



Photos by Gary Henley/The Daily Astorian

Astoria shortstop Olaf Englund fields a high chopper during Thursday's win at Seaside.

Fishermen win Clatsop Clash in five innings

The Daily Astorian

SEASIDE — Astoria's "Scandinavian Connection" shut down the Seaside Gulls Thursday, as Fridtjof Fremstad and Tyler Lyngstad gave up just three hits in an 11-1, five-inning win for the Fishermen.

With their 31st straight win over Seaside, Astoria improves to 8-6 in the Cowapa League baseball standings, one game ahead of Scappoose (7-7). Seaside falls to 2-12.

The Fishermen close out league play today at Banks, while the Gulls travel to Scappoose.

Astoria scored eight runs in the first inning of Thursday's game, a nightmare inning for the Gulls.

The Fishermen sent 14 batters to the plate, and loaded the bases with no outs.

Olaf Englund's single to center scored the first two runs, and Trey Hageman's grounder brought in Carter Wallace for a 3-0 lead.



Ryan Palek watches his base hit to deep right-center field in the second inning, a ground-rule double that scored a run.

From there, the Fishermen scored two runs on wild pitches, and three more on three Seaside errors.

Ryan Palek's ground-rule double in the second scored Ryker Helmersen, and Englund capped the scoring with a two-run double in the third.

Englund led Astoria's sev-

en-hit attack with a single, double and four RBIs.

On the mound, Fremstad started and pitched two innings before giving way to Lyngstad. The two combined for five strikeouts and two walks.

Freshman Duncan Thompson had two of Seaside's three hits.



Seaside's Brent Walsh, right, slides in under the tag of Astoria's Tyler Lyngstad for the Gulls' only run Thursday.

Seahawks' Lockette steps away after injury: 'Life goes on'

By TIM BOOTH
AP Sports Writer

RENTON, Wash. — Ricardo Lockette arrived in the NFL with zero fanfare, just another undrafted free agent with a specific skill who was being given a chance.

He stepped away from football Thursday, retiring from the Seattle Seahawks with a formal news conference in an auditorium packed with staff, former teammates and coaches.

The turnout spoke to the lasting impact Lockette had in Seattle — a story that can't be told through statistics — before retiring because of a severe neck injury suffered last season in a game against Dallas.

"My teammates helped me to be who I was and we inspire each other and we became a family," Lockette said. "So it's not that I'm surprised that they're here. I appreciate them being here, but that's what family does. Family sticks up for each other in times of need. This is a bittersweet day and I'm glad I can enjoy it with my family."

Not yet 30, Lockette is leaving with three Super Bowl appearances under his belt, a Super Bowl ring, four career touchdown catches and the infamy of being the intended receiver on Russell Wilson's

pass that was intercepted by Malcolm Butler to end Seattle's bid for a second straight title.

Lockette is also leaving with titanium plates holding together his cervical spine. If not for the proper response from trainers and medical personnel on the field in Dallas last November, Lockette could have died, a chilling story he retold when visiting first responders in the Seattle area during the winter.

Concerns about his future health were at the root of Lockette's decision to leave. He arrived at Thursday's event without the neck brace he wore continuously following the surgery to stabilize the ligaments and vertebrae in his neck. He only has 50 percent rotation in his neck, and will have to avoid roller coasters and lifting heavy objects going forward to avoid potential risk to the repaired area.

Asked if it was tough to retire, Lockette said: "No, because I love my family and I'd rather walk."

Despite entering the NFL with little football pedigree, Lockette found a home in Seattle because of his speed, his work ethic and the self-confidence he could be a professional football player. He jokingly referred to himself as "Channel 83" and said it was only available on pay-per-view,

even if his opportunities as a wide receiver were limited and fleeting.

But once Lockette accepted that he could be a difference-maker for Seattle on special teams — during a second stint with Seattle after spending a short time in San Francisco — he had to be watched. Lockette became a player teams had to scheme against because of his speed getting downfield and his disrupting returns.

"He was so talented and so raw early on. It just took him a while to get it going," coach Pete Carroll said. "But once he was able to channel all this wonderful ability and wonderful spirit, he became a magnificent part of our team and a teammate and guy that we'll always miss."

It was during one of those returns that Lockette's career ended. He was running downfield to cover a punt when he was hit by Dallas' Jeff Heath. Lockette was knocked out and remained motionless for several minutes. He was eventually strapped to a backboard and taken off the field. Lockette underwent surgery the next day to stabilize his neck and was told the trainers and medics handled his injury "perfectly."

He was also told that if he had stood up, been pulled by a teammate or handled incorrectly by trainers he could have died.

Mariners sitting atop AL West as optimism grows

By TIM BOOTH
AP Sports Writer

SEATTLE — When new general manager Jerry Dipoto went about rebuilding the Seattle Mariners in the offseason, he bet heavily on the rebound.

Dipoto believed the Mariners could be revamped without spending heavily in free agency through shrewd acquisitions of players who struggled in 2015 or had perhaps fallen out of favor with their former club.

Through the first six weeks of the season, that bet is paying off.

"The game is about a series of five-, six-week pockets. Where we are on May 11 is we have 20 more wins that we won't have to accrue later. They're all important," Dipoto said. "The season is long and what you're doing is building up equity because sometimes in this league it's feast or famine. Through the first (34) games we feasted. We put ourselves in a good position. We're not always going to go as good as we're going now but there is no reason why we can't

play consistently as well as we have played."

After completing a three-game sweep of Tampa Bay, the Mariners are 21-13, their best start since 2003. They find themselves in the rare position of being in first place in the AL West into the middle of May and are starting to energize a fan base that's grown apathetic during the longest playoff drought of any team in baseball.

Making the start even more impressive was a five-game losing streak the opening week of the season that did its part to create the perception that these were going to be the same old Mariners.

For now, the losing streak has been the exception and good starting pitching, timely hitting and a stellar bullpen the norm. Take away those shaky first eight games and Seattle has the best record in the American League since April 13.

"Some adversity helps too because you see what people are made of," catcher Chris Iannetta said. "We definitely had some adversity with that.

Anytime you lose five in a row it's not fun."

No player has defined Seattle's rebound more than Robinson Cano. After scuffling through the first half of last season, Cano has started 2016 on a tear. He leads baseball in RBIs with 33 and is second in home runs with 12. Last year, Cano didn't record his 12th homer until Aug. 7.

"As a player you go home, you prepare yourself for a good season and the best thing is when you start early," Cano said. "You look at my start last year, it was a tough first half. ... But you want to start from the first game of the year. ... We've played a different game this year. Hopefully it continues."

While Cano's been the offensive star, Seattle's rotation has — as expected — been one of the top starting units in the American League thanks to the emergence of young right-hander Taijuan Walker. Felix Hernandez is still the ace of the staff — even with drops in his velocity — but Walker has shown signs of having a breakout season at age 23.

Lady Fish top the Tigers

The Daily Astorian

The Astoria softball team took a break from league play Thursday, and scored an 8-5 win over Yamhill-Carlton at CMH Field.

Taylor Mickle's bas-

es-loaded, bases-clearing double in the second inning helped the Lady Fishermen build an 8-1 lead through six innings, before the Tigers scored four in the seventh.

Mickle finished 2-for-4, while Catilyn Hougham was

3-for-3 with a double.

Astoria finishes the league season with a doubleheader at Banks today, and will play a nonleague game at Rainier Tuesday, before hosting a Regional Play-in game next Thursday.

SCOREBOARD

PREP SCHEDULE

TODAY

Baseball — Astoria at Banks, 5 p.m.; Seaside at Scappoose, 5 p.m.; Clatskanie at Warrenton (2), 3:30 p.m.; Knappa at Vernonia (2), 3 p.m.

Softball — Astoria at Banks (2), 4:30 p.m.; Seaside at Scappoose (2), 3:30 p.m.; Clatskanie at Warrenton (2), 3:30 p.m.; Knappa at Vernonia (2), 3 p.m.

Track — Cowapa Championships, at St. Helens HS, 3:30 p.m.; District 1/3A, at Portland Christian HS, 11 a.m.

SATURDAY

Track — District 1/3A, at Portland Christian HS, 11 a.m.

BASEBALL

Astoria 11, Seaside 1

Astoria 812 00—11 7 1

Seaside 001 00—1 3 3

Fremstad, Lyngstad (3) and Helmersen, Gohl (3); Bassett, Walsh (1) and Landwehr. **W:** Fremstad. **L:** Bassett. **RBI:** Ast, Englund 4, Hageman, Palek. **2B:** Ast, Palek, Englund. **HBP:** Ast, Englund. **LOB:** Astoria 5, Seaside 4.

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CMH honors those caregivers who are celebrating an employment milestone this year, particularly those who have been with the hospital for 25 or more years. Thank you, and congratulations to:

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Carol Langston, 30 years	Daniel Marineau, 25 years
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