

STARS AND STRIPES[®]

Monday, August 17, 2015

A news digest for U.S. forces serving overseas

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Blast rocks Bangkok; at least 18 killed

Associated Press

BANGKOK — A bomb exploded at a popular shrine in central Bangkok during evening rush hour Monday, killing at least 18 people, injuring more than 100 and leaving body parts strewn across the streets of a neighborhood full of five-star hotels and upscale shopping malls, officials said.

No one immediately claimed responsibility for the blast, which caused the worst carnage of any single attack in recent memory in the Thai capital. Bangkok has been relatively peaceful since a military coup ousted a civilian government in May last year after several months of sometimes violent political protests against the previous government.

The area around Bangkok's Erawan Shrine is filled with hundreds of tourists, office workers and shoppers at any

given time. Police said the bomb was made from a pipe wrapped in cloth.

"Whoever planted this bomb is cruel and aimed to kill," said national police chief Somyot Poompumuang. "Planting a bomb there means they want to see a lot of people dead."

The shrine is at a major intersection that was the center of many contentious political demonstrations in recent years — raising questions about whether the bombing was politically linked. But police said it was too soon to determine the attack's motive.

Security video showed a powerful flash as the bomb exploded about 7 p.m.

At least 18 people were confirmed dead and 117 were injured, according to the Narinthorn emergency medical rescue center.

Anusit Kunakorn, secretary

of the National Security Council, said Prime Minister Prayuth Chan-ocha, the former army chief who orchestrated the May 2014 coup, was closely monitoring the situation.

"We still don't know for sure who did this and why," Deputy Prime Minister Prawit Wongsuwon told reporters. "We are not sure if it is politically motivated, but they aim to harm our economy, and we will hunt them down."

Although Bangkok has seen a period of relative calm since last year's coup, there has been some tension in recent months, with the junta making clear that it may not hold elections until 2017 and that it wants a constitution that will allow some type of emergency rule to take the place of an elected government.

Stirring the pot has been former Prime Minister Thaksin Shinawatra, who was ousted in a 2006 coup and fled the country

to avoid a corruption conviction. Last week, Thaksin posted a message on YouTube urging his followers to reject the draft constitution because he said it was undemocratic. The draft charter is supposed to be voted on next month by a special National Reform Council. If it passes, it is supposed to go to a public referendum around January.

Another source of recent tension is the annual military promotion list, with the junta's top two leaders — Prime Minister Prayuth and Deputy Prime Minister Prawit — widely believed to be supporting different candidates.

The reshuffle, which comes into effect in September, has traditionally been a source of unrest as different cliques in the army, usually defined by their graduating class in the military academy, seek the most important posts to consolidate their power.

New force of Marines arrives for rotation in Europe

BY STEVEN BEARDSLEY
Stars and Stripes

NAPLES, Italy — A Marine company with tanks, artillery and armored vehicles has arrived in Europe as the first rotation of the Corps' expanded Black Sea presence.

After entering the German port city of Bremerhaven on Sunday, the new Combined Arms Company was beginning its move to Bulgaria's Novo Selo Training Area, where it will incorporate armor and heavy weapons into exercises the Marines already conduct with local forces around the region.

The new force also provides an armor element to the Marine crisis-response task force

in Moron, Spain, according to Marine commanders.

Slated for a six-month rotation, the new unit counts 160 Marines, four Abrams tanks, six Light Armored Vehicles and three howitzers, according to Marine Forces Europe-Africa.

The unit is part of the broader American effort to support eastern European allies unnerved by Russia's annexation of Ukraine's Crimean Peninsula last year and its support for separatists in eastern Ukraine, and Moscow's growing assertiveness at sea and in air.

The deployment resembles the Army push to preposition heavy weaponry at sites in eastern Europe. Those plans

call for the placement of 250 Abrams tanks, Bradley Fighting Vehicles and artillery in Poland, Romania, Bulgaria and the three Baltic nations.

Current plans call for three six-month rotations of the Marine company, which will be attached to the Marine unit out of Mihail Kogalniceanu Air Base in Romania. That unit, of about 550 Marines, includes the Black Sea Rotational Force, which already trains with regional militaries.

Marine leaders say the movement of personnel and equipment to Novo Selo by rail is a training event in itself, requiring the efforts of several European governments.

"The result of this collabo-

ration and coordination is that the various agencies and organizations involved are familiar with each other now rather than learning about one another after a crisis happens," Lt. Col. John Sattely, director of logistics for Marine Forces Europe-Africa, said in a news release.

Marines rotating to the new Combined Arms Company will come from II Marine Expeditionary Force, out of Camp Lejeune, N.C.

Funding comes through the European Reassurance Initiative, a roughly \$1 billion account aimed at expanding the U.S. presence and exercises in Europe.

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VA mulls PTSD care that avoids traumatic memories

BY STEVEN BEARDSLEY
Stars and Stripes

NAPLES, Italy— Revisiting a traumatic event in a therapy session can open a door to relief for those suffering from post-traumatic stress disorder. But confronting bad memories may not be the answer for everyone.

After years of emphasizing trauma-focused psychotherapy as a preferred treatment for PTSD, researchers and clinicians with the Department of Veterans Affairs are considering forms of therapy that steer clear of traumatic memories, including those focusing on mindfulness.

Although relatively new and backed by less research than other therapies, the treatments could expand practitioners' options and could offer patients a greater say in their care, a top VA clinician said. That, in turn, could lead to better outcomes.

"I think the coming years will be a maturation of the field, the realization that there's more than one door," said Harold

Kudler, chief consultant for VA Mental Health Services.

Since 2008, the VA has largely recommended therapies that focus on trauma. Among the most common is cognitive-processing therapy, or CPT, which pushes patients to readjust their associations with negative memories. Another, prolonged exposure, seeks to reduce the power of a negative memory by having the patient confront it repeatedly.

A study published this month in the *Journal of the American Medical Association* suggests a number of new possibilities. VA researchers in Minneapolis found that a group of PTSD patients enrolled in a program with yoga and breathing meditation over nine weeks reported greater improvement in symptoms than their counterparts in a control group that taught coping skills.

"It demonstrates that we can have another important arrow in our quiver," Kudler said of the study. "Because there are many people who aren't ready to do these kinds of (trauma-focused) therapies."

US, S. Korea begin annual exercise despite warning

BY ASHLEY ROWLAND
Stars and Stripes

SEOUL, South Korea — The U.S. and South Korea quietly kicked off their annual Ulchi Freedom Guardian exercise Monday despite protests and warnings from North Korea.

The annual computer simulation drill is scheduled to run through Aug. 28, with about 50,000 South Korean and 30,000 U.S. troops taking part, according to South Korea's Ministry of National Defense.

Combined Forces Command described the exercise as "a routine and defense-oriented exercise designed to enhance CFC readiness, protect the region and maintain stability on

the Korean Peninsula." The exercise is planned months in advance and is not connected to real-world events, it said.

The United Nations Command Military Armistice Commission has informed the North Korean military of the exercise dates and the "non-provocative nature" of the drill, CFC said.

Officials would not discuss scenarios being rehearsed during the exercise, a spokesman for South Korea's Joint Chiefs of Staff said.

North Korea threatened over the weekend to respond with the "strongest military counteraction" if the exercise is not canceled.

Study links military children, high-risk behavior in wartime

BY JENNIFER H. SVAN
Stars and Stripes

Children in military families during wartime are more likely than their nonmilitary peers to abuse drugs and alcohol, get into fights or bring guns to school, among other risky forms of behavior, says a study of California school-age students published Monday.

Compared with those in civilian families, adolescents in military families were more likely to report alcohol use (45 percent vs. 39 percent); prescription drug misuse (36 percent vs. 27 percent); physical violence such as being pushed, slapped, hit or kicked (36 percent vs. 27 percent); and carrying a gun on campus (10 percent vs. 5 percent).

The study, which appears in the *Journal of the American Medical Association Pediatrics*, is more extensive than previous investigations that have shown military children at risk of engaging in negative behavior during wartime, researchers said.

"These results suggest that a sizable subset of military-connected students are struggling to cope with the

ramifications of two long wars," lead author Kathrin Sullivan, a Ph.D. student in social work at the University of Southern California, said in a university news release.

The study mined data from nearly 689,000 middle and high school students who took the 2013 statewide California Healthy Kids Survey, including more than 54,000 who were part of military families. It compared the rates of substance use, experience of physical violence and nonphysical harassment, and weapon-carrying among military- and non-military-connected students. California is one of the few states that asks school-age children whether they have parents or caretakers serving in the military, including the National Guard and the Reserves.

Researchers found that children affiliated with the military were about 50 percent more likely than their peers to report both recent and lifetime substance use. Substances included alcohol, cigarettes, marijuana, prescription drugs and "other drugs," such as cocaine or crack, inhalants, methamphetamines and LSD.

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Japan calls for probe of helicopter accident

Japan's defense minister has called for the United States to thoroughly investigate an Army helicopter's hard landing last week aboard a ship off Okinawa's coast, Japanese broadcaster NHK reported Sunday.

Defense Minister Gen Nakatani met with Lt. Gen. John Wissler, the commander of Marine Forces Japan, on Sat-

urday in Okinawa. Nakatani demanded that the U.S. military provide additional information about the accident and take measures to comfort concerned residents.

Wissler told Nakatani that the U.S. military will work hard to prevent any future incidents. Wissler said that he would contact the Japanese government if there is any further information about Wednesday's crash, NHK reported.

From staff reports

Day prevails at PGA tourney

Associated Press

SHEBOYGAN, Wis. — Given a third straight chance to finally win a major, Jason Day promised a fight to the finish in the PGA Championship.

Turns out the biggest fight was to hold back the tears.

Worried that this year might turn out to be a major failure, Day never gave Jordan Spieth or anyone else a chance Sunday. He delivered a record-setting performance at Whistling Straits that brought him a major championship he started to wonder might never happen.

Day was in tears before he even tapped in for par and a 5-under 67 for a three-shot victory. He sobbed on the shoulder of Colin Swatton, his caddie and longtime coach who rescued Day as a 12-year-old struggling to overcome the death of his father.

And then came high praise from Spieth in the scoring trailer when golf's new No. 1 player told him, "There's nothing I could do."

"I didn't expect I was going to cry," Day said. "A lot of emotion has come out because I've been so close so many times and fallen short. To be able to play the way I did today, especially with Jordan

in my group, I could tell that he was the favorite. Just to be able to finish the way I did was amazing."

Three shots ahead with three holes to play on a course with trouble everywhere, Day blasted a drive down the fairway on the par-5 16th and hit a towering 4-iron into 20 feet. He bit his lower lip, swatted his caddie on the arm, knowing his work was almost done.

The two-putt birdie put him at 20-under par, and two closing pars gave him the record to par in majors, breaking by one shot the 19 under of Tiger Woods at St. Andrews in the 2000 British Open. Day finished at 20-under 268, not knowing until it was over that it was a record.

What really mattered was that shiny Wanamaker Trophy at his side.

He shared the 54-hole lead at the U.S. Open and the British Open and had to watch someone else celebrate.

"Not being able to finish, it would have been tough for me mentally to really kind of come back from that," Day said. "Even though I feel like I'm a positive person, I think that in the back of my mind something would have triggered and I would have gone, 'Maybe I can't really finish it off.'"

"It felt like I was mentally and physi-

cally grinding it out as hard as I could," he said. "I wasn't going to stop fighting until it over."

Spieth gave it his best shot, but even the Masters and U.S. Open champion could tell what he was up against the way the 27-year-old Australian powered one drive after another and didn't let anyone closer than the two-shot lead with which he started the final round.

"He played like he'd won seven or eight majors," Spieth said. "He took it back. He wailed it. It was a stripe show."

Spieth has the greatest consolation possible. With his runner-up finish, he replaced Rory McIlroy at No. 1 in the world.

"This is as easy a loss as I've ever had because I felt that I not only couldn't do much about it as the round went on, I also accomplished one of my lifelong goals in the sport of golf. That will never be taken away from me now. I'll always be a No. 1 player in the world."

Spieth set a record of his own. By closing with a 68, he set a record by playing the four majors in 54-under par, breaking by one the mark that Woods set in 2000. The difference is that Woods won two majors by a combined 23 shots.

Spieth had no chance to catch Day

Associated Press

SHEBOYGAN, Wis. — Jordan Spieth gave Jason Day a thumbs-up as he watched Day's long birdie attempt roll tantalizingly close to the 17th hole at the PGA Championship.

No way Spieth was going to beat him. Might as well tip his cap.

Spieth closed out one of the best-ever performances at a major championship Sunday — 17-under 271 — to finish one of the best-ever seasons at the majors.

But he finished second in this one, and in the final round, he never really put a scare into Day.

"Best I've ever seen him play," Spieth said.

Spieth started the day trailing Day by two and ended up losing by three. Day shot 20 under — the best in major history.

Only three players other than Day have ever shot lower than 17 under in a major: Tiger Woods, Bob May and Nick Faldo. That's Spieth's consolation. And really, he had plenty of that as he left Whistling Straits.

■ His cumulative score of 54 under par in the season's four majors breaks a record previously held by Woods during his three-win major season of 2000.

■ Spieth has two major championships, a second place here and a fourth-place at the British Open, where he was one shot out of a playoff.

■ He vaulted ahead of Rory McIlroy for the top spot in the ranking.

"Easy a loss as I've ever had," Spieth said. "Because I felt that I not only couldn't do much about it ... but I also accomplished one of my life-long goals and in the sport of golf. I'll always be a No. 1 player in the world."

He'll be the 18th player, and fifth American, to reach No. 1 since the world ranking began in 1986. The last American other than Tiger to hold the spot: David Duval in 1999.

What Spieth doesn't have yet is the Wanamaker Trophy. He just missed in his quest to join Woods and Ben Hogan as only the third player to win three majors in a season. He would've been the first to sweep all three majors on U.S. soil.

Could he have made a few more putts? Probably. Early on the back nine, he had two birdie tries inside of 10 feet that just curled out.

Could he have driven the more accurately? Sure. He hit nine of 14 fairways and ranked a middling 31st for the week.

Could he have changed the result? Probably not, and he knew it.

"It would have been hard to shoot 8 under and go 15 under for the weekend," said Spieth, who worked his way into the mix by shooting 30 on the back nine Saturday. "That's very hard to do at a major championship."

Spieth's last, best chance to put a scare into Day came on No. 14, when he drove into the middle of the fairway and Day found a bunker. Five minutes later, Spieth had to make a magical up-and-down to save par and Day sank an 8-foot putt for birdie to go up four.

"I never had the opportunity to control the round today," Spieth said.

Jets run gassers after scuffles at camp

Associated Press

FLORHAM PARK, N.J. — Todd Bowles had seen enough shenanigans.

After two skirmishes on the practice field on a steamy Sunday, the New York Jets coach ordered his players to run five penalty gassers — from one sideline to the other, and back — and followed it up with a huddle at midfield.

"We understand that we can talk mess and we can jaw at each other," Bowles said after practice. "As long as the hits are clean, we're fine. But we've got to take care of each other at the same time. There's no cutting and there's no hitting in the back and those types of things.

There's no cheap shots. If it's good clean play, I don't have a problem. They can talk all day."

No punches were thrown, as there was in the locker room earlier in the week when quarterback Geno Smith had his jaw broken by then-teammate Ikemefuna Enemkpal. But the players were certainly riled up Sunday, with plenty of pushing and shoving.

Right tackle Breno Giacomini and line-backer Quinton Coples got into it in the first skirmish, and backup center Dalton Freeman and linebacker Jason Babin tussled in the second — with a bunch of others piling on. Both were over quickly, with some players playfully giving each other

love taps afterward.

But moments later, every player paid the price.

"I almost just walked right to the line," wide receiver Jeremy Kerley said. "I already knew."

So did the rest of the Jets players — they just didn't know how many gassers they'd have to run.

"It's at my discretion on how much," Bowles said.

Several players were down on one knee when they were done, and others bent over with their hands on their knees as temperatures hit the mid-90s.

Tebow gets standing ovation in Eagles' debut

Associated Press

PHILADELPHIA — Tim Tebow got a warm Philly welcome.

Tebow threw for 69 yards and ran for a touchdown in his first game in two years, Kenjon Barner returned a punt 92 yards for a touchdown and ran for a score and the Philadelphia Eagles beat the Indianapolis Colts 36-10 Sunday.

Tebow got a standing ovation when he entered midway through the third quarter and the crowd roared so loud when his name was introduced he had to quiet them down because he was taking the snap in a shotgun.

"It's very humbling, a blessing. I appreciated it," Tebow said.

Tebow completed his first four passes. His first went for a 5-yard gain and then he fired one over the middle to Eric Tomlinson for a 15-yard gain on third-and-12. He hit Tomlinson in stride for 12 yards and also lowered his shoulder on a run that gained 3.

Fans chanted "Tebow! Tebow!" during the series, but the drive stalled when Tebow threw his first incomplete pass.

He dove into the pylon on a 7-yard TD run late in the fourth quarter and finished with 15 yards rushing on four carries. He completed six of 12 passes and was

sacked twice.

"I liked how Timmy threw it," Eagles coach Chip Kelly said.

Tebow hadn't played since the 2013 preseason with New England until the Eagles (1-0) signed him to compete with Matt Barkley for the No. 3 spot behind Sam Bradford and Mark Sanchez. Barkley was 12-for-20 for 192 yards and one interception.

"Did some things decent and some things we have to work on," Tebow said. "I have to be more consistent."

Quarterback Andrew Luck was 5-for-6 for 43 yards for the Colts (0-1).



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Kenseth nabs 3rd Cup race

Associated Press

BROOKLYN, Mich. — Matt Kenseth had little to say about how NASCAR's rules package affected his race at Michigan International Speedway.

"I didn't see much of the race, which was totally fine with me," he said. "We were up front the whole time."

Kenseth started in the lead, stayed there for most of the race and finished with his third Sprint Cup victory of the season Sunday, beating Kevin Harvick by 1.7 seconds.

It was the second race under NASCAR's high-drag aerodynamic package, which was also in place at Indianapolis last month in an effort to improve passing. At Michigan, Kenseth won while leading 146 of 200 laps — so whatever excitement there was occurred further back in the pack.

"Cars could really, at the end of the straightaway, gain on others, two or three car lengths," said Jason Ratcliff, Kenseth's crew chief. "But they just couldn't do much once they got there, and they got down in the corner. They were kind of helpless. On the restarts, it got exciting. ... I'd say eighth place back, it was fun to watch. Like Matt said, I'm glad he was watching it in the rear-view mirror."

Kenseth led for 73 percent of the laps Sunday, the highest percentage by anyone in a Cup race this year. He'd led for

only 147 laps all season before dominating this 400-mile race in his No. 20 Toyota.

It was his 34th career victory, and Joe Gibbs Racing has won five of the last six Cup races — two by Kenseth and three by Kyle Busch.

"You really need to enjoy it, because about 10 races back, we were struggling, trying to get there," Gibbs said. "You just hope now that we'll be able to hold some momentum here and head into the Chase, but it's very hard to do. In pro sports, it can come and go in a week."

JGR came into the race with the top three qualifiers in Kenseth, Denny Hamlin and Carl Edwards. Hamlin finished fifth and Edwards was sixth.

Martin Truex Jr. finished behind Harvick in third. Austin Dillon, who was sent to the back at the beginning of the race because of an engine change, managed a fourth-place showing, and Kyle Busch took another step toward wrapping up a spot in the Chase with an 11th-place run in his backup car.

Kenseth had a comfortable lead before a caution with 17 laps remaining tightened things up, but he had little trouble holding off Harvick after the restart.

NASCAR used a special high-drag aerodynamic package for this race and last month's at Indianapolis Motor Speedway. It was supposed to improve passing, but aside from one brief duel at the front between Kenseth and Dillon with about 55 laps left, there was little drama in terms of lead changes.

Kenseth led for the first 22 laps, and there were 16 lead changes after that.

Clint Bowyer's Chase chances look more tenuous after he went into the wall Sunday and finished 41st. He's now 15th in the standings.

Busch came into the race in 30th place, needing to avoid major mistakes because although he has four wins in 2015, a top-30 ranking is required for entry into the Chase. Busch wrecked his car in practice Saturday and had to start the race from the back, but he had a solid, uneventful day, even leading for a couple stretches.

He's now 29th in the standings, 23 points ahead of 31st-place Cole Whitt.

"It was a success," Busch said. "It wasn't what we wanted. We had a really, really fast car yesterday, but I screwed up and wrecked that car. It was a winning car, maybe not the winning car. But congratulations to our teammate Matt Kenseth and the '20' bunch. It's really good times for Joe Gibbs Racing right now."

Harvick remained atop the standings and now leads Joey Logano by 48 points. Logano finished seventh.

The rules package caused some concerns over the heat, and NASCAR mandated a dual outlet duct be used on the right-side window to help with ventilation and keep the cockpit from being too hot for the drivers. NBC Sports showed a reading of over 150 degrees in the cockpit of Casey Mears' car — and that was still during the first quarter of the race.

Mikulak wins 3rd straight US gymnastics title

INDIANAPOLIS — Sam Mikulak felt his hands slip off the high bar and knew trouble was coming. A split second later the best male gymnast in America found himself face down on the mat. What better time for a little internal pep talk?

"I was like, 'Get in the game again. Don't mess up again,'" Mikulak said.

Done and done, if not exactly as crisply or as cleanly as Mikulak would like.

The 22-year-old easily won his third straight U.S. gymnastics title Sunday, overcoming his baffling miscue to secure a spot on the U.S.'s world championship team. Mikulak posted a two-round score of 183.650, a whopping 4.35 points ahead of Donnell Whittenburg. A resurgent Chris Brooks was third followed by Alex Naddour and Marvin Kimble in what amounted to the gymnastic equivalent of a three-touchdown blowout.

Mikulak gladly accepted the medals, just not the overall performance after falling on two of 12 events during the two-day meet.

Whittenburg, Naddour, 2012 Olympic bronze all-around medalist Danell Leyva, Paul Ruggeri and Brandon Wynn were named to the world team, with Brooks as the replacement athlete and Kimble as the alternate.

Canadian teen wins Portland Classic

PORTLAND, Ore. — Brooke Henderson got her breakthrough LPGA Tour victory. The Canadian teen will have to wait a little longer to become a tour member.

Henderson finished the Cambia Portland Classic at 21-under 267 to become the third-youngest champion in LPGA Tour history at 17 years, 11 months, 6 days.

Lydia Ko set the age record as an amateur in the 2012 Canadian Women's Open at 15 years, 4 months, 2 days. She also won the Canadian event in 2013 at 16, and won four times at 17. Lexi Thompson won the 2011 Navistar LPGA Classic at 16 years, 7 months, 8 days.

Bowles, Jets not happy with Smith tossing balls

FLORHAM PARK, N.J. — Todd Bowles and the New York Jets would prefer Geno Smith wait until the doctors tell him he can throw footballs again.

Smith was photographed by the New York Post playing catch with a friend outside his New Jersey apartment Saturday, two days after the quarterback had jaw surgery. Smith had plates and screws inserted into the jaw, which was broken by a punch from then-teammate Ikemefuna Enemkpali on Tuesday.

Bowles said that Smith "shouldn't be doing it right now" and that the team discussed that with the quarterback.

Chung Mong-Joon to run for FIFA president

PARIS — Chung Mong-Joon said he will run for FIFA president, pledging to help the governing body clean itself up if he gets elected Feb. 26.

Speaking at a news conference in Paris on Monday, the South Korean said "it is my privilege and honor to announce my candidacy," before quickly turning his sights on long-serving president Sepp Blatter.

After 17 years as FIFA president, Blatter said on June 2 he was standing down, under pressure from American and Swiss federal investigations of widespread corruption implicating senior FIFA officials.

UEFA President Michel Platini has already declared his candidacy and is widely favored to replace Blatter.

The Associated Press

White Sox end Cubs' streak at 9

Associated Press

CHICAGO — It took another dominant performance by White Sox ace Chris Sale to slow down the Chicago Cubs.

Sale matched a career high with 15 strikeouts while pitching seven scoreless innings, and the White Sox snapped the crosstown Cubs' nine-game win streak with a 3-1 victory on Sunday.

Jose Abreu, Melky Cabrera and Alexei Ramirez homered for the White Sox, who had lost 10 of 15. Abreu, Cabrera and Carlos Sanchez had two hits apiece.

Sale (11-7) allowed one hit — Dexter Fowler's one-out single in the sixth — and walked two. It was his 11th double-digit strikeout game of the year and ran his total for the season to a major league-best 208 Ks.

"I always enjoy playing the Cubs," Sale said. "The atmosphere alone, this was probably the best atmosphere I've ever pitched in, honestly."

The Cubs were trying for their first double-digit win streak since they won 12 in a row in 2001. But Dan Haren (8-8) allowed the three homers in his 4²/₃ innings, and the Cubs struck out 18 times in all.

The Cubs loaded the bases in the sixth, but Sale struck out Jorge Soler looking to end the inning. The lanky left-hander improved to 2-0 with a sparkling 0.64 ERA in two starts against the North Siders this year.

"He made us look silly. But that's what he does," Cubs first baseman Anthony Rizzo said.

David Robertson allowed Soler's two-out homer in the ninth before finishing for his 24th save in 30 chances. Addison Russell reached on an infield hit after a replay challenge overturned the call on the field, but Starlin Castro grounded out to end the game.

Abreu hit his 22nd homer in the third. Ramirez connected in the fourth, and

Cabrera added his eighth homer in the fifth on a hot day. It was 94 degrees at first pitch.

"This is what I grew up playing baseball in," said Sale, who is from Lakeland, Fla. "I felt comfortable. You get a little sweat going and you stay loose."

Haren, who was acquired in a July 31 trade with Miami, has allowed 27 home runs this season. He was struck in the right foot by a hard Sanchez grounder in the second. After throwing a few warmup pitches, Haren stayed in the game and got two popouts.

Giants 5, Nationals 0: Madison Bumgarner homered and doubled, struck out 14 and pitched a three-hitter as host San Francisco handed Washington its sixth straight loss.

Hunter Pence also homered as the play-off-contending Giants finished off a four-game sweep. Washington matched its longest skid of the season and fell below .500.

Royals 4, Angels 3 (10): Kendrys Morales had an RBI single with two outs in the 10th inning to lift host Kansas City.

Ben Zobrist singled with one out in the 10th, the Royals' first hit since Eric Hosmer's RBI single in the first inning. After Hosmer walked, Morales singled against Trevor Gott (2-1) as Kansas City improved to 7-2 in extra-inning games.

Astros 6, Tigers 5: Jose Altuve hit an RBI single with two outs in the ninth inning as AL West-leading Houston, boosted by two homers from Colby Rasmus, beat visiting Detroit.

Pirates 8, Mets 1: Aramis Ramirez had four hits and three RBIs and Pedro Alvarez homered as visiting Pittsburgh finished off its first season series sweep of the NL East leaders.

Orioles 18, Athletics 2: Adam Jones hit two home runs and Gerardo Parra had five of Baltimore's 26 hits as the Orioles breezed past visiting Oakland.

Blue Jays 3, Yankees 1: Jose Bautista hit a two-run homer and Drew Hutchison won his third straight start as host Toronto avoided a three-game sweep by beating New York.

Braves 2, Diamondbacks (10): Shelby Miller took a no-hit bid into the eighth inning as Atlanta went on to beat host Arizona on Cameron Maybin's home run in the 10th.

Marlins 6, Cardinals 4: Derek Dietrich drove in three runs and Dee Gordon had three hits as Miami broke a six-game losing streak against host St. Louis.

Mariners 10, Red Sox 8 (12): Robinson Cano got five hits and Nelson Cruz connected for his majors-leading 36th home run as Seattle blew a big lead before edging host Boston.

Brewers 6, Phillies 1: Ryan Braun hit a grand slam to tie Robin Yount's franchise home run mark as Milwaukee swept the season series from visiting Philadelphia.

Rangers 5, Rays 3: Adrian Beltre and Ryan Strausborger hit solo home runs to spoil Drew Smyly's return as host Texas beat Tampa Bay.

Smyly (0-2) allowed five runs in four innings. He made his first start since going on the disabled list with a torn labrum in his shoulder in May.

Dodgers 2, Reds 1: Zack Greinke lowered his major league-best ERA to 1.58 with seven sharp innings and drove in the go-ahead run with his second homer of the season, leading host Los Angeles over Cincinnati.

Twins 4, Indians 1: Tommy Milone returned from the disabled list and pitched five innings and Kurt Suzuki had two key RBIs as host Minnesota defeated Cleveland.

Rockies 4, Padres 0: Chris Rusin pitched a five-hitter for his first career complete game and Carlos Gonzalez homered as Colorado beat visiting San Diego to snap a six-game losing streak.