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TRANSGENDER RIGHTS

Confusion ensues as bathroom law rolls out

BY HANNAH SCHOENBAUM
Associated Press

SALT LAKE CITY — Utah public schools have been rushing to prepare students and teachers as the state starts cracking down Wednesday on any school found not enforcing new bathroom restrictions for transgender people.

Residents and visitors are required under state law to use bathrooms and changing rooms in government-owned buildings that correspond with their sex assigned at birth. Although the law took

effect when Republican Gov. Spencer Cox signed it Jan. 30, it was not widely enforced before a key compliance mechanism began this week. Schools and government agencies now face steep fines of up to \$10,000 per day for each violation.

The rollout has been roiled in confusion for Utah families amid a patchwork of plans that differ across districts. Their experiences are mirrored in many of the other 10 Republican-led states with similar restroom restrictions. Enforcement of one of those

laws — in Idaho — has been put on hold by a court.

Utah state Rep. Kera Birkenland, a Morgan Republican and the bill's primary sponsor, has argued it's a necessary safeguard against people who might claim they're transgender to infiltrate a gendered space. She pitched the law as a safety measure to protect the privacy of women and girls without citing evidence of threats or assaults by trans people against them. Trans residents say she has used a hypothetical to justify exclusion.

Legislators left it up to each school district to decide how it will communicate the changes. Some have held classroom presentations. Others have sent home fact sheets or met privately with families who might be affected.

Despite their different approaches, the state's largest school districts say they share a common goal: make affected individuals feel safe while handling any issues in-house.

Principals in the Granite, Alpine, Davis and Salt Lake

City school districts have been trained to address bathroom concerns on an individual basis, with discretion and empathy for LGBTQ+ students, spokespeople for the districts said.

The law requires schools to create "privacy plans" for those who do not feel comfortable using group bathrooms, but Graham Beeton, 11, said such accommodations can be isolating. The Salt Lake City fifth grader, who uses he/they pronouns, said he feels loved by his classmates and does not un-

derstand why the government cares which bathroom he uses.

"It hurts me," Beeton said. "I might be uncomfortable going into that restroom, so I want to go into a different one, but the law doesn't say that I can."

Trans people in Utah may only use facilities that align with their gender identity if they've legally changed the gender on their birth certificate and undergone certain gender-affirming surgeries,

Please see **RESTRICTIONS**, Page A6

EAGLE MOUNTAIN

FOREVER YOUNG



CURTIS BOOKER, DAILY HERALD

In this picture taken on Thursday, blue and gold balloons along with another of the shape of the number 3 hang at an Eagle Mountain horse stable where Odin Ratliff and Hunter Jackson were hit and killed in 2022.

Family and loved ones remember Eagle Mountain boys hit and killed 2 years ago

BY CURTIS BOOKER
Daily Herald

On a windy Thursday evening, the families of Odin Ratliff and Hunter Jackson gathered with dozens of loved ones and community members

at Cedar Valley Stables to remember the two little boys who died due to actions of an alleged DUI driver, two-years to the day earlier.

On May 2, 2022, what was supposed be a day of playing with toy trucks in the dirt inside of a gated corral turned into tragedy when both 3-year-olds were hit and killed after a speeding car veered off the road into the corral and eventually crashed into a stable.

Two years later, Odin's mother, Theresa Ratliff, says the pain never goes away and the emotions come and go in waves. "You get into,

you know, a day-to-day life where you feel like you're really good and (then) everything just kind of hits like really sporadically," Ratliff told the Daily Herald. "Like, it will be the happiest day and then, I mean, you get like the littlest memory and you're just floored right back down to that night."

On Thursday, the Ratliffs and Jacksons held a two-year remembrance for the boys that they called "Odin & Hunter's Angelversary" at the

Please see **ANGELVERSARY**, Page A6

SANPETE COUNTY

Rural jails turn to health workers so the newly released can succeed

BY LILLIAN MONGEAU HUGHES
KFF Health News

MANTI, Utah — Garrett Clark estimates he has spent about six years in the Sanpete County Jail, a plain concrete building perched on a dusty hill just outside this small, rural town where he grew up.

He blames his addiction. He started using in middle school, and by the time he was an adult he was addicted to meth and heroin. At various points, he's done time alongside his mom, his dad, his sister, and his younger brother.

"That's all I've known my whole life," said Clark, 31, in December.

Clark was at the jail to pick up his sister, who had just been released. The siblings think this time will be different. They are both sober. Shantel Clark, 33, finished earning her high school diploma during her four-month stay at the jail. They have a place to live where no one is using drugs.

And they have Cheryl Swapp, the county sheriff's new community health worker, on their side.

"She saved my life probably, for sure," Garrett Clark said.

Swapp meets with every person booked into the county jail soon after they arrive and helps them create a plan for the day they get out.

She makes sure everyone has a state ID card, a birth certificate, and a Social Security card so they can qualify for government benefits, apply to jobs, and get to treatment and probation appointments. She helps nearly everyone enroll in Medicaid and apply for housing benefits and food stamps. If they need medication to stay off drugs, she lines that up. If they need a place to stay, she finds them a bed.

Then Swapp coordinates with the jail captain to have people released directly to the treatment facility. Nobody leaves the jail without a ride and a drawstring backpack filled with items like toothpaste, a blanket, and a personalized list of job openings.

"A missing puzzle piece," Sgt. Gretchen Nunley, who runs educational and addiction recovery

Please see **JAILS**, Page A6

WAR PROTESTS

University of Utah faculty ask for a strategy to divest from Israel, decry protest crackdown

BY KYLE DUNPHEY
Utah News Dispatch

Over 160 University of Utah faculty, including professors from a number of departments, have signed a joint statement asking the school to end its police presence at the recent pro-Palestinian protests

and start the process of a divestment strategy "from those profiting from the war in Gaza."

On Monday, a group of several hundred protesters gathered outside the President's circle, calling for the university to disclose and divest from Israel and any companies that

support its ongoing war in Gaza. An estimated 34,262 Palestinians and 1,139 Israelis have been killed since the war started on Oct. 7, according to the United Nations.

The protesters had planned to camp on the lawn — but citing its policy against camping, University

of Utah Police along with Salt Lake Police officers, Utah Highway Patrol troopers and other local departments forcibly removed protesters, turning a peaceful event into a chaotic scene.

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Final arguments made about Google’s monopoly status

BY MATTHEW BARAKAT
Associated Press

WASHINGTON — Google’s pre-eminence as an internet search engine is an illegal monopoly propped up by more than \$20 billion spent each year by the tech giant to lock out competition, Justice Department lawyers argued at the closings of a high-stakes antitrust lawsuit.

Google, on the other hand, maintains that its ubiquity flows from its excellence, and its ability to deliver results customers are looking for.

“It would be an unprecedented decision to punish a company for winning on the merits,” Google’s lawyer, John Schmiddlein, said late Friday afternoon in summation of the company’s closing arguments.

Justice Department lawyer Ken Dintzer told the judge that “today must be the day” for him to step in and stop Google’s monopolistic behavior, which he likened to the tactics used by Microsoft two decades ago that prompted a similar antitrust battle.

The U.S. government, a coalition of states and Google all made their closing arguments Friday in the 10-week lawsuit to U.S. District Judge Amit Mehta, who must now decide whether Google broke the law in maintaining a monopoly status as a search engine.

Much of the case, the biggest antitrust trial in more than two decades, has revolved around how much Google derives its strength from contracts it has in place with companies like Apple to make Google the default search engine preloaded on cell phones and computers.

At trial, evidence showed that Google spends more than \$20 billion a year on such contracts. Justice Department lawyers have said the huge sum is indicative of how important it is for Google to make itself the default search engine and block competitors from getting a foothold.

Google responds that customers could easily click away to other search engines if they wanted, but that consumers invariably prefer Google. Companies like Apple testified at trial that they partner with Google because they consider its search engine to be superior.

Google also argues that the government defines the search engine market too narrowly. While it does hold a dominant position over other general search engines like Bing and Yahoo,



SETH WENIG, ASSOCIATED PRESS

The Google building is seen in New York on Feb. 26.



MARIAM ZUHAIB, ASSOCIATED PRESS

Google CEO Sundar Pichai leaves the federal courthouse on Oct. 30 in Washington.

Google says it faces much more intense competition when consumers make targeted searches. For instance, the tech giant says shoppers may be more likely to search for products on Amazon than Google, vacation planners may run their searches on AirBnB, and hungry diners may be more likely to search for a restaurant on Yelp.

And Google has said that social media companies like Facebook and TikTok also present fierce competition.

During Friday’s arguments, Mehta questioned whether some of those other companies are really in the same market. He said social media companies can generate ad revenue by trying to present ads that seem to

match a consumer’s interest. But he said Google can place ads in front of consumers in direct response to queries they submit.

“It’s only Google where we can see that directly declared intent,” Mehta said.

Schmiddlein responded that social media companies “have lots and lots of information about your interests that I would say is just as powerful.”

The company has also argued that its market strength is tenuous as the internet continually remakes itself. Earlier in the trial, it noted that many experts once considered it irrefutable that Yahoo would always be dominant in search. Today, it said that younger tech consumers sometimes think of Google as “Grandpa Google.”

Government lawyers also argued the tech company should be sanctioned for the “systemic destruction of documents” that they argue was done to purposefully hide evidence of monopolistic intent and practices.

Trial evidence showed that Google lawyers recommended employees ensure that their work chats were not saved because of their potential legal implications.

The government asked Mehta to impose a sanction that allows the

judge to infer that all the deleted chats were unfavorable to Google regarding their anticompetitive intent.

Mehta said he was unsure whether he would grant the government’s request but he was sharply critical of their document-retention practices and speculated that there ought to be some kind of sanction.

“Google’s document retention policy leaves a lot to be desired,” he said. “It’s shocking to me, or surprising to me, that a company would leave it to its employees to decide when to preserve documents.”

Google lawyer Colette Connor defended the company’s practice of generally failing to preserve internal company chats. “Given the typical use of chats, it was reasonable,” she said.

While Google’s search services are free to consumers, the company generates revenue from searches by selling ads that accompany a user’s search results.

Justice Department attorney David Dahlquist said during Friday’s arguments that Google was able to increase its ad revenue through growth in the number of queries submitted until about 2015 when query growth slowed and they needed to make more money on each search.

The government argues that Google’s search engine monopoly allows it to charge artificially higher prices to advertisers, which eventually carry over to consumers.

“Price increases should be bounded by competition,” Dahlquist said. “It should be the market deciding what the price increases are.”

Dahlquist said internal Google documents show that the company, unencumbered by any real competition, began tweaking its ad algorithms to sometimes provide worse search ad results to users if it would increase revenue.

Google’s lawyer, Schmiddlein, said the record shows that its search ads have become more effective and more helpful to consumers over time, increasing from a 10% click rate to 30%.

Mehta has not yet said when he will rule, though there is an expectation that it may take several months.

If he finds that Google violated the law, he would then schedule a “remedies” phase of the trial to determine what should be done to bolster competition in the search-engine market. The government has not yet said what kind of remedy it would seek.

UNITED METHODIST CHURCH

Delegates repeal ban on its clergy celebrating same-sex marriages

BY PETER SMITH
Associated Press

CHARLOTTE, N.C. — United Methodist delegates on Friday repealed their church’s longstanding ban on the celebrations of same-sex marriages or unions by its clergy and in its churches.

The action marked the final major reversal of a collection of LGBTQ bans and disapprovals that have been embedded throughout the laws and social teachings of the United Methodist Church over the previous half-century.

The 447-233 vote by the UMC’s General Conference came one day after delegates overwhelmingly voted to repeal a 52-year-old declaration that the practice of homosexuality is “incompatible with Christian teaching” and two days after they repealed the denomination’s ban on LGBTQ clergy.

It’s the UMC’s first legislative gathering since 2019, one that featured its most progressive slate of delegates in memory following the departure of more than 7,600 mostly conservative congregations in the United States because it essentially stopped enforcing its bans on same-sex marriage and LGBTQ ordination.

The delegates voted to repeal a section in their Book of Discipline, or church law, that states: “Ceremonies that celebrate homosexual unions shall not be conducted by our ministers and shall not be conducted in our churches.”

Clergy will neither be required nor prohibited from performing any marriage, according to existing law that the conference affirmed with minor revisions Friday.

On Thursday, delegates approved Revised Social Principles, or statements of the



PETER SMITH, ASSOCIATED PRESS

The Rev. David Meredith, left, and the Rev. Austin Adkinson sing during a gathering of those in the LGBTQ community and their allies outside the Charlotte Convention Center in Charlotte, N.C., on Thursday.

church’s values. In addition to removing the language about homosexuality being “incompatible with Christian teaching,” that revision also defined marriage as a covenant between two adults, without limiting it to heterosexual couples, as the previous version had done.

But while Social Principles are non-binding, the clause removed on Friday had the force of law.

Regional conferences outside the United States have the ability to set their own rules, however, so churches in Africa and elsewhere with more conservative views on sexuality could retain bans on same-sex marriage and LGBTQ clergy. A pending amendment to the church constitution would also enable the U.S. region to make such adaptations.

The change doesn’t mandate or even explicitly affirm same-sex marriages. But it removes their prohibition. It takes effect Saturday following the close of General Conference.

The Rev. Rebecca Girrell of Vermont told fellow delegates that she regretted having initially declined a request to perform a same-sex marriage

because of church rules. “I promised I would never betray my heart or my call to offer ministry and grace to all persons again,” she said.

Later, she said she did defy church rules and performed the same-sex wedding for two military servicemen before their deployment. “You will never convince me that that was wrong,” she said.

But Samuel Cole from Liberia urged the conference not to approve the measure, saying it would not be accepted in other parts of the world and adding that only a man and a woman can produce children.

A temporary window opened in 2019 that enabled American churches to leave with their properties, normally held by the denomination, under more favorable than normal terms. While the conference voted against extending that window to international churches, the conference votes could still prompt departures of some international churches through different means — particularly in Africa, where conservative sexual values prevail and where same-sex activity is criminalized in some countries.

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TRUMP HUSH MONEY TRIAL

Hicks recounts fear in 2016 campaign over tape

BY MICHAEL R. SISAK, JAKE OFFENHARTZ, PHILIP MARCELO AND ALANNA DURKIN RICHER
Associated Press

NEW YORK — Donald Trump’s 2016 campaign was seized with worry about the potential political damage from a tape that showed Trump bragging about grabbing women sexually without their permission, longtime Trump adviser Hope Hicks testified Friday at his hush money trial.

Hicks, a former White House official, was compelled to testify by Manhattan prosecutors, who are hoping her remarks bolster their argument that the uproar over the infamous “Access Hollywood” tape hastened Trump’s then-lawyer to pay off porn actor Stormy Daniels to bury a negative story that could imperil his 2016 presidential bid.

Once one of Trump’s closest confidants, Hicks provided a window into the chaotic fallout over the tape’s release just days before a crucial debate with Democrat Hillary Clinton. It was recorded in 2005 but was not seen by the public until Oct. 7, 2016, about a month before Election Day. Hicks described being stunned and huddling with other Trump advisers after learning about the tape’s existence from the Washington Post reporter who broke the story. Hicks forwarded the reporter’s request to campaign leadership with the recommendation to “deny, deny, deny,” she said.

“I had a good sense to believe this was going to be a massive story and that it was going to dominate the news cycle for the next several days,” Hicks testified. “This was a damaging development.”

She added: “This was just pulling us backwards in a way that was going to be hard to overcome.”

Prosecutors called her to the witness stand to strengthen their case alleging Trump worked to prevent damaging stories about his personal life from becoming public as part of a scheme to illegally influence the 2016 presidential election. Manhattan District Attorney Alvin Bragg has sought to establish that link not just to secure a conviction but also to persuade the public of the significance of the case, which may be the only one of four Trump prosecutions to reach trial this year.



J. SCOTT APPLEWHITE, ASSOCIATED PRESS

Hope Hicks, former White House communications director, arrives to meet with the House Intelligence Committee, at the Capitol in Washington on Feb. 27, 2018.

Hicks told jurors that Trump claimed he did not know anything about his then-attorney Michael Cohen paying \$130,000 to Daniels to prevent her from going public with claims of a sexual encounter with Trump. But, Hicks said, Trump eventually came to believe that burying Daniels’ story was prudent, saying he thought “it would have been bad to have that story come out before the election.”

At other points, Hicks’ testimony appeared to help the defense’s contention that the former president was trying to protect his reputation and family — not his campaign — by shielding them from embarrassing stories about his personal life. Trump has denied any wrongdoing in the case, which he has slammed as an effort to derail his campaign to reclaim the White House in November.

Under questioning by Trump’s attorney, Hicks told jurors that he was worried about the effect of the “Access Hollywood” tape on his family. And when the Wall Street Journal

published a story revealing ex-Playboy Model Karen McDougal’s affair allegations right before the election, Hicks said Trump was concerned about his wife seeing the story and asked Hicks to make sure newspapers weren’t delivered to their residence that morning.

But when asked if Trump was also worried about the story’s impact on the campaign, Hicks responded that everything they spoke about during that time was viewed through the lens of the campaign. Trump would often asking her, “How is it playing?” as a way of gauging how his appearances, speeches and policies were landing with voters, she said.

Hicks’ proximity to Trump over the years has made her a figure of interest to congressional and criminal investigators alike, who have sought her testimony on multiple occasions on topics ranging from Russian election interference to Trump’s election loss and the subsequent Jan. 6, 2021, riot at the U.S. Capitol.

She appeared reluctant to be in the

courtroom, taking a deep breath as she stepped up to the microphone and acknowledging she was “really nervous.” She later started crying on the witness stand, forcing the court to take a brief break, when Trump lawyer Emil Bove started to ask her to reflect on her time at the Trump Organization before he brought her onto his 2016 campaign.

Referring to her former boss as “Mr. Trump” and later “President Trump” when speaking about their time in the White House, she told the court she last communicated with him in the summer or fall of 2022. While no longer in Trump’s inner circle, Hicks spoke about the former president in glowing terms as the prosecutor began questioning her about her background.

She recounted how the political firestorm that ensued after the release of the tape was so intense that it knocked an actual storm out of the headlines. Before the tape became public, the news was dominated by a Category 4 hurricane that was charging toward the East Coast.

“I don’t think anybody remembers”

where that hurricane hit, Hicks told jurors.

Hurricane Matthew, which hit Haiti and Cuba as a Category 4 storm, made landfall in South Carolina as a Category 1 hurricane on Oct. 8, 2016, the day after the “Access Hollywood” tape was made public.

Prosecutors have spent the week using detailed testimony about meetings, email exchanges, business transactions and bank accounts to build on the foundation of their case charging Trump with 34 counts of falsifying internal Trump Organization business records. They are setting the stage for pivotal testimony from Cohen, who paid Daniels for her silence before he went to prison for the hush money scheme.

Testimony will resume Monday. The trial could last another month or more, with important witnesses who have yet to be called, including Cohen and Daniels.

One of the most pivotal pieces of evidence disclosed to jurors this week was a recording of a meeting between Trump and Cohen before the 2016 election in which they discussed a plan to purchase the rights to McDougal’s story from the National Enquirer so that it would never come out. The tabloid had previously bought McDougal’s story to bury it on Trump’s behalf.

At one point, Trump can be heard saying: “What do we got to pay for this? One-fifty?”

In a victory for Trump just as court was ending for the week, Judge Juan M. Merchan denied a request by prosecutors to ask Trump, should he choose to testify, about being held in contempt of court for gag order violations in the case. Merchan said allowing it would be “so prejudicial it would be very, very difficult for the jury to look past that.”

Trump this week paid his \$9,000 fine for violating the gag order that bars him from making public statements about witnesses, jurors and some others connected to the case.

His attorney, Todd Blanche, told the judge Friday they are appealing the finding that Trump violated the gag order. Blanche said that they took particular issue with penalties for what are known as reposts — instances where Trump shared someone else’s post with his followers.

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**BY ELLEN KNICKMEYER
AND RUSS BYNUM**
Associated Press

Children under 5 are among the first to die when wars, droughts or other disasters curtail food. Hospital officials in northern Gaza reported the first deaths from hunger in

USAID is coordinating with the World Food Program and other humanitarian partners and governments on security and distribution for the pier project, while U.S. military forces finish building it. Pres-


A U.S. official said the high seas will delay the installation for several days, possibly until

The struggles this week with the first aid delivery through a newly reopened land corridor into north Gaza underscored the uncertainty about security and the danger still facing relief workers. Israeli settlers blocked the convoy before it crossed Wednesday. Once inside Gaza, the convoy was commandeered by Hamas militants, before U.N. officials reclaimed it.

One of the few medical facilities still operating in

Saving the gravely malnourished children in particular requires both greatly increased deliveries of aid and sustained calm in fighting, the official said, so that aid workers can set up treatment facilities around the territory and families can safely bring children in for the sustained treatment needed.

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Restrictions

From A1

which are rarely performed on minors.

Draped in an LGBTQ+ pride flag with rainbows painted on his cheeks, Beeton beckoned his classmates to a block party held just across the street from Bonneville Elementary School on Monday afternoon. With teachers in all Salt Lake City schools set to present about the bathroom law, his mom and many other parents pulled their kids out early and threw a party in support of affected students and staff.

Among them was Mia Norman, an emergency room technician and the mother of twins, who said she did not understand how the law could realistically be enforced on children. She worried kids and their parents might be encouraged to snitch on school administrators and vulnerable students.

Norman and other parents said the rollout this week has led to tough conversations with their kids about how politics can impact their lives at a young age.

Fourth grade students Lila and Sophia left the presentation confused about why the law existed

and worried that it might make some of their peers feel bad about themselves. They were told to approach a teacher with any questions about which bathroom they should use and to report instances of bullying, according to a copy of the presentation obtained by The Associated Press.

“There shouldn’t be a law in place to tell people who they can be or to stop feeling how they want to feel,” said 10-year-old Lila Hathaway.

Bree Taylor-Lof, a transgender teacher, left school on the verge of tears Monday after having to present to students about a policy that

affected them personally. They fought to keep their emotions in check while fielding questions from confused fifth graders who did not understand why the law had been passed.

Realizing that the restrictions would affect their teacher, many of the kids gave Taylor-Lof hugs and handwritten cards on their way out the door.

“Our youth today have a keen sense for justice and inclusion and looking out for each other,” Taylor-Lof said. “That was clear in the concern that they expressed about their fellow peers, and for me.”

Jails

From A1

programming for the jail, called Swapp.

Swapp also assesses the addiction history of everyone held by the county. More than half arrive at the jail addicted to something.

Nationally, 63% of people booked into local jails struggle with a substance use disorder — at least six times the rate of the general population, according to the federal Substance Abuse and Mental Health Services Administration. The incidence of mental illness in jails is more than twice the rate in the general population, federal data shows. At least 4.9 million people are arrested and jailed every year, according to an analysis of 2017 data by the Prison Policy Initiative, a nonprofit organization that documents the harm of mass incarceration. Of those incarcerated, 25% are booked two or more times, the analysis found. And among those arrested twice, more than half had a substance use disorder and a quarter had a mental illness.

“We don’t lock people up for being diabetic or epileptic,” said David Mahoney, a retired sheriff in Dane County, Wisconsin, who served as president of the National Sheriffs’ Association in 2020-21. “The question every community needs to ask is: ‘Are we doing our responsibility to each other for locking people up for a diagnosed medical condition?’”

The idea that county sheriffs might owe it to society to offer medical and mental health treatment to people in their jails is part of a broader shift in thinking among law enforcement officials that Mahoney said he has observed during the past decade.

“Don’t we have a moral and ethical responsibility as community members to address the reasons people are coming into the criminal justice system?” asked Mahoney, who has 41 years of experience in law enforcement.

Swapp previously worked as a teacher’s aide for those she calls the “behavior kids” — children who had trouble self-regulating in class. She feels her work at the jail is a way to change things for the parents of those kids. And it appears to be working.

Since the Sanpete County Sheriff’s Office hired Swapp last year, recidivism has dropped sharply. In the 18 months before she began her work, 599 of the people booked into



LILLIAN MONGEAU HUGHES, KFF HEALTH NEWS

On the day of her release from Sanpete County Jail in rural Utah in December 2023, Shantel Clark hugs Cheryl Swapp, the jail’s community health worker, at the sheriff’s office.

Sanpete County Jail had been there before. In the 18 months after she started, that number dropped to 237.

In most places, people are released from county jails with no health care coverage, no job, nowhere to live, and no plan to stay off drugs or treat their mental illness. Research shows that people newly released from incarceration face a risk of overdose that is 10 times as high as that of the general public.

Sanpete wasn’t any different.

“For seven to eight years of me being here, we’d just release people and cross our fingers,” said Jared Hill, the clinical director for Sanpete County and a counselor at the jail.

Nunley, the programming sergeant, remembers watching people released from jail walk the mile to town with nothing but the clothes they’d worn on the day they were arrested — it was known as the “walk of shame.” Swapp hates that phrase. She said no one has made the trip on foot since she started in July 2022.

Swapp’s work was initially funded by a grant from the U.S. Health Resources and Services Administration, but it has proved so popular that commissioners in Sanpete County voted to use a portion of its opioid settlement money to cover the position in the future.

Swapp doesn’t have formal medical or social work training. She is certified by the state of Utah as a community health worker, a job that has become more common nationwide. There were about 67,000 people working as community health workers in 2022, according to the U.S. Bureau of Labor Statistics.

Evidence is mounting that the model of training people to help

their neighbors connect to government and health care services is sound, said Aditi Vasan, a senior fellow at the Leonard Davis Institute of Health Economics at the University of Pennsylvania who has reviewed the research on the relatively new role.

The day before Swapp coordinated Shantel Clark’s release, she sat with Robert Draper, a man in his 50s with long white hair and bright-blue eyes. Draper has been in and out of jail for decades. He was sober for a year and had been taking care of his ill mother. She kept getting worse. Then his daughter and her child came to help. It was all a little too much.

“I thought, if I can just go and get high, I can deal with this shit,” said Draper. “But after you’ve been using for 40 years, it’s kinda easy to slip back in.”

He didn’t blame his probation officer for throwing him back in jail when he tested positive for drugs, he said. But he thinks jail time is an overreaction to a relapse. Draper sent a note to Swapp through the jail staff asking to see her. He was hoping she could help him get out so he could be with his mom, who had just been sent to hospice. He had missed his father’s death years ago because he was in jail at the time.

Swapp listened to Draper’s story without interruptions or questions. Then she asked if she could run through her list with him so she would know what he needed.

“Do you have your Social Security card?”

“My card?” Draper shrugged. “I know my number.”

“Your birth certificate, you have it?”

“Yeah, I don’t know where it is.”

“Driver’s license?”

“No.”

“Was it revoked?”

“A long, long time ago,” Draper said. “DUI from 22 years ago. Paid for and everything.”

“Are you interested in getting it back?”

“Yeah!”

Swapp has some version of this conversation with every person she meets in the jail. She also runs through their history of addiction and asks them what they most need to get back on their feet.

She told Draper she would try to get him into intensive outpatient therapy. That would involve four to five classes a week and a lot of driving. He’d need his license back. She didn’t make promises but said she would talk to his probation officer and the judge. He sighed and thanked her.

“I’m your biggest fan here,” Swapp said. “I want you to succeed. I want you to be with your mom, too.”

The federal grant that funded the launch of Sanpete’s community health worker program is held by the regional health care services organization Intermountain Health. Intermountain took the idea to the county and has provided Swapp with support and training. Intermountain staff also administer the \$1 million, three-year grant, which includes efforts to increase addiction recovery services in the area.

A similarly funded program in Kentucky called First Day Forward took the community health worker model a step further, using “peer support specialists” — people who have experienced the issues they are trying to help others navigate. Spokespeople from HRSA pointed to four programs, including the ones in Utah and Kentucky, that are using their grant money for people facing or serving time in local jails.

Back in Utah, Sanpete’s new jail captain, Jeff Nielsen, said people in small-town law enforcement weren’t so far removed from those serving time.

“We know these people,” Nielsen said. He has known Robert Draper since middle school. “They are friends, neighbors, sometimes family. We’d rather help than lock them up and throw away the key. We’d rather help give them a good life.”

KFF Health News is a national newsroom that produces in-depth journalism about health issues and is one of the core operating programs at KFF — the independent source for health policy research, polling, and journalism.

Angelversary

From A1

same horse stables. Dozens of community members and members of Utah County Sheriff’s Office who responded to the traumatic scene shared loving and emotional memories of both boys.

Amid the somber proceedings, a campfire burned outside of the red gated corral, where inside two kids scooped dirt in and out of the same toy trucks Odin and Hunter were playing with on that tragic day in 2022.

Odin would have turned 5 in April. His mother says therapy has played a big part in coping with his death. Community service has been another layer of keeping Odin’s memory alive. “We like to go and volunteer in memory of him and just do good in his name because he was so kind and wanted to be so kind to everyone, and so that’s how we like to honor him,” Theresa Ratliff said.

Odin and Hunter weren’t related, but Ratliff says both boys loved being at the stable and around the horses, and Thursday’s memorial was a reflection of that. “Just celebrating the boys in the environment that they thrived in, which was here at the barn and, you know, playing with their tractors, being around the horses,” Ratliff said.

The trial surrounding the man accused of being at the center of the crash, Kent Cody Barlow, has yet to bring the families much closure.

The Utah County Attorney’s Office initially charged Barlow with two counts of manslaughter. He also tested positive for having methamphetamines in his system, according to the sheriff’s office, and was on parole for prior charges at the time of the crash. In March 2023, Barlow’s charges were amended from manslaughter to murder.

Ratliff’s family also is suing the state of Utah, blaming state officials along with the Utah Department of Corrections, Utah Board of Pardons and Parole, Utah Adult Probation and Parole and Wasatch Behavioral Health for Odin’s death.

As their fight for justice for both boys continues amid the tragic circumstances, Theresa Ratliff says the outpouring of love and support from the community has been unwavering.

The families are hosting a memorial car ride Sunday honoring the lives of Odin and Hunter. The event will begin at 10 a.m. starting at Cory B. Wride Memorial Park in Eagle Mountain.

Theresa Ratliff says she wants her son to be remembered as a loving, caring soul and enjoyed playing with his tractors at the stables. “This was his safe place and he loved being here every second of every day,” she said.

Protests

From A1

Since then, two other protests have taken place at the university. None have seen the violence that played out over the encampment, but officers have been present at each demonstration and made additional arrests stemming from Monday. At least 21 people have been arrested in relation to Monday’s protest.

In response, 165 university faculty — 105 publicly and 56 anonymously — signed the letter addressed to University of Utah President Taylor Randall asking that the school “respond substantively” to the protester’s demands.

That includes ending the police presence at peaceful protests; forming a university committee to “examine the University’s investment portfolio and recommend a divestment strategy from those profiting from the war in Gaza”; and granting amnesty to the student organizers of recent protests.

“We vehemently object to this unprovoked and unwarranted use of force against students and community members exercising their right to free speech ... we are deeply concerned about the lack of regard for the safety of our students and community,” faculty members wrote.

A number of university professors confirmed the legitimacy of the letter on Friday. The signees include professors, associate professors and assistant professors from a range of departments and schools, including English, communications, law, chemistry, social work, biological sciences, dance, history and medicine.



KYLE DUNPHEY, UTAH NEWS DISPATCH

Police officers and pro-Palestinian protesters clash at the University of Utah on Monday.

“These students’ actions reflect all four of the University’s learning outcomes for general education: collaborate effectively, reason effectively and act ethically, respond creatively, and persist in addressing complex problems. Peaceful protests met with police retaliation, or the threat thereof, creates a chilling effect that stifles free expression,

which undercuts the University’s mission,” the letter reads.

In addition, the letter voices opposition to possible disciplinary action against students and faculty involved with the protests, which the faculty members say is “designed to deter free expression.”

In a statement earlier this week, the university said students could

be suspended or placed on probation and faculty could face termination. Both could be charged with criminal trespass or disorderly conduct, the university said.

“We urge the University administration to both accept and embrace our campus as a democratic space of peaceful protest,” the letter from faculty members reads.

The letter also includes a now common refrain from those critical of the university’s response to Monday’s event — the school previously encouraged camping in President’s Circle just months earlier when ESPN’s College Gameday came to Utah, but said camping was the reason for the violent crackdown on the pro-Palestinian protest.

That, according to the letter, demonstrated “that encampments are permissible when the University deems them so.”

A spokesperson for the school said the ESPN Gameday event was sanctioned, while there was no permit filed for Monday’s protest and there were no associated university events.

“The University of Utah’s campus is comparable to the State Capitol or a city park — both of which close at dusk. The tents qualified as illegal structures,” said Rebecca Walsh, a spokesperson for the University of Utah.

Moving forward, the letter asks the university to collaborate with students to set aside a place for protesters to camp in protest, while requesting transparency about the “role the University administration played in the police response.”

“We call for the University to clarify how, when, and why police were directed to act on April 29, 2024,” the letter reads, adding, “We want assurance that future peaceful student protests will not be met with police violence.”

Utah News Dispatch is a nonprofit, nonpartisan news source covering government, policy and the issues most impacting the lives of Utahns.

OPINION



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Gaza protests are a reflection of MAGA

Within the past 48 hours, student protesters occupied Hamilton Hall at Columbia University and then were forcibly removed by New York police. I knew that building well when I was an undergrad there in the 1970s.



Columbia, like most colleges, tended left. The campus had become notorious in 1968 for its protests. By the time I arrived in 1975, things were quiet, but one could still detect a certain nostalgia for the '60s — a sense that the students who turned the campus upside down were righteous and brave, whereas we, their successors, were careerist drudges. That sentiment matters. Columbia's current crop of revolutionaries were nurtured in warm, supportive environments that extend beyond the university. The lionization of activism and revolution has been like a fault line, quiet most of the time but always there and capable of grave harm.

Consider the response from Columbia's faculty: The university senate met — not to admonish the students but to condemn the university president's decision to call in the police. Worse, a number of faculty members rallied alongside the students.

These campus Gaza protests are a weird amalgam of "Portlandia" and "Reds." Columbia's "Gaza Solidarity Encampment" featured expensive REI tents, body oils for sale, gluten-free bread, a counseling tent, an art corner and a "People's Library for Liberated Learning." One student demanded that the protesters occupying the building be provided with food and water.

Protesting students usually love to spout off to reporters. But when journalists attempt to interview these students, they decline to speak and refer questions to the lone spokesperson.

As the Atlantic reported, when three Jewish Columbia students approached the enclosure, the leader announced, "Attention, everyone! We have Zionists who have entered the camp! We are going to create a human chain where I'm standing so that they do not pass this point and infringe on our privacy."

By what logic does a public protest on an open space in the middle of campus require privacy? And by what standard are three Jewish students adjudged to be Zionists?

These tactics reveal a disturbing authoritarian mindset. At UCLA, protesters asked other students to identify themselves as "anti-Zionist" before being permitted past a barricade. One student posted a video in which he asks the protesters: "So you won't let me in because I'm Jewish?" The protester replies, "Ummm, no ... we have a couple Jewish students here. ... Are you a Zionist?" The student affirms that he is. "Well, yeah, we're not gonna let Zionists in."

Leaving aside the arrogance of students who imagine they can violate university time, place and manner restrictions on their protests, there is the disturbing confu-

sion about individual rights. A little refresher: It is wrong to make assumptions about people based on group identity. That's why it was so offensive in 2016 when Donald Trump impugned the integrity of a judge by saying, "He's a Mexican." Most student protesters would have little difficulty identifying that as racist. Yet they don't see that making assumptions about Jewish students' beliefs is just as offensive.

An equally disturbing aspect of these student protests is their uncritical embrace of extremism. Some students may be attending these protests because they're upset by the images coming out of Gaza. But the organizers and many of their enablers oppose violence only against certain victims. At an Oct. 8, 2023, rally in Times Square, some rallygoers carried signs saying, "Decolonization is not a metaphor" and, "By any means necessary." A Columbia protest leader, Khymani James, told a disciplinary hearing that "Zionists don't deserve to live."

Back in October, before Israel had fired the first bullet in retaliation, a Barnard student recalled that she received a notice from the president of a campus lesbian organization announcing that "white Jewish people are today and always have been the oppressors of all brown people."

These students are supposedly the cream of the crop in higher education, yet they demonstrate no appreciation of the complexities of the conflict between Israelis and Palestinians, and a shocking willingness to mouth the Hamas slogans.

There are no calls at these protests for Hamas to accept a ceasefire or to release the hostages. There are no calls condemning Hezbollah or the Houthis in Yemen. No, these students are certain that they are taking a valiant stand against an apartheid regime committing genocide.

That is a lie. It is fair to criticize Israel for not doing more to provide humanitarian aid to civilians in Gaza, but the cries of genocide are simply unhinged — even if they are echoed by South Africa before the International Court of Justice.

If students are upset by what is happening to the Palestinian people, where is their anger toward Hamas? Does having supposedly brown skin obliterate everything else in these kids' moral imaginations? And speaking of skin color, more than 50% of Israelis are not of European extraction. Does that complicate the moral calculus?

Students at American universities ought to show some humility about what they don't know and some fairness in the way they evaluate complex conflicts. They ought to prize democratic systems, freedom, the rule of law, human rights and human dignity. Something has gone very wrong when they think in absolutist categories instead of the equal worth of every person. They are more like the MAGA crowd than they know.

Mona Charen is policy editor of The Bulwark and host of the "Beg to Differ" podcast. Her new book, "Hard Right: The GOP's Drift Toward Extremism," is available now.



What happened to the freedom of speech?

When James Madison was a member of Congress in 1791 and charged with drafting the Bill of Rights, he made two grammatical demands. One was that the word "the"



precede "freedom of speech" in the First Amendment, and the other was a command in the Ninth Amendment that the "rights retained by the people," rights too numerous to enumerate, "shall not be disparaged" by the government.

This principle — that our rights preexisted the government — would be played out over and over in litigation in the centuries following the ratification of the Bill of Rights. The ratification itself was insisted upon by five of the new states who threatened to leave the new union unless restraints were added to the Constitution so as to protect the individual liberties that the Declaration of Independence — then only 15 years old — stated unambiguously were granted by the Creator.

Though the colonists deeply valued all the rights articulated in the Declaration, truly it was the freedom of speech that drove the revolution. Yes, the Americans had Kentucky long guns that enabled the colonial militias to shoot and kill British forces from distances that the British weaponry was unable to reach. Yes, the Americans were animated by defending their homeland.

But it was speech — sung in taverns, written in broadsides, delivered in sermons, distributed in pamphlets, adopted by the Continental Congress and colonial legislatures, and proclaimed in town squares from Boston to Charleston — that whipped the brushfires of freedom into a revolution and a new nation.

I offer this brief historical, philosophical and legal analysis of the freedom of speech as background for the discussion that follows.

Today, this most basic and utterly essential freedom — both a natural human right and a constitutionally protected right — is under assault by governments that hate or fear the content of the speech. I am addressing the demonstrations on college cam-

puses today and the authoritarian responses to them by college presidents, governors and mayors.

Here is the dispute in a nutshell.

Students at various universities are repulsed by the gravity of the assault on Gaza by the IDF. They have chosen to address this assault and not the assault on Israeli civilians and military on Oct. 7. They are free to address whichever assault they choose.

They have also chosen to articulate their views by occupying public places on campuses; shouting, singing and haranguing college administrators. The administrators, fearing a loss of donations from those who disagree with the students or harm to other students who challenge the demonstrators, have engaged local and state police to suppress these demonstrations.

Can the government interfere with speech because of its content? In a word: NO.

How about on private property where campuses are not owned by the government? That depends on the location of the campus, as most states — but not all — have public accommodation laws that make college campuses public places available for the articulation of ideas. Even the colleges in states without these laws that accept federal funds do so in contracts with the federal government, which require that they respect free speech rights.

These public accommodation laws and these agreements with the feds are violative of the property rights of the owners of these colleges. Yet, like free speech, property rights, too, are under attack in America today. Nevertheless, today it is clear beyond dispute that college campuses are places for the free exchange of ideas, whether these ideas are approved by the owners of the campuses or not.

Is speech that preaches hate and threatens violence protected on college campuses? In a word: YES.

In Terminiello v. Chicago (1949), a Roman Catholic priest aimed hatred at President Harry Truman and the hate speech produced violence and property damage. In Brandenburg v. Ohio (1969), a Ku Klux Klan leader aimed hatred at Blacks and Jews. In Terminiello, the violence was caused by the audience members

who hated the speech they came to scorn. In Brandenburg, the KKK speaker demanded violence, but it never came about.

The Supreme Court sided with both speakers. The jurisprudence from both cases is now integral to American law. It teaches that all innocuous speech is absolutely protected and all speech is innocuous when there is time for more speech to challenge it.

Moreover, the court ruled, freedom of speech is so essential to human happiness and democratic values that it tolerates violence; meaning, those who cause violence can and should be addressed by the criminal justice system, but those who preach it are immune from prosecution, unless they cause an immediate, unthinking violent act — meaning there is no time for more speech to challenge the call for violence.

In the case of college campuses, the violence has been caused by the government. Whether the property on which the demonstrators stand is owned by the government — like the University of Texas, where the governor sent in police on horseback to rough up peaceful demonstrators — or is privately owned like Columbia University, where the mayor sent in police to arrest peaceful students, is of no moment.

No moment because the students have an absolute right to think as they wish, to say what they think, to read what they want, to publish what they believe; and they can do this alone or in groups, quietly or profoundly — and they can do this with impunity. Anything short of leaving them alone involves the governmental evaluation of the content of speech, the very acts that the First Amendment was written to prevent.

Today, the government wants war, and the students want peace. In the bitter days of the 1960s, student demonstrators chased an incumbent president from reelection and chastised a newly elected one into a policy change over war. Today, the government seems determined to use force to prevent change and suppress freedom. If the British had done this successfully in the 1770s, we'd all be bowing to Charles III today.

To learn more about Judge Andrew Napolitano, visit <https://JudgeNap.com>.

TODAY IN HISTORY | SATURDAY, MAY 4

Today is Saturday, May 4, the 125th day of 2024. There are 241 days left in the year.

Today's Highlight in History

On May 4, 1970, Ohio National Guardsmen opened fire during an anti-war protest at Kent State University, killing four students and wounding nine others.

On this date

In 1776, Rhode Island declared its freedom from England, two months before the Declaration of Independence was adopted.

In 1886, at Haymarket Square in Chicago, a labor demonstration for an 8-hour work day turned into a deadly riot when a bomb exploded.

In 1904, the United States took

over construction of the Panama Canal from the French.

In 1932, mobster Al Capone, convicted of income-tax evasion, entered the federal penitentiary in Atlanta. (Capone was later transferred to Alcatraz Island.)

In 1942, the Battle of the Coral Sea, the first naval clash fought entirely with carrier aircraft, began in the Pacific during World War II. (The outcome was considered a tactical victory for Japan, but ultimately a strategic one for the Allies.)

In 1945, during World War II, German forces in the Netherlands, Denmark and northwest Germany agreed to surrender.

In 1961, the first group of "Freedom Riders" left Washington, D.C., to challenge racial segregation on

interstate buses and in bus terminals.

In 1998, Unabomber Theodore Kaczynski (kah-ZIHN'-skee) was given four life sentences plus 30 years by a federal judge in Sacramento, California, under a plea agreement that spared him the death penalty.

In 2001, Bonny Lee Bakley, wife of actor Robert Blake, was shot to death as she sat in a car near a restaurant in Los Angeles. (Blake, accused of Bakley's murder, was acquitted in a criminal trial but found liable by a civil jury and ordered to pay damages.)

In 2006, a federal judge sentenced Zacarias Moussaoui (zak-uh-REE'-uhs moo-SOW'-ee) to life in prison for his role in the 9/11 attacks, telling the convicted terrorist, "You will die with a whimper."

In 2011, President Barack Obama said he had decided not to release

death photos of Osama bin Laden because their graphic nature could incite violence and create national security risks. Officials told The Associated Press that the Navy SEALs who'd stormed bin Laden's compound in Pakistan shot and killed him after they saw him appear to lunge for a weapon.

In 2012, Adam Yauch the gravelly-voiced rapper who helped make The Beastie Boys one of the seminal groups in hip-hop, died in New York at age 47.

In 2013, a limousine taking nine women to a bachelorette party erupted in flames on the San Mateo-Hayward Bridge over San Francisco Bay, killing five of the passengers, including the bride-to-be.

In 2018, the Connecticut Supreme Court overturned the murder con-

viction of Kennedy cousin Michael Skakel in the 1975 bludgeoning death of a girl in Greenwich, finding that Skakel's trial attorney had failed to present evidence of an alibi.

In 2020, former Miami Dolphins coach Don Shula died at 90; he'd won more games than any other NFL coach.

In 2022, comedian Dave Chappelle was tackled during a performance at the Hollywood Bowl in Los Angeles. Security guards chased and overpowered the attacker.

In 2023, former Proud Boys leader Enrique Tarrio and three other members of the far-right extremist group were convicted of a plot to attack the U.S. Capitol in a desperate bid to keep Donald Trump in power after the Republican lost the 2020 presidential election.



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UTAH SPORTS HALL OF FAME

Mark Low, Bill Mikelson inducted into Hall

Both men coached at local high schools

BY BRIAN E. PREECE
Herald Correspondent

Two coaches with local ties were inducted into the Utah Sports Hall of Fame on Monday night in a celebration banquet held at the Grand America Hotel in Salt Lake City.

Mark Low, who coached at both

Provo High and Utah Valley University, along with former Pleasant Grove head football coach Bill Mikelson, were honored.

Low was the recipient of the Coach of Merit for both coaching at the high school and collegiate level.

Low was also an outstanding individual performer at Brigham Young

University in the hurdles. Low won silver medals at two Pan-American games and also made the semifinals in the 1972 Olympic games hosted in Munich, West Germany.

As a prep coach, he led Provo High to a total of four state titles in track and field and cross-country and was voted the 1997 Coach

of the Year. His teams placed first or second in state 19 different times. He also coached 36 boys and 27 girls to individual titles in their respective events.

Low retired from teaching and coaching at Provo High School in 2000 where he then became an associate head coach for track and field at Utah Valley University. Low was instrumental in helping the track and field program go through the transition phase to become fully NCAA

Division I level. While at Utah Valley, Low helped lead the Wolverines to four conference titles and second runner-up finishes in track and field and cross-country.

Low passed away at age 71 in 2021. His wife Nancy accepted the award in his honor.

Mikelson, honored as a distinguished high school coach, was a longtime coach at Pleasant Grove.

Please see **HALL OF FAME**, Page B4

PREP BASEBALL

Successful and suave



DARNELL DICKSON, DAILY HERALD

Provo pitcher Jared Monn delivers a pitch during a 4A baseball state playoff game against Hillcrest on Friday. To see more photos, visit this story at heraldextra.com.

Provo team doing things the right way

BY DARNELL DICKSON
Daily Herald

Gentlemen. Scholars. Athletes.

The Provo baseball team lived up to one of coach Lance Moore's favorite mottos in Friday's 10-0 mercy-rule victory against Hillcrest in Game 1 of the best-of-three 4A regionals.

"Gentlemen" because a huge collision at first base didn't lead to a bench-clearing brawl like it probably would have at

the major league or college level. "Scholars" because before the game, the Bulldogs were awarded a plaque by the Utah High School Activities Association for having the best team GPA (3.86) in Class 4A. And "athletes" after 10-runing the Huskies for the third time this season behind a no-hitter from senior Jared Monn.

In a "me, me, me" sports world of transfer portals and enormous NIL bags, Provo and Moore still try to succeed by

doing things the right way: The Bulldogs have won the same academic award in two of the past three seasons.

"I always tell them this (the baseball field) is my sanctuary," Moore said. "I get to hang out with kids who have similar goals. I have a son (the third who will play for him at Provo) coming here next year. Having Dawson coming here hanging

Please see **BULLDOGS**, Page B4

NBA PLAYOFFS

Magic beat Cavs to force Game 7

Donovan Mitchell scores 50 in losing effort for Cleveland

BY FRED GOODALL
Associated Press

ORLANDO, Fla. — Paolo Banchero scored 10 of his 27 points in the fourth quarter, helping the Orlando Magic overcome Donovan Mitchell's 50 points and hold off the Cleveland Cavaliers 103-96 on Friday night to force a decisive Game 7 in their first-round NBA playoff series.

Three nights after scoring 39 points on 14-of-24 shooting in a one-point road loss that left the Magic on the brink of elimination, the 21-year-old Banchero put his team on his back and carried them to their biggest win in years.



JOHN RAOUX, ASSOCIATED PRESS

Cleveland Cavaliers guard Max Strus, left, passes the ball around Orlando Magic guard Joe Ingles (7) during the first half of Game 6 of an NBA basketball first-round playoff series Friday in Orlando, Fla.

Please see **MAGIC**, Page B4

150TH KENTUCKY DERBY

It's wide open field after top betting choices Fierceness and Sierra Leone

BY BETH HARRIS
Associated Press

LOUISVILLE, Ky. — Fate has not been kind to Mike Repole in the Kentucky Derby. The outspoken owner is 0 for 7, although he is perhaps best known for his two champions that never made the starting gate.

In 2011, Uncle Mo was scratched the day before the race because of a gastrointestinal infection. Last year, Forte was scratched the morning of the race due to a bruised right front foot.

Now, the self-made billionaire from Queens, New

York, is back with Fierceness, the morning-line favorite for Saturday's 150th Derby. The bay colt was last year's 2-year-old champion and is coming off a 13 1/2-length win in the Florida Derby.

Fierceness will have to overcome a bit of Derby history: No horse has ever won out of the No. 17 post.

"The horse is just a different kind. He does everything so easy, so calm, so cool," said Repole, known for his high energy and using his account

Please see **DERBY**, Page B4

Lakers fire coach Darvin Ham after just 2 seasons

BY GREG BEACHAM
Associated Press

LOS ANGELES — The Los Angeles Lakers fired coach Darvin Ham on Friday after just two seasons in charge. The Lakers announced on social media that they were

dismissing Ham four days after their season ended with a first-round playoff loss to Denver in five games. Ham led Los Angeles to the Western Conference finals less than a year ago in his first season as an NBA head coach.

He had replaced Frank Vogel, who was fired by the Lakers exactly 18 months after winning the franchise's 17th championship in 2020.

Ham had two winning seasons and made two playoff appearances, but that's not enough with the championship-focused Lakers. With little time left to capitalize on the concurrent presence of Anthony Davis and 39-year-old LeBron James — who hasn't decided whether to return for his 22nd NBA season — the Lakers are resetting their coaching staff once again instead of blaming general manager Rob Pelinka for his roster construction.

“We greatly appreciate Darvin's efforts on behalf of the Lakers and recognize the many accomplishments achieved over the past two seasons, including last year's remarkable run to the Western Conference finals,” Pelinka said in a statement. “We all want to thank Darvin for his dedication and positivity. While this was a difficult decision to make, it is the best course of action following a full review of the season. This organization will remain unwavering in its commitment to deliver championship-caliber basketball to Lakers fans around the world.”

Ham presided over a disappointing year for the Lakers, who went 47-35 in the regular season and won the NBA's inaugural In-Season Tournament. The Lakers then beat New Orleans in a play-in game to move up to the sev-



ETIENNE LAURENT, ASSOCIATED PRESS

Los Angeles Lakers head coach Darvin Ham reacts during the first half of an NBA basketball game against the Minnesota Timberwolves on April 7 in Los Angeles.

enth seed in the highly competitive Western Conference — but that meant they had to face Denver, which swept them out of the playoffs last season.

Los Angeles led the defending champion Nuggets for long stretches of their first-round series, but Nikola Jokic and his teammates eventually rolled into the second round with a series of comeback wins.

“Sitting in this seat, it's been a hell of a two years,” Ham said after the game. “A lot of good things that got done, but ultimately, you want to win that ultimate prize.”

The Lakers' failure stung because James and Davis were largely healthy all year long, with both superstars playing more games than they had managed in an NBA season since 2017-18 — 76 for Davis

and 71 for James, the leading scorer in NBA history. D'Angelo Russell also had a strong regular season, setting the franchise record for 3-pointers.

That health and success only translated into a four-win improvement in the standings from last season, and Ham received much of the blame from fans and observers for his game management, slow tactical adjustments and a reluctance to change his player rotations and starting lineups, even when things weren't working.

The Lakers fell into a hole they couldn't escape when they went 3-10 during the holiday period immediately after the In-Season Tournament finale. Ham was widely criticized for his lineups and rotations during that poor

stretch — among other decisions, he curiously benched Russell and Austin Reaves while giving extensive playing time to Taurean Prince and Cam Reddish.

That slump eventually prevented the Lakers from landing a top-6 seed in the West even though they finished the regular season on an impressive 28-14 surge.

The players publicly backed Ham, but signs of frustration were clear. After the Lakers blew a 20-point lead and lost to Denver in Game 2 last month, Davis said the Lakers “have stretches where we don't know what we're doing on both ends of the floor,” a comment widely interpreted as a shot at Ham's coaching competence.

The Lakers only went 43-39 in their first season under Ham in 2022-23, but they capitalized on more favorable playoff matchups. After beating Minnesota in a play-in game, they won playoff series against Memphis and Golden State to reach the conference finals, where they were swept by Denver.

James, Davis and the Lakers have failed to win a play-off round in three of their four seasons since winning the 2020 championship in the Florida bubble.

Ham had two years left on his contract with the Lakers, who will be hiring their fourth head coach since James arrived in 2018. The new coach will be the Lakers' eighth in 14 seasons since Hall of Famer Phil Jackson's departure in 2011.

LOCAL SPORTS SCHEDULE

BYU SPORTS

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at Miami 10 a.m.
TV: ESPN+ (online)
Radio: BYUradio 107.9

SOFTBALL
at Kansas 11 a.m.
TV: ESPN+ (online)

TUESDAY BASEBALL
at UVU 6:05 p.m.
TV: ESPN+ (online)
Radio: BYUradio 107.9

WEDNESDAY SOFTBALL
at Big 12 Championship
THURSDAY SOFTBALL
at Big 12 Championship
MEN'S AND WOMEN'S TRACK AND FIELD
at Big 12 Championships

BASEBALL
at Cincinnati 6 p.m.
TV: ESPN+ (online)
Radio: BYUradio 107.9

FRIDAY SOFTBALL
at Big 12 Championship
MEN'S AND WOMEN'S TRACK AND FIELD
at Big 12 Championships

BASEBALL
at Cincinnati 6 p.m.
TV: ESPN+ (online)
Radio: BYUradio 107.9

UVU SPORTS

SATURDAY SOFTBALL
at Utah Tech Noon
at Utah Tech 2:05 p.m.
TV: ESPN+ (online)

BASEBALL
at Seattle U 2:05 p.m.
at Seattle U 45 min. after Game 1
TV: ESPN+ (online)

TUESDAY BASEBALL
vs. BYU 6:05 p.m.

WEDNESDAY SOFTBALL

at WAC Tournament
THURSDAY SOFTBALL
at WAC Tournament

TRACK AND FIELD
at WAC Outdoor Championships

FRIDAY SOFTBALL
at WAC Tournament

TRACK AND FIELD
at WAC Outdoor Championships

BASEBALL
vs. Tarleton State 2 p.m.
TV: ESPN+ (online)

REAL SALT LAKE

SATURDAY
vs Kansas City 7:30 p.m.
TV: Apple TV+ (online, free)
Radio: KSL Sports Zone 95.7

WEDNESDAY
at New Mexico 7 p.m.
TV: MLS Season Pass (online)
Radio: KSL Sports Zone 95.7

SATURDAY, MAY 11
at LA Galaxy 8:30 p.m.
TV: MLS Season Pass (online)
Radio: KSL Sports Zone 95.7

WEDNESDAY, MAY 15
at Seattle 7:30 p.m.
TV: MLS Season Pass (online)
Radio: KSL Sports Zone 95.7

UTAH ROYALS

WEDNESDAY
at San Diego Wave FC 8 p.m.
TV: CBSSN

SUNDAY, MAY 12
at Chicago 3:30 p.m.
TV: KMYU

FRIDAY, MAY 17
at N.C. Courage 6 p.m.
TV: Prime Video (online)

UTAH WARRIORS

SATURDAY
vs. Houston 7 p.m.
TV: KMYU

SATURDAY, MAY 11
at Miami 5:30 p.m.
TV: KMYU

SATURDAY, MAY 18
at New Orleans 6 p.m.
TV: KMYU

ON THE AIR

SATURDAY

AUTO RACING

Formula 1
Sprint Race, Miami 9:55 a.m. ESPN
Qualifying, Miami 1:55 p.m. ESPN

NASCAR CRAFTSMAN Truck Series
Qualifying, Kansas City, Kan. 10 a.m. FS1

The Heart Of America 200 8 p.m. FS1

ARCA Menards Series
The Tide 150, Kansas City, Kan. Noon FS1

NASCAR Cup Series
Qualifying, Kansas City, Kan. 3 p.m. FS1

BASKETBALL AFRICA LEAGUE

APR vs. US Monastir 8:30 a.m. NBA

Rivers Hoopers vs. AS Douanes 5 p.m. NBA

BOWLING

PBA Playoffs
Round 1, Arlington, Wash. (Taped) 8:30 p.m. FS1

COLLEGE BASEBALL

Maryland at Rutgers 10 a.m. BTN

Pittsburgh at Notre Dame 2 p.m. ACC

NC State at Florida St. 5 p.m. ACC

Texas A&M at LSU 5:30 p.m. ESPN2

Mississippi at Auburn 6 p.m. SEC

Oregon St. at Washington St. 7 p.m. PAC-12

COLLEGE BEACH VOLLEYBALL (WOMEN'S)

NCAA Tournament
TBD, Quarterfinal 8 a.m. ESPN2

TBD, Quarterfinal 9 a.m. ESPN2

TBD, Quarterfinal 10 a.m. ESPN2

TBD, Quarterfinal 11 a.m. ESPN2

TBD, Semifinal Noon ESPN2

TBD, Semifinal 1:30 p.m. ESPN2

COLLEGE LACROSSE (MEN'S)

Metro Atlantic Tournament: Championship
Manhattan at Sacred Heart 9 a.m. ESPN

America East Tournament: Championship
Vermont at Albany 1 p.m. ESPN

Big East Tournament: Championship
Villanova vs. Georgetown 3 p.m. CBSSN

Big Ten Tournament: Championship
Michigan vs. Penn St. 6 p.m. BTN

COLLEGE LACROSSE (WOMEN'S)
Big East Tournament: Championship
UConn vs. Denver 10 a.m. FS2

American Athletic Tournament: Championship

James Madison vs. Florida 11 a.m. ESPN

Patriot League Tournament: Championship
Navy at Loyola (Md.) 12:30 p.m. CBSSN

Pac-12 Tournament: Championship
Colorado vs. Stanford 1 p.m. PAC-12

Big Ten Tournament: Championship
Penn St. at Northwestern 3:30 p.m. BTN

COLLEGE SOFTBALL

Louisville at Boston College 10 a.m. ACC

Alabama at Auburn 10 a.m. SEC

Oklahoma St. at Oklahoma 11 a.m. ESPN

Pittsburgh at NC State Noon ACC

Texas A&M at Florida Noon SEC

Nebraska at Minnesota 1 p.m. BTN

Mississippi at Arkansas 2 p.m. SEC

Oregon St. at California 3 p.m. PAC-12

Missouri at South Carolina 4 p.m. SEC

Oregon at Stanford 5 p.m. PAC-12

COLLEGE VOLLEYBALL (MEN'S)

NCAA Tournament: Championship
Long Beach St. vs. UCLA 3 p.m. ESPN

FISHING

Bassmaster Opens

The 2024 St. Croix Bassmaster Open

at Logan Martin Lake, Lincoln, Ala. 6 a.m. FS1

GOLF

LIV Golf League

Second Round, Singapore (Taped) 11 a.m. CW

PGA Tour

The CJ CUP Byron Nelson 11 a.m. GOLF

The CJ CUP Byron Nelson 1 p.m. CBS

PGA Tour Champions

The Insuperity Invitational 1 p.m. GOLF

DP World Tour

The Volvo China Open 10 p.m. GOLF

HORSE RACING

Kentucky Derby Prep Races 10 a.m. USA

NYRA: America's Day at the Races Noon FS2

The 150th Kentucky Derby 12:30 p.m. USA

IIHF HOCKEY (MEN'S)

IIHF U-18 World Championship: Semifinals
U.S. vs. Slovakia 5 a.m. NHL

Canada vs. Sweden 9 a.m. NHL

MIXED MARTIAL ARTS
UFC 301 Early Prelims
Undercard Bouts, Rio de Janeiro 5 p.m. ESPN

UFC 301 Prelims
Undercard Bouts, Rio de Janeiro 6 p.m. ESPN

MLB BASEBALL

Regional Coverage 11 a.m. MLB

Regional Coverage 2 p.m. MLB

NY Mets at Tampa Bay 5 p.m. FOX

Regional Coverage 8 p.m. MLB

NBA BASKETBALL

Western Conference Second-Round Playoff

Minnesota at Denver, Game 1 5 p.m. TNT

Minnesota at Denver (BetCast) 5 p.m. TRUTV

NHL HOCKEY

Eastern Conference First-Round Playoff

Toronto at Boston, Game 7 6 p.m. ABC

RUGBY (MEN'S)

MLR: Old Glory DC at Miami Sharks 4 p.m. FS2

NRL: New Zealand at Newcastle 9:55 p.m. FS2

SAILING

SailGP: The Apex Group Bermuda Sail Grand Prix

Day 1, Bermuda 11 a.m. CBSSN

SOCCER (MEN'S)

English League Championship

Huddersfield Town at Ipswich Town 5:25 a.m. ESPN2

Premier League

AFC Bournemouth at Arsenal 5:30 a.m. USA

Nottingham Forest at Sheffield United 8 a.m. USA

Wolverhampton at Manchester City 10:30 a.m. NBC

SOCCER (WOMEN'S)

The French Cup: Final

Paris Saint-Germain vs. FC Fleury 91 7 a.m. FS2

NWSL

North Carolina at NJ/NY Gotham 5:30 p.m. ION

Washington at Portland 8 p.m. ION

TENNIS

Madrid-ATP Doubles Final 7:30 a.m. TENNIS

Madrid-WTA Singles Final 10:30 a.m. TENNIS

UFL FOOTBALL
Birmingham at Memphis 10 a.m. ABC

Houston at St. Louis 1 p.m. FOX

VOLLEYBALL (WOMEN'S)
Pro Volleyball Federation
Omaha at Columbus 5:30 p.m. CBSSN

SUNDAY

AUTO RACING
NASCAR Cup Series
The AdventHealth 400, Kansas City, Kan. 1 p.m. FS1

Formula 1
The Crypto.com Miami Grand Prix 1:55 p.m. ABC

PREP SCOREBOARD

THURSDAY'S SCORES

BASEBALL
5A Region 7
Cedar Valley 8, Wasatch 4
Maple Mountain 3, Salem Hills 1
Orem 5, Spanish Fork 4
Springville 13, Timpviev 6

3A State Tournament Super Regionals (Best of 3)
Game 1: No. 8 Emery 8, No. 9 ALA 0

SOFTBALL
6A Region 3
Westlake 2, Lehi 0
Skyridge 13, Lone Peak 2
Pleasant Grove 10, American Fork 0

5A Region 7
Springville 4, Salem Hills 3
Maple Mountain 9, Cedar Valley 7

BOYS LACROSSE
6A Region 3
Pleasant Grove 12, Lehi 10
Lone Peak 10, American Fork 5
Westlake 13, Skyridge 8

4A Region 8
Timpanogos 13, Orem 9
Provo 6, Mountain View 5

FRIDAY'S SCHEDULE

BASEBALL
4A State Tournament Regional (Best of 3, at home sites)
No. 24 Hillcrest at No. 9 Provo, 4 p.m. (Game 1)
No. 18 Mountain View at No. 15 Payson, 4 p.m. (Game 1)

3A State Tournament Super Regionals (Best of 3, at home sites)
No. 9 ALA at No. 8 Emery, 1 p.m. (Game 2/3)

6A Region 3
American Fork at Westlake, 3:30 p.m.
Lone Peak at Pleasant Grove, 3:30 p.m.
Skyridge at Lehi, 3:30 p.m.

4A Region 8

Timpanogos 14, Orem 4
Payson 19, Uintah 2
Provo 13, Mountain View 2

5A Region 7

Wasatch at Cedar Valley, 3:30 p.m.
Maple Mountain at Salem Hills, 3:30 p.m.
Spanish Fork at Orem, 3:30 p.m.
Timpviev at Springville, 3:30 p.m.

SOFTBALL

4A State Tournament Regional (Best of 3, at home sites)
No. 17 Orem at No. 16 Uintah, 4 p.m. (Game 1)
No. 20 Mountain View at No. 13 Timpanogos, 4 p.m. (Game 1)

BOYS SOCCER

6A Region 3
Pleasant Grove at American Fork, 5:15 p.m.
Westlake at Lehi, 7 p.m.
Lone Peak at Skyridge, 7 p.m.

4A Region 8
Uintah at Orem, 6 p.m.
Timpanogos at Provo, 7 p.m.
Mountain View at Payson, 7 p.m.

BASKETBALL AFRICA LEAGUE

Rivers Hoopers vs. APR 8:30 a.m. NBA

US Monastir vs. AS Douanes 11:30 a.m. NBA

BOWLING

PBA Playoffs
Round 2, Arlington, Wash. 10 a.m. FS1

COLLEGE BASEBALL

Pittsburgh at Notre Dame Noon ACC

Mississippi at Auburn 2 p.m. SEC

COLLEGE BEACH VOLLEYBALL (WOMEN'S)

NCAA Tournament
TBD, Championship 9 a.m. ESPN

COLLEGE LACROSSE (MEN'S)

Atlantic Coast Tournament
TBD, Championship 10 a.m. ACC

Patriot League Tournament
TBD, Championship 10 a.m. CBSSN

Ivy League Tournament

TBD, Championship 10 a.m. ESPN

NCAA Men's Lacrosse Selection Show 7:30 p.m. ESPN2

COLLEGE LACROSSE (WOMEN'S)

America East Tournament
TBD, Championship 8 a.m. ESPN

NCAA Women's Lacrosse Selection Show 7 p.m. ESPN2

COLLEGE SOFTBALL

Georgia at Mississippi St. 10 a.m. SEC

Ohio St. at Michigan 11 a.m. BTN

Texas A&M at Florida 11 a.m. ESPN2

Mississippi at Arkansas Noon SEC

Indiana at Northwestern 1 p.m. BTN

UCLA at Arizona St. 1 p.m. PAC-12

Oklahoma St. at Oklahoma 2 p.m. ESPN2

Oregon at Stanford 3 p.m. PAC-12

GOLF

LIV Golf League
Final Round, Singapore (Taped) 11 a.m. CW

PGA Tour
The CJ CUP Byron Nelson 11 a.m. GOLF

The CJ CUP Byron Nelson 1 p.m. CBS

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Hall of Fame

From B1

He led the Vikings to a state title in 1993 and a runner-up finish in 1988. Mikelson also coached in the basketball and baseball programs.

Prior to coaching at Pleasant Grove, Mikelson coached at Grantsville where he led the Cowboys to a second place finish in 1986. He was also the head baseball coach and served at times as the head boys and girls basketball coach.

Before coming to Utah

Mikelson coached in Louisiana where he won a 1A title. Mikelson was voted a Coach of the Year both in Louisiana (1979) and Utah (1993).

In Utah, Mikelson compiled a 125-96 overall coaching record including going 35-10 at Grantsville.

Mikelson was also known as an outstanding educator and in 1986 he received the Tooele School District Extra-Curricular Teacher of the Year award. He was also a recipient of the Golden Apple award while at Pleasant Grove.



JOHN RAOUX, ASSOCIATED PRESS

Cleveland Cavaliers guard Donovan Mitchell (45) shoots over Orlando Magic forward Franz Wagner (22) during the first half of Game 6 of an NBA basketball first-round playoff series Friday in Orlando, Fla.

Magic

From B1

Franz Wagner had 26 points and Jalen Suggs made six 3-pointers and finished with 22 for the Magic, who pulled away in the closing minutes, with Banchemo hitting a 3-pointer that put Orlando ahead for good at 92-89.

Mitchell was magnificent for Cleveland, scoring all of his team's 18 points in the fourth quarter. Darius Garland finished with 21, but ultimately the Cavs were unable to overcome poor 3-point shooting (7 of 28).

Game 7 is Sunday in Cleveland, where the Cavs won Games 1, 2 and 5 and clearly play better than on the road, where they've dropped seven straight playoff games dating to a LeBron James-led Game 7 victory at Boston in the 2018 Eastern Conference finals.

The Cavs haven't won a postseason series since then. The Magic, in the playoffs for the first time since 2020, are seeking their first series win in 14 years.

Orlando took Games 3 and 4 by a combined 61 points, yet came out Friday night

with a slightly different look, inserting forward Jonathan Isaac into the starting lineup and shifting Wagner from forward to guard to put four 6-foot-10 players on the floor at the same time.

With center Jarrett Allen out for the second consecutive game because of a bruised rib, the Cavs slid forward Evan Mobley to center and started Marcus Morris Sr. after the 34-year-old came off the bench to score 12 points and elevate Cleveland's level of physicality.

The Cavs trailed 53-49 at the half and were fortunate the deficit wasn't larger, considering they had misfired on 13 of 14 3-point attempts.

With an aggressive Mitchell and Garland seemingly driving to the basket at will, Cleveland converted 22 of 32 shots inside the arc and wound up shooting 50% overall (23 of 46) before the break to stay close.

They finally heated up from long range in the third quarter, with Mitchell and Max Strus making 3-pointers during a 17-4 surge to begin the period. The trailed by as many as nine before closing within 78-73 leading into the fourth quarter.



DARNELL DICKSON PHOTOS, DAILY HERALD

The Provo Bulldogs pose with a plaque awarded to the top academic team in Class 4A before a playoff game against Hillcrest on Friday. **To see more photos, visit this story at [heraldextra.com](#).**

Bulldogs

From B1

out with these guys, there's nowhere else I'd rather be. He knows these kids and he looks up to them. That they play hard and do the things they need to do in the classroom, it's fun to see."

Monn retired 13 of the 16 batters he faced, throwing 60 pitches and striking out four in five quick innings of work. It was the third no-hitter of his career.

"I threw a lot of fastballs and they couldn't touch it today, which was nice," Monn said. "I pounded away with my fastball, then when I needed it I would flip the curveball or throw a little change up here and there to keep them off balance. It worked out great."

Moore added, "Monster (Monn) was really good today and we played great defense."

Provo pushed across three runs in the bottom of the second, scoring on a Hillcrest error, a wild pitch and an RBI single by Monn. Drew Deucher's RBI single in the third made the score 4-0. Kampton Fuller and Gehrig Orchard each drove in a run in a five-run fourth for a 9-0 advantage. In the bottom of the fifth, Fuller came through with a bases-loaded single to score Milo Rhineer from third and ended the game by the mercy rule.

The entire team helped groom the field after the game before heading over to the concessions stand for some well-earned J-Dawgs.

"A lot of these guys are on top of their school work," Monn said. "They're good kids, good students and good players. Provo is a great school. I love all the teachers here and its



ABOVE: Provo's Milo Rhineer slides in safely at third base during a 4A baseball state playoff game against Hillcrest on Friday. **RIGHT:** Provo coach Lance Moore, left, gives instruction to players in the dugout during a 4A baseball state playoff game against Hillcrest on Friday.

amazing to learn under each and every one of them. I'm grateful they're focused on each student."

Fuller finished 2 for 4 with two RBI for Provo.

"We just played with a swagger," he said. "We like to call it 'suave.' We say we play with suave. We swung the bats like we know how and hit some lasers out there. We played with confidence."

When asked who the smartest player on the team was, Fuller said, "I'm going to have to say our starting pitcher today, Jared Monn. He's a genius. We all just go to school and get stuff done, then we come out here to



the baseball field. We just come here and play ball."

Moore earned career victory No. 298 on Friday.

"I don't know if that's right, but it's somewhere around there," Moore said. "I've been around a long time but as I think about it, I've known so many kids and now I'm coaching kids that I had their dads on the team. That's truly an honor. I like to think I made some difference in some kid's lives and taught them some baseball.

I'm still enjoying it. This is the cream of the crop right here, the best kids at Provo High. They are exceptional young men and their families teach them the right things. We have the same 30-something kids that show up at open gym in the off-season. They live for this program and treat each other like family. I love to coach these kids."

Game 2 of the best-of-three series between Provo (17-8) and Hillcrest (1-25) is set for 1 p.m. on Saturday.

Derby

From B1

on X as an incubator for racing reform and challenging critics. "A horse like this calms

me down."

A sharp-dressed crowd of about 150,000 is expected to jam Churchill Downs to wager and watch the 1 1/4-mile Derby. Post time is 6:57 p.m. EDT. The forecast calls for 79

degrees and a 40% chance of showers.

Fierceness is trained by Todd Pletcher and ridden by John Velazquez, who have won a combined five derbies.

"I hope it doesn't take as

long as it took the Cubs to win the World Series," Repole said of his efforts to bag one.

Like Repole, trainer Chad Brown is 0 for 7. He will saddle early 3-1 second choice Sierra Leone, who is known as a closer, and long shot Domestic Product. Sierra Leone is the priciest horse in the field, having cost \$2.3 million.

Besides Brown, trainers Brad Cox and Danny Gargan have two entries apiece.

Louisville-born Cox won his first Derby belatedly when Mandaloun was elevated to first place after Medina Spirit's disqualification nine months after the 2021 race. Now he has early 8-1 third choice Catching Freedom and 10-1 co-fourth choice Just a Touch, who didn't race at age 2 like his sire, 2018 Triple Crown winner Justify.

Gargan's long-shot duo is Dornach and Society Man. Front-running Dornach breaks from the No. 1 post for co-owner and retired Philadelphia Phillies star Jayson Werth.

"Hopefully he'll break running and we'll put him on the front end and see how it goes," Gargan said. "We planned on keeping his face clean. Now we'll keep it real clean."

Society Man is ridden by Frankie Dettori, who is back in the Derby at age 53 after 24 years.



CHARLIE RIEDEL, ASSOCIATED PRESS

Kentucky Derby hopeful Just a Touch gets a bath after a workout at Churchill Downs on Monday in Louisville, Ky. The 150th running of the Kentucky Derby is scheduled for Saturday.

Larry Demeritte is just the second Black trainer since 1951 to take a shot at winning the Derby. The 74-year-old who has fought cancer for several years will saddle the star of his 11-horse stable, West Saratoga, a colt that cost \$11,000.

"My motto is, 'I don't buy cheap horses, I buy good horses cheap,'" he said.

Japan is represented by early 10-1 shot Forever Young (winner of five straight starts) and 30-1 shot T O Password. No horse from that country has ever won the Derby.

A year ago, two horses died on Derby day at Churchill Downs, where a total of

12 horses died in the weeks surrounding the race. The historic track has deepened its dirt racing surface and added to its safety protocols in an effort to prevent more tragedy.

Last May, Churchill Downs suspended trainer Saffie Joseph Jr. after two of his horses died and it scratched his Derby horse, Lord Miles. He is back this week with Catalytic.

Six-time Derby winner Bob Baffert is not. The trainer had his two-year suspension for Medina Spirit's failed drug test in 2021 extended to a third year by Churchill Downs despite not having any further medication violations.

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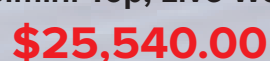
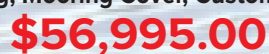
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STOCK PHOTO

The growth mindset allows the child to approach any challenge with excitement and determination, while a fixed mindset intrudes on a child's ability to approach new challenges or new information.

EVERYDAY LEARNERS

Encourage a 'growth' mindset instead of a 'fixed' mindset

Did you know that how you praise a child can be linked to the mindset they develop? Have you ever heard the terms “growth mindset” and “fixed mindset”? Do you know the difference? A fixed mindset is believing

you can't learn more or do better. It limits learning to how things are now. The growth mindset is accepting the challenge. As Carol Dweck put it, it is the difference between the power of yet and the tyranny of now. A growth mindset is believing you can learn and improve. For example, a child with a

growth mindset, when presented with a challenge like a difficult math problem, would recognize that even though it is difficult, they can do the math with practice and putting forth the effort. The growth mindset allows the child to approach any challenge

Please see **MINDSET**, Page C5

BYU



COURTESY WILLY SANJUAN

Brigham Young University animation students Jessica Fink Blaine and Abby Staker attend the 43rd College Television Awards presented by the Television Academy Foundation at the Saban Media Center in North Hollywood, California, on April 13.

That's a wrap!

Animation, AdLab
BYU students win
Student Emmys

Brigham Young University students claimed the top spot in both the “Animation Series” and the “Commercial, PSA or Promo” categories at the recent 43rd College Television Awards, also known the “Student Emmys.” The awards were presented by the Television Academy Foundation on April 13 in North Hollywood, California.

TYLER STAHL

The awards recognize and reward excellence in student-produced programs from colleges nationwide. Emulating the Emmy Awards selection process, entries for the College Television Awards were judged by Tele-

vision Academy members. Top honors and a \$3,000 cash prize went to the winning teams.

Best Animation

BYU's winning animated short story was “The Witch's Cat,” a heartwarming tale of a witch's feline who grows jealous of the attention the witch is giving to her new boyfriend. The cat's attempts to thwart the relationship leaves viewers laughing while anxiously waiting to see what happens next. The film was directed by BYU animation student Abby Staker and produced by Jessica Fink Blaine.

“The theme of ‘The Witch's Cat’ is

really about love,” Staker said. “I love the gospel of Jesus Christ, I love the true principles that it teaches me. A couple of those principles that are in ‘The Witch's Cat’ are love and change and forgiveness.”

Bringing the film to life was a herculean task that required effort from dozens of BYU students, whose skills in animation, design, commercial music and computer science played important roles.

This is the 20th time since 2003 that a BYU animation film has been featured at the Student Emmys.

Please see **AWARDS**, Page C5

TALES FROM UTAH VALLEY

Why is it important to care of ourselves and others?

May is Mental Health Awareness Month, and what could be more important than a month of reminders to take care of ourselves and others? This is a great time to spread

awareness, become educated, advocate for those who are suffering and share resources.

Gone are the times when mental health was something that people didn't talk about.

This month, and every month, we have the opportunity to break the stigma of mental illness and talk more openly about mental health.

According to the National Alliance on Mental Illness website, the message for this year's Mental Health Awareness Month is “Take the Moment.” This is all about taking moments to prioritize mental health.

“Our mental health journey starts with a single moment,” it states on the site. That single moment can be a time when we reach out for help, begin daily self-care practices, call someone to check in, make an appointment with a mental health professional, think a positive thought about ourselves, realize it's OK to not be OK, or educate ourselves about mental health symptoms.

Mental health plays a large role in our overall well-being. “When you're mentally healthy, you are able to enjoy your life and the people in it, feel good about

Please see **TALES**, Page C5

MONEY MATTERS

Tips to budget and live by a family financial plan

In today's fast-paced world, managing family finances often feels like navigating a ship through a storm. The key to weathering these financial waves is a solid, practical budget that fits real

MINDY JO CHOATE

life — your life — and not just idealistic scenarios. So, whether you're saving for a family vacation, planning for your children's education, preparing for retirement or trying to keep the lights on without breaking the bank, here are actionable tips to help you create and stick to a family financial plan that actually works.

Create a tailored budget

First, let's start with the basics. How much money is coming in,

how much is going out and where is it going? Begin by tracking your income and weekly expenses to get a clear picture of where you're at.

Developing a budget that monitors both your earnings and expenses provides a clearer understanding of your cash flow and enables you to assess your financial behaviors over time, identifying any recurring patterns. One size does not fit all when it comes to family budgeting. Adapt your budget to fit your family's unique needs, lifestyle and goals. Utilize tools like NerdWallet or YNAB (You Need A Budget) to simplify this process.

These platforms can help you visualize and track your cash flow and identify areas where you can cut back. Be realistic about what

you can afford to spend and save.

Save first, spend later

Incorporate savings as a non-negotiable aspect of your budget, treating it as a regular expense to be covered each month. By earmarking funds before they can be spent, you prioritize saving. A proactive approach is to designate a set amount from each paycheck for savings, adopting a “pay yourself first” mentality.

Additionally, if you have an HSA, aim to maximize your family's contributions for maximum benefit. The maximum contribution for a family in 2024 is \$8,300. There are four main reasons to maximize your annual HSA contribution:

■ Your HSA funds roll over, which means you won't lose any

money at the end of the year, and you can build a nest egg for future health care needs without risking loss.

■ Your contributions may be fully tax deductible, reducing your taxable income.

■ Interest earned in your HSA grows tax-deferred, allowing your funds to compound without being subject to taxes.

■ Withdrawals for eligible medical expenses are completely tax free, providing significant savings on health care costs.

Find opportunities to lower your household expenses without compromising your quality of life. Consider switching to more affordable grocery stores or grocery delivery options and reducing dining-out expenses. Cancel any un-

used subscriptions and renegotiate contracts to save money. Cultivate the habit of questioning whether purchases are truly necessary.

According to a 2023 Google poll, the majority of Americans (62%) who regret a purchase indicate not needing the item as the main reason for their regret.

Set realistic goals

Identifying your financial priorities is the first step toward achieving financial success. It's essential to set clear, achievable goals that align with your family's aspirations and values. Whether your focus is on paying down debt, saving for a down payment on a new home or building up an emergency fund,

Please see **FAMILY**, Page C5

UTAH VALLEY CALENDAR

AMERICAN FORK

“The Pirates of Penzance” — Set sail with Timpanogos Community Theater and Timpanogos Arts Foundation with their thrilling production of “The Pirates of Penzance,” running from April 19 to May 4 at Valentine Theater. Doors open at 7 p.m. with the show starting at 7:30 p.m. For information and to buy tickets, visit <https://americanforkarts.com/theater>. There will be special “Dress Like a Pirate Night” on April 19, 22, 29 and May 4. All kids dressed in pirate attire will receive a free goodie.

Auditions for “Little Mermaid Jr.” — Timpanogos Youth Theater welcomes performers ages 8 to 18 to audition for “Little Mermaid Jr.” from 6:30 to 9:30 p.m. on Monday, May 6, at the Timpanogos Art Center. Rehearsals will run from July 1-3 and July 8-25 with performances scheduled for July 25-27. There is no cost to audition, but there is a cast member tuition of \$200. For more information, including submitting video auditions, visit <http://TAFtix.com>.

“Let’s Go to the Movies: 100 Years of Cinematic Music” — Join the Timpanogos Singers & Youth Choirs for “Let’s Go to the Movies: 100 Years of Cinematic Music” featuring Leaps & Bounds Dance Academy at 7 p.m. on Wednesday, May 15. Songs span the decades from “Over the Rainbow” from “The Wizard of Oz” to “This is Me” fro “The Greatest Showman.” For more information and to purchase tickets, visit <http://TAFtix.com>.

Events at the American Fork Library — Here are some upcoming events at the American Fork Library: May 6: Writer’s Club at 3 p.m. In-person meeting to discuss questions from the YouTube instruction videos, receive help editing and review works in progress. May 7: Adult Craft Class at 1 p.m. Bring your own flower pot as the class will be potting spring flowers, that will be provided. Supplies are limited. May 8: Art After School for teens at 4:30 p.m. In May, the grup will be doing checkered art. Supplies will be provided and enthusiasts of all skill levels are welcome. May 10: An Evening with Author Camron Wright at 6:30 p.m. Enjoy an after-hours event with Camron Wright, author of “The Rent Collector.” Appetizers will be available at 6:30 p.m., with the author presentation at 7 p.m., followed by a meet-and-greet. Books will be available for purchase. Register online. May 11: Read With Me for children ages 6 to 11 at 11 a.m. Children are invited to come to the library and read with Vinson, a certified therapy dog. Each session will be 15 minutes long. Space is limited. Sign up at the Children’s Desk. May 13: Writer’s Club at 3 p.m. In-person meeting to discuss questions from the YouTube instruction videos, receive help editing and review works in progress. May 20: Writer’s Club at 3 p.m. In-person meeting to discuss questions from the YouTube instruction videos, receive help editing and review works in progress. May 20: Gardening Class for adults at 7 p.m. Learn about including water features in your yard.

CEDAR HILLS

Spring Clean-Up — The city of Cedar Hills will sponsor its 26th annual Spring Clean-Up from 8 a.m. to 1 p.m. on Saturday, April 27, and Saturday, May 4. Large roll-off dumpsters will be available at 10900 N. Canyon Road. The following items are prohibited — car tires, car batteries, motor oil, paint, liquids of any type, appliances, electronic devices, concrete, mattresses, and construction materials other than very small amounts of organic construction materials. Tree limbs should not exceed 6 inches in diameter and 12 feet in length.

Snapology Robotics — Registration is open for Snapology Robotics summer camps, set for July and August. The five-day camps are for children ages 6 to 12 and have different themes using Lego bricks, including animals, attackbots, Pokemon and more. For more information or to register, visit <https://embed.snapology.com/licensee/110/events/location>.

Summer Sports Camp — Registration is open for summer sports camp at Harvey Park where each day focuses on a different sport, including soccer, basketball, flag football and field games. Sessions include June 10-13, June 17-20, June 24-27, July 8-11, July 15-18 and July 22-25. For more information or to register, visit <https://cedarhillsrec.activityreg.com/selectactivity.t2.wcs>.

T-Ball and Coach Pitch Baseball — Cedar Hills Recreation will offer T-Ball for 4 to 5 year olds and coach pitch baseball for 6 to 7 year olds. T-ball will be played on Tuesdays and Thursdays at Harvey Park. Coach pitch will be on Wednesdays and Thursdays at Burgess Park in Alpine. Both programs rely on volunteer parent coaches and families are asked to indicate if they can coach during registration. For more information or to register, visit <https://cedarhillsrec.activityreg.com/selectactivity.t2.wcs>.

Summer Bowling — Cedar Hills Recreation and Jack & Jill Lanes will offer bowling lessons for children in kindergarten through 12th grade from 2 to 3 p.m. on Mondays from June 24 to July 29. For more information or to register, visit <https://cedarhillsrec.activityreg.com/selectactivity.t2.wcs>.

Cedar Hills Cheer Squad — Boys and

girls ages 6-12 are invited to join Cedar Hills’ cheer squad, where they can learn chants, cheers, rally dances, routines, stunts and even beginning tumbling in a non-competitive setting Practice will take place from 4 to 5 p.m. on Wednesdays from April 10 to May 22 at Harvey Park. The squad will take what they’ve learned and cheer on Cedar Hills Rec football in August and at the Family Festival Parade this summer. For more information or to register, visit <https://cedarhillsrec.activityreg.com/selectactivity.t2.wcs>.

Vinyasa Yoga (mixed level) — Join Kristen Rutter at 8:15 a.m. every Wednesday at the Cedar Hills Recreation Center for a dynamic practice that unites body, mind and breath. Bring your own mat, strap and block (a limited number is available to borrow).

HIGH Fitness classes — This weekly class takes aerobics to the next level by combining modern fitness techniques, such as HIIT, plyometrics, and intervals of strength and cardio with music. Classes are currently at 7 a.m. on Wednesdays and Saturdays at the Cedar Hills Recreation Center. The drop-in rate is \$3.50 and punch cards can be purchased at a discount. For more information, visit <http://www.cedarhills.org/highfit>.

LINDON

Senior bus — The Lindon Senior Center has a bus and is able to offer rides to and from the center on Mondays, Wednesdays and Fridays. This is available for Lindon resident seniors. Pick-ups are between 10 and 11 a.m. Drop-offs are between 1 and 2 p.m. Reservations must be made at least one day in advance. Contact the Senior Center front desk at (801) 769-8625.

PAYSON

Volunteer at the library — Friends of the Payson Library notes that residents can volunteer for an hour or less each month to help the library meet the needs of children and patrons. Volunteers are asked to offer ideas and support the group’s yearly book sale. People interested in volunteering may contact library director Dona Gay, Britany Johnson at (801) 609-4078, Ann Humpherys at (801) 465-0941, or Steve Southwick at (801) 822-1705.

SARATOGA SPRINGS

Community Orchestra — The Saratoga Springs Community Orchestra holds practices on the first and third Thursdays of each month from 7 to 9 p.m. at the city offices, 1307 N. Commerce Drive. The orchestra will be preparing for Saratoga Splash Days and the December holiday concerts.

UTAH COUNTY

Mental health support groups and classes — NAMI Utah County offers free in-person and online support groups and classes for adults and teens living with mental health conditions and for family members of loved ones living with mental health conditions. For more information, contact Angela Peterson at (801) 400-3516.

Volunteers to help Kids On The Move — Each Friday and Saturday, Kids On The Move offers Respite Care, providing a free break to parents with special needs children. Families drop their children off at locations in Orem, Lehi and Springville where they are paired one-on-one with a volunteer to play for the evening. A nurse or behavior technician is also present to help oversee. The group is seeking 10 volunteers 16 years and older from 5:45 to 9:30 p.m. every Friday and Saturday to help make this happen. For more information or to sign up, visit <https://kotm.org/volunteer-portal>. Coronavirus measures are being taken, including requiring masks, taking temperatures and frequent hand sanitizing.

Foster grandparents sought — Utah County is seeking senior volunteers to serve as foster grandparents. Volunteers must be limited-income individuals at least 55 years old and able to serve 15 or more hours per week. Volunteers serve as mentors, tutors and caregivers for children and youth at schools, hospitals, youth centers and similar organizations. Volunteers receive a non-taxable stipend, paid personal leave, transportation reimbursement, ongoing training and more. For more information or if you or someone you know would like to participate, call (801) 851-7784.

Utah County Home Visit Programs in need of donations — Utah County Health Department home visit programs are running low on donated resources such as baby blankets and diapers. The health department is asking Utah County community members to consider donating items or organizing service projects to assist in providing donations. The items most needed are new receiving blankets or small quilts and diapers. Other welcomed items include: infant “onesies,” knit hats and infant-appropriate board books. Items should be in new condition. Donations may be dropped off Monday to Friday (8 a.m. to 4:30 p.m.) at the following health department locations: Provo — 151 S. University Ave., Suite 1610, American Fork — 599 S. 500 East. Questions about the home visit programs should be directed to Bonnie Hardy at (801) 851-7026.

To submit notices or events from your city, email rolson@heraldextra.com.

GARDEN HELP DESK

Protect your beets, chard and spinach from leafminer insects

I’m finally planting my beets in a few days, but I don’t want to have the same problem I had last year. I don’t know what you call the disease, but the leaves got large brown patches on them and dried out. I still got lots of nice beets, but I want to avoid that problem this year. Should I plant a special variety or spray a fungicide or something like that?

Your description sounds more like an insect problem than a disease problem. There are small, gray flies called leafminers that like to lay their eggs on spinach and beet leaves. Take a look at today’s photos and see if the plant dam-

age looks like what you saw last year.

When leafminer eggs hatch on beet, chard or spinach leaves, the larvae enter the leaf and feed on the tissues between the upper and lower surfaces of the leaf. Their feeding leaves trails and patches of tissue that turn brown and die. At first glance, the leaves often look diseased. Once the larvae are ready to pupate, they drop out of the leaves and into the soil. Adult flies will emerge from the soil after pupation and lay eggs for a new generation of leafminers.

Leafminer damage doesn’t affect the quality of the beets, but if you want to eat the beet greens, their damage is a problem. There are a few things you can do to reduce leafminer damage in your garden.

The most important thing you can do is to give your beets good care. Water deeply during the summer between once and twice a week, depending on your soil and the weather. Keep your



COURTESY MEREDITH SEAUER, USU EXTENSION

The damage from leafminer feeding is often mistaken for fungal diseases. Removing and discarding damaged leaves can reduce leafminer problems later in the season. The leaves with minor damage can be trimmed and eaten if desired.

garden weeded and watch for other insect pests.

Get in the habit of inspecting your beets frequently. Look for eggs and leaf mines. Take a look at this week’s photos for examples. Eggs can be crushed by rubbing them between your thumb and finger. Leaves with leaf mines should be removed and disposed of; don’t just drop them in the garden.

You can also shallowly and carefully cultivate the soil around your beets during the growing season to find and destroy any pupae. In the fall after you’ve cleaned out your garden, cultivate the soil again to expose any pupae to predators and winter weather.

Another method to try is excluding leafminers from your beets this year by planting them in a different part of the garden

and completely covering that planting area with lightweight floating row cover (with room to grow) for the first few weeks. That will temporarily exclude leafminer adults that emerge from the old planting area.

Insecticides to target the egg-laying adults and the hatching larva may be helpful, but larvae that are already feeding inside the leaves will be protected from the sprays. Choose a “soft” insecticide, like the active ingredient Spinosad, to reduce harm to beneficial insects.

Is it true that I can’t plant my tomatoes in the same place where I grew my potatoes last year? Why won’t they grow if I do?

Your tomatoes will grow, but you could have disease problems if

you’ve grown potatoes or tomatoes in that spot for a few years already. Potatoes and tomatoes are members of the same plant family and are susceptible to the same diseases and pests. When vegetables or annual flowers from the same family are grown in the same place year after year, pathogens or pest populations can build up in the soil. If you alternate your plantings with completely different vegetables or flowers in each part of your garden from season to season, those pathogens won’t have the hosts they need and won’t have a chance to increase year over year.

If you have enough room in your garden, don’t plant the same plants or related plants in that part of your garden this year. For example, if you’ve been growing petunias in your flower garden, choose geraniums or dahlias this summer instead of petunias, or their close cousin nicotiana, or plant corn or onions instead of potatoes where you grew tomatoes last summer.

Planting unrelated flowers and vegetables in a three-year rotation, removing diseased plants promptly and cleaning up dead plant material every fall can make a difference in the health and productivity of your garden plants. Good sanitation for your tools is also important so you don’t carry disease organisms from one place to another in the soil on your tiller, shovel, hoe or trowel.

It’s easy to lose track of where things were planted from year to year. Keep notes about what you planted and where you planted and save the notes in a calendar or similar location so you can check what you’ve done in the past before you plant each year.

WORSHIP SERVICES

DAILY HERALD

Catholic Church

St. Peter’s Catholic Church
Saturday Mass is at 5:30 p.m.
Sunday Mass is at 8 a.m. and 10:30 a.m. in English; 12:30 p.m. in Spanish
The church is located at 634 N. 600 East, American Fork. 801-756-7771, st-peters6@yahoo.com.

Episcopal Church

St. Mary’s Episcopal Church
Worship services are currently being held in person each Sunday at 11 a.m. Please see our website for more information. All are welcome!
Support groups are again meeting at St. Mary’s Church. See our website for days and times.

Please also see our website for mid-week activities and gatherings. Again, all are welcome!
Please email us at parishoffice@stmarysprovo.org for links or more information. You can also check our website for the most up-to-date information: <http://stmarysprovo.org>.
801-373-3090
50 W. 200 North
Provo, Utah 84601
For pastoral needs, please email St. Mary’s at parishoffice@stmarysprovo.org.

Independent Christian

Centerpoint Church
Services are held at 9 a.m., 10:30 a.m. and noon. Sundays in person. You can also watch us live Sunday mornings on Facebook Live, or watch our recorded services via centerpointutah.org or on YouTube.

The mission of our church is “To make Jesus the centerpoint of our lives, and make Jesus known from the centerpoint of Utah Valley.”
Located at 1550 Sandhill Road, Orem
Contact: staff@centerpointutah.org

Calvary Mountain View Church
Sunday services are held at 9 a.m., 11 a.m. and 1 p.m.
Wednesday meetings begin at 7 p.m.
Our address is: 340 E. State St.,

American Fork
801-756-1446
Website: <https://calvarymv.com/>
We also Live Stream every service on Facebook at <https://facebook.com/CalvaryMV/> and YouTube at <https://youtube.com/user/CalvaryMV/featured>.

Jehovah’s Witnesses

Jehovah’s Witnesses
Meetings are held in English, Spanish and American Sign Language.
To find the time and location nearest you, please visit our website: <https://www.jw.org/en/jehovahs-witnesses/meetings/>
Zoom option available for attending meetings remotely.

Lutheran Church

Good News Lutheran
Please join us for worship Sundays at 9 a.m., followed by Bible Study and Sunday School at 10:10. Tuesday Bible study is held at 7 p.m.
Visit <http://goodnewslehi.com> for more information, as well as links to our Facebook page and an online worship option on YouTube.
Our address is 3281 N. 1120 East, Lehi. We are just south of Renaissance Academy, off Timpanogos Highway.

St. Mark’s Lutheran Church
Service is at 9 a.m., Sunday school at 10:30 a.m. every Sunday. Pastor Paul Carlson conducts services.
1591 S. State St., Suite A, Orem
St Mark’s is a Missouri Synod Congregation.

Spanish Fork Mission — Lutheran
Children and adult Bible study 3:15 p.m. every Sunday.
Worship Service at 4:30 p.m. every Sunday.
Anthony Masinelli, pastor
All are welcome to join and learn more about Jesus.
Angelus Theater, 165 N. Main St., Spanish Fork

Presbyterian Church

American Fork Presbyterian Church
Church service starts at 10 a.m.
Phone number is 385-219-7096.

New email addresses:
Secretary: church@amforkpres.org.
Pastor Phil: pastor@amforkpres.org
Website: americanforkpres.org
75 N. 100 East, American Fork

Springville Community Presbyterian Church

In-person worship 10:30-11:30 a.m. and Facebook Live.
Leader: Pastor Bobbie Ramer CLP, Commissioned Lay Pastor
Cookie Fellowship between services.
Overflow seating in Fellowship Hall with TV/Facebook livestream.
Office hours: Tuesday and Thursday, 9 a.m. to 1 p.m.
Pastor hours: Sunday after worship to 2 p.m.; Wednesday 9 a.m. to 1 p.m.
Address: Springville Community Presbyterian Church, (street) 245 S. 200 East, (mailing) P.O. Box 367 Springville, Utah 84663
Contact: 801-489-4390, scpcoffice@gmail.com, springvillechurch.org, Facebook and GoogleMyBusiness.
“Together, using our gifts, we reflect the Love of Christ in our words and deeds.” — church mission statement

Seventh-day Adventist

Provo Seventh-day Adventist Church
255 South 700 East, Provo, 84606
Saturdays, 9:30 a.m. — Sabbath School — all ages
Worship Services: 11 a.m.
801-377-3788
<http://seventhdayadventistprovo.org>
Pastor Harold Rosales

United Church of Christ

Provo Community Congregational United Church of Christ
175 N. University Ave., Provo
Christmas Eve services: Family service at 11 a.m.; candlelight communion service at 10 p.m.
Come worship with us now in person or on our live broadcast on the church’s Facebooks page and YouTube.
*Please email us by Wednesday for a link to join Bible Study via Zoom, Sundays 9:30 a.m., the study information, or for the bulletin.
Provo Interfaith Choir rehearsal from 5-6:30 p.m. Sunday.

NOTICE OF SALE OF PROPERTY FOR DELINQUENT TAXES BY THE UTAH COUNTY AUDITOR

Notice is hereby given that on the 16TH day of MAY 2024, at 10:00 am online through www.publicsurplus.com, I will offer for sale at public auction and sell to the highest bidder for cash, under the provisions of Section 59-2-1351.1, the following described real estate or property located in the County and now delinquent and subject to tax sale.

The minimum opening bid shall be the total amount of taxes, interest, penalty, and administrative costs, which are a charge upon the real estate. A bid for less than the total amount of taxes, interest, penalty, and administrative costs will not be accepted. All properties that are purchased must be cleared as required within the time frame prescribed or they will be subject to resale or strike. A \$165.00 administrative fee has been added to the total of each property. All bidders may be subject to non-refundable fees and/or deposits as required by the bid method.

ALL PAYMENTS MUST BE MADE ACCORDING TO THE TERMS AND CONDITIONS SET FORTH BY UTAH COUNTY AND PUBLICSURPLUS.COM.

Delinquent tax sale properties are identified by the parcel serial number or manufactured home tax account number listed below. The address listed is the mailing address and not necessarily the property address. Properties listed below an be redeemed any point prior to the sale. The list provided below may included properties already redeemed and removed from the sale prior to the publication date of this notice. To view the most current version of the property list, view property details and abstracts, or learn more about the tax sale process, visit our website at www.utahcounty.gov/taxsale.

| | | |
|---|--|---|
| 03:024:0016 (070) LEE, JAYSON E 164 S 300 E PLEASANT GROVE, UT 84062-2729 Total redemption if paid as of 5/16/2024 ... 5,798.48 | 25:016:0007 (150) LANGFORD, NORA BECK & HARVEY BECK (ET AL) PO BOX 12532 OGDEN, UT 84412-2532 Total redemption if paid as of 5/16/2024 ... 506.57 | 48:048:0048 (110) ROSS, M TIMOTHY 17788 CRECIENTE WY SAN DIEGO, CA 92127 Total redemption if paid as of 5/16/2024 ... 541.35 |
| 03:039:0033 (070) KJ FAMILY HOLDINGS LLC 75 E 1700 N MAPLETON, UT 84664-3802 Total redemption if paid as of 5/16/2024 ... 711.23 | 25:016:0035 / 297-2020 (150) D LAND LLC 510 N PALISADES DR OREM, UT 84097-5417 Total redemption if paid as of 5/16/2024 ... 27,166.05 | 48:050:0008 (110) ALPINE VENTURES L L C 1010 FORT CANYON RD ALPINE, UT 84004-1110 Total redemption if paid as of 5/16/2024 ... 10,645.62 |
| 04:114:0020 (110) WELLINGS, CARL W 11251 S STATE STREET K101 SANDY, UT 84070 Total redemption if paid as of 5/16/2024 ... 9,303.65 | 25:016:0040 / 296-2020 (150) D LAND LLC 510 N PALISADES DR OREM, UT 84097-5417 Total redemption if paid as of 5/16/2024 ... 41,020.63 | 49:058:0002 (110) HALL, FLORENCE J (ET AL) 296 E 2100 N PROVO, UT 84604-5856 Total redemption if paid as of 5/16/2024 ... 13,173.02 |
| 06:024:0024 (130) HATCH, BRANDON MATAIRA PO BOX 185 ROCKLAND, ID 83271 Total redemption if paid as of 5/16/2024 ... 11,899.00 | 26:039:0008 (130) HAMILTON, MARIE C 1430 S 500 E SPRINGVILLE, UT 84663-2505 Total redemption if paid as of 5/16/2024 ... 2,508.55 | 49:249:0003 (090) PYNE, BEATRICE 4728 N 450 W PROVO, UT 84604-5543 Total redemption if paid as of 5/16/2024 ... 411.48 |
| 12:019:0032 (010) LYMAN, MILISSA 307 E 5300 S SALT LAKE CITY, UT 84107 Total redemption if paid as of 5/16/2024 ... 511.64 | 26:062:0170 (140) WISCOMBE, EDWARD K & DOROTHY 1419 N 300 W MAPLETON, UT 84664-3536 Total redemption if paid as of 5/16/2024 ... 339.78 | 49:349:0003 (110) THOMAS, TREVA 177 S 2050 W PROVO, UT 84601 Total redemption if paid as of 5/16/2024 ... 187.17 |
| 12:019:0038 (010) LYMAN, MILISSA 307 E 5300 S SALT LAKE CITY, UT 84107 Total redemption if paid as of 5/16/2024 ... 5,018.84 | 27:010:0035 (150) WILLOWBROOK LC %SCHIESS, DAVID R 119 W 4500 N PROVO, UT 84604-5521 Total redemption if paid as of 5/16/2024 ... 1,934.00 | 52:136:0012 (110) CATANO, L M 452 S 850 E OREM, UT 84097-6543 Total redemption if paid as of 5/16/2024 ... 10,166.33 |
| 12:019:0047 (010) LYMAN, MILISSA 307 E 5300 S SALT LAKE CITY, UT 84107 Total redemption if paid as of 5/16/2024 ... 237.62 | 27:055:0103 (150) D LAND INVESTMENTS LLC 510 N PALISADES DR OREM, UT 84097-5417 Total redemption if paid as of 5/16/2024 ... 55,010.51 | 52:836:0063 (039) SARATOGA SPRINGS DEVELOPMENT LLC 5296 S COMMERCE DR # 303 MURRAY, UT 84107 Total redemption if paid as of 5/16/2024 ... 358.87 |
| 12:037:0112 (010) SPENCER, JOHNNELL (ET AL) 1012 N 500 W LEHI, UT 84043-1113 Total redemption if paid as of 5/16/2024 ... 433.21 | 30:054:0308 (170) ROWLEY, BRET & LISA 190 S 1100 E PAYSON, UT 84651-3074 Total redemption if paid as of 5/16/2024 ... 294.10 | 53:066:0013 (150) COFFELT, ROBERT & FALINE 8324 TOWNSHIP ROAD 81 BELLEVUE, OH 44811 Total redemption if paid as of 5/16/2024 ... 544.85 |
| 18:044:0052 (090) PYNE, BEATRICE 4728 N 450 W PROVO, UT 84604-5543 Total redemption if paid as of 5/16/2024 ... 247.51 | 38:061:0044 (090) YOU ARE ON SPEAKER GUY LLC 3610 E DOVER HILL DR COTTONWOOD HEIGHTS, UT 84121 Total redemption if paid as of 5/16/2024 ... 8,822.65 | 53:137:0006 (010) FRANCK, LARRY O (ET AL) 164 E 300 S PROVO, UT 84606-4613 Total redemption if paid as of 5/16/2024 ... 2,872.56 |
| 19:047:0160 (110) BLACKBURN, ZORA T 222 N 1200 WEST TRLR 71 OREM, UT 84057-4450 Total redemption if paid as of 5/16/2024 ... 360.36 | 39:280:0003 (010) NICHOLS, JOHN 768 MEADOW LN ALPINE, UT 84004 Total redemption if paid as of 5/16/2024 ... 24,903.14 | 54:334:0025 (150) SITTERUD, JESSE & JENNIFER 1446 S 1580 E SPANISH FORK, UT 84660-6447 Total redemption if paid as of 5/16/2024 ... 51,346.53 |
| 21:041:0010 (110) HAWS, NORMA C 1711 W 520 S PROVO, UT 84601-3870 Total redemption if paid as of 5/16/2024 ... 388.15 | 45:478:0009 (070) SMITH, JAY G & JANICE E (ET AL) 575 E 700 N PLEASANT GROVE, UT 84062-1859 Total redemption if paid as of 5/16/2024 ... 259.76 | 57:040:0008 (140) BENNETT, ROBERT L & BONNIE A (ET AL) 326 S 800 W MAPLETON, UT 84664-4315 Total redemption if paid as of 5/16/2024 ... 24,343.70 |
| 22:005:0145 (110) SANTOS, WAGNEN DOS 9425 S RIVERSIDE DR # 2012 SANDY, UT 84070 Total redemption if paid as of 5/16/2024 ... 265.68 | 46:143:0016 (110) VAN NATTA, ROBERT L (ET AL) 1409 S 680 W PROVO, UT 84601-5544 Total redemption if paid as of 5/16/2024 ... 8,954.42 | 59:044:0122 (038) CEDAR CORNERS MANAGEMENT LLC 947 S 500 E # 100 AMERICAN FORK, UT 84003 Total redemption if paid as of 5/16/2024 ... 2,345.72 |
| 23:048:0083 (130) PUCKETT, GEORGE C & ELAINE H 940 HILLCREST DR SPRINGVILLE, UT 84663-2149 Total redemption if paid as of 5/16/2024 ... 266.94 | 46:883:0006 (070) SALAZAR, ROBERTO (ET AL) 1644 W 1100 N PLEASANT GROVE, UT 84062-4027 Total redemption if paid as of 5/16/2024 ... 259.76 | 59:044:0124 (038) CEDAR CORNERS MANAGEMENT LLC 947 S 500 E # 100 AMERICAN FORK, UT 84003 Total redemption if paid as of 5/16/2024 ... 2,345.72 |
| 24:003:0063 / 351-2017 (130) JMMS ENTERPRISES LLC 3214 N UNIVERSITY AV # 605 PROVO, UT 84604-4405 Total redemption if paid as of 5/16/2024 ... 762,869.33 | 46:883:0007 (070) SALAZAR, ROBERTO (ET AL) 1644 W 1100 N PLEASANT GROVE, UT 84062-4027 Total redemption if paid as of 5/16/2024 ... 259.76 | 61:154:0020 (125) ARMSTRONG, RANDALL R & PAIGE W (ET AL) PO BOX 8 INKOM, ID 83245 Total redemption if paid as of 5/16/2024 ... 1,887.66 |
| 24:019:0016 (120) BUNKER, KENYON C (ET AL) 840 S MAIN ST OREM, UT 84058-6806 Total redemption if paid as of 5/16/2024 ... 486.26 | 48:048:0047 (110) ROSS, M TIMOTHY 4166 W PARK DR HIGHLAND, UT 84003-9612 Total redemption if paid as of 5/16/2024 ... 541.35 | 65:108:0005 (070) SONDRUP, CHRIS & TRACI PO BOX 292 PLEASANT GROVE, UT 84062-0292 Total redemption if paid as of 5/16/2024 ... 259.76 |

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SUNDAY DRIVE

65:495:0002 (038)
MONTE VISTA RANCH LC
%WALDEN, TIFFANY
1754 E CEDAR TRAILS WAY
EAGLE MOUNTAIN, UT 84005
Total redemption if paid as of 5/16/2024 ... 9,073.52

66:242:0026 (039)
AMSOURCE SARATOGA NWC LLC
358 S RIO GRANDE ST STE 200
SALT LAKE CITY, UT 84101-1143
Total redemption if paid as of 5/16/2024 ... 548.85

66:455:0121 (060)
AA DEVELOPMENT INC
533 W STATE RD # 102
PLEASANT GROVE, UT 84062
Total redemption if paid as of 5/16/2024 ... 186.41

98:035:0286 (035)
INTERPACE PROPERTIES LLC
7301 BAKER LN
SEBASTOPOL, CA 95472
Total redemption if paid as of 5/16/2024 ... 801.61

98:035:0315 (035)
EASTMOND, CHRIS & ROBERT M
%EASTMOND, M DIRK
140 W 9000 S # 8
SANDY, UT 84070-2033
Total redemption if paid as of 5/16/2024 ... 1,049.01

8094 (090)
HERNANDEZ, ANNA
441 S STATE ST TRLR 1
OREM, UT 84058
Total Amount if paid as of 5/16/2024 ... 339.40

8853 (150)
NELSON, DEANA M
1050 E 800 NORTH TRLR 16
SPANISH FORK, UT 84660
Total Amount if paid as of 5/16/2024 ... 957.44

8928 (090)
SANCHEZ, GUADALUPE
1545 N STATE ST TRLR 9
OREM, UT 84057
Total Amount if paid as of 5/16/2024 ... 459.08

8977 (090)
FRARY, JULIA A
1545 N STATE ST TRLR 27
OREM, UT 84057
Total Amount if paid as of 5/16/2024 ... 367.30

9057 (170)
DE FIGUEROA, SOFIA AREVALO TOBAR
662 S 800 WEST # 57
PAYSON, UT 84651
Total Amount if paid as of 5/16/2024 ... 614.33

9690 (090)
FORBUSH, JANELL
222 N 1200 WEST TRLR 158
OREM, UT 84057
Total Amount if paid as of 5/16/2024 ... 618.23

15283 (090)
HERNANDEZ, MANUEL
441 S STATE ST TRLR 9
OREM, UT 84058
Total Amount if paid as of 5/16/2024 ... 482.30

19646 (170)
ANDREWS, JIMMY
451 N 500 WEST TRLR 13
PAYSON, UT 84651
Total Amount if paid as of 5/16/2024 ... 1,267.76

19732 (210)
SORENSEN, LORRIE
PO BOX 42
GOSHEN, UT 84633
Total Amount if paid as of 5/16/2024 ... 702.24

33593 (090)
JOHNSTON, SKYLER J
6475 S 3600 WEST
SPANISH FORK, UT 84660
Total Amount if paid as of 5/16/2024 ... 546.20

IN WITNESS WHEREOF I have hereunto set my hand and official seal this 20th day of April 2024. RODNEY MANN UTAH COUNTY AUDITOR Published in the Daily Herald April 20, 27, May 4, 11, 2024.

2024 Toyota GR Corolla: Unleash a mini monster

Having the opportunity to get into the Toyota GR Corolla has become a memorable experience for us, no matter what time of year or where in the country it happens. Craig had his first chance in the GR about 18 months ago in Southern California, which, of course, is the perfect place to test out a “hot hatch,” and he was able to do it in the limited edition Morizo.

It was so “hot” that Toyota chose it as the debut model and only produced 200 of them, coming fully loaded and aimed as a track car edition. There was no back seat included, leaving room to take spare tires to the track, and it eliminated extra weight. He and his sister Marci had a glorious four days cruising around SoCal, garnering many adoring looks and compliments along that way.

That being said, the 2024 Toyota GR Corolla is not your typical Corolla. It’s a “hot hatch” that defies expectations by blending performance, design and technology in a compact package. During our week-long test drive, we had the opportunity once again to experience this fiery little car firsthand, and it even came it red. So, buckle up as we dive into the details of the 2024 GR Corolla.

Performance and powertrain

Under the hood lies a turbocharged three-cylinder engine. Yes, that’s right, a three-cylinder motor is the epicenter of all the fun! This little powerhouse churns out an impressive 300 horsepower, translating to an unimaginably high 185.4 horsepower per liter — more than its GR Yaris European sibling — with 273 pound feet of torque to power this little gem through even the tightest of courses.

The engine’s power peak comes high in the rev range, which we found made for an exhilarating ride every time we got behind the wheel. The six-speed manual transmission ensures that the driver remains full control and kept reminding us we were one with the road, making every gear change a joy.



COURTESY PHOTO

The all-new 2024 Toyota GR Corolla.

GR-Four all-wheel drive

The GR Corolla features Toyota’s GR-Four all-wheel drive system. With three power settings to adjust the distribution between front and rear wheels, it provides confidence-inspiring traction.

This system can be adjusted to a front/rear torque distribution of 60:40 for everyday driving, a 30:70 distribution giving the GR a fun-to-drive competency on winding roads and, of course, a 50:50 setting allowing for maximum grip when on the track!

Add the available front and rear Torsen limited-slip differentials, and we found it hard to beat the grip that the GR had wherever our week found us exploring. Toyota had even added Blizzak tires just in case there may be some snow involved with our week in early spring. Of course, Mother Nature was quick to add some of the fluffy white stuff to our world for a morning commute! The GR handled it all easily and with ease.

Handling and suspension

We loved the fact that Toyota’s engineers had tuned the suspension to perfection. The GR circuit-tuned suspension delivered incredible handling ability, allowing us to attack corners with precision. Whether we were

carving through city streets or maybe even adding some excitement to some scenic backways, the GR Corolla always felt planted and responsive whatever the driving conditions may have presented.

Exterior design

Many people take the word Corolla and immediately connect it to a vehicle that is affordable and lower-end perhaps. This is not what we have found to be the case with the GR version of the Corolla. Sporty and aggressive, the GR Corolla turned heads wherever we decided to take it; again, a testament to the fantastic design.

Key exterior features included:

- LED headlights: Sharp and focused as they illuminated our way.
- Functional ducts: Not just for show — these enhanced the aerodynamics.
- Triple-tip exhaust: A visual statement of performance; one for each cylinder, of course.
- Gloss black rear spoiler: Is functional and adds downforce and style.
- Forged carbon-fiber roof: Lightweight and race inspired.
- 18-inch forged BBS wheels: Wrapped in grippy rubber — winter Blizzaks in our case.

Interior comfort and tech

We found the inside

of the GR Corolla to be a balance of sportiness and practicality:

- Front sports seats: Fabric sport seat with a GR headrest.
- 60:40 split fold-down rear seats: Versatility for cargo or passengers.
- Automatic climate control: Keeping us cool during spirited drives.
- 8-inch touch screen: Wireless Apple CarPlay and Android Auto compatibility.
- 12.3-inch digital multi-information display: Performance data at your fingertips.
- Toyota connected services: Remote connect, safety features, Wi-Fi and more.

Verdict

The 2024 Toyota GR Corolla is right up there contending for the top in the sport-compact hatchbacks division. Yes, it’s produced in limited numbers, but the performance, handling and sheer fun make it well worth the hunt. If you’re ready to unleash a mini monster on the roads, the GR Corolla awaits.

Remember, this isn’t by any stretch of the imagination your grandma’s Corolla — it’s a heart-racing speed demon in disguise! So, grab the manual shifter, engage GR mode and let your GR adventure begin!

Base price: \$35,900
Destination charge: \$1,095
Price as driven: \$36,659

How to paint your garden with foliage?

BY JESSICA DAMIANO
Associated Press

When we want to add color to the garden, most of us set our sights on flowers. But many leaf-forward plants can outlast and even outcompete those with colorful blossoms.

For starters, foliage plants don’t wax and wane or have a limited bloom time. In addition, many can brighten up shady spots that don’t offer enough sunlight for flowers. And they tend to be lower maintenance since they don’t need pruning or deadheading to keep blooming or look their best.

Foliage plants can add depth, texture and contrast to beds and containers, serving as focal points or backdrops for other plants. There are many species, varieties and cultivars to choose from.

All of these perennial plants can be treated as annuals outside of their hardiness zones, except for the ornamental grasses, which would likely be impractical and too expensive to plant for a single season.

GROUND COVERS

Consider Heuchera, aka coral bells or alumroot, which is equally (if not primarily) valued for its large, heart-shaped or rounded frilly leaves as for its tall flower stalks that bloom from spring through summer. It’s available in a dizzying array of leaf colors, from muted green and



PROVEN WINNERS VIA AP

This undated photo provided by Proven Winners shows Heart to Heart “Bold ‘N Beautiful” and “Scarlet Flame” Caladium varieties, which can be planted in sunny or shady conditions.

cream to bright chartreuse and bold maroon, copper, red and purple. There are also variegated varieties and some with distinct leaf veins. You can plant Heuchera as a single specimen or as a ground cover in part shade to part sun (perennial in zones 4-9).

Siberian bugloss (Brunnera macrophylla) is another beautiful foliage plant that works well as a groundcover. Among the choices are “Jack Frost,” a variety that boasts silvery foliage that contrasts nicely with surrounding greenery, and “Jack of Diamonds,” which has giant, overlapping, heart-shaped leaves with dark green veining (perennial in zones 3-8).

Sweet potato vine, often planted at the outside edge of

containers for a spilling effect, will quickly cover ground (or a trellis) with vining heart-shaped, lobed or lacy green, chartreuse, purple, green, red, bronze, burgundy or purple leaves (perennial in zones 9-11).

And Artemisia, also known as mugwort or wormwood, adds an attention-grabbing, silvery touch to beds and containers, particularly in moon gardens, for which plants are selected for their ability to “glow” in the moonlight. The fragrant plant also resists deer and rabbit browsing (perennial in zones 3 or 4 through 8, 9 or 10, depending on variety).

MID-SIZE MARVELS

The polka dot plant (Hypoestes phyllostachya) is

a party in a pot (or garden bed), its vibrant foliage splashed with pink, white or red blotches or dots. Typically growing 12 to 18 inches tall, with some varieties reaching 3 feet, the plant thrives best in part sun (perennial in zones 10-11).

Angel wings (Caladium), prized for their intricately patterned, arrowhead-shaped foliage, can grow up to 2 feet tall. Each plant sends up individual leaves of pink, red, white and/or green, their veins and, often, colored margins brightening partially shady spots (perennial in zones 8-12).

With hundreds of varieties in different heights, colors, leaf sizes and shapes, there’s likely a Coleus for every garden or container. Most prefer shade, some can tolerate sun, and all quickly grow into dense clusters to provide near-instant gratification (perennial in zones 10-11).

STATEMENT PLANTS

Pink Muhly grass (Muhlenbergia capillaris), native to Eastern North America, shines in fall with its pink, airy inflorescences, which technically are flowers, but not in the colloquial sense. In winter, its plumes fade to silver-gray. At just 2-3 feet tall and wide, you can plant one as a standalone or line several up to create a short hedgerow (zones 6-9).

Inez Ledell Bullock Blake

Inez Ledell Bullock Blake 4/2/1921 to 4/17/2024. Ledell was born the third of three children in Provo UT to Roy and Reva Bullock and passed away in Rexburg, ID. During her 103 years of life, she lived in three countries and 7 US states. Soon after birth her parents returned to Barnwell, Alberta Canada where they homesteaded a large farm for an additional 13 years. On May 26, 1943, Ledell married Grant Blake in the Mesa AZ Temple, supporting him while working for the Union Pacific and Southern Pacific Railroads as a clerk typist while he attended university. She moved numerous times, living in Utah, Wisconsin, Iowa, Maryland,



Oregon, Arizona, and Idaho. In Iowa Ledell was involved in PTA with her children's schools and served as a Brownie Scout Leader. She served in church assignments as Sunday School teacher and organist

in addition to various music positions. Music was a very large part of her entire life. For many years she enjoyed playing in a string trio with her daughters Linda and Arlene. During retirement years she played golf all over the country with Grant as they travelled in their camp trailer. Later they travelled to many countries on six continents. She said that her most romantic trips were to Paris while celebrating her 50th and 60th wedding anniversaries. What is the secret of living so long, the question so often asked? She responded at her 103rd birthday party thus: "You have to walk a lot to be 103. And you have to drink a

lot of water!" Ledell was preceded in death by almost everyone including her husband Grant, son David and his wife Shanna and granddaughter Elizabeth. She is survived by four children Glenn (Valerie) Blake Rigby ID, Linda (Mark) Cornwall Flagstaff Az, Arlene (Duane) Call Salt Lake City UT, Gary (Kathy) Blake Medford OR, 13 grandchildren, 29 great grandchildren, and soon 1 great-great grandson. A viewing will be held between 10 and 11 am on May 10, 2024, at Berg Mortuary, 185 East Center Street, Provo UT with a graveside service at 2 pm, Provo City Cemetery, 610 South State Street, Provo UT.

Mindest

From C1

with excitement and determination, while a child with a fixed mindset in math might say something like, "I can't get better at this." The fixed mindset intrudes on the child's ability to approach new challenges or new information. Another term that is important to know when talking about mindsets is "learned helplessness." Learned helplessness is what comes from having a fixed mindset. An example of this is when someone experiences failure once and then doesn't think they can

ever overcome that failure, so they stop trying. Learned helplessness is evident usually when a child is used to having things done for them. Consider the difference of a child who is being encouraged to put in the work that will assist their learning. One of the simplest things we can do to shift our children's thinking from a fixed mindset to a growth mindset is to be aware of how we are speaking to them. For example, a phrase likely to encourage the fixed mindset would be, "Wow, you are so smart in math." This elicits the fixed mindset because you

praise the now or the talent rather than the process of how they got there. A phrase that would likely encourage a growth mindset would be, "You have worked so hard in math this year, look at how much you have improved with multiplication facts." Sometimes when we praise our children by telling them they are smart, gifted, talented, etc., we unintentionally tell the child their worth is dependent on being that specific thing. They might start to fear failure. When we praise their efforts, it encourages them to keep working hard. They also learn to know things don't just come eas-

ily or naturally all the time. It is not my intent to discourage parents from complimenting their children through telling them they are smart, gifted, talented, etc. Let's simply add in praising their efforts, too. There's room for both! United Way of Utah County is on a mission to help promote literacy and healthy child development. EveryDay Learners has several programs such as HelpMeGrow Utah, Welcome Baby, and South Franklin Community Center to support these efforts. Visit us at unitedwayuc.org to learn more about these programs or find any of them on our Instagram Pages.

Tales

From C1

yourself, keep up good relationships, and deal with stress. It's normal for your mental health to shift over time — we all face difficult situations in our lives. Creating positive habits is a great way to support your mental health when you're doing well and helps you build skills to use if you do face symptoms of a mental health condition," it states on Mental Health America's website. So, how can we increase and maintain good mental health? According to MHA, making good choices about food and nutrition, exercising regularly, maintaining healthy sleep habits, building our coping skills, having a positive support system of family members and friends, and practicing stress management can all help. Other ways to practice self-care could be taking a few minutes each day to practice meditation and mindfulness, reading a good book, listening to music, taking a walk and going outside every day — no matter the weather. Whatever self-care means to us, we can begin today to put it into place. The Substance Abuse and Mental Health Services Administration is focusing on weekly themes throughout this month. The first week of May is about supporting older adults and their mental health. From May 5-11, the focus is on raising awareness of mental health in children and teens. The third week is about supporting maternal mental health and the complex emotional journey that this time of life brings. May 19-25 is focusing on mental health in minority groups, and the last week of the month focuses on LGBTQIA+ communities.



COURTESY JEFF SHEETS

Members of the Brigham Young University AdLab pose on the red carpet at the College Television Awards in North Hollywood, California, on April 13.

Awards

From C1

Best Commercial

BYU AdLab students claimed the top spot in the "Commercial, PSA or Promo" category. In fact, BYU AdLab students swept all three nominations in the commercial category. This year's winning commercial was "No One

is Alone," directed by Remington Butler and produced by Alex McBride and Tanner Jackson. The commercial depicts the touching story of a loving family and the impact of Alzheimer's disease. This is the AdLab's fifth-straight win in the Student Emmys for commercials. Other BYU commercials that received nominations were "Maximum

Immersion," directed by Remington Butler with Eli Wright, Alex McBride and Lucy Nielson as producers, and "We Don't Judge, We Drive," directed by Butler, written by Carter Holvorsen and Jeremy Holbrook, and produced by Gwynie Bahr and Tanner Jackson. Tyler Stahle is the media relations manager for BYU.

Family

From C1

defining your priorities provides clarity and direction for your financial journey. As Tony Robbins stated, "Goals are like magnets. They'll attract the things that make them come true." By clearly defining your financial goals, you create a powerful force that draws you closer to realizing your dreams and aspirations.

Update your budget regularly

As life evolves, your budget should too. Regularly review and modify your plan with your spouse, partner and/or children, ideally every six months or during significant life or financial changes. This adaptability ensures you remain aligned with your financial objectives. Involving your family in budget discussions fosters a shared understanding of financial boundaries and encourages responsible spending habits. This inclusive, active approach not only provides valuable financial

education for children but also strengthens familial bonds through collaborative decision making, laying the groundwork for their future financial success while enhancing your relationships and family unity. Start today by reviewing your current spending and setting one financial goal for the next month. Engage your family in a budgeting meeting this weekend — make it fun and inclusive. Remember, the best financial plan is one that you'll actually follow. By learning basic budgeting skills, following a

rock-steady savings strategy, identifying priorities, setting goals and updating your budget regularly, you will be thriving instead of just surviving. Equip yourself and your family with the confidence and tools to achieve financial stability and peace of mind today and beyond. Happy budgeting! Mindy Jo Choate is a project manager at Fullcast, a Silicon Slopes-based end-to-end RevOps platform that allows companies to design, manage and track the performance of their revenue-generating teams.

Daniel Patrick Lee, 79, passed away April 28, 2024, in Payson, Utah. Arrangements are entrusted to Walker Funeral Home. Condolences may be offered at www.WalkerMemorials.com.

Mark Stephen Balzotti

Mark Stephen Balzotti, age 74, passed away at his home in Springville, Utah, on April 23rd 2024, just 24 days after being diagnosed with cancer. With many of his family members surrounding him, as his daughter-in-law Marie read a loving tribute, he sighed softly and left his mortal body behind to join his parents Michael Balzotti and Ava Maria Foster and many beloved Italian family members.

Mark was born in Boston, Massachusetts on May 14th, 1949. He had a close and loving relationship with his older brother Michael David Balzotti, and his two younger sisters Donna Maria Balzotti (Akemann), and Lori Melody Balzotti (Gleave) and he loved each of their children.

Deborah Brodie Balzotti wisely accepted his proposal to be his eternal companion, and they were married in the Washington, D.C. Temple on June 12th, 1975. They experienced the joy of raising four children together who later brought four wonderful spouses and twelve grandchildren into the family. Michael James Balzotti and Tyfani Lanae Rohner (Dawson, Haydon, Roman, Paxton, Kendyll), Christopher Stephen Balzotti and Marie Renee Barrett (Finn, Sawyer, Lucy), Jonathan Mark Balzotti and Mariel Michelle Della-Piana (Gabe, Nico, Alia) and Deborah Alyssa Balzotti and Brian Warren (Tavish). Mark was a devoted father and grandfather and he loved his family very much.

After serving in the Italy Mission 1971-1973 for The Church of Jesus Christ of Latter-day Saints, Mark returned to BYU where he graduated with composite Bachelor of Arts degree in philosophy, art and Italian. He continued his studies at BYU and obtained a degree in Elementary Education and a Master's degree in Community Education.

He started his career in the Salt Lake City School District as a facilitator, bringing the faculty and staff of the alternative high school to a better working relationship with the district administration. Later, as Debbie desired to finish her last year at BYU and reach her goal to graduate, he accepted a teaching position at Edgemont Elementary in Provo, Utah. He then taught and was an assistant principal at Franklin Elementary in Provo. Mark served as a principal at Grant Elementary and Cherry Creek Elementary in Springville until his retirement. He loved his chosen career helping to support children



learn. Mark believed in serving his community. He served on the Springville City Council and on many other local boards. He and Debbie were co-chairs of the annual Art City Days and actively supported the Springville Library and the Springville Art Museum. They spent thirteen years on the Springville World Folkfest Board of Directors where Mark especially loved being with dancers and musicians from around the world as they arrived to perform each summer.

One of the highlights of Mark's wonderful life was returning to Rome, Italy to serve another mission with Debbie as his companion in 2017. They served in the mission office, helped with the Rome Temple open house, and were able to attend the newly opened temple with other family members. He felt a deep, eternal connection to his Italian ancestors and family who lived in the hilltop town of San Polo dei Cavalieri. He had a special love for the Italian people, and they loved him.

Mark cared about the one — though he served many as a Bishop in his home ward and at BYU, an MTC Branch President, principal, teacher and community leader — he sought out the individual. Many lives have been touched by his love and guidance.

We weep for the loss of our brother, husband, father, grandfather and friend. Though we miss him here, thousands of Italian family members who were found by him in the church records now welcome him and thank him with tanti baci e abbracci.

Mark's memorial service will be held Saturday June 15th at 11:00 am at the Springville Utah chapel located at 1785 East 400 South. Interment will follow in the Springville City Cemetery. The family is collecting stories for a memory book for Mark's children and grandchildren. If you have a story or photo to share, please send them to the family at www.premierfuneral.com

How to send in an obituary for your loved one



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Pro tips to making great gaucamole

BY KATIE WORKMAN
Associated Press

Americans have been having a love affair with avocados in recent years. Especially in guacamole.

According to the California Avocado Commission, some 81 million pounds of avocados are consumed in the U.S. during Cinco de Mayo, the annual celebration of Mexican American culture that falls on May 5.

But some guacamoles are disappointing — bland, or watery, or lacking in creaminess. So, what makes the difference between meh guacamole and great guacamole?

“The conversation has to begin with the avocados themselves,” says Julian Rodarte, a chef and co-owner of Beto and Son in Dallas, and a guacamole aficionado.

There are hundreds of varieties of avocados, though only a few are commonly available in the U.S. Rodarte says that Mexican Hass avocados (specifically from the Michoacan region of Mexico) are the best avocados for guac, with the highest oil content.

Ivy Stark, chef/owner of the restaurants Mexology and BKLYN-wild in New York City, also recommends Hass avocados for guacamole. In general, Hass avocados, which can also come from California and other locales, are denser than the larger varieties, creamier and richer in flavor. Avocados with more water in the flesh will break down more quickly, especially when blended with the other ingredients.

To check the ripeness of the fruit (we all know avocado is a fruit, yes?), Rodarte suggests looking for two indicators. First, touch. Gently press the skin and “it will tell you right away if it’s soft.” Second, break off the little piece of stem at the top of the avocado and look at the little navel-like circle underneath. If it’s bright green, the avocado should be ripe. White is under-ripe, and brown is past its prime.

If you need to help your avocados ripen faster, place them in a brown bag or other container with a banana and let them sit for half a day to a day or two. The natural gases emitted by the banana will accelerate the ripening of the avocados.

As for seasonings, Rodarte says, “I eat guacamole for the flavor of the avocados,” so he recommends using a thoughtful, light hand. Fine sea salt is his preference, as it melts into the guac “without interrupting the creaminess with crunchy bits of salt.”

He also feels that lime or lemon juice alone is too assertive and will overwhelm the delicate flavor of avocado. He always adds in some orange juice, too, and sometimes uses orange juice all on its own, liking the natural balance of sweetness and tartness.

Rodarte recommends mashing the avocados with the seasonings until creamy, and then folding in the other ingredients so they don’t break down and make the guacamole watery.

Both Rodarte and Stark recommend using a mortar and pestle to mash the avocados. Rodarte aims for a “whipped butter consistency” while Stark describes her ideal consistency as “soft and chunky.” For



CARRIE CROW, ASSOCIATED PRESS

A recipe for guacamole, served in an avocado shell, appears in New York in June 2019.

those of us who don’t have a mortar and pestle in the kitchen, Rodarte says a fork is fine, too.

He then stirs in chopped meaty tomatoes, with the juice and seeds removed, and recommends a finely minced white or red onion. He adds finely minced or chiffonaded cilantro, but says “a little goes a long way,” so be judicious when adding this strong herb.

Stark thinks cilantro and jalapeños are essential to good guacamole. Rodarte also like the heat of chile peppers in his guacamole, but prefers fresnos or serranos to jalapeños.

Rodarte says the molcajete, or base of the mortar, is the “cast-iron pan of Mexico,” taking on flavors from different ingredients over the years.

“Nothing will ever taste like a dish made using your abuelita’s mortar and pestle, with years of gradual seasoning,” he says.

Rodarte does play with more non-traditional ingredients, too. He’s used chili crunch as a finisher, blended in yuzu ponzu sauce, and added a few drops of toasted sesame oil in some versions of guacamole.

Stark offers many twists on guacamole, playing with tropical fruits and berries. She also likes to make

versions with shrimp, crab and lobster, and at Mexology they offer a guac with pomegranate seeds and toasted pepitas.

As for the challenge of storing guacamole without it browning, both chefs recommend pressing plastic wrap right on top of it to minimize oxidation. Rodarte also suggests brushing the top of the guacamole with a bit of oil to seal it from exposure to the air.

Keep the guac in the fridge, and if there is some browning, Stark says to just scrape a thin layer from the top before serving.

If I know I’m making the guacamole to serve later, I hold back on adding the lime juice to the recipe. I blend everything up, then pour the lime juice over the top, using it to “seal” the top of the guac, and then stir it in just before serving. The proportions will still be perfect, and you will have avoided the browning.

Consider serving guacamole in scooped-out avocado shells. They might be a little wobbly, but you can nestle the shells in a bed of tortilla chips for more stability.

The following guacamole recipe is inspired by Rodarte’s tips:

CLASSIC GUACAMOLE

- Ingredients:*
- 2 ripe Hass avocados, preferably from Mexico
 - Fine sea salt and freshly ground black pepper to taste
 - 2 teaspoons fresh lime or lemon juice
 - 2 teaspoons fresh orange juice
 - 1/3 cup minced red or white onion
 - 1 Roma tomato (cored, seeded, and chopped; about 1/2 cup)
 - 1/2 to 1 teaspoon minced seeded serrano or Fresno pepper
 - 1/2 to 1 teaspoon minced fresh cilantro
- Directions:*
- Cut the avocados in half, remove the pits, and use a knife to cut the avocado flesh into chunks right in the skin, cutting in one direction and then crosswise in a grid-like fashion. Use a spoon to scoop out all of the flesh into a medium-size bowl. Mash with a fork, or use a mortar and pestle. Blend in the salt, pepper and citrus juices.
- Add the onion, tomato, chile pepper and cilantro and gently fold into the avocado until well blended. Taste, then adjust the seasonings.
- You can serve the guacamole with tortilla chips or use on tacos, burritos, quesadillas or other dishes.

Walmart eyes younger shoppers with launch of new store-label food brand

BY ANNE D’INNOCENZIO
Associated Press

NEW YORK — Walmart is launching the U.S. retailer’s biggest store-label food brand in 20 years in terms of the breadth of items, seeking to appeal to younger customers who are not loyal to grocery brands and want chef-inspired foods that are more affordably priced.

The brand, called Bettergoods, is just hitting Walmart stores and the company’s online shopping site. Walmart said Tuesday it expects to have 300 products in the line by the fall, including frozen foods, dairy items, snacks, beverages, pastas, soups, coffee and chocolate. The prices range from under \$2 to under \$15, with most products costing under \$5.

The Bettergoods line is divided into three categories: plant-based options like desserts made with oat milk and non-dairy cheeses; products catering to other dietary lifestyles, such as gluten-free, or made without artificial flavors, colorings or added sugars; and “culinary experiences.” The last category features items like creamy corn jalapeno chowder and pasta from Italy.

The launch from the country’s largest retailer comes as inflation has driven shoppers to seek less-expensive alternatives, lifting the popularity of private-label brands. Private brands accounted for nearly 26% of the overall market share in the number of units in the food and beverage category sold last year, up from 24.7% during the previous year, according to market research firm Circana. That compares with 74.5% for national name brands last year, down from 75.3% in 2022.

For so-called core pantry items, including breakfast meats, baking items, fresh bread and salty snacks, private brands accounted for 36.6% of market share in dollars in 2023, up from 36.2% in 2019. That compares with national brands, which accounted for 63.4% last year. That’s down from 63.8%, according to Circana.

But these store brands are becoming tastier and higher quality, mirroring national brands. Walmart’s rivals, including Target, have been growing and sprucing up their own labels. Target’s Good & Gather food and beverage brand, launched in 2019, has expanded to include dishes such as chicken tikka masala.

Many grocery retailers face increasing competition from Trader Joe’s, which offers shoppers a treasure hunt experience with its variety of high-quality meals, ingredients and snacks.

Mom knows best what she wants for Mother’s Day

BY LEANNE ITALIE
Associated Press

NEW YORK — Not all moms are the same. They like and do different things. Some, gasp, don’t love the idea of flowers and chocolates for Mother’s Day.

Consider these alternative gifts, many based on testimonials from actual moms.

PAMPER, PAMPER, PAMPER

There’s a zillion ways to pamper mom. There’s breakfast in bed, of course, and homemade coupon books offering to do some of her least favorite chores, or joining her on something she loves but you don’t. If you’re looking for a self-care something, this hair tool is pricy but there’s little it can’t do. There are styler-dryer Dyson Airwrap sets for straight to wavy, and curly to coily hair. All avoid extreme heat. So many attachments. So little time. \$599.99. Widely available.

SERVE UP SOME SERVICE

Still in the pamper mom search? Gift cards for mani-pedis, a spa day or a spa weekend may be greatly appreciated. How about cleaning out the garage or pantry without complaint? Not happening? Re-pot some plants, clean up the garden or put in a bunch of new annuals to add color. Try a gift card for car



PETER HAMLIN, AP ILLUSTRATION

detailing, and an offer to go get it done so she doesn’t have to. Better yet, kids, clean mom’s car inside and out for free. Do a good job.

SPEAKING OF GARDENS

Consider a swing through a garden center or three so mom can pick out whatever she wants. Again, with no grumbling. Alternatively, go yourself and bring home flats full of her favorites. Offer to do her indoor chores for a week so she can spend more time in the garden. Gift her some new outdoor containers or fancy indoor pots.

FOR OUTDOORSY, ACTIVE MOM

Whether mom is a runner, hiker or camper, think gear. There’s so much tech in gear and she may not be completely up to date. If that’s not important, there’s plenty of just regular stuff, too. Perhaps a LifeStraw water filter bottle. \$44.95. Check out the Altra Lone Peak trail shoes. \$140. A fancy tent or camp stove, perhaps. High performance shorts and matching tops. A new bicycle? The possibilities are endless.

FOR THE COFFEE MOM

Bags of her favorite beans, or anything coffee-related. Coffee pods, a Starbucks card, a new coffee maker, funny coffee-themed signs for the kitchen, a homemade coffee cake to go with mom’s cup of Joe. Have at it. You could even turn her on to some new beans. Artisanal java is everywhere.

LET HER CLAIM THE DAY

Mother’s Day is usually about togetherness. What if mom wants to go it alone? Easier said than done for some families. If doable, send her somewhere on the actual day, rather than a future one, where for 24 hours her every need and desire will be anticipate and met. Massage, delicious food, alone time in a calming, private outdoor spot by a creek. No one asking her for a single thing. A slice of heaven.

FLY IN SOME LOVED ONES

Sometimes, new moms just want their own moms. That’s not always possible, considering distance and cost. Splurge! Especially if mom is marking her first postpartum Mother’s Day. Fly in her mom if you have to. Plan a nice brunch, either at home or at a restaurant, followed by an afternoon at a botanical garden or

a park. Are there grandkids? Daughters who are pregnant or with new babies? Make it happen that everybody is together. It’s what memories are made of.

FEED A PASSION, ENHANCE A HOBBY

Does mom collect a specific kind of crystal, china, anything else? You could pick up a piece or come up with a new or expanded display scheme. See if there’s a museum tie-in, either locally or on a trip, that you could take her to. Does the cherished collected thing inspire coffee-table books or books of history? Is she passionate about a specific TV show or movie franchise? Merch is everything. How about a new yoga mat?

LARGE PURCHASE ALERT

Got a backyard? Got a mom who wants a she shed? Seize the day! Buy a garden shed and convert it, or spend more on a higher-end structure. Head to Amazon or Etsy or Lowe’s or Wayfair or tons of other places. Choose the perfect wooden she shed at Solid-buildwood.com here. Also try StudioShed. SunVilla via Costco.com has a particularly chic glass and aluminum shed good for all seasons. \$4,499.99. Back in stock mid-May. It’s worth the wait.

Anne Hathaway steals show in ‘The Idea of You’

BY JAKE COYLE
Associated Press

In the warmly charming rom-com “The Idea of You,” Anne Hathaway plays a 40-year-old divorcee and Silver Lake art gallery owner who, after taking her teenage daughter to Coachella, becomes romantically involved with a 24-year-old heartthrob in the boy band August Moon. They first meet after she mistakes his trailer for the bathroom.

There are a few hundred things about this premise that might be farfetched, including the odds of finding love anywhere near the portajohns of a music festival. But one of them is not that a young star like Hayes Campbell (Nicholas Galitzine) would fall for a single mom like Solène (Hathaway).

Solène is stylish, unimpressed by Hayes’ celebrity and has bangs so perfect they look genetically modified. And, most importantly, she’s Anne Hathaway. In the power dynamics of “The Idea of You,” Hayes may be a fictional pop star but Hathaway is a very real movie star. And you don’t forget it for a moment in Michael Showalter’s lightly appealing showcase of the actor at her resplendent best.

“The Idea of You,” which debuts Thursday on Prime Video, is full of all the kinds of contradictions that can make a rom-com work. The highly glamorous, megawatt-smiling Hathaway is playing a down-to-earth nobody. The showbiz veteran in the movie is played by Galitzine, a less well-known but up-and-coming British actor whose performance in the movie is quite authentic. And even though the whole scenario is undeniably a glossy high-concept Hollywood fairy tale, Showalter gives it enough texture that “The Idea of You” comes off more natural and sincere than you’d expect.

The only thing that really needs to make perfect sense in a movie like “The Idea of You” is the chemistry. The film, penned by Showalter and Jennifer Westfeldt from Robinne Lee’s bestseller, takes its time in the early scenes between Solène and Hayes — first at Coachella, then when he stops by her gallery — allowing their rapport to build convincingly, and giving each actor plenty of time to smolder.

Once the steamy hotel-room encounters come in “The Idea of You,” the movie

has, if not swept you away, then at least ushered you along on a European trip of sex and room service. At the same time, it stays faithful to its central mission of celebrating middle-aged womanhood. The relationship will eventually cause a social media firestorm, but its main pressure point is whether Solène can stick with Hayes after her ex-husband (Reid Scott) cheated on her. This is a fairy tale she deserves.

While Showalter (“The Big Sick”) has long showed a great gift for juggling comedy and drama at once, “The Idea of You” leans more fully into wish-fulfillment romance. That can leave less to sustain the film, which has notably neutered some of the things that distinguished the book.

The May-December romance has been shrunk a little. In the book, the singer is 20. Given that Galitzine is 29 and the 41-year-old Hathaway is no one’s idea of old, this is more like a July-September relationship. In the book, the daughter (Ella Rubin) is a huge admirer of the pop singer, adding to the awkwardness, but in the movie, August Moon is “so 7th grade” to her.

There are surely more interesting and funnier places “The Idea of You” could have gone. But Hathaway and Galitzine are a good enough match that, for a couple hours, it’s easy to forget.

But the most convincing thing about “The Idea of You”? August Moon. The movie nails the look and sound of boy bands so well because it went straight to the source. The original songs in the film are by Savan Kotecha and Carl Falk, the producer-songwriters of, among other pop hits, “What Makes You Beautiful,” One Direction’s debut single.

That connection will probably only further the sense that “The Idea of You” is very nearly “The Idea of Harry Styles.” The filmmakers have distanced the movie from any real-life resemblances. But one thing is for sure: With August Moon following 4(asterisk)Town of “Turning Red” (whose songs were penned by Billie Eilish and Finneas O’Connell), we are living in the golden age of the fictional boy band.

“The Idea of You,” an Amazon MGM Studios release, is rated R by the Motion Picture Association for some language and sexual content. Running time: 115 minutes. Two and a half stars out of four.

Classifieds

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Legal Notices

Notice of Public Comment

The Bureau of Reclamation, working with Southern Utah Valley Power Systems (SUVPS), is providing the public with the opportunity to review the negotiated draft of the title transfer agreement for 30 days beginning May 1, 2024. The draft title transfer agreement can be found at: <https://www.usbr.gov/uc/provo/index.html>

Through development of the Strawberry Valley Project, the United States holds title to the 46kV Power Transmission System and related easements serving south Utah Valley - namely, the communities of Spanish Fork City, Springville City, Payson City, Salem City, and the unincorporated communities of Elk Ridge and Woodland Hills. The Strawberry Valley Project repayment contract was fulfilled in December of 1974, and there are no further repayment obligations for the project. The 46kV Power Transmission System is proposed to be transferred to SUVPS to reduce administrative costs, increase operational efficiencies, and enable SUVPS to fund improvements for the system. SUVPS and its predecessors have provided electrical utility services related to the transmission system for nearly 5-decades. Reclamation formally recognized SUVPS as the O&M contractor for the transmission system in 2015.

For more information, please contact Bryan Schmutz, Project Manager, Provo Area Office at 801-379-1245 or bschmutz@usbr.gov.

Legal Notice 12820 Published in the Daily Herald on May 3, 4, 6, 7, 8, 9, 10, 11, 13, 14, 15, 16, 17, 18, 20, 21, 22, 23, 24, 25, 28, 29, 30, 2024

NOTICE OF REDEVELOPMENT AGENCY OF THE CITY OF OREM BUDGET PUBLIC HEARING

The Redevelopment Agency of the City of Orem will hold a public hearing on Tuesday, May 14, 2024, at 6:10 p.m. in the Orem City Council Chambers, 56 North State Street, Orem, to consider the adoption of the Tentative budget of the Redevelopment Agency of the City of Orem for Fiscal Year 2024-2025. The proposed budget for the Agency is \$1,390,000. All interested persons are invited to attend the public hearing and will have an opportunity to make oral comment concerning the proposed budget. THE PUBLIC IS INVITED TO PARTICIPATE IN ALL REDEVELOPMENT AGENCY MEETINGS. If you need a special accommodation to participate in the Redevelopment Agency Meeting, please call the City Recorder's Office. (Voice 229-7074)

NOTICE OF SCITY OF THE CITY OF OREM TENTATIVE BUDGET PUBLIC HEARING

The Special Service Lighting District of the City of Orem will hold a public hearing on Tuesday, May 14, 2024, at 6:20 p.m. in the Orem City Council Chambers, 56 North State Street, Orem, to consider the adoption of the budget of the Special Service Lighting District of the City of Orem for Fiscal Year 2024-2025. The total budget as proposed is \$1,278,500. All interested persons are invited to attend the public hearing and will have an opportunity to make oral comment concerning the proposed budget. THE PUBLIC IS INVITED TO PARTICIPATE IN ALL SPECIAL SERVICE LIGHTING DISTRICT MEETINGS. If you need a special accommodation to participate in the Special Service Lighting District, please call the City Recorder's Office. Voice (801) 229-7074

Legal Notice 12826 Published in the Daily Herald on May 4, 2024

NOTICE OF TRUSTEE'S SALE
The following described real property will be sold at public auction to the highest bidder, payable in lawful money of the United States of America at the time of sale, at the main entrance to the Utah County Courthouse, a/k/a the Utah Fourth Judicial District Court, Provo Department, 137 North Free-

dom Blvd, Provo, UT 84601, on June 10, 2024, at 10:00 a.m. of said day, for the purpose of foreclosing an assessment lien, notice of which was recorded in the official records of Utah County, State of Utah, on April 25, 2019, as Entry No. 35060:2019 ("Assessment Lien"). The real property to be sold is located in Payson, Utah County, State of Utah, and is more particularly described as:

LOT 29, PLAT A, MOUNTAIN VIEW MEADOWS PRD. AREA 0.0231 AC. Parcel ID No.: 46:494:0029. The undersigned disclaims liability for any error in the description.

The record owner of the subject real property as of the recording of the Notice of Default and Election to Sell was Gayle Clements. A Substitution of Trustee, dated January 23, 2024, was recorded on January 23, 2024, as Entry No. 4242:2024 of the official records of the Utah County Recorder. Bidders must tender to the Trustee a \$5,000.00 deposit by cashier's check at the sale, and the balance of the purchase price in certified funds by 4:00 p.m. on the next business day. The balance of the purchase price must be in the form of a cashier's check or bank official check payable to Parris E. Nelson, Trustee. Cash will not be accepted. A Trustee's Deed will be delivered to the successful bidder within three (3) business days after receipt by the Trustee of the balance of the purchase price. The sale is made without any warranty whatsoever, including but not limited to any warranty as to title, liens, possession, taxes, encumbrances, or condition of the property.

The Trustee reserves the right to void the effect of the trustee's sale after the sale based upon information unknown to the Trustee at the time of the sale, such as a bankruptcy filing, a loan reinstatement, an agreement between trustor and beneficiary to postpone or cancel the sale, or any other condition or occurrence of which the Trustee is not aware that would cause the cancellation or stay of the sale. If so voided, the only recourse of the highest bidder is to receive a full refund of the money paid to the Trustee. For more information, contact the Trustee at the below address and telephone number, Monday through Friday (excluding holidays) during normal business hours of 9:00 a.m. to 5:00 p.m. THIS IS AN ATTEMPT TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. DATED This 1st day of May, 2024. "SUCCESSOR TRUSTEE"

/s/ Parris E. Nelson
PERRIS E. NELSON, Esq.
Anderson, File, Marshall & Johnson, LC
2500 North University Ave.
Provo, Utah 84604
Telephone: (801) 375-1920

Legal Notice 12827 Published in the Daily Herald on May 4, 11, 18, 2024

TRUSTEE'S NOTICE TO CREDITORS

Kerry David Woolsey, the son of Karl Perry Woolsey, Jr. (who was a Trustor and one of the initial Trustees of The Woolsey Family Trust under that agreement dated September 16, 1994), hereby gives notice pursuant to Utah Code 75-7-508 that Karl Perry Woolsey, Jr., passed away on March 30, 2023. As a result of the passing of both Karl Perry Woolsey, Jr., and Mercedes H. Woolsey, the original Trustees, Kerry David Woolsey became the Successor Trustee of The Woolsey Family Trust Agreement dated September 16, 1994, as subsequently amended.

Creditors of either the Estate of Karl Perry Woolsey, Jr., or of The Woolsey Family Trust Agreement dated September 16, 1994, are hereby notified to present to Kerry David Woolsey at P.O. Box 51, Dubois, Wyoming 82513, or to his attorney, Laramie D. Merritt at Hansen Law, P.C., 233 S. Pleasant Grove Blvd., Suite 202, Pleasant Grove, Utah 84062, all claims they may have against either the Estate of Karl Perry Woolsey or against The Woolsey Family Trust Agreement dated September 16, 1994, within three months of the first publication of this notice or their claims shall be forever barred.

First Date of Publication: April 20, 2024

/s/ Kerry David Woolsey

Legal Notice 12772 Published in the Daily Herald on April 20, 27, May 4, 2024

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Mortgage rates hit five-month high

BY ALEX VEIGA
Associated Press

LOS ANGELES — The average rate on a 30-year mortgage climbed this week to its highest level in more than five months, pushing up borrowing costs for prospective homebuyers in what’s typically the housing market’s busiest stretch of the year.

The rate rose to 7.22% from 7.17% last week, mortgage buyer Freddie Mac said Thursday. A year ago, the rate averaged 6.39%.

When mortgage rates rise, they can add hundreds of dollars a month in costs for borrowers. That limits how much homebuyers can afford at a time when a relatively limited number of homes on the market coupled with heightened

competition for the most affordable properties has kept prices marching higher.

The average rate on a 30-year mortgage has now increased five weeks in a row. It hasn’t been this high since Nov. 30.

Borrowing costs on 15-year fixed-rate mortgages, popular with homeowners refinancing their home loans, also rose this week, lifting the average rate to 6.47% from 6.44% last week. A year ago, it averaged 5.76%, Freddie Mac said.

Mortgage rates are influenced by several factors, including how the bond market reacts to the Federal Reserve’s interest rate policy and the moves in the 10-year Treasury yield, which lenders use as a guide to pricing home loans.

After climbing to a 23-year

high of 7.79% in October, the average rate stayed below 7% this year until last month, as stronger-than-expected economic data and inflation dimmed optimism among bond investors that the Fed would be able to start cutting its short-term interest rate sooner, rather than later.

In its latest interest rate policy statement Wednesday, the Fed said it doesn’t plan to cut interest rates until it has “greater confidence” that price increases are slowing sustainably to its 2% target.

Until then, mortgage rates are unlikely to ease significantly, economists say.

“Recent data reflects a surprisingly resilient economy, which means rate cuts expectations have pushed out

further into the back half of the year,” said Hannah Jones, senior economic research analyst at Realtor.com.

The uptick in mortgage rates in recent weeks is an unwelcome trend for home shoppers this spring homebuying season. On average, more than one-third of all homes sold in a given year are purchased between March and June.

“With two months left of this historically busy period, potential homebuyers will likely not see relief from rising rates anytime soon,” said Sam Khater, Freddie Mac’s chief economist.

Sales of previously occupied U.S. homes fell last month as homebuyers contended with elevated mortgage rates and rising prices.



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WESTERN HEATING, AIR & PLUMBING

As Utah embraces the warmer months, ensuring your home remains an oasis of comfort despite fluctuating temperatures is more crucial than ever. With Western Heating, Air & Plumbing at your service, you can transform your living space into a haven of efficient cooling and heating tailored to Utah’s unique climate challenges.

Regular maintenance:
A necessity, not a luxury

Transitioning between Utah’s wide temperature ranges can be taxing on any HVAC system. Regular maintenance is essential to ensure your equipment operates at peak efficiency. Seasonal check-ups can prevent unexpected breakdowns and extend the lifespan of your unit, ensuring you stay cool when it matters most.

Understanding Utah’s climate variance

Utah’s climate is a study in extremes, with icy winters and sweltering summers. This dramatic fluctuation stresses the importance of a reliable home HVAC system. Effective cooling is not just a luxury; it’s a necessity for maintaining your family’s comfort and health during the hot months ahead. The intense heat can penetrate homes, stifling indoor environments if not adequately managed with a capable cooling system. Additionally, as temperatures swing widely throughout the year, a well-maintained HVAC system ensures these transitions are seamless and stress-free for your living space.

Efficient cooling strategies

In the realm of air conditioners, there are primarily two types of compressors: single-stage and variable-speed. Single-stage compressors operate at full power every time they turn on, akin to a light switch that’s either fully on or off. In contrast, variable-speed compressors adjust their output to meet the current cooling demand precisely. This not only allows for a consistently comfortable indoor temperature but also enhances energy efficiency and minimizes wear and tear on your system.

Like a car that adjusts its speed based on driving conditions, a variable speed compressor modifies how hard it works based on how hot it is outside. This smart operation uses less energy and is easier on your air conditioning system, similar to how smooth driving can benefit your car’s engine. High SEER ratings, which are like a car’s miles per gallon (MPG) rating, further confirm that the higher the number, the more efficiently the air conditioner uses energy. These features work together to maintain a cool home environment without overworking your system or draining your wallet.

The role of smart thermostats and insulation

Complementing your air conditioning with a smart thermostat can elevate your home’s

comfort and efficiency. These devices automate temperature settings based on your daily routine, making it effortless to maintain an ideal climate while optimizing energy use. Moreover, proper insulation in your home acts as a barrier against heat, keeping the cool air in and the sweltering heat out, further enhancing the efficacy of your cooling system.

Long-term benefits of investing in efficient HVAC solutions

Investing in advanced HVAC solutions is not merely a purchase—it’s a commitment to long-term savings and comfort. With Western Heating, Air & Plumbing, you are choosing a partner who understands the local climate and your family’s needs. An efficient system reduces monthly bills, increases the value of your home, and minimizes environmental impact, making it a wise choice for today and tomorrow.

Take action today

Don’t let the peak of summer heat catch you off-guard with an underperforming air conditioning system. If your unit has been struggling, it might be time to consider an upgrade. At Western Heating, Air & Plumbing, we understand the importance of a reliable, efficient HVAC system to your home’s comfort and peace of mind. That’s why we offer energy-efficient solutions to transform your living space into a cooler, more comfortable environment all summer. If budget concerns hold you back, Western provides low payment options to fit any budget, ensuring you get the comfort you need without financial stress. Invest in your home’s efficiency today and enjoy reduced energy bills and a more comfortable indoor climate year after year. Call us now at (801) 515-2448 or visit www.WesternHeatingAir.com today to schedule a discussion on how we can help you secure a timely and beneficial home comfort upgrade!

With these solutions, you’re not just surviving the Utah summer; you’re thriving in it, with a cool, inviting home that welcomes you and your family no matter the temperature outside.



A “For Rent” sign displays outside an apartment building in Skokie, Ill., on April 14.

BY RONITA CHOUDHURI-WADE
NerdWallet

While renting apartments in San Francisco, Malone Detro often made small changes to the walls or fixtures to match her particular taste and budget.

“There are a lot of ways in which a rental home can feel not like home,” says Detro, founder of Malone, an interior design and architecture firm.

Detro says making cosmetic upgrades, even if you’re renting, can help you feel excited about your living space.

“I think it helps, ultimately, in you feeling proud about your home,” she says.

Renting an apartment or house can mean a shorter commitment than home ownership — and it’s often a more affordable option in major cities. However, renters may feel constrained when personalizing a rented space, especially when the landlord holds your security deposit.

With a little creativity — and your landlord’s approval — there are ways to make your rental feel more like home and still get your deposit back. Here are eight lease-friendly home upgrades, from least to most amount of work required.

1. Personalized floor coverings

Adam Avitable, a comedian who rents in Tulsa, Oklahoma, says “comfort and feeling” are priorities when it comes to updating his apartment. A focal point in his living room is a rug with images of bacon strips, a food he enjoys.

“That’s something people walk in and they’ll notice,” he says.

2. Better showerheads

A new rainfall or massaging showerhead can significantly boost your daily shower experience, and it’s easy to swap with an existing head. Swap again when you move out and take your upgraded showerhead with you.

3. Stylish cabinet hardware

Cabinets are often the focal points in kitchens and bathrooms. Update the look by replacing the knobs, pulls or handles. Choose finishes that complement existing fixtures and faucets.

Consider new pulls for the closets, too.

4. Smart-home gadgets

Tech-enabled home accessories can make your rental more convenient. In addition to Wi-Fi-enabled plugs for lamps, Avitable attached a voice-activated smart device to his curtains.

“I just tell it in the morning, ‘open the bedroom,’ and it slides the entire curtain open for me,” he says. “That helps me get out of bed if I’m feeling lazy!”

5. Window flair

Curtains play an important role in setting the mood of a space. Blackout shades in a bedroom or light-filtering curtains for a living room can add functionality.

“Window treatments are really easy to install yourself,” says Detro, who used tension curtain rods, which don’t require drilling holes and are easy to remove.

6. Brighter light fixtures

Swapping outdated light fixtures with stylish sconces or pendants can elevate the look and feel of a room. Choose fixtures that accommodate bulbs with the correct wattage and store the originals.

7. Removable wallpaper

Removable wallpaper adds pattern and texture to walls without causing permanent damage. Choose a bold print to create an accent wall and live up small spaces. Peel-and-stick options require precision to apply but shouldn’t leave a residue when removed.

8. Fresh paint

Adding fresh paint to the walls of an old apartment can easily brighten

and modernize a rental. Detro suggests choosing neutral colors that are easy to paint over and using furnishings to bring color and character to the room.

Affording home upgrades

Landlords generally don’t pay for upgrades, or for returning the rental to its original condition, which means you’ll likely have to pay out of pocket.

One way to make upgrades worthwhile is to invest in items you can bring to your next home. For expensive purchases, home improvement retailers like Amazon and Home Depot offer payment plans like “buy now, pay later” that allow you to pay in installments over weeks or months.

Rental upgrades make sense “as long as there’s an increase in the renter’s comfort and convenience,” says Daniel Pinheiro, a certified financial planner in Falls River, Massachusetts.

Pinheiro encourages renters to be intentional with purchases and budgeting, while also saving for long-term goals like buying a home.

Communication is key

Clear communication with your landlord will set expectations and prevent surprises when you move out. “I think that it’s important to know your rights (as a tenant),” says Avitable, “to know what you can and can’t do.”

Before starting any major project, check the lease for any restrictions and get your landlord’s approval in writing. Save receipts or documentation for any upgrades you make in case you want to negotiate with your landlord for items remaining in the rental at the end of your lease.

“I think respect is the biggest part of it,” says Detro, “having respect for the landlord and having respect for your space.”

This article was provided to The Associated Press by the personal finance website NerdWallet. Ronita Choudhuri-Wade is a writer at NerdWallet. Email: rcwade@nerdwallet.com.

HOROSCOPES | SATURDAY, MAY 4

Adaptations

The moon dons a tail as it swims through the sea of Pisces and then, while waiting for the lava flow of hot Aries to harden, grows feet to make the transition to land. What kinds of adaptations will you make to adjust to the changing conditions? There simply isn't time to resist the inevitable, and nothing is more inevitable than change.

ARIES (March 21-April 19). True growth begins with a you-to-you embrace. An open-hearted self-acceptance will lead you to accept a number of other things. The more you can accept, the bigger your heart, world and horizons will be.

TAURUS (April 20-May 20). You're the constant. You show up when it matters with a steady hand to hold. You'll elevate the scene, shower loved ones with the praise they need to hear and let people see themselves through your lens painted in hues of adoration.

GEMINI (May 21-June 21). One of the many paradoxes of humanity — we need to feel like we belong, but we also need to feel special. You'll stay aware of what you do to fulfil these needs. You shouldn't have to feel superior to feel worthy of love.

CANCER (June 22-July 22). Though you can't stand the idea someone might be mad at you, it's not something to fear or avoid. It's better to risk it than be overly accommodating with someone who doesn't deserve it.

LEO (July 23-Aug. 22). Love will transcend the confines of the ego. You'd like to know that a person's feelings for you are deep and wide. There's something incredibly comforting in the depths. It's as though there's an entire ocean created just to hold you.

VIRGO (Aug. 23-Sept. 22). You crave and fear something at the same time. It's too soon to make a move on the matter. Play it low-key. Keep learning. Tonight you'll have a moment of luck.

LIBRA (Sept. 23-Oct. 23). Sure, it's good to know where you and your work are in relation to the rest of the

world. But this is more of a check-in than a constant assessment, which would be exhausting and would benefit no one, least of all you.

SCORPIO (Oct. 24-Nov. 21). A mind encumbered by existing beliefs about how the world works cannot readily absorb new ideas about how the world might, could or will work. You eschew certainty and open yourself to the possibility of a fresh and different reality.

SAGITTARIUS (Nov. 22-Dec. 21). You'll tune in to the whispers of trends. Listen, but before you act, wait until the whispers become a voice less faint. There are words too soft to be taken seriously. These words can so easily drift into a shifting wind.

CAPRICORN (Dec. 22-Jan. 19). Prevent interruptions, as they are too costly. Not only do they require you to stop, but upon returning to your original work you will have to go through more mechanics — back track, find your mood, work up some momentum, etc.

AQUARIUS (Jan. 20-Feb. 18). Your natural impressionability will work for you. You'll fill your eyes, mind and experience with brilliance and become brilliant. You will take in beauty and become even more beautiful.

PISCES (Feb. 19-March 20). New and augmented income sources are out there for you. Research, investigate and, above all, socialize because people sharing their personal experiences will teach you the most. If you can't socialize, a podcast will be the next best thing.

TODAY'S BIRTHDAY (May 4). You'll be known for the acts of heart you so graciously contribute throughout the year. You'll gravitate to avenues where everyone can achieve meaningful gains and transcend zero-sum mentalities of winning. More highlights: Brilliant unselfconsciousness. A financial puzzle gets solved. You'll know a settled kind of feeling that you've finally arrived. Scorpio and Sagittarius adore you. Your lucky numbers are: 10, 3, 29, 5 and 17.

JANRIC CLASSIC SUDOKU | SATURDAY, MAY 4

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

Solution to 5/3/24

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

Rating: GOLD

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| | 6 | 4 | | 3 | | | 7 | |
| | | 7 | | | | 2 | | |

5/4/24

Answers to Previous Puzzle

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| M | O | B | S | | T | E | A | M | | Y | E | A | S | T |
| A | R | E | A | | H | A | R | I | | A | G | R | E | E |
| L | A | Z | Y | S | | S | | | | N | O | C | A | N |
| I | L | O | S | T | M | Y | B | O | K | H | M | S | | |
| A | B | S | O | R | B | | S | T | L | E | O | | | |
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| O | N | S | L | A | U | G | H | T | | | A | T | A | D |
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05/03/24

Daily Herald



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Tanner Balderree

CROSSWORD

By Stanley Newman

Newsday Crossword

ACROSS

- Spots that may be hot
- “__ the melancholy thunder moan’d”: Shelley
- De Niro’s *Raging Bull* brother
- Name meaning “hairy” in Hebrew
- How much you can take
- Crest collaborator
- Longevity Economy Outlook* co-publisher
- It runs *Farmhouse Fixer*
- Four bells at sea
- Mariah Carey nickname
- Yamaha Duet+ product
- Infielder who had eight RBIs in one 1999 inning
- The nation’s largest power station
- Regretful remark
- Shaky
- Nietzsche’s “cruelest animal”
- Ocean liner
- Number lines
- Photo processor
- Short yardstick
- Julie Nixon, in ‘66
- Word on a Cable Car Museum area map
- Disperse
- Name meaning “princess” in Hebrew
- Expression of elation
- The Ebro flows through it
- __ *Last Citizen* (book about Cato)

- Fed people
- Self-reproach
- Traditional red garb for a bride
- Beethoven trio
- Intensity
- Gym ball
- Small part of 52-Across
- City in a yellowish etymology
- First Japanese boombox brand
- CD ID
- Operatic Charlestonian
- Go wild
- Energy source

DOWN

- Beat the Parents, e.g.
- Major merger partner of 2015
- What could be part of a show of force?
- Belly up
- Impermanent
- Unable to sail, say
- Floor
- Goes wild
- What Kramer saves catalogs from
- Novel device
- Overnight delivery specialist
- __ check
- Typewriters with typeballs
- Carrier of cookies
- Inspiration to many

| | | | | | | | | | | | | | | |
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| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | | 16 | | | | |
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| 59 | | | | | | | 60 | | | | | 61 | | |

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Saturday Evening Television

| | 6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 11:30 | 12 AM |
|-------|---|------------------------------|--|--|---|------|--|--|--|---------------------------------------|---|---|--------------------------------|
| KUTV | Going To The Bathroom Too Much? (TVG) | Paid Programming (TVG) | FBI: International Sharks (N) (TV14) | Fed to the Footsteps (TV14) | FBI: Most Wanted Footsteps (TV14) | | 48 Hours (N) | | 2 News at 10:00pm (N) (Live) | (35) 2 News Talkin' Sports (N) (Live) | (05) Hooked on Utah (TVG) | (35) Paid Programming (TVG) | (05) Entertainment Tonight (N) |
| KTVX | NHL Hockey First Round: Teams TBA The latest hockey action from across the NHL. (N) (Live) | | | | | | To Be Announced (TVPG) | | ABC4 News at 10pm (N) | (35) At Your Leisure (TVG) | (05) Paid Programming (TVG) | (35) Paid Programming (TVG) | (05) Outdoorsman (TVG) |
| KSL | KSL Sports Live | KSL Outdoors with Adam Eakle | The Wall Turquoise and Donald (TVPG) | Saturday Night Live (TV14) | | | KSL Sat News (N) | Saturday Night Live Dua Lipa hosts and performs. (N) (Live) (TV14) | | | KSL Outdoors with Adam Eakle | Saturday Night Live Dua Lipa hosts and performs. (TV14) | |
| KUED | Antiques Roadshow Stan Hywet Hall & Gardens Hour 1 (TVG) | | Frankie Drake Mysteries No Friends Like Old Friends (TVPG) | RFDS: Royal On the day of the funeral, Wayne tries to face his grief. (TV14) | | | The Long Song Labor unrest and financial trouble affect Robert. (TV14) | Yacht Rock Revue: 70s and 80s Hits, Live From New York | | | (15) Austin City Limits Duran Duran (TVG) | | |
| KUEN | Discovery Wasatch Academy | Today's Wild West (TVG) | Native Report View Finders | Grandpa's War Story Goes Viral (TVPG) | | | Who She Is (TVPG) | Great Dying (TVG) | Between the Covers Susan Zurenda | By the River Zurenda | On Story Chad Feehan | Short Film Short Films on Food | Woodsongs |
| KUED2 | Asian 'Breaking Ground' | | Asian 'A Question of Loyalty' | | America ReFramed 'Chinatown Rising' | | Vanishing | | Asian 'Breaking Ground' | | Asian 'A Question of Loyalty' | | America |
| KSTU | (5:00) MLB Baseball New York Mets at Tampa Bay Rays From Tropicana Field in St. Petersburg, Fla. (N) (Live) | | | | Simpsons Modern Family 'Great Expectations' | | FOX13 News at Nine Weekend Edition (N) (Live) | | (05) Breaking Family 'Not in My House' | | (15) Family 'A Family Affair' (TVPG) | (35) The Simpsons | (05) Friends |
| KJZZ | Wheel | Jeopardy! | The Equalizer 'Hard Money' | | Dateline 'The Hideaway' | | | | Family Guy | Burgers | Forensic | Nashville | Country (N) |
| KUCW | Sheldon | Sheldon | Sheldon | | ✱ 'I Am Johnny Cash' (15) (P) | | | | 9-1-1 'Stuck' (TV14) | | 9-1-1 'Dosed' (TV14) | | Raw Travel |
| KUPX | World Chase Tag | | The Cisco Kid Pregame | | To Be Announced (TVPG) | | | | Postgame | Liftoff | XTERRA | | 7 days |
| KPNZ | The Stranger Sue Thomas 'Mind Games' | | Foundation | | Pacific Garden (TVG) | | CURE America | | Graham | The Listen | Prop. Conn | Way-Master | Faith |
| KTMW | ✱ 'Extraction' (15) Kellan Lutz. (R) | | ✱✱✱ 'Taken 3' (14) Forest Whitaker, Liam Neeson. (PG13) | | | | | | Noticias 7 (N) | Noticias 12 (N) | Zona mixta | Caso cerrado | Programa |

PREMIUM CABLE CHANNELS

| | | | |
|--------|--|--|--|
| HBO | (5:50) Sympat. (15) ✱✱✱✱ 'Mad Max: Fury Road' (15) Tom Hardy. (R) | ✱✱✱ 'Predators' (10) Adrien Brody. (R) | (5:50) ✱✱✱ 'RoboCop' (14) Joel Kinnaman. (PG13) |
| HB02 | (5:40) ✱✱✱✱ 'The Color Purple' (23) (PG13) | (05) ✱✱✱✱ 'Barbie' (23) Margot Robbie. (PG13) | ✱✱✱ 'Sex and the City' (08) Kim Cattrall, Sarah Jessica Parker. (R) |
| HB03 | Movie (40) ✱✱✱✱ 'Magic Mike's Last Dance' (23) (R) | (35) ✱✱✱✱ 'Mid90s' (18) (R) | ✱✱✱✱ 'Dream Scenario' (23) (R) (40) ✱✱ 'It Comes at Night' |
| MAX | (5:45) ✱✱✱✱ 'Cyrus' (R) (15) ✱✱✱ 'Fast Color' (18) Gugu Mbatha-Raw. (PG13) | ✱✱✱ 'XXX' (02) Asia Argento, Vin Diesel. (PG13) | (05) ✱✱✱ 'XXX: State of the Union' |
| PLEX | (5:55) ✱✱✱ 'Wolf Totem' (15) Shaofeng Feng. (PG13) | (5:55) ✱✱✱✱ 'Our Little Sister' (15) Haruka Ayase. (PG) | (05) ✱✱ 'Out of Liberty' (19) Jasen Wade. (PG) |
| TMC | (5:30) ✱✱ 'Savage' (19) | (10) ✱✱✱ 'The Gift' Cate Blanchett. (P) (R) | ✱✱✱ 'The Vatican Tapes' (15) (PG13) |
| SHO-E | (4:00) ✱✱ 'Saving Private Ryan' ✱✱✱✱ 'Black Lotus' (23) Rico Verhoeven. (P) (R) | (35) ✱✱✱ '13 Hours: The Secret Soldiers of Benghazi' (16) (R) | Gentleman 'An Arrival' |
| SHO-P | (5:15) ✱✱ 'Joy Ride' (P) | ✱✱✱✱ 'Saving Private Ryan' (98) Edward Burns, Tom Hanks. (P) (R) | ✱✱✱ 'Black Lotus' (23) Rico Verhoeven. (P) (R) ✱✱✱ '13 Hours: Secret Soldiers... |
| STARZ | (5:15) ✱✱ 'The Plus One' (15) ✱✱✱ 'Bad Boys for Life' (20) Will Smith. (R) (05) Mary 'The Golden City' | | ✱✱✱ 'Passion' (12) Rachel McAdams. (R) (45) Mary 'The Golden City' |
| STZENC | (20) ✱✱✱✱ 'Jaws' (75) Robert Shaw, Roy Scheider. (PG) | (25) ✱✱✱✱ 'Sisu' (22) (R) | ✱✱✱✱ 'John Wick: Chapter 4' (23) Donnie Yen, Keanu Reeves. (R) |

OTHER CABLE CHANNELS

| | | | | | | | | | | | | |
|---------|---|---------------------|--|---------------------|--|---------------------|---|-------------|--|-----------|----------------------------|--|
| Age | The First 48 'Spree Killer' | | The First 48 | | (05) The First 48 | | (05) The First 48 | | (05) First 48 'Spree Killer' | | (05) First 48 | |
| AMC | ✱✱✱✱ 'Rocky III' (82) Mr. T, Talia Shire, Sylvester Stallone. (PG) | | The First 48 | | ✱✱✱✱ 'Rocky IV' (85) Talia Shire, Sylvester Stallone. (PG) | | ✱✱✱✱ 'Rocky V' (90) Talia Shire, Sylvester Stallone. (PG13) | | ✱✱✱✱ 'Rocky VI' (95) Talia Shire, Sylvester Stallone. (PG13) | | | |
| ANIMAL | North Woods Law | | North Woods Law | | North-Law 'In the Thick of It' | | North-Law 'Snow Way Out' | | North Woods Law | | North Woods Law | |
| BET | ✱✱ 'Tyler Perry's A Madea Family Funeral' (19) Cassi Davis, Tyler Perry. (PG13) | | North Woods Law | | ✱✱✱✱ 'Tyler Perry's Madea's Witness Protection' (12) Tyler Perry. (PG13) | | Tyler Perry. (PG13) | | Tyler Perry. (PG13) | | Martin | |
| BYU | ✱✱✱ 'Touchback' (11) Brian Presley. (PG13) | | ✱✱✱✱ 'Gandhi' (82) Candice Bergen, Edward Fox, Ben Kingsley. (PG) | | | | | | (10) ✱✱✱ 'Touchback' (11) (PG13) | | | |
| CARTOON | Burgers | Burgers | American | American | Rick | Rick | Ninja Kamui | Zom 100 | One Piece | One Piece | Naruto | |
| CBSN | (5:30) PVF Omaha Supernovas at Columbus Fury (N) (Live) | | 2024 Poker Part 1 | | 2024 Poker Part 2 | | 2024 PokerGo Cup | | 2024 PokerGo Cup | | 2024 Poker | |
| CMVTV | (5:30) ✱✱✱✱ 'Rambo: First Blood' (82) (R) | | ✱✱✱✱ 'Rambo: First Blood Part II' (85) Sylvester Stallone. (R) | | ✱✱✱✱ 'Rambo III' (88) Sylvester Stallone. (R) | | | | | | | |
| CNBC | Shark Tank (TVPG) | Shark Tank (TVPG) | Shark Tank (TVPG) | Shark Tank (TV14) | Shark Tank (TVPG) | Shark Tank | Shark Tank | Make Money! | | | | |
| CNN | Real, Bill Maher (N) | CNN Special Program | CNN Special Program | CNN Special Program | CNN Special Program | CNN Special Program | Real, Bill Maher (TVMA) | CNN Spec | | | | |
| COMEDY | The Office | The Office | ✱✱✱ 'We're the Millers' (13) Jason Sudeikis, Jennifer Aniston. (R) | | ✱✱✱ 'Grown Ups' (10) Adam Sandler. (PG13) | | ✱✱✱ 'Grown Ups 2' (PG13) | | | | | |
| CSPAN | (1:30) Washington | | Public Affairs Events (TVG) | | Public Affairs Events (TVG) | | Public Affairs Events (TVG) | | | | | |
| DISC | (5:00) Naked and Afraid | | Naked and Afraid 'Legendary Showdown' (TV14) | | Naked and Afraid: Last One Standing 'Down to the Fire' (TV14) | | | | | | Afraid | |
| DISN | Big City | Big City | Big City | Big City | Phineas 'Star Wars' | Hailey | Hailey | Hailey | Kiff | Kiff | | |
| DLC | Cellblock 6 | | Cellblock 6 | | Cellblock 'I Told the Truth!' | | Cellblock 6 | | Cellblock 6 | | Cellblock 6 | |
| E! | (5:30) ✱✱✱✱ 'Harry Potter and the Chamber of Secrets' (02) Daniel Radcliffe. (PG) | | ✱✱✱✱ 'Harry Potter and the Prisoner of Azkaban' (04) Daniel Radcliffe. (PG) | | | | | | | | Movie | |
| ESPN | ESPN Films 'NHL Hockey First Round: Teams TBA (N) (Live) | | SportsCenter (N) (Live) | | SportsCenter (N) (Live) | | SportsCenter (N) (Live) | | SportsCenter (N) (Live) | | SportsCenter (N) (Live) | |
| ESPN2 | UFC 301: Pantoja vs. Erceg - Prelims (N) (Live) | | SportsCenter (N) (Live) | | SportsCenter (N) (Live) | | Rookie | | Rookie | | Rookie | |
| FOOD | Diners, Drive In/Diners, Drive In/Diners, Drive In | | Diners, Drive In/Diners, Drive In | | Diners, Drive In/Diners, Drive In | | Best Bite 'Placerville' | | Diners, Drive In/Diners, Drive In | | Best Bite | |
| FREE | (10) ✱✱✱✱ 'Despicable Me 3' (17) Steve Carell. (PG) | | (15) ✱✱✱✱ 'Ratatouille' (07) Voices of Ian Holm, Lou Romano, Patton Oswalt. (G) | | (55) ✱✱✱✱ 'Raya and the Last Dragon' | | | | | | | |
| FX | (5:00) ✱✱✱✱ 'Star Wars: The Force Awakens' (PG13) | | ✱✱✱✱ 'Star Wars: The Last Jedi' (17) Carrie Fisher, Adam Driver, Mark Hamill. (PG13) | | ✱✱✱ 'Star Wars: Rise of Skywal... | | | | | | | |
| GALA | (5:00) ✱✱✱✱ 'El circo' (42) El Junior: El mirrey de los capos (TVMA) | | Faisly Nights (N) | | XH Derbez | | Pardiendo el Juicio | | Programa | | Programa | |
| HALL | ✱✱ 'A Lifelong Love' (23) Patch May, Andrea Brooks. (P) | | ✱✱✱ 'Falling in Love in Niagara' (24) Jocelyn Hudon. | | Golden Girls | | Golden Girls | | Golden Girls | | Golden Girls | |
| HIST | Ancient Aliens | | The Proof Is Out There | | The Proof Is Out There | | The Proof Is Out There | | (05) The Proof Is Out There | | (05) Proof | |
| HGTV | Hunters Int'l | | Hunters Int'l | | Hunters Int'l | | Hunters Int'l | | Hunters Int'l | | Hunters Int'l | |
| KTLA | Paid Prog. | | Paid Prog. | | Unscripted | | Friends | | ✱✱ 'I Am Johnny Cash' (15) (N) | | News (N) | |
| LIFE | ✱✱ 'A Deadly Threat to My Family' (24) (P) | | (05) ✱✱ 'The Disappearance of Carl Farver' (22) | | ✱✱ 'A Deadly Threat to My Family' (24) Jessica Morris. | | | | | | Movie | |
| MSNBC | Ayman (N) (Live) | | The Rachel Maddow Show | | Ayman | | 11th Hour | | The Saturday Show | | Dateline 'One Moment' | |
| MTV | Ridiculous | | Ridiculous | | Ridiculous | | ✱✱✱ 'Just Go With It' (11) Jennifer Aniston, Adam Sandler. (PG13) | | (45) ✱✱✱ '50 First Dates' (04) Adam Sandler. (PG13) | | | |
| NBC | SpongeBob | | SpongeBob | | Friends | | Friends | | Friends | | Friends | |
| NWSN | NewsNation (N) (Live) | | NewsNation (N) (Live) | | Crime Nation (N) (TV14) | | NewsNation Prime | | On Balance | | Cuomo | |
| PARMT | (5:30) ✱✱✱✱ 'John Wick: Chapter 2' (17) (R) | | (05) ✱✱✱✱ 'John Wick: Chapter 3 -- Parabellum' (19) Keanu Reeves. (R) | | ✱✱✱ 'Rambo: Last Blood' (19) (R) | | | | | | | |
| ROOT | World Poker Tour: Alpha8 | | World Poker Tour | | World Poker Tour | | United Fight Alliance | | United Fight Alliance | | United Fight | |
| SYFY | (5:45) ✱✱✱✱ 'Star Trek' (09) Zachary Quinto, Chris Pine. (PG13) | | ✱✱✱ 'Battle: Los Angeles' (11) Aaron Eckhart. (PG13) | | | | Reginald 'Dead Weight' | | Reginald | | Reginald | |
| TBS | Movie | | (45) ✱✱✱✱ 'Star Wars: Return of the Jedi' (83) Harrison Ford, Mark Hamill. (PG) | | (45) ✱✱✱✱ 'Star Wars: The Force Awakens' (15) Mark Hamill, Harrison Ford. (PG13) | | | | | | | |
| TELEM | Movie | | ✱✱✱✱ 'Taken 3' (14) Forest Whitaker, Liam Neeson. (PG13) | | Noticias T | | Noticias T | | Zona mixta | | Caso Carrasco | |
| TLC | Seeking Sister Wife (N) | | Seeking Sister Wife (N) | | Seeking Sister Wife (N) | | 90 Day Fiance: Love | | Seeking Sister Wife | | Seeking Sister Wife | |
| TNT | (5:00) ✱✱✱ 'The Accountant' (16) (R) | | (45) ✱✱✱✱ 'Taken' (08) Liam Neeson. (PG13) | | (45) ✱✱✱ 'Taken 2' (12) Liam Neeson. (PG13) | | (45) ✱✱✱ 'Taken 3' (15) Liam Neeson. (PG13) | | | | | |
| TCM | ✱✱✱✱ 'A Face in the Crowd' (57) Andy Griffith. | | (15) ✱✱✱✱ 'Ace in the Hole' (51) Kirk Douglas. | | (15) ✱✱✱✱ 'Dark Passage' (47) Humphrey Bogart. | | | | | | Movie | |
| TRAVEL | Files 'Mystery Space Squad' | | Files 'Stonehenge on Mars' | | Files 'CIA's Secret Reveals' | | Files 'Shadow Deathstar' | | Files 'Mystery Space Squad' | | Files 'Stonehenge on Mars' | |
| TRVL | To Be Announced (TVPG) | | To Be Announced (TVPG) | | To Be Announced (TVPG) | | To Be Announced (TVPG) | | To Be Announced (TVPG) | | TBA | |
| USA | Chicago Fire | | Chicago Fire 'Try Like Hell' | | Chi. Fire 'The White Whale' | | Chicago Fire | | Chicago Fire 'Fire Cop' | | Chicago Fire | |
| VH1 | ✱✱✱✱ 'Kingdom Come' (01) LL Cool J. (PG) | | ✱✱✱✱ 'Taziri' (04) Jimmy Fallon, Jennifer Esposito, Queen Latifah. (PG13) | | Jamie Foxx | | Jamie Foxx | | Jamie Foxx | | Jamie Foxx | |
| WEATH | Storm of Suspicion 'The Murdaugh Murders' (N) (TVPG) | | Prime Suspect: Earth | | Prime Suspect: Earth | | Highway 'Forever a Trucker' | | Deadline to Disaster | | Deadline t | |

BUSINESS

LAYIN’ IT ON THE LINE

The importance of finding a purpose in retirement

Retirement marks a significant transition in life, offering a unique opportunity to explore new avenues and discover a renewed sense of purpose. While leaving the workforce can initially seem daunting or uncertain, many retirees find this phase of life to be incredibly fulfilling by identifying and pursuing meaningful activities that bring joy, satisfaction and a sense of purpose. One common approach to finding purpose in retirement is by exploring long-held passions and interests. Many individuals have hobbies or activities that they may not have had sufficient time to fully explore during their working years. Retirement provides the freedom to delve deeper into these pursuits, whether it’s painting, gardening, playing a musical instrument or learning a new



LYLE BOSS

language. Engaging in activities that bring personal fulfillment can provide a sense of purpose and contribute to overall happiness in retirement. Volunteering is another powerful way to discover purpose in retirement. Giving back to the community through volunteer work not only benefits others but also offers a sense of purpose and fulfillment. There are numerous opportunities for retirees to volunteer, such as tutoring students, assisting at local food banks or animal shelters, or joining community organizations. Volunteering provides a sense of contribution and connection, fostering a meaningful retirement experience. Furthering education and life-long learning can also be a pathway to purpose in retirement. Many retirees choose to take classes or pursue certifications in subjects that interest them, whether it’s history, literature, technology or fitness. Lifelong

learning not only keeps the mind sharp but also opens up new avenues for personal growth and self-discovery. Engaging in educational pursuits can provide a renewed sense of purpose and curiosity in retirement. For those seeking a deeper sense of meaning, spiritual and personal growth activities can offer profound fulfillment in retirement. This might involve exploring meditation or yoga, or participating in religious or spiritual communities. Connecting with one’s inner self and exploring existential questions can lead to a deeper sense of purpose and contentment during retirement. Maintaining social connections and fostering relationships with loved ones is crucial for finding purpose in retirement. Retirement often provides more time to spend with family and friends, strengthening bonds and creating meaningful experiences together. Whether it’s organizing regular

gatherings, joining social clubs or participating in group activities, nurturing relationships can provide a sense of belonging and purpose in retirement. Additionally, some retirees find purpose in pursuing part-time work or starting a small business. This allows them to stay engaged professionally while having more flexibility and autonomy. Part-time work can provide structure, social interaction and a sense of accomplishment, especially for those who enjoy staying active and productive during retirement. Ultimately, finding purpose in retirement is a personal journey that requires introspection, exploration and a willingness to embrace new experiences. It’s essential for retirees to take the time to reflect on their values, interests and aspirations to identify activities that bring meaning and fulfillment to their lives. By embracing this new chapter with an open mind and a sense of curios-

ity, retirees can discover a sense of purpose that enriches their retirement years and enhances overall well-being. In conclusion, retirement offers a unique opportunity to redefine one’s sense of purpose and fulfillment. Whether through exploring hobbies, volunteering, continuing education, spiritual growth, maintaining social connections or pursuing part-time work, retirees can discover meaningful activities that bring joy, satisfaction and a renewed sense of purpose to their lives. By embracing this new phase of life with enthusiasm and intentionality, retirees can create a fulfilling and purpose-driven retirement experience.

Lyle Boss, a native Utahn, is a member of Syndicated Columnists, a national organization committed to a fully transparent approach to money management. Boss Financial, 955 Chambers St., Suite 250, Ogden, UT 84403. Telephone: 801-475-9400.

Interest rate impact



DAVID ZALUBOWSKI, ASSOCIATED PRESS

A sign highlighting the financing interest rate is displayed near the price sticker on an unsold 2023 vehicle at a Mercedes-Benz dealer on Nov. 30 in Loveland, Colo.

The Fed indicated rates will remain higher for longer. What does that mean for consumers?

BY CORA LEWIS
Associated Press

NEW YORK — Mortgage rates, credit card rates, auto loan rates, and business loans with variable rates will all likely maintain their highs, with consequences for consumer spending, after the Federal Reserve indicated Wednesday that it doesn’t plan to cut interest rates until it has “greater confidence” that price increases at the consumer level are slowing to its 2% target. The central bank kept its key rate at a two-decade high of roughly 5.3%, where it has been since last August. Here’s what to know: **What does this mean for borrowers?** Credit card rates are at or near all-time peaks, and mortgage rates have more than doubled in recent years. According to LendingTree, the average credit card interest rate in America today is 24.66%, unchanged from last month, though that rate has risen for 24 of the last 26 months. “That isn’t likely to fall anytime soon, despite the Fed taking its foot off the gas,” said LendingTree Credit Analyst Matt Schultz. “That’s likely the unfortunate reality for the next several months.” In the battle against credit card debt, 0% balance transfer cards “are still your best weapon,” according to Schultz, but “they’re getting harder to get and their fees are rising.” With delinquencies and debt totals also increasing for consumers, some banks are becoming more hesitant about taking on transferred balances, he said, meaning consumers will need good credit to get approval. **What’s in store for savers?** Yields on savings accounts and certificates of deposit (CDs) have been hovering at high levels, thanks to the Fed’s increased interest rates, accord-

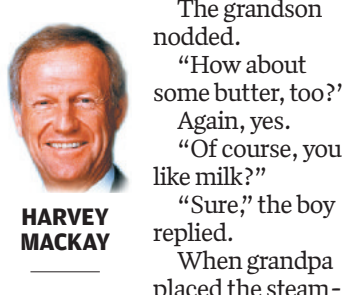
ing to Ken Tumin, banking expert and founder of DepositAccounts.com. That said, “several banks have been lowering deposit rates (with the) expectation that the Fed will start cutting rates at some point this year.” Certificate of deposit rates have been the first to fall, and a few online banks have also started lowering online savings account rates. Ally Bank dropped its rate to 4.25% from 4.35% and Discover to 4.25% from 4.30%. Even so, most online banks held their online savings account rates steady in 2024, and several online banks still offer yields of 5.25%. The highest online yield is currently 5.55%, with the average online 1-year CD yield 4.94% as of April 1st, according to DepositAccounts.com. Tumin notes that “brick-and-mortar bank deposit rates continue to be slow in their movement higher,” saying that while their average rates have gone up sharply in the last year, “they are still very low compared to online rates.” The average savings account yield for all banks and credit unions, of which the vast majority are brick-and-mortar, is 0.52% as of April 24th. **What about mortgages?** The Fed doesn’t directly set mortgage rates, but it does influence them. The bond market, inflation, and other factors all contribute to the high mortgage rates currently facing consumers. The average rate on a 30-year, fixed-rate mortgage recently rose to above 7% for the first time since November. LendingTree Senior Economist Jacob Channel notes that mortgage rates can shift even as the Fed holds its benchmark rate steady, and that consumers should consider many economic data points before deciding to take on a mortgage. “Even in the face of relatively steep mortgage rates and high prices, now could still be a good time to buy a home,” he said. “Timing the market is virtually impossible... In that same vein, there are a lot of people who won’t be able to buy until the market becomes cheaper.” High shelter and rent costs have contributed to steep inflation in recent months. A Bankrate study found that renting is cheaper than buying a typical home in all 50 of the largest U.S. metro areas.

As of February, the typical monthly mortgage payment on a median-priced home in the U.S. was \$2,703, while the typical national monthly rent was \$1,979. That’s a nearly 37% gap between the costs of renting and buying a home. **I need to buy a car. What’s the outlook for auto loans?** While vehicle prices have steadied through late 2023 and early 2024, Bankrate Chief Financial Analyst Greg McBride predicts that high interest rates on auto loans will linger for those with weak credit profiles. Borrowers with stronger credit may see more competitive rates, but the Fed’s decision will continue to make auto loans expensive, even if vehicle prices decline. The average car loan hasn’t been this pricey since 2008. McBride predicts five-year new car loan rates will reach an average of 7.0% and four-year used car loans, 7.5% by the end of 2024. In the past year, borrowers have faced especially expensive monthly payments due to high interest rates, and auto loan delinquency reached its highest rate in nearly thirty years. The average monthly car loan payment was \$738 for new vehicles and \$532 for used ones in the fourth quarter of 2023, according to credit reporting agency Experian. New vehicles cost an average of \$47,218 in March 2024, according to Kelley Blue Book, a price that, combined with high interest rates, pushes many buyers out of the market for new cars. **Is the Fed making progress on slowing inflation?** Not as quickly as it would like. Several recent reports on prices and economic growth have undercut the Fed’s belief that inflation was steadily easing. “Inflation has shown a lack of further progress toward our 2% objective,” said Chair Jerome Powell. While inflation has cooled from a peak of 7.1% to 2.7%, average prices remain well above pre-pandemic levels, and the costs of services continue to grow — including for rents, health care, restaurant meals, and auto insurance.

POSITIVE STRUGGLES

How to ask the right questions

A grandfather once had one of his grandsons over for the night. The next morning, Grandpa prepared two big bowls of oatmeal, his own favorite breakfast. He asked the young boy, “Do you like sugar?”



HARVEY MACKAY

The grandson nodded. “How about some butter, too?” Again, yes. “Of course, you like milk?” “Sure,” the boy replied. When grandpa placed the steaming bowl of oatmeal with sugar, butter and milk before his grandson, he refused to eat it. The exasperated grandfather said, “But when I asked you, didn’t you say you liked sugar, butter and milk?” “Yes,” replied the youngster, “but you didn’t ask me if I liked oatmeal.” Ask the right kind of question, and not only will you get good information, you’ll get it sooner and tailored to your needs. I ask a lot of questions — a whole lot. There’s so much information out there, and I want only the good stuff. I want information that will help me make the right decisions and at the same time, won’t waste my time or my money. Is that asking too much? There’s an art to asking questions and discovering what is central to your success. Here’s the secret: What is it that you really need to know? The ability to get information when you need it and then act on it is what gets things done. Before you start any project, ask questions to clarify objectives and expectations. This is the time to ask, “Why are we doing this?” and “What is our goal?” Ask open-ended questions that need more than a simple yes or no answer. These are the bread and butter of productive conversations. They encourage a full, meaningful answer using the respondent’s own knowledge and feelings, which can help build rapport and trust. Open-ended questions lead to a deeper understanding of the topic at hand. They help the conversation flow more naturally and avoid making the other person feel like they are being interrogated. Here are some kinds of questions to consider: ■ “How” questions help you understand the process or method. For example, “How do you recommend we proceed?” ■ “What” questions help you explore ideas and possibilities, such as “What will be our biggest advantages as we work on this project?” ■ “When” questions are great for understanding timelines and

deadlines, like “When do we need to have this completed?” ■ “Who” and “Where” questions help identify people and places involved in a situation or project, such as “Who will be responsible for this task?” or “Where do we see the most potential for growth?” Then during a project, regularly ask questions to monitor progress and make adjustments. After completion, reflect on the project with questions like “What did we learn?” and “How can we improve next time?” The key is to listen carefully to the answers before asking the next question, so you can build on the information you’ve received and not waste any opportunity to learn more. When I was just starting out in the envelope manufacturing business, I had a meeting with a potential client who was a key player in the industry. I knew that this meeting could be a turning point for my company, so I prepared meticulously. Instead of going in with a list of yes-or-no questions, I crafted a series of open-ended questions designed to get the client talking about their needs, concerns and goals. During the meeting, I started with questions like “What challenges are you currently facing with your envelope suppliers?” and “How do you see the ideal partnership with an envelope provider?” These questions opened a rich dialogue and allowed the client to share insights that I would never have uncovered with closed questions. The client spoke at length about their struggles with timely deliveries and the need for custom envelope designs that could set them apart in the market. Listening carefully, I was able to tailor my responses and highlight how my company could address those specific issues. As a result of asking open-ended questions, I not only gained a deep understanding of the client’s needs but also built a strong rapport. The meeting ended with a handshake on a deal that became one of the most significant contracts for my company at the time. This experience taught me the power of open-ended questions in business and in life. They can transform conversations, deepen relationships and often lead to outcomes that exceed expectations. Mackay’s Moral: Great questions are the keys that unlock the most valuable answers. Harvey Mackay can be reached through his website, www.harveymackay.com, by emailing harveymackay.com or by writing him at MackayMitchell Envelope Co., 2100 Elm St. SE, Minneapolis, MN 55414.

DOW 38,675.68 +436.02 **NASDAQ** 16,156.33 +228.43 **S&P 500** 5,127.79 +27.83 **10-YR T-NOTE** 4.50% -.17 **30-YR T-BOND** 4.66% -.12 **CRUDE OIL** \$78.11 -5.74 **GOLD** \$2,299.00 -35.80 **EURO** \$1.0767 +.0062

Dividends grow, buybacks ease

By Damian J. Troise; Jenni Sohn

Companies continued rewarding investors with healthy dividends in 2023 even as they tread more cautiously with returning profits through stock buybacks.

Dividends hit a record \$1.66 trillion globally last year, while stock buybacks eased. Investors can likely expect more dividend growth through 2024, according to a recent report from Janus Henderson. At the same time, companies face more uncertainty on economic growth, inflation and interest rates, leaving them to find a better balance of paying off debt and buying back stock.

The rare decline for stock buybacks comes amid high interest rates pressuring corporate borrowing. Buyback amounts still remain far higher than before the pandemic, but the path ahead is unclear with interest rates expected



Off The Charts

to remain higher for longer.

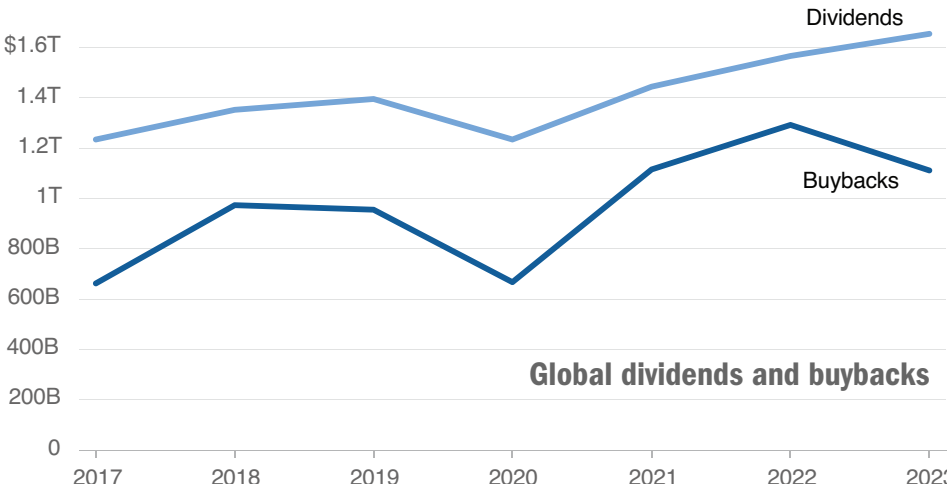
The technology, healthcare and financial sectors had the biggest reductions in buybacks in 2023. U.S. companies in those sectors accounted for a large portion of the pullback. While U.S. companies remained the biggest buyers of their own stock, they also had the biggest reduction overall, cutting buybacks by 17%.

Dividends have been rising steadily in the U.S. and globally since the pandemic in 2020. Last year 86% of companies globally either raised their dividend or held them steady, according to Janus Henderson.

Banks contributed half of the world's dividend growth as higher interest rates allowed them to boost profits. Car makers were also a big global contributor to dividend growth.

Dividends outpace buybacks

Stock buybacks took a step back in 2023 as companies became more cautious, but shareholders continued benefitting from rising dividends.



Source:Janus Henderson

AP

Stocks of Local Interest

| COMPANY | TICKER | LOW | 52-WK RANGE | HIGH | FRIDAY CLOSE | \$CHG 1WK | %CHG 1WK | MO | QTR | YTD | %CHG 1YR | PE | DIV | YLD |
|-----------------------|--------|--------|-------------|---------|--------------|-----------|----------|----|-----|-------|----------|----|--------|-----|
| ASML Holding NV | ASML | 564.00 | 1056.34 | 901.63 | -17.34 | -1.9 | ▼▲ | ▲ | ▲ | 19.1 | 35.3 | 46 | 3.18e | 0.4 |
| AbbVie Inc | ABBV | 130.96 | 182.89 | 163.79 | 4.17 | 2.6 | ▼▼ | ▼ | ▼ | 5.7 | 9.2 | 60 | 5.92 | 3.6 |
| Alphabet Inc C | GOOG | 104.50 | 176.42 | 168.99 | -4.70 | -2.7 | ▲▲ | ▲ | ▲ | 19.9 | 53.7 | 32 | 0.20p | ... |
| Alphabet Inc A | GOOGL | 103.71 | 174.71 | 167.24 | -4.71 | -2.7 | ▲▲ | ▲ | ▲ | 19.7 | 52.9 | 32 | 0.20p | ... |
| Amazon.com Inc | AMZN | 101.15 | 189.77 | 186.21 | 6.59 | 3.7 | ▲▲ | ▲ | ▲ | 22.6 | 75.4 | 64 | ... | ... |
| Amer Elec Power | AEP | 69.38 | 93.56 | 88.60 | 3.34 | 3.9 | ▲▲ | ▲ | ▲ | 9.1 | -1.2 | 23 | 3.52f | 4.0 |
| Apple Inc | AAPL | 164.08 | 199.62 | 183.38 | 14.08 | 8.3 | ▲▲ | ▼ | ▼ | -4.8 | 0.4 | 29 | 0.96 | 0.5 |
| Bank of America | BAC | 24.96 | 38.49 | 37.25 | -0.58 | -1.5 | ▲▲ | ▲ | ▲ | 10.6 | 30.5 | 13 | 0.96 | 2.6 |
| Berkshire Hath B | BRK/B | 317.41 | 430.00 | 400.87 | -1.23 | -0.3 | ▼▲ | ▲ | ▲ | 12.4 | 20.7 | 55 | ... | ... |
| Broadcom Inc | AVGO | 601.29 | 1438.17 | 1278.11 | -65.96 | -4.9 | ▼▲ | ▲ | ▲ | 14.5 | 97.9 | cc | 21.00f | 1.6 |
| Cardinal Health | CAH | 77.56 | 116.04 | 98.91 | -4.30 | -4.2 | ▼▲ | ▼ | ▼ | -1.9 | 26.7 | 39 | 2.00f | 2.0 |
| Chevron Corp | CVX | 139.62 | 171.70 | 160.25 | -5.64 | -3.4 | ▼▲ | ▲ | ▲ | 7.4 | -0.9 | 14 | 6.52 | 4.1 |
| Cleveland-Cliffs Inc | CLF | 13.61 | 22.97 | 17.60 | -0.28 | -1.6 | ▼▼ | ▼ | ▼ | -13.8 | 9.8 | 23 | ... | ... |
| Coca-Cola Co | KO | 51.55 | 64.69 | 62.17 | 0.43 | 0.7 | ▲▲ | ▲ | ▲ | 5.5 | -0.8 | 25 | 1.84f | 3.0 |
| Costco Wholesale | COST | 476.75 | 787.08 | 743.90 | 14.72 | 2.0 | ▲▲ | ▲ | ▲ | 12.7 | 50.4 | 70 | 4.64f | 0.6 |
| Dominion Energy | D | 39.18 | 57.65 | 51.40 | 0.95 | 1.9 | ▲▲ | ▲ | ▲ | 9.4 | -5.8 | 22 | 2.67 | 5.2 |
| DuPont de Nemours | DD | 61.14 | 79.19 | 77.67 | 3.96 | 5.4 | ▲▲ | ▲ | ▲ | 1.0 | 15.0 | 84 | 1.52f | 2.0 |
| EQT Corp | EQT | 30.84 | 45.23 | 40.27 | -0.34 | -0.8 | ▲▲ | ▲ | ▲ | 4.2 | 14.6 | 9 | 0.63f | 1.6 |
| Eli Lilly | LLY | 392.26 | 800.78 | 734.97 | 1.46 | 0.2 | ▼▲ | ▲ | ▲ | 26.1 | 92.6 | cc | 5.20f | 0.7 |
| Exxon Mobil Corp | XOM | 95.77 | 123.75 | 116.00 | -1.96 | -1.7 | ▼▲ | ▲ | ▲ | 16.0 | 4.4 | 13 | 3.80 | 3.3 |
| FirstEnergy Corp | FE | 32.18 | 40.42 | 39.24 | 1.11 | 2.9 | ▲▲ | ▲ | ▲ | 7.0 | 3.3 | 22 | 1.70f | 4.3 |
| GE Aerospace | GE | 77.69 | 166.26 | 164.11 | 1.76 | 1.1 | ▲▲ | ▲ | ▲ | 61.2 | 98.6 | 20 | 1.12f | 0.7 |
| Halliburton | HAL | 27.84 | 43.85 | 36.73 | -1.81 | -4.7 | ▼▲ | ▲ | ▲ | 1.6 | 13.6 | 13 | 0.68f | 1.9 |
| Hess Corp | HES | 124.27 | 167.75 | 158.86 | -3.67 | -2.3 | ▲▲ | ▲ | ▲ | 10.2 | 10.6 | 35 | 1.75 | 1.1 |
| Home Depot | HD | 274.26 | 396.87 | 342.85 | 7.76 | 2.3 | ▼▼ | ▼ | ▼ | -1.1 | 14.4 | 21 | 9.00f | 2.6 |
| JPMorgan Chase | JPM | 131.81 | 200.94 | 190.51 | -2.98 | -1.5 | ▼▲ | ▲ | ▲ | 12.0 | 38.9 | 12 | 4.60f | 2.4 |
| Johnson & Johnson | JNJ | 143.13 | 175.97 | 149.27 | 3.13 | 2.1 | ▼▼ | ▼ | ▼ | -4.8 | -4.7 | 9 | 4.96f | 3.3 |
| Kroger Co | KR | 42.10 | 58.34 | 54.78 | -0.71 | -1.3 | ▼▲ | ▲ | ▲ | 19.8 | 13.4 | 37 | 1.16 | 2.1 |
| Lowes Cos | LOW | 181.85 | 262.49 | 232.13 | 2.26 | 1.0 | ▼▲ | ▲ | ▲ | 4.3 | 11.4 | 23 | 4.40f | 1.9 |
| MasterCard Inc | MA | 357.85 | 490.00 | 443.58 | -18.84 | -4.1 | ▼▼ | ▼ | ▼ | 4.0 | 17.0 | 37 | 2.64f | 0.6 |
| Merck & Co | MRK | 99.14 | 133.10 | 127.51 | -3.69 | -2.8 | ▼▲ | ▲ | ▲ | 17.0 | 13.3 | cc | 3.08f | 2.4 |
| Meta Platforms Inc | META | 229.85 | 531.49 | 451.96 | 8.67 | 2.0 | ▼▼ | ▼ | ▼ | 27.7 | 80.8 | 30 | 0.50p | ... |
| Microsoft Corp | MSFT | 303.40 | 430.82 | 406.66 | 0.34 | 0.1 | ▼▼ | ▼ | ▼ | 8.1 | 30.2 | 39 | 3.00 | 0.7 |
| Nvidia Corporation | NVDA | 272.40 | 974.00 | 887.89 | 10.54 | 1.2 | ▲▲ | ▲ | ▲ | 79.3 | 187.3 | cc | 0.16 | ... |
| Oracle Corp | ORCL | 93.85 | 132.77 | 115.80 | -1.41 | -1.2 | ▼▲ | — | — | 9.8 | 22.5 | 48 | 1.60 | 1.4 |
| Procter & Gamble | PG | 141.45 | 164.49 | 164.46 | 3.17 | 2.0 | ▲▲ | ▲ | ▲ | 12.2 | 6.8 | 28 | 4.03f | 2.5 |
| Range Resources | RRC | 23.92 | 38.25 | 35.71 | -1.60 | -4.3 | ▲▲ | ▲ | ▲ | 17.3 | 33.6 | 6 | 0.08 | 0.2 |
| Tesla Inc | TSLA | 138.80 | 299.29 | 181.19 | 12.90 | 7.7 | ▲▲ | ▼ | ▼ | -27.1 | 11.2 | 58 | ... | ... |
| Truist Financial Corp | TFC | 25.56 | 39.29 | 38.85 | 0.68 | 1.8 | ▲▲ | ▲ | ▲ | 5.2 | 27.3 | 10 | 2.08 | 5.4 |
| Utd Bncp OH | UBCP | 9.70 | 15.50 | 12.25 | -0.55 | -4.3 | ▼▲ | ▲ | ▲ | -4.6 | 4.9 | 8 | 0.70f | 5.7 |
| Utd Bankshares WV | UBSI | 25.35 | 38.74 | 33.96 | 0.61 | 1.8 | ▼▼ | ▼ | ▼ | -9.6 | 8.8 | 13 | 1.48f | 4.4 |
| UnitedHealth Group | UNH | 436.38 | 554.70 | 492.45 | -2.90 | -0.6 | ▲▲ | ▼ | ▼ | -6.5 | -0.8 | 30 | 7.52f | 1.5 |
| Visa Inc | V | 216.14 | 290.96 | 268.49 | -6.03 | -2.2 | ▼▼ | ▼ | ▼ | 3.1 | 15.8 | 31 | 2.08f | 0.8 |
| WalMart Strs | WMT | 48.34 | 61.66 | 59.82 | -0.34 | -0.6 | ▼▲ | ▲ | ▲ | 0.0 | 18.0 | 30 | 0.83 | 1.4 |
| Wesbanco | WSBC | 19.84 | 32.20 | 28.28 | 0.76 | 2.8 | ▼▼ | ▼ | ▼ | -9.9 | 9.5 | 11 | 1.44f | 5.1 |

Company Spotlight

A bushel of buybacks

Despite another big decline in iPhone sales, Apple shares made their biggest jump in more than a year on Friday after the tech giant raised its dividend and committed to a \$110 billion stock buyback.

Cupertino, California-based Apple had its steepest quarterly decline in iPhone sales since the pandemic's outset, extending a slump that's putting pressure on the trendsetting company



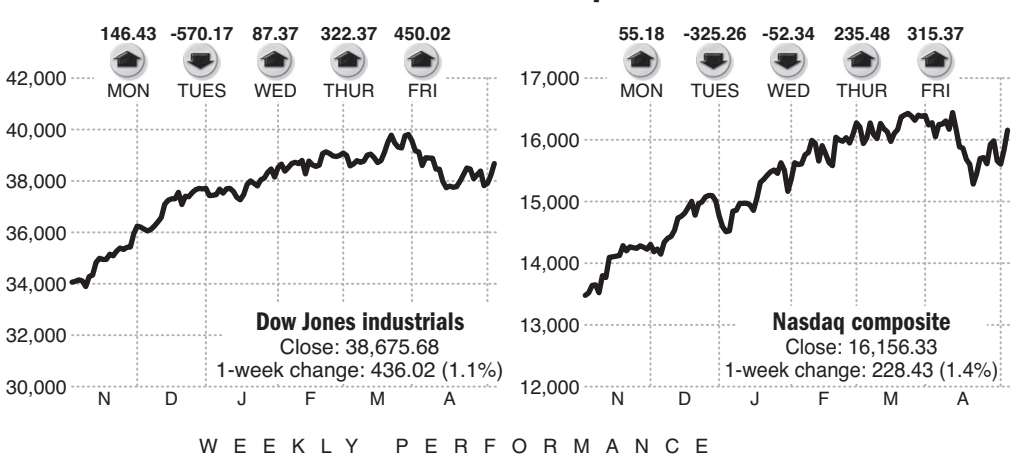
to spruce up its products with more artificial intelligence. Apple is expected to do just that in June during an annual conference showcasing the next version of its software for the iPhone and Mac computers.

Even with a 10% drop in year-over-year iPhone sales for the January-March period, Apple managed to beat Wall Street's second-quarter sales and profit targets and further rewarded investors by raising its quarterly dividend 4% to 25 cents per share.

| | | | | | |
|------------------------------|---|-------------------------|--------------|-------------------------|---------------|
| Apple (AAPL) | Friday's close: \$183.38, +10.35 | Total return | 1-yr | 3-yrs* | 5-yrs* |
| 52-WEEK RANGE: \$164 - \$199 | Price-earnings ratio: 29 (Based on past 12-month results) | AAPL | 11.2% | 13.1 | 29.4 |
| | | Div. yield: 0.5% | | Dividend: \$1.00 | |

Dividend Footnotes: a - Extra dividends were paid, but are not included. b - Annual rate plus stock. c - Liquidating dividend. e - Amount declared or paid in last 12 months. f - Current annual rate, which was increased by most recent dividend announcement. i - Sum of dividends paid after stock split, no regular rate. j - Sum of dividends paid this year. Most recent dividend was omitted or deferred. k - Declared or paid this year, a cumulative issue with dividends in arrears. m - Current annual rate, which was decreased by most recent dividend announcement. p - Initial dividend, annual rate not known, yield not shown. r - Declared or paid in preceding 12 months plus stock dividend. t - Paid in stock, approximate cash value on ex-distribution date.
PE Footnotes: q - Stock is a closed-end fund - no P/E ratio shown. cc - P/E exceeds 99. dd - Loss in last 12 months.

StocksRecap



| 52-WEEK HIGH | 52-WEEK LOW | INDEX | CLOSE | FRI CHG | WK CHG | WK %CHG | YTD %CHG | 1YR %CHG |
|--------------|-------------|--------------------|-----------|---------|--------|---------|----------|----------|
| 39,889.05 | 32,327.20 | Dow Industrials | 38,675.68 | 450.02 | 436.02 | 1.14 | 2.62 | 14.85 |
| 16,717.04 | 13,471.47 | Dow Transportation | 15,348.40 | 113.80 | 177.52 | 1.17 | -3.46 | 8.68 |
| 970.64 | 765.47 | Dow Utilities | 914.31 | 6.22 | 30.06 | 3.40 | 3.70 | -4.98 |
| 18,342.24 | 14,638.37 | NYSE Composite | 17,797.89 | 98.84 | 34.62 | .19 | 5.61 | 15.71 |
| 16,538.86 | 11,925.37 | Nasdaq Composite | 16,156.33 | 315.37 | 228.43 | 1.43 | 7.63 | 32.05 |
| 5,264.85 | 4,048.28 | S&P 500 | 5,127.79 | 63.59 | 27.83 | .55 | 7.50 | 23.97 |
| 1,350.79 | 1,065.49 | S&P SmallCap | 1,301.48 | 10.09 | 17.45 | 1.36 | -1.27 | 14.27 |
| 53,009.37 | 39,864.87 | Wilshire 5000 | 51,555.36 | 613.84 | 317.27 | .62 | 6.75 | 26.46 |
| 2,135.46 | 1,633.67 | Russell 2000 | 2,035.72 | 19.61 | 33.72 | 1.68 | .43 | 15.67 |

U.K. grocery prices ease

Britain's bout of grocery store inflation is coming to an end.

Two years ago, U.K. food prices were skyrocketing in the wake of the COVID-19 pandemic, which scrambled global supply chains. Russia's war in Ukraine also sent energy and commodity prices soaring.

The situation is stabilizing, according to fresh figures from market research firm Worldpanel by Kantar, which show that British supermarket price increases have been slowing for 14 months.

Grocery price inflation slipped to 3.2%, the lowest



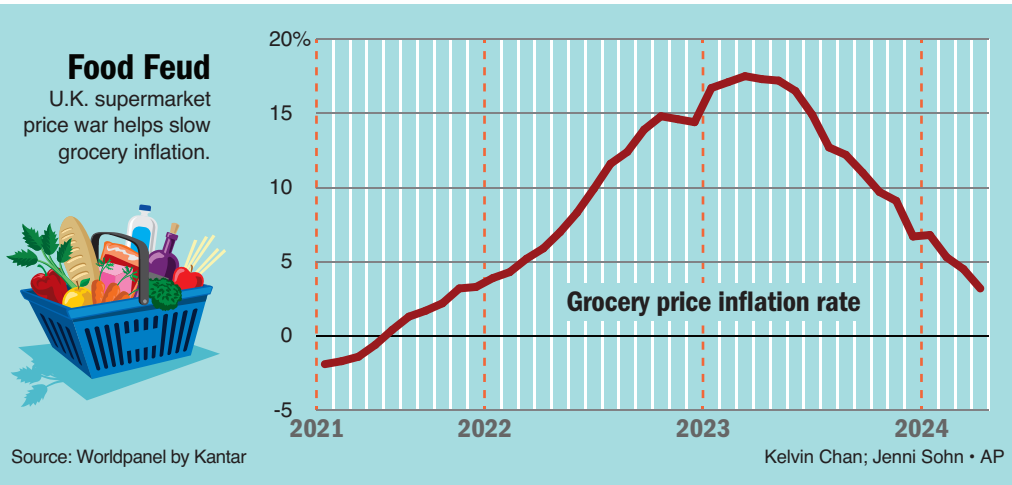
level since late 2021.

A big reason is that the country's ultra-competitive supermarket industry is in the midst of an all-out price war, with retailers rolling out extra discounts and deals to tempt customers.

Last month nearly a third of grocery spending was on promotional offers, the

highest level outside of Christmas since June 2021, the report said.

Meanwhile, prices in some categories like toilet paper, butter and milk are falling, further helping to keep a lid on grocery inflation at the checkout.



Source: Worldpanel by Kantar

Kelvin Chan; Jenni Sohn • AP

Wall Street rallies after hiring slows

BY ALEX VEIGA AND DAMIAN J. TROISE
Associated Press

Wall Street capped a choppy week of trading Friday with the best day for the stock market in over two months, as traders welcomed cooler-than-expected U.S. employment data as a sign that inflationary pressures on the economy are easing.

The S&P 500 rose 1.3%, its best day since late February. The benchmark index also erased its losses for the week.

The Dow Jones Industrial Average rose 1.2%. The Nasdaq composite ended 2% higher, reflecting strong gains by technology sector stocks, which accounted for much of the rally.

The nation's employers added 175,000 jobs last month, down sharply from the block-

buster increase of 315,000 in March, according to the Labor Department. The latest hiring tally came in well below the 233,000 gain that economists had predicted. Meanwhile, average hourly earnings, a key driver of inflation, rose less than expected.

The modest increase in hiring last month suggests the Federal Reserve's aggressive streak of rate hikes may be finally starting to take a bigger toll on the world's largest economy. That may help reassure the Fed that inflation will ease further, which could move the central bank closer to lowering interest rates.

"The demand for labor is slowing, which will eventually ease inflation pressures, giving the Fed some leeway to cut rates later this year," said Jef-

frey Roach, chief economist for LPL Financial. "Slower payroll growth and fewer hours worked imply the economy is slowing at a measured pace. This jobs report is consistent with the soft landing narrative."

Treasury yields in the bond market mostly fell following the jobs report. The yield on the 10-year Treasury, which lenders use as a guide for pricing home loans, eased to 4.5% from 4.59% late Thursday. The two-year yield, which moves more closely with expectations for the Fed, fell to 4.81% from 4.88%.

The U.S. economy is in a tight spot, where the hope is that it remains strong enough to stay out of a recession but not so strong that it worsens the already stalled progress on inflation.

Daily Herald

COUGARBLUE

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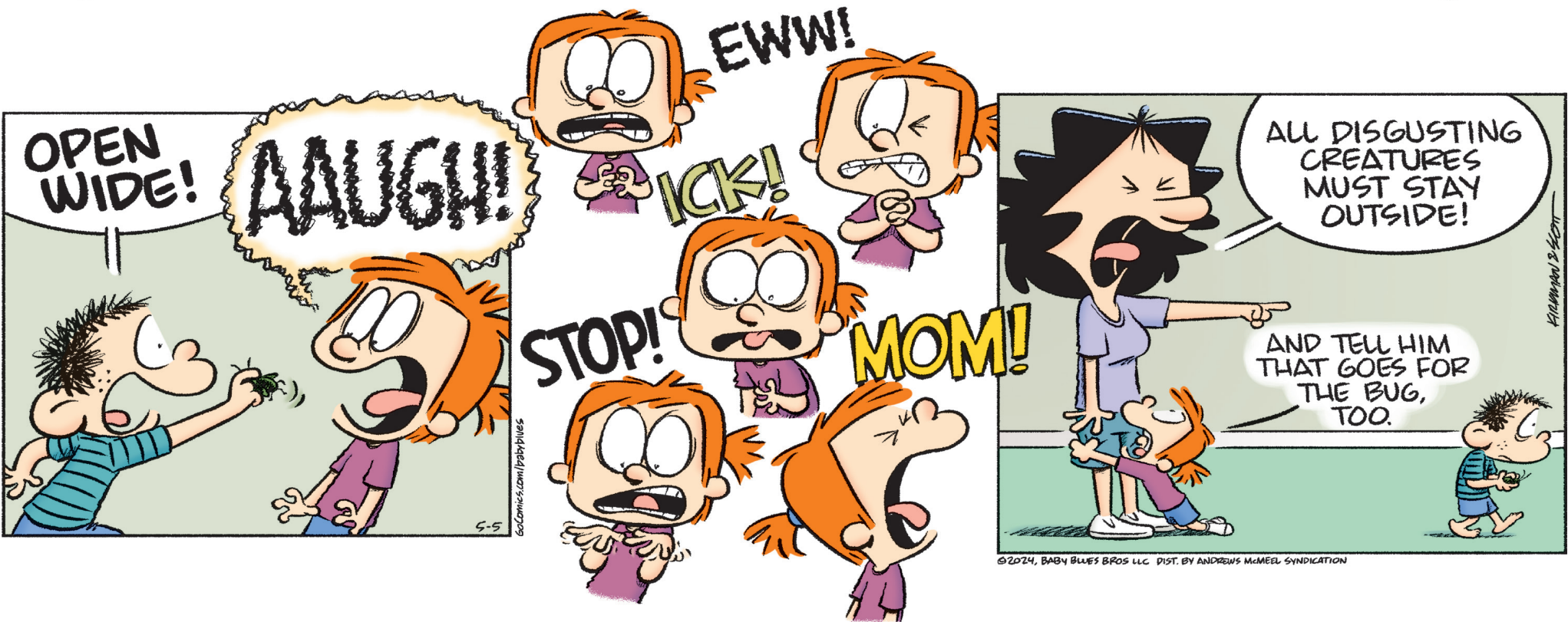
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Tanner Baldersee

SUNDAY COMICS

Baby Blues

Rick Kirkman & Jerry Scott



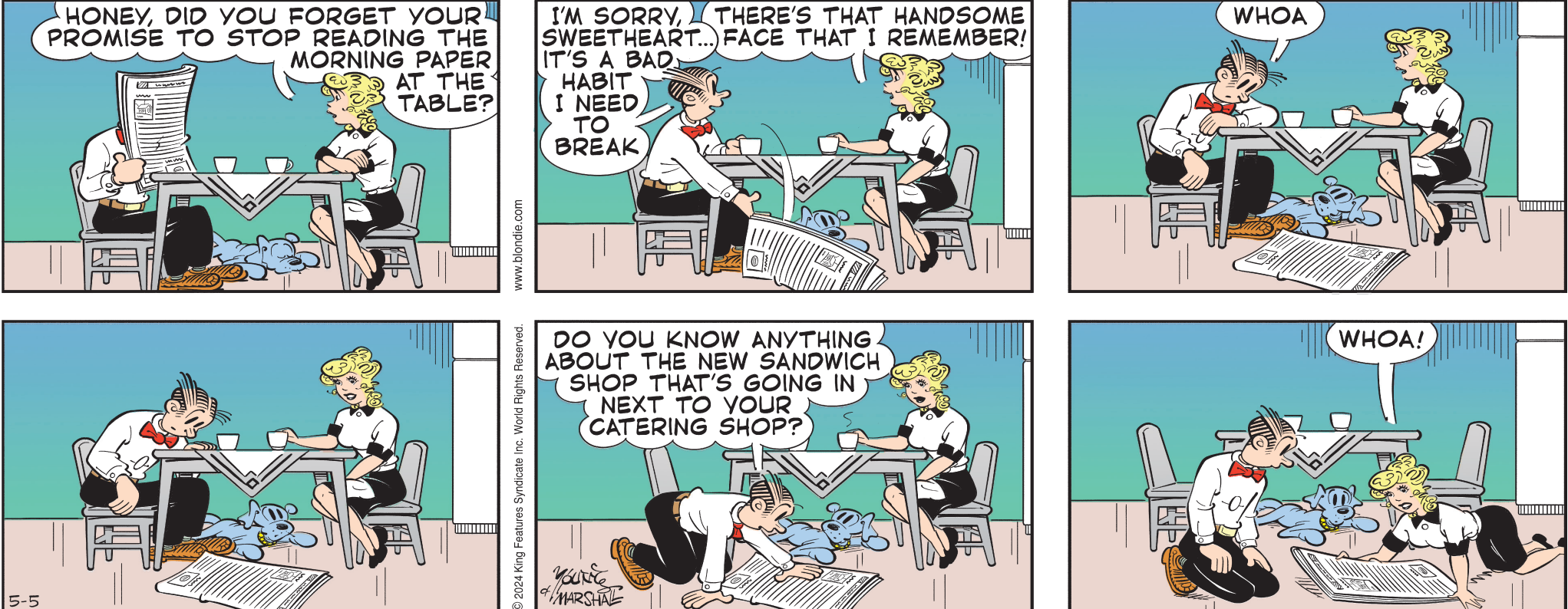
CLASSIC PEANUTS

BY CHARLES SCHULZ



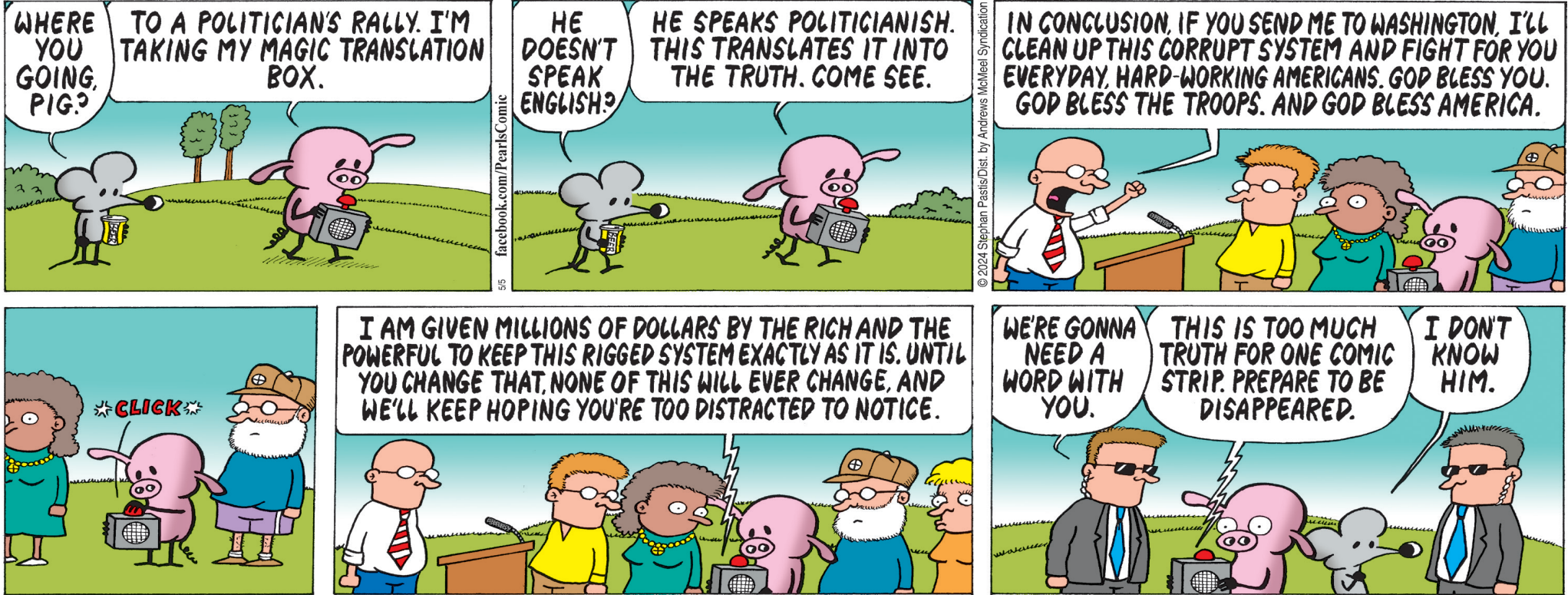
BLONDIE

BY DEAN YOUNG & JOHN MARSHALL



PEARLS BEFORE SWINE

BY STEPHAN PASTIS



DENNIS THE MENACE

THIS IS SO FRUSTRATING!

IT'S A SMART TV, RIGHT?

THAT'S WHAT THE BOX SAYS.

WHAT'S THE PROBLEM?

WELL, IF IT'S SO SMART...

BY HANK KETCHAM

I'M TRYING TO SET UP THIS TV!

...WHY DOESN'T IT SET ITSELF UP?!

GARFIELD BY JIM DAVIS

LET ME SHOW YOU COMIC STRIP WORLD

OKAY

Distributed by Andrews McMeel Syndication

PEOPLE ACTUALLY TALK WITH THEIR PETS IN COMIC STRIP WORLD

WHAT CAN I GET YOU GUYS?

YOUR SALMON ALMONDINE WOULD BE YUMMY

BACON! WORMS!

MUTTS

ANIMAL SHELTER

PURRR

LICK LICK LICK LICK LICK

ANIMAL SHELTER

HOW DO ARF ARF MEYOW!

GOOD DEEDS SHOULD BE REWARDED

YESH!

ADOPT!

BY PATRICK M'DONNELL

PEOPLE LOOK FUNNIER IN COMIC STRIP WORLD

PEOPLE LAUGH HARDER IN COMIC STRIP WORLD

HAW HAW HAW

HOO HA HA HA HAR

HEE HEE HEE

Mort Walker's

beetle bailey

YOU WANT TO PLAY CARDS?

CAN'T, I'M BUSY

HE'LL BE BUSY ALL DAY, UPDATING HIS DATING APP PROFILES

"KILLER" DILLER

AGE 26

HOBBIES: SKIING, SCUBA, SURFING

GREAT SENSE OF HUMOR

PEOPLE EAT BIGGER IN COMIC STRIP WORLD

KILLER & CO. LLC

GREG + MORT WALKER

SUCCESSFUL BUSINESSMAN

KILLER'S KAFE

GOURMET AND WINE EXPERT

THAT'S YOUR DATING PROFILE?

I DIDN'T SAY I WAS HONEST

LET'S MOVE THERE!

WE SHOULD BE SO LUCKY

JIM DAVIS 5-5

The FAMILY CIRCUS

By Bil Keane

LOOK AT THE OLD BROKEN-DOWN HOUSE!

THE BABY'S AWAKE--SHALL I BRING HER DOWNSTAIRS?

DINNER'S READY, EVERYONE!

THE VACATION WAS GREAT, BUT IT'S SO GOOD TO BE HOME!

HAPPY BIRTHDAY TO YOU...

DAD, YOU AND MA WILL NEVER SELL THIS HOUSE, WILL YOU?

COME OUT ON THE PORCH, DEAR, AND SEE THE BEAUTIFUL SUNSET!

DO YOU WANNA PLAY CARDS WITH US, GRANDMA?

THAT'S THE BEST CHRISTMAS TREE WE'VE EVER HAD!

SHOULD AULD ACQUAINTANCE BE FORGOT...

IT DOES NOW, BUT I'LL BET IT ONCE RANG WITH HAPPY VOICES.

IT SURE LOOKS SAD.

WE'RE HOME, MA!

KEEP OUT

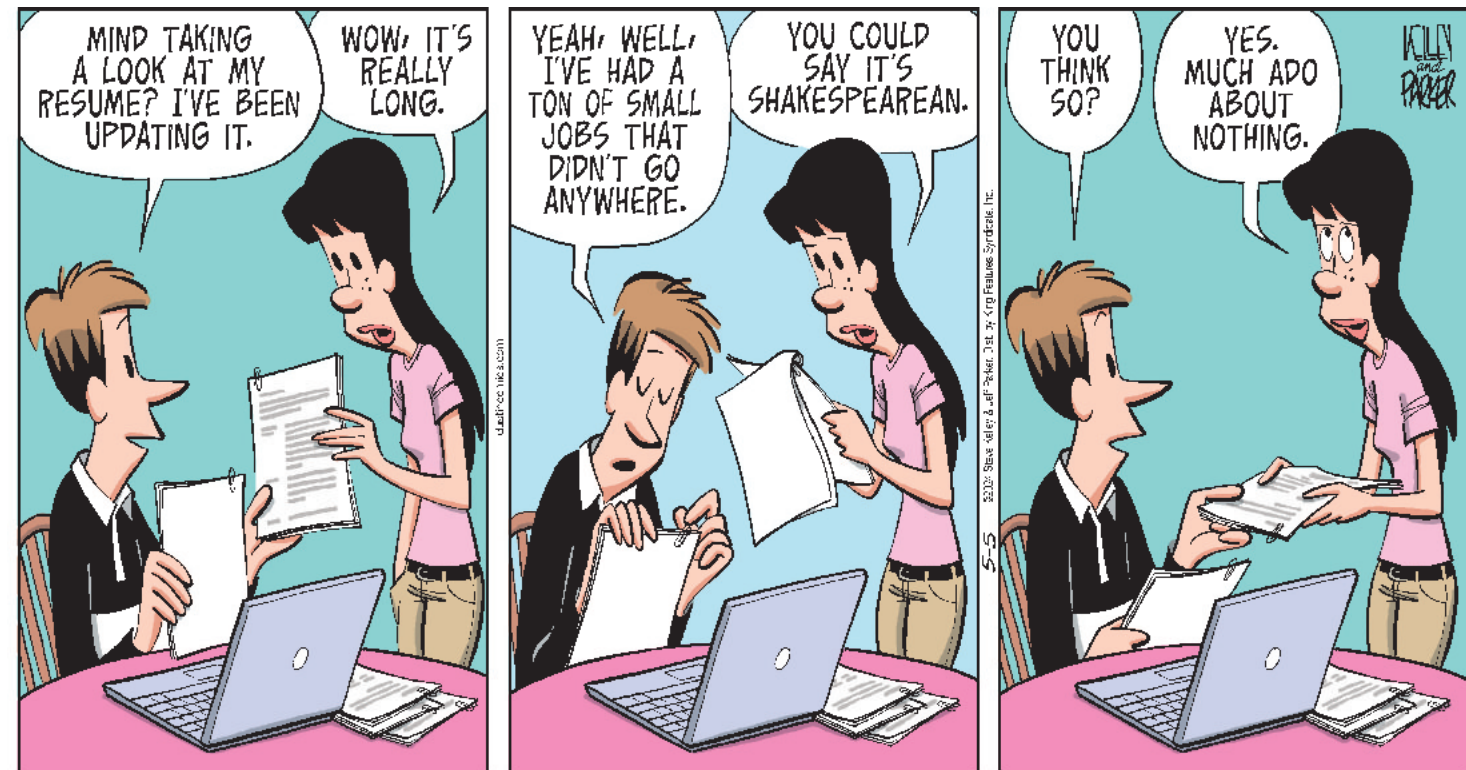
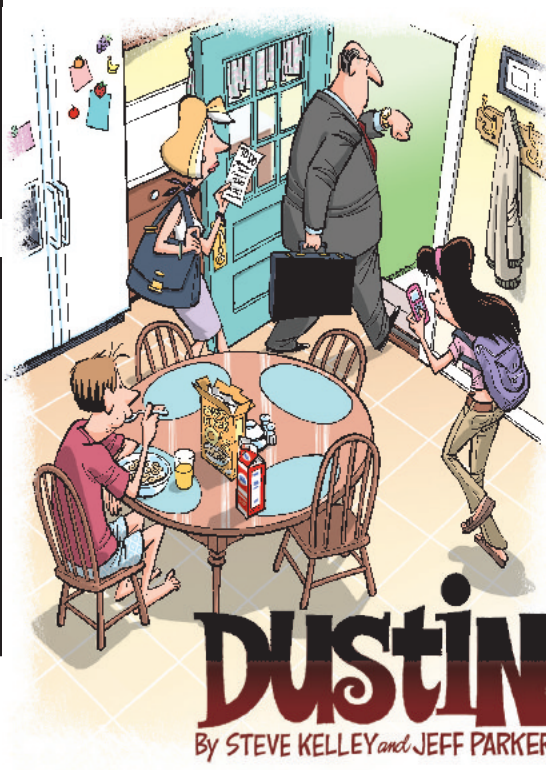
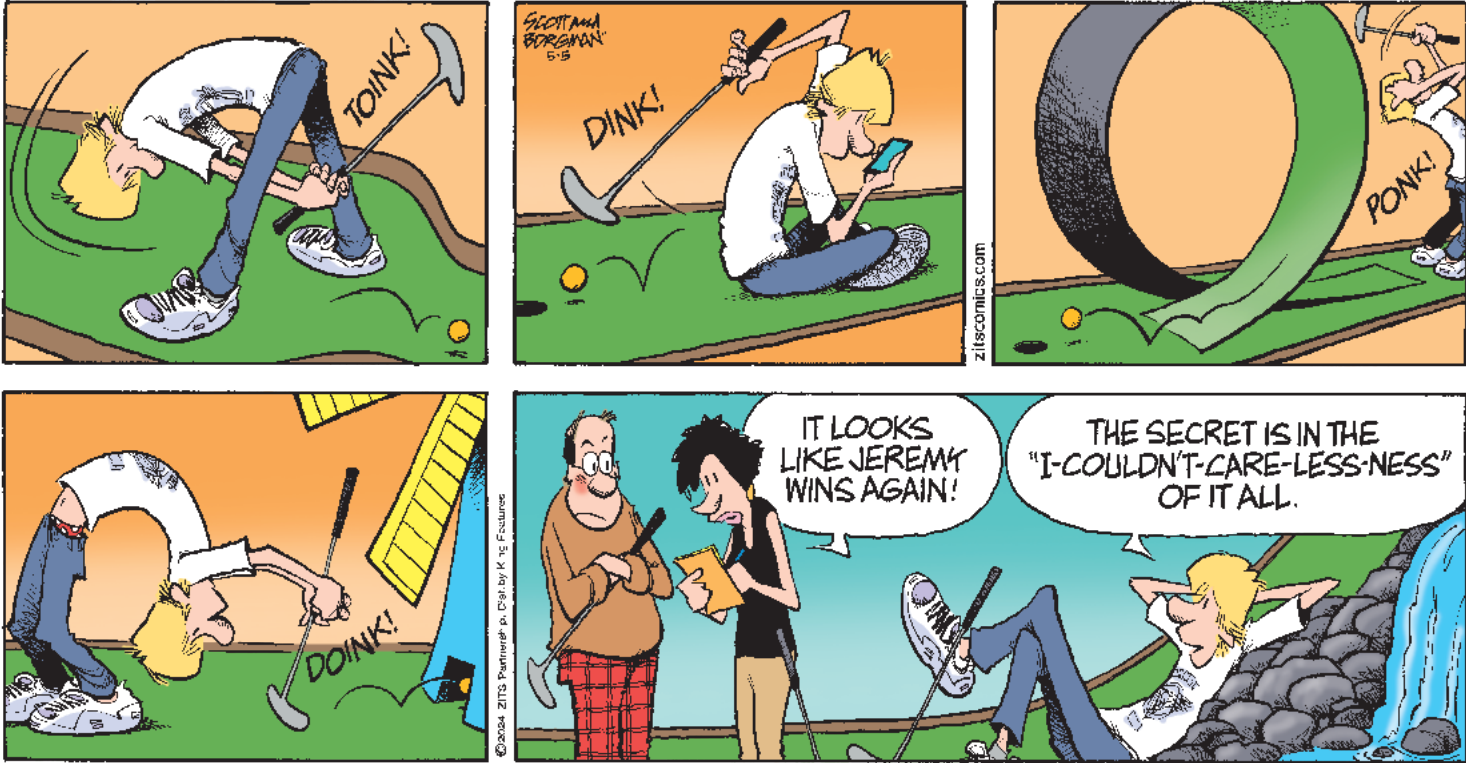
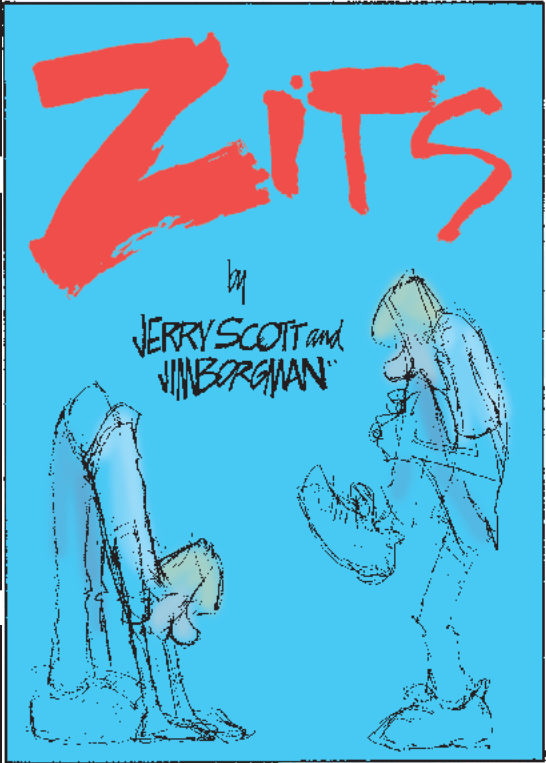
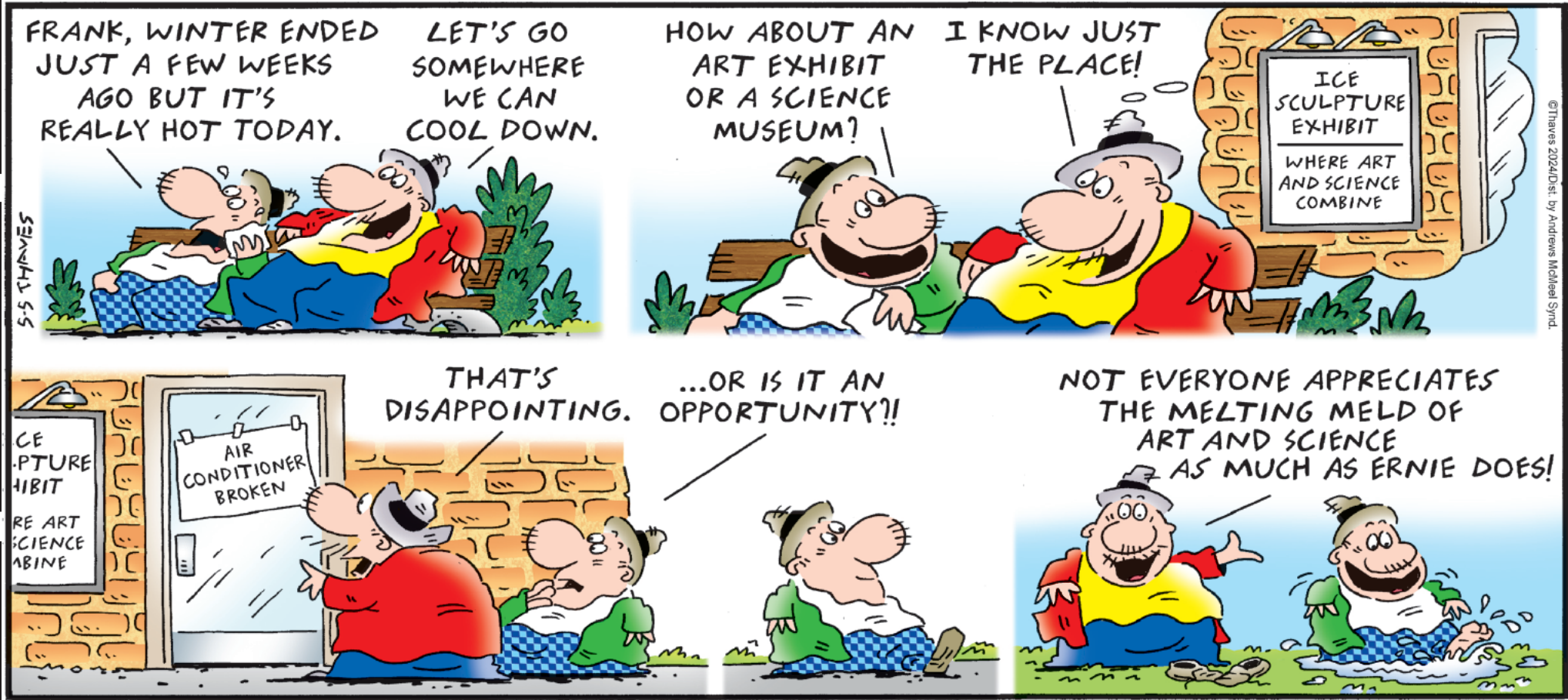
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| 2- | 2÷ | | 96× |
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| 4- | 1- | | 16+ | |
| | | 2- | 5+ | |
| 3÷ | | | 3÷ | |

TODAY'S ANSWERS

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| 2 | 3 | 4 | 1 |
| 1 | 4 | 2 | 3 |
| 3 | 2 | 1 | 4 |

| | | | | |
|---|---|---|---|---|
| 9 | 2 | 5 | 3 | 1 |
| 2 | 1 | 3 | 9 | 4 |
| 4 | 5 | 2 | 6 | 1 |
| 1 | 3 | 4 | 6 | 5 |
| 5 | 2 | 6 | 1 | 3 |
| 3 | 4 | 1 | 2 | 6 |

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RULES

- Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.
- The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- Freebies: Fill in single-box cages with the number in the top-left corner.

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Daily Herald
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Mutton busting was introduced by Jack Daines of Alberta in the early 1960s.

Most children fall off in less than 8 seconds.

Mutton busting is a rodeo event for children. It is early training for bronc riding. Some young cowboys and cowgirls go to bronc riding schools.

In a word

The word **rodeo** (pronounced ROH-dee-oh or roh-DAY-oh) can trace its roots to Spanish cowboys, or *vaqueros*. In Spanish, the verb *rodear* means “to surround” or “to round up.” The English word “rodeo” was first used around 1834 to refer to a cattle roundup. It did not come into popular use until the 1920s.

Cowboys

Before there were rodeos, there were **cowboys**. In the late 1800s, there was a cattle boom in the West, and for a short time the demand for skilled cowboys was at a premium. It was a cowboy’s job to look after the cattle, round up the herd and drive it over the open range to cities or towns where the animals could be sold. When they were not working, the cowboys partook in informal competitions to see who was the best horseman or roper. **Railroads** and **barbed wire** put an end to the cattle-drive era, and finding work became a challenge for most cowboys. It was around this time that the popular “Wild West” shows were created. The everyday skills of the cowboy evolved into the modern sport of rodeo.

Superstitions

Over the years, many rodeo superstitions and taboos have evolved. Here are just a few:

- Putting your hat on a bed is unlucky.
- Shaving before a performance will endear you to Lady Luck.
- Barrel racers always wear different-colored socks on each foot for luck.
- Never compete with change in your pocket; it will be all you win.

SOURCES: World Book Encyclopedia, World Book Inc.; <https://en.wikipedia.org>; <https://www.prorodeohalloffame.com>; <https://www.powayrodeo.com>; <https://www.smithsonianmag.com>

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RODEOS

Rodeos are contests that test the riding and roping skills of cowboys and cowgirls. Rodeos are held in the United States, Canada, Australia, Mexico, Spain and many countries in South America. Rodeos are not just sport and entertainment. They are also big business and, for some, a way of life. Millions of fans enjoy watching the sport in person and on television.

Professional rodeos have two kinds of competitions. **Roughstock events** consist of saddle bronc riding, bareback bronc riding and bull riding. **Timed events** include steer wrestling, team roping, tie-down roping, barrel racing and steer roping.

A **bronco** is any unbroken horse, not a species or a breed.

Spirited horses prone to bucking are trained for the rodeo.

Bronc, or **bronco**, is the name for a bucking horse. Both saddle bronc and bareback bronc riding require the rider to stay on the horse for eight seconds.

In bull riding, the harder a bull bucks, the higher the cowboy’s score, with 100 points being the highest.

Bull riding is the most dangerous rodeo event. A rider must stay on for eight seconds. To win, both bull and rider are scored on performance.

In **barrel racing**, speed is of the essence. A rider must not miss, knock over or go the wrong way around a barrel.



Steer roping is a traditional rodeo event.

A steer can be difficult to wrestle, as it can weigh as much as 500 pounds (227 kg).

Steer wrestling is judged on timing and skill.

Famous Wild West rodeo folk

It is estimated that during the time of the Wild West (1820–1880), 1 in 3 cowboys was African American or Mexican American.



William F. Cody (1846 – 1917), aka “**Buffalo Bill**,” created the first major U.S. rodeo and Wild West show in 1882 in North Platte, Nebraska.



Annie Oakley (1860 – 1926) was a sharpshooter who toured with Buffalo Bill’s Wild West show.



Bill Pickett (1870 – 1932) was a famous African American cowboy, rodeo performer and actor.



Vicente Oropeza (1858 – 1923) introduced trick roping to American rodeo and pioneered Mexican rodeo.

Leon Coffee is a rodeo clown in the ProRodeo Hall of Fame.



Rodeo clowns specialize in a number of talents. Some entertain the crowd between events. Others are **barrelmen** who pop in and out of barrels to distract a raging bull. **Bullfighting clowns** are trained to help cowboys who have fallen and need assistance getting off the field.

The lingo

Many of the words in the American cowboy vocabulary have Spanish roots. Some phrases have simply evolved from years of cowboy living.

Biscuit shooter — The ranch cook.

Bonanza — Spanish word for prosperity or success.

Bronc(o) — From the Spanish “bronco,” an unbroken horse.

Buckaroo — From the Spanish *vaquero*.

Chaps — Leather leggings, from the Spanish *chaparreras*.

Chips — Cow or buffalo manure.

Cookie — Camp cook.

Flea trap — A cowboy’s bedroll.

Kack — A saddle.

Lariat — A throw rope, from the Spanish *la reito*.

Lasso — A rope, from the Spanish *lazo*.

Did you know?

Rodeo is the official state sport of Wyoming and Texas.

Spanish rodeos focus on stylistic roundup skills, while American rodeos tend to be about roundup speed.

Cowboy competitions weren’t commonly called rodeos until the 1920s, with professional cowboys officially adopting the term in 1945. Until then, competitions were often referred to as frontier days, stampedes and cowboy contests.

Professional Rodeo Cowboys Association rodeos must include calf roping, bareback riding, saddle bronc riding, bull riding and steer wrestling. Some include optional events such as steer roping and team roping.

Women have been participating in the rodeo circuit since the 1890s.

Gene Autry was a popular rodeo singer in the 1940s.

HOROSCOPES



Cinco de Mayo cosmic conjunctions
In the United States, the fifth of May is an opportunity to celebrate Mexican culture and heritage, in this case under a lunar alliance. The moon forms a conjunction with Mercury in the fiery warrior sign of Aries on this day of remembrance for the time a Mexican army was outnumbered yet prevailed with the victory in the Battle of Puebla of 1862.

ARIES (March 21-April 19). You embrace challenges as steppingstones to growth, but not at first. In fact, if you went into every challenging situation with a can-do attitude, you would only annoy the more realistic humans. However you feel, embrace it.

TAURUS (April 20-May 20). You weren’t the one who made things difficult, but you still want to be the one who makes them better. This is what gives you a reputation for being a lifter and coach — an overall good person to know.

GEMINI (May 21-June 21). Spiritual

connections will guide your actions and decisions whether or not you are aware of them. Trust your intuition to navigate life’s complexities. What unfolds will transcend logic and reason.

CANCER (June 22-July 22). Humans are territorial creatures, some more than others. You’re generally open-hearted, though you may not realize a boundary exists until it gets crossed. Twinges of caution or feelings of defensiveness will teach you what you care about.

LEO (July 23-Aug. 22). Every decision shapes your experience, offering lessons regardless of the outcome. When you get what you want, you learn. When you don’t get what you want, you learn. As long as you’re engaged and aware, you really can’t lose.

VIRGO (Aug. 23-Sept. 22). Attraction drives the plot. You’re drawn to ideas and people who are also drawn to ideas and people, so the plot turns in directions you weren’t expecting. Your control of it is limited. Relax and let luck play her part.

LIBRA (Sept. 23-Oct. 23). Balancing support and boundaries ensures others appreciate your contributions fully. Maintain clarity in your expectations. This week features well-rounded decisions and ultimately will contribute to your success.

SCORPIO (Oct. 24-Nov. 21). It takes a big person to see the big picture. You’ll also see the minor mistakes, but you’ll ignore them. How long does a thought have to linger for it to matter?

SAGITTARIUS (Nov. 22-Dec. 21). Your version of your story helps you. Your version of another person’s story helps you. Think twice before you share it as an insight that will help them. It may or may not. Let empathy lead the way to social grace.

CAPRICORN (Dec. 22-Jan. 19). You are insightful and compassionate, two things you can be without making a single move to fix the problem. Continue on the tract of observation awhile, as not everything is yours to maneuver.

AQUARIUS (Jan. 20-Feb. 18). While action is crucial, don’t rush it. If it seems like you’re waiting around, you can always be refining your focus, which is an excellent use of the down-time. Purposeful thoughts will be your guiding force. Mental clarity is a kind of resource.

PISCES (Feb. 19-March 20). Some delights seem universal, but none really are. You’ll deal with many types, each with a unique version of fun. It would be hard to name a more interesting quest than the one to discover what someone delights in.

TODAY’S BIRTHDAY (May 5). Entertaining is a skill you’ll use often, and you’ll become even better at hosting, speaking, networking and more. A project will bring an influx of creative energy and inspiration. Love will take many forms and flow to you in abundance. More highlights: You’ll build bridges of communication, visit distant family and live in music. Aquarius and Libra adore you. Your lucky numbers are: 5, 1, 10, 21 and 17.