

STARS AND STRIPES®

Friday, July 26, 2019

A news digest for U.S. forces serving overseas

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SEALs' conduct gets them pulled from Iraq

The Washington Post

U.S. defense officials said a platoon of Navy SEALs was sent home for drinking while deployed after a female servicemember reported she was sexually assaulted by one of them, part of the latest discipline incident that has emerged for an elite force relied upon heavily by the Pentagon.

U.S. Special Operations Command said in a statement Wednesday night that the platoon was forced out early to San Diego by the commander of the task force, Maj. Gen. Eric Hill, "due to a perceived deterioration of good order and discipline within the team dur-

ing non-operational periods" of their deployment to Iraq.

The statement did not say what led to the decision, but a defense official with knowledge of the situation said that a female servicemember working with their platoon reported being sexually assaulted by one of the SEALs during the Fourth of July holiday weekend. The official, who spoke on the condition of anonymity due to the sensitivity of the situation, said the report triggered scrutiny of the platoon, including drinking while deployed.

The SEALs declined to cooperate with investigators, prompting Hill to send them home for that and for the alco-

hol use, the official said.

A second person, a senior Navy official, said Thursday that he was aware of alleged sexual misconduct being a part of the case, but was not sure if an assault had been reported.

The officials said that the SEALs involved violated General Order No. 1, which bans alcohol use while deployed.

SEAL Team 7 is the same team that Chief Petty Officer Edward Gallagher, who recently faced court-martial on war-crimes charges, was a part of, though on a different platoon than the one sent home early this week. During Gallagher's court-martial, members of SEAL Team 7 testified that

team members, both officers and enlisted, drank and partied during their free time in Iraq in 2017, including at a rooftop bar the platoon had set up at a safe house.

The defense official with familiarity with the sexual assault report said the Naval Criminal Investigative Service is overseeing the sexual assault case. Cmdr. Tamara Lawrence, a spokeswoman for Naval Special Warfare Command, said in a statement that her unit is "actively reinforcing" with the entire force "basic leadership, readiness, responsibility and ethical principles that must form the foundation of special operations."

Marine arrests at Pendleton stemmed from earlier probe

BY ROSE L. THAYER

Stars and Stripes

WASHINGTON — Sixteen Marines suspected of crimes including human smuggling and drug-related activity were arrested Thursday during morning formation at Camp Pendleton, Calif., according to a statement from 1st Marine Division.

The Marines were arrested based on information gained from a previous human smuggling investigation, according to the statement. The 1st Marine Division worked with the Naval Criminal Investigative Service to detain the Marines.

The Marines and NCIS have not yet revealed the names of the Marines arrested or whether they have been charged with any crimes.

The arrests Thursday come three weeks after two other Marines from Camp Pendleton were arrested July 3 for smuggling three people from Mexico across the border into the Unit-

ed States. Lance Cpls. Byron Darnell Law II and David Javier Salazar-Quintero, who are also members of the 1st Marine Division, now face federal charges in the U.S. District Court for the Southern District of California.

Law told U.S. Customs and Border Patrol agents that Salazar-Quintero organized the pickup of three people near Jacumba Hot Springs, Calif., and he expected to be paid \$1,000, according to a criminal complaint. Both men admitted to having previously conducted similar pickups.

During the investigation of Law and Salazar-Quintero, the names of the Marines arrested Thursday were mentioned, according to Maj. Kendra Motz, a spokeswoman for the 1st Marine Division.

The Marines arrested are members of the 1st Battalion, 5th Marines, according to Motz. The ranks of the Marines arrested range from private first class to corporal.

On Friday, a social media post about the arrest at formation suggested the battalion's sergeant major had made it seem as if the Marines were being called out for awards. Once the Marines called came forward, the sergeant major told the NCIS agents standing by to arrest them.

"The online post you're referring to is not true," Motz wrote Friday in an email.

Motz said the sergeant major called out the names of the Marines who were to be arrested from a clipboard and they ran to the front of the formation to line up.

"No ceremony was involved in the arrests," she wrote.

Eight additional Marines were taken aside Thursday at Camp Pendleton to be questioned for their involvement in alleged drug offenses unrelated to the arrests.

None of the Marines arrested or detained for questioning served in support of the mission along the U.S.-Mexico border,

according to the statement.

Marines and other U.S. troops were brought in last year to help reinforce the border by installing razor wire on top of existing barriers, among other things. Troops are barred from arresting migrants.

Retired Marine Lt. Col. Gary Barthel told The Associated Press that the case represented a "kind of black eye for the Marine Corps" and said it was important the military show criminal behavior will not be tolerated.

"Obviously I think it looks bad whenever you have the military that is helping protect the border and then you've got military people smuggling," said Barthel, an attorney at the Military Law Center in Carlsbad, north of San Diego.

All 16 are junior enlisted Marines. Barthel said smugglers may have targeted young troops who could be vulnerable to being enticed by fast money.

Stars and Stripes reporter Caitlin M. Kenney contributed to this story.

Milley approved as Joint Chiefs chairman

BY CAITLIN M. KENNEY
Stars and Stripes

WASHINGTON — The Senate on Thursday confirmed Gen. Mark Milley to be the 20th chairman of the Joint Chiefs of Staff, the latest confirmation to fill several key leadership positions in the Defense Department.

Milley was confirmed in an 89-1 vote by the Senate. Sen. Jeff Merkley, D-Ore., was the sole vote against Milley.

"I am humbled and honored to be confirmed as the next chairman of the Joint Chiefs of Staff," Milley said Thursday in a prepared statement, adding he looked forward to continuing to work alongside servicemembers, Defense Department civilians, and their families.

Milley, the Army's chief of staff, was nominated in April to be the chairman of the Joint Chiefs, replacing Marine Gen. Joseph Dunford, who will serve through September, having been the chairman since 2015.

Dunford congratulated Milley on the confirmation.

"Gen. Milley and I have served together multiple times to include our time together in combat. He will be a superb chairman," Dunford said Thursday in a statement.

"The president, secretary of defense and our men and women in uniform will be well served by his superb leadership, intellect, operational experience, and deep understanding of today's national security challenges. I thank him and his family for their continued service to our nation."

However, Merkley voted against Milley because he was "concerned by Gen. Milley's stated support for building up the U.S. nuclear arsenal and deployments," Martina McLennan, a spokeswoman for the senator, wrote Thursday in an emailed statement. "The senator does not believe that a new nuclear arms race is in our best interest, and voted no accordingly."

Gen. James McConville, the vice chief of staff of the Army, was confirmed in May by the Senate to replace Milley as Army chief of staff.

Milley's nomination was approved by the Senate Armed Services Committee on Thursday along with Mark Esper, who is now the defense secretary.

Members of the Senate Armed Services Committee have been outspoken about vacancies in key leadership positions at the Pentagon and have recently set up several confirmation hearings and votes to fill the jobs quickly as their monthlong August recess approaches.

One upcoming hearing will be for Air Force Gen. John Hyten, who has been nominated to be the vice chairman of the Joint Chiefs of Staff.

Questions about Hyten were raised by senators after sexual misconduct allegations by a former military aide were reported recently. A military investigation found insufficient evidence to charge Hyten or punish him administratively, according to a report by The Associated Press. His accuser testified this week in a closed-door meeting with senators, according to CQ Roll Call. Sen. James Inhofe, R-Okla., chairman of the Senate Armed Services Committee, told the publication that the committee will have a briefing sometime before Friday about Hyten's nomination.

Milley, who is a Princeton graduate and a Green Beret, has served multiple combat tours in Panama, Iraq and Afghanistan during his 38-year career. He has served in the 5th Special Force Group, the 82nd Airborne Division, the 101st Airborne Division and the 3rd Infantry Division. He later commanded the 10th Mountain Division at Fort Drum, N.Y., the III Corps at Fort Hood, Texas, and U.S. Army Forces Command at Fort Bragg, N.C., before becoming chief of staff in August 2015.

Allegations may muddy Hyten's Senate hearing

The Washington Post

WASHINGTON — President Donald Trump's pick to serve as vice chairman of the Joint Chiefs of Staff will be scheduled for a public confirmation hearing despite sexual misconduct allegations against him, the chairman of the Senate Armed Services Committee said Thursday.

The confirmation hearing for Air Force Gen. John Hyten could happen as soon as next week. It is not clear whether his accuser, an Army colonel, will also be a part of a public hearing.

The panel's chairman, Sen. James Inhofe, R-Okla., told reporters of his plan follow-

ing a closed-door meeting with Hyten on Thursday in which they discussed the allegations.

The panel's members met earlier with Hyten's accuser, and many are still weighing the competing stories.

"I'm trying to determine what the facts are, and that's very much in contention," said Sen. Richard Blumenthal, D-Conn., who has said he finds the accuser to be credible. "The factual differences are very stark."

The public hearing is expected to be dominated by questions about the allegations that Hyten made sexually abusive contact with the colonel on more than a half-dozen occasions.

Pompeo: N. Korea's missile tests shouldn't derail talks

BY KIM GAMEL
Stars and Stripes

SEOUL, South Korea — North Korea said Friday that its latest missile test was a "solemn warning" to South Korea against joint military exercises with the United States, while Secretary of State Mike Pompeo suggested the launch would not disrupt the resumption of nuclear talks.

The North fired two short-range missiles into the sea off its eastern coast on Thursday, the first launch since President Donald Trump met with North Korean leader Kim Jong Un at the Korean border on June 30 and agreed to resume stalled nuclear talks.

Playing down the launch,

Pompeo said he anticipated negotiations would start "in a couple weeks."

"Look, everybody tries to get ready for negotiations and create leverage and create risk for the other side," he said Thursday in an interview with Bloomberg TV. "President Trump has been incredibly consistent here. We want diplomacy to work."

The comments came before the North released photos of the missiles launched and issued the warning against military exercises. New details also emerged about the weapons fired.

Kim oversaw the demonstration of a "new-type tactical guided weapon," the state-run Korean Central News Agency reported.

US officials: Iran test-launched missile

Associated Press

WASHINGTON — Iran test-launched a medium-range ballistic missile inside its borders, U.S. officials said Friday, defying Trump administration demands that it curtail the weapon program and demonstrating its intent to further push back against U.S. sanctions.

The test came amid heightened tensions between Iran and the West, mainly regarding the safety of commercial shipping in the Persian Gulf and the Strait of Hormuz.

Iran has responded to stepped-up U.S. economic sanctions with a variety of military moves, and the Shahab-3

missile test launch could be considered another signal from Tehran that it will not back down.

The U.S. officials who confirmed the missile launch spoke on condition of anonymity to discuss sensitive information. The White House said in a brief statement that it was aware of reports of a projectile launched in Iran, but White House officials declined to comment further.

Tensions have mounted with Iran over a 2015 nuclear accord it reached with world powers. The deal eased sanctions in exchange for Iran curbing its nuclear program. President

Donald Trump withdrew the United States from the accord last year, reinstating sanctions on Iran and adding new ones. Iran has openly exceeded the uranium enrichment levels set in the accord to try to pressure Europe into offsetting the economic pain of U.S. sanctions.

Trump insists that Iran must agree to limits on its ballistic missile program, but Iran thus far has refused.

Nations still party to the nuclear deal plan to meet in Vienna on Sunday to see to what extent the agreement can be saved. The European Union said the meeting of officials from China, Russia, Britain,

France and Germany will be chaired by the EU.

Behnam Ben Taleblu, an expert on Iranian defense at the Foundation for Defense of Democracies, said the Shahab-3 is a liquid-fueled, medium-range ballistic missile capable of carrying a nuclear weapon.

"The Shahab-3 is the backbone of Iran's class of medium-range ballistic missiles," he said, adding that Iranian news outlets have previously called it one of the country's "Israel-hitting" missiles.

It is derived from a North Korean missile called the Nodong-A and can fly 1,150 to 2,000 kilometers, or up to 1,242 miles, depending on the variant.

Love-triangle murder trial of sailor begins in Calif.

The San Diego Union-Tribune

EL CAJON, Calif. — Anderson Lopes Jr. caught his estranged wife in bed with another man and the fight was on.

The two men, active-duty Navy at the time last year, grappled in the San Diego-area condominium living room, smashing into the sofa, a coffee table, a Christmas tree.

Lopes, according to attorneys in El Cajon Superior Court on Wednesday, struck Dylan Poston on the head twice with a short metal rod ripped from a shower caddy.

Poston pulled out a pocket-knife and stabbed Lopes re-

peatedly, fatally wounding him, and even stabbed the woman in her leg as she tried to intervene in the fray.

Poston is charged with murder and using a knife, and faces 26 years to life in prison if convicted.

A prosecutor told a jury in his opening trial statements that Poston had plenty of chances to leave peacefully when Lopes ordered him out of the condo that the estranged couple shared.

Instead, Deputy District Attorney William La Fond said, Poston unfolded his pocket-knife and stabbed Lopes, 26, five times in the chest, stomach and back and slashed him eight more times.

Lopes' estranged wife, Michelle Tsethlikai, who had left the Navy about two weeks earlier, called 911. Lopes wasn't breathing and had no pulse when paramedics got there and rushed him to a hospital, where he was declared dead.

Poston's attorney, David Shapiro, told jurors his client had no choice but to defend himself when Lopes attacked him. Shapiro said, too, that Lopes was pushing his wife around and Poston didn't want to leave until he was sure she was all right.

"He had to fight with what he had and with what he knew," Shapiro said, referring to Poston's pocketknife and the

knowledge that Tsethlikai had told him Lopes had physically abused her before.

Tsethlikai testified she met Lopes when they worked on the same ship in Japan in 2014. They started dating in 2016, had a son that year and married in May 2017. Lopes was deployed a few times, and the relationship soured. Tsethlikai filed for divorce in November that year.

The estranged couple kept living together out of convenience and to share child care duties. Meanwhile, Tsethlikai started dating Poston, whom she also met onboard guided-missile destroyer Stockdale.

Girls report more harassment amid rise in cyberbullying

Associated Press

SEATTLE — Rachel Whalen remembers feeling gutted in high school when a former friend would mock her online postings, threaten to unfollow or unfriend her on social media and post inside jokes about her to others online.

The cyberbullying was so distressing that Whalen said

she contemplated suicide. Once she got help, she decided to limit her time on social media. It helps to take a break from it for perspective, said Whalen, now a 19-year-old college student in Utah.

There's a rise in cyberbullying nationwide, with three times as many girls reporting being harassed online or by

text message than boys, according to the National Center for Education Statistics.

The U.S. Department of Education's research and data arm this month released its latest survey, which shows an uptick in online abuse, though the overall number of students who report being bullied stayed the same.

Many school systems that once had a hands-off approach to dealing with off-campus student behavior are now making rules around cyberbullying, outlining punishments such as suspension or expulsion, according to Bryan Joffe, director of education and youth development at AASA, a national school superintendents association.

House passes bipartisan budget bill

Associated Press

WASHINGTON — Observing a rare cease-fire in their battles with President Donald Trump, the Democratic-controlled House on Thursday easily passed bipartisan debt and budget legislation to permit the Treasury to issue bonds to pay the government's bills and lock in place recent budget gains for both the Pentagon and domestic agencies.

The measure, passed by a 284-149 vote, would head off another politically dangerous government shutdown and add a measure of stability to action this fall on a \$1.37 trillion slate of annual appropriations bills. The Senate is scheduled to vote on the bill next week.

The hard-won agreement between the administration and Democratic House Speaker Nancy Pelosi lifts the limit on the government's \$22 trillion debt for two years and averts the risk of the Pentagon and domestic agencies from being hit with \$125 billion in automatic spending cuts that are all that's left of a failed 2011 budget pact. It is a welcome detente for lawmakers seeking to avoid political and economic turmoil over the possibility of a government shutdown or first federal default.

Trump took to Twitter to give the legisla-

tion his strongest endorsement yet: "House Republicans should support the TWO YEAR BUDGET AGREEMENT which greatly helps our Military and our Vets." He added in a note of encouragement, "I am totally with you!"

Democrats rallied behind the legislation, which protects domestic programs some of them have fought to protect for decades through extended stretches of GOP control of Congress. Pelosi held the vote open to make sure the tally of Democratic votes topped the 218 required to pass the measure with Democratic support alone, a demonstration of strength.

House GOP conservatives, many of whom won their elections promising to tackle entrenched federal deficits, generally recoiled from it.

Many supporters, including the GOP leadership team, praised the bill as an imperfect but necessary result of Washington's current divided balance of power and an already overheated presidential campaign.

"The alternatives are very, very bad," said Rep. Kay Granger, of Texas, the top Republican on the Appropriations Committee.

But it contains no new steps to curb spending elsewhere in the budget, rankling

conservatives and lawmakers alarmed by the return of \$1 trillion-plus budget deficits.

"Republicans who go along with this budget deal will lose all credibility on spending. This is budget deal is ludicrous," said Jason Pye of the FreedomWorks conservative advocacy group. "The GOP has been misleading the American public on spending for years now. Yeah, they talk a great game on the campaign trail, but when it's crunch time, they fold."

Trump's active support for the measure did little to stem the tide of GOP defections. Democrats backed the bill by a 13-1 margin, while less than one in three Republicans supported the Trump-backed measure.

GOP conservatives, who comprise Trump's strongest base of support in Washington, weren't critical of Trump for agreeing to the deal, even after Pelosi forced GOP negotiators to drop ambitious cuts to try to defray the bill's impact on the debt. Few opposition Republicans issued statements on the bill that might put them on record opposing Trump.

"You just have to understand that you lost in the negotiations and express your opinion, vote your conscience and go on," said Rep. Mark Meadows, R-N.C.

Puerto Rico celebrates governor's resignation

Associated Press

SAN JUAN, Puerto Rico — After weeks of flag-waving, cowbell-clanging protests in the streets, Puerto Ricans on Thursday celebrated the resignation of Gov. Ricardo Rossello, even as they debated where the movement should go from here and how to root out the corruption and other chronic problems that fueled the unrest.

Some protesters immediately set their sights next on driving out Rossello's designated successor as governor, Justice Secretary Wanda Vazquez.

The governor's unprecedented resignation, which came at nearly midnight on Wednesday after a series of huge demonstrations, was a big victory for the tens of thousands who took to the streets. To some,

it seemed to open an endless array of possibilities on this U.S. island territory of 3.2 million people.

"It's a new world," said political expert Mario Negrón Portillo. "This can bring about change and consequences that we've never seen before."

Rossello was driven from office after a leak of vulgar and offensive chat messages between him and his close aides infuriated Puerto Ricans already tired of deep-seated corruption and mismanagement that have sent the island into a 13-year recession, a \$70 billion debt crisis and the equivalent of bankruptcy.

Many, too, are resentful over the slow and fitful recovery from Hurricane Maria, which devastated Puerto Rico in September 2017, killing thousands.

Heat causes havoc for travel plans in Europe

Associated Press

LONDON — Travelers faced a second day of travel disruptions in Britain on Friday after a heat wave gave way to thunderstorms, and technical problems at the air traffic control center grounded many flights at the country's two main airports on one of the busiest days of the year.

A day after the country potentially recorded its hottest day ever, travelers at London's Heathrow and Gatwick airports faced delays after the U.K.'s air traffic controller, NATS, said it had identified a technical problem that was causing flight restrictions. Eurocontrol, the European air traffic body, said the problem was caused by an "issue with radar displays."

This weekend is a big travel

time as families head off for their summer holidays.

Britain, along with much of Western Europe, endured one of its hottest days ever on Thursday, potentially its very hottest. The country's weather service said a provisional temperature of 101.7 degrees Fahrenheit was recorded at Cambridge University Botanic Garden in eastern England, which if confirmed, would be the highest ever recorded in the U.K. The record for the U.K. is 101.3 degrees, was set in August 2003.

It said "quality control and analysis over the next few days" will determine whether the reading becomes official.

Rail commuters were also facing delays after the heat wave prompted Network Rail to impose speed restrictions in case the tracks buckled.

AMERICAN ROUNDUP

Hikers told to beware of aggressive yaks

MA WEST SPRINGFIELD — Police in Massachusetts are warning hikers to be on the lookout for aggressive yaks.

West Springfield police said a hiker in the Bear Hole Reservoir recreation area was charged by three yaks at about 8 p.m. Wednesday.

The West Springfield Environmental Committee posted on Facebook that they appeared docile, so someone approached within six feet.

But then, “one put its head down, snorted and then charged,” and the other two joined in the chase. No one was hurt.

Police Lt. Nolan Ryan said the yaks, native to Asia, all have ear tags and are believed to have escaped from a private owner in nearby Westfield.

Woman arrested after giving worker cognac

OR PORTLAND — Authorities said a woman in the drive-thru of an Oregon Taco Bell poured Hennessy cognac into the mouth of an employee — then was arrested by a police officer who happened to be behind her in line.

The Oregonian/OregonLive reported that the Washington County Sheriff’s sergeant was behind a car driven by Elianna Aguilar-Aguilar at about 1:20 a.m. Saturday at the fast-food restaurant in the Beaverton area. Police said the driver reached out the car window and poured cognac into the mouth of an apparently willing employee.

The sergeant followed Aguilar-Aguilar, 23, out of the parking lot and pulled her over. She was booked into jail on suspicion of driving under the influence of intoxicants.

Police said the Taco Bell employee didn’t know the woman, and an officer said most of the cognac was spilled.

3 mannequins wearing designer clothes stolen

IL CHICAGO — Chicago police said three thieves smashed a display window of a high-end department store and stole three mannequins dressed from head to feet in designer clothes.

Police said the theft occurred at about 4:15 a.m. Wednesday at the Neiman Marcus store on Chicago’s Magnificent Mile.

They said three people wearing hoodies pulled up to the store, smashed the window, threw the mannequins wearing expensive clothes including shoes and bags into the back of an SUV and fled the scene. At least two arms from the mannequins fell off during the theft and were left lying on the ground amid broken glass.

Officer pepper-sprays knife-wielding kids

IA DES MOINES — Police said an officer used pepper spray on a 9-year-old and his 8-year-old brother who were carrying butcher knives on the north side of Des Moines.

Police Sgt. Rod Santizo said someone who saw the boys and the knives at a convenience store called police just before noon Tuesday. The boys ran when the first officer on the scene approached them. They soon turned around, and one began arguing with the officer.

Santizo said the officer used the pepper spray when he saw the knives. The boys were soon taken into custody and their eyes flushed with water. They were taken to a hospital as well.

Santizo said the boys stole a couple of drinks from the

store but didn’t use the knives to do so. They told officers they were carrying the knives for protection.

Tower tries to repossess car with family inside

VA WOODBRIDGE — Police in Virginia filed multiple charges against a tow truck driver who tried to repossess a car with a family still inside it.

Prince William County police said Mohamed Zyoud, 23, of Woodbridge also tried to hit the car owner with his truck and punched him in the face before unhooking the car and driving away.

A police statement says Zyoud hooked the car to his tow truck on July 18 while a woman, two children and a dog were inside.

Now he’s jailed on \$20,000 bond on charges of attempted malicious wounding, assault and battery and misdemeanor hit-and-run.

Officials investigating cause of fish deaths

UT SOUTH OGDEN — Officials are searching for a source of possible contamination after dozens of fish and a few ducks were found dead in a Utah creek.

KUTV-TV reported that children fishing in Burch Creek in South Ogden discovered the dead fish and called 911 on Wednesday afternoon.

The South Ogden Fire Department said nearby residents also reported smelling gas in the area.

The department said between 40 and 50 fish were found dead.

The Weber County Health Department said it was testing the water to determine the cause and source.

The creek feeds flows into the Weber River.

Shelter: Lion died after being overheated

NC PITTSBORO — A rescue group in North Carolina said one of its lions died after becoming overheated and suffering organ failure.

Carolina Tiger Rescue wrote in a Facebook post Tuesday that Sheba, the 17-year-old lion, wasn’t able to recover despite staff efforts. The nonprofit cat sanctuary said on its website that it works to protect big cats in the wild and in captivity, taking in animals that have been confiscated, abandoned or are in need of a new home.

News outlets reported a heat wave recently hit the East Coast, bringing with it temperatures above 90 degrees.

Judge orders man’s mouth taped in court

LA LAFAYETTE — Court logs show a Louisiana district court judge ordered a man’s mouth be taped shut for repeatedly interrupting proceedings.

The Acadiana Advocate reported Michael C. Duhon was being sentenced July 18 for theft and money laundering. Court minutes show Duhon objected when Judge Marilyn Castle asked him to stop submitting motions on his own behalf instead of through his attorney. After repeatedly asking Duhon to be quiet, Castle ordered the bailiff to tape his mouth shut.

The tape was removed after an objection from Duhon’s public defense attorney, Aaron Adams, who requested the judge remove his client from the courtroom instead. Castle sentenced Duhon to 11 years in prison and recommended he be transferred to a facility with mental health treatment options.

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Luck returns to field as Colts open camp

Associated Press

WESTFIELD, Ind. — Andrew Luck felt like a different guy as he strolled down the tree-lined path to the Colts practice field Thursday.

The recently married quarterback and now expectant father made the short trek, confident in his surgically repaired right shoulder and football future.

And despite being limited to individual drills by a strained left calf as training camp opened, even the Indianapolis quarterback took a few moments to reflect on how much has changed since he arrived at Grand Park Sports Campus last July.

"I remember walking through that sort of tunnel in the trees. Today I was sitting there thinking about it and how scared I was to go practice and how nervous I was," Luck said.

"I had no idea what the heck was going to happen on this practice field. I remember it being a very powerful feeling and then feeling so happy

and almost relieved like I'd survived. Survived practice. My arm is still attached to my shoulder. That's certainly a much different feeling this year."

Those initial fears gradually dissipated with a steady progression of successful steps — proving to himself the throwing arm could withstand the NFL rigors, leading the Colts back from a 1-5 start to end a three-year playoff drought and eventually winning the league's Comeback Player of the Year award.

Now Luck begins this season with another light workload.

In 2016, team officials rested Luck as part of an effort to protect the sore shoulder he initially injured in September 2015. After opting for surgery on the still-ailing shoulder in January 2017, Luck missed all of training camp — and the entire season. Last year, Luck slowly returned with coach Frank Reich and general manager Chris Ballard closely monitoring Luck's passing totals at camp to assure he'd be healthy

for the season opener.

It worked.

This time, it's different.

Instead of talking about his arm, Luck has spent much of the offseason answering questions about the leg injury that kept him out of all of the team's offseason workouts this spring, prevented him from working out with his teammates on the West Coast between June and July and now has limited his work early in camp.

Luck threw Thursday in individual drills and is expected to return to seven-on-seven work Friday. Reich said Luck's injury would be evaluated each day and hopes his starting quarterback is back in full action by early next week.

But with their preseason opener two weeks away and their regular-season opener more than six weeks away, nobody at Colts camp is panicked. Instead, they're playing it safe.

"When you don't go the whole spring, I just think it's the smart thing to do," Reich said. "We've got plenty of time. He's working hard, he's dialed in and he'll get

plenty of reps out here."

Besides, the Colts have a pretty good idea of how Luck will play once he is healthy.

In his first season under Reich, Luck set career highs in attempts (630), completions (430), completion rate (67.3 percent) and quarterback rating (98.7) while being sacked a career-low 18 times. He flirted with career highs in yards passing (4,593) and touchdown passes (39) and finished with the second-lowest interception rate (2.34 percent) of his career.

He played in all 16 games for the first time since 2014 when he led the Colts to the AFC championship game, engineered a six-win improvement over 2017 and made his fourth Pro Bowl appearance.

The Colts encouraged Luck to take some well-deserved time off following their divisional-round loss to Kansas City, but sometime before the start of OTAs, Luck injured his lower left leg.

Manuel defends 100 free title at swimming worlds

Associated Press

GWANGJU, South Korea — Simone Manuel wasn't swimming up to her standards, and she felt her relay anchor leg that resulted in a silver medal for the U.S. proved it.

Then she remembered it's about bouncing back.

Manuel did just that in the 100 freestyle, winning her second straight title at the world championships on Friday.

Relegated to Lane 1 with the slowest qualifying time, the American led all the way and touched first in 52.04 seconds, beating Cate Campbell of Australia by 0.39 seconds.

"Not everybody has a perfect swim every time so I just needed to regroup and put on a good face," the 22-year-old Texan said. "I'm a veteran on the team, so I have to be able to show a little bit of poise in these

hard moments."

Manuel was unable to hold off Campbell on the anchor leg of the 4x100 free relay earlier in the meet, with Australia claiming gold and the U.S. silver.

"I did take that relay really hard because I didn't feel like I did as best as I possibly could," Manuel said.

She made up for it in the 100 free.

Manuel was the only woman under 25 seconds on the opening lap. She knocked 1.27 seconds off her time from the morning semifinals that landed her in the far outside lane.

Manuel became the second woman to win multiple titles in the 100 free, joining Kornelia Ender of the former East Germany, who won in 1973 and '75.

Sarah Sjöström of Sweden, the world-record holder, took

bronze.

In 2016, Manuel became the first African-American woman to win an individual swimming gold at the Olympics when she tied Canada's Penny Oleksiak for gold in Rio de Janeiro.

Mack Horton rallied Australia to victory in the men's 4x200 freestyle relay, putting them in front with a lap to go. Clyde Lewis, Kyle Chalmers, Alexander Graham and Horton won in 7:00.85.

Russia took silver in 7:01.81. The U.S. team of Andrew Seliskar, Blake Pieroni, Zach Apple and Townley Haas earned bronze in 7:01.98.

Sun Yang swam China's anchor leg against Horton, but he wasn't able to move up and his team finished sixth in his final event.

Sun swept the 200 and 400 freestyles, winning the 200

via disqualification and beating Horton in the 400. Horton snubbed Sun on the podium because the Aussie is angry that FINA allowed him to compete this week while facing a career-threatening hearing involving a clash with drug testers.

Leading off the relay for Britain was Duncan Scott, who snubbed Sun on the podium after the 200 free.

Yuliya Efimova of Russia claimed a record third title in the 200 breaststroke. She won in 2:20.17 without competition from American rival Lilly King, who was disqualified in the preliminary heats when she didn't touch both hands on the wall at the same time in a turn.

It was Efimova's 14th individual world medal, tying her with Katinka Hosszu of Hungary and Sjöström for most among women.

Yankees SS Tulowitzki announces retirement

Associated Press

BOSTON — Troy Tulowitzki, a five-time All-Star with the Colorado Rockies who has missed most of the past two seasons with leg injuries, announced his retirement on Thursday, more than three months after he played in his last game for the New York Yankees.

"For as long as I can remember, my dream was to compete at the highest level as a Major League Baseball player, to wear a big league uniform and play hard for my teammates and the fans," he said in a statement issued by the Yankees. "I will forever be grateful for every day that I've had to live out my dream."

Texas Longhorns head coach David Pierce announced later Thursday that Tulowitzki will join the coaching staff.

Tulowitzki was NL Rookie of the Year runner-up in 2007, when he helped the Rockies reach the World Series for the only time in franchise history.

He was traded to Toronto in the middle of 2015 and hit .254 with 24 homers and 79 RBIs the next year, his last full season in the majors. He spent most of 2017 on the disabled list with leg and ankle injuries, and then missed all of last season following surgery on both heels.

The Yankees signed him in the offseason, and he won the shortstop job in spring training while starter Didi Gregorius opened the season on the injured list. But Tulowitzki lasted just five games before going on the IL himself, straining his left calf on April 3.

Tulowitzki finished with a .290 average, 225 homers and 780 RBIs in 13 seasons with Colorado (2006-15), Toronto (2015-17) and the Yankees. He is one of three shortstops in major league history to retire with at least 20 home runs and a .290 average in six different seasons; the others are Alex Rodriguez (seven) and Nomar Garciaparra (six).

Stage 19 of Tour halted by hail

Associated Press

TIGNES, France — Julian Alaphilippe lost his yellow jersey in exceptional circumstances on Friday as Egan Bernal took control of the Tour de France after organizers made the rare decision to stop Stage 19 in the Alps because of a hailstorm.

Two days before the race ends on the Champs-Élysées, the Colombian pure climber snatched the coveted tunic with a tremendous attack in the punishing climb to the Col de l'Iseran, the Tour's highest point at 2,770 meters (9,090 feet).

Down in the valley, the sudden and violent storm caused a landslide and made the road too dangerous, leading governing body ASO to stop the race. Tour director Christian Prudhomme immediately announced that times would be taken at the top of the mountain, where Bernal was 2 minutes, 7 seconds faster than Alaphilippe, enough to wipe away the Frenchman's race lead.

Bernal, who races on the Ineos team, was 1:30 behind Alaphilippe at the start of the stage. Ahead of Saturday's final trek in the Alps, the last

competitive stage before a traditional processional ride to Paris, the 22-year-old Bernal is now in an ideal position to become the first Colombian to win cycling biggest race.

The sudden storm turned summer into almost winter in just minutes, with a dusting of white covering what had been lush summer pastures of green. The stoppage, as racers were flying through hairpin bends down from the Iseran climb, threw the race into chaos.

TV coverage showed a snowplow trying to clear the road of snowy slush, awash with streams of water and ice, as the riders were speeding toward that section of the stage.

It immediately became clear that the road was unpassable on a bike, and organizers made an on-the-spot decision that the riders' safety had to come first.

It wasn't the first time that Alpine weather had thrown Tour organizers' plans into disarray. At the 1996 Tour, what had been planned as a 190-kilometer stage from Val d'Isère to Sestrières was slashed to just 46 kilometers because of snow, with both the Iseran and Galibier passes not climbed as planned.

The black storm clouds that violently dumped piles of hail and giant puddles at the foot of the Iseran pass, at Val d'Isère, could be seen looming on the horizon as Bernal went over the top of the climb.

The unprecedented stoppage sent a shockwave through what has been the most exciting Tour in decades. Although Bernal was all smiles as he stepped into an Ineos car, other contenders including Alaphilippe were clearly disappointed. The French rider waved his left arm in disdain and swerved back and forth across the road. Colombian rider Rigoberto Uran looked angry.

But Marc Madiot, the manager of the Groupama-FDJ team, applauded the stoppage.

"Safety is the first priority and the decision to stop the stage seemed to be the only decision to make," he said. "Imagine that the race had a continued and a rider had plunged into a ravine."

Alaphilippe, who wore the yellow jersey for 14 days, said he expected to lose the race lead.

"I gave it all, I don't have any regret," he said. "I've been beaten by stronger than me."

New mom Felix advances in 400 at nationals

Associated Press

DES MOINES, Iowa — A little bit of rust was expected by Allyson Felix. After all, this was her first race in 13 months and as a mom.

Maybe not quite as expected was a little bit of anxiousness waiting to see if she would advance.

The six-time Olympic gold medalist breathed a sigh of relief as she made it out of the first-round in the 400 meters Thursday at the U.S. championships. She had to see if her time would hold up.

It did.

"I knew I could run," Felix said. "It was just to what standard would I be at. To me, it's not up to my standards."

Running in the first of four heats, Felix finished fourth as she lost steam near the end. The top three in a heat automatically advance to the semifinals, plus another four on time. Her time of 52.20 seconds held up.

"Tonight, I'm just grateful," said the 33-year-old Felix, whose best time in the 400 is 49.26 seconds in 2015.

She views these championships as a starting point. Because Felix's goal isn't to be in tip-top form now but a year from now for the Tokyo Games.

"Now, I have time on my side," said Felix, who will be trying to make her fifth Olympic team. "I can get where I need to go."

Only 32 weeks into her pregnancy, Felix gave birth

to daughter Camryn on Nov. 28 in an emergency Cesarean section after tests showed the baby's heart rate had dropped to dangerous levels. Camryn weighed 3 pounds, 7 ounces.

Her daughter is with her at nationals.

"Things that were once very easy for me are now pretty challenging," Felix said. "I'm at the hotel and I'm cleaning bottles, changing diapers and getting ready for races."

Felix received a warm welcome from the crowd before the race — her first since June 16, 2018.

"It's going to take some time to get back into it," Felix said. "But I wanted to at least take this step and start racing again."

Cruz homers 3 times as Twins cruise

Associated Press

CHICAGO — This time, the Minnesota Twins bashed their way to a runaway win.

The slumping Chicago White Sox were no match for Nelson Cruz and company.

Cruz hit three of Minnesota's five homers and finished with five RBIs, helping the AL Central leaders beat the White Sox 10-3 on Thursday night.

Max Kepler and Miguel Sano also connected as Minnesota (62-40) totaled at least five homers for a major league-record ninth time this season, according to STATS. Jose Berrios (9-5) pitched seven effective

innings for his first win since June 6.

"It's not easy," Cruz said. "To be able to hit three is a blessing.

"The most important thing is we won and the way Berrios pitched. At the end of the day, it's pitching."

Even more impressive, Cruz went deep against All-Star Lucas Giolito on different pitches — fastball, curveball and changeup.

"It was some kind of night," said Twins manager Rocco Baldelli, whose team was coming off a pair of high-scoring losses to the New York Yankees at home.

Cruz hit a solo drive in the first, a two-run shot in the third and another two-run homer in the fifth. The designated hitter struck out swinging for the final out of the sixth then flied out to right leading off the ninth.

"Just to get a hit, put good wood on it," Cruz said of his thought process in the final two at-bats. "I was myself, I guess."

It was the first three-homer game for the six-time All-Star, who has 385 home runs in his career. He became the 10th player in big league history with a three-homer game after turning 39, according to Baseball Prospectus, joining a list that includes Babe Ruth, Stan

Musial, Reggie Jackson, Dave Winfield, Frank Thomas and Alex Rodriguez.

"You just assume he's done things like that," Baldelli said. "Those kind of nights are pretty unique and special, and when you get a chance to see them live, we all kind of enjoy them and appreciate them."

The White Sox (45-55) lost for the 11th time in 14 games since the All-Star break and dropped 10 games below .500 for the first time this season. Yoan Moncada hit his 19th homer, but Giolito (11-5) was hit hard by Cruz.

"He's a good hitter," Giolito said. "He was seeing me well."

MLB roundup

Bogaerts, Red Sox hammer AL East-leading Yankees

Associated Press

BOSTON — Xander Bogaerts hit a three-run homer in Boston's seven-run first inning, and the Red Sox pounded the AL East-leading New York Yankees 19-3 on Thursday night in the opener of their four-game series.

The 19 runs were the most scored by the Red Sox against the Yankees in the 117-year history of the rivalry.

Bogaerts finished with four hits, including a solo shot in the eighth. Andrew Benintendi and Jackie Bradley Jr. had three hits apiece.

New York right-hander Masahiro Tanaka (7-6) allowed 12 runs and 12 hits in 3¹/₃ innings. It was the most earned runs ever allowed by a Yankees pitcher against Boston since the earned run became an official stat in 1913.

Rick Porcello (9-7) pitched six innings of three-run ball for Boston.

Orioles 10, Angels 8 (16): Jonathan Villar hit a two-run homer in the 16th inning and Stevie Wilkerson became the first position player in major league history to earn a save as visiting Baltimore recovered

from blowing a three-run lead in the 15th for a wild victory over Los Angeles.

Wilkerson came in from center field for the 16th as the Orioles' 10th pitcher. His lobs to the plate clocked in the mid-50s (mph) on the radar gun, but he got three straight outs in the final weirdness of a remarkable night at Angel Stadium.

Villar, playing shortstop, saved Baltimore in the 15th when he cut down the potential winning run at the plate with a relay throw home on Mike Trout's two-run double that tied it at 8. The play was reviewed and the out call upheld — just after 4 a.m. at the replay center in New York.

Cardinals 6, Pirates 3: Paul Goldschmidt homered in his career-high fourth straight game, helping visiting St. Louis finish a four-game sweep of Pittsburgh.

The Cardinals (55-47) won for the eighth time in nine games to move into a tie with the idle Chicago Cubs atop the NL Central.

Goldschmidt drove in nine runs and had four of St. Louis' 12 home runs during the sweep.

Indians 5, Royals 4 (14):

Jose Ramirez homered in the 14th inning, and visiting Cleveland edged Kansas City in a game that lasted almost five hours and finished after midnight.

Jake Bauers singled home Jason Kipnis in the 14th off Brian Flynn (2-2) to add an insurance run — and Cleveland needed it.

A.J. Cole earned his first save since May 15, 2015, in his second major league appearance. After allowing the first three batters to reach, Cole retired the next three in order, striking out Bubba Starling to end the game.

Rockies 8, Nationals 7: Ace Max Scherzer lasted just five innings in his return from the injured list, and visiting Colorado beat Washington in a battle of worn-out bullpens.

Ian Desmond led off the ninth with a homer off 42-year-old Fernando Rodney (0-4), who pitched in both games of Wednesday's doubleheader. Rodney then walked Charlie Blackmon, who advanced on a wild pitch and a single by David Dahl, and Daniel Murphy drove in Blackmon with a groundout.

Murphy homered and scored

three times for the Rockies, who won for just the fourth time in their past 20 games. Jairo Diaz (3-2) got the win, and Wade Davis earned his 15th save.

Rangers 11, Athletics 3: Danny Santana hit a grand slam and drove in a career-high six runs as slumping Texas beat host Oakland.

Asdrubal Cabrera had three hits and scored twice during the Rangers' highest-scoring game in nearly seven weeks.

Mariners 10, Tigers 2: Tim Beckham hit his second grand slam of the season and Kyle Seager connected for a solo drive, leading host Seattle past Detroit.

J.P. Crawford added two hits and scored three times as the Mariners won two in a row for the first time in a month. Daniel Vogelbach drove in three runs, and Wade LeBlanc (6-3) pitched six effective innings.

Mets 4, Padres 0: Jacob deGrom pitched seven innings of four-hit ball, sending host New York past San Diego.

Todd Frazier hit a two-run double as the Mets built a four-run lead against Eric Lauer, the most runs they've scored in the first inning during deGrom's 160 starts.