

# STARS AND STRIPES®

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A news digest for U.S. forces serving overseas

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## Study: DOD lags in treating new PTSD cases

USA Today

The U.S. military is struggling to provide adequate therapy sessions for thousands of active-duty troops suffering from post-traumatic stress disorder and depression, a massive study released Thursday concludes.

The RAND Corp. study of 40,000 cases found only a third of troops with PTSD and less than a quarter who are clinically depressed receive the minimum number of therapy sessions after being diagnosed.

A RAND review of U.S. military and Department of Veterans Affairs treatment guidelines concluded that troops diagnosed with PTSD should receive at least four therapy sessions within eight weeks or at least two sessions to manage medications.

The study found a vast improvement in how the Army and

other branches follow up with inpatient cases of PTSD after servicemembers are released from mental hospital care.

“Brad Carson, acting principal deputy undersecretary of defense for personnel and readiness, said the military will turn increasingly to civilian therapists available through Pentagon contracts.

Since 2009, the military has increased mental health professionals on staff by 42 percent.

The RAND study shows the military has become more aggressive in treating servicemembers after they are released from in-patient psychiatric care. About 86 percent of those with PTSD or depression had a follow-up session with a mental health specialist within seven days after being discharged, and the rate jumped to more than 95 percent for see-

ing a therapist within 30 days, according to the study.

The study also shows the military must provide more therapy quickly after a diagnosis of PTSD or depression, asaid Kimberly Hepner, lead author of the RAND study.

“Are there enough visits at the beginning to give the servicemember a good start at getting effective treatment? And that’s really a key place where we saw that the military health system could improve,” she said.

The RAND study cited a 2014 internal Army medical command memorandum emphasizing the need to see soldiers within 72 hours of being discharged from a hospital. It urges commanders to require a soldier to attend a session if one is missed. It also says no one will be discharged during a

weekend or holiday to avoid losing track of follow-up care.

About 2.6 million U.S. servicemembers served in Iraq or Afghanistan from 2001 through 2014. Rates of PTSD among these troops ranged from 4 percent to 20 percent, with depression rates ranging from 5 percent to 37 percent, depending on the study.

RAND researchers found that DOD could improve how rapidly doctors review the progress of a servicemember who was placed on medication. Only 45 percent of those with PTSD and 42 percent of those with depression had their medication progress reviewed within 30 days after diagnosis, which is a proper standard, according to the RAND study.

## Calls to VA suicide hotline went to voicemail

Associated Press

WASHINGTON — A suicide hotline operated by the Department of Veterans Affairs allowed crisis calls to go to voicemail, and callers did not always receive immediate assistance, according to a report by the agency’s internal watchdog.

The report by the VA’s Office of Inspector General says calls to the suicide hotline have increased dramatically in recent years, as veterans increasingly seek services following prolonged wars in Iraq and Afghanistan and the aging of Vietnam-era veterans.

The crisis hotline — the subject of an Oscar-winning documentary — received more than 450,000 calls in 2014, a 40 percent increase over the previous year.

About 1 in 6 calls are redi-

rected to backup centers when the crisis line is overloaded, the report said. Calls went to voicemail at some backup centers, including at least one where staffers apparently were unaware there was a voicemail system, the report said.

Hotline callers “made numerous complaints of long wait times for responders, being put ‘on hold’ or calls ‘not being put through’ to a responder,” the report said.

Sen. John McCain, R-Ariz., said he was deeply saddened and disappointed by the IG report.

“The VA’s failure to help our most vulnerable veterans is not only unacceptable, but it is shameful,” McCain said. “The VA’s inability to run a call center and deal with increasing demand has put our nation’s

veterans at greater risk.”

Deputy VA Secretary Sloan Gibson said the agency agrees with the report’s recommendations and is working to modernize the crisis hotline, located in Canandaigua, N.Y., to better serve veterans. The VA is hiring more staff and has implemented staggered shifts to increase staffing during peak call times from 10 a.m. to 10 p.m., Gibson said.

“We are improving our ability to be more available when our veterans need help the most,” said Gibson, who visited the hotline center twice last year.

Upgrades are planned in the next year to provide state-of-the-art phone systems and greater workspace for staff who answer crisis calls, Gibson said.

About one-fifth of all suicides in the United States are

committed by veterans, and the VA has highlighted suicide prevention as a crucial area of concern. A law signed by President Barack Obama last year requires the Pentagon and the VA to submit to independent reviews of their suicide prevention programs and make information on prevention more easily available.

The law also offers financial incentives to psychiatrists and other mental health professionals who agree to work for the VA and assists military members as they transition from active duty to veteran status.

An HBO documentary highlighting the life-and-death drama of the VA suicide hotline won an Oscar last year. The film, “Crisis Hotline: Veterans Press 1” won for best documentary, short subject.

## Turkish military buses hit by suicide bomb, killing 28

Associated Press

ANKARA, Turkey — Turkey's leaders on Thursday blamed top enemies, including Kurdish militant groups in Turkey and in Syria as well as the Syrian government, for a suicide bombing in Ankara and vowed strong retaliation against the perpetrators, threatening to further complicate the Syria conflict.

The rush hour car-bomb attack on Wednesday evening targeting buses carrying military personnel killed 28 people and injured dozens of others as Turkey grapples with an array of issues, including renewed fighting with the Kurdish rebels, the threat from Islamic State militants and the Syria refugee crisis. The blast was the second deadly bombing in Ankara in four months.

Prime Minister Ahmet Da-

vutoglu told reporters that a Syrian national with links to Syrian Kurdish militia carried out the attack in collaboration with Turkey's own outlawed Kurdish rebel group, the Kurdistan Workers' Party, or PKK. Davutoglu also accused Syria's government of responsibility for allegedly backing the Syrian Kurdish militia.

The attack came as Turkey had been pressing the U.S. to cut off support to the Kurdish Syrian militias, which Turkey regards as terrorists because of their affiliation with the PKK. The U.S. already lists the PKK as a terrorist group. But Washington relies heavily on the Syrian Democratic Union Party, or PYD, and its military wing, the People's Protection Units, or YPG, in the battle against the Islamic State group and has rejected Turkish pressure.

## Trump, pope trade barbs as SC primary nears

Associated Press

CHAPIN, S.C. — Donald Trump responded forcefully Thursday to comments from Pope Francis that anyone who wants to build a border wall isn't a Christian, saying a religious leader questioning a person's faith is "disgraceful."

The Republican front-runner for president, who has promised to build a wall along the Mexican border from Texas to California and to expel 11 million people who are in the country illegally, accused the Mexican government of using Francis as a "pawn" and said the leader of the Roman Catholic Church "only heard one side of the story."

The pope made his comments en route home from Mexico, hours after he prayed at the Mexico-U.S. border for migrants who died trying to reach the United States. When asked

about Trump's promise to build a wall, Francis said: "A person who thinks only about building walls, wherever they may be, and not building bridges, is not Christian."

Not having heard Trump's border plans independently, Francis said he'd "give him the benefit of the doubt." But he added: "I'd just say that this man is not Christian if he said it this way."

Trump said the Pope should wish that he is elected to the White House: "If and when the Vatican is attacked by ISIS, which as everyone knows is ISIS's ultimate trophy, I can promise you that the Pope would have only wished and prayed that Donald Trump would have been president."

Trump went on to say that "No leader, especially a religious leader, should have the right to question another man's religion or faith."

## Afghan forces slay 3 in raid at health clinic

The Washington Post

KABUL, Afghanistan — Afghan security forces raided a charitable health clinic on Wednesday night in Wardak province, killing two patients and a caretaker in an incident billed as potential war crime, according to health and human rights officials.

The Swedish Committee for Afghanistan said the Afghan National Army conducted the raid. Bjorn Lindh, a spokesman for the organization, accused the Afghan army of carrying out three extrajudicial killings.

Lindh said Afghan troops arrived near the 10-bed clinic in a helicopter about 11 p.m. Initially, Lindh said, they went to a home of a local ambulance driver and detained him. The ambulance driver then escorted the soldiers to the health clinic.

The Afghan troops then

stormed into the clinic and began arresting and beating staff members, Lindh said.

"They took (two patients) out of the clinic to nearby bazaar and killed them," Lindh said. A 15-year-old boy who had been watching over the two men also was killed, Lindh said.

Some local officials in Wardak accuse U.S. forces of also being involved in the raid. Col. Michael T. Lawhorn, spokesman for the U.S.-led coalition, said officials are investigating those claims.

The apparent raid comes less than six months after U.S. special operations forces mistakenly strafed a Doctors without Borders hospital in Kunduz, Afghanistan, killing at least 42 patients, medical staffers and caretakers. Doctors without Borders is pressing for war crimes charges to be filed.

## Ga. executes ex-Navy crewman for 1992 killing

Associated Press

JACKSON, Ga. — A former Navy crewman was executed Wednesday in Georgia for killing a fellow sailor whose remains were found buried in two states.

Travis Hittson, 45, was declared dead at 8:14 p.m. by Warden Bruce Chatman after receiving an injection of the barbiturate pentobarbital at the state prison in Jackson. He was convicted in the April 1992 killing of Conway Utterbeck.

When Chatman asked if he wanted to make a final statement in front of witnesses, Hittson said, "No, sir. I'm alright." He then agreed to have a prayer read.

Georgia doesn't announce exactly when the lethal drugs begin flowing, and the injection

isn't visible to observers. But the warden left the execution chamber at 8:04 p.m., and records from past executions show the lethal drug generally begins to flow within a minute or two of the warden's departure.

Hittson blinked repeatedly for several minutes and then appeared to take several deep breaths before becoming still about four minutes after the warden left the execution chamber.

Hittson's lawyers had said he was mistreated and neglected as a child and constantly craved the approval of others. That, they said, combined with alcoholism and relatively low intelligence, made it easy for his direct supervisor in the Navy, Edward Vollmer, to manipulate him into killing Utterbeck.

# Some MLB teams resigned to fate

Associated Press

Spring training is a time for optimism, when players bask under the warm sun of Florida and Arizona while fans dream about their team reaching the bright lights of October.

For Atlanta, Cincinnati, Milwaukee and Philadelphia, there's little hope of getting to the 2016 postseason following decisions to jettison veterans and rebuild for the future. Colorado and San Diego also have retooled and figure to finish far behind.

If you're not all in, 21st century baseball demands you drop all out in the sport's version of "Extreme Makeover."

"With respect to doing a 'rebuild' that involves giving up for a period of time, I think the rules we have currently promote that," said New York Mets general manager Sandy Alderson, whose team won the NL pennant last year after six straight losing seasons. "... It's something that needs to be addressed."

While Boston signed David Price and acquired Craig Kimbrel, Arizona brought in Zack Greinke and Shelby Miller, and the Chicago Cubs added Jason Heyward, the Braves, Reds and Brewers got rid of veterans.

"I just think you have to be realistic about what you got," said Tony La Russa, the Hall of Fame manager who as Arizona's chief baseball officer has directed what the Diamondbacks hope is a quick turnaround. "If you've got an older group that's got a chance, you fill in the pieces. If you've got a young group, you want to be patient. You got prospects,

you think about developing them rather than going out and getting free agents."

Ahead of pitchers and catchers starting workouts Thursday, teams have committed \$2.3 billion to free agents, \$600 million more than any previous offseason, according to calculations by Major League Baseball. Seven free agents received \$100 million-plus contracts — Price, Greinke, Heyward, Chris Davis, Justin Upton, Johnny Cueto and Jordan Zimmermann — more than free agents in the three prior off-seasons combined.

Yet for some clubs, 2016 is basically over before it starts.

"I believe we need to take a step back and build more intensively from within," Brewers principal owner Mark Attanasio wrote in a December letter to fans. "We do not have a rigid timetable because we believe it is vital to build a proper foundation for sustained success."

Clubs want to emulate the Kansas City Royals, who won their first World Series title since 1985 with a young, athletic roster. Houston is another model — after finishing a big league-worst 51-111 in 2013, the Astros were within six outs of reaching last year's AL Championship Series and had a three-run lead before the Royals rallied.

"To have a core group of players that has come through the minor leagues together, that has graduated to the big leagues together, that has developed at the major league level together and ultimately to win at the major league level together, that is a great position to be in," new Phillies GM Matt Klentak said.

Since last August, Boston, Detroit,

the Los Angeles Angels, Milwaukee, Philadelphia, Seattle and Toronto have replaced their top baseball operations executive. In the previous year, Arizona, Atlanta, Colorado, the Los Angeles Dodgers, San Diego and Tampa Bay appointed new baseball heads.

"They're not coming in and saying: 'Oh, you know what, you're going to raise my payroll, and I'm going to go out and sign the most expensive free agent,'" MLB Chief Legal Officer Dan Halem said. "They come in and they pitch: 'We're going to start over. We're going to rebuild. We're going to grow our talent. We're going to improve our minor league system.' They always come in with a five-year plan."

Some owners and GMs think the collective bargaining agreement covering 2012-16 has encouraged rebuilding. Teams that draft high in the first round get large amounts of draft slot money in their signing bonus pools, which can be used to pay prospects over slot later in the draft. Teams with the top 10 picks can't lose them if they sign top free agents.

Alderson thinks the top 15 selections should be protected, taking away incentive for teams to tear down their rosters ahead of the July 31 trade deadline.

"The team on the margin, they have a greater incentive to tank than they do to compete because they want to get within the 10," he said.

Large market teams can turn around more quickly if prospects develop and extra pieces need to be added.

# Portland surprise contender

Associated Press

PORTLAND, Ore. — Not many expected the Portland Trail Blazers to be where they are at the All-Star break — but the Blazers themselves aren't all that surprised.

Following the departure of four starters from last season's team, including All-Star LaMarcus Aldridge, Portland was in the first year of a rebuild with one of the youngest rosters in the league. At the start of the season the Blazers weren't expected to do much, and the playoffs seemed like a best-case scenario.

But at the All-Star break, the Blazers are at .500 (27-27) and surprisingly sit in seventh place in the tough Western Conference standings. The team has won eight of its last nine games, and is 12-3 since mid-January. Portland has won eight of its last 10 at home.

"Our team has done a great job of sticking to the grind, working every day in practice and staying together," guard Damian Lillard said. "That's gotten us to where we are now."

Lillard is also a big reason Portland is there now. The fourth-year point guard is averaging 24.3 points and 7.3 assists per game, the only player that ranks in the league's top six in both categories.

Although he was snubbed this season for an All-Star nod, Lillard has 13 games this season with 30 or more points. So far in February, he's averaging 25.2 points and 9.4 assists.

Lillard is the lone starter left over from last year's Blazers, who went 51-31, clinched the Northwest Division title and advanced to the playoffs. But there was a mass exodus in the offseason, with Aldridge, Wesley Matthews, Nicolas Batum and Robin Lopez all heading elsewhere.

While early oddsmakers put Portland's win total this season at 26.5 games, what was left of the team gathered with the new faces for a bonding trip to San Diego before the start of the season. With a starting nucleus that for the most part consists of Lillard, CJ McCollum, Mason Plumlee, Noah Vonleh and Al-Farouq Aminu, coach Terry Stotts has put an emphasis on defense and playing to individual strengths.

"Back at the beginning of the season it wasn't about a number," Stotts said. "The goal was to make the playoffs. We've never shied away from that as a goal, and we've got a long way to go."

The group did get off to a rocky start, with a seven-game losing streak early in November. Then Lillard missed seven games with plantar fasciitis in his left foot. McCollum started at point guard in Lillard's absence and the Blazers went 4-3.

The Blazers saw improvement in January, going 9-5 for their best finish in that month since the 2008-09 season when they posted the same record.

"We dug ourselves a hole to start the season, giving up some games late, but we stuck with it, we kept going, we kept working," Lillard said.

# JGR hopes to end Daytona 500 drought

Associated Press

DAYTONA BEACH, Fla. — Joe Gibbs has made it perfectly clear to his drivers: Even if they win every exhibition race at Daytona International Speedway, it's the Daytona 500 that matters most.

Gibbs won the Daytona 500 in 1993 with Dale Jarrett, but has failed to get a victory in NASCAR's biggest race since. When Denny Hamlin won last week's opening exhibition race, it was a mere consolation prize for Gibbs.

"The 500 is really, really special to him because he hasn't won it in 23 years," Hamlin said Tuesday at Daytona 500 media day. "That's a big number for such a good organization."

The Toyota contingent is typically strong at Daytona, and Matt Kenseth qualified on the front row for Sunday's season opener. Joe Gibbs Racing was the only multi-car team to get all of its drivers in the top 10 during time trials.

Now, they want more and they are among the favorites heading into "The Great American Race."

In his first race with JGR in 2008, Kyle Busch led 86 laps before fading to fourth in the final laps. Hamlin has three top-five finishes in his last four Daytona 500s, including a second-place showing in 2014

and fourth last year.

There were close calls when Tony Stewart drove for the organization, and 2013 was a heartbreaker as Matt Kenseth led 86 laps before his engine failed. Busch's engine blew up moments later.

But the Gibbs organization turned a corner last year when all four of its cars dominated through the middle portion of the season. The four Gibbs drivers made the Chase for the Sprint Cup championship, and Busch won his first career title while giving Gibbs its first championship since 2005.

"To be Sprint Cup champion at the end of the season was pretty spectacular and would love nothing more than to continue on our championship celebration all through this week with winning a Daytona 500," Busch said.

Winning that championship proved that JGR has caught powerhouses Hendrick Motorsports and Team Penske, which had been the most dominant teams the last several years. It also showed how much the organization has shored up the self-inflicted weaknesses that always seemed to derail its efforts.

JGR heads into the season with two crew chiefs: longtime Hamlin engineer Mike Wheeler was promoted to crew chief of the No. 11 team, and Dave Rogers was moved to crew chief for Carl Edwards. The

team also made organizational changes to the executive team.

Coy Gibbs, the youngest son of owner Gibbs, was named vice chairman and chief operating officer of the company. He replaced Todd Meredith, who has resigned his position but will continue to consult for the organization.

J.D. Gibbs, Gibbs' oldest son, was named co-chairman of JGR and Dave Alpern shifted from chief marketing officer to team president. J.D. Gibbs had been team president but his role has been reduced as he's been undergoing treatment for symptoms related to brain function.

Despite the shake-up, the organization still has high hopes for 2016 — beginning at Daytona.

And everyone knows what another victory at NASCAR's most famous track would mean to the man they still call "Coach."

"He doesn't put any pressure on us to win races. He knows if it will happen, it will happen," said Busch, who missed last year's season opener after he was injured in a crash one day earlier. "I think he's the strongest believer in our whole organization that it's in God's hands more than any of other hands. I'd love to see myself being up there and being the leader of the group, but if it's any of the four of us it's obviously great for Joe Gibbs and JGR."



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# Duke blocks rival UNC

Associated Press

CHAPEL HILL, N.C. — Duke's short-handed roster full of youngsters proved it was tough enough to push through everything — a deeper and more experienced opponent, a tough road environment, even a bit of adversity in the form of a key injury.

"We're a group of fighters," freshman Derryck Thornton said.

The Hall of Fame coach of the 20th-ranked Blue Devils isn't about to argue, either.

Grayson Allen scored 23 points and Thornton came up with the clinching block on the final play to help Duke edge No. 5 North Carolina 74-73 on Wednesday night.

Allen hit a pair of free throws with 1:09 left for the lead. Then Duke (20-6, 9-4 Atlantic Coast Conference) came up with a pair of stops in the final minute, finishing strong after trailing most of the way while North Carolina's Brice Johnson put together a huge performance.

As coach Mike Krzyzewski put it, his Blue Devils "just hung in there." And by the end, a team that basically relied on

five players the entire second half after losing Matt Jones to a first-half injury was the one making veteran plays on the road.

Not bad for a team that looked out of sorts only a month ago during a three-game skid that knocked Duke out of The Associated Press Top 25 for the first time since 2007. Now the Blue Devils have won five straight, the past two by a single point against top-10 league opponents Virginia and UNC (21-5, 10-3).

"These kids have gotten so close," Krzyzewski said. "They've done an incredible job. At one time we had four freshmen and a sophomore out there. To have the toughness that they displayed with that youth is incredible."

Duke got its first critical stop on a shot attempt inside in traffic by Kennedy Meeks. Then, in the final sequence, Johnson rebounded Allen's miss and UNC pushed the ball up the court for a final shot without calling timeout in the final 20 seconds.

That's when Thornton blocked Joel Berry II's hurried shot in the lane. Allen rebounded the ball and flung it into the air to let the final seconds expire, then raced with the rest of the players straight

to the Duke bench to celebrate.

Johnson had 29 points and 19 rebounds for North Carolina, which came in with a decided edge in size and depth. But Johnson got little help outside of Justin Jackson's 13 points, with the Tar Heels sputtering down the stretch after leading by eight with about 7 minutes left.

Johnson got just two shot attempts in the last 13 minutes.

"We were on the verge," he said.

It was a loss coach Roy Williams called "tough to swallow," saying he told his team he should've called timeout before the final possession.

"I told them I was sorry, that I should've gotten us a better shot at the end," an emotional Williams said.

Duke freshmen Brandon Ingram (20 points) and Luke Kennard (15 points) had huge baskets down the stretch. Ingram, a prized recruit who passed on UNC, scored three straight baskets after the Tar Heels took their biggest lead at 68-60 with 6:49 left.

Kennard came up with a three-pointer at the 2:39 mark for a 72-71 lead, Duke's first lead since midway through the first half.

# Panarin's hat trick carries Chicago

Associated Press

NEW YORK — Rookie sensation Artemi Panarin scored his first hat trick and the Chicago Blackhawks rallied to beat the New York Rangers 5-3 on Wednesday night after blowing a two-goal lead.

Andrew Desjardins and Andrew Shaw also scored and Corey Crawford made 31 saves to help Chicago hand New York its first regulation loss at home in 11 games (8-1-2).

The Blackhawks, who scored a season-high four power-play goals Monday, got three more against New York. The Rangers were miffed by a controversial late penalty that led to Panarin's go-ahead goal with 3 minutes to play. He added an empty-net tally.

Kevin Hayes, Derick Brassard and Dan Boyle scored for New York, which rallied from a 2-0 deficit to take a 3-2 lead early in the third period.

**Avalanche 3, Canadiens 2:** Jarome Iginla broke a tie with 2:03 left with his second goal of the game in Colorado's victory over visiting Montreal.

Iginla also had a power-play goal in the second period after having a goal waved off for goaltender interference. He has 17 goals this season to push his career total to 606.

Erik Johnson also added a short-handed goal for the Avalanche.

Andreï Markov and Lars Eller scored for the Canadiens.

**Wild 5, Flames 3:** Jason Pominville had a goal and an assist to help Minnesota beat host Calgary.

The Wild have won their first two games under interim coach John Torchetti after a 1-11-2 stretch that cost coach Mike Yeo his job.

Jason Zucker, Mikko Koivu and Charlie Coyle, into an empty net, also scored for Minnesota. Nino Niederreiter had two assists, and Devan Dubnyk stopped 25 shots.

## NHL upholds Wideman's 20-game suspension

NEW YORK — NHL Commissioner Gary Bettman upheld Calgary Flames defenseman Dennis Wideman's 20-game suspension for cross-checking a linesman.

The NHL announced the appeal decision Wednesday.

Wideman met with Bettman at a hearing in New York last week after the player appealed the suspension handed down Feb. 3 by NHL Senior Executive Vice President of Hockey Operations Colin Campbell. Wideman, through the NHL Players' Association, could further appeal to neutral arbitrator James Oldham.

Wideman knocked down linesman Don Henderson during the second period of the Flames' game against Nashville on Jan. 27. Wideman was checked hard into the boards by Predators winger Miikka Salomaki. Wideman banged his stick on the ice, then knocked down Henderson in front of the Nashville bench. Wideman said he was in pain and was just trying to get off the ice, adding that he couldn't avoid Henderson.

From The Associated Press

# Texas Tech stuns No. 3 OU

Associated Press

LUBBOCK, Texas — Toddrick Gotcher admitted he might have traveled after one of his Texas Tech teammates got him the rebound off Oklahoma's last shot in the Red Raiders' 65-63 victory over the third-ranked Sooners on Wednesday night.

"I think I picked the ball up and started running before the time was out, but I don't know," said the senior guard who hit a key three-pointer down the stretch. "Then I seen a big black wave of people. That was the best feeling in the world. And I'll never forget it for the rest of my life."

Fans swarmed the floor when the game ended.

Aaron Ross scored 17 points and Keenan Evans added 14 points to help Texas Tech to its third straight victory over a Top 25 team.

Evans hit three free throws in the final 30 seconds to seal it for Texas Tech (16-9, 6-7 Big 12). The Red Raiders had never beaten three Top 25 teams in a row.

Texas Tech's bench was the key, getting 25 points to seven for the Sooners' backups.

Jordan Woodard scored 25 points, and Buddy Hield added 16 for the Sooners (20-5, 8-5).

The game was tied 14 times and there were 15 lead changes.

The Red Raiders outhustled the Sooners for loose balls and rebounds. They also got 14 points off OU's 11 turnovers and had 11 second-chance points to four for the Sooners.

"We've learned from our experiences with close games," Texas Tech coach Tubby Smith said. "The poise that you have to have. That's what is impressive at this point. We're playing with patience. With poise. We're not panicking. And we're aggressively getting to the glass."

The Sooners went up 61-57 on free throws by Woodard with 2:45 remaining, but Gotcher's three-pointer made it 61-60. Isaiah Cousins turned the ball over and Evans scored on a layup before Hield shot a rare air ball. Evans then hit two of his final three free throws, and Woodard scored on a layup with 21 seconds left

to cut it to 64-63. Evans then hit his third free throw. On its final play, OU's Ryan Spangler missed a layup.

**No. 1 Villanova 83, Temple 67:** Jalen Brunson scored a season-high 25 points against his dad's old team, leading visiting Villanova past Temple.

Daniel Ochefu had 16 points and nine rebounds and Kris Jenkins added 15 points to help the Wildcats (23-3) win their sixth in a row. Villanova took its 14th straight game in the Philadelphia Big 5 to claim its third consecutive city series title.

**Penn State 79, No. 4 Iowa 75:** Donovan Jack scored 19 points on 8-for-9 shooting, and host Penn State upset Iowa.

The Nittany Lions (13-13, 4-9 Big Ten) had lost five of six, but Shep Garner and Brandon Taylor had 18 points apiece in the school's second victory over a Top 25 team in two weeks.

Peter Jok scored 28 points for Iowa (20-6, 11-3), and Jarrod Uthoff had 19.

**No. 8 Xavier 85, No. 23 Providence 74:** Trevon Bluiett scored 17 of his 23 points during Xavier's big first half, and Myles Davis had a triple-double for the host Musketeers against Providence.

The Musketeers (23-3, 11-3 Big East) led for all but the opening minute as they piled up 52 points in the first half. They pushed the lead to 21 in the second half and withstood a late run by the Friars (19-8, 7-7) that cut the lead to six.

**No. 11 Miami 65, Virginia Tech 49:** Host Miami overcame a seven-point first-half deficit and held Virginia Tech to a season-low 29.6 percent shooting.

Angel Rodriguez scored 14 points for the Hurricanes (21-4, 10-3 Atlantic Coast Conference), who will take a five-game winning streak into its toughest stretch of the season. Miami plays four consecutive games against ranked teams beginning Saturday at No. 5 North Carolina.

**No. 12 Arizona 99, Arizona State 61:** Allonzo Trier scored 20 points, Ryan Anderson added 15 and host Arizona manhandled Arizona State in its second-most lopsided victory in the series.

Arizona (21-5, 10-4 Pac-12) got off to a quick start, withstood a brief rally and overwhelmed the smaller Sun Devils at both ends with a 29-6 run spanning halftime.

**Saint Joseph's 79, No. 15 Dayton 70:** DeAndre' Bemby had 16 points and 13 rebounds, and host Saint Joseph's beat Dayton for its fourth straight win and 11th in 12 games.

Aaron Brown added 14 points, and Isaiah Miles had 12 points — all in the second half — 12 rebounds and five assists to help Saint Joseph's (22-4, 11-2) move into a tie with Dayton and VCU for the Atlantic 10 lead.

**No. 18 Louisville 72, Syracuse 58:** Damion Lee scored 15 points, Trey Lewis added 14 and host Louisville pulled away in the second half to beat Syracuse.

The Cardinals (20-6, 9-4 Atlantic Coast Conference) snapped a two-game slide, shooting 56 percent in the second half. They held the Orange to 38 percent shooting to stop their five-game winning streak and hand them their worst loss this season.

**No. 22 Indiana 80, Nebraska 64:** Troy Williams scored 18 points, Robert Johnson had 13 and host Indiana (21-6, 11-3) pulled into a tie for the Big Ten lead.

**Lehigh 76, Navy 74:** Kahron Ross scored 23 and Jesse Chuku added 22 points as Lehigh held off host Navy.

Tilman Dunbar hit a three-pointer to pull Navy within 76-74 with one second left, but ran out of time.

**Army 72, Holy Cross 68:** Kevin Ferguson scored a career-high 25 points on 12-for-16 shooting and corralled 13 rebounds to lead host Army past Holy Cross.

Army (16-11, 7-8 Patriot League) got 19 points and three blocks from Kyle Wilson, who was 4-for-6 from the free-throw line in the final 30 seconds to hold off Holy Cross (10-16, 5-10).