

# STARS AND STRIPES®

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A news digest for U.S. forces serving overseas

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## Same ship, different day

### Sailors battle complacency at sea by shaking up routine

BY CHRIS CHURCH  
*Stars and Stripes*

ABOARD THE USS THEODORE ROOSEVELT — “Reveille! Reveille! Reveille! All hands heave out and trice up. Reveille.” The U.S. Navy’s 6 a.m. wake-up call on the USS Theodore Roosevelt marks the start of a long day that for many may seem like a repetition of the day before. But on this aircraft carrier in the Persian Gulf, every task is key to the mission of launching strikes against Islamic State militants in Iraq and Syria.

For that, everyone — from the flight deck crew to the engineers — must retain focus, a challenge given the monotony of repetitive tasks carried out day after day, month after month, sometimes in extreme temperatures.

In addition to battling the insurgents, the commander of the Roosevelt Carrier Strike Group is intent on battling complacency among the crew.

Rear Adm. Roy J. Kelley, let his staff and crew know immediately after taking command mid-deployment in July that the issue is one of his top priorities.

“This is typically when complacency sets in,” Kelley said of the halfway point of an eight-month deployment. “There’s always the fear that someone’s mind is going to wander away from the task at hand, and in this business, especially, that can become very dangerous.” The reveille call, broadcast over the public address system, means it’s time to get dressed, eat and prepare for a 12-plus-

hour shift. For some, such as the flight deck crew, that means spending large portions of the day in the beating sun. On this particular day, the heat index is only 110 degrees aboard the aircraft carrier, better than a couple of weeks before, when it soared into the 150s.

Along the flight deck, sailors in brown shirts sit in the cockpits of F/A-18 Super Hornets riding the breaks while shipmates check the jets’ equipment. Blue and yellow shirts are walking along the flight deck ensuring jets are properly positioned.

The red shirts, a team of aviation ordnancemen, begin their day carrying munitions, some weighing more than 500 pounds. Facing one another in two rows, they link arms under the bomb they are hoisting onto a jet, their faces contorted from the strain. But when the task is done, the crewmates joke and laugh. One sailor sings a medley of Britney Spears and NSYNC songs.

Petty Officer 2nd Class Emily Marie Blonski, an aviation ordnanceman, said it’s this sort of camaraderie with her “red nation community” that keeps her focused every day. “My job is repetitive, but it’s not at the same time,” Blonski said. “Our chain tells us to always try something new to keep the mind fresh.”

Staying fresh and focused isn’t always as easy as Blonski makes it seem. Five months into the deployment in the 5th Fleet Area of Operations, some sailors said their jobs are becoming second nature, and that’s when the mind can wander.

Petty Officer 3rd Class Britton Jackson, an aviation electrician’s mate, said he does basically the same thing over and over.

“You’ll find yourself just going with the motions, not even thinking about what you’re doing,” Jackson said. “They tell us not to get complacent, but it’s really hard not to.”

Small missteps could cause aircraft to crash on the flight deck, those standing watch might miss a potential threat on the radar system, or a sailor could get injured falling down a ladder well.

Kelley has ordered the commanders of the five ships that comprise the strike group to make small adjustments to prevent such scenarios.

“You change some of those sequences and force people to refocus on the mission and what they’re doing,” Kelley said. “Quite often that’ll help prevent you from having mishaps due to complacency.”

The Roosevelt’s commander, Capt. Craig Clapperton, who also took command just last month, tries to instill a sense of shared mission and achievement. He gives a daily rundown via the public address system of what the crew has accomplished each day.

“They work so hard, I think it’s important to know on a daily basis the impact they are having in Iraq and Syria,” he said.

Although Petty Officer 3rd Class Ramon Martin does not feel it helps him personally, he welcomes the shared information. “Because now we know where we are at and what’s

going on elsewhere,” said Martin, an aviation machinist’s mate. “We sort of understand our position in the bigger scheme of things.”

Recreation, entertainment and other sanctioned distractions from the daily routine are also key to keeping sailors on their game.

After the long work day, sailors can participate in a variety of fitness programs, including soccer and basketball games in the hangar bay. The ship organizes bingo, open mic nights, singing competitions and sometimes brings musicians onboard for concerts. The pop group We The Kings rocked the hangar bay in June.

The Roosevelt’s “Fun Boss,” Megan Villapudua, said such programs allow sailors to relieve stress and get a sense of normalcy. “This gives an opportunity for sailors to get involved and to relax in a way they might not think possible on deployment,” she said.

Port visits also offer a break from the grinding routine.

The strike group still has months to go before it heads back to San Diego, its new home port, Kelley said. “Getting everyone successfully home at the end of this is important.”

At day’s end, the voice on the public address system is a reminder that tomorrow will start and end the same as today: “Taps! Taps! Lights out. All hands turn in to their racks and maintain silence about the decks. Taps.”

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## Reduction in claims backlog doesn't stop criticism of VA

BY TRAVIS J. TRITTEN  
*Stars and Stripes*

WASHINGTON — The Department of Veterans Affairs said Monday its disability claims backlog has fallen below 100,000 for the first time after reaching a historic high two years ago.

The backlog includes the oldest unresolved claims — those that are 125 days old or older — and stood at 98,535 this week. That is a reduction of 84 percent since 2013, according to the department.

The VA has struggled in recent years to handle a massive influx of claims from aging Vietnam vets and those who returned from the wars in Iraq and Afghanistan. Meanwhile, Congress and veteran service organizations have criticized the backlog for keeping benefits from servicemembers with severe service-connected disabilities for months or sometimes longer.

“We’ve done something today that we have never done in our history before,” Allison Hickey, the VA undersecretary for benefits, told reporters.

The VA created a strategic plan to reduce a backlog of over 600,000 old claims in 2013 that included digitizing the filing process and requiring mandatory overtime for employees.

Hickey attributed most of the reduction to staff, saying she “would point without hesitation or pause to people.” But she also acknowledged that the required overtime work is not sustainable for the VA and will end after September.

What was touted by Hickey on Monday as a “historic moment” was greeted by some frustration from the VFW, the nation’s largest service organization for war veterans.

The Veterans Benefits Administration, the section of the VA tasked with the claims, accomplished the dramatic reduction by focusing in on one small section of its responsibilities, said Gerald Manar, deputy director of National Veterans Service at the VFW.

“All they’ve talked about is reducing that part of the workload and that part of the backlog,” Manar said. “They’ve done that, at least in part, at the expense of other work.”

## WWII plane, Soviet remains found in Poland

WARSAW, Poland — The remains of a Soviet fighter-bomber plane and two crewmembers shot down by Germans in 1945 have been found in a river in central Poland amid extremely low water levels associated with a drought, a museum official said.

Explorers made the find in the

muddy tributary of the Bzura River on Sunday. The remnants of the plane have been moved to a museum for examination. The explorers believe it is a P-2.

The head of the museum, Zdzislaw Leszczynski, said he has informed the Russian Embassy about the find.

From The Associated Press

# Syrian rebels allege Turks leaked plans of US-trained forces

McClatchy Washington Bureau

GAZIANTEP, Turkey — The kidnapping of a group of U.S.-trained moderate Syrians moments after they entered Syria last month to confront the Islamic State group was orchestrated by Turkish intelligence, multiple rebel sources have told McClatchy.

The rebels say that the tipoff to al-Qaida’s Nusra Front enabled Nusra to snatch many of the 54 graduates of the \$500 million program on July 29 as soon as they entered Syria, dealing a humiliating blow to the Obama administration’s plans for confronting the Islamic State.

Rebels familiar with the events said they believe the arrival plans were leaked because Turkish officials were worried that while the group’s intended target was the Islamic State, the U.S.-trained Syrians would form a vanguard for attacking Islamist fighters that Turkey is close to, including Nusra and another major Islamist force, Ahrar al Sham.

A spokesman for the Turkish Foreign Ministry, who spoke only on the condition of anonymity, declined to respond to questions about the incident, saying any discussion of Turkey’s relationship with Nusra was off-limits.

Other Turkish officials ac-

knowledged the likely accuracy of the claims, though none was willing to discuss the topic for attribution. One official from southern Turkey said the arrival plans for the graduates of the so-called train-and-equip program were leaked to Nusra in hopes that the rapid disintegration of the program would push the Americans into expanding the training and arming of rebel groups focused on toppling the government of Syrian President Bashar Assad.

In Washington, Pentagon spokesman Navy Capt. Jeff Davis said the U.S. military, which oversees the program, had seen “no indications that Turkish officials alerted the Nusra Front to the movements” of the U.S.-trained forces.

“Turkey is a NATO ally, close friend of the United States and an important partner in the international coalition” against the Islamic State group, he said in an email.

The U.S. and Turkey have clashed for years over what U.S. officials characterize as Turkey’s willingness to work with Nusra, which the U.S. declared a foreign terrorist organization nearly three years ago. The abductions opened the program to ridicule in the U.S., where supporters of arming Syrian rebels used it to make their case that U.S. policy toward the Syrian conflict is inept.

## Admiral: US seeks to expand China navy code to coast guard

Bloomberg News

HONG KONG — The United States is seeking to expand the use of protocols agreed with China to avoid flare-ups during unexpected naval encounters to include Chinese coast guard vessels, the commander

of the U.S. Pacific Fleet said Tuesday.

The U.S. and China have agreed to a naval code of conduct that is “working quite well,” Adm. Scott Swift said on a conference call from Kuala Lumpur, Indonesia. “The U.S.

is interested in expanding this mechanism to the Chinese coast guard, as well.”

Including China’s so-called white-hulled fleet would be recognition of the role the coast guard plays in executing China’s foreign policy.

“Many of the encounters at sea that my naval ships have are as frequent with the Chinese coast guard — and other coast guards — as it is with the Chinese navy ships,” said Swift, who took over command of the fleet in May.

# NFL teams getting banged up

Associated Press

The games don't count.

That makes the pain from major pre-season injuries even more, well, painful.

Yet NFL teams go through weeks of training camp in the intense heat of summer, then play four exhibition matches — five if you are chosen for the Hall of Fame game.

Despite new rules resulting from the 2011 labor agreement that curtail the number and intensity of practices, key players such as Packers star receiver Jordy Nelson don't make it to the real season.

It's a delicate balancing act for everyone: players, coaches, trainers, even owners.

Is it too much?

"I don't know if it changes the mindset," says Falcons coach Dan Quinn, whose team hasn't lost any significant performers for the season.

Yet.

"That's always at the forefront of our thinking. You know in this profession, it's part of the game, but it still [stinks]. It's a bummer for [Nelson] and his team."

More than a bummer, it could be a season changer. Few receivers are as important to their teams as Nelson is to Aaron Rodgers and Green Bay.

"It's difficult to lose a guy like that in a meaningless game," Rodgers said.

The Packers said Monday that Nelson suffered a "significant right knee injury" that would cost him the season.

And there are two more "meaningless" games ahead for all 32 teams. This week's matchups are the ones when the starters get the most action — and are subject to the most risk. Even that could change; some coaches are considering reducing the time their elite players are used this week.

"That's where the challenge is for a coach," says Quinn, in his first season in charge after running Seattle's superb defense. "From how do you get the readiness you need to play at your best to wishing you had done more to get them ready."

Or done more to keep them healthy.

Look at the Redskins, Giants, Browns and Bills, clubs already ravaged by injuries.

Washington saw tight ends Niles Paul (broken ankle) and Logan Paulsen (turf toe) lost for the season.

New York is trying to rebuild its secondary, and has lost two safeties for 2015, with several others sidelined, some with major injuries. It got so bad that projected starter Bennett Jackson tore up a knee late in a win over Jacksonville; Jackson was only on the field because the Giants had run out of safeties.

"Hopefully these injuries slow down," linebacker and defense leader Jon Beason said. "They have been coming fast and furious for us the past couple of few weeks."

And for Cleveland. At least the Browns haven't seen anyone sidelined for the regular season, but they've had an epidemic of soft tissue problems, which often stem from players not being fully fit when they enter workouts.

Buffalo has had practice sessions and games without its top five running backs and top three receivers. The Bills also lost two players to long-term injuries.

Trying to protect guys also becomes problematic, Bills coach Rex Ryan says, because it puts other players in situations they wouldn't normally be in.

"I think sometimes when you start taking plays off of somebody else and you put more on to other people," Ryan said, "and we watch that all the time. But it's something that obviously we've been bit

with."

For years, suggestions from outside the NFL to cut back on the preseason have flooded the summer conversation. Complaints range from fans having to pay regular-season ticket prices for exhibition games to the lack of quality and excitement in such games to ... injuries.

Remember how the folks in St. Louis felt when quarterback Sam Bradford went down last summer with a knee injury. Go back through the years and you'll find dozens of other such examples, all the way back to Joe Namath wrecking his knee in a 1971 preseason game.

But team owners are reluctant (to be kind; adamantly against might be more accurate) about reducing the number of exhibition games and the high profits they make from them. TV also likes the ratings the preseason games bring.

And don't even approach the coaches about cutting back more on prep time.

"You have to get ready," Jets coach Todd Bowles said. "If there are fewer preseason games, you don't get to see young guys and you don't get to evaluate, and the older guys don't play themselves into shape. Some unfortunate things that go on but, we have to play the preseason games."

Adds veteran linebacker James Harrison, whose Steelers lost star center Maurkice Pouncey to a severe ankle injury:

"Football is about preparation, you've got to go out there and do it time and time again," Harrison said. "Sometimes people get hurt."

And sometimes, thankfully albeit rarely these days, they don't.

Rams coach Jeff Fisher said after Sunday night's loss to Tennessee that no players were in the training room.

"That's good news," Fisher said, "going through a preseason game and having an empty training room."

# IndyCar's Wilson dies from injuries

Associated Press

Justin Wilson was seriously injured in IndyCar crashes twice in a two-year span. Both times, the veteran driver returned to competition unwavering in his love for the sport and his acceptance of the risks.

The British driver was adamant that he and his wife understood the dangers of his profession. But he loved racing so much, he fought hard to return from a broken back in 2011, and a broken pelvis and bruised lung in 2013.

Wilson knew that death was a possibility in the dangerous world of auto racing.

On Monday night, he died in a Pennsylvania hospital of a head injury suffered one day earlier when he was hit in the helmet with a piece of debris from another car at Pocono Raceway. He was 37.

"You've got to know the risks and work out if those risks are acceptable," Wilson told The Associated Press after breaking his back in 2011. "To me, it's acceptable. But I'm not going to stop trying to improve it. All the drivers, this IndyCar, we're always trying to make it safer, but at the end of the day, it's a race car. We're racing hard, we're racing Indy cars and it's fast. When it goes wrong, it can get messy."

A popular driver who took a leading role on safety and other issues following the 2011 death of Dan Wheldon, Wilson spent most of this year clawing to get into an Indy car. He announced a two-race deal for Indianapolis only in March with Andretti Autosport, and the agreement eventually swelled into an additional five races.

That perseverance the last few years was just one of the many things that earned Wilson tremendous respect in the paddock.

"What Justin's gone through over the past couple years, how hard he worked to get back into the car this season, and the opportunity that he had with Andretti, I think he exemplified the reason we all love doing this," said Ed Carpenter, who raced against Wilson on Sunday. "He fought so hard to come back. He was doing what he loved to do, what we all love to do, and why we'll all be back competing in his honor in the near future."

Wilson, who lived outside Denver with his wife, Julia and two daughters, died in a hospital in Allentown, Pa. He was airlifted there Sunday after he was hit in the head with a piece of debris, and his car veered into an interior wall at the track.

"Can't even begin to describe the loss I feel right now. He was my Brother, my best friend, my role model and mentor. He was a champion!" his younger brother, Stefan, also an IndyCar driver, tweeted. Stefan Wilson said his brother's organs would be donated.

The last IndyCar driver to die from an on-track incident was two-time Indianapolis 500 champion Wheldon, who was killed in the 2011 season finale at Las Vegas after his head hit a post in the fence when his car went airborne.

# Improved diets helping players reach goals

Associated Press

PHILADELPHIA — Long before Chip Kelly arrived in Philadelphia and banned junk food in favor of personalized smoothies, fitness experts had been helping NFL players get bigger, stronger and faster by changing their eating habits.

Players often transform their bodies during the offseason, but it requires more than pumping iron. Whether they're trying to bulk up or slim down, proper nutrition is essential.

"We are not eating for pleasure, we are eating with a defined purpose to fill each athlete with rocket fuel," said Kevin Dunn, owner and CEO of TEST Football Academy.

And what they eat isn't for the average person. Training guru Steve Saunders has an "earn your carbs" diet plan for athletes who want to gain lean muscle mass and burn body fat. It's popular among linebackers.

"They're only allowed carbs after a workout and the meal after a workout," said Saunders, president of the fast-growing Power Train franchise.

Saunders has trained numerous Eagles, Steelers and other NFL players, including two-time All-Pro linebacker James Harrison. A sample lunch from the "earn your carbs" diet includes: 16-20 ounces of chicken breast, beef, steak, or ground turkey or turkey sausage; one cup of rice, two potatoes and one cup cooked pasta with green vegetables or salad and two tablespoons of olive oil.

Saunders says wide receivers present the biggest challenges. Considering their diva reputation, that's no surprise.

"Receivers are flaky at the beginning because they automatically associate weight gain with getting slower, which is wrong, so they don't want to gain or lose a pound," Saunders said. "Once you get their trust, they'll do it. I remember Antwaan Randle El was 184 pounds and it took me three, four months to convince him that he'd be better at 190, that he'd be more durable, he'd feel better, he'd take hits better."

Some players — think linemen — want to slim down and lose body fat. Saunders has a "zero tolerance" diet for them that consists of no carbohydrates other than

greens for three weeks. Colts offensive lineman Todd Herremans is one of many players who tried this diet.

"It will melt the fat and build muscle," Saunders said. "It's hard to do for an extended period of time, but for 21 days it will drop a drastic amount of body fat."

A sample breakfast includes six whole eggs, six egg whites or six ounces of red meat (leanest cut file) or ground turkey breast with steamed asparagus.

Before Kelly brought sports science to the Eagles, former coach Andy Reid let them eat whatever they wanted. The team even had junk-food themed days such as "Taco Tuesdays" and "Fast-food Fridays" during the season. But Kelly banned pizza, burgers, fried chicken and other unhealthy treats. Players have customized protein shakes waiting for them after practice and other healthy snacks available outside the locker room. The team's cafeteria only offers a health-conscious menu now. After Kelly arrived, he had signs hung in the cafeteria explaining each of the four major food groups.

"You use proper nutrition to make them bigger, faster and stronger," Kelly said.



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# Wright leads Mets in return

Associated Press

PHILADELPHIA — David Wright's return sparked a home run derby.

Wright hit a long homer on his first major league swing in 133 days, Wilmer Flores went deep twice and the New York Mets set a franchise record with eight long balls in a 16-7 victory over the Philadelphia Phillies on Monday night.

Yoenis Cespedes, Juan Lagares, Travis d'Arnaud, Daniel Murphy and Michael Cuddyer also connected for the NL East leaders, who extended their cushion to a season-best 5½ games over second-place Washington.

"An unbelievable team win," Wright said. "When you're thinking about coming back, and I had a lot of time to think about it, you think of different scenarios, and you think of your first at-bat and what it's going to feel like, and try to keep your emotions in check. It couldn't have been any better for me, personally, my first at-bat."

New York set a franchise record with 15 extra-base hits — seven doubles and eight homers. The teams tied an NL record with 11 combined homers.

"I have not experienced something like that," Mets manager Terry Collins said.

Fresh off scoring 33 runs in a three-game sweep at Colorado, the Mets slugged their way back from a 7-2 deficit after Jacob deGrom's shortest career outing. The 2014 NL Rookie of the Year lasted just 2⅓ innings and allowed a career-high seven runs on eight hits. His ERA rose from 1.98 to 2.29.

Sean Gilmartin (3-1) had four strikeouts

in 3⅓ scoreless innings to earn the win as the Mets (68-56) moved 12 games over .500 for the first time since finishing 89-73 in 2008.

Wright returned to the lineup after missing more than four months with spinal stenosis. He drove a 1-1 pitch from Morgan into the second deck in left field leading off the second inning.

The 32-year-old Wright got a standing ovation from Mets fans at Citizens Bank Park when he ran onto the field, a louder ovation when he came to the plate and more cheers when he connected. He finished 2-for-5 with a walk, scored three runs and made two errors at third base.

**Yankees 1, Astros 0:** Nathan Eovaldi matched Scott Feldman with eight overpowering innings before Carlos Beltran had a game-winning sacrifice fly in a wild ninth to lift host New York over Houston.

**Cubs 2, Indians 1:** Kris Bryant homered with two outs in the ninth inning to lift surging Chicago to a victory over visiting Cleveland in a makeup of a game rained out on June 15.

The rookie, who had homered twice Sunday, lined a pitch from Cleveland reliever Zach McAllister (3-4) into the right-field bleachers to give Chicago its fifth straight win and 21st victory in 26 games.

**Reds 12, Tigers 5:** Brandon Phillips drove in four runs with a home run and a triple during his team's 10-run sixth inning and host Cincinnati came back from a five-run deficit to snap a nine-game losing streak.

**Royals 8, Orioles 3:** Omar Infante led a seven-run charge in the sixth inning to sup-

port a strong start by Kris Medlen, helping host Kansas City beat Baltimore.

**Braves 5, Rockies 3:** Jonny Gomes drove in three runs with two hits, including a two-run homer in the first, and host Atlanta beat Colorado to end its seven-game losing streak.

**Pirates 5, Marlins 2:** J.A. Happ pitched six scoreless innings, extending a streak of strong starts for Pittsburgh in a win over host Miami.

Pittsburgh starters have thrown 19⅓ consecutive scoreless innings, and Happ (2-1) has allowed one earned run in his past 17⅓ innings.

**Red Sox 5, White Sox 4:** Rusney Castillo homered and drove in a career-high five runs, and Joe Kelly won his fifth straight outing as Boston beat host Chicago.

Kelly (7-6) allowed five hits and two runs over 7⅓ innings. He became the first Red Sox pitcher since Clay Buchholz in 2013 to win five straight starts.

**Cardinals 5, Diamondbacks 3:** Lance Lynn pitched six effective innings with the help of four double plays, and Yadier Molina hit a two-run single in the seventh to lift St. Louis over host Arizona.

**Athletics 11, Mariners 5:** Danny Valencia homered and Stephen Vogt doubled twice in a seven-run fifth inning as visiting Oakland climbed out of a big hole against Seattle starter Hisashi Iwakuma.

Josh Reddick also went deep and drove in three runs for the A's, who rallied after starter Felix Doubront exited early with a bruised foot.

# US flounders at track and field worlds

Associated Press

BEIJING — Jenny Simpson lost her left shoe after being stepped on and ran the last lap of the 1,500-meter race with her bare foot striking the surface.

That's just the way things have been going for the Americans so far at the world championships. Lots of favorites are stumbling.

"I'll get over it," Simpson said Tuesday after an 11th-place finish, two years after taking silver in the event and four years after winning it. "Just got unlucky."

She's not the only one.

The country that's won five straight overall medal counts at the worlds is in serious trouble nearly halfway through the competition. The Americans have one gold, a silver and four bronze medals. Its total is just ahead of Poland and way behind Kenya, which has nine total medals even after getting shut out of the men's marathon.

One of the red, white and blue's former stars is taking notice. Sprinter Michael Johnson tweeted: "US team need to turn it around quick! Competition management has been atrocious with multiple event favorites failing to advance to final!"

They're faltering in all sorts of ways, besides Simpson's shoe mishap:

- Long jumper Jeff Henderson didn't qualify for the final despite entering with the world's top leap this year.

- Tori Bowie won bronze in the 100 but was the only U.S. woman to make the final.

- Galen Rupp, the 2012 Olympic silver medalist in the 10,000, couldn't hang with the pack at the end, and finished fifth.

- Five-time national champion Bershawn Jackson failed to advance out of the first round in the 400 hurdles even though he had the year's top time coming in.

- Nick Symmonds, the defending world silver medalist at 800 meters, isn't here because of a dispute over apparel and USATF's deal with Nike.

Even when the Americans do win medals, it's not always quite like they drew it up. In the women's 10,000, Molly Huddle was jogging in for what she thought would be an easy third-place finish but got passed at the line by her sprinting U.S. teammate, Emily Infeld.

The country's only gold medal came in shot put from Joe Kovacs. But medal contender Christian Cantwell had to withdraw because of back spasms.

There are lots of chances to make this better. Among the Americans with medal potential: LaShawn Merritt (400), Allyson Felix (400), Justin Gatlin (200), David Oliver (hurdles), Ashton Eaton and Trey Hardee (decathlon), Dawn Harper-Nelson (hurdles), Jenn Suhr (pole vault) and the relays, despite their history of dropping batons.

In Tuesday's events:

- Olympic champion Greg Rutherford won his first world championship title in the long jump with his season-best leap of 8.41 meters on Tuesday.

- World-record holder David Rudisha won his second world championship title in the 800 meters, finishing in 1 minute, 45.84 seconds on Tuesday.

- Genzebe Dibaba of Ethiopia pulled away halfway through the 1,500-meter final and never let anyone close again as she added the world title to her world record.

- Nicholas Bett of Kenya ran the fastest time this year to win the 400-meter hurdles title in 47.79 seconds.

Denis Kudryavtsev earned silver in 48.05 and Jeffrey Gibson took bronze in 48.17.

# Yankees place Sabathia on DL

Associated Press

NEW YORK — CC Sabathia has been placed on the 15-day disabled list with right knee inflammation that could end his season.

New York Yankees manager Joe Girardi said Monday there is no timetable for the big left-hander's return, and he kept open the possibility that the 35-year-old Sabathia might not pitch again this year.

The staff leader, Sabathia came out of his start Sunday after just 2⅓ innings

and immediately went for an MRI. The plan is to have Sabathia stay behind when the team goes on its upcoming six-game road trip. The rest of the rehabilitation will depend on how he responds to rest and treatment.

"The MRI really didn't show any changes from before, but obviously he is pretty sore," Girardi said.

Sabathia has been hampered by the knee the past few seasons. He had surgery last year and was limited to only eight starts.

This year, he's slumped to 4-9 with a 5.27 ERA in 24 starts. He's had the knee drained twice and recently received a pain-killing shot, all part of the plan to help him get through the season.

The Yankees will be getting right-hander Michael Pineda back Wednesday after a stint on the DL with a forearm strain, and Bryan Mitchell, hit in the face by a line drive on Aug. 17, is nearing a return from the seven-day concussion list. Girardi said Mitchell will go back to long relief.

# USC coach apologizes for drunken speech

Associated Press

LOS ANGELES — Southern California coach Steve Sarkisian has publicly apologized for his drunken appearance at a team rally last weekend, attributing his slurred, profane speech to a combination of alcohol and medication.

Before the eighth-ranked Trojans practiced Tuesday morning, Sarkisian made his first public comments about his embarrassing performance at the Salute to Troy last Saturday.

Sarkisian said he doesn't think he has a drinking problem, but will undergo unspecified treatment to find out. He said he's banning alcohol from campus and the Coliseum for the coaching staff.

Sarkisian declined to specify what medication he is taking, but says he was impaired after combining it with "not very much" alcohol.

Two players made available to reporters say the team supports Sarkisian, the second-year USC coach who went 9-4 last season.

## FSU's Cook returns to field after acquittal

TALLAHASSEE, Fla. — Florida State running back Dalvin Cook plans to head back to the field after a jury found him not guilty of punching a woman in the face outside a bar in June following a shouting match. The college immediately lifted his suspension after the verdict.

It took the seven-member jury only about 20 minutes to deliver its decision Monday after a one-day trial that included testimony from the alleged victim, one of her friends and several of Cook's teammates. Cook had been charged with mis-

demeanor battery.

Cook's attorneys had pushed for the trial to start before Florida State's season begins Sept. 5 against Texas State. They only called one witness, a graduate student who testified that he watched a group of players argue with the woman and her friend, but that none of the players hit her.

In other college football news:

- Montell Cozart will be under center for new Kansas coach David Beaty when the Jayhawks begin their season Sept. 5 against South Dakota State.

- Beaty announced Monday that the junior had won the competition for starting quarterback.

- No. 19 Oklahoma has named Baker Mayfield the starting quarterback over last year's starter, Trevor Knight.

Coach Bob Stoops made the announcement Monday.