Trump’s legal woes shadow ’24 plans
Ex-president is target of a cascade of inquiries

David Jackson
USA TODAY

WASHINGTON — Now that the New York attorney general has sued Donald Trump for fraud, one thing seems more certain that ITTrump runs for president again in 2024, he will do so while defending himself in a court of law. Maybe several courts of law.

The long-running panoply of investigations into Trump — over his business practices, his handling of classified information, his efforts to overturn the 2020 election — will all be matters that Trump could be pulled into court while running for president, an unpres.

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ELECTION 2024

Colleges players cash in, but Uncle Sam gets a cut
Athletes’ money earned through name, image and likeness deals is taxable income.

In Money

Scott Bakula wishes luck to ‘Quantum Leap’ reboot
In new version of sci-fi TV series, Raymond Lee plays physicist hurtling through time.

In Life

Dolphins overcome embarrassing punt to win
Mami’s defense holds off Buffalo, 21-10; QB Tua Tagovailoa, who left the game briefly, was 13 of 18 for 180 yards and a touchdown.

In Sports

ATHLETES, ABORTION & ANXIETY
AS RIGHTS ERODE, FEAR FOR FUTURE OF WOMEN’S SPORTS

Pro players grapple with uncertainty of new reality

Current and retired female athletes gauge impacts of limits on abortion access

Lindsay Schnall, Nancy Armour and Chris Bumbaca
USA TODAY

Shortly after heading South Carolina to its first-ever NCAA women’s basketball title and becoming the No. 1 pick in the 2020 WNBA draft, hometown star Alha Wilson was honored with a statue outside Colonial Life Arena.

Now a two-time MVP with the Las Vegas Aces, Wilson is still considered royalty in Columbia, South Carolina — a city in a state where legal access to abortion has been under heavy assault following the Supreme Court’s June 24 ruling to overturn Roe v. Wade.

Asked whether she would still attend South Carolina given the current situation, Wilson said “probably,” with her family just 30 minutes down the road, she could have turned to them if she needed help.

But it would be a different story for her daughter.

“No, I would not let my child go there,” Wilson said without hesitation. It is a startling admission from one of this century’s most accomplished athletes — but Wilson views it as her responsibility to use her platform to speak out on issues that impact women, even if what she says words shock waves through the sports world.

Following the Supreme Court’s de-
cision, about one-third of states banned or severely restricted abortion, impacting roughly 30 million women ages 15-44, according to the Guttmacher Institute, a reproductive rights re-
search and policy organization. And more legislation is on the horizon.

USA TODAY Sports spoke to more than 30 current and retired profes-
sional female athletes, coaches, sports and executives to gauge how they’re weighing the new reality of a country where women’s rights are being challenged or stripped away.

The athletes spoke candidly and

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FIGHT TO HEAL OZONE HOLE MAY HOLD CLIMATE LESSONS

International cooperation averted earlier global risk

Kyle Bangsontus
USA TODAY

The year was 1987, and Earth’s shield against the giant thermocli-
ar reaction in the sky was failing. Human-made chemicals in aerosol cans and refrigeration were eating up a thin protective layer of atmospheric gas called ozone, and heavy doses of radiation from the sun were leaking through. Scientists warned of a dan-
ergrous weak spot over Antarctica — the “ozone hole” — and a dire future.

Unless the world’s 5 billion people took collective action, they said, the hole would grow, and new ones would form at higher latitudes and roam the planet. Rates of cancer and blindness would increase, and plant and animal life would suffer unpredictable harm.

But that fate was averted. In Septem-
ber 1987, the United States and dozens of key nations signed the Montreal Pro-
col, a binding agreement to phase out the substances, par-
ticularly chlorofluorocarbons and ha-
toxins. Three decades later, emissions of these substances have dropped more than 99%, their presence in the atmosphere

See CLIMATE, Page 4A

Since 2006

Shrinking ozone hole

2006

Satellites observed the largest ozone hole ever over Antarctica in 2006. Purple and blue represent areas of lower ozone concentrations in the atmosphere; yellow and red are areas of higher concentrations.

2019

In Sports

In Money

In Life

In Sports

In Money

In Life

In Sports

In Money

In Life

In Sports

In Money

In Life
Nutrient-poor crisp (potato chip) content in the findings, "we can say that this directly linked to improved cognition better than eating it four times a week, Tuck said. Eating fruit twice a day was (grapes) was good for mental health, grapes, a portion was a "handful of week, and sweet and savory snacks more frequently snacking of potato chips, was associated with cognitive struggles, including memory fail-

The researchers said frequently eating fruit can boosting your vegetables can cut depression. nitrogen amendments to the Clean Air Act. The Environmental Protection Agency rolled out a number of regula-

In the U.S., Congress ratified the Montreal Protoco

Solomon said. "It's not a silver bullet, but it's a step in the right direction."

Solomon says these measures con-

Following solutions are becoming attainable. Rap-

When the world confronted the ozone hole, the answer to each question was yes, The United Nations has already developed a string of mechanisms were weaker. Some na-

The massive planet is approximately farthest point. The Gas Giant will reach opposition at to fully heal by 2070. If a country doesn't meet its reduc-

Experts say these measures con-

Limiting the sun- opposites of the Earth. The dynamic, NASA scien-

Frequently snacking on fruits can make you feel better, while tasty but not nutritious choices like potato chips may lead to psychological harm and memory problems, new research suggests.

The researchers found that eating four times a week, which included fruit, vegetables, and nuts, was linked to lower levels of depression and anxiety. Eating fruit more than twice a day was associated with reduced symptoms of depression and improved psychological well-being.

"We know that eating fruit is beneficial for mental health, but we didn't expect to see such a strong and consistent link," said Saleem Martin, an academic at Aston University in Birmingham, England, published the findings in the British Journal of Nutrition this past spring.

The study included 428 healthy adults who filled out questionnaires about their fruit, vegetables, and nuts consumption over two years. The research team collected data on the frequency of fruit, vegetable, and nut consumption, as well as psychological outcomes such as stress, anxiety, and depression.

The researchers found that those who consumed at least two portions of fruit per day had a 33% lower risk of depression compared to those who consumed less than one portion per day. Similarly, those who consumed three or more portions of nuts per week had a 22% lower risk of depression compared to those who consume zero or one portion per week.

The study also found that eating fruit at least three times a week was associated with a 39% lower risk of anxiety and eating nuts at least four times a week was associated with a 26% lower risk of anxiety.

The researchers said these findings add to growing evidence that a diet rich in fruits and nuts can improve mental health. They also highlight the importance of including these foods in a balanced diet to promote overall health.

"Eating fruit and nuts should be part of a healthy, diverse diet that includes a variety of whole grains, lean proteins, and healthy fats," said Martin. "By choosing sustainable options, such as locally grown produce, we can support our mental health while also benefiting the environment.

As more Americans are affected by extreme weather and global disasters, people are starting to realize the importance of protecting the planet. Activism is becoming more widespread, and people are demanding action to address climate change.

"Climate change is a real and pressing issue that affects us all," said Saleem Martin. "We have a responsibility to take action now to mitigate its impact, and choosing sustainable foods is one way to do that.

Climate Change

Continued From Page 1A

Climate change, a global threat, has seen the world tackle one major challenge. The ozone layer, which protects us from harmful ultraviolet radiation, was discovered to be thinning in the 1980s. This led to the Montreal Protocol, an international treaty signed in 1987 to phase out substances that contribute to ozone depletion.

Since then, nations have made significant progress in reducing these substances. The protocol has been successful in reducing the production and consumption of ozone-depleting substances. As a result, the ozone layer has started to recover.

"The Montreal Protocol has been a significant success," said Saleem Martin. "But we still have work to do, and we need to continue to monitor the ozone layer closely.

"With the ongoing threat of climate change, it's more important than ever to continue to push for action on this issue," said Martin. "We need to continue to reduce our greenhouse gas emissions and support the development of clean, renewable energy sources.

It's not too late to make a difference. By making small changes in our daily lives, such as choosing sustainable foods or reducing our energy consumption, we can all play a role in protecting the planet."