "breathtaking" power grab that amounted to saying "the president can do whatever he wants, whenever he wants, for as long as he wants so long as he declares an emergency."

No ruling was issued from the bench. Regardless of what decision the judges' deliberations bring, the

case is widely expected to reach the U.S. Supreme Court.

Trump weighed in on the case on his Truth Social platform, posting: "To all of my great lawyers who have fought so hard to save our Country, good luck in America's big case today. If our Country was not able to protect itself by using TARIFFS AGAINST TARIFFS, WE WOULD BE 'DEAD,' WITH NO CHANCE OF SURVIVAL OR SUCCESS. Thank you for your attention to this matter!"

In filings in the case, the Trump administration insists that "a national emergency exists" necessitating its trade policy. A three-judge panel of the U.S. Court of International Trade, a specialized federal court in New York, was unconvinced however, ruling in May that Trump exceeded his powers.

The issue now rests with the appeals judges.

The challenge strikes at just one batch of import taxes from an administration that has unleashed a bevy of them and could be poised to unveil more on Friday.

The case centers on Trump's so-called "Liberation Day" tariffs of April 2 that imposed new levies on nearly every country. □

Southern Baptist policy head resigns after 4 years of navigating internal conflicts

By PETER SMITH
Associated Press

The head of the Southern Baptist Convention's policy arm has resigned after nearly four years leading the staunchly conservative agency, which in recent years has fended off critics within the nation's largest Protestant denomination seeking to push it even further to the right.

The Ethics and Religious Liberty Commission on Thursday accepted the resignation of its president, Brent Leatherwood, the agency confirmed.

The ERLC has advocated against abortion and transgender rights while promoting a strongly pro-Israel stance, a long-time evangelical priority, and an expansive view of religious liberty in the public square similar to how it's been defined in recent U.S. Supreme Court cases.

Church representatives at the Southern

Baptist Convention annual meeting in June voted decisively to retain the commission effectively a vote of confidence against efforts to abolish it. Some critics within the convention wanted it to take a harder-line stance on immigration and to endorse criminal penalties for women seeking abortions.

"In all of our advocacy work, we have sought to strike a balance of conviction and kindness, one that is rooted in Scripture and reflective of our Baptist beliefs," Leatherwood said in a statement. "That has meant standing for truth, without equivocation, yet never failing to honor the God-given dignity of each person."

Scott Foshie, chair of the commission's trustees, credited Leatherwood for demonstrating "loving courage in the face of a divisive and increasingly polarizing culture in America." □



Covenant School parent Brent Leatherwood, center, listens during a status hearing in Chancellor l'Ashea L. Myles' courtroom involving the release of records related to the the March school shooting, May 22, 2023, in Nashville, Tenn.

Associated Press

A Texas researcher was held at an airport for over a week. Now he faces deportation

By **OLGA R. RODRIGUEZ** and **CHRISTOPHER WEBER**

Associated Press

SAN FRANCISCO (AP) — A researcher at Texas A&M University flying home from abroad was detained for more than a week by immigration authorities at the San Francisco International Airport, sleeping in a chair and living off food sold in the airport, his family and attorneys said Thursday.

It was unclear why Tae Heung “Will” Kim, who is a legal permanent resident with a green card, was detained July 21, his attorney Karl Krooth said at a news conference. Kim, who went to South Korea to attend his brother’s wedding, is now in removal proceedings to be deported and is being held at an immigration detention facility in Arizona, Krooth said, adding that he has yet to talk to his client. Customs and Border Protection said in a statement that any green card holder who has a drug offense is in violation of their legal status and can be detained.



Homeland Security Secretary Kristi Noem speaks during a roundtable at the so-called Alligator Alcatraz,” a new migrant detention facility at Dade-Collier Training and Transition facility, July 1, 2025, in Ochopee, Fla.

Associated Press

His attorneys said Kim was charged in 2011 with misdemeanor marijuana possession in Texas, where recreational use is illegal. His attorneys declined to discuss those charges Thursday. But one attorney told

the Washington Post, which first reported on Kim’s detention, that he fulfilled a community service requirement and successfully petitioned for nondisclosure to seal the offense from the public record.

Since returning to the White House, President Donald Trump has launched an unprecedented campaign of immigration enforcement that has pushed the limits of executive power and clashed with federal judges

trying to restrain him. American citizens, legal permanent residents, visa holders and visitors have been stopped at airports and detained for days. Some have faced deportation for minor infractions.

Kim, 40, has spent most of his life in the U.S., arriving at the age of 5. After helping out in his family’s doll-manufacturing business following the death of his father, he recently entered a doctoral program at Texas A&M and is helping to research a vaccine for Lyme disease.

His attorney said holding Kim at the airport denied him his right to due process. “The airport is not a detention facility. The airport is not in the immigration courtroom. And Customs and Border Protection officers are interrogators, they are not neutral arbiters,” he said.

Krooth said his client was moved between two small rooms in the daytime at the airport. □

Pentagon pulls back more National Guard troops and leaves behind 250 in Los Angeles

By **JAIMIE DING** and **DAVID KLEPPER**

Associated Press

LOS ANGELES (AP) — The Pentagon said Thursday it is ending the deployment of all but 250 National Guard troops that were originally sent to Los Angeles to deal with protests over the Trump administration’s immigration crackdown.

Defense Secretary Pete Hegseth ordered 1,350 National Guard members to leave this week. The rest will remain to protect federal personnel and property, according to the statement attributed to Sean Parnell, chief Pentagon spokesperson.

Roughly 4,000 National Guard soldiers and 700 Marines were deployed to Los Angeles in early June over the objections of state and local officials. Half of the Guard were pulled back

roughly two weeks ago, and the Marines were ordered to leave a few days later.

“We greatly appreciate the support of the more than

5,000 Guardsmen and Marines who mobilized to Los Angeles to defend Federal functions against the rampant lawlessness occurring in the city,” Parnell said.

Local leaders have contested the presence of federal troops in the city, blaming them for inflaming tensions in the region and said their presence was unnecessary.

Mayor Karen Bass called the departure of more troops “another win for Los Angeles” in a post Wednesday night on X.

The presence of Guard troops in the city had been mostly limited to two locations with federal buildings in Los Angeles, including the U.S. Immigration and Customs Enforcement office and detention facility downtown. Some soldiers have been protecting federal agents during immigration raids.

National Guard troops recently accompanied federal authorities with guns and horses at a July 7 operation at MacArthur Park,

a neighborhood with large Mexican, Central American and other immigrant populations, that ended abruptly.

A vast majority of the troops remained at the Joint Forces Training Base in Los Alamitos during their time in Southern California and were not seen deployed in Los Angeles.

Demonstrations in the city and the region in recent weeks have largely been small, scattered impromptu protests around immigration arrests.

California Gov. Gavin Newsom said in a statement that President Donald Trump’s “political theater backfired.”

“The women and men of our military deserve more than to be used as props in the federal government’s propaganda machine,” Newsom said. □



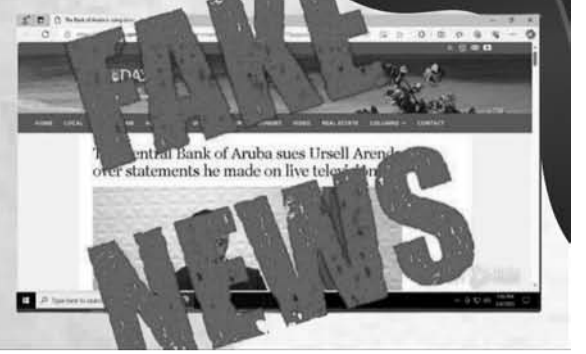
Los Angeles Mayor Karen Bass, left, with California Senator Caroline Menjivar, at podium, are joined by veterans and military families, call for the complete withdrawal of all remaining federal troops including both U.S. Marines and National Guard members from Los Angeles, during a news conference at the Los Angeles Mission College in Sylmar, Calif., Monday, July 21, 2025.

Associated Press

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Canada will recognize a Palestinian state in September in latest push against Israel's Gaza policies

By ROB GILLIES
Associated Press

TORONTO (AP) — Canada will recognize a Palestinian state in September, Prime Minister Mark Carney announced on Wednesday, the latest in a series of symbolic announcements that are part of a broader global shift against Israel's policies in Gaza.

Carney convened a Cabinet meeting to discuss the situation in the battered Palestinian territory. He said it came after he discussed the crisis with British Prime Minister Keir Starmer who announced a similar move on Tuesday.

Leaders are under mounting pressure over the issue as scenes of hunger in Gaza have horrified so many across the world. "The level of human suffering in Gaza is intolerable," Carney said.

"Canada intends to recognize the State of Palestine at the 80th Session of the United Nations General As-



Canada Prime Minister Mark Carney speaks with media during a news conference in Ottawa, Ontario, Wednesday, July 30, 2025.

sembly in September 2025," Carney said a move that he said was predicated on the Palestinian Authority "holding general elections in 2026 in which Hamas can play no part, and to demili-

tarize the Palestinian state." Carney said he's "not in any way or shape minimizing that scale of that task," though he added it was clearly "not a possibility in the near term."

"Much has to happen before a democratic viable state is established," he said.

A mounting push Pressure to formally recognize Palestinian statehood

Associated Press

has increased since French President Emmanuel Macron announced last week that his country will become the first major Western power to recognize a Palestinian state in September. Carney said he spoke to Macron on Wednesday. On Tuesday, Starmer said Britain would recognize a state of Palestine before the U.N. General Assembly in September, "unless the Israeli government takes substantive steps to end the appalling situation in Gaza, agree to a ceasefire and commit to a long-term, sustainable peace, reviving the prospect of a two-state solution."

Carney said Canada is working with other states "to preserve the possibility of a two-state solution, to not allow the facts on the ground, deaths on the ground, the settlements on the ground, the expropriations on the ground, to get to such an extent that this is not possible." □

South Africa starts injecting rhino horns with radioactive material to curb poaching

Associated Press

MOKOPANE, South Africa. (AP) — A South African university launched an anti-poaching campaign Thursday to inject the horns of rhinos with radioactive isotopes that it says are harmless for the animals but which can be detected by customs agents.

Under the collaborative project among University of the Witwatersrand, nuclear energy officials and conservationists, five rhinos were injected Thursday in what the university hopes will be the mass injection of the declining rhino population.

Last year, about 20 rhinos at a sanctuary were injected with isotopes as part of initial trials that paved the way for Thursday's launch. The radioactive isotopes even at low levels can be recognized by radiation detectors at airports and borders, which can lead to the arrest of poachers and

traffickers.

Researchers at Witwatersrand's Radiation and Health Physics Unit say that tests conducted throughout the pilot study confirmed that the radioactive material was not harmful to the animals.

"We have demonstrated, beyond scientific doubt, that the process is completely safe for the animal and effective in making the horn detectable through international customs nuclear security systems," said James Larkin, chief scientific officer of the Rhisotope Project.

"Even a single horn with significantly lower levels of radioactivity than what will be used in practice successfully triggered alarms in radiation detectors," said Larkin. The tests also confirmed that individual horns could be detected inside full 40-foot shipping containers, he said. □



A sedated rhino is being prepared before a hole is drilled into its horn and isotopes carefully inserted, at a rhino orphanage in Mokopane, South Africa, Thursday, July 31, 2025.

Associated Press

Russia hosts Syria's new foreign minister for the first time since Assad's ouster

MOSCOW (AP) — Syria's top diplomat met with Russian officials Thursday on the first visit to Moscow by a member of the new government in Damascus since former Syrian President Bashar Assad was ousted in a rebel offensive last year despite years of Russian support.

Russian President Vladimir Putin hosted Syrian Foreign Minister Asaad al-Shibani in the Kremlin, according to Syrian news agency SANA, a meeting that underlined the Kremlin's desire to establish working ties with the country's new leadership. Before the talks with Putin, al-Shibani met with Russian Foreign Minister Sergey Lavrov, who emphasized that the Russian authorities "sincerely wish that the Syrian people, with whom we have long-standing friendship, overcome all existing challenges and completely normalize the situation." Al-Shibani responded that Syria was interested in ties with Russia and having Russia "by our side."

Assad was an ally of Russia, and Moscow's scorched-earth intervention in support of him a decade ago turned the tide of Syria's civil war and kept Assad in his seat until his swift demise in December. Russia, which has focused on the fighting



Russian Foreign Minister Sergey Lavrov, right, and Syrian Foreign Minister Asaad Hassan al-Shibani, left, attend a joint news conference following their meeting in Moscow, Russia, Thursday, July 31, 2025.

in Ukraine and kept only a small military contingent in Syria, didn't try to counter the rebel offensive but sheltered Assad after he fled the country.

Without naming Assad, al-Shibani called on Russia to support the country's post-Assad "transitional justice" process and said Syria has formed a committee to review past agreements with Russia.

Despite having been on opposite sides of the battle lines during the civil war, the new rulers in Damascus,

headed by interim President Ahmad al-Sharaa, have taken a pragmatic approach to relations with Moscow.

A Russian delegation visited Damascus in January, and the following month Putin had a call with al-Sharaa that the Kremlin described as "constructive and business-like." Russia has retained presence at its air and naval bases on the Syrian coast and the Kremlin has voiced hope for negotiating a deal to keep the outposts. Moscow

also has reportedly sent oil shipments to Syria.

Syria's Defense Minister Murhaf Abu Qasra accompanied al-Shibani on his visit to Moscow and met his Russian counterpart Andrei Belousov. They discussed "cooperation between defense ministries and the situation in the Middle East," the Russian Defense Ministry said. Speaking to reporters after the talks on Thursday, Lavrov thanked "Syrian colleagues for the steps they're taking to ensure the safety of Russian

citizens and Russian facilities" in Syria.

"We reaffirmed our support for the preservation of the unity, territorial integrity and independence of the Syrian Arab Republic and are ready to provide the Syrian people with all possible assistance in post-conflict reconstruction. We agreed that we will continue our dialogue on these issues," Lavrov said.

Al-Sharaa has thanked Russia for its "strong position in rejecting Israeli strikes and repeated violations of Syrian sovereignty" after Israel intervened in clashes between Syrian government forces and armed groups from the Druze religious minority earlier this month.

Al-Shibani on Thursday criticized Israel's "interference in internal affairs" and said it complicates efforts to resolve conflicts between different communities in Syria. "Many countries want stability and security in Syria, but there are some that want a weak and divided Syria, that want to prove that the government is unable to protect the minorities or that there are internal problems," he said.

He added that Syria's new government has "said since day one that we have no hostile intentions towards Israel." □

Associated Press

Vatican strikes solar farm deal to become the world's first carbon-neutral state



A view of the antennas of the Vatican Radio, which beams the Pope's words around the world, is seen in Santa Maria di Galeria, on the outskirts of Rome, on April 11, 2001.

Associated Press

By NICOLE WINFIELD
Associated Press

ROME (AP) — Italy agreed Thursday to a Vatican plan to turn a 430-hectare (1,000-acre) field north of Rome, once the source of controversy between the two, into a vast solar farm that the Holy See hopes will generate enough electricity to meet its needs and turn Vatican City into the world's first carbon-neutral state.

The agreement stipulates that the development of the Santa Maria Galeria site will preserve the agricultural use of the land and minimize the environmental impact on the territory, according to a Vatican statement.

Details weren't released, but the Vatican will be exempt from paying Italian taxes to import the solar panels, but won't benefit from the financial incentives that Italians enjoy when they go solar. Italy, for its

part, can use the field in its accounting for reaching European Union clean energy targets. Any excess electricity generated by the farm beyond the Vatican's needs would be given to the local community, officials said, speaking on condition of anonymity because the agreement was not public.

Vatican officials have estimated it will cost under 100 million euros (\$114 million) to develop the solar farm, and that once it is approved by the Italian parliament, the contracts to do the work could be put up for bids.

Vatican foreign minister Archbishop Paul Gallagher signed the agreement with Italy's ambassador to the Holy See, Francesco Di Nitto. The Italian parliament must approve the arrangement since it has financial implications for the territory, which holds extraterritorial status in Italy. □

Up for a snorkeling adventure in Aruba? Top 3 shipwrecks to explore

(ORANJESTAD) - Aruba is not only the perfect vacation destination to sit back and relax on the sandy beaches but also has great snorkeling spots for passionate adventurers to explore. On the coast of the island, there are various shipwrecks that have become fan-favorites over the years. Here are the top 3 shipwrecks you should explore.

SS Antilla

Dubbed "The Ghost Ship", SS Antilla is the biggest and most visited shipwreck site off the coast of the island. Located in Malmok, this 400-foot ship's story is one of capture and sabotage during WWII.

After Germany invaded The Netherlands, Dutch authorities ordered the confinement of the ship's German crew, who were ported in Aruba because it needed to find a neutral port. The Dutch ordered the ship to be confiscated, but the German crew had other plans. Taking advantage of a delay caused by an anticipated armed resistance, the Germans started scuttling the ship,

opening her seacock and setting her ablaze.

Eventually, the crew was arrested, but SS Antilla could not be saved by the Dutch forces. The Dutch fired two rounds of their 35mm gun aboard the 'Aruba' at SS Antilla and left her to sink.

The shipwreck can only be reached by boat. The ship is visible from the surface and during your snorkeling trip you'll be surrounded by hundreds of tropical fishes, but the shipwreck alone is already impressive enough.

SS Pedernales

Like the Antilla, the story of SS Pedernales dates to WWII. Pedernales was used as a lake tanker between Venezuela and Aruba, and sailed under British Flag. At this time, The US and Britain were using Aruba and Curacao as fuel stations for the war ships.

Under operation Neuland (disruption of British and American oil sources), Germany fleets bombed Pedernales. The ship was later cut into three sections, two of which were taken to the US for reconstruction.



The remaining part stayed in Aruba and was used as target practice. Eventually, the ship became a snorkeling site that has attracted many visitors throughout the years.

Pedernales lies on the north-west coast of Aruba, and is no more than 10 feet under water, making it an ideal site for snorkelers and divers of all levels.

Jane Sea Wreck

The Jane Sea Wreck lies near Palm Island at 100 feet underwater. Jane's story is heavily speculated, making her origin a tale of legends.

Launched in 1959, the 190-foot ship was initially

called "Blackthorn". Her last owner, S&D Shipping Ltd. named her Jane Sea. Jane was a cement freighter between Venezuela and Aruba.

The story goes that the Jane Sea arrived one day at the Barcadera Harbor, where Aruban customs discovered several tons of cocaine. The ship was confiscated and petitioned went out for her owner to claim her. However, several years went by and no one came forward to claim the ship, so dive operators decided to sink her as an artificial reef. This happened in 1988. Jane Sea earned the nickname Jane C, because of the illicit white powder discovered on board.

Jane is now beautifully overgrown with coral and is home to a diverse set of marine life, like turtles, octopus, crabs and sometimes even nurse sharks.

The stories behind these shipwrecks enriches their exploration and offers snorkelers and divers a glance into the past, as well as the beautiful marine life that have molded these wrecks into their home. So, grab your equipment and discover another side of what Aruba has to offer!

We highly recommend you embark on your adventure with the guide of a professional and be sure to take of yourself and Aruba's precious nature. ☐

Aruba Birdlife Conservation warns: Do not touch or feed wildlife!

Touching or feeding wildlife may seem harmless, but it can have serious consequences for both animals and humans. Human food is often unhealthy for animals and can lead to malnutrition or illness. When animals become used to being fed, they may lose their natural instincts to forage, making them dependent on people for survival.

Interacting with wildlife can also disrupt natural behaviors. Animals that lose their fear of humans are more likely to approach people, which can put both at risk. This change in behavior can lead to increased aggression or accidents, and it can also interfere with local ecosystems by altering

feeding patterns and relationships between species. There are health concerns as well. Close contact can spread diseases between humans and animals, sometimes with dangerous or even deadly consequences. Feeding or touching wildlife poses risks to the broader environment. The best way to respect and protect wildlife is to observe from a distance and to avoid touching or feeding animals. This helps maintain healthy animal populations, supports balanced ecosystems, and ensures that natural areas remain safe and sustainable for everyone. So, please refrain from touching or feeding our wildlife. ☐



Aruba: The island of Aloes

ORANJESTAD – Aloe vera, a succulent plant species, is renowned for its incredible properties for the skin. It is widely distributed and usually grows in tropical, semi-tropical and arid climates on the planet. But this plant also had a very prominent role in the history of Aruba, and its significance to the island's economy endures to this day.



The leaves of Aloe vera contain a good amount of gel which when used topically, is great for the skin. Traditionally, Arubans use this gel to treat minor burns and other skin ailments, or just to keep skin supple and looking bright and nourished. Aside from the gel, aloe contains a bitter, yellow substance (called aloin) which is a gentle but powerful laxative, and it is also the origin of the industry of aloe in Aruba.

History reveals that Aloe vera was introduced in Aruba around 1840, when most of the island's inhabitants were farmers of little means. Dutch Governor

Van Raders introduced the plant after it had been introduced in other islands of the Caribbean to cultivate and harvest the aloe to produce the laxative.

Around 1920, about two-thirds of Aruba was aloe fields, earning our island the nickname "The Island of Aloes."

Under Commander Jan Helenus Ferguson (1866-1871), aloe experienced a boom, which is why there is a road named after him, which goes through the aloe fields. In the 19th century, Aruba was the main supplier of aloin for laxa-



oil industry arrived on Aruba, it changed the labor market on Aruba, shifting away from agriculture. It would be after World War II that aloe would make a comeback. And eventually, as science learned about the amazing properties of aloe gel, the industry shifted from producing laxative to producing skin care. An interesting fact is that in 1951, the production of Aruban aloe amounted to around 30 percent of the total global production!

The impact and relevance of aloe is visible all around Aruba. While most homes will have a few plants for personal use and decoration, houses are also decorated with aloe motifs, and at some point, aloe even featured on post stamps. Around 1920, about two-thirds of Aruba was aloe fields, earning our island the nickname "The Island of Aloes." And in 1955, the aloe became a part of Aruba's coat of arms, symbolizing prosperity for the island. □

Images from the archive of the National Library of Aruba.



tive, which was imported abroad to the United States and Europe. The aloin from Aruba and Curaçao was known to be one of the best in the world and was

more expensive, which meant that at the time, it had significant economic impact, particularly for the local farmers. However, by the time the

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Cas di Torto

ORANJESTAD Cas di torto (also called cas di lodo or cas di bara) is a traditional building technique from Aruba. It refers to a type of houses made of mud with rounded corners. These houses were usually found around the plantations. The few structures that still exist are the oldest structures that are left standing in the country.



The technique probably came over from the Venezuelan Paraguaná Peninsula in the 18th century. Existing houses date back 150 years. Until 1925 many houses on Aruba were built using this technique, afterwards it fell into disuse. In 2005 there were 62 cas di torto houses left, of which only four were in good con-

dition. The skeleton of the houses is made up of round wooden poles placed with distances of 1.5 feet between them. Branches are interwoven between them, completing the structural support. On this basis, loam is applied, mixed with sand, water and para grass. This

then coated with aloe vera juice, which gives the white colour and helps to protect against the weather. On top of the poles pieces of wood are fitted that serve as the base for the roof beams. Until 1815 the roofing usually consisted of corn (maize) stems, afterwards the nuclei of co-



lumnar cacti were used. The floor is made of loam, mixed with cement or cow dung. The houses were usually divided into a kitchen, a living room, a porch and a bedroom. In the kitchen would be a wooden or metal barrel for storing water that

was collected in small rain ponds. Around this barrel a thick loam wall would be erected. Often large families would live in these houses; people would sleep on mats on the floor. If you visit the Arikok National Park you will be able to see a very nice cas di torto. □

Prohibited by law: leaving the island with seashells, white sand or corals

(Oranjestad)—Often times, the customs department at the airport intercepts many tourists leaving the island with seashells, white sand and/or corals as souvenirs.



Conforming to the international treaty of CITES and our local law which protects our Flora & Fauna, it is absolutely prohibited to take any seashell, sand and coral outside of Aruba. This is to protect our environment. The high number of seashells, coral and amount of sand confiscated is very strange and it is suspected that our own locals are the ones selling

these to the tourists, which is unacceptable.

Upon confiscation at the airport, you can also face

a fine that they have to pay before leaving. This is surely not a pleasant experience for the tourist. This also leads to a negative reaction which can put our tourism in a negative light. Though we love to accommodate our visitors, let's all give nature the respect it deserves by protecting our environment. Stop collecting seashells, white sand and corals from our shores and stop buying or accepting these from local sellers or companies.

We want our future generations and visitors to enjoy the beauty of our beaches,

shells and corals in a sustainable way, without destroying or disrupting the Aruban ecosystem. Help us protect what is ours! □



Snakes you may encounter on Aruba

(Oranjestad)—If you have ever or will ever go off-roading on the island, you may encounter three types of snakes that are dominant on the island. The Cascabel, Santanero and Boa differ from each other in a couple ways, and local perspective on each one may help you understand what you need to do if you ever were to encounter one during your touring session on the island.

Cascabel (*Crotalus unicolor*)

The small Cascabel or Aruba Island Rattlesnake averages 70 cm in length. The body color is often uniform gray or light brown. There may be a faint pattern of diamond shaped markings on the back. This pattern is most noticeable on younger snakes. The most distinctive feature of this snake is the rattle at the end of its tail which makes a buzzing sound when the snake is alarmed. Cascabels are shy and not aggressive, but their venom can be dangerous to humans. In fact, it's the only venomous snake native to the island. It is best to leave this snake



will keep away the unwanted insects. If you encounter a Santanero around your garden, please do not harm this species.

Boa (*Boa constrictor*)

Boas are Aruba's largest snakes. The longest Boa found on the island was slightly less than 3 m. New-born Boas average 35 cm. Boas are not venomous but are what is called constrictor snakes; they kill by wrapping themselves around a prey and suffocating them. The most distinctive feature of a Boa is its pattern of dark brown and tan blotches which become red toward the tail. The bel-

alone. Do not attempt to catch or kill it, as it could not only be dangerous, but this snake is also endemic to the island, and its preservation has become a legal mandate for all residents and visitors. Cascabels hunt by waiting under bushes and fruiting trees to catch passing lizards, mice, rats, small rabbits, and an occasional bird. This is often considered to be one of the rarest rattlesnakes in the world.



The range of the Cascabel is restricted to the rugged and mountainous areas of the island mostly within Arikok National Park. The Arikok National Park was designated in the early 1980s to include most of the rattlesnake's population, providing a safe refuge in which the snake can be protected and monitored. The government has also implemented outreach and education initiatives to change local perception of the snake and highlight its ecological and economic importance – it is now being promoted as a national symbol. Arikok's partnership with the Toledo zoo has safeguarded the rattlesnake ex-situ and led to a number of research projects collecting critical data on the Cascabel's abundance, life history and habitat requirement to help guide future conservation efforts.

Santanero

The slender Santanero or Aruban Cat-eyed Snake is a small fella, typically less than 50 cm long. This snake is recognizable by the large scales on the top of its head and by its pattern of dark brown bands alternating with light brown bands. The belly is plain white or cream colored without any markings. Native as well to the island, this snake is shy and not aggressive. However, it has enlarged teeth at the back of its mouth and mild venom which is not dangerous to humans, but can paralyze small lizards and frogs. Santaneros are most active at night when they search for food. During the day, they hide under rocks or leaves. They frequently climb trees and cactus. Santaneros eat toads, frogs, insects, and lizards. You may find Santaneros near dams during periods of rainy weather or crossing roads at night. This snake is found island wide. A Santanero in your garden

ly in white or cream colored with numerous black spots. Boas are excellent climbers and may be found in trees and cactus. Boas also hide in the leaves under bushes waiting to catch prey that pass. Boas catch their prey with their teeth and then constrict it in their coils. The Boa's diet consists of birds, lizards, rats, mice, and rabbits. Large Boas have been known to eat small goats and chickens. When threatened, Boas will hiss loudly. Boas are a non-native species and are invasive to the island, risking the population of native lizards and birds. The first Boas were reported on the island in 1999. Since that time they have been found across the entire island in all types of habitats. If you ever encounter a Boa, please do not approach it. Instead, please call the Arikok National Park, as they are experienced in handling Boas. □

Lessons from our elders: Plants and fruits for medicinal use

(Oranjestad)—Though western medicine is now widely used for common illnesses and to keep our bodies healthy and happy, it is still very common in every household in Aruba (and around the world) to have staple home remedies that is passed on through generations. Here are some tips that our elders have passed on to us over the years.

Pineapple



Pineapple has more uses than topping it on your Christmas ham. According to elders, the skin of a pineapple is great to use to refresh your body. Clean the skin thoroughly and make tea or warapa* with it. It is said that this tea can also be drunk after an operation on the ovaries or uterus. This gets rid of irritation and inflammation.

When the fruit is unripe and green, this can be used to stimulate menstruation flow in women. This also stimulates the passing kidney stones. When ripe, the fruit can be used for poisoning in the gut and can help treat rheumatic diseases, like arthritis.

However, breastfeeding women who cannot produce much milk are advised not to consume too pineapple, and people with acid reflux are recommended to not consume any pineapple at all.

Arrowroot

Arrowroot is native to tropical America and can be sold as a powder or whole. It is said that you can take arrowroot powder and make a "shalup" (porridge) for stomach pain or



when you're feeling weak. You can make it with milk too, but it is advised to best use just water. You can also add prunes for a bit of sweetness. Arrowroot shalup is also good to treat an unhealthy gut or for diarrhea.

To make arrowroot shalup, boil a bit of water and add one tablespoon of arrowroot powder and stir continuously until you reach porridge consistency. If you make a shalup with milk, add a pinch of salt. Raw arrowroot powder can be used to powder babies.

Eggplant/Aubergine



Eggplants, or aubergines, are easy to find in supermarkets around the world and can be grown all year round on the island. Related to potato and tomato, eggplants are good to calm nerves. It can also be used to lower blood pressure, by steeping its leaves in boiled water and drinking it. You can also make eggplant juice to help purify your blood. However, do make sure to drink slowly; let it mix with your spit and then swallow.

Eggplant kataplan* can also be used to treat skin tumors, abscesses and hemorrhoids. Eggplant kataplan can also be used externally to treat arthritis. □

***warapa: term referring to a water and sugar solution, a.k.a simple syrup.**

***kataplan: porridge-like mixture used externally for wounds or parts of the body that are painful or swollen.**

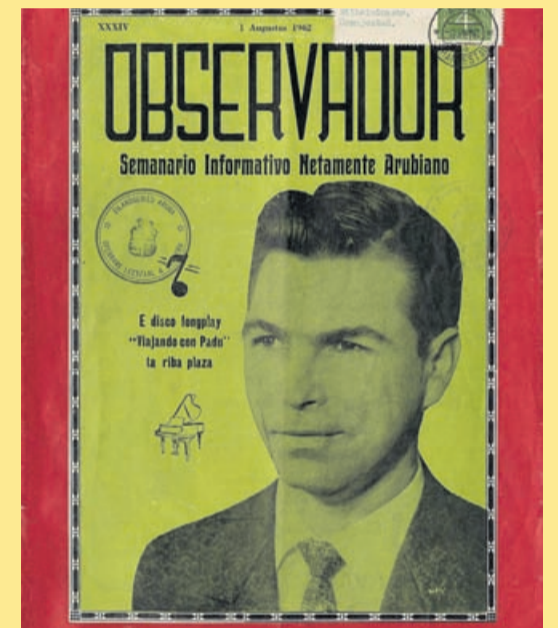
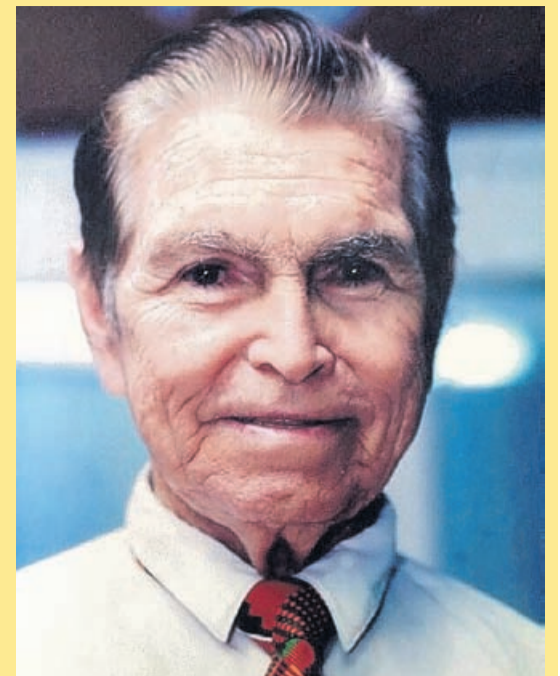
Meet our Aruban trailblazers: Padu Lampe

(Oranjestad)—This week we remember one of our most beloved Aruban giant, Juan Chabaya Lampe—better known as Padu Lampe or Padu del Caribe. As one of the most important and renowned artists in the Aruban cultural sphere, Padu's long career led him to be honored today as "the father of culture."

On April 26th, 1920, Juan Chabaya Lampe "Padu Lampe/Padu del Caribe" was born in Nassaustraat, Oranjestad. He grew up in a happy musical environment, and it is because of this that he developed a love for music. Starting from the age of 12, he was agile in the clarinet, mandolin and cuatro. Henry Lampe, his father, was also a well-known pianist and musician.

In a publication of the informative seminar, "Observer", from August 1st, 1962, Padu's many merits and friendly personality stood out. It was said that he was an excellent pianist with a personal style and full of surprises. Secondly, though the composer was not too familiar with music theory, he showed innovations in his compositions. Lastly, Padu was a promoter of Creole music around the world. One of the most important moments in Aruban history, in which he was able to witness first-hand, was the first radio broadcast on the island on March 20th, 1954. Here, he was accompanied by Antillean guitarist Julian Coco and Hubert "Loi" Booi.

In the art world, Padu was also a known painter. During his youth, he made several paintings using his unique style. In 1939, he participated in an art exhibit in New York, where he won a bronze medal for his painting "Typical View of Aruba." Padu remained a popular artist within the Dutch Antilles and the Caribbean as a pianist, singer, author and painter. Padu Lampe was a local artist who became renowned in Venezuela, Colombia, The U.S. and The Netherlands too. In the 1950s, he sold no less than 50 thousand copies of his long-playing albums (LPs). Padu Lampe was a multifaceted artist, inspired by his interest in parapsychology and supernatural phenomenon. He wrote three books in Papiamentu on the subject in 1986, which was published by the Aruban National Printing Press with sponsorship provided by the Prince



Bernhard Funds Netherlands Antilles. Besides that, Padu passed his exam on "Society to Advanced Ethical Hypnosis" in 1964 in New Jersey. He received a certificate as a hypnotechnician, which gave him the authority to practice hypnosis in some states.

Over the course of his career, he received many accolades and awards in Aruba, Curacao, Venezuela and the Netherlands.

Padu del Caribe passed away on November 29th, 2019, at the age of 99 years old. Padu brought the Aruban culture around the world. His legacy will remain ingrained in the Aruban cultural history, and he will be known forever as one of the most influential trailblazers of our community.

Padu will always be in Aruba's heart, because he had composed various special songs dedicated to the mothers of the island; his song "Sonrisa di un baby" ("A baby's Smile") has been written in three different languages. Padu also wrote our national anthem "Aruba Dushi Tera", along with Mr. Rufo Wever. This song was approved by the government of Aruba and was named the official anthem of the island in 1976.

Other songs that have been considered as being almost a second anthem for Arubans is the special composition he wrote for his wife Daisy Croes called "Abo so". Daisy later passed away in 1994. □

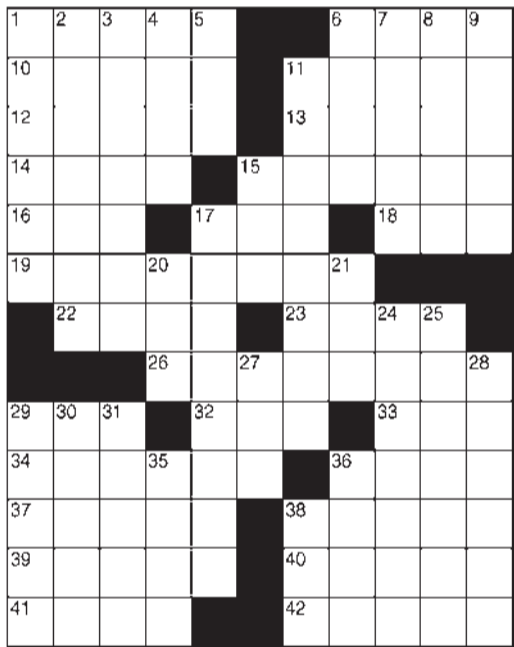
CROSSWORD

By **THOMAS JOSEPH**



- ACROSS**
- 38 Namely
 - 1 Skimpy swimwear
 - 6 Forum wear
 - 10 Went fast
 - 11 Roof overhangs
 - 12 Epps and Sharif
 - 13 Enormous
 - 14 Flag waver
 - 15 "Gangsta's Paradise" singer
 - 16 Greek vowel
 - 17 Fitting
 - 18 Church talk: Abbr.
 - 19 Hip-hop star who sounds absurd
 - 22 Duo
 - 23 Revue segment
 - 26 Hip-hop star who sounds para-normal
 - 29 Sauna site
 - 32 — Vegas
 - 33 "Straight Outta Compton" hip-hop group
 - 34 "The Naked Truth" rapper
 - 36 Eye part
 - 37 Prank

- DOWN**
- 1 Mason's tool
 - 2 Overact
 - 3 Ottawa anthem
 - 4 Bookish sort
 - 5 Merchandise: Abbr.
 - 6 Singer Cruz
 - 7 Squashed circles
 - 8 Wish granter
 - 9 Famed fur tycoon
 - 11 They have big heads
 - 15 EMT's forte
 - 17 Fast-drying paints
 - 20 Goal
 - 21 Go downhill
 - 24 "Told you!"
 - 25 More yellow-brown
 - 27 Frodo's friend
 - 28 In conclusion
 - 29 URL part
 - 30 Ship of 1492
 - 31 Church sight
 - 35 Toy with a tail
 - 36 Folk stories
 - 38 Paving goo



8-9

A XYDLBAAXR
is LONGFELLOW

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

8-9 CRYPTOQUOTE

SPVIV HK N ZYGVIOED OYIMV

E B D V N K P V C G P V B X Y E B Q

Z V Y Z D V I V K Y D W V S Y T N L V N

MPNBQV. — ANBV QYYCND D
Cryptoquote: MY FATHER RAISED US TO STEP TOWARD TROUBLE RATHER THAN TO STEP AWAY FROM IT. — JUSTIN TRUDEAU

Cruise ship Schedule: Aug 03 - 13 2025

			ARR	DEPT	BERTH	
SUN	03	FREEWINDS - Dept.	****	22.30	E	-
TUE	05	CARNIVAL HORIZON	09.00	23.00	C	1
		CARNIVAL MARDI GRAS	13.00	23.00	I	1
WED	06	FREEWINDS	06.00	****	E	1
SUN	10	FREEWINDS - Dept.	****	22.30	E	-
TUE	12	ADVENTURE OF THE SEAS	07.00	16.00	C	1
WED	13	OASIS OF THE SEAS	11.00	23.00	I	1
		RHAPSODY OF THE SEAS	08.00	23.00	B	1

Helpful tips for your stay on Aruba

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



Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.



Safety

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



Drinking water

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

SUDOKU

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

King Classic Sudoku

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

Difficulty: ★★★★★

8/1

Answer to previous puzzle

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

Difficulty: ★★★

7/31

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U.S. childhood vaccination rates fall again as exemptions set another record

By **MIKE STOBBE**
AP Medical Writer

NEW YORK (AP) — U.S. kindergarten vaccination rates inched down again last year and the share of children with exemptions rose to an all-time high, according to federal data posted Thursday.

The fraction of kids exempted from vaccine requirements rose to 4.1%, up from 3.7% the year before. It's the third record-breaking year in a row for the exemption rate, and the vast majority are parents withholding shots for non-medical reasons.

Meanwhile, 92.5% of 2024-25 kindergartners got their required measles-mumps-rubella shots, down slightly from the previous year. Before the COVID-19 pandemic, the vaccination rate was 95% the level that makes it unlikely that a single infection will spark a disease cluster or outbreak.

The vaccination numbers were posted as the U.S. experiences its worst year for measles spread in more than three decades, with more than 1,300 cases so far.

The Centers for Disease Control and Prevention traditionally releases the vac-

ination coverage data in its flagship publication, the Morbidity and Mortality Weekly Report. CDC officials usually speak to the trends and possible explanations, and stress the importance of vaccinations. This year, the agency quietly posted the data online and when asked about it emailed a statement. □

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TRAVEL INFO

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AID FOUNDATIONS

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ARUBA TODAY NEWS

One Tech Tip: Can you tell if that song AI-generated? Here are some things to check

By **KELVIN CHAN**
AP Business Writer

LONDON (AP) — Is it The Velvet Underground or Velvet Sundown?

The fictitious rock group, Velvet Sundown, which comes complete with AI-generated music, lyrics and album art, is stoking debate about how the new technology is blurring the line between the real and synthetic in the music industry, and whether creators should be transparent with their audience.

Computer software is widely used in music production, and artificial intelligence is just the latest tool that disc jockeys, music producers and others have added to their production pipeline. But the rise of AI song generators such as Suno and Udio is set to transform the industry because they allow anyone to create songs with just a few prompts.

While some people do not care whether they're listening to AI-generated music, others might be curious to know.

If you encounter a new song that leaves you wondering whether it's 100% made with AI, there are some methods that could reveal how it was created.

Do a background check

If you're wondering who's behind a song, try some old-



A woman walks using her headphones on Tuesday, Jan. 17, 2023, in New York.

Associated Press

fashioned detective work. The "most obvious cues" come from "external factors," said Manuel Mousallem, head of research and development at streaming service Deezer.

Does the band or artist have social media accounts? Lack of a social presence might indicate there's no one there. If they do exist online, examine the kind of content they post, and how long it goes back.

Is there any sign that the artist or band exists in real

life? Are there any upcoming concerts and can you buy a ticket for a gig? Is there footage of past concerts on YouTube? Has an established record label released their singles or albums?

Try going to the source. Song creators often but not always publish their generated tunes on the Suno or Udio platforms, where they can be found by other users.

The catch is that you'll have to sign up for an account to get access. Users can look

up songs by track name or the creator's handle, and browse genres and playlists. But it can still be difficult to spot a song, especially if you don't know the name of the song or creator.

Song tags

Deezer has been flagging albums containing AI-generated songs, as part of its efforts to be more transparent as it battles streaming fraudsters looking to make quick money through royalty payments.

The Deezer app and website will notify listeners with

an on-screen label "AI-generated content" to point out that some tracks on an album were created with song generators.

The company's CEO says the system relies on in-house technology to detect subtle but recognizable patterns found in all audio created by AI song generators. The company hasn't specified how many songs it has tagged since it rolled out the feature in June, but says up to 18% of songs uploaded to its platform each day are AI-generated.

Song scanners

There are a few third-party services available online that promise to determine whether a song is human-made or generated by AI.

I uploaded a few songs I generated to the online detector from IRCAM Amplify, a subsidiary of French music and sound research institute IRCAM. It said the probability that they were AI-generated ranged from 81.8% to 98% and accurately deduced that they were made with Suno.

As a cross-check, I also uploaded some old MP3s from my song library, which got a very low AI probability score. But a handful of results shouldn't be taken as a sign of overall accuracy. □



The opening page of X is displayed on a computer and phone in Sydney on Oct. 16, 2023.

By **ROD McGUIRK**
Associated Press

MELBOURNE, Australia (AP) — An Australian appeals court on Thursday ruled against X Corp., rejecting a challenge to a safety watchdog's de-

mands for details on how the Elon Musk-owned company was combating widespread child exploitation material on its platform. Three federal court judges unanimously rejected X's appeal against

Associated Press

Australian court rejects X Corp.'s appeal in child safety case, orders legal costs

a federal court decision in October last year that the company was obliged to respond to a notice from eSafety Commissioner Julie Inman Grant on child abuse material being shared on X, which is incorporated in Texas. The judges also ordered X to pay the commissioner's legal costs. Inman Grant's office describes itself as the world's first government agency dedicated to keeping people safe online.

Inman Grant has driven world-first legislation that will ban Australian children younger than 16 from social media platforms including X

from December.

The federal court case goes back to early 2023, when Inman Grant asked some of the world's largest technology companies to report on what they were doing about child abuse material appearing on their platforms. A reporting notice, issued under Australia's Online Safety Act, was sent to Twitter Inc., incorporated in Delaware, in February that year. Twitter merged with X the following month.

X arguments against complying with Inman Grant's order included that Twitter no longer existed as a legal entity

and that X did not carry its predecessor's regulatory obligations in Australia.

Inman Grant, a former Twitter employee, welcomed Thursday's ruling.

"This judgment confirms the obligations to comply with Australian regulations still apply, regardless of a foreign company's merger with another foreign company," she said in a statement.

She said her agency would continue enforcing the Online Safety Act and "holding all tech companies to account without fear or favor, ensuring they comply with the laws of Australia." □

Léon Marchand might be French but he led a Texas-flavored moment at the swim worlds

By STEPHEN WADE

AP Sports Writer

SINGAPORE (AP) — Léon Marchand of France won gold in the 200-meter individual medley at the swimming world championships on Thursday and it had a Texas flavor to it.

American swimmer Shaine Casas claimed the silver and Hubert Kós of Hungary took the bronze. The three from three different countries all train with American Bob Bowman at the University of Texas at Austin.

Bowman is famous, of course, for training legendary American Michael Phelps. Marchand, who shattered the 200 IM world record just 24 hours earlier in the semifinal, almost did it again as he finished in 1 minute, 53.68 seconds. That was just off his Wednesday mark of 1:52.69.

Both times blew away the old mark of 1:54.00 set 14 years ago by American Ryan Lochte.

"It was a bit tough today, but it was great," Marchand said. "I know Shaine always goes out super fast so I knew I couldn't be far off him. It was a battle all the way to the end, so that was cool for me."

Marchand won four individual gold medals a year ago in the Paris Olympics but is only swimming for two individual golds in Singapore.

He already holds the 400 IM record of 4:02.50 from



Leon Marchand of France, center, celebrates after winning gold medal in the men's 200-meter individual medley final at the World Aquatics Championships in Singapore, Thursday, July 31, 2025.

Associated Press

the 2023 worlds. That one may go on Sunday on the eighth and closing day.

"That's still a whole new challenge," Marchand added of the 400. "I know I've gained a lot of power, but I'm not sure yet it makes a big difference over the 400. We'll see."

He also praised Bowman and said it was difficult to come back after his draining record swim.

"I was going for the title and I was racing my teammates," Marchand said. "We're sharing the podium together. That just shows how good a coach Bowman is at swimming."

McIntosh show

Summer McIntosh of Cana-

da won the 200-meter butterfly for her third gold of the championships. She was on pace to break the world record after 150 meters but faded, finishing in 2:01.99. The record is 2:01.81 set in 2009 in the super-suit era by Liu Zige of China.

McIntosh will also start training this fall under Bowman at Texas.

American Regan Smith took silver (2:04.99), with bronze for Elizabeth Dekkers of Australia (2:06.12). Yu Zidi, the 12-year-old Chinese prodigy, was fourth in 2:06.43. It was her second fourth-place finish at the worlds.

"My coach and I, our goal was to break the world re-

cord," McIntosh said, openly disappointed she just missed it. "That's what I've been training for I missed it by that little, and I know that I messed up the last 15 meters of my race. I didn't reach my goal today."

It was, however, the second fastest time in history.

Popovici wins

David Popovici of Romania took the 100 freestyle in 46.51, the second fastest time in history behind the 46.40 set last year by Pan Zhanle of China. Pan failed to reach the final. American Jack Alexy was the silver medalist (46.92) and Kyle Chalmers of Australia claimed the bronze (47.17). Popovici was the bronze

medalist a year ago in Paris in the 100 and he won the 200.

"Usually the one who wins is the one who can isolate themselves from others," Popovici said of his race tactics. He also talked about constructing imaginary walls between his lane and the others.

"I imagine I'm alone and do what I trained for," he said.

American Katharine Berkoff of the United States took the 50 backstroke (27.08), just edging teammate Regan Smith (27.25) with bronze going to Wan Letician of China (27.30). It was Smith's second silver of the night and the Americans' fourth gold.

The Americans have won four golds over five days. The team seems to still be battling a stomach bug picked up at its training camp in Thailand, but head coach Greg Meehan has suggested team health is improving.

Gretchen Walsh of the United States pulled out of the women's 100 freestyle.

The women's 4x200 freestyle relay went to Australia (7:39.35), with silver for the United States (7:40.01) and bronze for China (7:42.99). It was Australia's fifth gold and it tops the gold-medal table.

Yu, the 12 year old, will get a bronze, having swum in the preliminaries. □

Conor McGregor loses appeal against civil jury's finding he sexually assaulted a woman

LONDON (AP) — Mixed martial arts fighter Conor McGregor on Thursday lost his legal appeal against a civil court's finding that he sexually assaulted a woman at a Dublin hotel.

In November a jury at the High Court in Dublin found McGregor liable for assaulting Nikita Hand, who says he "brutally raped and battered" her in a hotel penthouse in 2018. He was ordered to pay Hand almost 250,000 euros (\$285,000),

as well as about 1.3 million euros (\$1.5 million) in legal costs.

Hand, 35, successfully sued McGregor in civil court after prosecutors declined to bring charges, saying there was insufficient evidence and a conviction was unlikely.

The Associated Press generally does not name alleged victims of sexual violence unless they come forward publicly, as Hand has done. McGregor alleged that

Hand fabricated the allegations after the two had consensual sex. He launched an appeal, but at a hearing earlier this month his lawyer unexpectedly withdrew a request to introduce new evidence.

Three appeals court judges in Dublin on Thursday dismissed the appeal "in its entirety."

Hand was in court for the ruling, but McGregor was not. The 37-year-old fighter, once the face of the Ultimate



Conor McGregor speaks during a KnuckleMania V boxing news conference, Thursday, Jan. 23, 2025, in Bensalem, Pa.

Associated Press

Fighting Championship but now past his prime in the ring, has become known for anti-immigration state-

ments and criticism of Irish politicians. He has flirted with the idea of running for president of Ireland. □

MLB trade deadline tracker: Astros reunite with Carlos Correa, Mets add outfielder Cedric Mullins

By **DAVID BRANDT**
AP Baseball Writer

All-Star shortstop Carlos Correa is reuniting with the Houston Astros, the San Diego Padres went on a trading spree that brought in hard-throwing closer Mason Miller and the New York Yankees grabbed two-time All-Star reliever David Bednar in a flurry of moves before Major League Baseball's trade deadline on Thursday.

In other big deals, outfielder Cedric Mullins was dealt to the New York Mets while former Cy Young award winner Shane Bieber is joining the Toronto Blue Jays.

The recent swaps are on top of several deals over the past few days — including the Mariners landing slugger Eugenio Suarez — but multiple big names could still be on the move, including Pittsburgh right-hander Mitch Keller, Cleveland's Steven Kwan and Arizona pitchers Zac Gallen and Merrill Kelly. MLB's trade deadline is at 6 p.m. EDT. on Thursday.

Astros reunite with Carlos Correa, giving club familiar veteran

Correa is returning to Houston in a deal with the Minnesota Twins, giving the franchise a boost as it tries to stay atop the AL West, according to a person with direct knowledge. The person spoke to The Associated Press on the condition of anonymity because the deal hadn't been announced. Correa spent his first seven years in Houston, where he became one of

sign-stealing scandal.

Correa has exclusively played shortstop in his 11-year MLB career but will almost certainly move to third base with shortstop Jeremy Peña close to returning from the injured list. The Astros need help at third base with All-Star Isaac Paredes out indefinitely with a hamstring injury.

The 30-year-old Correa has had a down season by his standards, batting .267 with seven homers and 31 RBIs. He's under contract through 2028.

Padres add All-Star Mason Miller, lefty JP Sears from Athletics

The 26-year-old Miller is one of the game's top relievers and has a fastball that averages more than 101 mph. The 2024 All-Star has 20 saves in 23 opportunities, a 3.76 ERA and 59 strikeouts this season. He's under team control through 2029.

The Padres also added JP Sears, a lefty who has a 7-9 record and 4.95 ERA this season, striking out 95 batters over 22 starts.

San Diego sent the A's a package of prospects, including highly-regarded shortstop Leo De Vries and right-handed pitchers Henry Baez, Braden Nett and Eduarniel Nunez.

The Padres also acquired catcher Freddy Fermin from the Kansas City Royals in exchange for right-handers Stephen Kolek

and Ryan Bergert.

Mets get needed boost in center field with Baltimore's Cedric Mullins

Mullins give the Mets an upgrade in center field, where Tyrone Taylor was playing terrific defense but providing little offense. The 30-year-old Mullins — who was an All-Star in 2021 — is batting .229 with 15 homers, 49 RBIs and 14 stolen bases. Versatile veteran Jeff McNeil has also been getting starts in center because of his bat, but he has much more experience at second base and the corner outfield spots.

The last-place Orioles received right-handers Raimon Gómez, Anthony Nunez and Chandler Marsh. Yankees add to bullpen, acquire David Bednar from Pirates

Looking to fortify their bullpen for the stretch run, the Yankees agreed to acquire Bednar from Pittsburgh.

New York was set to send catcher/first base prospect Rafael Flores, catcher Edgelen Perez and outfielder Brian Sanchez to the Pirates in exchange for Bednar, a person with knowledge of the deal told the AP. The person spoke to the AP on condition of anonymity because the deal was pending a review of medical information and had not been announced.

The 30-year-old Bednar struggled early in the season and spent some time in the minors but has been dominant since his return. He had a streak of 23 straight appearances without allowing an earned run end in San Francisco on Monday, though he held on to pick up his 17th save.

Bednar has a 2.37 ERA and 51 strikeouts in 38 innings this year. He joins a bullpen that already has Luke Weaver and Devin Williams.

It was the fourth trade made by the Yankees since last Friday. They obtained third baseman Ryan McMahon from Colorado on Friday, reserve infielder Amed Rosario from Washington on Saturday and reserve outfielder Austin Slater from the Chicago White Sox on Wednesday.

Shane Bieber off to Blue Jays, nearing MLB return Bieber is headed to the AL East-leading Blue Jays in a deal with the rebuilding Cleveland Guardians.

Bieber, who is working his way back from April 2024 Tommy John surgery, has made five rehab starts. His most recent outing was Tuesday for Double-A Akron, in which he allowed one run on three hits and struck out seven in four innings. His next rehab start was scheduled for Sunday.

The Guardians are getting right-hander Khal Stephen from the Blue Jays.

Bieber had spent his entire career in Cleveland, including winning the AL Cy Young Award in 2020. He has a career record of 62-32 with a 3.22 ERA and 958 strikeouts in 136 games, with 134 starts since his debut in 2018.

He agreed to a one-year, \$14 million contract last fall with a \$16 million player option for 2026.

Phillies stay aggressive, add OF Harrison Bader in deal with Twins

The Phillies got outfielder Harrison Bader in exchange for two minor leaguers. It is the team's second deal with the Minnesota Twins in two days after landing closer Jhoan Duran.

The 31-year-old Bader, a 2021 Gold Glove winner, remains a strong defender at all three outfield spots and has 12 home runs, 38 RBIs and a .778 OPS in 96 games. He also has postseason ex-

perience, playing in five playoff series with the Cardinals, Yankees and Mets with a .809 OPS and five career homers.

The Phillies are sending minor league outfielder Hendry Mendez and right-hander Jeremy Villoria to the Twins for Bader.

Tigers pry closer Kyle Finnegan from Nationals, also add Paul Sewald, Codi Heuer

AL Central-leading Detroit acquired Kyle Finnegan from Washington for two prospects, a person familiar with the deal told The Associated Press.

The person spoke on condition of anonymity because the trade wasn't announced.

The 33-year-old Finnegan was an All-Star in 2024 but his velocity has been down this season. He has 20 saves with a 4.38 ERA in 2025.

The Nats received minor league pitchers Josh Randall and R.J. Sales, Detroit's third and 10th round draft picks from 2024, respectively.

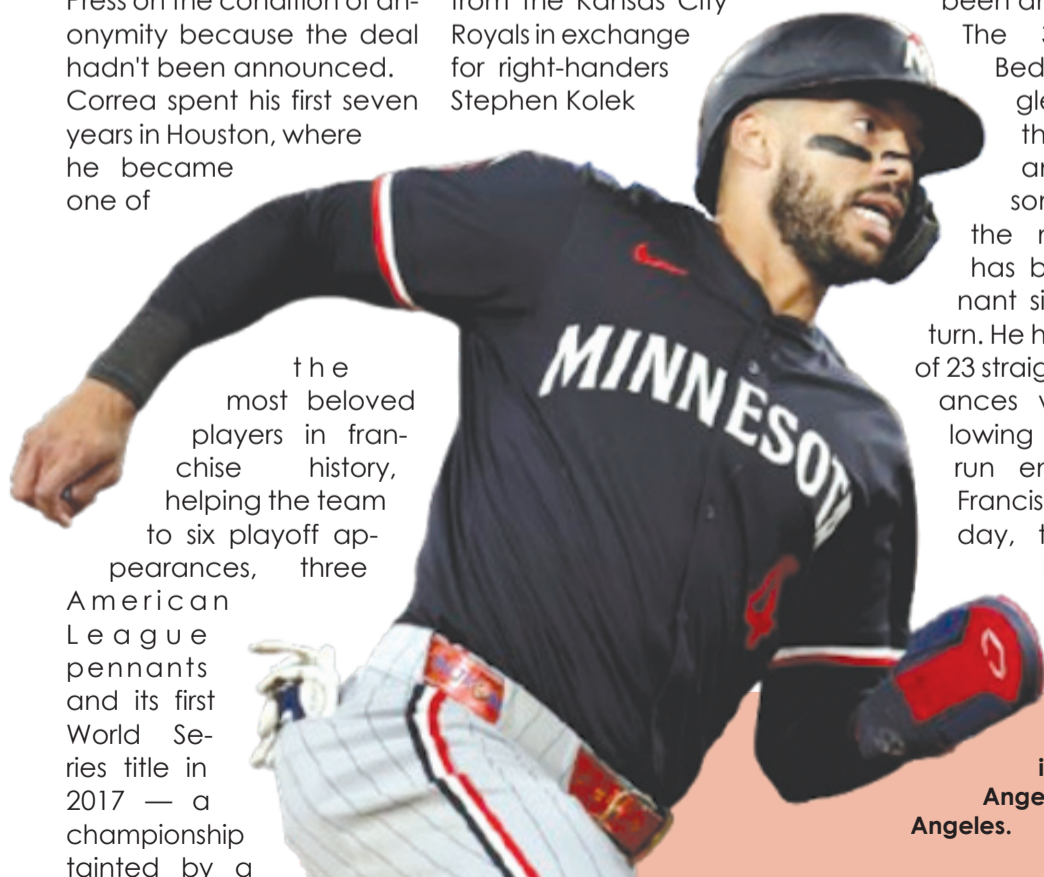
The Tigers also added right-hander Paul Sewald in a deal with the Guardians and minor-league righty Codi Heuer in a trade with the Rangers.

The 35-year-old Sewald is eligible to return from the injured list on Sunday after being shut down with a strained right shoulder. He is 1-1 with a 4.70 ERA in 18 games this season, averaging more than one strikeout each inning.

Cubs add more pitching, trade for Andrew Kittredge from Orioles

The Cubs continued seek help on the mound, adding right-hander Andrew Kittredge from the Baltimore Orioles one day after agreeing to a deal with the Washington Nationals for righty Michael Soroka.

The 35-year-old Kittredge was an All-Star in 2021 and has a 3.44 ERA over nine seasons. The reliever has a 3.45 ERA in 31 games this season. He signed a \$9 million, one-year deal with Baltimore last offseason that includes a \$9 million club option for 2026 with a \$1 million buyout. □



Minnesota Twins' Carlos Correa runs towards home plate during the ninth inning of a baseball game against the Los Angeles Dodgers Tuesday, July 22, 2025, in Los Angeles.

Associated Press

the most beloved players in franchise history, helping the team to six playoff appearances, three American League pennants and its first World Series title in 2017 — a championship tainted by a