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Chief of naval operations talks goals

BY CAITLIN DOORNBOS

Stars and Stripes

YOKOSUKA NAVAL BASE, Japan — Nervous chatter and the sound of shifting boots filled the mess hall aboard the USS Shiloh on Monday as a group of junior sailors waited to meet the newly appointed chief of naval operations.

On his first overseas trip since becoming the Navy's top officer Aug. 22, Adm. Mike Gilday made a point to speak to as many sailors as he could. His friendly manner appeared to put sailors at ease enough to share their stories.

"I'm getting some great feedback and a sense of what their challenges are, what's motivating them, what we can improve on and what we need to sustain as far as what we're doing well," Gilday told Stars and Stripes. "This is a priority area of operations for the U.S. Navy, so we came to see some frontline ships and some frontline sailors."

Just a month into his tenure, Gilday said he's excited to lead the Navy through an

era "focused on great power competition, and competition with China specifically as the leading threat for us."

The 2018 National Defense Strategy listed the Indo-Pacific as a priority area as China seeks "regional hegemony in the near-term" and to displace the U.S. "to achieve global preeminence in the future."

Before becoming chief of naval operations, the service's No. 1 officer and a member of the Joint Chiefs of Staff, Gilday served as director of the Joint Staff assisting the Joint Chiefs.

"I am interested with a sense of urgency in closing gaps that we have to either keep us in a position of advantage against the Chinese or to close gaps quickly where we can in order to put ourselves in a better position against them," he said.

Gilday declined to comment on the details of those gaps.

On the listening tour in Yokosuka, Gilday asked sailors what issues they think are most pressing in their jobs and what he can do to help them. He said he will take the comments back to the Pentagon.

"Some of their challenges have to do with sustaining our ships," Gilday said. "The ship that we're on right now is 27 years old, so she's been around for a while, and historically we have decommissioned ships of this type well before this age but these crews have done a good job of keeping these ships going."

The admiral said he hopes to focus his time as chief of naval operations on two timelines, making sure the Navy of the present is the one "the nation expects and deserves" but also building toward a tech-savvy future.

"I need to balance resources so we have a Navy that's ready to fight tonight and that we have a Navy that's going to be competitive in the future," he said. "It's really exciting just based on the rapid turn of technology and what we can leverage from industry right now."

After Japan, Gilday will visit sailors in South Korea and California, he said. He is also meeting with military leaders of both Japan and South Korea during his tour.

4 Marines fired in wake of deadly in-air refueling collision

BY COREY DICKSTEIN

Stars And Stripes

WASHINGTON — Four Marine officers were fired after investigators determined a pilot's inexperience conducting nighttime, in-air refueling and a toxic command climate within the unit contributed to the mid-air collision of an F/A-18 fighter and KC-130 air tanker late last year that killed six crew members, according to the service.

Marine All-Weather Fighter Attack Squadron 242 suffered from "inadequate oversight of training and operations" and an "unprofessional command climate" when the Hornet fighter jet crashed Dec. 6 into the rear of the KC-130 Super Hercules while conducting predawn air-to-air refueling over the Pacific

Ocean off Japan's coast, investigators probing the incident determined. The investigation led Maj. Gen. Thomas Weidley, commander of the 1st Marine Aircraft Wing on Okinawa, to fire the unit's commander, its executive officer, its operations officer and its aviation safety officer, the Marine Corps said Monday in a statement.

The Corps announced in April the firing of Lt. Col. James Compton, the commander of the Marine Corps Air Station Iwakuni-based fighter squadron, but declined to provide a specific reason for his removal. It had not previously disclosed the removal of the other three officers, who were not named in a statement announcing the investigation's findings on Monday.

The investigation, completed last month, determined the pilot of the crashed Hornet, Marine Capt. Jahmar Resilard, had not been trained adequately to conduct tricky air-to-air refueling operations at night. However, the lead pilot, whose name was not released, approved Resilard's use of an unusual maneuver after refueling — moving Resilard's jet to the left side of the KC-130.

"The investigation indicates [Resilard] lost situational awareness, unintentionally crossed over the top of the KC-130J from left to right and collided with the rear of the tanker," investigators wrote.

Resilard, 28, was killed in the crash.

The others who died aboard the KC-130, also assigned to

MCAS Iwakuni, were: Lt. Col. Kevin Herrmann, 38; Maj. James Brophy, 36; Staff Sgt. Maximo Flores, 27; Cpl. William Ross, 21; and Cpl. Daniel Baker, 21.

Investigators determined both aircraft involved in the incident were in proper flying condition before the crash.

"There is no evidence to suggest that either aircraft experienced any malfunctions prior to the collision," they wrote.

In their statement, the Marine Corps said the incident shows the service must constantly evaluate the risks its servicemembers take during training, identify unsafe conditions and make certain internal rules are followed.

Prevention ideas sought after 3 USS Bush sailor suicides

BY CAITLIN DOORNBOS
Stars and Stripes

Three sailors aboard the aircraft carrier USS George H.W. Bush took their own lives last week, commanding officer Capt. Sean Bailey said in a post on the ship's official Facebook page Tuesday morning.

The deaths follow a rising number of suicides in the Navy since 2015. Bailey said the deaths "mark the third, fourth and fifth crew-member suicides in the last two years" on the Norfolk, Va.-based ship alone.

The three deaths occurred separately and were unrelated to each other, he said. They bring to at least 49 the number of active-duty sailors who have killed themselves this year.

In the post, Bailey said his "heart is broken" and called for ideas on suicide prevention, adding that "there is never any stigma or repercussion from seeking help."

"Now is the time to come together as a crew and as a family to grieve, to support each other and to care for those in need," he said.

Last year, 68 active-duty sailors died by suicide, the most in one year in the Navy since at least 2016, according to data from Navy Personnel Command. That followed a steadily increasing rate of 43 suicides in

2015, 52 in 2016 and 65 in 2017.

That represents an increase in the suicide rate from 13.1 per 100,000 sailors in 2015 to 20.7 per 100,000 last year, according to the personnel command.

Despite the increase in suicides, the Navy personnel command advises to avoid "presenting suicide as an 'epidemic'" so not to "normalize suicide to those at-risk," in line with U.S. Surgeon General National Strategy for Suicide Prevention, according to its website.

In the Facebook post, Bailey asked that shipmates "watch closely for stressors that anyone is experiencing when they face a significant life change such as relationship problems," as well as "personal or professional loss, recent career transitions, financial difficulties" or "disciplinary/legal issues."

"Chaplains, psychologists, counselors, and leadership are engaged and available on board at all times to provide support and counseling to those grieving," Bailey said in the post.

Those in crisis should call the Suicide Prevention Lifeline number, 1-800-273-8255. Servicemembers may also call the Military OneSource hotline at 1-800-342-9647, according to the post. Those in need can also text "home" to the Crisis Hotline at 741741.

Ex-Army medic pleads guilty in Hawaii death

Associated Press

HONOLULU — A former Army medic stationed in Hawaii pleaded guilty Monday to the murder of his wife, days before a trial was to begin in a case involving a love triangle.

Michael Walker pleaded guilty to second-degree murder and said he arranged for the woman with whom he was having an affair to kill his wife while he was working in the emergency room at Tripler Army Medical Center in Honolulu so that he would have an alibi. In 2015, Ailsa Jackson pleaded guilty to murder, describing in court how she stabbed Catherine Walker and then waited a half-hour to make sure she was dead.

After meeting through an online dating site in September 2014, Michael Walker told Jackson he was married and that his "deepest desire" was to have his wife gone, but he couldn't divorce her, Assistant U.S. Attorney Tom Brady said.

By gone, he meant, "I wanted her dead, ma'am," he told a judge Monday.

Walker also had other affairs, including with men who paid him for sex, Brady said. Walker told one of the men he had sex with that his wife didn't

know he was bisexual and was having affairs with men.

Walker told Jackson he couldn't simply divorce his wife because of financial concerns and stood to receive \$400,000, Brady said. They plotted the killing in emails, during in-person discussions and in text messages, according to Walker's plea agreement.

On Nov. 14, 2014, they met in a military reservation's gym parking lot, where Jackson said she would kill Catherine Walker that night, Brady said, describing how the two came up with a text messaging code to let Jackson know whether she should enter the home through a window or use a key left in the gravel near the back door. If Michael Walker texted "good," that would mean use the window and "bad" would mean the key.

Walker texted "bad," Brady said, and at about midnight Jackson walked to the Walkers' house at Aliamanu Military Reservation and found the key, Brady said. Jackson said in court she "went inside and grabbed a knife and went upstairs and stabbed her."

Jackson and Walker are scheduled to be sentenced on Feb. 10.

On way to collect award, airman is still 'outstanding'

BY CHAD GARLAND
Stars and Stripes

An airman traveling from Okinawa to the U.S. to receive one of 12 Outstanding Airmen of the Year awards saved a child's life on the way — and that's only one of the impressive deeds attributed to Tech. Sgt. Ken O'Brien.

The Indiana native has also served on President Donald Trump's security detail during his summit with North Korean leader Kim Jong Un, saved a

civilian's life after pulling the person from a burning vehicle in South Korea and "played an instrumental role" in the 2018 Thailand cave rescue mission, an Air Force Association write-up says.

"I can't decide if he's Superman or Mayhem (the guy on the insurance commercials)," Lt. Gen. Jim Slife, head of Air Force Special Operations Command, said in a Facebook post last week, noting the tendency for "bad stuff" to happen around O'Brien.

But O'Brien appears to be the one keeping bad stuff from getting worse.

A special tactics team element leader assigned to the 320th Special Tactics Squadron at Kadena Air Base in Japan, the pararescueman was the American who went deepest into Tham Luang Nang Non cave in Thailand during the effort to rescue 13 members of a soccer team who became trapped there in 2018.

He was "rightfully recognized" as one of the service's

12 outstanding members, Slife said in his post, but O'Brien's actions on the way to collect the award seemed to confirm his worthiness.

"On his flight back to the states from Okinawa last weekend ... an infant starts choking and stops breathing," Slife said. "Our man OB leaps into action," he continued, referring to O'Brien by a nickname, "clears the breathing passage, resuscitates the kid, hands him back to the parents and then goes on about his business."

At UN, president urges pressure on Iran

Associated Press

UNITED NATIONS — President Donald Trump took center stage at the U.N. General Assembly on Tuesday to deliver a strong defense of nationalism while exhorting the world to act against Iran's "bloodlust" and rising aggression.

The president called on the global leaders seated before him to join the U.S. in further isolating Tehran, pushing them to use economic sanctions to pressure Iran to give up its nuclear program and stop attacks that are rattling the Middle East.

"Not only is Iran the world's largest state sponsor of terrorism, but Iran's leaders are fueling the tragic wars in both Syria and Yemen," Trump said. "All

nations have a duty to act. No responsible government should subsidize Iran's bloodlust."

Focusing on the United States' self-interests, Trump said the nation's security was jeopardized by the threat posed by Iran and warned Tehran to stop its aggression toward Washington's allies in the Middle East.

"One of the greatest threats facing peace-loving nations today is the repressive regime in Iran. The regime's record of death and destruction is well-known to us all," said Trump. "As long as Iran's menacing behavior continues, sanctions will not be lifted. They will be tightened."

"The United States does not seek conflict with any other

nation," Trump added. "We desire peace, cooperation and mutual gain with all. But I will never fail to defend America's interests."

As speculation mounted that Trump could meet in New York with Iranian President Hassan Rouhani, the president raised the possibility of a diplomatic breakthrough, saying, "the United States has never believed in permanent enemies. We want partners, not adversaries."

While Trump commanded the global stage, his speech was shadowed by momentum building in Washington among Democrats considering impeaching him.

Such a move appeared to gather steam after it was re-

vealed that Trump ordered his staff to freeze nearly \$400 million in aid to Ukraine a few days before a phone call in which he reportedly pressured the Eastern European nation's leader to investigate the family of political rival Joe Biden.

It was a split-screen moment for Trump, who used the global spotlight to push his "America First," go-it-alone foreign policy approach even as Democrats debated his political future in Washington. The president implored the world's leaders to prioritize their own nations, stressing the benefits of strong borders and one-on-one trade deals while rejecting sweeping transnational organizations and alliances.

Experts see hot air, little action at UN climate summit

BY WYATT OLSON
Stars and Stripes

A group of former top military and national security officials on Tuesday called for President Donald Trump to establish a sweeping plan that treats climate change as a major national security threat.

The Climate Security Plan for America recommends the creation of a White House Office on Climate Security to be led by a senior official reporting directly to the president "in order to combat these unprec-

edented security risks urgently and comprehensively."

It also calls for elevating climate leadership positions within the Department of Homeland Security, the Defense and State departments and the Office of the Director of National Intelligence.

The plan was issued by the Washington-based think tank Center for Climate and Security and George Washington University's Elliott School of International Affairs.

It is endorsed by 64 former

senior military, national security and intelligence leaders. Among them are retired Gen. Larry Welch, former chief of staff of the U.S. Air Force; retired Adm. Samuel Locklear, former commander of U.S. Pacific Command; and retired Gen. Anthony Zinni, former commander of U.S. Central Command.

The release of the Climate Security Plan comes on the heels of Friday's youth-driven global climate strike, which by some estimates brought more than

4 million protesters to streets around the globe demanding action by world leaders on climate change.

Meanwhile, the United Nation's Climate Action Summit was held this week in New York City.

Any call to action faces a White House that has slowed or reversed efforts by federal agencies to address climate change, most notably Trump's decision to withdraw from the Paris Agreement on climate change in June 2017.

Trump admits ordering staff to withhold aid to Ukraine

Associated Press

WASHINGTON — President Donald Trump ordered his staff to freeze nearly \$400 million in aid to Ukraine a few days before a phone call in which he pressured the Eastern European nation's leader to investigate the family of political rival Joe Biden, a revelation that comes as more Democrats move toward impeachment proceedings.

Trump, in remarks to reporters at the United Nations on Tuesday, confirmed that he held up the aid but said he did so to fight corruption and urge European nations to share in helping out Ukraine.

"As far as withholding funds, those funds were paid," Trump said. "They were fully paid. But my complaint has always been, and I'd withhold again and I'll continue to withhold until such time as Europe and other na-

tions contribute to Ukraine." He named Germany and France as among the countries that should "put up money."

He also used the moment to again suggest that the Biden family inappropriately benefited from their ties to Ukraine.

Trump's order was first reported by The Washington Post and was confirmed to The Associated Press by two people familiar with but not authorized to discuss private con-

versations. They spoke on the condition of anonymity.

Late Monday, an influential group of freshmen Democrats who served in the military and national security before winning office said Trump's actions cut to the core of the country's defenses. Their views, as centrist lawmakers from previously Republican-held districts where Trump has been popular, hold sway with party leadership.

Puerto Rico braces for Tropical Storm Karen

Associated Press

SAN JUAN, Puerto Rico — Tropical Storm Karen began drenching the U.S. Virgin Islands on Tuesday while bearing down on an earthquake-shaken Puerto Rico still scarred by a hurricane two years ago.

U.S. Virgin Islands Gov. Albert Bryan Jr. said the storm had already caused mudslides in the territory and major power outages were reported early Tuesday, though he said the cause was not yet clear.

“Don’t take the storm lightly,” Bryan said. “It will start to throw massive rain.”

Schools and government offices were already ordered closed in Puerto Rico as well as in the U.S. and British Virgin Islands, with officials warning people to stay

indoors.

As the storm approached, Puerto Ricans were shaken from their beds late Monday by a magnitude 6.0 earthquake that hit in the Atlantic near the island at a shallow depth of 6 miles. Three aftershocks, of magnitude 4.7 and 4.6, followed within less than an hour.

No significant damage was reported, said Carlos Acevedo, director of Puerto Rico’s emergency management agency, adding that the concern now was how much rain Karen would drop on the region. The U.S. National Hurricane Center said it could bring 2 to 4 inches.

Heavy rains were already pelting the southeast coastal town of Yabucoa, where retiree Victor Ortiz, 69, huddled inside his home with his wife.

“Every year the storms are stronger and more frequent,” he said, adding that he worried about landslides because he lives in a mountainous region.

The National Guard, which was activated by Puerto Rico Gov. Wanda Vazquez on Monday, carried out a last-minute evacuation of a weeks-old baby from the neighboring island of Vieques, which has been without a hospital since Hurricane Maria hit in 2017. Lt. Col. Paul Dahlen said in a phone interview that the baby was sick and would be taken to a hospital before the storm hits.

Karen regained tropical storm strength Tuesday morning after slipping to a tropical depression. Its maximum sustained winds increased to 40 mph, with additional strengthening expected.

Probe says FAA misled Congress on 737 Max

The Washington Post

WASHINGTON — Investigators examining a whistleblower complaint have concluded that safety inspectors who worked on training requirements for Boeing 737 Max pilots were themselves “underqualified” — and that the Federal Aviation Administration provided misleading information about the issue to Congress.

The findings of the U.S. Office of Special Counsel, which independently investigates whistleblower complaints, have added to questions about the effectiveness and transparency of safety oversight at the FAA, which has come under scrutiny after two new 737 Max jets it had certified as safe crashed in Indonesia and Ethiopia,

leaving 346 people

Boeing and the FAA have faced intense criticism for failing to make sure pilots had the information and training necessary to handle any problems with a new automated safety feature on the Max, known as the Maneuvering Characteristics Augmentation System, or MCAS.

Investigators say the feature, fed by faulty data from a sensor, repeatedly misfired, forcing the nose of both planes down before they crashed.

In a letter to President Donald Trump on Monday, Special Counsel Henry Kerner wrote that “FAA’s official responses to Congress appear to have been misleading in their portrayal of FAA employee training and competency.”

Information provided by the FAA “obfuscates” concerns about the preparation of safety inspectors and “diverts attention away from the likely truth of the matter: that they were neither qualified under agency policy to certify pilots flying the 737 Max nor to assess pilot training on procedures and maneuvers.”

“The FAA is entrusted with the critically important role of ensuring aircraft safety,” Kerner added in a statement. “The FAA’s failure to ensure safety inspector competency for these aircraft puts the flying public at risk.”

In a statement, the FAA said, “We remain confident in our representations to Congress and in the work of our aviation safety professionals.”

Court rules suspension of UK Parliament was illegal

Associated Press

LONDON — In a major blow to Prime Minister Boris Johnson, Britain’s highest court ruled Tuesday that his decision to suspend Parliament for five weeks in the crucial countdown to the country’s Brexit deadline was illegal.

The unanimous, strongly worded Supreme Court judgment declared his order to suspend Parliament “void and of no effect.” The court found that Johnson acted to limit debate by lawmakers on Britain’s impending departure from the European Union in violation of Parliament’s constitutional role.

The landmark decision was quickly crit-

icized by Johnson and prompted calls for him to quit from opposition leaders.

The Conservative prime minister and Parliament have been at odds since he took power in July with the determination to take Britain out of the EU on Oct. 31 with or without a divorce deal.

“I strongly disagree with this decision of the Supreme Court. I have the upmost respect for our judiciary, I don’t think this was the right decision,” Johnson said in New York, where he was attending the U.N. General Assembly. “I think that the prorogation (suspension of Parliament) has been used for centuries without this kind of challenge.”

Johnson did not rule out trying to sus-

pend Parliament again.

“As the law currently stands, the U.K. leaves the EU on Oct. 31 come what may, but the exciting thing for us now is to get a good deal. And that is what we are working on,” Johnson said. “And to be honest, it is not made much easier by this kind of stuff in Parliament or in the courts.”

House of Commons Speaker John Bercow welcomed the historic verdict and said Parliament would resume its business Wednesday morning. He said citizens are “entitled” to have Parliament perform its core constitutional duties, which include holding ministers to account and passing laws.

AMERICAN ROUNDUP

Bald eagle found near death is released

MD WOODSTOCK — A once-starving bald eagle that spent the past seven weeks regaining her strength at a wildlife sanctuary has taken flight once again in Maryland.

The Baltimore Sun reported that sanctuary worker Colleen Layton-Robbins said the female bald eagle was released back into the open air Sunday.

Rescuers said that when they found the bird on a July afternoon, she was just half the normal weight of a healthy bald eagle, could fly 3 only feet off the ground and was motionless for hours.

Volunteers with the Woodstock nonprofit Frisky's Wildlife & Primate Sanctuary said they think a bone lodged in the eagle's system was preventing her from digesting.

Town has 1st full-time female firefighters

IN SOUTH BEND — Two women have been sworn in as the University of Notre Dame Fire Department's first full-time female firefighters.

The South Bend Tribune reported that Michelle Woolverton, 42, and Christi Shibata, 37, started as firefighters over the summer with the department, which got its start 140 years ago.

The department's chief, Bruce Harrison, said they have passion for the job, empathy and a determination to serve others.

Woolverton joined the department in 2010 as an on-call EMT. Shibata joined the department as a part-time firefighter in 2018 after previously working at a physical therapy clinic in Michigan.

Stolen bus going wrong way crashes

NJ CAMDEN — Authorities said a stolen school bus going the wrong way on a highway crashed head-on into a car, injuring the car driver and sparking an intense fire.

Camden County police said the bus was parked outside a Camden home when it was stolen around 10 p.m. Saturday. Officers briefly pursued it but lost track of the vehicle.

The bus was seen again a short time later traveling east in the westbound lanes of the Admiral Wilson Boulevard in Pennsauken. The crash soon occurred, and the person driving the bus fled on foot.

Police: Man trying to steal wire is burned

PA PHILADELPHIA — Philadelphia police said a man was shocked and severely burned when he tried to steal wiring from a building under construction around 2:15 a.m. Monday.

Police said the 30-year-old man suffered third-degree burns and was hospitalized in critical condition. His name has not been released.

Authorities said emergency responders had to remove the man from the site. They said electrical power was disrupted in the area for some time.

2 are charged after knife injures boy

FL PORT ST. LUCIE — A grandmother and mother in Florida were arrested after leaving five children alone during which time a 9-year-old boy was accidentally hit in the back of the head with a knife thrown by his 4-year-old sister.

The Port St. Lucie Police Department said Julie Belliard, the mother of the children, and Marie Pierre, their grandmother, face child neglect charges.

Police officers said Belliard left the children in the care of her mother on Friday. Pierre left the children, ages 3 to 9, by themselves so she could pick up her daughter.

While the grandmother was gone, the girl threw a knife, which bounced off a television stand and hit the boy in the head.

Tortoise taken home after wandering town

CA REDDING — California authorities have returned a pet tortoise to its owner after the wandering animal was spotted in another resident's backyard.

The Record Searchlight reported the 41-year-old tortoise named Dino ambled away after a storm blew open the latch on its outdoor enclosure in Red Bluff. An animal regulation officer said the tortoise was found about a half-mile from owner Cindy Haase's home.

Authorities used watermelon to lure the 150-pound tortoise before lifting it into a vehicle for transport.

City plans to trap stray cats in park

AL PHENIX CITY — There's a plan afoot to trap scores of stray cats that moved into a city park in east Alabama after the felines drew complaints from park visitors.

City officials said they've received complaints about feral cats begging for food at Idle Hour Park in Phenix City, WTVM-TV reported. The city plans to trap the cats and take them to a local shelter, Assistant City Manager Steve Smith

said. The hope is that many of them can then be adopted.

Smith estimates that about four dozen feral cats live at the park. He said many of the complaints involve cats approaching the pavilions, often in the evenings or at night.

Off-duty officer spots stolen car

NY NEW YORK — A New York Police Department captain may have been off the clock, but he was still on duty.

CBS New York reported Capt. John Hall, of the 111th precinct in Queens, was on a jog Saturday morning in the area when he noticed a white Mercedes. It looked like one that had been reported stolen the day before.

Hall called his precinct, and the responding officers took three men inside the vehicle into custody in connection with the theft.

Another stolen Mercedes was also found at the scene.

Coast Guard to enact buffer around Ironman

HI KAILUA-KONA — The U.S. Coast Guard has confirmed plans to enact an ocean buffer zone in Hawaii for athletes competing in Ironman World Championship-related events.

The 100-yard zone would keep unauthorized people and vessels in the area from invading the space participants use to compete in an open swim, bike race and marathon event, West Hawaii Today reported Friday.

Athletes are scheduled to take part in the Hoala Ironman Training Swim on Oct. 5 before competing in the swim portion of the official championship race Oct. 12, event officials said.

From wire reports

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NHL goalies concussed at alarming rate

Associated Press

Filip Chytil beat the last defender to the net, snapped the shot past Tuukka Rask and barreled over the goaltender he had just scored on.

Rask flipped his mask off, lay prone and needed assistance to get to his feet and to the Boston Bruins locker room. The goal counted and Chytil faced no repercussions.

Rask suffered a concussion.

"I think it's brutal, but what can you do?" Rask said. "The game's so fast nowadays and space is limited. The guy's driving wide and the D's half a step late, then collisions happen."

Those kinds of collisions are happening at an alarming rate over the past couple of seasons and goaltenders are getting hurt. Just two goaltenders were concussed in 2016-17, missing a total of 15 games, but in the past two seasons, 14 goalies missed a total of 276 games with a concussion or head injury caused by everything from elbows and knees to pucks off their helmets.

This is a jarring statistic in-

volving the most important position in hockey, but the NHL has not yet taken further steps to protect its masked men. In recent years, the focus has been on trimming the size of goalie equipment as a way to generate more offense and players are routinely coached to crash the net whenever possible. It adds up to putting the most valuable and vulnerable players on the ice at risk of head contact they can do little to avoid and often isn't even penalized.

"We're so dialed in on the puck, a lot of times you don't see guys come from the side," New York Rangers goalie Henrik Lundqvist said. "As a player, you can always adjust your body, but if we adjust our positioning, we open up the net. You just have to stand there and I think in a lot of situations hope for the best when people come running into you."

Hoping for the best isn't exactly a reassuring strategy, but goalies say there is not much else they can do. Rask, who saw Chytil coming, said goalies mostly are at the mercy of their

teammates, opponents and the officials.

"You've got to trust that your D-men are going to be there to help protect you and with the referees calling penalties and stuff with goaltender interference that they're going to try and protect us, too," said Anaheim Ducks starter John Gibson, who missed a combined 10 games with two separate concussions the last two years. "What you try to do is know where guys could be coming from so you can brace rather than hitting you and you're kind of blindsided."

Goalies have different theories on why concussions and head injuries are up in recent years.

Ben Bishop of Dallas believes the overall decline in fighting correlates to the increase of players feeling like they can take liberties at the crease, while Washington's Braden Holtby considers it part of how players are taught from a young age now.

"Most of those plays that are happening aren't older guys

that have been around," Holtby said. "It's the younger generation where they've grown up with there's no fear to go to the crease and that kind of thing."

Others point to the inconsistency of goaltender interference calls, which can be as lenient as waving off a goal with no penalty and as severe as a two-minute minor. Holtby and his peers say a minor penalty is not much of a deterrent to keep players from crashing the net in hopes of a goal.

Tampa Bay's Andrei Vasilevskiy, the reigning Vezina Trophy winner, said a two-minute minor penalty isn't equitable to a goalie getting a concussion.

"I think the league has to (change) the rule," Vasilevskiy said. "Maybe it's a few-game suspension."

The NHL in recent years has taken steps to reduce hits to the head. Rule 48 instituted in 2010 makes virtually any hit with contact to an opponent's head a penalty, but Holtby said head contact to goalies is "not treated the same as everywhere else on the ice for some reason."

Salary cap economics hurting middle-tier players

Associated Press

Stanley Cup-winning experience isn't worth what it used to be. Neither is experience of any kind.

As NHL teams move toward paying their stars more money and relying on young players to fill the gaps, hockey's middle class is being squeezed out. Veterans, such as Washington Capitals 2018 playoff hero Devante Smith-Pelly, are finding it increasingly difficult to land guaranteed contracts and are often forced to go to training camp on professional tryout agreements, which cover potential injuries at camp and not much else.

Hockey, perhaps more than any other professional sport, has put a premium on veteran players over the years. Guys

who have been there before, have some gray in their beards and are valued at least as much for team chemistry in the locker room as they are for what they do on the ice.

Adding the salary cap in 2005 began the process of devaluing these so-called "glue guys" because there is only so much money to go around. This year, that cap is \$81.5 million for a team and there is no wiggle room — teams are not allowed to play if they are over the limit.

"It's sad because these veteran players are monumental to the team," St. Louis Blues center Ryan O'Reilly said. "Especially these guys that have won, too, like Devante Smith-Pelly. He's been in every situation. He's a guy that you'd want to have because he's going to

help and he's been in these situations. When it comes around again, it's not going to faze him."

Smith-Pelly and Andrew MacDonald in Calgary, Troy Brouwer in Florida, Matt Read in Toronto and Drew Stafford in Minnesota are among the experienced NHL players on camp tryouts this year. Even more are settling for one-year, prove-it contracts like 2019 Cup winner Patrick Maroon (31 years old) and defenseman Kevin Shattenkirk (30) with Tampa Bay, Derick Brassard (31) with the New York Islanders, defenseman Ben Hutton (26) with Los Angeles and forward Riley Sheahan (27) with Edmonton.

Shattenkirk went from making \$7 million last season with the Rangers to a one-year con-

tract worth \$1.75 million.

This is all related to how the salary cap is managed.

Across the league, there are 32 players who chew up 10% or more of his team's \$81.5 million salary-cap space — with more potentially on the way when Colorado's Mikko Rantanen and Winnipeg's Patrick Laine sign deals. For example, Connor McDavid accounts for over 15% of Edmonton's cap space.

It is a trend that shows the value of elite talent but it means there is less money to go around for complementary players who are not on entry-level contracts. A handful of players also have expressed concern that restricted free agents are making more out of their entry-level contracts than ever before, further scrambling available money for support players.

Bears build big lead, roll over Redskins

Associated Press

LANDOVER, Md. — After the Chicago Bears' offense was slow to get going this season, Mitchell Trubisky was excited to speed things up.

Trubisky and the Bears used a no-huddle, hurry-up tempo to snap out of their offensive funk and score 28 first-half points on the way to beating the Washington Redskins 31-15 Monday night. After no passing touchdowns the first two games of the year, Trubisky connected with Taylor Gabriel on three of them in the second quarter alone.

The 2017 second overall pick looked at ease with a fast-paced approach and picked apart Washington's porous defense on 25-for-31 passing for 231 yards. It was the offensive explosion Trubisky predicted would happen this week.

"It just felt like the tempo helped us out a little bit," Trubisky said. "If everyone just

continues to stick together and execute our plays and believe and just go out there and make plays, it'll be a fun offense."

Chicago (2-1) had just a 1-yard touchdown run to show for its first two games, and Trubisky entered the night with a completion percentage of 58.3 and ranked near the bottom of the league in yards per attempt. Facing the Redskins (0-3) brought out some of the best in Trubisky.

"Hat's off to him," said Washington linebacker Cole Holcomb, who was roommates with Trubisky at North Carolina. "I always knew he was a good quarterback. He struggled a little bit, but he came out and he played a good game."

Trubisky had 173 yards in the first half alone before throwing an interception at the goal line in the third quarter.

With scores of 1, 3 and 36 yards, Gabriel joined Mike Ditka in 1963 as the only Bears

receivers with three TD catches in the first half of a game. Gabriel made six catches for 75 yards before leaving in the second half with a concussion.

The Bears took advantage of five turnovers by Redskins quarterback Case Keenum: two interceptions by Ha Ha Clinton-Dix, including a pick six, another by Kyle Fuller and fumbles forced by Khalil Mack and Danny Trevathan.

"That's all me," said Keenum, who was 30-for-43 for 331 yards and two touchdowns that didn't compensate for the turnovers. "Turn it over that many times as a quarterback, I let my team down. It's all on me. I take complete responsibility. I have to take care of the ball better."

With the offense up to the defense's speed in the first half, Chicago put up 28 points in two quarters after scoring a total of 19 the past two weeks, 12 of which came on field goals from Eddy Pineiro.

Mack had two of the Bears' four sacks to continue a dominant start by the defense that didn't give up a Washington TD until midway through the third quarter. Keenum's two TD passes came long after fans chanted for rookie quarterback Dwayne Haskins and booed the Redskins off the field at halftime.

Ha Ha gets last laugh

When the Redskins signed former New York Giants safety Landon Collins, it effectively spelled the end of their chances of re-signing Clinton-Dix, a trade acquisition last year from Green Bay who played nine games for them. Clinton-Dix made his old team pay with a first-quarter interception he returned 37 yards for his first career touchdown.

Clinton-Dix for good measure picked off Keenum in the third quarter and returned it 59 yards.

NCAA notifies Kansas basketball of Level 1 violations

Associated Press

LAWRENCE, Kan. — The University of Kansas received a notice of allegations from the NCAA on Monday that alleges significant violations within its storied men's basketball program, including a responsibility charge leveled against Hall of Fame coach Bill Self.

The notice includes three Level 1 violations tied primarily to recruiting and cites a lack of institutional control. It also includes notice of a secondary violation in football tied to then-coach David Beaty that involved the use of an extra coach during practice.

While the document does not go into detail about what the basketball program is accused of doing, Kansas was among the most prominent programs swept up in an NCAA probe into a pay-for-play scheme that began with an FBI investigation into apparel company Adidas. A former Adidas employee

testified that he made payments to the family of one Kansas recruit and the guardian of a current player. Text messages presented in court revealed a close relationship between Self and the Adidas employee.

The school said in a statement that it "strongly disagrees with the assertion that it 'lacks institutional control.' In fact, the university believes the record will demonstrate just the opposite."

"The University of Kansas has high standards of ethical conduct for all our employees, and we take seriously any conduct that is antithetical to our values and missions," Kansas chancellor Doug Girod said. "While we will accept responsibility for proven violations of NCAA bylaws, we will not shy from forcefully pushing back on allegations that the facts simply do not substantiate."

Girod also said that the school would "stand firmly be-

hind coach Self," who delivered its fifth national championship in 2008 and has a team that could contend for another title this season.

The NCAA's Stacey Osburn declined to comment on "current, pending or ongoing investigations."

"I have always taken pride in my commitment to rules compliance and led programs that operate with integrity," Self said, "and I am proud of the success that we have achieved at each program along the way. Every student-athlete who has ever played for me and their families know we follow the rules."

"These allegations are serious and damaging to the university and to myself," he added, "and I hate that KU has to go through this process. With our staff's full cooperation, these allegations will be addressed within NCAA procedures with urgency and resolve."

Kansas had been in the NCAA's crosshairs since early this summer, when Vice President Stan Wilcox said at least six schools were likely to receive notices of allegations for Level 1 infractions.

North Carolina State was the first of them, getting a notice July 10 of two violations, including a failure-to-monitor charge leveled against former coach Mark Gottfried.

Arizona, Auburn, Creighton, Louisville, LSU and USC have also been under the microscope.

Level 1 infractions are considered the most severe by the NCAA, and often include post-season bans, the forfeiture of wins and championships and the loss of scholarships. But the notice itself is only the beginning of a process that can often take more than a year — the school typically sends a response to the NCAA enforcement committee, setting off an exchange of information.

Doping back as main topic with sprinters

Associated Press

DOHA, Qatar — Usain Bolt is in the rearview mirror, replaced by — what else? — an unfolding doping saga in track and field.

The title of “World’s Fastest Man” now that Bolt is on the sideline belongs to American 100-meter sprinter Christian Coleman, who almost was banned from this month’s world championships because he had missed too many drug tests.

Coleman got a reprieve, but with the vacuum created by Bolt’s departure, the Coleman case placed the specter of doping front and center again in the sprint game — same as it had been for decades before the Jamaican arrived and overtook the conversation with his sheer

speed and buoyant personality.

Coleman’s case involved a pileup of complicated rules, confusing interpretations and twisted after-the-fact narratives that have allowed critics to cast both main players in this saga — Coleman and the U.S. Anti-Doping Agency — in a negative light.

Coleman, who has never failed a drug test, nor ever been suspected of running afoul of the rules, will be running under a cloud of suspicion in the minds of some fans and media who tend to paint all U.S. sprinters with the same broad brush — as cheaters, a stereotype borne out of America’s sordid doping past.

Coleman, meanwhile, is assailing USADA for being sloppy and putting him in the cross-

hairs because of the confusion over the rules.

“It’s a shame on USADA, the fact that this was public knowledge, the fact that they didn’t know their own rules, and the fact they expect athletes to know the rules but they can’t follow their own,” Coleman said on a 22-minute video he posted on YouTube last week.

At issue are the World Anti-Doping Agency’s rules, which call for athletes to provide information on their whereabouts so doping-control officers can find them for out-of-competition tests with no advance notice. If an athlete has a combination of three missed tests over the span of 12 months — either because he isn’t where he said he would be, because he gave the wrong information or because

he didn’t update the information — it can be considered an anti-doping violation.

Athletes are responsible for submitting their whereabouts information quarterly, then updating it as necessary. In an interpretation of the rule that WADA applied to Coleman, his first missed test, on June 6, 2018, was backdated to the start of the quarter in which he missed the test — April 1 — which put it outside of the 12-month window between that failure and his latest one, on April 26, 2019.

“In this case, we applied the rules to Mr. Coleman in the manner that USADA understands should be applied to any other international-level athlete,” USADA CEO Travis Tygart explained.

MLB roundup

Cardinals beat Diamondbacks for sixth straight win

Associated Press

PHOENIX — Paul Goldschmidt hit a two-run homer in his return to Chase Field, and the St. Louis Cardinals beat the Arizona Diamondbacks 9-7 Monday night for their sixth straight win.

Yadier Molina also connected as the Cardinals moved 3½ games ahead of idle Milwaukee in the NL Central. St. Louis has five games remaining in the regular season while Milwaukee has six.

The Diamondbacks were eliminated from postseason contention.

Goldschmidt had a big night in his return to the desert after playing eight years for the Diamondbacks from 2011-18. He got a loud ovation from fans in the first inning.

“It’s all what you make of it, and for me this was just another game,” Goldschmidt said. “I’m appreciative of all the fans coming out, cheering me on, the standing ovation. But I just didn’t want to make too big a

deal of it.”

Adam Wainwright (14-9) won his fifth straight start, allowing five runs over five innings. Carlos Martinez earned his 24th save.

Rays 7, Red Sox 4: Ji-Man Choi, Brandon Lowe and Willy Adames homered during host Tampa Bay’s six-run fourth inning, and the Rays moved into sole possession of the second AL wild card.

The Rays hold a half-game lead over Cleveland, which had the day off.

Boston slugger J.D. Martinez drove in a run to become the ninth player in franchise history to have at least 35 homers and 100 RBIs in multiple seasons.

Nationals 7, Phillies 2: Patrick Corbin pitched six effective innings, and host Washington strengthened its playoff positioning.

Adam Eaton, Yan Gomes and Trea Turner homered for the Nationals, who moved a half-game ahead of idle Milwaukee for the top spot in the wild-card

standings. The Nationals reduced their magic number to clinch a playoff berth to three.

Corbin (14-7) matched his career high for wins in the first season of a \$140 million, six-year contract.

“My fastball felt really good today,” Corbin said. “I was able to locate it. I thought some two-seamers were close, just missing a little bit, but felt really good about it. Just kind of kept them off balance. Didn’t want to leave any breaking balls there for them to do some damage with. So, kind of a little bit of everything.”

Philadelphia was pushed to the brink of elimination after beginning the season with great expectations after signing former Washington slugger Bryce Harper to a blockbuster deal.

Marlins 8, Mets 4: Steven Matz allowed two homers to Jorge Alfaro, including a grand slam, and host New York lost to Miami to dim its fading postseason hopes.

Amed Rosario cut into the

Marlins’ big lead with his own slam, but the Mets dropped five games behind idle Milwaukee for the final NL playoff spot with six games remaining. They also trail Washington by 5½ games for the top wild card after the Nationals beat Philadelphia 7-2.

New York (81-75) would be locked out of the postseason with a loss Tuesday and victories by Washington and Milwaukee.

Matz (10-10) permitted six runs in five-plus innings in his 100th big league start.

Marlins left-hander Caleb Smith (10-10) allowed four runs in six innings.

Blue Jays 11, Orioles 10 (15): Anthony Alford hit a game-ending drive in the 15th inning for his first career homer, sending host Toronto to the victory.

Alford connected against Baltimore rookie right-hander Ryan Eades (0-1), who was trying to close out a third consecutive scoreless inning.