

US withdrawal a trigger for moral injury

By J.P. LAWRENCE
Stars and Stripes

The upcoming one-year anniversary of the U.S. military withdrawal from Afghanistan could serve as a trigger for troops and veterans suffering from what is known as moral injury, researchers and mental health advocates say.

Moral injury refers to the distress that people feel after committing an act that violates their sense of right and wrong or being forced to experience immoral actions by someone else.

“Veterans suffering from moral injury struggle with reconciling their values with the way things can unfold in times of war,” said Amy Williams, chief clinical officer at the New York-based Headstrong Project, which provides mental health treatment to veterans. “Current events often serve to add further insult to injury,” Williams added.

The 20-year-long U.S. war in Afghanistan came to a dispiriting end, with a Taliban victory and often unsuccessful efforts to evacuate Afghans allied with the U.S. cause.

The anguish that combatants in Afghanistan felt in the wake of the American withdrawal led to increases last year in requests for therapy at Headstrong and calls to the crisis line run by the Department of Veterans Affairs, spokesmen said at the time.

Many U.S. troops who deployed to Afghanistan had to square their wounded pride or moral malaise with the events of the past year, mental health advocates said.

Some troops and veterans believed that not evacuating Afghans affiliated with the U.S. military as soon as possible was a violation of their moral code, said Brett Litz, a clinical psychologist at VA Boston Health Care System and Boston University.

If the feelings connected to these thoughts become debilitating, that condition can amount to a moral injury, a term coined in 1994.

Moral injury shares some similarities with post-traumatic stress disorder such as nightmares, unwanted recall of the experience, avoidance of thoughts or feelings related to the experience and reduced interest

in things the person once enjoyed. But symptoms unique to moral injury include withdrawal from social life as well as changes in people’s belief in their own goodness and their outlook on their purpose in life.

“PTSD, that kind of trauma is about a racing heart. Moral injury is about a broken heart,” Litz said.

He also believes that moral injury requires different treatment than PTSD, which is often alleviated through therapy that attempts to introduce new and less negative ways to think about a trauma. Treatment of moral injury can include ways for patients to “balance the scales” by doing what they see as good or just, he said.

The prevalence of moral injury is unknown, Litz said. And the condition is not yet recognized in the most recent Diagnostic and Statistical Manual of Mental Disorders. Litz said he hopes a test he developed to measure moral injury can help define the term for troops, veterans and caretakers.

The VA offers help on moral injury as do groups like the Wounded Warrior Project.

Russian shelling heavy in Ukraine’s war-torn east

Associated Press

KYIV, Ukraine — Russia’s military pounded residential areas across Ukraine overnight, claiming gains, as Ukrainian forces pressed a counteroffensive to try to take back an occupied southern region, striking the last working bridge over a river in the Russian-occupied Kherson region, Ukrainian authorities said Saturday.

A Russian rocket attack on the city of Kramatorsk killed three people and wounded 13 others Friday night, according to the mayor. Kramatorsk is the headquarters for Ukrainian forces in the country’s war-torn east.

The attack came less than a day after 11 other rockets were fired at the city, one of the two main Ukrainian-held ones in Donetsk province, the focus of an ongoing Russian offensive to capture eastern Ukraine’s Donbas region.

The Russian Defense Ministry claimed Saturday its forces had taken control of Pisky, a

village on the outskirts of the city of Donetsk, the provincial capital that pro-Moscow separatists have claimed since 2014.

Russian troops and the Kremlin-backed rebels are seeking to seize Ukrainian-held areas north and west of the city of Donetsk to expand the separatists’ self-proclaimed republic. But the Ukrainian military said Saturday that its forces had prevented an overnight advance toward the smaller cities of Avdiivka and Bakhmut.

Russian Defense Ministry spokesman Igor Konashenkov also claimed that Russian strikes near Kramatorsk, 75 miles north of Donetsk city, destroyed a U.S.-supplied multiple rocket launcher and ammunition. Ukrainian authorities did not acknowledge any military losses but said that Russian missile strikes Friday on Kramatorsk had destroyed 20 residential buildings. Neither claim could be independently verified.

Further west, the governor of the Dnipro-

petrovsk region reported more Russian shelling of the city of Nikopol, which lies across the Dnieper River from Europe’s largest nuclear power plant. Gov. Yevhen Yevtushenko, writing on Telegram, said Saturday that there were no casualties but residential buildings, a power line and a gas pipeline were damaged. A volley of shells killed three people and damaged 40 apartment buildings on Thursday, he said.

Ukrainian military intelligence alleged Saturday that Russian troops were shelling the plant from a village just kilometers away, damaging a plant pumping station and a fire station.

Ukrainian officials said Russian shelling on Friday night killed one woman and injured two other civilians in the city of Zaporizhzhia, which is a straight distance of about 33 miles from the plant. Ukraine’s southern Mykolayiv region also said a woman died there in shelling.

1st woman to lead carrier ends mission

The Orange County Register

As the USS Abraham Lincoln sailed into San Diego Thursday, Aug. 11, with two destroyers in tow and some 6,000 sailors and Marines aboard, it marked the completion of a U.S. military first: Navy Capt. Amy Bauernschmidt has now completed her first mission as the first woman to command a U.S. aircraft carrier.

The nuclear-powered aircraft carrier left for a routine deployment to the Indo-Pacific region — generally ranging from the Philippines to the South China Sea — on Jan. 3. Over the next eight months, the USS Abraham Lincoln and the other ships encountered everything from the Chinese military to whale-awareness training.

For the Marines, the exercise also included the first deployment of F-35C fighters

aboard an aircraft carrier. The plane is widely viewed as an innovative weapon capable of both military and intelligence operations.

In a phone call from aboard the Lincoln, just a day before the strike group returned to Naval Air Station North Island in San Diego, Bauernschmidt noted her accomplishment and spoke about the mission.

“I don’t think there is any greater responsibility than taking over an aircraft carrier and being responsible for 6,000 Marines and sailors,” she said.

She described the crew — with an average age of 21.8 years old — as the backbone of the strike group’s success and said they should be credited for their accomplishments. Bauernschmidt also threw credit to commanders aboard the other ships in the

group and the support she got from them.

“I woke up every day with a smile on my face knowing I’m driving this incredible warship,” she said. “What (sailors and Marines) did matter,” Bauernschmidt added. “And their hard work made the difference.”

Bauernschmidt termed the Marine aerial integration “seamless and flawless.”

Even when the F-35s were grounded (to check on possible issues with the pilots’ ejector seats) the strike group didn’t miss a beat. The Air Force first discovered the problem in April.

The USS Abraham Lincoln was accompanied by the destroyers USS Mobile Bay, USS Fitzgerald, USS Gridley, USS Sampson and USS Spruance. The strike group — collectively commanded by Rear Adm. J.T. Anderson — sailed over 65,000 nautical miles.

260 additional troops to deploy to Europe

BY CAITLIN DOORNBOS
Stars and Stripes

WASHINGTON — The United States will deploy an additional 260 soldiers to Europe in support of its allies on the continent as Russia’s war in Ukraine enters its seventh month, the Army said Friday.

The soldiers will come from the 101st Airborne Division’s Sustainment Brigade headquarters at Fort Campbell, Ky., according to an Army statement.

The soldiers will help “support the United States’ unrelenting commitment to our European and NATO allies” during the fall deployment, according to the service. “This temporary deployment is in response to the invasion of Ukraine and is not a permanent change to the overall Army force posture in Europe.”

Known as the “lifeliners,” the brigade specializes in logistics and personnel services to support deployed forces, according

to the Army.

There are approximately 100,000 U.S. forces in Europe now — up from about 80,000 before Russian President Vladimir Putin ordered his armed forces to invade Ukraine on Feb. 24.

The Army did not say where the soldiers would deploy in Europe, but the Pentagon sent troops in the early months of the war to NATO countries near Ukraine, including Germany and Poland.

VA secretary tests positive for coronavirus

BY SARA SAMORA
Stars and Stripes

WASHINGTON — Department of Veterans Affairs Secretary Denis McDonough has tested positive for the coronavirus, the department announced Friday.

“I routinely test for COVID-19 every day, and today I tested positive,” McDonough said in a prepared statement. “My symptoms are mild, and I am following my physician’s directions.”

He said he will follow the guidelines from the Centers for Disease Control and Prevention and isolate at home for the next five days. He also said he has informed his VA leadership team of his positive test re-

sult and will attend meetings and discussions virtually for the remainder of the week and early next week.

McDonough said his last meeting with President Joe Biden was Wednesday at the signing of The Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics Act of 2022, or PACT Act. The new law will expand eligibility for health care and benefits for veterans exposed to burn pits and other toxins.

Biden tested positive for the coronavirus on July 21, The Associated Press reported. The president isolated and took the antiviral drug Paxlovid. He tested negative July 26 and 27, but then came down with a re-

bound case of the virus on July 30. Biden ended his isolation Sunday.

McDonough said he tested negative on the day of the PACT Act signing, which took place at a crowded event at the White House.

An infected person can spread the virus two days before symptoms appear, according to the CDC.

“As I am fully vaccinated and ‘boosted,’ my physician expects my symptoms to be mild and my recovery swift, and I am grateful for that,” McDonough said. “Vaccines work, and I continue to encourage everyone eligible for a booster shot to get one.”

Ukraine minister: Russia blocking medicine access

Associated Press

KYIV, Ukraine — Ukraine's health minister has accused Russian authorities of committing a crime against humanity by blocking access to affordable medicines in areas its forces have occupied since invading the country 5½ months ago.

In an interview with The Associated Press, Ukrainian Health Minister Viktor Liashko said Russian authorities repeatedly have blocked efforts to provide state-subsidized drugs to people in occupied cities, towns and villages.

"Throughout the entire six months of war, Russia has not (allowed) proper humanitarian corridors so we could provide our own medicines to the patients that need them," Liashko said, speaking at the Health Ministry in Kyiv late Friday.

"We believe that these actions are being taken with intent by Russia, and we consider them to be crimes against humanity and war crimes that will be documented and will be recognized," the minister said.

The Ukrainian government has a program that provides medications to people with cancer and chronic health conditions. The destruction of hospitals and infrastruc-

ture along with the displacement of an estimated 7 million people inside the country also have interfered with other forms of treatment, according to United Nations and Ukrainian officials.

The war in Ukraine has caused severe disruptions to the country's state-run health service, which was undergoing major reforms, largely in response to the coronavirus pandemic, when Russian President Vladimir Putin ordered his troops to invade on Feb. 24.

The World Health Organization said it recorded 445 attacks on hospitals and other health care facilities as of Aug. 11 that directly resulted in 86 deaths and 105 injuries.

But Liashko said the secondary effects were far more severe.

"When roads and bridges have been damaged in areas now controlled by the Ukrainian forces ... it is difficult to get someone who had a heart attack or a stroke to the hospital," he said. "Sometimes, we can't make it in time, the ambulance can't get there in time. That's why war causes many more casualties (than those killed in the fighting). It's a number that cannot be calculated."

Author Salman Rushdie on ventilator after stabbing attack, may lose eye

Associated Press

MAYVILLE, N.Y. — Salman Rushdie remained hospitalized Saturday after suffering serious injuries in a stabbing attack, which was met with shock and outrage from much of the world, along with tributes and praise for the award-winning author who for more than 30 years has faced death threats for his novel "The Satanic Verses."

Rushdie, 75, suffered a damaged liver, severed nerves in an arm and an eye, and was on a ventilator and unable to speak, his agent Andrew Wylie said Friday evening. Rushdie was likely to lose the injured eye.

Authors, activists and government officials condemned the attack and cited Rushdie's courage for his longtime advocacy of free speech despite the risks to his own safety. Rushdie's fellow author and longtime friend Ian McEwan called him "an inspirational defender of persecuted writers and

journalists across the world," and the actor-author Kal Penn cited him as a role model "for an entire generation of artists, especially many of us in the South Asian diaspora toward whom he's shown incredible warmth."

Police identified the suspect as Hadi Matar, 24. He was arrested after the attack at the Chautauqua Institution, a nonprofit education and retreat center where Rushdie was scheduled to speak.

Investigators were working to determine whether the assailant, born a decade after "The Satanic Verses" was published, acted alone.

Event moderator Henry Reese, 73, a co-founder of an organization that offers residencies to writers facing persecution, was also attacked. Reese suffered a facial injury and was treated and released from a hospital, police said.

Suspect in 4 NM deaths left behind a trail of violence

Associated Press

ALBUQUERQUE, N.M. — In the six years since he resettled in the United States from Afghanistan, the primary suspect in the slayings of four Muslim men in Albuquerque has been arrested several times for domestic violence and captured on camera slashing the tires of a woman's car, according to police and court records.

The lengthy pattern of violence — which began not long after Muhammad Syed arrived in the states — has shocked members of the city's small, close-knit Muslim community, some of whom knew him from the local mosque and who initially had assumed the killer was an outsider with a bias against the Islamic religion. Now, they are coming to terms with the idea that they never really understood the man.

Police say Syed, 51, was acquainted with his victims and was likely motivated by "interpersonal conflicts."

He was arrested Monday night and remains in custody. Prosecutors say he is a dangerous man and plan to ask a judge next week to keep him locked up pending trial on murder charges in connection with two of the shooting deaths. Syed is also the primary suspect in the other two homicides, but police say they will not rush to charge him in those cases as long as he remains in jail and doesn't pose a threat to the community. The married father of six has denied involvement in the killings.

According to court records, a boyfriend of Syed's daughter alleged that Syed, his wife and one of Syed's sons pulled him out of a car and punched and kicked him before driving away. The boyfriend, who was found with a bloody nose, scratches and bruises, told police he was attacked because Syed, a Sunni Muslim, did not want his daughter in a relationship with a Shiite man.

In 2018, Syed was taken into custody after a fight with his wife about her driving. Syed told police that his wife had slapped him in the car, but she said he pulled her by the hair, threw her to the ground and made her walk two hours to their destination.

"If you're trying to understand how violence in a particular person evolves, you just have to know that he didn't wake up last year and become a serial killer," said former FBI profiler Mary Ellen O'Toole. "He had experience with violence. And that's the challenge of law enforcement ... to identify what is your experience with violence and when did it start?"

Drought across Europe is drying up rivers

Associated Press

LUX, France — Once, a river ran through it. Now, white dust and thousands of dead fish cover the wide trench that winds amid rows of trees in France's Burgundy region in what was the Tille River in the village of Lux.

From dry and cracked reservoirs in Spain to falling water levels on major arteries like the Danube, the Rhine and the Po, an unprecedented drought is afflicting nearly half of Europe. It is damaging farm economies, forcing water restrictions, causing wildfires and threatening aquatic species.

There has been no significant rainfall for almost two months in the continent's western, central and southern regions. In typically rainy Britain, the government official-

ly declared a drought across southern and central England on Friday amid one of the hottest and driest summers on record.

And Europe's dry period is expected to continue in what experts say could be the worst drought in 500 years.

Climate change is exacerbating conditions as hotter temperatures speed up evaporation, thirsty plants take in more moisture and reduced snowfall in the winter limits supplies of fresh water available for irrigation in the summer. Europe isn't alone in the crisis, with drought conditions also reported in East Africa, the western United States and northern Mexico.

As he walked in the 50-foot wide riverbed in Lux, Jean-Philippe Couasné, chief technician at the local Federation for Fishing

and Protection of the Aquatic Environment, listed the species of fish that had died in the Tille.

"It's heartbreaking," he said. "On average, about 2,100 gallons per second are flowing. ... And now, zero gallons."

The European Commission's Joint Research Center warned this week that drought conditions will get worse and potentially affect 47% of the continent.

Current conditions result from long periods of dry weather caused by changes in world weather systems, said meteorologist Peter Hoffmann of the Potsdam Institute for Climate Impact Research near Berlin.

"It's just that in summer we feel it the most," he said. "But actually the drought builds up across the year."

Latvia and Estonia have left Chinese-backed forum

Associated Press

BEIJING — Latvia and Estonia say they have left a Chinese-backed forum aimed at boosting relations with Eastern European countries, in what appears to be a new setback for China's increasingly assertive diplomacy.

The move follows China's boosting of its relations with Russia, whose invasion of Ukraine is seen as a possible first step in a series of moves against countries that were once part of the Soviet Union. China has refused to criticize Russia and has condemned punishing economic sanctions imposed on Moscow by the West.

Weeks before the invasion, Chinese President and Communist Party leader Xi Jinping hosted Russian President Vladimir Putin in Beijing and declared their bilateral re-

lations had "no limits" in a joint statement.

The move also comes after Beijing launched economic and diplomatic retaliation against another Baltic state, Lithuania, in retaliation for its expanded ties with the self-governing island democracy of Taiwan, which China claims as its own territory and threatens to annex by force. China's increasing assertiveness and recent threatening military exercises near Taiwan have brought a sharp backlash from the U.S., the EU, Japan, Australia and others.

"In view of the current priorities of Latvian foreign and trade policy, Latvia has decided to cease its participation in the cooperation framework of Central and Eastern European Countries and China," Latvia's Foreign Ministry said in a statement Thursday.

The country "will continue to strive for constructive and pragmatic relations with China both bilaterally, as well as through EU-China cooperation based on mutual benefit, respect for international law, human rights and the international rules-based order," the statement said.

Estonia issued a similar statement, saying it would "continue to work towards constructive and pragmatic relations with China, which includes advancing EU-China relations in line with the rules-based international order and values such as human rights."

"Estonia participated in the cooperation format of Central and Eastern Europe and China from 2012. Estonia has not attended any of the meetings of the format after the summit last February," the statement said.

US in July sets new record for overnight temperatures

Associated Press

Talk about hot nights, America got some for the history books last month.

The continental United States in July set a record for overnight warmth, providing little relief from the day's sizzling heat for people, animals, plants and the electric grid, meteorologists said.

The average low temperature for the Lower 48 states in July was 63.6 degrees, which beat the previous record set in 2011 by a few hundredths of a degree. The mark is not only the hottest nightly average for July, but for any month in 128

years of record keeping, said National Oceanic and Atmospheric Administration climatologist Karin Gleason. July's nighttime low was more than 3 degrees warmer than the 20th century average.

Scientists have long talked about nighttime temperatures — reflected in increasingly hotter minimum readings that usually occur after sunset and before sunrise — being crucial to health.

"When you have daytime temperatures that are at or near record high temperatures and you don't have that recovery overnight with temperatures cooling off, it

does place a lot of stress on plants, on animals and on humans," Gleason said Friday. "It's a big deal."

In Texas, where the monthly daytime average high was over 100 degrees for the first time in July and the electrical grid was stressed, the average nighttime temperature was a still toasty 74.3 degrees — 4 degrees above the 20th century average.

In the past 30 years, the nighttime low in the U.S. has warmed on average about 2.1 degrees, while daytime high temperatures have gone up 1.9 degrees at the same time.

AMERICAN ROUNDUP

Man fatally shot in lawn-mowing dispute

MO KANSAS CITY — A Missouri man has been charged with shooting and killing his neighbor following an argument over lawn mowing, bringing to an end years of hostility between the two, officials said.

Samuel Avery, 42, of Kansas City, was charged with second-degree murder and armed criminal action in the killing of Warner Trotter, 41, who was shot in his head on his front porch, the Jackson County Prosecutor's office said.

Police said officers had been called to the men's homes twice previously because they were arguing over Avery mowing his lawn too early in the day. No one was arrested during those incidents. According to a probable cause statement, Avery told investigators they had been arguing for 10 years.

On the day of the shooting, Trotter complained Avery's lawn mower was too loud.

Social media model charged with murder

FL Miami — Prosecutors in South Florida announced a second-degree murder charge against social media model Courtney Clenney in connection with the fatal stabbing of her live-in boyfriend.

Miami-Dade State Attorney Katherine Fernandez Rundle announced the charge against the 26-year-old model during a news conference. Fernandez Rundle said Clenney goes by the name Courtney Tailor on platforms like Instagram and OnlyFans.

Fernandez Rundle characterized Christian Obumseli's death at the couple's Miami apartment as the culmination of a "tempestuous and combative relationship" that began in November 2020.

According to an arrest report, Clenney acknowledged killing Obumseli but said she acted in self defense.

Bus driver charged with stalking 8-year-old boy

NH GREENLAND — A school bus driver faces federal charges alleging he threatened and stalked an 8-year-old boy in New Hampshire.

Michael Chick, 39, of Eliot, Maine, worked as a bus driver for First Student and drove routes in both Greenland and Rye, N.H., the Portsmouth Herald reported. According to court documents, he gave a student at Greenland Central School cell-phones with instructions to take inappropriate photos of himself, placed tracing devices on his parents' vehicles and made multiple nighttime visits to their home. The boy told investigators Chick used a story about a group of criminals he called "The Team" who would kill his family, kidnap him and torture him if he did not comply with their demands.

A spokesperson for the bus company told the newspaper that Chick is no longer employed and the company is cooperating with authorities.

Man shoots woman in home, takes kid hostage

CA PALMDALE — A man who forced his way into a Southern California

home shot a woman with her own gun and then held her young daughter at gunpoint before surrendering to police, authorities said.

Erin Mauldin, 34, was arrested on suspicion of attempted murder, assault with a deadly weapon and kidnapping, in Palmdale, north of Los Angeles, according to the Los Angeles County Sheriff's Department.

The woman apparently received only a flesh wound, a neighbor who identified herself only as Destiny told KABC-TV.

After the shooting, the gunman took the woman's approximately 10-year-old daughter hostage. When deputies arrived, the man held a gun to her head before obeying orders to drop the weapon, authorities said.

Umbrella swept by wind kills woman on beach

SC GARDEN CITY — A beachgoer was killed after a loose beach umbrella impaled her in the chest, authorities said.

The umbrella was blown from its anchoring by the wind and hit Tammy Perreault while she was at a Garden City beach, Horry County Chief Deputy Coroner Tamara Willard told news outlets.

Perreault, 63, died about an hour later at the hospital from chest trauma, Willard said.

3 arrested for posing as Marshals, home invasion

AZ GOLDEN VALLEY — Three Golden Valley men have been arrested for allegedly pretending to be U.S. Marshals, breaking into a home and assaulting two women.

Mohave County Sheriff's officials said Mark Hutchins Jr., 35, and Jason Wortman, 46, both have been booked into jail on suspicion of burglary and aggravated assault while Humberto Perez, 60, is being held on suspicion of burglary and domestic violence assault.

The men allegedly said they were with the U.S. Marshals Service and forced their way into the home owned by Perez's estranged wife, who had filed a protection order against him last month.

Sheriff's officials said Perez's estranged wife and her mother were struck with the bat and taken to a hospital for possible injuries.

Iraqi man sentenced for gun smuggling attempt

GA SAVANNAH — An Iraqi man living in Georgia was sentenced to nearly eight years in federal prison for trying to smuggle guns through the Port of Savannah.

Nihad Al Jaber, 43, was sentenced in U.S. District Court almost six months after a jury convicted him of smuggling and other criminal counts. Judge R. Stan Baker imposed a prison term of seven years and 10 months.

Al Jaber is a legal permanent resident of the United States who lives in Clarkston near Atlanta. Prosecutors said that in August 2020 he tried to ship six .308-caliber rifles and three handguns through Savannah's port. Authorities found the guns broken down and hidden in a shipping container that was listed as containing spare auto parts.

—From Associated Press

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Tatis suspended after positive drug test

Associated Press

WASHINGTON — San Diego Padres dynamo Fernando Tatis Jr., one of the brightest, freshest stars in all of Major League Baseball, was suspended 80 games on Friday after testing positive for a performance-enhancing substance and won't play this season.

MLB said Tatis tested positive for Clostebol, an anabolic steroid. Tatis said he accidentally took a medication to treat ringworm that contained the banned substance.

The penalty imposed by MLB was effective immediately, meaning the All-Star shortstop — who had been out the entire season because of a broken wrist but was expected to return to the playoff contenders next week — cannot play in the ma-

jors until next year.

Tatis will miss the remaining 48 regular-season games this year. Any postseason games the Padres play would count toward the 80 that Tatis must sit out, and he'll serve the rest of the suspension at the start of next season.

"Shocked everybody," San Diego star Manny Machado said after a 10-5 win over Washington.

The 23-year-old Tatis, who signed a \$340 million, 14-year contract before the 2021 season, became one of the most prominent players ever penalized for performance-enhancing drugs, along with Alex Rodriguez and Manny Ramirez. The penalty will cost Tatis about \$2.9 million.

MLB said the suspension also

will prevent Tatis from playing for the Dominican Republic in the World Baseball Classic next March.

"Obviously, everybody's very disappointed. Somebody that from the organization's standpoint we invested time and money into," Padres general manager A.J. Preller said at Nationals Park, where San Diego played Washington.

Flashy at the plate and in the field, Tatis was an All-Star last season when he led the National League with 42 home runs. He was set to soon rejoin San Diego to boost a lineup that added star outfielder Juan Soto this month right before the trade deadline.

In a statement released by the players' union, Tatis said he was "completely devastated" and apologized to Padres manage-

ment, his teammates, MLB and "and fans everywhere for my mistake."

"It turns out that I inadvertently took a medication to treat ringworm that contained Clostebol," he said. "I should have used the resources available to me in order to ensure that no banned substances were in what I took. I failed to do so."

"I have no excuse for my error, and I would never do anything to cheat or disrespect this game I love," he said.

Tatis added that "after initially appealing the suspension, I have realized that my mistake was the cause of this result, and for that reason I have decided to start serving my suspension immediately. I look forward to rejoining my teammates on the field in 2023."

Phillies use sharp fielding to edge Mets in 10 innings

Associated Press

NEW YORK — Left fielder Matt Vierling threw out the speedy Starling Marte at the plate to end the ninth and the Philadelphia Phillies showed off sharp fielding in beating the New York Mets 2-1 in 10 innings Friday night.

In the sixth inning, Phillies third baseman Alec Bohm made a barehanded, off-balance throw to get Marte at first and pitcher Ranger Suárez snared a comebacker by Francisco Lindor. In the 10th, Bohm hit a sacrifice fly for the go-ahead run.

The Mets had a six-game winning streak stopped and also lost infielders Jeff McNeil and Eduardo Escobar to early injuries. McNeil exited after grounding out in the second with a right thumb laceration and Escobar departed with left side tightness.

New York leads the NL East and Philadelphia, second in the wild-card race, is 9½ games behind the Mets with Atlanta in between them.

Red Sox 3, Yankees 2 (10): J.D. Martinez had three hits, including a game-tying RBI single in the ninth, and Tommy Pham hit a walk-off single in the 10th to lead host Boston past Aaron Judge and AL East-leading New York.

Yankees pitchers retired 12 straight Red Sox batters before closer Clay Holmes

walked two with one out in the ninth and then gave up Martinez's single up the middle.

Padres 10, Nationals 5: Juan Soto had two hits and got a standing ovation in his return to Washington to lead San Diego.

Soto was traded to San Diego on Aug. 2, a deal that became even more significant when the Padres learned that Fernando Tatis would miss the rest of the season and the first 32 games next year.

Mariners 6, Rangers 2: Star rookie Julio Rodriguez got two hits in his return to the lineup and Seattle took over the first wild-card position in the American League by winning at Texas.

Guardians 8, Blue Jays 0: Cal Quantrill pitched seven shutout innings and won his fifth straight decision, and Josh Naylor hit a two-run home run as visiting Cleveland beat Toronto for its sixth straight win.

Cardinals 3, Brewers 1: Jordan Montgomery pitched six strong innings in a second straight scoreless outing for his new team, Paul Goldschmidt and Nolan Arenado homered, and host St. Louis edged Milwaukee.

Twins 4, Angels 0: Gio Urshela had his 11th home run of the season among his three hits, Tyler Mahle pitched three-hit ball over six innings and Minnesota won at

Los Angeles for its 10th shutout win of the season.

Dodgers 8, Royals 3: Tony Gonsolin took a no-hit bid into the seventh inning and Los Angeles won its 11th straight game, beating host Kansas City.

Rockies 5, Diamondbacks 3: Longtime minor leaguer Wynton Bernard singled, stole a base and scored in his major league debut, helping host Colorado beat Arizona.

White Sox 2, Tigers 0: Michael Kopech struck out a career-best 11 in six innings of no-hit ball and Andrew Vaughn hit a tie-breaking two-run single in the seventh inning, leading host Chicago over Detroit.

Braves 4, Marlins 3: Michael Harris II had two hits, including a tiebreaking two-run homer in the eighth inning, leading Atlanta to a win at Miami.

Orioles 10, Rays 3: Jorge Mateo had a career-high five hits, Adley Rutschman and Cedric Mullins homered off the Tropicana Field catwalk, and Baltimore won at Tampa Bay.

Astros 7, Athletics 5: Kyle Tucker hit a grand slam in the fifth inning to rally host Houston past Oakland.

Giants 5, Pirates 3: Carlos Rodon pitched two-run ball through six innings, Mike Yastrzemski drove in three runs and host San Francisco beat Pittsburgh.

Panthers' McCaffrey looks to stay healthy

Associated Press

The Carolina Panthers aren't planning to change their approach with Christian McCaffrey, even though the star running back has missed 23 of the last 33 regular-season games due to injuries.

It's full speed ahead when it comes to McCaffrey this season.

"I'm not spending my time worrying about, 'Hey, will Christian get hurt?'" Panthers coach Matt Rhule said. "We are thinking about Christian in one way only — and that's attack."

Rhule called McCaffrey a "dominant, dominant, dominant football player," but he's also realistic, knowing that running backs are prone to injuries.

That's one of the reasons Carolina signed free agent D'Onta Foreman from the Tennessee Titans to give them added depth in the backfield to go along with Chuba Hubbard.

"He plays a high-contact, high-percentage-of-injury position," Rhule said. "We're going to put him out there and play him. We want to have all of our best players for as long as possible."

McCaffrey averaged nearly 30 touches per game through the first two games of last season before going down with a hamstring injury in a Week 3 Thursday night game against the Houston Texans. His role was reduced when he returned for four games in November, averaging 17 touches per game.

Rhule said it's still too early to know how many touches he anticipates McCaffrey getting this season, but it's clear he has big expectations for the former first-round

draft pick. He adds, he wants to help him become "the best running back in the National Football League."

McCaffrey should benefit from a significantly upgraded offensive line.

The Panthers added veteran interior linemen Austin Corbett from the Rams and Bradley Bozeman from the Ravens in free agency and selected left tackle Ickey Ekwonu from North Carolina State with the No. 6 pick in the NFL Draft.

When McCaffrey has been healthy, he's been productive.

He's accumulated 6,602 yards from scrimmage in five seasons with 47 combined touchdowns. In 2019, he became just the third player in NFL history to record 1,000 yards rushing and receiving, joining Marshall Faulk and Roger Craig in that elite group.

Since then, he's struggled with a variety of injuries to his shoulder, hamstring and ankle and the team has taken some criticism for overusing him.

The injuries McCaffrey has sustained aren't because of a lack of conditioning. Rhule views McCaffrey's work ethic and preparation in the two seasons he's worked with him as second to none.

The running back said some of the injuries have been out of his control.

"I had a couple 300-pound guys fall on my ankle while I was already down," McCaffrey said. "... I would love to know if there is a drill someone has got out there to prevent that from happening, because I would do that every day."

McCaffrey has tried to tone down his conditioning, allowing his body more time to

rest.

He's also contacted several former NFL running backs, including Faulk, about how to increase his longevity in the league.

"If I've learned anything in terms of techniques, it's just not overdoing it," McCaffrey said. "I think that has been my issue — overdoing it sometimes. But you can't prevent everything. Football is a tough business and a tough sport."

The Panthers have tried to do their part, resting McCaffrey for three of the team's 12 practices at training camp. They're likely to hold him out of all preseason games — just as they did a year ago — and there are discussions about limiting his workload in practice during the regular season.

McCaffrey's teammates just want him on the field, saying he makes them a different team.

"Defenses have to account for him wherever he's at, whether out wide, inside, in the backfield — it just opens up all of these 1-on-1s out there on the field," wide receiver DJ Moore said. "So having him just opens up everything."

New Panthers quarterback Baker Mayfield had his first chance to get to know McCaffrey the last two weeks and walked away impressed. He called McCaffrey explosive, adding he has a tremendous knowledge of the game and recognition of defenses.

"And when you get him out on a route, just understanding leverage and coverages and how to get open — that's an ability that you either have or you don't," Mayfield said. "He has a pretty special talent to be really friendly in the passing game for us."

Watson apologizes to women he 'impacted' in cases

Associated Press

Cleveland Browns quarterback Deshaun Watson apologized Friday "to all the women I have impacted" after being accused by two dozen women of sexual misconduct during massage therapy sessions.

Watson, who is facing a potential year-long NFL suspension, spoke before Cleveland's exhibition opener in Jacksonville — his first game since Jan. 3, 2021, with the Houston Texans.

Watson was suspended six games earlier this month by in-

dependent arbiter Sue L. Robinson, who concluded he violated the league's personal conduct policy with "egregious" and "predatory" behavior.

As part of her decision, the retired federal judge noted Watson's lack of remorse.

Watson was asked in a pregame interview with the team's in-house TV crew Friday for his response to Robinson's position that he hasn't been contrite.

"Look, I want to say that I'm truly sorry to all of the women that I have impacted in this sit-

uation," Watson said in the interview. "The decisions that I made in my life that put me in this position I would definitely like to have back, but I want to continue to move forward."

This is the first time Watson has publicly apologized for his alleged behavior. In his two media interviews since joining the Browns in March, he had said only that he had "no regrets" while acknowledging his actions had negatively impacted "so many people."

Watson had an uneventful de-

but, completing just 1 of 5 passes for 7 yards in three series before being replaced in Cleveland's 24-13 win. Jacoby Brissett, who is expected to start during Watson's suspension, didn't play.

Watson was accused of sexually harassing or assaulting the women during the therapy sessions in 2020 and 2021. He has always denied wrongdoing and grand juries in two Texas counties declined to indict him on criminal complaints.

The three-time Pro Bowler settled 23 of 24 civil lawsuits.

Bubba Wallace signs extension with 23XI

Associated Press

Bubba Wallace locked down his future with 23XI Racing on Friday and now is eyeing a spot in NASCAR's playoffs for the first time in his career.

Wallace and 23XI announced a multiyear contract extension that keeps Wallace in the No. 23 Toyota that was the foundation of Denny Hamlin and Michael Jordan's race team. The organization was launched around the only Black driver competing at NASCAR's top level and the many partners Wallace signed in 2020 when he became a central figure in the national reckoning on racial and social justice issues.

"It feels great to get this renewal done and to know I have a home at 23XI Racing," Wallace said. "Thanks to M.J. and Denny for continuing to believe in me. We've come a long way together in less than two years

and we've checked off some major goals along the way. We know we still have work to do, both on and off the race track, but I feel good about our team and the direction we're heading."

Wallace had no intention of testing the free-agent market because he believes his only future in NASCAR is with 23XI.

"I thought from Day 1 on joining this team that I wanted to make this where I retire and a place that I call home for a very long time," Wallace said. "I'm just trying to do the best that I can and continue those efforts."

The team expanded this season to add a second car, with veteran Kurt Busch as Wallace's teammate. Busch will miss his fourth consecutive race on Sunday with concussion-like symptoms, which has put his playoff berth in jeopardy.

At the same time, Wallace is

clawing toward his own spot in the 16-driver field. Wallace has never made the Cup Series playoffs and heads into Sunday's race at Richmond ranked a career-best 19th in the standings.

He's coming off his first pole of the season last week at Michigan International Speedway and then a second-place finish that left him nearly in tears over falling just short of his second career win.

"We haven't had the best season, but we've been able to turn it around and really shown what we are capable of these last handful of races," Wallace said. "We know the urge to win is high and I thought that was the best opportunity that we had all year long, and just me replaying the last restart and wondering what could I have done differently?"

"I am in a much better place

today; I see how incredible our team performed ... to put us in that position. So lots to be happy for and grateful for, but in that moment, the sign of defeat got me there for a second."

Wallace has four consecutive finishes of eighth or better, but he needs a victory in the remaining three regular-season races to get into the playoffs. NASCAR races at Richmond, the road course at Watkins Glen and then Daytona, where Wallace should be considered among the favorites.

Wallace earned his only career victory, the first for the 23XI organization, last fall at Talladega. At Daytona, Wallace has four top-five finishes in 10 career Cup starts. Three of those finishes were second.

"Without a doubt," Wallace said when asked if he believes he can win in the regular season.

Brantley out for season after shoulder surgery

Associated Press

HOUSTON — Houston Astros outfielder Michael Brantley will miss the rest of the season after having surgery on his right shoulder this week.

The 35-year-old Brantley hasn't played in a big league game since June 26. He hit .288 with five homers and 26 RBIs in 64 games in the final season of a \$32 million, two-year contract.

"There were a lot of different avenues that were taken to try to get Michael back on the field in time for the end of the season," general manager James Click said Friday, "and ultimately, after consultation with our trainers and doctors, we ultimately came to the conclusion that this was the right path for him long-term for his health."

Brantley had surgery on Wednesday.

The loss of the sweet-swinging Brantley is a big blow for AL West-leading Houston. The

five-time All-Star is a .298 hitter with 127 homers and 713 RBIs in 1,430 regular-season games.

Brantley also has enjoyed postseason success, batting .319 with nine RBIs during the Astros' run to the World Series last year.

"He tried hard to get back," Astros manager Dusty Baker said.

Jets' Wilson injures knee in preseason game

PHILADELPHIA — Zach Wilson and the New York Jets appear to have avoided a preseason nightmare. Wilson is expected to miss two to four weeks with a bone bruise and meniscus tear in his right knee, according to a person with knowledge of the injury. The person told The Associated Press the timeline for how long Wilson is sidelined will be determined by a second opinion and an arthro-

scopic procedure to repair the meniscus.

In other NFL news:

■ Minnesota Vikings quarterback Kirk Cousins has tested positive for COVID-19 and will not play this weekend in the team's first preseason game. Coach Kevin O'Connell confirmed the diagnosis Friday at practice, where Cousins was absent for a second straight day. He felt ill Thursday and was sent home.

■ Cleveland Browns starting center Nick Harris will likely need season-ending surgery after injuring his right knee on the second play of the exhibition opener against Jacksonville. Coach Kevin Stefanski didn't provide details on Harris' injury or test results.

Irish lose WR, name Buchner starting QB

Notre Dame receiver Avery

Davis will miss the season after tearing a ligament in his right knee. The school also announced sophomore quarterback Tyler Buchner will start the opener against Ohio State on Sept. 3.

The school says Davis, a senior and team captain who was penciled in to start at slot receiver for the Fighting Irish, was injured during Friday's practice.

Spaun leads field by 1 in St. Jude Classic

MEMPHIS, Tenn. — J.J. Spaun is the leader by 1 shot going into the weekend at the FedEx St. Jude Championship.

Masters champion Scottie Scheffler missed the cut as the No. 1 seed. So did Rory McIlroy and Jordan Spieth. At least they get to play next week in the FedEx Cup playoffs.