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A news digest for U.S. forces serving overseas

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North, South Korea exchange fire at border

Staff and wire reports

SEOUL, South Korea — South Korea's Defense Ministry said its military fired dozens of shells Thursday at rival North Korea after the North lobbed a single artillery round at a South Korean border town, according to media reports.

The incident comes less than two weeks after the two Koreas began blasting propaganda messages over loudspeakers near the Demilitarized Zone that separates the two countries.

The Yonhap news service reported that the South military's radar system detected North Korea firing a shell toward a South Korean front-line military unit in Yeoncheon, Gyeonggi province, at 3:52 p.m.

In response, South Korea fired back dozens of 155 mm shells at the point where the North fired the shell at 5:04 p.m., according to the Defense Ministry.

"Our military's sensor system detected the North firing a shell suspected to be from a rocket launcher at the town of Jungmyeon, Yeoncheon," a ministry official was quoted as saying in the Yonhap report.

There were no other immediate details on any injuries in the South Korean town or in the North, but South Korean media reported that towns on the South Korean side of the world's most heavily armed border were being evacuated.

U.S. Forces Korea released a statement Thursday evening saying that it was closely monitoring the current situation.

"We are in close contact with our Republic of Korea allies and remain committed to the defense" of South Korea, USFK said. "The safety of our personnel and families is paramount and we will take prudent measures to ensure their well-being."

Osan Air Base posted a statement on its Facebook page Thursday night saying base officials were aware of the exchange of live fire, "and as a safety precaution, have instituted a recall of all 51st Fighter Wing military forces."

The cross-border propaganda warfare followed accusations from Seoul that Pyongyang had planted land mines on the South Korean side of the Demilitarized Zone that maimed two South Korean soldiers.

Cheating site hack reveals military email addresses

BY ERIK SLAVIN
Stars and Stripes

Thousands of registered email addresses believed to have been hacked from the cheating website Ashley Madison contain .mil domains, according to a Stars and Stripes analysis of the data.

Stars and Stripes found a full published list of the purported data released by the hacker group Impact Team. Searches on that list turned up 7,148 entries using army.mil; 3,448 using navy.mil; 616 using the Air Force's af.mil; and 64 using the Coast Guard's email designation.

Hundreds of others used addresses assigned to joint commands or the Army's newer mail.mil domain to register with Ashley Madison, whose website slogan reads, "Life is short. Have an affair."

The Navy's standardized addresses often include the command or ship. Anyone capable of downloading and parsing the data can, for example, see how many people aboard a specific aircraft carrier have ever registered on the site.

The data also include credit cards and home addresses associated with the site's clients.

Even if the data are valid, as many security experts now believe them to be, some of the email addresses may not be accurate. Not all of the .mil addresses appeared to use the services' standard formats for email addresses. Some addresses repeated, while others appeared to be alternate addresses for the same person.

Furthermore, Ashley Madison's parent company took no steps to verify email addresses, according to the hackers.

Defense Department officials have said little so far about the breach.

"We are aware of the reporting," Army Lt. Col. Joe Sowers, a spokesman at the Pentagon, told Military.com on Wednesday in an email. "However, we do not keep service email addresses centrally located. Confirmation of the emails would have to be handled by the services."

According to The Associated Press, the French leak monitoring firm CybelAngel said it counted some 15,000 .gov or .mil ad-

resses in the dump.

Using a government email to register for an adultery website may seem foolish, but CybelAngel Vice President of Operations Damien Damuseau told the AP that there was a certain logic to it. Using a professional address, he said, keeps the messages out of personal accounts "where their partner might see them."

"It's not that dumb," Damuseau said.

The potential data hack also raises serious questions regarding military data security. For example, when applying for security clearances, servicemembers are routinely asked questions to determine whether they are susceptible to blackmail in exchange for government secrets.

Adultery is also considered a crime under the Uniform Code of Military Justice.

How many of the people registered with Ashley Madison actually used the site to seek sex outside their marriages is an unresolved question, according to the AP report. But whatever the final number, the breach is a humbling moment for Ashley Madison, which had made discretion a key selling point. In a television interview last year, Chief Executive Noel Biderman described the company's servers as "kind of untouchable."

Brian Krebs, a blogger and journalist who originally broke the news of the hack last month, said several sources had confirmed that their data and credit card information had been included in the dump.

"I'm sure there are millions of Ashley Madison users who wish it weren't so, but there is every indication this dump is the real deal," Krebs wrote on his website.

Avid Life Media, Ashley Madison's Canada-based parent company, confirmed the hack with Krebs last month. Soon after, the hackers called for the site to be shut down after alleging it lied about a "full delete" service for customers wishing to leave it.

The hackers included a message along with the data dump claiming few of the site's members were actually women, while placing responsibility for the data breach on Avid Life Media.

Car bomb hits Cairo security building, hurts 29

Associated Press

CAIRO — A massive car bomb claimed by Islamic State militants ripped into a national security building in a residential neighborhood in Cairo early Thursday, wounding at least 29 people and blowing the facades off nearby buildings.

The blast, which went off about 2 a.m., demolished a wall in front of the government building, smashed its structure and left gaping holes exposing its offices. Of those hurt, 11 were police and soldiers. No deaths were reported.

Authorities said high-powered explosives were used in the blast, which was heard and felt across the city.

Glass from blown-out windows littered the surrounding streets in the Shubra el-Kheima neighborhood, at the northern entrance to the capital. Security forces with assault rifles set up roadblocks to ward off hys-

terical residents and onlookers. A crater marked the blast's apparent position, while the engine of the car apparently used in the attack landed on other side of the street.

The Islamic State group claimed responsibility for the car bombing, saying on its Al-Bayan radio station that "soldiers of the caliphate" had carried it out. A statement issued by their affiliate in Egypt and circulated by supporters online said it was to avenge the execution of six convicted militants in May.

The men were sentenced by a military court in proceedings heavily criticized by human rights organizations, some of whom pointed out that three of the defendants were already in detention when they allegedly carried out attacks.

A similar claim of responsibility emerged last month following a bombing outside the Italian Consulate in Cairo.

Poll: Most Americans favor drug cost regulation

Associated Press

WASHINGTON — Americans strongly support government action to control prescription drug costs, according to a new poll.

While the 2016 presidential candidates debate President Barack Obama's 5-year-old law expanding coverage for the uninsured, the latest Kaiser Family Foundation survey suggests the public is shifting to other health care issues.

Overall, 72 percent said the cost of prescription medications is unreasonable. Large majorities support requiring pharmaceutical companies to disclose how they set prices (86 percent); allowing Medicare to negotiate drug prices on behalf of beneficiaries (83 percent); limiting what drug companies can

charge for medications to treat serious illnesses (76 percent); and allowing consumers to get prescriptions filled by pharmacies in Canada (72 percent).

"Even Republicans seem to support aggressive action by government," said Drew Altman, president of the foundation, a nonpartisan clearinghouse for information on the health care system.

Insurers, state Medicaid programs and even the Department of Veterans Affairs are complaining about the strain on their budgets.

The poll was conducted by telephone Aug. 6-11 among a nationally representative sample of 1,200 adults 18 and older. It has a margin of sampling error of plus or minus 3 percentage points for questions based on the total sample.

AF slogan warns of social media dangers

BY JENNIFER H. SVAN

Stars and Stripes

"Loose Tweets Destroy Fleets" — the Air Force's twist on the famous World War II slogan "Loose Lips Sink Ships" — is meant to remind service-members to guard what they share on social media, particularly given recent threats by Islamic State sympathizers.

U.S. Air Forces Central Command's online message last week from Al Udeid Air Base, Qatar, included a photo of F-16 fighter jets on a runway. It was accompanied by a story reminding airmen "there is sometimes a fine line between letting your friends see what you're up to and providing an adversary critical information about your connection to the military and its mission."

The AFCENT article speaks directly to the threat posed by Islamic State supporters, who on at least two occasions have acquired and posted online personal data of military personnel urging followers to attack Americans in the States and overseas in retaliation for the airstrikes.

"As social media keeps evolving and there's more and more avenues to let your friends and

family know what you are up to, those same avenues can be used by ISIS sympathizers, 'lone wolves,' to track down and hurt our military members outside the safety of the base," AFCENT's force protection chief, Capt. Jonathan McDonald, was quoted as saying. He used an acronym for the Islamic State.

Most recently, a group calling itself the "Islamic State hacking division" posted the names and identifying information such as email addresses and phone numbers of some 1,400 former or current military and diplomatic personnel who worked in the United Kingdom, according to London's Sunday Times. Most of them were Americans, though much of the information was believed to be outdated.

Air Force tips to post smartly include the use of appropriate privacy settings and checking with a supervisor before posting anything work-related; also encrypting email about work missions, using a secure phone line and shredding important documents.

The "loose tweets" catchphrase is not new, having been adopted earlier by the Navy and the Army.

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China begins clearing site of deadly explosion

TIANJIN, China — Chinese workers in protective suits began clearing wreckage on Thursday, including charred car bodies and crumpled shipping containers, from the site of a chemical warehouse that exploded last week, killing at least 114.

Officials have ordered nationwide checks on dangerous materials, and the Chinese military said it was inspecting storage measures for weapons, ammunition and fuel as well as chemical, explosive and toxic materials, the official newspa-

per People's Liberation Army Daily reported.

Training in the handling of such materials and in executing emergency response plans also will be stepped up, the newspaper said.

Along with safety violations, official corruption was added as a contributing cause of the Aug. 12 disaster in the port city of Tianjin following revelations Wednesday that the son of a former police chief, one of two silent owners of the warehouse, used his connections to help obtain licenses despite safety violations.

From The Associated Press

NFL players' methods to recover vary

Associated Press

SPARTANBURG, S.C. — Luke Kuechly sits on the edge of a six-foot wide, two-foot deep metal tub filled with ice and water contemplating the shock his body is about to endure.

"Oh, I dread it every time," Kuechly says with a grin. But he gets in. He always gets in.

Kuechly knows from past experience if he doesn't keep with his ritual of spending at least 10 minutes soaking in the ice his body simply won't feel as good the next day at practice.

The cold tub method is one part of the 2012 NFL Defensive Player of the Year's recovery routine, particularly at training camp when the weather is hotter, the practices more grueling and the recovery time shorter.

Kuechly isn't alone.

Players around the NFL use all sorts of methods to recover from the rigors of training camp.

Some use hot tubs. Some, like Panthers wide receiver Kelvin Benjamin, will change from cold tub to hot tub and then go back to the cold tub.

Some players do yoga, while others stretch and use foam rollers before turning in for the night.

Some wear compression shorts as they attend team meetings. Others use the NormaTec system, a contraption that looks like a blow-up air brace that runs up the length of a player's leg. It uses sequential pulse technology to help heal muscles and joints, speeding the recovery process.

And then there's 32-year-old linebacker Thomas Davis, who takes recovery to an entirely different level. Davis

brings to camp his own hyperbaric chamber; they retail at about \$6,500 for a lower-end base model.

Hydration is critical, too.

The Panthers are required to drink 16 ounces for every pound they lose during practice.

Titans wide receiver Hakeem Nicks and tight end Anthony Fasano both said getting good sleep is vital.

"When you do get back to the hotel, get to bed as fast as possible," said the 31-year-old Fasano, entering his 10th season. "And just do some proper stretching. You know you are going to get tight and stuff like that, so injuries can really hurt you this time of year."

Panthers head athletic trainer Ryan Vermillion tries to impress upon incoming players the importance of taking care of their bodies. It's not like college: The season is longer and more physically draining in the NFL.

Vermillion borrows an analogy from former Panthers coach and current Bears coach John Fox, who would tell his players their bodies are like a Lamborghini, and they need to be taken care of as such.

"We try to make sure they understand the way they prolong their careers, the way they prolong their ability to make money and provide for themselves and their families, is to take care of their bodies," Vermillion said. "If you don't take care of your body, your career in the NFL is going to be short."

Chiefs strength and conditioning coach Barry Rubin likes players to participate in some slow tempo runs after practices, followed by consuming protein shakes or bars, and then to rotate between soaking in a cold tub and hot tub.

NFL teams seem willing to do just about anything to help players recover faster, and protect the investment they've made in their employees.

The Panthers provide soft tissue rubs, acupuncture and dry

needling. They also have massage therapists and chiropractors to work with the players during the season — all free of charge.

This year at training camp at Wofford College every Carolina player is equipped with a small device from STATSports built into the back of their Drifit practice shirt to help monitor how much energy they exert during practice. Using an advanced GPS system with an accelerometer, the device tracks the movements of players on the field.

It monitors the number of yards players run, their accelerations, and the stress load on the body. It helps teams know when a player is getting fatigued so they back off his workload or hold him out of practice to prevent injury.

"We are starting to be more confident in the things that we are learning from it. It's another way to help take care of these guys," said Brett Nenaber, a Panthers athletic performance analyst who monitors and analyzes the information.

Kuechly has tried a variety of methods to speed the recovery process, including a cryotherapy chamber — something akin to a dry ice bath that freezes muscles and is designed to reduce swelling and inflammation. But he's old school and keeps coming back to the ice tub, something players have used for decades. He's used one after lifting sessions and practices since his days at Boston College.

"I've done it a couple of times where I don't get in and my body doesn't feel as good," Kuechly said. "Maybe it's a placebo thing to me, but that's my big thing, the cold tub. I have to have it."

That, and something to occupy his mind: an iPhone, a handheld trivia game. Whatever it takes to get his mind off having his body submerged in ice water for 10 minutes.

"You can't just sit there," Kuechly said. "If you do, just thinking about how cold it is and you start to go a little stir crazy."

Patriots, Saints form kinship from past successes, scandals

Associated Press

WHITE SULPHUR SPRINGS, W.Va. — The kinship between Bill Belichick and Sean Payton is apparent in the way they compliment each other, as well as the subjects they'd rather not discuss.

They relate on matters ranging from winning it all to the awkwardness of tarnished reputations. Their franchises have drawn some of the harshest sanctions levied by the NFL.

Now they've gathered for a football summit of sorts this week at a secluded luxury resort in the mountains of West Virginia. They can provide plenty of reasons why they think working together before their preseason game on Saturday in New Orleans will help both squads improve.

If they're also sharing notes about what they've learned from scandals known as "Spygate," "Bountygate," or "Deflategate," they weren't acknowledging it when the teams practiced together on Wednesday.

"I won't comment on anything with regards to New England's situation and ours is behind us," Payton said. "We've got to find a way to improve."

In 2007, New England was levied heavy fines and docked draft picks by the NFL, which found the Patriots improperly videotaped an opponent's coaches' signals.

In 2012, an NFL probe concluded that the Saints had operated improper cash

pools rewarding big and even injurious hits. Payton, who denied being aware of anything improper, was suspended for the 2012 season. Players the league identified as ringleaders of the "bounty" pool had various suspensions overturned on appeals brought by the NFL Players Association.

In May, the league announced it was suspending Patriots quarterback Tom Brady four games over allegations he conspired with two Patriots equipment employees to deflate footballs below what league rules allow to give him a competitive edge in New England's victory over the Indianapolis Colts in January's AFC championship game. NFL Commissioner Roger Goodell upheld the suspension on appeal, after which the quarterback, backed by the NFLPA, sued in federal court.

A hearing in the case was held in New York on Wednesday, during which a judge said he would rule on Sept 4 if the two sides couldn't resolve the issue.

Back at the Greenbrier Resort, where the Saints hold training camp, Brady could be heard intensely barking instructions at teammates between plays during 11-on-11 drills. He completed several impressive passes, including a precisely placed, and timed, pass to Danny Amendola in the back, right corner of the end zone.

Brady also engaged in friendly chatter with Saints quarterback Drew Brees, but still has not spoken with media since

training camp began. His lawyers have advised him against doing so until after his legal resistance to the NFL's "Deflategate" sanctions plays out.

Belichick, as usual, kept most of his comments short and most of his thoughts to himself, but wasn't shy about complimenting Payton and the Saints.

"I have all the respect in the world for the Saints, their entire organization, Sean, the way they do things," Belichick said. "We've got a great working relationship with the Saints, Sean and his staff. From a coaching standpoint, we both feel like we get done things that are beneficial to our teams. Players work hard, but they do it in the right way."

Payton, meanwhile, has said the Patriots are to the NFL what Microsoft has been to the software industry. He said any coach who doesn't try to become familiar with Belichick's model for running a team is "foolish."

Payton also made it clear he doesn't want to be distracted — at least not any time soon — by questions of whether the Saints and Patriots have been treated, or are viewed, fairly.

"For me, it would be wasted energy," Payton said. "Certainly, we've talked as a team about certain things, but it's silly to dwell or look back or reflect. There's certain things, you know, certain things you file away, and I've got one of those real good memories."

Ravens, Eagles get different look in practice

Associated Press

PHILADELPHIA — For the Philadelphia Eagles, it was a chance to see something different. For the Baltimore Ravens, it was a chance to see something really different.

The Eagles and Ravens practiced together for the first of three days on Wednesday, leading up to an exhibition game Saturday night in Philadelphia.

"I thought we practiced really well," Baltimore head coach John Harbaugh said after the session lasting more than two hours.

"These two teams are professional. It was a hard, tough, physical practice," Harbaugh said. "It speaks to the players and it speaks to the coaches."

Harbaugh got to see his team perform against Chip Kelly's up-tempo Eagles offense. Kelly got to see his team go against a perennial playoff team in the Ravens.

"I just think it's different competition," Kelly said. "Schematically, I think there are some different things that I think our defense is excited to get a chance to see."

It's not just about new coaching approaches, Kelly said it's also about competing against different talent such as Ravens receiver Steve Smith and quarterback Joe Flacco.

"The competition part of it is what we are real excited about," he said.



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Blaney garners Truck race

Associated Press

BRISTOL, Tenn. — Ryan Blaney took the lead from Matt Crafton off a restart in a green-white-checked finish and held off Kyle Busch to win the NASCAR Camping World Truck race Wednesday night at Bristol Motor Speedway.

Blaney rebounded after losing a lap early on the 0.533-mile oval when he was given a pass-through penalty for jumping a restart while leading.

"Obviously, we didn't like it, but it was NASCAR's jurisdiction," Blaney said. "To come from a lap down, to do it in that fashion, it says so much for this team to be able to charge back up there."

Blaney raced to his first victory of the year and fourth overall. Starting on the inside line on the final restart, he made the winning pass after beating Crafton to

the first turn.

"We had a chance and that's all you can ask for is a chance," Blaney said. "Obviously, the inside isn't the preferred line on the restart, but we got a good jump and were able to pull away."

Busch also made a furious late charge in a bid for a third straight victory in the series. The Sprint Cup driver was running third with 85 laps to go when he made a decision to pit for adjustments. He came out 14th, but moved to fifth heading into the final restart.

"It was a really good restart for us," Busch said. "I was able to get on the outside of the 33 (Brandon Jones) and the 88 (Crafton). I think it surprised him and he had to get out of the gas. Our truck was fast tonight. There weren't enough laps to catch the 29 (Blaney), and we were just in the wrong position."

John Hunter Nemechek was third, followed by Daniel Hemric, Brandon Jones and Erik Jones.

Crafton faded to seventh in the melee at the end. He was in position for his fourth victory of the year when Ty Dillon spun to bring out the final caution.

Tyler Reddick was eighth. He leads the season standings, six points ahead of two-time defending series Crafton.

Cole Custer led 111 of the 202 laps, but collided with Spencer Gallagher's wreck truck with less than 50 laps to go and ended up 16th.

"I really don't know what happened," Custer said. "I was committed to the top and was going as hard as I could. The truck is all messed up. It's a shame. We had the thing won."

The race was red-flagged for 45 minutes because of ran on Lap 166.

Dodgers acquire Utley

Associated Press

PHILADELPHIA — Chase Utley is reuniting with Jimmy Rollins in Hollywood.

The Philadelphia Phillies traded the six-time All-Star second baseman to the Los Angeles Dodgers on Wednesday for Triple-A outfielder Darnell Sweeney and Single-A right-hander John Richy.

Utley didn't play in the Phillies' 7-4 win over Toronto, but got a standing ovation afterward and he tipped his cap to the crowd.

"The hardest part is leaving the city of Philadelphia," Utley said. "They've been so supportive of me for so long and I can't thank them enough."

Utley had to waive his no-trade rights to go to his hometown Dodgers and he already cleared waivers. He joins Rollins, the franchise's all-time hits leader and his double-play partner for 12 seasons. The NL West-leading Dodgers lost second baseman Howie Kendrick to a hamstring injury earlier this month.

"I think it would be a lot of fun," Rollins said after the Dodgers lost to Oakland earlier in the day. "He knows this team. He went to school over at UCLA, plays well at Dodger Stadium, actually he beats up the Dodgers when in a Phillies uniform. If everything goes through and he's here, it'd be nice to see him playing some home games there at a place that he's comfortable hitting. ... He can add a lot. Hopefully, No. 1, first and foremost, that he's healthy and he's in a good case. The way he's swung the bat since he's been playing, anyone can use that. We can definitely use it."

"He does have experience, he's a tough guy. He brings that with him. More than anything that there will be some new excitement in the clubhouse. He has a chance to play some meaningful baseball late in the year again."

Utley is batting .217 with five homers and 30 RBIs in 249 at-bats. But he has a hit in eight straight games while batting .484 out of the leadoff spot since coming off the disabled list on Aug. 7.

Though he didn't show much of a personality and never smiled on the field, Utley is perhaps the most popular player to ever wear the red Phillies' pinstripes. His all-out hustle and tireless work ethic made him a hero in a town that reveres hard-nosed players.

"Chase Utley is the guy every kid needs to watch. He's what you want to be defined as as a ballplayer," Phillies closer Ken Giles said.

His status was cemented in 2006 when beloved broadcaster Harry Kalas declared: "Chase Utley, you are the man!" after Utley scored from second on a groundout in a game at Atlanta.

"We all know Harry was an amazing person," Utley said. "That slogan will follow me all over the place and I definitely appreciate that. I've always considered myself a player that plays the game hard and plays the game the right way. I don't necessarily know the definition of that, but I tried to play every game like it's my last one."

Utley was one of a few guys to play in Philadelphia and not get booed. Former Eagles safety Brian Dawkins is another. In contrast, Hall of Fame third baseman Mike Schmidt, arguably the greatest player in team history, was vilified by fans during prolonged slumps.

Orioles break nine-game skid vs. Mets

Associated Press

BALTIMORE — Henry Urrutia broke a ninth-inning tie with his first major league home run, and the Baltimore Orioles ended a nine-game losing streak against the New York Mets with a 5-4 victory Wednesday night.

Jonathan Schoop and Adam Jones also homered for the Orioles, who hadn't defeated the Mets since June 18, 2009.

Baltimore rallied from 3-1 and 4-3 deficits before Urrutia led off the ninth with a drive into the seats in left field off Carlos Torres (4-5). That gave the Orioles a split of the two-game series and their fifth win in six games.

Zach Britton (4-0) worked the ninth for Baltimore. Daniel Murphy and Wilmer Flores both homered and had two RBIs for the first-place Mets, who have lost four of five.

After Schoop made it 3-3 in the sixth with a two-run homer, Flores put New York up 4-3 in the seventh with a solo shot off rookie Mychal Givens. Jones answered in the bottom half, connecting off Hansel Robles to even the score.

Brewers 8, Marlins 7: Ryan Braun became the franchise career home run leader with his 252nd home run and Kris Davis hit two home runs to help host Milwaukee avoid a sweep with a victory over Miami.

Braun hit a 2-1 pitch from former Brewers starter Chris Narveson to lead off the sixth. Braun broke the tie with Hall of Famer Robin Yount with a blast off the railing of the second deck in right.

Yankees 4, Twins 3: Rookie Greg Bird hit a pair of soaring two-run drives for his first major league homers, supporting an overpowering effort by Nathan Eovaldi (13-2) and leading host New York to a victory over Minnesota for a three-game sweep.

Eovaldi did not allow a baserunner until Chris Hermann singled with one out in the sixth. Topping 100 mph on the scoreboard radar a handful of times, Eovaldi was touched for three runs in the inning when he lost command of his secondary pitches.

Angels 1, White Sox 0: Jered Weaver (5-9) pitched five-hit ball into the seventh inning, and Carlos Perez homered in host Los Angeles' third straight victory over Chicago.

Weaver earned his first victory since May 30, striking out five without a walk in his third start back from a seven-week injury absence. The Angels' longtime ace

showed command and deception that made up for his velocity, and eventually left to a standing ovation.

Athletics 5, Dodgers 2: Jesse Chavez (7-12) struck out six over eight innings to win for just the second time in six starts, and host Oakland beat National League West-leading Los Angeles for a two-game sweep.

Billy Burns hit a tying double for Oakland in the sixth then scored the go-ahead run on Danny Valencia's double-play ground-er two batters later.

Rangers 7, Mariners 2: Derek Holland (1-1) won in his return from the disabled list, and host Texas hit back-to-back-to-back home runs in the seventh inning to beat Seattle.

Holland scattered eight hits, struck out six and walked none over 6 1-3 innings. He was activated from the DL on Wednesday following a shoulder injury suffered in his season debut on April 10.

Padres 3, Braves 2: Yangervis Solarte drove in two runs, and Tyson Ross pitched six solid innings as host San Diego beat Atlanta to complete a three-game sweep.

Solarte, who had three hits, homered in the sixth and added a run-scoring double in the seventh.

Phillies 7, Blue Jays 3: Rookie Aaron Altherr homered, doubled and drove in three runs and Adam Morgan (4-4) pitched seven strong innings for host Philadelphia.

Jeff Francoeur and Andres Blanco also homered for Philadelphia, which snapped a four-game losing streak.

Pirates 4, Diamondbacks 1: J.A. Happ (5-7) allowed two hits in six shutout innings for host Pittsburgh.

Happ, acquired at the trade deadline from Seattle, struck out three and walked two to earn his first National League victory in more than three years. Sean Rodriguez had three hits and an RBI for the Pirates. Starling Marte added two hits and Gregory Polanco chipped in an RBI single off Robbie Ray (3-9).

Red Sox 6, Indians 4: David Ortiz hit his 492nd career homer, Jackie Bradley Jr. and Ryan Hanigan connected on consecutive pitches, and Joe Kelly (6-6) went six strong innings for host Boston.

Travis Shaw also homered following Ortiz's solo shot for the Red Sox, who have won four of six.

Royals 4, Reds 3: Lorenzo Cain had a tiebreaking RBI single in the second inning, Ben Zobrist had four hits, and visiting Kansas City benefited from a

Cincinnati baserunning gaffe to complete a two-game sweep.

Royals starter Jeremy Guthrie left in the fifth with the 4-3 lead and the bases loaded and one out. Luke Hochevar (1-0) got Jay Bruce to pop up along the first base line. Bruce was out under the infield fly rule, but Jason Bourgeois tried to score when the ball dropped, and Hochevar threw to catcher Drew Butera, who easily tagged out Bourgeois to end the inning.

Cardinals 4, Giants 3: Yadier Molina's 100th career home run in the bottom of the eighth inning snapped a tie for host St. Louis.

Molina added an RBI single in the first and rookie Stephen Piscotty homered in the third for St. Louis, which took two of three from the NL West-contending Giants. The Cardinals are 77-43 overall and 46-19 at home, both tops in the majors.

Kevin Siegrist (5-0) allowed a walk in the eighth and Trevor Rosenthal earned his 38th save in 40 chances, striking out pinch-hitting pitcher Madison Bumgarner to end it.

Tigers 15, Cubs 8: Pitcher Daniel Norris homered in his first career plate appearance, Nick Castellanos went deep twice, one a grand slam, and visiting Detroit pounded Jon Lester (8-9).

The Tigers set season highs in runs and hits (21) and tied one with five homers — three off Lester. It was the second time this season they reached double digits in scoring in consecutive games, after winning 10-8 on Tuesday.

Astros 3, Rays 2 (13): Rookie Carlos Correa homered and his RBI single in the 13th inning gave host Houston the win.

Colby Rasmus walked with one out in the 13th and advanced to third on a single by Jose Altuve off Matt Andriese (3-3), who was called up from Triple-A Durham on Wednesday. Correa's grounder to right field with two outs in the inning scored Rasmus to give Houston the victory.

Nationals 4, Rockies 1: Stephen Strasburg (7-6) pitched seven strong innings and Jayson Werth hit a tie-breaking triple in the eighth for visiting Washington.

Strasburg allowed two hits, struck out five and didn't walk a batter in his third straight solid start since coming off the disabled list. Since returning to the rotation on Aug. 8, the right-hander has allowed three earned runs, struck out 25 in 20 innings and lowered his ERA from 5.16 to 4.22.