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A news digest for U.S. forces serving overseas

stripes.com

Special ops not launching carb assault

By CHAD GARLAND Stars and Stripes

U.S. Special Operations Command is not launching an all-out assault on carbs in a war of nutrition.

Word that the Pentagon was set to mandate a low-carbohydrate, high-fat, ketogenic diet for servicemembers spread like spilled avocado oil across the internet last week, with some respected outlets repeating the claim.

From the Pizza Hut in Bagram, Afghanistan, to the Subway at Eielson Air Force Base in North Pole, Alaska, no facility would be safe — if the premise of the reports was true.

It was not, Army Maj. Tony Mayne, a spokesman for the command, told Stars and Stripes via email.

"USSOCOM does not envision a scenario that would mandate adherence to a particular diet for its operators," Mayne said.

The basis for the now-disputed story was a May speech by SOCOM's science and technology director, Lisa Sanders, in which she touted the potential benefits the diet would hold for the military, such as allowing divers to stay underwater longer.

The stories drew inaccurate conclusions from Sanders' comments, Mayne said in response to a Stars and Stripes query.

Sanders had said that the Defense Department can't require troops to eat a certain way,

even if a dietary change could increase their performance.

"I don't have the authority to tell people — swimmers, submariners, etc. — that they're going to get themselves in ketosis so they can stay in the water longer," Sanders told the Special Operations Forces Industry Conference in Tampa, Fla., in the May speech, according to The Washington Times.

The diet must also be tailored to each individual, E. Paul Zehr, a neuroscientist and professor at the University of Victoria in Canada, told Business Insider, which accurately reported on Sanders' speech in June. Crafting diets for the armed forces' 1.3 million active-duty troops and some 800,000 in the selected reserve would be an

obstacle to across-the-board implementation.

By depriving the body of the carbohydrates it normally uses to fuel cell activity, a ketogenic diet aims to put the body in a metabolic state that taps fat stores for energy. When only fat is available to the body, it's converted into fatty acids and then into compounds called ketones, which can be used as fuel.

The diet, developed to reduce epileptic seizures in children, has gained wide popularity in recent years for an entirely different reason: its promise of rapid weight loss without giving up fatty foods like bacon.

But the diet has reputed downsides, including some that would likely affect troop morale.

Jarrett comes aboard to command Yokosuka

By Christian Lopez
Stars and Stripes

YOKOSUKA NAVAL BASE, Japan — The Navy's largest overseas base welcomed a new commander on Tuesday but not a newcomer to the Indo-Pacific region.

Capt. Rich Jarretttook charge of the installation — the official title is Commander, Fleet Activities Yokosuka — from Capt. Jeffrey Kim, who held the post for three years, at a change-of-command ceremony on Command Hill.

"Our close cooperative friendship with our uniformed Japanese counterparts is one of the most treasured aspects of serving in Yokosuka," Kim said during the ceremony in the base auditorium. "The collective resolve of Japan and the U.S. is expressed in the spirit of freedom that sails from the

ships of the Japanese Maritime Self-Defense Force and the U.S. 7th Fleet."

Yokosuka employs about 24,000 military and civilian personnel who provide services and support for 7th Fleet. The base is home for more than 70 tenant commands and homeport for the USS Blue Ridge, the fleet command ship; the aircraft carrier USS Ronald Reagan, the only carrier permanently deployed outside the United States; and more than a dozen other warships.

"It was almost two years ago that I made Fleet Activities Yokosuka the top of my list for duty assignments," Jarrett said during the ceremony, "and I'm grateful for the opportunity to serve the fleet and its forward-deployed forces in the Navy's most challenging region."

Jarrett's last posting was

with the U.S. Fleet Forces Command Liaison Office in Washington, D.C. Previously, he was a surface warfare officer and part of the commissioning crew of the USS Freedom and then commander of the USS Fort Worth, both relatively new littoral combat ships.

As Fort Worth commander, Jarrett was among the first U.S. skippers to bump heads with the Chinese navy in the South China Sea. Before freedom-of-navigation operations became regular events, the Fort Worth in May 2015 was trailed by a Chinese frigate as it made its way near the disputed Spratly Islands.

Jarrett, then a commander in rank, used agreed-upon radio codes to talk with his Chinese counterpart, whom the Fort Worth met "unexpectedly," according to the Japan Times. "I expect that we may have a similar encounter because we're operating in this part of the world," the newspaper quoted Jarrett as saying in June 2015.

When he turned over command of the Fort Worth the following month, Jarrett was one of the longest serving officers in the littoral combat ship program.

Jarrett, originally of Charleston, W.Va., is a graduate of the U.S. Naval Academy, West Virginia University, the Naval War College and the National War College.

Kim's next assignment takes him to the National Institute for Defense Studies in Tokyo. The strategic institute trains high-level Self-Defense Force officers and holds the Japanese Ministry of Defense's core policy research division, which focuses on studies in military history and security.

Runway work brings drones near Black Sea

By John Vandiver

Stars and Stripes

STUTTGART, Germany — Air Force unmanned aircraft are flying out of a temporary camp in Romania, a move that puts intelligence-gathering capabilities closer to the Black Sea as tensions between U.S. partners and Russia continue in the region

The shift south for a group of MQ-9 Reapers was prompted by construction at their main operating base in northwest Poland, U.S. Air Forces in Europe said. An unspecified number of personnel and support equipment have relocated with the Reapers to Campia Turzii Air Base in the center of Romania, while the runway is worked on at Miroslawiec Air Base, which lies about 100 miles east of the Polish Baltic seaport of Szceczin.

"This temporary relocation is conducted with the full cooperation of our NATO ally, Romania," USAFE said in a statement Thursday.

The Air Force has been operating drones out of Poland since May 2018. The mission is carried out by the 52nd Expeditionary Operations Group Detachment 2, a separated unit assigned to the 52nd Fighter Wing at Spangdahlem Air Base in Germany.

While USAFE hasn't detailed the areas the aircraft patrol, the unit's mission is to conduct intelligence, surveillance and reconnaissance in support of U.S. European Command. When operating out of Poland, that likely meant surveying coastal areas along the Baltic Sea and Poland's border with the Russian military exclave of Kaliningrad.

The Reapers now have taken up temporary residence in Romania, which lies on the Black Sea. In April, NATO agreed to boost its presence near the sea in the hope of improving the alliance's situational awareness. Tensions in the Black Sea escalated last year when Russia seized three Ukrainian ships, a clash that sparked worries from other Black Sea nations like Romania and Bulgaria.

"The U.S. works closely with Romania and other NATO allies and partners to bolster collective defense capabilities and enhance regional security," USAFE said.

USAFE did not say how long the Reapers would be in Romania.

However, last month, the U.S. and Poland reached a deal to expand the U.S. military mission in that country, including the establishment of a U.S. Air Force MQ-9 reconnaissance squadron in Poland.

New commander to oversee Marines in Europe, Africa

By John Vandiver

Stars and Stripes

STUTTGART, Germany — Maj. Gen. Patrick J. Hermesmann took command Tuesday of U.S. Marines in Europe and Africa, overseeing a mission that involves everything from countering Russia in the High North to improving the combat skills of allies involved in counterterrorism fights in Africa.

Hermesmann replaced Maj. Gen. Russell A.C. Sanborn during a ceremony at Marine Forces Europe and Africa head-quarters in Boeblingen, Germany.

"It has truly been my privilege to serve with the outstanding Marines, sailors, civilians, and families of MARFOREUR/AF," Sanborn said, according to a statement. "Looking back at my 33 years of service, I couldn't be prouder of all of you, for who you are, and what you have done."

During Sanborn's tenure, a focal point for the Corps has been the expansion of the mission in Norway, as the Marines expand cold weather and mountain warfare training. The mission in Norway began in 2017 with about 330 Marines and now involves up to 700 troops who keep a steady rotational presence in the country. The mission emerged as U.S. European Command put increased emphasis on deterring potential Russian aggression across Europe.

However, the Germany-based Marine headquarters also is involved in scores of activities in Africa. In addition to large-scale drills, like the annual Africa Lion exercises, Marines also serve as a quick reaction force for the continent. Based in Moron, Spain, the Special Purpose Marine Air Ground Task Force-Crisis Response-Africa was formed in the aftermath of the 2012 attacks on a U.S. facility in Libya.

Hermesmann, who recently relinquished command of U.S. Marine Corps Forces Korea, said he will carry the missions forward.

"I know that our Marines will continue to live up to the high standards we have set, and will continue to raise the bar through tough, realistic training," Hermesmann said, according to a statement.

Ranger tapped for Joint Special Operations Command position

BY CAITLIN M. KENNEY

Stars and Stripes

WASHINGTON — Army Command Sgt. Maj. Craig Bishop, who served most of his career with the 75th Ranger Regiment, has been selected to be the next senior enlisted adviser for Joint Special Operations Command, the Pentagon announced last week.

Bishop, 45, is now the command sergeant major for the 1st Infantry Division at Fort Riley, Kan., a position that he has held since March 2018. He will replace Command Sgt. Maj. David Blake.

"Command Sgt. Maj. Craig Bishop epitomizes the non-commissioned officer corps, leads from the front, and sets the example for all soldiers to emulate," Maj. Gen. John S. Kolasheski, 1st Infantry Division and Fort Riley commanding general, said Monday in a prepared statement.

The change of responsibility will happen next summer, according to Kenneth McGraw, a spokesman with U.S. Special

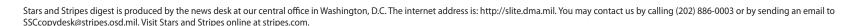
Operations Command.

Joint Special Operations Command, based at Fort Bragg, N.C., is in charge of developing joint special operations tactics, conducting training, and also studying special operations requirements and techniques, according to the U.S. Special Operations Command's website.

A native of Sweetwater, Tenn., Bishop enlisted in the Army in 1992, according to his service biography.

He has been assigned several times to battalions of the 75th Ranger Regiment, a unit under U.S. Army Special Operations Command. Before assuming his current position with the 1st Infantry Division, Bishop served as the command sergeant major for the 75th Ranger Regiment at Fort Benning, Ga.

Bishop's military awards include the Legion of Merit medal, a Bronze Star with Valor device, the Purple Heart, and five Meritorious Service Medals.



2 Marines charged with migrant smuggling

The Washington Post

Two Marines have been arrested after allegedly trying to smuggle three undocumented Mexican immigrants through California after picking them up on the side of the interstate just north of the border.

Lance Cpls. Byron Darnell Law II and David Javier Salazar-Quintero, based at Camp Pendleton, Calif., were arraigned Monday in federal court on charges of transporting undocumented immigrants "for financial gain," accused of taking jobs from "recruiters" and following instructions from unknown people in Mexico to make extra cash on the side.

They are among several active-duty U.S. troops charged or convicted in recent years of helping immigrants cross the border in exchange for money, highlighting how smugglers have sought to offer the shield of a uniform or credentials to

assist desperate immigrants on the journey north.

Each previous case has largely followed the same rubric. A small group of immigrants is shepherded into the back seat of the car; the troops are caught during a traffic stop or at a routine checkpoint.

In this case, the Marines fell under suspicion on July 3 after a Border Patrol agent saw a black vehicle momentarily park in the dirt median of Interstate 8 near Jacumba Hot Springs, Calif.

Then he spotted footprints in the dirt seeming to lead toward the car, according to a federal complaint. He thought the footprints might belong to migrants.

The agent radioed his colleagues to look out for the black BMW, and in a matter of minutes, the Marines were pulled over and asked for papers. The three men in the back seat, each

from Mexico, admitted they were in the country illegally, according to the complaint.

In interviews with authorities, the Marines appeared to blame each other for how they ended up in trouble.

Law said it was Salazar-Quintero who offered him the job of picking up undocumented immigrants. Salazar-Quintero told agents that Law was the one who introduced him to the world of smuggling jobs, saying he met the "recruiter" through Law.

Sometimes he met the recruiter at a bedding store called Between the Sheets, Salazar-Quintero said, according to the complaint. Sometimes they met at the recruiter's apartment.

On four occasions, Salazar-Quintero said, the recruiter sent him to Jacumba Hot Springs to pick up immigrants, with the first trip being a bust.

On July 2, Law said Salazar-

Quintero called to ask if he'd like to make \$1,000 to pick up an undocumented immigrant along Interstate 8 and drop him off at a McDonald's parking lot in Del Mar, Calif. Law said he agreed.

To find the immigrant, Salazar-Quintero took directions from a man in Mexico, since he spoke Spanish, and located him on the shoulder, the complaint says.

They finished the job, but didn't get paid for it, so they set out for another job the next day, Law said. This time Salazar-Quintero said his contact promised they would be paid.

Instead, they got arrested.

The three immigrants who Law and Salazar-Quintero allegedly tried to assist told authorities they expected to pay \$8,000 to be smuggled into the United States, though it's unclear whom they were paying.

SEAL's trial spurs talk of 'cracks' in justice system

The San Diego Union-Tribune

SAN DIEGO — The morning after he was found not guilty of murdering a wounded enemy prisoner in Iraq, Navy SEAL Chief Eddie Gallagher spoke on "Fox & Friends" about his advice for incoming SEALs: "You are there to watch your brother's back; he's there to watch your back — you just stay loyal."

That brotherhood was put to the test over the past year when members of Gallagher's platoon said their chief committed war crimes during a 2017 deployment in Iraq. Those reports led to a high-profile trial, which ended July 2.

Gallagher was found not guilty of murder, attempted murder and other charges. He was found guilty of one count related to posing with an enemy corpse.

Gallagher, who has proclaimed his innocence since his Sept. 11 arrest, accepted his punishment — a reduction of a rank, loss of two-thirds of base pay for the next two months and four months in custody, which he has already served.

Many are talking about whether the trial against Gallagher was fair and whether the system of military justice worked.

One member of Gallagher's platoon who testified for the prosecution said after the trial that he thought the case exposed flaws in the justice system.

"There was a crack that's been exposed, I'd say, but I don't know if that's unique to the military," the SEAL said. "The system isn't perfect — we've got to respect what happened." He spoke to the San Diego Union-Tribune on the condition of anonymity because of threats he said he has received for testifying.

Among the cracks that became obvious during the trial

was when, on the second day of witness testimony, a Navy SEAL, Petty Officer 1st Class Corey Scott, testified that after Gallagher stabbed a wounded Islamic State fighter in the neck, Scott suffocated the fighter by covering his breathing tube.

His testimony that he, not Gallagher, killed the fighter stunned the courtroom.

Looking at Gallagher, Scott said he did not want to see him sent to prison.

Prosecutors accused Scott of lying. Later, they told the jury to convict Gallagher anyway because under the law, any action that contributed to the fighter's death warranted a murder conviction, even if it wasn't the fatal blow.

Defense lawyers said prosecutors didn't ask the right questions, didn't vet their witnesses and didn't conduct a thorough investigation.

"This should never have gotten to trial the way that it did,"

said lead defense attorney Timothy Parlatore.

Scott's testimony was given under immunity, but the Navy was considering charging Scott with perjury anyway, according to an official not authorized to talk about the case.

It's unusual to have a prosecution witness damage their case, experts said.

"Typically, when somebody gives someone a grant of immunity, they know what they're going to testify to," said Gary Barthel, a military attorney who spent 20 years in the Marines, 16 of them as a Judge Advocate General lawyer.

"Here's the problem the (Navy) command has in prosecuting this witness: You have a jury who found Gallagher not guilty. You have to presume they found the witness' testimony credible. If that's the case, then he didn't commit perjury."



Afghan talks bring country closer to peace

Associated Press

KABUL, Afghanistan — All-Afghan talks that brought together Afghanistan's warring sides ended Tuesday with a statement that appeared to push the country a step closer to peace by laying down the outlines of a road map for the country's future and ending nearly 18 years of war.

Washington's Peace Envoy Zalmay Khalilzad has said he is hoping for a final agreement by Sept. 1, which would allow the withdrawal of U.S. and NATO troops. He will begin an eighth round of peace talks with the Taliban later on Tuesday also in Qatar's capital, Doha, where the two-day conference was held.

Tuesday's statement said that a postwar Afghanistan would have an Islamic legal system, protect women's rights "within the Islamic framework of Islamic values" and ensure equality for all ethnic groups. The much-touted conference was attended by Taliban, Afghan government representatives, women and members of the country's nascent civil society.

It aimed to produce a new level of consensus among Afghanistan's fissiparous society.

No date was given for the tougher negotiations to follow, when the many sides in Afghanistan's protracted conflict will sit down to hammer out the details of what an Islamic system will look like, how constitutional reform will come about and what will become of the many local militias affiliated with the country's powerful warlords, who are affiliated with Kabul. They will also have to tackle how women's rights fit into the definition of the "Islamic values," as well as whether to set up an in-

terim administration and when elections should be held.

The conference agreed to keep the momentum going with confidence-building measures. These included the unconditional release of old, disabled and sick prisoners — though there was no mention of the affiliation of the prisoners or whether it included those captured in the war. The warring sides also agreed not to attack institutions such as hospitals and schools, as well as national infrastructure such as hydroelectric dams. They also agreed to be more diplomatic in their references to each other.

There was no mention of a cease-fire, which Khalilzad has said the negotiations on the final deal would address.

Both sides did agree, however, to do more to protect civilians.

Pelosi calls for bill to protect migrant kids

Associated Press

WASHINGTON — Lawmakers must pass legislation easing "abhorrent conditions" facing children held at the southern border, House Speaker Nancy Pelosi said Monday as she tried taking the offensive on an issue that badly split Democrats and has raised questions about their unity on other issues.

Pelosi, D-Calif., tried rallying Democrats against a common foe — Republicans led by President Donald Trump — less than two weeks after a \$4.6 billion border bill drove a bitter rift into her party. Although

the measure passed Congress easily and became law, many House progressives and Hispanics voted "no" because they said the measure lacked real controls on how the government must handle children, while the party's moderates and senators said the measure was the best compromise they could craft with the GOP-run Senate.

In a letter to colleagues returning from an 11-day Fourth of July recess, Pelosi said Democrats must lead "a Battle Cry across America to protect the children." Citing another fight over blocking a citizenship question Trump wants added to the 2020 census, Pelosi said, "In both the case of the Census and the abhorrent conditions for children and families at the border, we must hold the Trump A administration and the GOP accountable."

She highlighted measures that Democrats have pushed regarding border conditions and care.

These included proposals barring the separation of families unless it is to protect children, requiring specific standards of care like thorough medical screenings, and limiting how long unaccompanied children may be kept at temporary holding facilities, many of which are overcrowded.

AG Barr criticizes Democrats over Mueller subpoena

Associated Press

EDGEFIELD, S.C. — Attorney General William Barr on Monday accused Democrats of trying to create a "public spectacle" by subpoening special counsel Robert Mueller to testify before Congress about the Russia investigation.

In an interview with The Associated Press, Barr said the Justice Department would support Mueller if he decides he "doesn't want to subject himself" to congressional testimony. Barr also said the Justice Department would seek to block any attempt by Congress to subpoena members of the special counsel's team.

There's no indication that Mueller does

not wish to appear before Congress on July 17. But he put lawmakers on notice that any testimony he gives will not go beyond his 448-page report that was released in April. At a news conference in May, Mueller said the team chose the words in the report carefully and that the work speaks for itself.

"I'm not sure what purpose is served by dragging him up there and trying to grill him," Barr said. "I don't think Mueller should be treated that way or subject himself to that if he doesn't want to."

Mueller no longer works for the Justice Department, but the department could attempt to limit his testimony about decisions he made as special counsel. Barr spoke to the AP on Monday in South Carolina, where he visited a prison to discuss the criminal justice reform Trump signed into law last year.

Democrats have criticized Barr, saying he acts more like the president's personal lawyer than the attorney general. Barr enthusiastically embraced Trump's political agenda, cast Mueller's report as a vindication for the president and launched an investigation into the origins of the probe—something Trump has repeatedly said should happen.

Barr said the investigation is ongoing and that, from what he's seen so far, it is "essential to take a deeper look at how things unfolded."

AMERICAN ROUNDUP

Ice cream licked at store in 2nd incident

NAPOLEONVILLE Another apparent incident of someone licking ice cream at a store has surfaced, this time in Louisiana.

The Assumption Parish Sheriff's Office said a man posted a video of himself on Facebook opening a Blue Bell ice cream container, licking it, poking it with his finger and putting it back on the shelf.

News outlets reported Lenise Martin III, 36, was charged Saturday with property tampering and posting criminal activity.

Police Commander Lonny Cavalier said that after being alerted by management, deputies found Martin showing the sales clerk a receipt for the ice cream he licked. Deputies confirmed the purchase but still decided to move forward with the charges.

Earlier this month, a teen in Texas was shown in a video taking ice cream from a Walmart freezer, removing the top to lick it and then putting it back.

Curfew crackdown used to stop thefts

CLARKSVILLE Police in Clarksville are cracking down with the city's curfew in response to a rise in car thefts and burglaries by juveniles.

Clarksville Police spokesman Jim Knoll said there have been 500 vehicle burglaries and 300 thefts in the last six months.

The Leaf Chronicle reported that Knoll said stronger curfew enforcement could solve the problem.

He said minors under 16 cannot be out unsupervised between 11 p.m. and 6 a.m., and 16- and 17-year-olds can't be out between 1 and 6 a.m.

Woman hiking plunges 50 feet. lives

SC MOUNTAIN ROAD

— It took South Carolina rescuers hours to reach a woman who fell down a waterfall while hiking.

News outlets reported the woman was at Blue Hole Falls when she fell 50 to 60 feet Saturday. Oconee County Fire Chief Charlie King said rescue crews needed more than two hours to build multiple rope systems to reach the woman.

When rescuers reached her they discovered she suffered "a significant injury." She was airlifted to a hospital.

Police: Zoo vandals let bobcat briefly escape

ROSWELL — Police are searching for whoever cut locks and fencing on exhibits at a New Mexico zoo, allowing four animals, including a bobcat, to escape before they were quickly found

Police in Roswell said a visitor noticed cut fencing at the red-tailed hawk exhibit Sunday. The zoo was evacuated as staff discovered that other vandalized enclosures had freed a raccoon, two raccoonlike coatimundis and a bobcat.

Officials said the animals were found within 20 minutes in nonpublic zookeeper areas.

Man charged after lit firecrackers tossed

CRESTVIEW — Florida authorities arrested a man who they say walked into a home uninvited and tossed lit firecrackers under a 9-vear-old girl's bed.

The Okaloosa County Sheriff's Office on Saturday charged are designed to make it easier Matthew Morrison, 44, with to traverse the park and pro-

burglary, child cruelty without great harm and possession of methamphetamine.

Investigators said Morrison lives in a tent near the home. Police said a man who lives in the house heard the firecrackers and chased Morrison out with a stick.

Morrison told investigators he was only trying to play a prank on the child.

Rainbow flag again set on fire at gay bar

NEW YORK — The owner of a New York City gay bar said a rainbow flag was set aflame at the club's entrance for the second time in just over a month.

A New York City police spokesman said the Monday morning incident at Alibi Lounge is being investigated as a possible hate crime. Owner Alexi Minko said his staff told him the flag was burned between 12:20 and 12:45 a.m.

Police were already investigating a possible anti-gay bias crime at the Harlem bar after rainbow flags at its entrance were set on fire May 31.

Mount Rushmore at key renovation point

RAPID CITY — One SD KAPID CIT I — One of the country's most popular tourist attractions is getting to the core of a multimillion dollar upgrade.

The Rapid City Journal reported that major construction projects at the Mount Rushmore National Memorial in South Dakota are scheduled to begin next week. The National Park Service said work will continue through much of 2020.

Mount Rushmore spokeswoman Maureen McGee-Ballinger said the upgrades vide clearer views of Gutzon Borglum's sculpture, which features the faces of George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt.

Cops: Mom left son in hot car to punish him

DRAPER — Police arrested a woman in Draper after they say she left her 4-year-old son alone in a hot car as a punishment.

The Deseret News reported Jesica Lee Brown, 28, was booked into Salt Lake County Jail on July 2 on suspicion of child endangerment and child

A police report shows officers were called to Draper City Park about 9 p.m. by a passerby who saw the child alone in the car with the windows rolled up.

Brown told the officer her son was acting out and she put him in the car with no air conditioning as a punishment.

She also said she was using meth and heroin. Police said they found drug paraphernalia in Brown's purse and syringe needles in the back seat near her son.

Prison guard accused of attempted pimping

DENVER — A guard at a Colorado women's prison has been accused of trying to pimp a woman who previously served a sentence at the facility after paying her for oral sex.

Denver Police announced Joshua Hensley's arrest on suspicion of attempted pimping and patronizing a prostitute on Friday. They asked any other victims to contact police.

Hensley, 38, was arrested



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Alonso wins Home Run Derby, \$1 million

Associated Press

CLEVELAND — Mets rookie Pete Alonso has a milliondollar swing.

New York's newest slugger outlasted a worn-down Vladimir Guerrero Jr. in the final round of the All-Star Home Run Derby on Monday night to win \$1 million — nearly double his 2019 salary.

Alonso somehow had enough to edge Guerrero, who hit 91 homers but ran out of gas in the last round following an epic semifinal matchup against Dodgers outfielder Joc Pederson.

Needing 23 homers to beat Guerrero, Alonso connected for a homer to left-center before flipping his bat high into the air and hugging his pitcher, cousin Derek Morgan. Alonso was then swarmed by the NL All-Stars, who were treated to a power display unlike any in the event's history.

"This was surreal," Alonso said.

Alonso is the second rookie to win outright, following Yankees star Aaron Judge in 2017. He's also the first Mets player to win the derby since Darryl Strawberry shared the title with Wally Joyner in 1986.

Alonso, making the major league minimum of \$555,000 this season, has hit 30 home runs.

One of the only bright spots this season for the struggling Mets, Alonso gave New York's NL fans something to brag about while the Yankees chase another title.

Alonso showed some dramatic flair with two nail-biting wins to reach the final against Guerrero. He nipped Cleveland's Carlos Santana 14-13 in the first round and Atlanta's Ronald Acuna Jr. 20-19 in the second to set up a showdown with the 20-year-old Guerrero, whose father won the event in 2007.

With one of baseball's most fearsome swings, Guerrero figured to be a force but there was no way of predicting he'd hit 91 homers — 74 more than his dad's entire total 12 years ago.

But Alonso was up to the challenge, and shocked Guerrero,

who had electrified a crowd of 36,199 fans while also destroying an on-field camera with one of the balls he didn't crush over the wall.

Guerrero defeated Pederson in a semifinal that required three extra swing(ings) and will go down in derby lore.

They were tied 29-all after their four-minute round and then again following a 60-second session. Guerrero and Pederson then each homered once when given three swings, forcing another best-of-three round.

Guerrero hit two, screaming at his second shot, which barely cleared the 19-foot high wall in left. Pederson couldn't match up, hitting a grounder on his final cut before both players shared an exhausted embrace near home plate as the fellow All-Stars stood and applauded like regular fans.

The last Home Run Derby in Cleveland was also won by a New Yorker — Yankees first baseman Tino Martinez, who took the 1997 crown over a field which included Hall of Fam-

ers Ken Griffey Jr. and Jim Thome, who didn't clear the walls once.

Santana fared better than Thome, hitting 13 dingers in the first round. But Alonso rallied with two homers in the final 15 seconds to hit 14 as the Cleveland crowd sneered.

The derby lost its top seed on Sunday as Christian Yelich, the reigning NL MVP and current home-run leader, withdrew from the contest citing a nagging back issue. Yelich didn't want to risk injury and his decision was certainly welcome news to the Milwaukee Brewers.

Yelich, who is still playing in Tuesday's game, was replaced by Oakland's Matt Chapman, who had the misfortune of being paired against the hardswinging Guerrero in the first round.

Guerrero mashed 29 homers in the first round, breaking Josh Hamilton's record at Yankee Stadium in 2008, and the barrage included a 476-footer that nearly stuck like a dart into the scoreboard in left field.

Several All-Stars expected to be traded to contenders

 $Associated\ Press$

CLEVELAND — For a day, Will Smith was in for quite a treat — teammates with Clayton Kershaw, Freddie Freeman and Christian Yelich.

Soon, the San Francisco reliever could be playing with one of them for real.

Smith went into the All-Star Game on Tuesday night well aware his days with the last-place Giants might be dwindling.

"If I get traded, it'll be the fourth time," the left-hander said. "After the first one, you're kind of numb to it."

Fellow All-Star pitchers Marcus Stroman, Shane Greene and Brad Hand also are possible trade targets as the July 31 deadline approaches.

Hand is an old hand at this. The San Diego Padres sent the left-hander to Cleveland just two days after the 2018 All-Star Game, during the break.

"I didn't really think I was going to get traded last year," Hand said Monday. "It's part of what we signed up for. ... There's really nothing you can do about it unless you have a no-trade clause."

"I mean, obviously, there's a select handful of guys whose names are always thrown out there, so it's always the teams at the top of the division looking to get stronger and teams at the bottom looking to get something in return, so we'll see what happens," he said.

At last year's All-Star Game, there was little doubt it was Manny Machado's last time in a Baltimore uniform. He even gave a hint of what was to come when he pulled out his phone —

while playing shortstop — and posed for a selfie with Dodgers outfielder Matt Kemp.

The next day, the Orioles traded Machado to the Dodgers.

Greene has 22 saves and a 1.09 ERA for the last-place Detroit Tigers, making him an attractive option for teams in the playoff chase.

"It's a business and it's part of the game. Right now, I'm here. I'm going to enjoy myself," Greene said.

Stroman is 5-9 with a 3.18 ERA for Toronto, a team that hopes to build for the future with the likes of Vladimir Guerrero Jr. and Cavan Biggio.

"I don't know if I'll be part of it," Stroman said.

Some teams, such as the Indians, will see where the next few weeks take them. They've recently closed the gap on

Minnesota in the AL Central, meaning Hand and his 23 saves and 2.17 ERA might not be so expendable.

Same goes for Cleveland pitcher Trevor Bauer. There's bound to be talk about San Francisco lefty Madison Bumgarner and Mets pitcher Zack Wheeler.

But contending clubs can't take too long. There used to be two trade deadlines — July 31 for swaps without restrictions, then Aug. 31 to deal players who had cleared waivers.

Major League Baseball changed the rule this season, making it all-or-nothing by July 31.

So the 29-year-old Smith, who has 23 saves, a 1.98 ERA and has struck out more than half the lefty hitters he's faced, will see what this month brings.



Serena wins, secures semifinal berth

Associated Press

WIMBLEDON, **England** When Serena Williams' serve wasn't getting her all the points she needed at Wimbledon, she turned to her return

Job done, and then some.

Williams reached the semifinals at the All England Club for the 12th time, overcoming five breaks of serve to beat Alison Riske 6-4, 4-6, 6-3 Tuesday on Centre Court.

"It's a long, arduous road," Williams said. "It's not easy."

The seven-time Wimbledon champion, who owns 23 major titles overall, was broken twice early in the first set despite six aces, trailing 3-1 and 4-3, but she broke back each time and then again to take the set.

Williams landed 81% of her returns (25 of 31) in that first set and won more than 50%

of the points on both Riske's first serves and her second serves. That return percentage dropped slightly to 76 in the second, but it jumped back up to 81 in the third.

She won the match with an ace, her 19th of the day. Williams had served only 22 aces in the previous four rounds.

"She was really so close to taking the win today," Williams said. "She was playing her heart out. She had nothing to lose and I realized I didn't, either. I need to just do better."

Riske, who upset top-ranked Ash Barty in the fourth round, had never before faced Williams on the tennis tour and was playing in the quarterfinals of a Grand Slam tournament for the first time. She certainly took advantage of every chance she had, converting each of the five break points she created.

Williams will next face Barbora Strycova on Thursday in the semifinals. Strycova reached her first Grand Slam semifinal by beating 19thseeded Johanna Konta 7-6 (5), 6-1 on Centre Court.

On No. 1 Court, former No. 1 Simona Halep beat Shuai Zhang 7-6 (4), 6-1 to reach the Wimbledon semifinals for the second time.

Halep, who beat teenage sensation Coco Gauff in straight sets in the fourth round, is the highest seeded woman left in the draw at No. 7.

Zhang led 4-1 in the first set and had four break points, but Halep saved them all.

Elina Svitolina came from a break down in both sets to beat Karolina Muchova 7-5, 6-4 and reach her first Grand Slam semifinal.

Svitolina was down 4-1 in

the opening set but broke back when Muchova served at 5-3 and won the next three games as well. In the second set, Muchova broke again for a 2-0 lead only for Svitolina to win the next five games. Svitolina failed to serve out the match on her first attempt at 5-2 but later converted her first match point when Muchova missed a backhand return.

Svitolina had lost her previous four Grand Slam quarterfinals, including at this year's Australian Open, while her previous best result at Wimbledon was reaching the fourth round in 2017. She will next play Halep.

Muchova was trying to become the first woman since 1999 to reach the semifinals on her Wimbledon debut.

Viviani storms bunch sprint to take Tour's fourth stage

Associated Press

NANCY, France — Italian rider Elia Viviani claimed his first career stage win on the Tour de France after storming a bunch sprint on Tuesday.

Viviani was ideally set up by the Deceuninck-Quick Step leadout train in the finale and made the most of the slight uphill finish in the eastern city of Nancy. He used his considerable power to edge Alexander Kristoff and Caleb Ewan and claim the fourth stage of the three-week race.

The 133-mile flat route from Reims to Nancy did not pose any major difficulty and was a perfect opportunity for sprinters to get a stage win.

Viviani's teammate Julian Alaphilippe, the first Frenchman to wear the yellow jersey in five years after his solo victory in Stage 3, kept the overall lead, with no change at the top of the overall standings.

Both men hugged warmly after their team produced a second straight stage win.

Kristoff opened up the sprint in the final stretch but could not hold off Viviani on the left side of the road.

Viviani has now posted stage wins at all three Grand Tours, including four at the Giro and three at the Spanish Vuelta.

Alaphilippe was cheered throughout the stage. After several dozen fans greeted him at his team hotel in the morning, supporters lining streets across the small villages of eastern France wildly cheered him on, shouting "Loulou, Loulou!" the Frenchman's nickname.

Alaphilippe enjoyed a day free of pressure, well protected in the main pack by teammates, and then played a role in the final sprint to launch Viviani's final effort.

Defending champion Geraint Thomas and other main contenders enjoyed a calm day too, just making sure they rode at the front to avoid crashes or splits.

U.S. women's soccer team embraces its activist role

Associated Press

NEW YORK — Setting itself apart from other great American sports teams, the U.S. women's soccer team is embracing a front-line role in social justice causes even as it savors a fourth world championship.

The players sued the U.S. Soccer Federation for equal pay and treatment vis-a-vis the men's national team. With a lesbian coach and several lesbian players, including World Cup MVP Megan Rapinoe, they're a proud symbol of LGBTQ inclusion. And they have stood firmly behind Rapinoe after she said she'd refuse to visit the White House if invited by President Donald Trump.

Far from being daunted by these off-the-field roles, the players seem to relish them.

"I feel like this team is in the midst of changing the world around us as we live, and it's just an incredible feeling," Rapinoe said.

"These athletes gener-

ate more revenue and garner higher TV ratings but get paid less simply because they are women, said Molly Levinson, spokeswoman for the players in their lawsuit. "It is time for the federation to correct this once and for all."

A spokeswoman for the largest U.S. LGBTQ-rights organization, Matilda Young of the Human Rights Campaign, said the impact of the team's inclusiveness would be profound.

"Young LGBTO athletes, who all too frequently are made to feel unwelcome, have seen themselves reflected in these history-making champions," Young said. "Having Americans from every corner of our country embrace these women who are unabashedly proud of their country and of who they are sends a powerful message not only to LGBTQ people, but to sports fans around the world that we are here, we are queer, and we just won the World Cup — again."



NYC-area rivals create offseason buzz

Associated Press

The New York Rangers' rebuild got a big boost with the additions of forwards Artemi Panarin and Kaapo Kakko. The New Jersey Devils drafted Jack Hughes with the No. 1 pick and traded for P.K. Subban to improve their defense.

The Islanders are coming off a second-place finish in the Metropolitan Division and a run to the second round of the playoffs for the second time since 1993. Now, they return the core of their lineup for the second year under Stanley Cupwinning coach Barry Trotz and president/general manager Lou Lamoriello.

With the opening of training camps a little more than two months away, the three New York-area teams — which haven't made the playoffs in the same year since 2007 — are buzzing with excitement.

"It's awesome just in this area, even south Jersey with the Flyers, but Islanders, Devils, Rangers have real strong teams," Devils general manager Ray Shero said. "It's an exciting time for all the teams in this area."

New Jersey had the top pick for the second time in three years. In 2017, the Devils took Nico Hischier at No. 1 and got off to a strong start before earning a wild card. They took a step back last year and missed the playoffs, and then won the draft lottery.

Hughes and Kakko were the consensus top two picks, with the Rangers certain to take whichever player New Jersey passed on.

"They're both really good players and it's hard to pick one over the other," Shero said, "because Kakko is a great kid, a hell of a player, it's good for the rivalry."

The Rangers and Islanders both tried to sign Panarin, the top player available when free agency opened on Monday. The 27-year-old Panarin signed a seven-year, \$81.5-million deal, reportedly spurning

more money from the Islanders to join a Rangers team that has missed the playoffs two straight years after a seven-year run that included a trip to the Stanley Cup Final.

"The rivalry will never change, which is great for the area, great for hockey," Lamoriello said. "As far as the ingredients to each team, all I worry about is the New York Islanders and competing against ourselves to be the best we can. I'm not losing any sleep over what anyone else is doing."

After losing out on Panarin, the Islanders calmed their anxious fan base by re-signing captain Anders Lee and adding goalie Semyon Varlamov to replace Robin Lehner — a favorite in his one season in New York.

Last month, the Islanders inked center Brock Nelson and forward Jordan Eberle to new deals, keeping two players that were instrumental in their run to the postseason.

"We feel very good about

our team," Lamoriello said. "We feel very good about our core players, having them all back for the most part is very important."

Getting Panarin was a big move for the Rangers after they went into rebuilding mode at the trade deadline in 2018, dealing veterans for young players and draft picks. They continued that strategy at the trade deadline this year.

However, the Rangers have been busy improving their defense since the end of the season. They signed Adam Fox, acquired the rights to restricted free agent Jacob Trouba from Winnipeg and also signed forward Vitali Kravtsov and goalie Igor Shesterkin — two Russians they drafted in previous years.

"This by no means alters our plan," Rangers coach David Quinn said of the contract for Panarin. "He's part of the rebuild and part of the process that's been going on over the last year and a half."

Spire makes no apologies for first NASCAR Cup win

Associated Press

DAYTONA BEACH, Fla. — When Furniture Row Racing decided to fold, team owner Barney Visser enlisted an industry agency to help him sell off his assets.

Visser wanted Spire Sports and Entertainment to sell the charters he owned that guaranteed entry into the top racing series in the United States. Spire scoured the garage for a buyer, searched for prospects outside of racing and came up empty every time.

So Visser floated an idea past Spire co-owners Jeff Dickerson and T.J. Puchyr: Why didn't the two of them buy a charter and start a race team?

"When he said it, we straight up told him we can't afford it," Dickerson told The Associated Press on Monday. "That was our hope he'd cut us a deal or give us some special financing or something."

Visser wanted \$6 million — "sticker price," Dickerson said — and he and Puchyr partnered on the bank loan that officially launched Spire Motorsports the day after last season's final race. Now the team has a victory, a fluke win at Daytona International Speedway because 20-year-old Justin Haley just happened to have cycled into the lead before horrible weather stopped the race.

In the 2 hours, 12 minutes it took NASCAR to decide whether to call the race, drama and debate surrounded the Spire situation. Haley himself admitted had racing resumed, he would have been quickly passed and a rain storm was his only shot at collecting the checkered flag in his third career Cup start.

Beyond that, though, was another question: Did Spire deserve the trip to victory lane?

Some suggested Dickerson

and Puchyr made a cash-grab when they bought Visser's charter because it should pay for itself in two years. Others believe they are gaming the system, and aren't really a true race team.

The cars they have used through the first 17 races of the season are built by Premium Motorsports, where Spire leases shop space. The team runs at the back of the field, uses different drivers every week and Haley was only in position to win the race because he was running 27th when 17 cars at the front of the field were knocked out of the race in a crash. It gave crew chief Peter Sospenzo the luxury to adamantly insist Haley would not pit for gas or tires or any reason at all—they were going to stay on the track, see where they landed after the other remaining cars played their hands, and then pray like never before for the mother of all rainstorms.

"It's not lost on me that luck was on our side," Puchyr said. "But I'm not going to feel bad about it at all."

There is a misnomer that Spire is nothing more than an agency that represents drivers and tries to find them seats. But for years, the North Carolina-based company had been working with some of the top teams in NASCAR in facilitating sponsorship deals, bringing new business into the sport, recruiting employees, headhunting or, as Puchyr says, "we've put a lot of money in a lot of people's pockets in this garage."

They have been urged by some of their mentors — think Rick Hendrick, Chip Ganassi, Toyota, the late Harry Scott, former NASCAR team owner Todd Braun — to refocus some of their energy on acquiring something of their own and Spire did just that.

