

Two Loggers make all-state softball team

The Daily Astorian

The 2016 Class 2A all-state softball team — always a little late in being announced — was finally released this week, and the list includes two Knappa Lady Loggers. Sophomore catcher Kait-

lyn Truax was named first-team all-state, while sophomore Paris Vanderburg was selected as a utility player on the second team.

Northwest League Player of the Year Cassidy Fetch of Vernonia was named second team all-state.

US women gymnasts, Phelps, Ledecky all earn gold medals again

By GENARO C. ARMAS
AP Sports Writer



MEDAL TRACKER

As of Wednesday morning, Aug. 10

TOP 10 MEDAL WINNERS

Rank	Country	Gold	Silver	Bronze
1.	United States	10	8	9
2.	China	8	3	6
3.	Japan	3	1	10
4.	Russia	3	7	3
5.	Australia	4	0	5
6.	Italy	3	4	2
7.	South Korea	4	2	1
8.	United Kingdom	1	3	3
9.	Hungary	4	1	1
10.	France	2	3	1

RIO DE JANEIRO — Good old Michael Phelps, golden again.

For teenagers Katie Ledecky and Simone Biles, their star turns in the Summer Olympics might be just beginning.

From the pool to the gymnastics floor, Team USA had nice day at the Rio de Janeiro Games.

Not all the American stars were winners Tuesday, though. Serena Williams lost on the tennis court and the U.S. women's soccer team gave up a late goal and ended up in a draw with Colombia.

But a new generation of U.S. athletes is ready to take up the banner of Olympic standard-bearer from Phelps, a grizzled veteran at 31.

Phelps earned his 20th career gold medal after taking the 200-meter butterfly. He erased the bad memories from his loss in the same race in London to South African Chad le Clos.

Phelps got off to a rousing start at the Rio Games by leading his 4x100 freestyle team to the gold medal on Sunday.

On Tuesday, Phelps' face bared a familiar scowl as he walked out on to the deck. He held off Japan's Masato Sakai by four-hundredths of a second, with Hungary's Tamas Kenderesi taking the bronze.

His 21st gold came later Tuesday night after swimming the anchor leg on the 4x200-meter relay.

Ledecky strode atop the medal podium again with a bright smile after taking gold for winning the 200-meter freestyle. Sarah Sjöström of Sweden claimed the silver and Emma McKeon of Australia took the bronze.

Ledecky, just 19, won her second gold. At this pace, she could challenge Phelps' medal haul someday.

At the other end of Olympic Park, the U.S. women's gymnastics team captured a second straight gold with a high-flying and dominating performance.

The triumph was never in doubt, their score of 184.897 at the Rio Games was more than eight points clear of the field. The day was capped by the 19-year-old Biles, a

fan favorite, whose boundary-pushing floor exercise showed just how far ahead they are of everyone else.

Biles, Lauren Hernandez, Gabby Douglas, Madison Kocian and Aly Raisman also gave retiring national team coordinator Martha Karolyi a fitting send off with powerful performances on all the apparatuses.

The golden girls dubbed themselves "The Final Five" in honor of Karolyi's retirement at the end of the Olympics and the fact that the format is changing for Tokyo in 2020 so that only four team members will take part in the team competition.

The normally stern Karolyi broke down in tears when she was told of the nickname the team adopted.

"I think at this moment we can say that that the United States dominates the world of gymnastics," Karolyi said.

Russia took the silver medal and China earned bronze.

With no clear favorite, Pac-12 promises memorable fall race

By GREG BEACHAM
AP Sports Writer

LOS ANGELES — Stanford coach David Shaw only needed a few words to epitomize why his Cardinal are the Pac-12 football favorites this fall — and also why that distinction doesn't mean much.

"I think we have a chance to be a good team, but we're a team in flux," Shaw said after learning his Cardinal had won the preseason media poll.

The West Coast's top league is wide open heading into the fall, with a half-dozen legitimate title contenders and no overwhelming favorite. Every team has major questions at key positions, but nobody seems better prepared to answer them than the ever-resourceful Cardinal.

Stanford is the defending champion of the conference and the Rose Bowl, and running back Christian McCaffrey might be the nation's top player. It's still not enough to make them prohibitive favorites to repeat in a conference that could end up without a playoff representative again despite several quality teams.

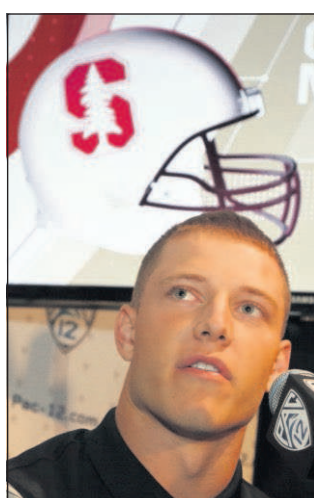
Parity is the enemy of excellence, and the Pac-12 is full of teams with big positives and big question marks. Two-thirds of the league began training camps with uncertainty at quarterback, and the league doesn't appear to possess any dominant defenses.

It could be a recipe for tight division races, memorable Saturday finishes and a cracker-jack conference title game.

THE FAVORITES

NORTH: Stanford has McCaffrey, but less than 10 other returning starters, including no tested quarterbacks. The Cardinal also must fight through a brutal schedule while fending off challenges from Oregon and Washington, who both could contend with just a few breaks. The Huskies are the popular pick to surge in their third season under Chris Petersen, while the Ducks always have enough talent despite no clear starting quarterback.

SOUTH: Although Utah is



AP Photo/Reed Saxon
Stanford running back Christian McCaffrey speaks at the Pac-12 NCAA college football media day in Los Angeles.

a serious contender, the division race could come down to the annual crosstown showdown between UCLA and USC at the Rose Bowl on Nov. 19. The Bruins had too many injuries on defense to contend last season, but quarterback Josh Rosen is ready to blossom into a national star. They could be ready to knock off the talented Trojans, who must play Alabama, Stanford and Utah away from home in September.

TOP PLAYERS

Stanford RB Christian McCaffrey. After one of the

most spectacular individual seasons in conference history, the do-everything Heisman Trophy finalist is back to doing everything again.

UCLA QB Jake Rosen. A new offensive scheme should mean bigger plays and more chances for Chosen Rosen to shine.

USC WR JuJu Smith-Schuster. The Trojans' annual turmoil has obscured the career of the next brilliant pass-catcher in USC's long lineage, but he has a chance to get everybody's attention this fall.

Oregon RB Royce Freeman. After setting the Ducks' single-season rushing record last year, he will shoulder a heavy load during a possible transition season.

Utah DL Lowell Lotulelei. The consummate space-eating lineman from a powerful football family is back to clog lanes on one of the nation's top defensive fronts.

Washington QB Jake Browning. The Huskies' pre-season popularity hinges partly on the gifted sophomore, who appears poised to break out with an improved offense.

Washington State QB Luke Falk. The big-armed passer might be the man who can lead coach Mike Leach's offense into title contention.

The Montana State transfer is the favorite to follow Marcus Mariota and Vernon Adams, but he has two capable competitors for the job at the controls of the Ducks' remarkable offense.

Arizona defensive coordinator Marcel Yates. Rich Rodriguez is rebuilding his defense with the former Boise State coordinator, but he could need more than one season to fix everything.

USC coach Clay Helton. He's far from new, but the veteran assistant is in his first full season in charge of the Trojans, with a roster in flux and a sadistic schedule.

ON THE HOT SEAT

Sonny Dykes, California. No coach in the Pac-12 is in imminent trouble as the season begins, but Dykes certainly could use a strong year after Jared Goff's departure to solidify his rebuilding program with the Golden Bears.

Mike MacIntyre, Colorado. Likewise, the Buffaloes coach's rebuilding project probably would benefit greatly from a .500 season — or heck, even three Pac-12 victories in the same season for the first time since 2007.

PICKS

North: Stanford. South: UCLA. League champion: Stanford.

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Family Nurse Practitioner Henkhaus will continue to keep scheduled appointments through Aug. 18, 2016. Current patients are invited to continue care with another CMH Primary Care Clinic provider. Please contact the clinic at 503-338-4500 at your earliest convenience so we can coordinate this transfer of care.

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