

Hawaii reels as deadly blazes rage

Associated Press

WAILUKU, Hawaii — Thousands of Hawaii residents raced to escape homes on Maui as blazes swept across the island, destroying parts of a centuries-old town and killing at least 36 people in one of the deadliest U.S. wildfires in recent years.

The fire took the island by surprise, leaving behind burned-out cars on once busy streets and smoking piles of rubble where historic buildings had stood in Lahaina Town, which dates to the 1700s and has long been a favorite destination of tourists. Crews battled blazes in several places on the island Wednesday, and the flames forced some adults and children to flee into the ocean.

Maui County said late Wednesday that at least 36 people have died. But that figure could rise as rescuers reach parts of the island that had been unreachable due to ongoing fires or obstructions including blocked roads. Officials said earlier that 271 structures had been damaged or destroyed and dozens of people had been injured. It is the deadliest fire since the 2018 Camp Fire in California, which killed at least 85 people and virtually razed the town of Paradise.

"These were large and fast-moving fires, and it's only recently that we've started to get our arms around them and contain them. So, we're hoping for the best, but we're prepared for the worst." Adam Weintraub, a spokesman for

the Hawaii Emergency Management Agency, said Thursday on ABC's "Good Morning America."

The flames left some people with mere minutes to act and led some to flee into the ocean.

Lahaina residents Kamuela Kawaakoa and Iulia Yasso described their harrowing escape under smoke-filled skies Tuesday afternoon. The couple and their 6-year-old son got back to their apartment after a quick dash to the supermarket for water, and only had time to grab a change of clothes and run as the bushes around them caught fire.

"We barely made it out," Kawaakoa, 34, said at an evacuation shelter Wednesday, still unsure if anything was left of their apartment.

As the family fled, a senior center across the road erupted in flames. They called 911, but didn't know if the people got out. As they drove away, downed utility poles and others fleeing in cars slowed their progress. "It was so hard to sit there and just watch my town burn to ashes and not be able to do anything," Kawaakoa said.

As the fires rage, tourists were advised to stay away, and about 11,000 visitors flew out of Maui on Wednesday, with at least another 1,500 expected to leave Thursday, according to Ed Sniffen, state transportation director.

Officials prepared the Hawaii Convention Center in Honolulu to take in the thousands who have been displaced.

Air Force retools Red Flag to match Chinese capabilities

BY MATTHEW M. BURKE
Stars and Stripes

One of the U.S. Air Force's largest combat training exercises this summer focused on an expanded battlefield to prepare for threats posed by China and North Korea, a training officer said recently.

Approximately 2,000 airmen and 50 aircraft from the Air Force, Marine Corps and Navy took to the skies over Nevada, Utah, California and the Pacific Ocean for Red Flag 23-3 between July 17 and Aug. 4. Col. Eric Winterbottom, commander of the 414th Combat Training Squadron, said by phone Aug. 3.

The exercise was designed to increase pilot survivability by exposing them to simulated air-to-air and air-to-ground combat us-

ing jets, bombers, drones and electronic attack aircraft, an Air Force statement said.

"For years we've operated from relatively secure safe havens and efficiency dictates that we operate from relatively large main operating bases," Winterbottom said. "It's important that we transition to more of a distributed model, to spread out and counter the threats that might be out there."

Red Flag started at Nellis Air Force Base, Nev., in 1975 after Air Force brass realized pilot survivability in Vietnam increased dramatically after 10 combat missions, Winterbottom said.

The exercise typically takes place three times a year, in winter, spring and summer, Nellis spokeswoman Lucretia Cunning-

ham said by email Saturday.

One iteration involves Five Eyes participants, an alliance of the U.S., U.K., Canada, New Zealand and Australia; another is U.S. only and the third involves an expanded roster of international allies and partners.

Red Flag 23-3, training for U.S. aircrews only, aligns with the Defense Department's 2022 National Defense Strategy that identified China as the U.S. military's No. 1 global "pacing challenge," the Air Force statement said.

The communist nation has become increasingly aggressive in the Indo-Pacific region in recent years, militarizing man-made islands, attempting to prohibit freedom of navigation and pressing into disputed territories in the East and South China Seas.

This summer's Red Flag bridged airspace between the Nevada Test and Training Range, the Utah Test and Training Range and the R-2508 Complex in California to allow for longer range offensive and defensive operations, Cunningham said.

The units are split into "red" and "blue" teams, with F-16s and F-35s from the Nellis-based 64th and 65th Aggressor Squadrons, augmented by visiting F-22 Raptors, F/A-18 Hornets and B-1 bombers making up the oppositional force, Winterbottom said. The aircraft participated in dogfights, attacked ground targets and dealt with surface-to-air missile threats, while refueling in a contested environment. The "red" force mimicked Chinese weapons and tactics, he said.

Russian push on east leads to evacuations

Associated Press

KYIV, Ukraine — Ukrainian authorities ordered a mandatory evacuation Thursday of nearly 12,000 civilians from 37 towns and villages in the eastern Kharkiv region, where Russian forces reportedly are making a concerted effort to punch through the front line.

The local military administration in Kharkiv's Kupiansk district said residents must comply with the evacuation order or sign a document saying they would stay at their own risk.

Ukrainian Deputy Defense Minister Hanna Maliar had said the previous day that "the intensity of combat and enemy shelling is high" in the area.

The city of Kupiansk and the territories around it were under Russian occupation until September 2022, when Ukrainian forces conducted a rapid offensive operation that dislodged the Kremlin's forces from nearly the entire Kharkiv region.

The retaking of those areas strengthened Ukraine's arguments that its troops

could deliver more stinging defeats to Russia with additional armament deliveries, which its Western allies duly provided. But as Ukraine has pursued a slow-moving counteroffensive in recent weeks, Russian forces have struck back in some areas.

Maliar said Russia "has formed an offensive group and is attempting to move forward" in the area in an effort to advance on the Ukrainian-held city of Kupiansk, an important rail junction.

It was not possible to independently verify either side's battlefield claims.

Earlier Thursday, Russian air defense systems shot down two drones heading toward Moscow for a second straight day, officials said. The reported attack disrupted flights at two international airports as Ukraine appeared to step up its assault on Russian soil.

One drone was downed in the Kaluga region southwest of Moscow and another near a major Moscow ring road, according to Moscow Mayor Sergey Sobyenin and the Russian Defense Ministry, which

blamed the attack on Ukraine.

No casualties or damage were immediately reported.

Domodedovo airport, south of the city, halted flights for more than two hours and Vnukovo airport, southwest of the city, stopped flights for more than two and a half hours, according to Russian news agencies.

Ten flights were diverted, Russia's Federal Agency for Air Transport said.

Firing drones at Moscow after more than 17 months of war has little apparent military value for Ukraine, but the strategy has served to unsettle Russians and bring home to them the conflict's consequences.

Kyiv officials, as usual, neither confirmed nor denied Ukraine's possible involvement in the drone strikes, though Air Force spokesman Yuriy Ihnat remarked: "This cannot but please us because people in Moscow thought they were safe. Now, the war affects each and every Russian."

"We now see that 'something' happens in Moscow on a regular basis," he added.

Biden orders new limits on US stakes in Chinese tech

Associated Press

WASHINGTON — President Joe Biden signed an executive order Wednesday to block and regulate high-tech U.S.-based investments going toward China — a move the administration said was targeted but it also reflected an intensifying competition between the world's two biggest powers.

The order covers advanced computer chips, micro electronics, quantum information technologies and artificial intelligence. Senior administration officials said that the effort stemmed from national security goals rather than economic interests, and that the categories it covered were intentionally narrow in scope. The order seeks to blunt China's ability to use U.S. investments in its technology companies to upgrade its mili-

tary while also preserving broader levels of trade that are vital for both economies.

The Chinese Ministry of Commerce responded in a statement early Thursday that it has "serious concern" about the order and "reserves the right to take measures."

The U.S. and China appear to be increasingly locked in a geopolitical competition with conflicting values. Biden administration officials have insisted that they have no interest in "decoupling" from China, yet the U.S. also has limited the export of advanced computer chips and kept the expanded tariffs set up by President Donald Trump. And in its response, China accused the U.S. of "using the cover of 'risk reduction' to carry out 'decoupling and chain-breaking.'"

China again sends ships, fighter jets toward Taiwan

Associated Press

TAIPEI, Taiwan — China sent navy ships and a large group of fighter jets toward Taiwan, continuing its military pressure on the island, Taiwan's defense ministry said Thursday.

China claims self-ruled Taiwan as its own territory and has regularly sent flights toward the island in reaction to the island's political activities. In the past year, it has also sent navy vessels as well as drones to circle the waters near the island.

Taiwan's defense ministry said the Chinese People's Liberation Army sent 33 warplanes and 6 navy vessels between 6 a.m. Wednesday to 6 a.m. Thursday. The J-10 and J-16 fighter jets flew across the midline and to the southwest of Taiwan.

The ministry said in an earlier statement Wednesday that Taiwan's military tracked five of the ships as they sailed in coordination with the flights of the fighter jets.

The ministry said it used land-based missile systems to track the aircraft, 10 of which crossed the midline of the Taiwan Strait, an unofficial boundary that had been considered a buffer between the island and mainland.

In response to escalating Chinese military pressure, Taiwan has been buying weapons and fighter jets to shore up its defenses. In July, the U.S. announced a \$345 million package of sales to Taiwan that will include portable air defense systems, intelligence and surveillance capabilities, firearms and missiles.

Federal aid runs out for millions who face higher costs for cooling

Associated Press/Report for America

DENVER — Bobbie Boyd is in a losing battle against near triple-digit temperatures in northwest Arkansas.

Her window air conditioner runs nonstop and the ballooning electric bill carves about \$240 out of her \$882-a-month fixed income. So the 57-year-old cuts other necessities.

Boyd eats one meal a day so her 15-year-old grandson, who she's raising alone, can have two. She stopped paying car insurance and skips medical appointments.

"The rent and the light bill. And I'm broke," said Boyd, who needs the cooling to stave off her heat-induced asthma attacks.

As climate change ratchets up temperatures across the U.S., millions of the poorest Americans grapple with the same agonizing decisions as Boyd — between perilous indoor heat or paying costly bills. While President Joe Biden has invested billions into federal programs that subsidize the poorest Americans' energy costs, the money reaches only a fraction of the most vulnerable during the sweltering summer months.

Nationwide, nearly 30 million American households struggle to pay their energy bills and qualify for the subsidy, but less than 3% receive it for their summer bills, according to the latest, preliminary federal data.

Compared to food stamps, which reach over 80% of the eligible population nationwide, the Low Income Home Energy Assistance Pro-

gram, or LIHEAP, falls far short even as climate change helped make July Earth's hottest month on record. That's because most states run out of their federal funding every year, according to the Department of Health and Human Services, which oversees the program.

"We're likely to see the energy insecure population grow unless we have some pretty significant and substantial government intervention," said Michelle Graff, who studies the federal subsidy at Cleveland State University.

As it stands, many states don't even offer the assistance for summer months, and those that do often run out of funds before the hottest days roll around. The program was founded decades ago with a focus on winter heating bills and has been slow to adapt to climate change's hotter summers.

Biden has promoted LIHEAP as "crucial for low-income families to help with their energy bills," saying last week that during the sweltering summer, "even when the heat is over, many of our families may see their largest-ever energy bill."

In Arkansas, Boyd recently got a disconnection notice if she didn't pay the electric bill after receiving an extension. Last time her power got shut off, she and her grandson slept in the car. This time, The Salvation Army kept Boyd from being disconnected.

Boyd didn't know LIHEAP was available.

"The only thing between me and the sun is the roof," she said.

Inflation rises for first time in year in US

Associated Press

WASHINGTON — Inflation in the United States rose in July after 12 straight months of declines, boosted by costlier housing. But excluding volatile food and energy prices, so-called core inflation matched the smallest monthly increase in nearly two years.

The inflation figure the government reported Thursday showed that consumer prices increased 3.2% from a year earlier. That was up from a 3% annual rise in June, which was the lowest rate in more than two years. The July inflation figure remained far below last year's peak of 9.1%, though still above the Federal Reserve's 2% target.

The Fed, economists and investors, though, pay particular attention to the core inflation figures for signs of where inflationary pressures might be headed. From June to July, core inflation remained a tame 0.2%.

Thursday's price data will be among the barometers the Fed will weigh in deciding whether to continue raising interest rates. In its drive to tame inflation, the Fed has raised its benchmark rate 11 times since March 2022. A jump in energy prices has rekindled some of the inflation pressures underlying the economy. Gasoline prices have surged nearly 30 cents over the past month to a national average of \$3.83 a gallon, according to AAA.

Economists say that in the fight to conquer inflation, the easy progress has likely already been achieved. Gasoline prices, for example, have already plunged from a peak national average of more than \$5 a gallon, which was reached in June 2022 after Russia invaded Ukraine.

Much of the inflationary surge that began in 2021 was caused by clogged supply chains: Ports, factories and freight yards were overwhelmed by the explosive economic rebound from the pandemic recession of 2020. But backlogs have eased in the past year, sharply reducing upward pressure on goods prices.

Now, the Fed faces a daunting problem: persistent inflationary pressures in service businesses, where wages represent a substantial share of costs. Worker shortages have led many of these services companies to sharply raise pay. To cover their higher labor costs, companies have typically raised their prices, thereby fueling inflation.

Number in US seeking jobless aid rises, despite strong labor market

Associated Press

The number of Americans applying for jobless benefits jumped last week, but not enough to raise concern about the consistently strong U.S. labor market.

U.S. applications for unemployment benefits rose by 21,000 to 248,000 for the week ending Aug. 5, from 227,000 the week before, the Labor Department reported Thursday. That's the most in five weeks.

The four-week moving average of claims, a less volatile reading, ticked up by 2,750 to 228,250. Jobless claim applications are viewed as broadly representative of the number of layoffs in a given week. Applications for jobless aid reached a higher level above 260,000 for a few weeks this spring, causing some concern, but then retreated.

Troubling levels of inflation moved the

Federal Reserve to raise interest rates at a breakneck pace for the past year-and-a-half: the central bank raised its benchmark rate 11 times to the current 5.4%, a 22-year high.

Part of the Fed's reasoning was to cool the job market and bring down wages, which, in theory, suppresses price growth. Though inflation has come down significantly during that stretch, the job market has remained remarkably strong.

Last week, the Labor Department reported that U.S. employers added 187,000 jobs in July, fewer than expected, but still a healthy number. The unemployment rate dipped to 3.5%, close to a half-century low.

Overall, 1.68 million people were collecting unemployment benefits the week that ended July 29, about 8,000 fewer than the previous week.

Tropical Storm Khanun swamps S. Korea

Associated Press

SEOUL, South Korea — Tropical Storm Khanun poured intense rain on South Korea on Thursday, turning roads into chocolate-colored rivers and leaving at least one person dead, before weakening as it reached major urban centers near the capital.

More than a foot of rain fell in eastern and southern areas after the storm made landfall on the mainland in the morning. Emergency workers responded to increasing reports of flooding and

landslides by the afternoon.

More than 15,000 people, mostly in southern regions, were evacuated from their homes as emergency workers responded to landslides, flood-damaged homes and rising rivers and streams. As of Thursday night, workers managed to restore electricity to 38,000 of the 40,300 homes that experienced power outages.

Officials shut down hundreds of freeways, streets and public parks and sent text alerts warning about the perils posed by Khanun, which is hitting South Korea

weeks after torrential rains caused flash floods and landslides that killed at least 47 people.

After making landfall at around 9:20 a.m. near the southeastern port city of Geoje, Khanun on Thursday night was passing the densely populated Seoul metropolitan area, where half of the country's 51 million people live.

The storm delivered heavy rain as it slowly plowed across the country, but its strength increas-

ingly diminished as it moved deeper inland. Khanun was generating maximum wind speeds of 45 miles per hour, compared to around 80 mph at the point of landfall.

There were no immediate reports of major damage in Seoul. In the nearby port city of Incheon, workers responded to flooded homes and collapsed walls, but there were no immediate reports of injuries or deaths in the area.

The storm was expected to move into North Korea early Friday.

Trump valet pleads not guilty in classified docs case

Associated Press

FORT PIERCE, Fla. — Donald Trump's valet pleaded not guilty on Thursday to new charges in the case accusing the ex-president of illegally hoarding classified documents at his Mar-a-Lago estate while the property manager had his arraignment postponed because he still hasn't secured a Florida-based attorney.

Trump waived his right to appear alongside valet Walt Nauta and property manager Carlos De Oliveira at the hearing in the federal court in Fort

Pierce, and the judge accepted a not guilty plea he made in court papers last week.

De Oliveira's failure to finalize local counsel marks the latest delay in the case, which is scheduled to go to trial in May — a date Trump's lawyers made clear they want to push back. The judge set a new arraignment date for De Oliveira on Tuesday.

An updated indictment brought by special counsel Jack Smith late last month accuses Nauta and De Oliveira of scheming with the Republican

former president to try to delete Mar-a-Lago surveillance video sought by investigators. They face charges including conspiracy to obstruct justice in the case stemming from secret government documents found at the Palm Beach club after Trump left the White House in 2021.

Nauta and Trump were charged in June and previously pleaded not guilty, but a new indictment added more charges and De Oliveira to the case. De Oliveira made an initial appearance in court in July

but didn't enter a plea because he hadn't retained local counsel.

Trump was already charged with dozens of felony counts, and the indictment added new counts of obstruction and willful retention of national defense information.

It's one of three different criminal cases Trump is facing this year as he tries to reclaim the White House in 2024.

Trump has denied any wrongdoing and has characterized all the cases against him as politically motivated.

More Trump charges possible next week in Atlanta

Associated Press

ATLANTA — Donald Trump and officials in Atlanta are bracing for a new indictment that could come as soon as next week in a Georgia prosecutor's investigation into the former president's efforts to overturn his 2020 election loss in the state.

Fulton County Sheriff Pat LaBat has said he's in meetings "every day" to prepare for a possible indictment. In anticipation of potential charges, his deputies erected barriers last week along the block in front of the main courthouse. The street was closed

this week, and parking is prohibited on nearby streets. Those measures are to remain in place through the end of next week, LaBat's office said.

Trump has said he expects to be indicted a fourth time by next week and has begun stepping up his criticism of Fulton County District Attorney Fani Willis, who has spent two years leading the election probe into Trump and his allies.

Speaking to supporters in New Hampshire on Tuesday, the Republican former president launched highly personal attacks

on Willis and called the 52-year-old Democratic prosecutor, who is Black, "a young woman, a young racist in Atlanta."

"She's got a lot of problems. But she wants to indict me to try to run for some other office," Trump said.

A spokesperson for Willis declined to comment on Trump's criticism. Her office hasn't said whether charges against Trump will come next week.

The Trump campaign released an ad attacking prosecutors who have investigated or pursued charges against Trump. In an

email Wednesday morning, Willis told her staff that a television ad set to air this week includes "derogatory and false information" about her and instructed them not to respond publicly.

"You may not comment in any way on the ad or any of the negativity that may be expressed against me, your colleagues, this office in coming days, weeks or months," the email says. "We have no personal feelings against those we investigate or prosecute and we should not express any. This is business, it will never be personal."

AMERICAN ROUNDUP

Sheriff: Man flooded ERs after attacking nurse

FL NAPLES — A man in southwest Florida has been charged with flooding a hospital's emergency rooms after attacking a nurse and stripping off his clothes, authorities said.

The 53-year-old became agitated while in a waiting room at North Collier Hospital in Naples, Fla., on Saturday, according to a report from the Collier County Sheriff's Office.

He barged into the emergency room, pushed a patient and then pushed a nurse in the head. After the hospital staff got him into a room in an effort to keep him from disturbing other patients, he took off his clothes and pulled a high-pressure water pipe from the wall, the report said.

The hospital's emergency rooms flooded, causing tens of thousands of dollars in damage, according to the report.

Responding deputies subdued the man using a Taser.

Power steering in older Ram pickups is probed

MI DETROIT — U.S. auto safety investigators have opened a probe into reports that some older Ram 1500 pickup trucks can lose power-steering assistance with little or no warning.

The investigation by the National Highway Traffic Safety Administration covers over 1.1 million pickups from the 2013 through 2016 model years. The agency says it has 380 complaints about the problem that include three crashes but no injuries. Investigators say in documents posted Tuesday that if

the power steering fails, it takes extra effort to steer the trucks and drivers could lose control.

Stellantis, formerly Fiat Chrysler, recalled 440 pickups in 2016 to fix a power steering problem. But the agency says the complaints indicate a similar failure in trucks that are outside the scope of the recall.

State seeks help as more migrants in need arrive

MA BOSTON — Massachusetts Gov. Maura Healey declared a state of emergency Tuesday, citing an influx of migrants seeking shelter at a time when the cost of housing — already in short supply — continues to rise.

There are nearly 5,600 families or more than 20,000 people — many of whom are migrants — currently living in state shelters, including infants, young children and pregnant women. That is up from around 3,100 families a year ago, about an 80% increase, Healey said.

Many are arriving by plane from other states.

Healey called on the federal government for financial help, and more urgently, expedited work authorizations to allow the new arrivals to more quickly find jobs, she wrote in a letter to U.S. Secretary of Homeland Security Alejandro Mayorkas.

Man dies while on trip to spread his dad's ashes

UT SALT LAKE CITY — A Texas man whose body was found in Utah's Arches National Park is believed to have died of heatstroke while on a trip to spread his father's ashes, family members said Tuesday.

James Bernard Hendricks,

66, of Austin, had been hiking in the park and likely became disoriented from a combination of heat, dehydration and high altitude, sisters Ila Hendricks and Ruth Hendricks Brough said.

The victim stopped in Utah while traveling across the West to the Sierra Nevada, where he planned to spread his father's ashes on a peak outside Reno, Nev., the sisters said.

Rangers found his vehicle at a trailhead parking lot after Hendricks was reported overdue the morning of Aug. 1, according to park officials. Hendricks' body was found about 2½ miles from the trailhead, the sisters said.

He was an experienced hiker but his water bottle was empty, Brough said. His sisters said he likely went on a long hike on July 29, then perished during a shorter hike the same day.

Temperatures in the area topped 100 degrees Fahrenheit that day. Brough found out later that her brother had been taking medication that can lead to dehydration.

Man convicted of murder, leaving body in crypt

PA PHILADELPHIA — A member of an outlaw motorcycle club accused of killing an associate member and leaving his body in a crypt at a Philadelphia cemetery has been convicted of murder and other charges.

Michael DiMauro, 51, who represented himself at trial, faces a potential term of life without parole when sentenced this month.

DiMauro shot David Rossillo Jr., 33, four times in Mount Moriah Cemetery in December 2017, prosecutors said, then tied

a rope around his neck, dragged him across the property with a car, and left him in an underground crypt.

Rossillo was missing for nearly three years before his body was found in April 2020, as authorities searched for another Warlocks motorcycle associate who had disappeared. The body of the other missing man was also found in the crypt, authorities said.

Man charged with firing rifle at power stations

ID BOISE — An Idaho man has been charged with two counts of destruction of an energy facility after federal prosecutors said he shot a rifle at two hydroelectric power stations and caused damage to both.

Randy Scott Vail, 58, of Meridian, allegedly used the firearm to shoot at the Hells Canyon Dam station and the Brownlee Dam station on June 8 and June 9, according to charging documents.

Owned by Idaho Power Co., the dams produce, transmit, store and distribute electricity to Washington, Idaho and Oregon. The shooting caused over \$100,000 in damage, according to an indictment.

Authorities arrested Vail on June 9, following a high-speed chase, KTVB reported. Riding on a sport motorcycle, Vail allegedly went 80 mph in a 25-mph zone as officers pursued him. After Vail pulled to a stop, a Washington County deputy wrote in a probable cause affidavit, officers found he had a case holding two rifles, bolt cutters and tire-repair cans "full of what smelled like gasoline."

— From wire services

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No-hitter for Phillies' new righty Lorenzen

Associated Press

PHILADELPHIA — Michael Lorenzen walked to the mound to start the ninth inning — of just his second start with the Phillies, his first in Philadelphia — engrossed in the passion of fans roaring for him to complete a no-hitter, and considered the scene the coolest moment of his baseball career.

“Just walking out of the dugout, hearing the fans go wild, it gave me the chills,” Lorenzen said. “It gave that boost of energy that I needed, for sure.”

Boy, did it get wild in Philly just three outs later.

Lorenzen threw the 14th no-hitter in Phillies history, a dazzling performance that led Philadelphia to a 7-0 win over the Washington Nationals on Wednesday night. He became the fifth pitcher in major league history, and only the second since 1900, to throw a no-hitter in his home debut with a new team.

“Unbelievable, bro,” manager Rob Thomson said during a clubhouse toast. “Welcome to

Philadelphia, buddy.”

The Phillies cheered for one of their newest teammates, who has settled in to near-perfection since he was acquired from Detroit at the trade deadline. Kyle Schwarber, Rhys Hoskins and other Phillies clapped, laughed and yelled “great trade” as team president Dave Dombrowski walked through the clubhouse shaking hands.

The 31-year-old Lorenzen (7-7) struck out five, walked four and improved to 2-0 since he was acquired from the Tigers for a minor leaguer.

Lorenzen retired Lane Thomas on a grounder to open the ninth and struck out Joey Meneeses looking.

The crowd of 30,406 erupted when Lorenzen induced a pop-up from Dominic Smith on his career-high 124th pitch to end his first career complete game in 2 hours, 9 minutes. Lorenzen stood on the mound and raised his arms in triumph before running into the waiting arms of catcher J.T. Realmuto. Loren-

zen then flipped his cap backward and was mobbed by his teammates in a rowdy celebration near the plate.

“You’ve just got to live in the strike zone and hope they continue to hit balls right at guys,” he said. “That was kind of the story of the night. If you give up a base hit, you give up a base hit. So what?”

Lorenzen’s mother, Cheryl, and wife, Cassi, wept in the stands during the final out, with Cassi holding their 9-month-old-daughter, June. Lorenzen later held his baby aloft on the field and smooched her on the cheek.

His teammates lingered near the dugout and continued the line of hugs and high-fives — a sight not unlike the ones last October at Citizens Bank Park during Philadelphia’s run to the World Series.

Lorenzen proved he can play a key role in leading the Phillies back to the postseason.

The Phillies acquired the right-hander to stabilize their rotation as the defending Na-

tional League champions battled the San Francisco Giants for the top wild-card spot.

Lorenzen pushed his pitch count to the point where it was questionable if Thomson would let him finish the game. But he kept the ball and became the first Phillies pitcher to throw a no-hitter since Cole Hamels on July 25, 2015, against the Cubs. Hamels retired last week.

Thomson said he talked to Lorenzen after the seventh and told the righty he had only about 20 pitches left.

“You better get quick outs,” Thomson told him.

After a couple of labor-intensive innings early, Lorenzen settled down and made quick work of the Nationals.

“Honestly I was upset at myself for the first couple of innings, they were long innings, walking guys. And I knew I was just ruining my chances to go deep in this game,” Lorenzen said. “Just trying to buy some more innings and (Thomson) gave them to me. So hats off to him.”

ACC leaders don't vote yet on adding Cal, Stanford

Associated Press

The Atlantic Coast Conference presidents chose not to vote Wednesday night on whether to add Stanford and California to the league, keeping the schools in limbo as they look for an escape from the crumbling Pac-12, two people with knowledge of the situation told The Associated Press.

The people spoke on condition of anonymity because neither the ACC nor the schools were speaking publicly about internal discussions.

Both people stopped short of calling the league’s exploration of westward expansion dead after three days of meetings on the subject, but added that it was clear getting the necessary 12 votes to add the Northern California schools would have been difficult.

The ACC has also been looking at SMU, the Dallas-based school from the American Athletic Conference, as an expansion target.

Cal and Stanford have been searching for

a path from the Pac-12 to another Power Five conference for days, also reaching out to officials with the Big Ten, two people with knowledge of that situation said.

The Big Ten has not so far been moved toward adding two more West Coast schools to go along with Southern California, UCLA, Oregon and Washington, which are set to join in 2024.

The two people also spoke to AP on the condition of anonymity because the schools’ talks with the Big Ten were also not disclosed publicly.

The ACC has 15 schools, with none farther west than Notre Dame in South Bend, Ind. The Fighting Irish are a football independent but compete in the ACC in most other sports. The ACC’s westernmost football school is Louisville.

The ACC is searching for ways to generate more revenue for its schools while being locked into a media rights contract with ESPN that runs through 2036.

The ACC’s most recent average distribution per school was just under \$40 million, fourth most among Power Five conferences, and the Southeastern Conference and Big Ten are about to take a leap forward as new television deals kick in next year.

Bringing in Stanford and Cal would bring two more full shares from ESPN, but the two schools would likely receive only partial payouts with the incumbent schools sharing the rest. Oregon and Washington agreed to receive about half of what other Big Ten schools will receive from the conference when they agreed to join last week.

The ACC might also see an increase in value of the ACC Network by adding large markets like the California Bay Area and North Texas.

But how the ACC splits the pie has been a contentious topic in the conference. Florida State’s president went so far as to say the school would be forced to leave the league without radical change.

Commanders' Young says he's ready

Associated Press

ASHBURN, Va. — When Chase Young stepped on the field for the first practice of Washington Commanders training camp late last month, the brace was off his surgically repaired right knee.

Now the heat is on for Young to return to form in a contract year.

The 2020 No. 2 overall pick who won the AP Defensive Rookie of the Year honor is now nearly two years removed from a torn ACL that derailed his NFL career and is ready to roll. After the team didn't pick up his fifth-year option, Young is in shape to try to earn another deal and live up to lofty expectations.

"I feel myself," Young said. "I feel good and I'm running around and I'm feeling explosive again."

It has been a while since Young looked explosive in game action. Even before the injury in November 2021, the Ohio State product was off to a slow start to his sophomore season with 1½ sacks in eight-plus games.

Surgery was complicated, involving grafting part of Young's left patellar tendon to repair the tear on the other side. He and his team of medical professionals inside and outside the team took a very cautious approach to recovery and rehab that caused him to miss the vast majority of 2022.

Coach Ron Rivera acknowledged it was very tough to hold Young back. Still, the Commanders knew it would be difficult to get Young back as a feared pass rusher last season.

"It was almost kind of a pie in the sky that he would be who he is," Rivera said. "(We realized) it's just going to be a matter of time. He had to work through those things (and) we were hoping he would get back soon, but it just didn't work and that's all part of it."

Young played just 115 snaps over the final three games of the season, the last of which came after Washington was eliminated from playoff contention. The Commanders even without Young ranked third in the

league on defense, led by fellow defensive linemen Montez Sweat, Jonathan Allen and Daron Payne.

The patience is paying off with Young, now 24, flashing some strong moves in camp and showing the benefit of time and experience.

"Chase looks real good," Sweat said. "He's starting to be more of a pro. He's always been a pro, but I think ever since the injury as far as the cold tub and the pre-practice (routine) and the treatments after practice and just things and stuff like that, that's why I think he's upped his game a lot."

Young and Sweat worked out on Ohio State's campus during the offseason, working with Buckeyes associate coach Larry Johnson. Young said it was about going back to "fine-tune the little things."

He also talked to Buffalo Bills linebacker Von Miller and Baltimore Ravens receiver Odell Beckham Jr. about coming back from an ACL tear. That just gave him more confidence

about what's to come.

"They said: 'We just bounce back. That's just what we do,'" Young said. "That's my plan, and I guess y'all are just going to see what happens."

The Commanders would love for Young to follow Payne's path to a productive season. After they decided not to pick up Payne's fifth-year option, the 2018 first-round pick out of Alabama led the team with a career-high 11½ sacks.

Washington signed Payne to a \$90-million, four-year contract. With big-money commitments to Payne and Allen already on the books, it might be tough to pay up to keep Sweat — also on the verge of free agency — and Young, but it's a gamble the team is hoping works out this season.

Rivera likes what he sees so far.

"It's good to see Chase moving around the way he did," Rivera said. "He's light years ahead of where he was last training camp. I think that's a big deal for us."

DC title shows Gauff ready to contend at the US Open

Associated Press

WASHINGTON — Coco Gauff grew a bit weary of hearing fans' various theories about what was wrong with her forehand.

"I know a lot of people think I need to cut my nails to help me hit a forehand better," she said with a laugh. "I'm like, 'Bruh, I did try the short nails, and it did not make my forehand better.'"

Turns out all the 19-year-old from Florida needed to get back to winning — including a trophy at the hard-court DC Open on Sunday that signals her readiness to contend at the U.S. Open, which begins in three weeks — was a bit of advice from people who know what they're talking about.

Gauff said in an interview with

The Associated Press that she got that from two sources in Washington: Her new full-time coach, Pere Riba, and a temporary consultant, Brad Gilbert.

It was Riba, Gauff explained, who suggested altering her footwork to get into better position for forehands and not feeling the need to be right up on the baseline to take the ball early. And it was Gilbert, she said, who wanted Gauff to take more time between points.

"Tempo was one of the main things, and it's a pretty basic piece of advice. Every tennis player, regardless of the level, is told how important time is," Gauff said. "But I think just having someone reiterate that to you (was helpful). ... After I lose

maybe two or three points in a row, maybe take the full 25 seconds to reset, especially if I'm the one serving."

An example of that came in the last game of her 6-2, 6-3 victory over two-time Grand Slam semifinalist Maria Sakkari in Sunday's final. Gauff dropped two consecutive points to go from 30-love to 30-all.

Instead of rushing to resume, Gauff paused for a moment.

"I took time to think about the serve that I wanted to hit," she said. "I realized in the practices that I do perform better when I take time in between points."

For all of those sorts of things to truly work, of course, Gauff needed to listen to what Riba and Gilbert were saying and imple-

ment their ideas.

She clearly did. Just ask her opponents in Washington, where she claimed all eight sets she played and ceded a grand total of only 19 games despite facing a trio of players ranked in the Top 20: Sakkari, defending champion Liudmila Samsonova and Tokyo Olympics gold medalist Belinda Bencic.

And as talented, speedy and smart as Gauff is, it's her willingness to adapt and try to improve that make her someone to watch in New York — and beyond, of course.

"When you say something to her, she analyzes it and she puts in the work. She is willing to make changes. That gives me a lot of confidence," said Riba.

Some NHL teams not done making deals

Associated Press

Kyle Dubas had just completed the biggest trade of the NHL offseason, landing defenseman Erik Karlsson in a three-team deal that furthers the Pittsburgh Penguins' desire to win now, when he was asked if other moves might be in store.

The team's new general manager and president of hockey operations said he thinks he's done this summer. Still, he acknowledged: "You can never make any promises. You always want to try and improve the team."

Rival GM Brian MacLellan of the Washington Capitals is still busy working the phones, not giving up on the hope of landing a top-six forward before NHL training camps next month.

"We're still talking to agents," MacLellan said after signing Tom Wilson to a seven-year extension. "We're still talking to a few teams about a trade, so we'll see how it pans out at the end."

Kuznetsov trade?

For the second time in three

years, Evgeny Kuznetsov is in trade talk chatter. The talented but inconsistent Capitals center changed agents after putting up 55 points in 78 games — more than a 30-point drop from the previous season.

Kuznetsov is 31 and has two more years left on his contract at a hefty salary cap hit of \$7.8 million. The Capitals, who like the Penguins are trying to get back in the playoffs and remain contenders, aren't going to give away the player who led them in scoring on their 2018 Stanley Cup run.

But if something makes sense, Washington could move on from Kuznetsov or trade underachieving forward Anthony Mantha.

Trade talk

The Carolina Hurricanes and Calgary Flames are also worth watching.

Carolina brought back defenseman Tony DeAngelo following his buyout by Philadelphia and could look to trade Brett

Pesce or Brady Skjei to clear a blue-line log jam. Each player has just a year left on his contract.

Elias Lindholm, whom the Hurricanes traded to the Flames in 2018, is entering the final year of his contract. New Calgary GM Craig Conroy has already traded forward Tyler Toffoli to New Jersey as part of the team's retooling process, and Lindholm could be next.

The Winnipeg Jets have yet to trade two key players a year before they would be unrestricted free agents: 2020 Vezina Trophy-winning goaltender Connor Hellebuyck and top center Mark Scheifele. They bought out former captain Blake Wheeler in the first step of a roster overhaul, but don't expect Hellebuyck or Scheifele to stay in Winnipeg too much longer.

Free agents

Toronto on Wednesday signed one of the veteran goaltenders left on the market, giving Martin Jones an \$875,000

contract for next season. Jaroslav Halak, Brian Elliott and Aaron Dell are among goalies in their 30s still available.

Phil Kessel, the NHL's ironman fresh off winning the Stanley Cup with Vegas and getting his name on the trophy for the third time, is also unsigned. The 35-year-old forward was a healthy scratch for the vast majority of the playoffs, though his regular-season streak is intact at 1,064 consecutive games played.

Eric Staal, who reached the Final with Florida and turns 39 in October, is another veteran option, as is center Derick Brassard. For teams looking for a defenseman, 36-year-old Nick Holden is out there, along with Seth Jones' brother, Caleb, who was not tendered a qualifying offer by Chicago and is a young unrestricted free agent at 26.

Among restricted free agents, Anaheim's Trevor Zegras, Philadelphia's Morgan Frost and Edmonton's Evan Bouchard are among those without a contract.

Dygert returns from scary injury, wins cycling title

Associated Press

The plan was for Chloe Dygert to win the world championship in the time trial, then carry that momentum toward the Summer Olympics, where the American road cycling star would be the favorite to win the gold medal.

That was three years, a career-threatening crash and immeasurable heartache ago.

Perhaps Dygert's plan will come to fruition this time.

Despite dealing with an illness that might have kept her off the start line a day earlier, Dygert roared over the 36.2-kilometer course to Stirling Castle in a time of 46 minutes, 59.80 seconds Thursday. That was enough to hold off Australia's Grace Brown, the silver medalist a year ago, by just 5.67 seconds and give Dygert the rain-

bow jersey she first won in 2019 in England.

"This is really special," said Dygert, who was leading the 2020 time trial in Italy before crashing into a barrier, sliding down an embankment and so severely injuring her left leg that it took multiple procedures and several months to get back on the bike.

"It's not just special for me, it's special for everyone behind me," added Dygert, who is now the favorite to win at next year's Paris Olympics. "This means a lot for us. You know, it's just trusting the process and God's plan and I'm really thankful for this."

The 26-year-old from Indiana dominated the individual pursuit on the track earlier in this year's world championships in

Glasgow, Scotland, sending a warning to her closest competitors on the road that she was returning to world-class form.

It's taken a long time to get there.

Not only were there surgeries to repair the damage to Dygert's leg, she also had to deal with the Epstein-Barr virus that sapped her of her energy, and a heart procedure to treat a chronic condition that she had dealt with for a decade. There was even another crash during a training camp in January, which kept her off the bike until March.

Not surprisingly, Dygert told The Associated Press, there were moments of crippling depression. And while she made it back in time for the Tokyo Olympics in 2021, she was nowhere near the condition needed to

compete for a medal.

Yet there she was on the top step of the podium again, the gold medal once again hanging from her neck and her hand over her heart as the national anthem played and the U.S. flag was raised above the rest.

"If the race was yesterday, I don't know if I would have started," Dygert said. "I spent the last four days praying to God that I would be OK. I'm still not 100 percent, but I started the race today to give everything I could and it was just enough."

Dygert still has the road race on Sunday to wrap up her world championships. Then, she will turn her focus toward the Paris Games, which are now less than a year away, and a chance to win that Olympic title she had targeted three years ago.