

Timbers defeat rival Sounders 4-2

By ANNE M. PETERSON
AP Sports Writer



AP Photo/Ted S. Warren

Seattle Sounders defender Roman Torres, left, and Portland Timbers' Fanendo Adi, center, and Ned Grabavoy, right, leap for a header in the second half of an MLS soccer match, Sunday, in Portland.

PORTLAND — Portland erased any lingering disappointment about last weekend's loss to Seattle by soundly beating the Sounders this weekend.

The Timbers scored four goals in the first half Sunday then held off their Cascadia rival 4-2, snapping the Sounders' five-game unbeaten streak.

"After the Seattle game we all hurt," said Steven Taylor, who had his first goal for Portland in the victory. "All week was tough."

Vytautas Andriuskevicius, Fanendo Adi, Lucas Melano and Taylor all scored for the defending MLS Cup champion Timbers (9-10-8). They remained in sixth place in the Western Conference.

Jordan Morris scored for the Sounders (9-13-4). They

beat the Timbers 3-1 last Sunday in Seattle but then had a mid-week match at Houston that ended with a 1-all draw.

Seattle forward Clint Dempsey missed the game because of medical tests for an irregular heartbeat. Dempsey

also was unavailable for the U.S. national team's upcoming World Cup qualifying matches.

"I will accept the blame for the first half. It's my job to make sure the team is prepared, and obviously that didn't happen," Sounders coach Brian Schmetzer said.

It was the third meeting this season between the Cascadia Cup rivals. Fans of the two teams, along with supporters of the Vancouver Whitecaps, created the Cascadia Cup in 2004 for the winner of the three-way contest based on points each season.

Portland won the first meeting with Seattle last month 3-1 and now lead the season series 2-1.

Andriuskevicius scored on a header off a corner kick for the Timbers in the 16th minute. Seattle goalkeeper Stefan Frei punched it up into the crossbar

and it fell just inside the goal line.

Just some four minutes later Adi scored to make it 2-0. Frei saved a shot by Diego Valeri but the ball landed in front of Adi, who fed it into the goal behind the fallen keeper. It was Adi's 13th goal of the season.

Melano scored off Diego Chara's cross in the 29th minute, before Steven Taylor's header off a free kick in the 43rd to give the Timbers a 4-0 lead going into the break.

Seattle narrowed it when Andreas Ivanschitz's shot deflected off a Portland defender and past goalkeeper Jake Gleeson in the 47th minute. Morris scored some four minutes later with a header and the Sounders gained some momentum.

"I think it was the best performance of the year," Valeri said.

Warriors second in own tourney

The Daily Astorian

WARRENTON — Culver defeated Warrenton 25-19, 25-20, in the championship match of the Warrenton Tournament, hosted by the Warriors Saturday.

Knappa opened the tournament by winning three of its first four, which included a 25-19 win over Warrenton in pool play.

Culver also knocked off the Warriors in pool play, 25-17, before the Warriors found their rhythm and scored a win over Delphian (25-20), and then scored a three-game victory over the Dragons in the championship bracket semifinal, 21-25, 25-19, 15-8.

Knappa had bracket victories over Neah-Kah-Nie (25-10, 25-21) and Taft (25-13, 23-25, 15-13), as the Loggers prepare for a pair of nonleague matches at home this week, Tuesday vs. Warrenton, and Thursday vs. Clatskanie. Both matches start at 6 p.m.

Gulls run strong at Wilsonville meet

The Daily Astorian

WILSONVILLE — The Seaside cross country team opened their season Friday, in the annual Wilsonville "Night Meet," where the Wildcats hosted schools from across the state.

And the Gulls scored well, even against a multitude of Class 5A and 6A schools.

The top performance for Seaside was turned in by defending 4A individual champion Bradley Rzewnicki, who managed a seventh-place finish in the 3,000-meter Senior race.

The first six spots went to runners from West Salem, Sunset, Wilson, Central Catholic, Lincoln and Sunset, before Rzewnicki crossed the line in nine minutes, 13.9 seconds.

The winner was Ahmed Muhumed from West Salem (8:42). Seaside's Jackson Januik was 27th overall in 9:45.

Taking part in the Juniors race were Seaside's Rafi Sibony (16th, 9:47) and Colton Carter (20th, 9:55).

For the Seaside girls, Josie Smith was 30th in the Seniors race, in 12:34.

Kaepernick will keep sitting through anthem

By JANIE MCCAULEY
AP Sports Writer

SANTA CLARA, Calif. — Defiant, and determined to be a conduit for change, Colin Kaepernick plans to sit through the national anthem for as long as he feels is appropriate and until he sees significant progress — specifically when it comes to race relations in the United States.

He knows he could be cut by San Francisco for this stand. Criticized and ostracized, he'll go it alone if need be.

The quarterback realizes he might be treated poorly in some road cities, and he's ready for that, too,

saying he's not overly concerned about his safety, but "if something happens that's only proving my point."

"I'm going to continue to stand with the people that are being oppressed," Kaepernick said Sunday at his locker. "To me this is something that has to change. When there's significant change and I feel like that flag represents what it's supposed to represent, this country is representing people the way that it's supposed to, I'll stand."

Two days after he refused to stand for "The Star-Spangled Banner" before the 49ers' preseason loss to the Packers, Kaepernick insists whatever the

consequences, he will know "I did what's right." He said he hasn't heard from the NFL or anyone else about his actions — and it won't matter if he does.

"No one's tried to quiet me and, to be honest, it's not something I'm going to be quiet about," he said. "I'm going to speak the truth when I'm asked about it. This isn't for look. This isn't for publicity or anything like that. This is for people that don't have the voice. And this is for people that are being oppressed and need to have equal opportunities to be successful. To provide for families and not live in poor circumstances."

SCOREBOARD

PREP SCHEDULE

TUESDAY
Volleyball — Astoria at Catlin Gabel, 6 p.m.; Seaside at North Marion, 4:30 p.m.
Boys Soccer — Astoria at Catlin Gabel, 4:15 p.m.; Oregon Episcopal at Seaside, 7 p.m.

WEDNESDAY
Volleyball — Warrenton at Knappa, 6 p.m.
THURSDAY
Football — Alesia at Jewell, 7 p.m.
Volleyball — Rainier at Seaside, 5 p.m.; Rainier vs. Astoria, at Seaside, 7 p.m.; Clatskanie at Knappa, 6:30 p.m.

Girls Soccer — Rainier at Astoria, 6 p.m.; Seaside at North Marion, 4 p.m.
Boys Soccer — Astoria at Corbett, 6 p.m.; North Marion at Seaside, 7:30 p.m.
FRIDAY
Football — North Bend at Astoria, 7 p.m.; North Marion at Seaside, 7 p.m.; Knappa at

Warrenton, 7 p.m.; Ilwaco at Nestucca, 7 p.m.
SATURDAY
Volleyball — Astoria at Southridge Tournament, TBA; Knappa at NKN Tournament, 7 a.m.
Cross Country — Ultimook Invitational, 8:15 a.m.

SUMMER CLEARANCE EVENT

<p>NEW 2016 RAM 1500 ST CREW CAB 4X4</p> <p>#396003</p> <p>8-speed auto, 5.7L V8 Hemi.</p> <p>MSRP \$40,430 - Lum's Discount \$2,500 - Rebates \$2,500</p> <p>Final price \$35,430</p>	<p>NEW 2016 RAM 1500 SLT CREW CAB 4X4</p> <p>#396035</p> <p>8-speed auto, 5.7L V8 Hemi.</p> <p>MSRP \$48,315 - Lum's Discount \$3,500 - Rebates \$5,000</p> <p>Final price \$39,815</p>	<p>NEW 2016 RAM 1500 SLT CREW CAB 4X4</p> <p>#396022</p> <p>8-speed auto, 5.7L V8 Hemi.</p> <p>MSRP \$49,590 - Lum's Discount \$4,000 - Rebates \$5,000</p> <p>Final price \$40,590</p>
<p>NEW 2016 RAM 1500 SPORT CREW CAB 4X4</p> <p>#396029</p> <p>8-speed auto, 5.7L V8 Hemi.</p> <p>MSRP \$48,455 - Lum's Discount \$4,500 - Rebates \$3,250</p> <p>Final price \$40,705</p>	<p>NEW 2016 RAM 1500 SLT CREW CAB 4X4</p> <p>#396015</p> <p>8-speed auto, 5.7L V8 Hemi.</p> <p>MSRP \$49,385 - Lum's Discount \$4,000 - Rebates \$2,500</p> <p>Final price \$42,885</p>	<p>NEW 2016 RAM 1500 SLT CREW CAB 4X4</p> <p>#396021</p> <p>8-speed auto, 5.7L V8 Hemi.</p> <p>MSRP \$51,060 - Lum's Discount \$4,000 - Rebates \$3,500</p> <p>Final price \$43,560</p>

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