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A news digest for U.S. forces serving overseas

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Islamic State claims deadly Afghanistan blast

BY PHILLIP WALTER
WELLMAN

Stars and Stripes

KABUL, Afghanistan — At least 81 people were killed and 286 were wounded Saturday in a twin bombing claimed by the Islamic State group that targeted a demonstration by members of the Hazara minority, officials and witnesses said.

The marchers in the Afghan capital were demanding that a major regional electric power line be routed through their impoverished home province.

Two Islamic State militants detonated suicide vests among the demonstrators, the Islamic

State-affiliated Amaq News Agency said.

Ziaudin Qayoomi, a witness, told Stars and Stripes that the two explosions occurred about 2:30 p.m. He said the first occurred near a cinema, and the second went off in Deh Mazang Square, where demonstrators wanted to spend the night.

Other witnesses said ambulances struggled to reach the scene, as roads had been blocked to prevent the movement of the demonstrators, who were demanding authorities include Bamiyan province in the electricity project.

Authorities had not determined if the attack was the

work of suicide bombers or if improvised explosive devices were used, said a Kabul police officer.

The Associated Press quoted witnesses who said security personnel shot their weapons into the air to disperse the crowd, presumably to prevent them from falling prey to a possible secondary explosion.

A spokesman for Ghani told the AP that the government had received intelligence that an attack on the march could take place and had warned the organizers.

Violence had been widely feared at what was the second demonstration by Hazaras over

the power line issue. The last one in May attracted tens of thousands of people and shut down the central business district.

At the height of the march, demonstrators chanted slogans against the president and Chief Executive Abdullah Abdullah, shouting “death to discrimination” and “all Afghans are equal.”

Hazaras, most of whom are Shiite Muslims, were especially persecuted during rule by the Sunni Taliban between 1996 and 2001.

The Taliban’s spokesman Zabihullah Mujahid said that his insurgent group was not responsible for the blast.

Police: Munich gunman had obsession with mass shootings

Associated Press

MUNICH — The 18-year-old gunman who opened fire at a crowded Munich shopping mall and fast-food restaurant, killing nine people and wounding more than two dozen others before killing himself, was obsessed with mass shootings, authorities said Saturday.

Investigators searched the German-Iranian man’s home overnight and found a considerable amount of literature about mass killings, including a book titled “Rampage in Head: Why Students Kill,” but no evidence that he was linked to extremist groups. They believe he acted alone.

All of the people killed were Munich residents, including seven teenagers, authorities said.

Germany’s top security official, Interior Minister Thomas de Maiziere, said other information showed the shooter, whom he identified only as David, had researched a 2009 school shooting in Germany, and the bomb and gun attacks in Norway by Anders Behring Breivik, who killed 77 people exactly five years ago Friday.

Initial investigations suggest the Munich-born suspect had been treated for a psychological problem, but details were still being confirmed, said Munich prosecutor Thomas Steinkraus-Koch.

Authorities have not been able to talk with the

parents of the shooter. De Maiziere said they were asylum-seekers from Iran who came to Germany in the late 1990s.

Robert Heimberger, the head of Bavaria’s criminal police, said it appeared the shooter had hacked a Facebook account and sent a message inviting people to come to the mall for a giveaway.

De Maiziere said the information about the hack is still being checked out, but “if it’s true then it’s a particularly perfidious act.”

The attack sparked a massive security operation as authorities received witness reports of multiple shooters. Eight hours later, police declared a “cautious all clear,” saying the suspect was among the 10 dead and likely had acted alone.

Authorities are still trying to determine a motive.

Some 2,300 police from across Germany and neighboring Austria were scrambled in response to the attack, which happened less than a week after a 17-year-old Afghan asylum-seeker wounded five people in an ax-and-knife rampage near the Bavarian city of Wuerzburg.

Hubertus Andrae, Munich’s police chief, said seven of the victims were teenagers; a 20-year-old man and a 45-year-old woman also were killed. Twenty-seven people were hospitalized, including four with gunshot wounds, said Andrae.

Coalition bases hit by Russia strikes

Foreign Policy

U.S. officials acknowledged that Russian airstrikes hit two remote outposts in Syria used by U.S. and coalition forces last month. The two targets, al-Tanf garrison and the Lions of the East family camp, are located close to the Syria-Jordan border. No U.S. troops were at the sites during the attacks, but a detachment of British forces had departed from the garrison shortly before the bombing. U.S. officials told the Wall Street Journal that the strikes were part of a Russian campaign to pressure the United States to cooperate more closely on airstrikes.

In Aleppo, rebels are believed to have killed approximately 40 pro-Assad forces after detonating explosives that they had tunneled under a building being used by government troops. Rebel neighborhoods of the city remain besieged.

Clinton chooses Kaine as running mate

Associated Press

TAMPA, Fla. — Hillary Clinton named Virginia Sen. Tim Kaine as her running mate Friday, adding the centrist former governor of a battleground state to the Democratic ticket.

In a text message to supporters, the presumptive Democratic nominee said, “I’m thrilled to tell you this first: I’ve chosen Sen. Tim Kaine as my running mate.”

Kaine himself tweeted, “I’m honored to be her running mate.” The two were scheduled to make their first appearance together as a ticket Saturday at

a rally in Miami.

Clinton’s decision caps a highly secretive, monthslong process to find a political partner. It’s also the final puzzle piece for the general election, pitting Clinton and Kaine against Republican Donald Trump and running mate Mike Pence, Indiana’s governor.

Kaine, 58, had long been a favorite for Clinton’s ticket. Active in the Senate on foreign relations and military affairs, he built a reputation for working across the aisle as Virginia’s governor and as mayor of Richmond. He’s also fluent in Span-

ish, making him a valuable asset in Spanish-language media as the campaign appeals to Hispanic Americans turned off by Trump’s harsh rhetoric about immigrants.

Trump, in a text to his own supporters, said President Barack Obama, Hillary and Kaine were “the ultimate insiders” and implored voters to not “let Obama have a 3rd term.”

Kaine is expected to speak Wednesday at the party’s convention, which begins Monday in Philadelphia, with Clinton delivering the closing address the following night.

Before entering politics, Kaine was an attorney who specialized in civil rights and fair housing. He learned Spanish during a mission trip to Honduras while in law school. During his political career, he’s demonstrated an ability to woo voters across party lines, winning his 2006 gubernatorial race with support in both Democratic strongholds and traditionally Republican strongholds.

His wife, Anne Holton, is the daughter of a former Virginia governor, a former state judge and, currently, the state’s education secretary. The couple has three children.

US officials: No quick fix for ending bombings in Baghdad

The Washington Post

WASHINGTON — The director of the Pentagon agency devoted to stopping improvised bombings is in Baghdad meeting with Iraqi officials, but U.S. military officials caution that they will not be able to deliver quick solutions to suppress a string of suicide attacks there.

Army Lt. Gen. Michael Shields, the director of the Joint Improvised-Threat Defeat Agency, traveled to Iraq with several staff members to discuss the spate of attacks in the city by the Islamic State group and how to thwart them. His trip follows a July 3 bombing in Baghdad’s Karradah shopping district that killed more than 300 people, making it the deadliest attack of its kind since the United States toppled Saddam Hussein’s government in 2003.

Defense Secretary Ash Carter offered JIDA’s assistance during a July 11 visit to Baghdad, and said that he and Iraqi Prime Minister Haider al-Abadi discussed using detectors on the perimeter of the city to find explosives, and how to locate the network of people who build and

use the bombs.

Carter said JIDA’s involvement would “bring to the Iraqi security forces that substantial experience and tradecraft that we learned by hard experience in both Iraq and Afghanistan.” But U.S. military officials said Friday that there are additional steps to be taken before JIDA can help.

Army Col. Christopher Garver, a U.S. military spokesman in Baghdad, said that Shields soon will return to the United States, and then will examine what options his agency can offer to the Iraqis.

“Remember, in the end, the Iraqis have to agree to whatever support we offer,” Garver said. “Even if we come up with potential solutions to help with the bomber network issue here in Baghdad, the Iraqis have to agree with it.”

David Small, a JIDA spokesman, said that Shields’ mission in Baghdad this week is “fact-finding” and will allow him to assess the improvised-explosive-device threat there and get “a thorough understanding of Iraqi counter-IED capabilities.”

“JIDA will apply its tradecraft based on the information Lt. Gen. Shields brings back,” Small said in an email. “There is nothing that will quickly or easily solve the IED problem in Baghdad.”

Shields was not available for comment Friday.

JIDA — previously known as JIEDDO, short for Joint Improvised Explosive Device Defeat Organization — has on staff not only U.S. troops, but also scientists and other technical experts. It was formed in 2006 as U.S. troops faced a wave of attacks in Iraq using makeshift bombs.

JIEDDO faced scrutiny as the U.S. ground combat missions in Iraq and Afghanistan drew to a close and critics questioned whether it was effective. Some Pentagon officials wanted it closed down entirely, but it instead was reborn with a smaller staff as JIDA. It will change names again this fall, becoming the Joint Improvised-Threat Defeat Organization (JIDO) as a result of language in the 2016 National Defense Authorization Act.

Iraq records hottest day

Associated Press

BAGHDAD — Iraq’s state-run Meteorological Department said on Saturday that it had registered the hottest day so far this year, with maximum temperatures hitting 129.02 degrees Fahrenheit in the southern city of Basra.

Friday’s merciless heat in Basra forced the majority of the residents to almost abandon the streets or to swim in the river. Increasing the residents’ suffering were chronic electricity outages, caused mainly by the soaring temperatures and the decline in electricity imported from neighboring Iran.

Starting from Saturday, temperatures are expected to hover around 120.2 degrees in Basra and to continue to decline in the coming days, weather forecaster Nagham Mohammed said. Mohammed added that temperatures in Baghdad are expected to reach 113 degrees.

Weather historian Christopher C. Burt, with the private Weather Underground, said Basra’s temperature is the second-hottest “ever reliably measured on Earth” following the 129.2 degrees registered in Kuwait the same day.

Froome closes in on Tour title

Associated Press

MORZINE, France — Chris Froome kept his lead intact during the final day of climbing in the Alps on Saturday and was poised to secure his third Tour de France title in four years.

"I still need to get the yellow jersey to Paris tomorrow but the race is done and dusted," Froome said.

Spanish rider Jon Izagirre won the rainy penultimate stage by attacking on the slippery descent from the Col de Joux Plane into Morzine.

Froome, the Kenyan-born British rider who won the Tour in 2013 and 2015, eased up just before the line in the 20th stage and lost a few seconds to his main rivals.

Still, he ended the day with an advantage of 4 minutes, 5 seconds over Romain Bardet of France, with Nairo Quintana of Colombia third, 4:21 behind.

Froome let out a thin smile when he reached the finish as his Sky teammates cheered him on.

Froome is set to become the first rider to defend the Tour title since Miguel Indurain won the last of his five straight titles in 1995. Lance Armstrong was stripped of his seven consecutive titles for doping.

The Tour concludes Sunday in Paris with a mostly ceremonial finish on the Champs-Élysées.

Froome wore bandages on his right knee and elbow after crashing on a slippery descent a day earlier. He was never in trouble in this stage, though, as his top lieutenants at Team Sky escorted him up and down each of the day's four climbs.

"It's been a really intense race. ... It was incredible to cross the last finish line with my teammates," Froome said. "They were with me for the entire Tour."

On the final descent, which had a vertical drop of more than 2,300 feet, Froome was extremely careful.

"There was no surprise because Chris Froome won. But for me it was not the same as in previous years," Tour director Christian Prudhomme said, looking back to Froome's attacks in Stages 8 and 11.

"When he attacked in the Peyrourde descent it was such a surprise," Prudhomme added. "And he did it again when he went with (Peter) Sagan in Montpellier. I liked it very much. Chris Froome was very good, his opponents less good."

Jarlinson Pantano of Colombia finished second in the stage, 19 seconds behind Izagirre, while 2014 champion Vincenzo Nibali crossed third, 42 seconds back. All three riders were part of an early breakaway.

Izagirre had enough time to clap his hands together in celebration as he crossed the line and secured his first career stage win in the Tour, having also

won a stage in the 2012 Giro d'Italia.

Izagirre was in front on the descent when Pantano made a slight error and had to put his left foot to the ground to regain control, which also slowed Nibali.

Izagirre was clocked at 53 mph on the descent.

"I think my parents must have been scared watching at home," he said. "I wanted to drop Nibali because I was worried about him in a sprint. ... Beating Nibali in a downhill is something that counts in a career."

Until this stage, Izagirre had been a support rider for Movistar teammate Quintana, a two-time Tour runner-up who had designs on winning this Tour.

"We came here with the yellow dream but Froome was the strongest," Izagirre said. "At the end of the day, we're happy with a spot on the podium, a stage win and the team's classification victory."

A minute of silence was held at the start of the stage to mourn the nine victims of Friday's shooting in Munich. Froome and the other leaders of the Tour were joined by German national champion Andre Greipel at the front of the peloton as riders removed their helmets and stood silently.

Froome will likely be sipping Champagne in Sunday's 70-mile leg from Chantilly to Paris, which should be decided in a mass sprint.

Emmons embraces mistakes

Associated Press

Matt Emmons sat in a beer garden near the shooting range trying to wash away one of the biggest gaffes in Olympic history when he felt a tap on the shoulder.

Looking up, he saw Czech shooter Katerina Kurkova and her father, there to offer condolences and express admiration for how he handled himself after failing on sport's biggest stage. They gave him a four-leaf clover keychain, wished him luck in the future and walked away.

The pair ran into each other a few more times over the next year or so, their interactions expanding, the relationship growing. They decided to start dating. Three years later, they married.

From darkness, Emmons had found a light.

"Had I not made that mistake, maybe I retire from shooting, maybe I don't marry Katy," Emmons said. "I wouldn't change a thing."

Emmons started his career with a gold medal in prone rifle as a 23-year-old at the 2004 Athens Olympics, doing it with a borrowed rifle after his was sabotaged. He picked up medals at the next two Olympics and is one of the favorites in 50-meter three-position at the Rio Games next month after setting a world record in three-position rifle this year.

Emmons also has a pair of Olympic-sized gaffes on his résumé.

The first came at Athens, where Emmons needed only a mediocre score on his final shot in three-position to earn his second gold of the games. Instead, he shot at the target next to him — called cross firing — and received no score at all, dropping him from gold to eighth in an instant.

That led to meeting his future wife, but misfortune struck again at the 2008 Beijing Olympics, in the same event, no less.

Emmons had another large lead heading into his final shot, mediocrity again enough for gold. This time, he accidentally hit the trigger as he lowered the gun sight toward the bulls-eye and missed his mark, a mishap that dropped him to fourth.

As he had in Athens, the affable Emmons handled disappointment well, focusing not on the letdown, but on the family's three-medal haul; he won silver in prone, Katy gold in 10-meter air rifle and silver in three-position.

Though he would occasionally get irritated after hearing crude remarks about his failures while at shooting events, Emmons never really thought about the two blunders others tried to define him by.

Emmons fully closed out that chapter in 2012 when his sports psychologist suggested he watch the finals.

"It put things in perspective," Emmons said. "Those failures, those mishaps, the things that I've learned in the process have made my life, my athletic career so much richer, so much more fulfilling than anything I could have done had I won those medals."

Karolyi pushes US gymnasts to their limits

Associated Press

SAN JOSE, Calif. — The girls will come in, often wide-eyed and eager, to get a feel for what the typical day of an elite gymnast looks like. After watching three-time Olympic medalist Aly Raisman make her way through another energy-sapping, mettle-testing, soul-draining workout, those same girls who dream of following in Raisman's footsteps often leave in tears.

"I feel bad that I'm supposed to be inspiring them and they don't even want to do it anymore," Raisman said. "I think people are surprised at how hard it is."

Six hours a day. Six days a week. Week after week. Year after year. Usually for as long as their bodies — not to mention their brains — can take it.

Raisman can joke about it now that she's on the other side with a spot on a second Olympic team assured after national team coordinator Martha Karolyi selected her for the five-woman team along with Simone Biles, Gabby Douglas, Laurie Hernandez and Madison Kocian. Being selected, however, is tempered by the reality that the most challenging four weeks of their careers await. Time off between trials and the Opening Ceremony in Rio de Janeiro will be scarce, if it exists at all.

The Grind is a rite of passage in the powerhouse U.S. women's program, one designed to end with tearful hugs on the podium with gold medals draped around their necks as "The Star-Spangled Banner" plays. It's a bid for glory that comes with an inherent risk as Karolyi

and the coaching staff grapple with the question of how much is too much.

It's a fine line Karolyi believes she has found a way to straddle effectively while building a dynasty that hasn't lost a major international competition in eight years. She is unapologetic in her approach, one that places a higher emphasis on execution than repetition. For competition days, the Americans almost always are done with their warm-ups first, part of Karolyi's directive to get it right and get out of there.

"Mentally you will be tired, but physically you are doing less when you're getting closer, then you can avoid overtraining," Karolyi said.

If anything, Karolyi appears to have melled as she nears retirement. Olympic champion Mary Lou Retton remembers throwing 70 vaults a day while training under Karolyi and her husband Bela before the 1984 Games. Back then there were no extra mats to help pad the landings to take some of the pressure off their joints, an added layer of protection that is standard today.

"I hit that (gold-medal winning) vault when I had to," Retton said with a laugh while pointing out that at 48 she's already had both hips replaced. "They train smarter and more efficient. I'm pretty beat up."

At this point in the Olympic cycle, "healthy" is a relative term. When the 2012 Olympic team arrived in London, reigning world champion Jordyn Wieber was dealing with stress fractures in her right leg. While the adrenaline took over during competition, she spent the major-

ity of her down time in treatment and limited her practice routines. Though Wieber helped the "Fierce Five" roll to gold, she also failed to qualify for the all-around final, finishing as the third American behind Raisman and Gabby Douglas.

Now retired and serving as a volunteer assistant at UCLA (where she's also a student), Wieber doesn't believe she was overworked, calling her injury "inevitable" after thousands of hours in the gym. The severity of the pain didn't ramp up until the team arrived in London. With a lifetime goal finally in sight, Wieber bit her cheek and pressed forward.

"Everybody was banged up at the Olympics," she said. "I'm on the Olympic team already. I'm not going to give that up."

It's a mindset that can place Karolyi and her staff in a difficult position, particularly when it comes to teenagers who likely will have just one shot at their sport's biggest stage.

"Coaching gymnastics is such a small part of it," said Kim Zmeskal Burdette, who coaches Olympic alternate Ragan Smith. "It's reading their emotions, reading their body language. Are they just frustrated with this skill or is their body not functioning? It's hard."

Zmeskal Burdette would know. The 1991 world champion acknowledges she was "extremely intimidated" to speak up during her career, concerned any sign of weakness would damage her standing. While making a comeback in the late '90s, she ignored the throbbing in her shoulder — throbbing that eventually led to surgery — out of fear of getting passed up.



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Griffey, Piazza took different paths to Hall

Associated Press

COOPERSTOWN, N.Y. — When they were drafted nearly three decades ago, one was on everybody's baseball radar, the other a blip at best, picked almost as an afterthought in the final round thanks to a recommendation by an important family friend.

The Seattle Mariners made Ken Griffey Jr. the first pick of the 1987 amateur draft and a year later the Los Angeles Dodgers selected Mike Piazza in the 62nd round with the 1,390th pick, ahead of only five other players.

Despite the divergent levels of expectation, both left indelible imprints on the game and will be rewarded Sunday with induction into the Baseball Hall of Fame.

"It's incredibly powerful," said Piazza, by far the lowest draft pick in history elected to the Hall. "This whole year for me has been so euphoric. It's such an honor."

Dubbed "The Natural" for his effortless excellence at the plate and in center field, Griffey becomes the first No. 1 pick to be selected for enshrinement.

When he visited Cooperstown in late May for an orientation, Griffey chose not to take the customary introductory tour of the Hall, saying he wanted his first walk

through the front doors of the stately building on Main Street to be with his kids.

"I wanted to share the moment with them," Griffey said. "It was important for me to be able to do it with them and not just by myself. I just felt that I wanted to be a member of the Hall of Fame to walk in there."

Griffey played 22 big-league seasons with the Mariners, Reds and Chicago White Sox and was named on a record 99.32 percent of ballots cast, an affirmation of sorts for his squeaky-clean performance during baseball's Steroids Era. A 13-time All-Star and 10-time Gold Glove Award winner, Griffey hit 630 home runs, sixth all-time, and drove in 1,836 runs.

Griffey also was named American League MVP in 1997, drove in at least 100 runs in eight seasons, and won seven Silver Slugger Awards. In the 1995 ALDS, he became just the second player in major league history to hit five home runs in a single postseason series (Reggie Jackson of the Yankees in the 1977 World Series is the other).

For Piazza, selection to the Hall is validation of an awful lot of hard work.

Taken in the draft after Hall of Fame manager Tommy Lasorda, a close friend of Piazza's father, put in a good word, Piazza struggled. He briefly quit the game while

in the minor leagues, returned and persevered despite a heavy workload as he switched from first base to catcher and teammates criticized his erratic play.

Piazza played 16 years with the Dodgers, Florida Marlins, New York Mets, San Diego Padres and Oakland Athletics and hit 427 career home runs, including a major league-record 396 as a catcher. A 12-time All-Star, Piazza won 10 Silver Slugger Awards and finished in the top five in MVP voting four times. Perhaps even more impressive, Piazza, a .308 career hitter, posted six seasons with at least 30 home runs, 100 RBIs and a .300 batting average. All other catchers in baseball history combined have posted nine such seasons.

Though the Dodgers gave him his start, Piazza found a home in New York when he was traded to the Mets in May 1998. He became a bona fide hero to the hometown fans with his game-winning homer in the first game at Shea Stadium after the terrorist attacks on Sept. 11, 2001.

"The New York market was a difficult transition for me," Piazza said. "But I knew that there was a reason I was there, and I knew there was a reason I had to see it through."

Reyes tallies three hits as Mets get past Marlins

Associated Press

MIAMI — Jose Reyes had his first three-hit game since joining New York early this month and scored twice to help the Mets beat the Miami Marlins 5-3 on Friday night.

Reyes drove in a run, stole a base and scored on two sacrifice flies by Yoenis Cespedes. The game was Reyes' first at Marlins Park since he played for Miami in 2012. Reyes signed with the Mets after being released by Colorado following a domestic violence suspension.

The Mets' James Loney entered the game as a defensive replacement and hit a two-run homer into the upper deck in the ninth inning.

Logan Verrett and three relievers combined on a seven-hitter for the Mets. They closed within a half-game of second-place Miami in the NL East. Verrett took a shutout into the sixth for New York but departed after giving up a two-run homer to Christian Yelich, his 10th.

Florida's Ichiro Suzuki struck out on three pitches in the eighth inning as a pinch-hitter and remained four hits shy of 3,000.

Padres 5, Nationals 3: Matt Kemp homered twice and drove in four runs, rookie Luis Perdomo pitched seven solid innings and San Diego beat host Washington to snap a four-game losing streak.

Kemp hit a solo shot in the first inning and gave San Diego the lead for good with a three-run homer in the fifth. He has six homers in his last six games and the Padres have homered in 20 straight, the longest streak in the National League this season.

Jayson Werth and Daniel Murphy homered for Washington. The Nationals have lost four of five.

Orioles 5, Indians 1: Mark Trumbo hit a three-run homer, Manny Machado added a solo shot and Baltimore beat visiting Cleveland for rookie Dylan Bundy's first major league victory as a starter.

Trumbo launched his 29th home run in the first inning and Machado made it 5-0 in the third. Both drives came off Trevor Bauer (7-4).

Bundy (3-2) allowed five hits and an unearned run in five innings. Odrisamer Despaigne followed Bundy with 3 2/3 innings of three-hit ball before Zach Britton got the final out for his 31st save.

The game had a scary moment in the seventh inning when Despaigne's fastball struck Juan Uribe in the batting helmet

around the left ear. Uribe stood bent over near the plate for several minutes before leaving. The team said Uribe had a head contusion.

Mariners 2, Blue Jays 1: James Paxton pitched seven strong innings to win for the first time in three starts, Seth Smith doubled home the go-ahead run in the sixth inning and Seattle beat host Toronto.

Seattle won consecutive games for the first time since a four-game run from June 30 to July 3. The Mariners have won five straight and 14 of 20 against AL East opponents this season.

Paxton (3-4) allowed one run and three hits. He walked one and struck out nine. Edwin Diaz worked the eighth, and Steve Cishek finished for his 23rd save.

Paxton retired 16 of the first 17 batters he faced. The only blemish was Michael Saunders's one-out homer in the second.

Phillies 4, Pirates 0: Zach Eflin pitched his first major league shutout in his eighth start and Philadelphia beat host Pittsburgh.

Eflin (3-3) had six strikeouts, allowed three hits and did not walk a batter as he threw 100 pitches for his second complete game this month. In the majors for just 39 days, the 22-year-old is one of only seven pitchers to have multiple complete games this season.

Cubs 5, Brewers 2: Dexter Fowler led off the first with a homer and drove in three runs in his first game back from the disabled list, powering visiting Chicago past Milwaukee.

Fowler went 3-for-4 with a walk and scored twice after being sidelined more than a month with a strained right hamstring. His two-run double to left with the bases loaded in the second drew rousing cheers from the bevy of Cubs fans visiting Milwaukee.

Jason Hammel (9-5) allowed four hits and two runs over five-plus innings for his second victory since the All-Star break for NL Central-leading Chicago. He never trailed after Fowler slugged a 3-1 pitch from Jimmy Nelson (6-8) over the center-field wall to lead off the game.

Hector Rondon pitched a scoreless ninth for his 17th save.

Hernan Perez had a run-scoring double for the Brewers, and Ryan Braun hit a solo homer.

Yankees 3, Giants 2: San Francisco Gold Glove shortstop Brandon Crawford made three errors for the first time in his career, with his wild throw in the eighth

inning helping give host New York a victory that sent San Francisco to its season-worst sixth straight loss.

Masahiro Tanaka shut out San Francisco for six innings, giving up four singles. Giants ace Madison Bumgarner went seven innings, allowing two runs.

The Giants nicked Dellin Betances in the seventh, pulling within 2-1 on a walk, a double by Denard Span and a wild pitch. That ended a streak of 31 scoreless innings by Yankees relievers. A double by Giants pinch-hitter Mac Williamson off Andrew Miller (6-1) tied it in the eighth.

Chase Headley opened the eighth with a swinging bunt for a single off Josh Osich (1-2), and Mark Teixeira walked. Austin Romine followed with a grounder to Crawford, who tagged second, spun around and made a hard, high throw that glanced off first baseman Brandon Belt's glove. Headley kept running and beat Belt's throw home. Aroldis Chapman closed for his 20th save.

Royals 3, Rangers 1: Danny Duffy scattered four hits while pitching into the seventh inning, and host Kansas City scratched out three runs off Texas' Yu Darvish.

The only run Duffy (6-1) allowed came on Rowned Odor's homer in the fourth inning. The left-hander struck out four and walked two on a steamy evening where the heat index at first pitch was 108 degrees.

Luke Hochevar wiggled out of Duffy's jam to end the seventh, Kelvin Herrera pitched a perfect eighth and Wade Davis worked around a two-out single in the ninth for his 21st save.

The victory, one day after the Royals (48-47) visited the White House to celebrate their World Series title, kept them from dropping below .500 for the first time since beating Boston on May 17.

Darvish (2-2) was making his third start off the disabled list. He allowed single runs in each of the first three innings, struck out 11 and made only one big mistake — Cheslor Cuthbert's home run.

Astros 2, Angels 1: Lance McCullers struck out 10 in eight-plus solid innings and Will Harris finished off the ninth to lead Houston past visiting Los Angeles.

McCullers was lifted for Harris after walking Kole Calhoun and Mike Trout with no outs in the ninth. Carlos Correa saved a run when he dived to stop a grounder hit by Daniel Nava and tossed the ball to second for a force for the second out. An RBI single by Andrelton Simmons came next

to get the Angels within one, but Harris struck out Ji-Man Choi for his 10th save.

McCullers (5-4) allowed four hits, his 10 strikeouts tied a season-high and he fanned Trout three times in his longest outing of the season.

Matt Shoemaker (5-10) took the loss. Los Angeles had won a season-high six straight.

Cardinals 4, Dodgers 3 (16): Matt Adams homered in the 16th to lead host St. Louis to a season-best fifth straight victory.

It was the second consecutive game the Cardinals won in their final at-bat. They beat the Padres on Thursday after scoring a run in the ninth inning.

Seth Maness (1-2) picked up the win with a scoreless inning of relief for St. Louis, which played its longest game of the season.

Reds 6, Diamondbacks 2: Joey Votto extended his post-All Star break surge with a three-run homer, and Dan Straily pitched six innings in Cincinnati's victory over visiting Arizona.

Tucker Barnhart added a solo homer in the sixth off Randall Delgado. Brandon Phillips later singled home a run, extending his hitting streak to 10 games.

Twins 2, Red Sox 1: Kyle Gibson put an end to host Boston's two-game hitting outburst, allowing just a pair of hits in the first inning and none over the next seven in Minnesota's victory.

Brian Dozier hit a solo home run for the Twins in the second inning and Miguel Sano added an RBI single in the sixth. It was all the scoring Minnesota needed for Gibson (3-6).

Tigers 7, White Sox 5: Miguel Cabrera tied a season high with four hits, including a go-ahead two-run single in the seventh, to lead visiting Detroit past Chicago.

Rockies 4, Braves 3: Jon Gray pitched seven strong innings, Nolan Arenado and Trevor Story hit two-run homers off relievers after starter Julio Teheran left because of an injury, and host Colorado beat Atlanta.

Gray (6-4) allowed one run and six hits with eight strikeouts, helping the Rockies hand the Braves their eighth straight loss at Coors Field.

Athletics 1, Rays 0 (13): Host Oakland's Coco Crisp singled home the winning run in the 13th inning for his eighth career game-ending RBI.