

Seahawks optimistic injured offensive stars will play this Sunday

By **TIM BOOTH**
AP Sports Writer

RENTON, Wash. — The Seattle Seahawks are optimistic injured offensive starters Doug Baldwin, Tyler Lockett and Thomas Rawls will be able to play Sunday against San Francisco.

Coach Pete Carroll said Wednesday that all three have a chance of being available after suffering injuries in the Seahawks' Week 2 loss at Los Angeles. Baldwin and Lockett suffered minor knee injuries, while Rawls has a muscle strain in his left leg. Carroll seemed most pessimistic about Rawls, whom he said would be limited in practice early in the week.

"A lot of positive things in that regard, and we're looking forward to putting together a great week," Carroll said.

Baldwin injured his knee when he was rolled up from behind while blocking in the first half of Seattle's 9-3 loss. He remained in the game, but the bigger concern was about Lockett. The second-year wide receiver suffered a sprained knee in the first half and was on the sideline before surprisingly returning in the fourth quarter.

Lockett said Wednesday that he's played with a variety of injuries in the past and had no doubt he'll play against the 49ers.

"As long as I'm not in a coffin, I'm going to be out there playing," Lockett said.

Rawls was injured in the first half and was limited to just seven carries against the Rams in his first start since suffering a broken ankle last December against Baltimore. Carroll said it was a muscle strain on the outside of his left leg.

"It's a rare kind of muscle that gets affected and stuff, up his shin kind of," Carroll said.

Carroll said quarterback Russell Wilson was ahead of where he was at this point a week ago in his recovery from a sprained right ankle suffered in the season opener. He said guard Germain Iffedi had a chance of returning this week. Iffedi sprained an ankle days before the opener.

AP NFL website: <http://pro32.ap.org/dailystar>



AP Photo/Jae Hong

Seattle Seahawks quarterback Russell Wilson, left, hands off to running back Thomas Rawls during the first half of an NFL football game at the Los Angeles Memorial Coliseum on Sunday in Los Angeles.

Sherman says message of anthem protests getting lost

By **TIM BOOTH**
AP Sports Writer

RENTON, Wash. — Seattle Seahawks cornerback Richard Sherman said Wednesday the public isn't listening to the message NFL players are trying to send with their actions during the national anthem.

While some fans are obsessing about whether players take a knee, raise a fist or lock arms during the national anthem before games, Sherman said they should be talking about the reasons why players are protesting.

"More videos have come out of guys getting killed, and I think people are still missing the point," Sherman said. "The reason these guys are kneeling, the reason we're locking arms is to bring people together to make people aware that this is not right. It's not right for people to get killed in the street."

Sherman did not take questions during his media availability. Instead, he walked to the podium, said a few words about this week's opponent San Francisco and then gave a two-minute statement about what players have wanted to accomplish.

Sherman's message came after a pair of police shootings this week, one

in Charlotte, North Carolina, another in Tulsa, Oklahoma.

"I do a lot of community service. I go out there and try to help kids and try to encourage them to be better and to aspire to more," he said. "And when you tell a kid, 'When you're dealing with police, just put your hands up and comply with everything,' and there's still a chance of them getting shot and no repercussions for anyone, that's an unfortunate time to be living. That's an unfortunate place to be in."

Sherman's statement came as the Seahawks are preparing to face San Francisco on Sunday. Teammate Doug Baldwin told reporters in the Bay Area that members of the Seahawks have had extensive conversations with Colin Kaepernick, who started the conversation with his decision to first sit and then kneel during the national anthem.

"It's not just the NFL landscape. It's across the country right now," Baldwin said. "Obviously, we wouldn't be having this conversation if it wasn't for him bringing it to light. He stood on the table and shouted and got everybody's attention. And now we have to work on the follow through collectively."

Cougars rally for win in five sets against Warriors

The Daily Astorian

WARRENTON — Portland Adventist rallied from a two-games-to-one deficit Wednesday night at Warrenton, where the Cougars escaped with a five-game victory over the Warriors, 15-25, 25-11, 14-25, 25-16, 15-12.

Warrenton drops to 6-5 overall, while ninth-ranked Portland Adventist improves to 6-1 overall.

"We played some really

good games — a lot better than we did last night," said Warrenton coach Jim Hackwith, whose team dropped a four-game set at Catlin Gabel just 24 hours earlier.

Landree Miethe had a team-high 13 kills (33-of-37 hitting) to lead the Warriors, while sophomore Morgan Blodgett added seven kills.

Sophomore Claire Bussert was 30-for-34 on digs and finished with 30 assists.

The Warriors were coming off a four-game loss Tuesday

at Catlin Gabel, which posted a four-game win over Warrenton, 25-23, 28-26, 22-25, 25-12.

Katelynn Blodgett served up six aces for the Warriors, with four kills. Sierra Lyons added five aces and 16 digs, while Bussert finished with 17 digs and seven kills.

Miethe led the attack with nine kills, and Morgan Blodgett tacked on five kills for Warrenton, which returns to action next Tuesday at Portland Christian.



Submitted Photo

Shane Spell is the new head coach for Seaside High School varsity swimming.

Spell hired as Seaside swim coach

The Daily Astorian

Shane Spell has been named as the new varsity swim coach at Seaside High School, Athletic Director Jason Boyd announced Wednesday.

Spell replaces Mike Kadi, who served as coach last year after Kadi had replaced Alex Reed following the 2014-15 season.

"Shane has been a cornerstone for youth in our community for years," Boyd said. "And as a former high school swimmer and youth swimming coach, brings a great deal of knowledge and excitement to the Seaside High School swim team."

Drive One 4 Astoria athletics

The Daily Astorian

Dane Gouge's Astoria Ford will be holding a "Drive One 4 UR School" event Saturday.

Ford Motor Co. and Astoria Ford will donate \$20 to Astoria High School athletics for every person from a unique household who test drives a new Ford vehicle.

The event starts at 9

a.m. at Astoria Ford, 710 W. Marine Drive.

Ford's Drive One 4 UR School program can help raise up to \$6,000 for Astoria High School to help support athletics. No purchase is necessary. In previous years, Astoria Ford has helped raise over \$50,000 for Astoria High School through the Ford Drive One 4 UR School program.

SCOREBOARD

PREP SCHEDULE

TODAY

Volleyball — Astoria at Banks, 7 p.m.; Seaside at Tillamook, 7 p.m.; City Christian at Knappa, 6 p.m.

Girls Soccer — Astoria at Seaside, 5:45 p.m.

Boys Soccer — Astoria at Seaside, 7:30 p.m.

FRIDAY

Football — Valley Catholic at Astoria, 7 p.m.; Scappoose at Seaside, 7 p.m.; Nestucca at Warrenton, 7 p.m.; Colton at Knappa, 7 p.m.; Toutle Lake at Ilwaco, 7 p.m.; Evergreen Lutheran at Naselle, 7 p.m.

SATURDAY

Volleyball — Seaside at Sisters Tournament, TBA

Cross Country — Nike Portland Invitational, 9:45 a.m.

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Cano's sacrifice fly lifts Seattle past Toronto 2-1 in 12 innings

By **JIM HOEHN**
Associated Press

SEATTLE — Robinson Cano finally quieted the sea of blue-clad Toronto fans that had turned Safeco Field into a home environment for the Blue Jays.

Cano delivered a sacrifice fly in the 12th inning as the Seattle Mariners avoided a sweep with 2-1 victory over Toronto on Wednesday, preventing the Blue Jays from extending their wild card lead.

"We've got to keep fighting," said Cano, as the Mariners won for the second time in six games to remain on the edge of the playoff chase. "Keep fighting, but at the same time, have fun. Not put pressure on us that we must win. Just play our game and keep battling."

Knuckleballer R.A. Dickey (10-15), who pitched five scoreless innings in his last start on Friday, came in on the 12th for his first relief appearance after 29 starts.

Guillermo Heredia reached on a two-base throwing error by third baseman Josh Donaldson to open the 12th. Ben Gamel followed with an attempted sacrifice bunt, and first baseman Ryan Goins appeared to have Heredia at third, but the ball popped out of Donaldson's glove on the tag.



AP Photo/Elaine Thompson

Seattle Mariners' Mike Zunino, left, holds Robinson Cano as other players douse Cano with water after his game-winning sacrifice fly against the Toronto Blue Jays in a baseball game Wednesday in Seattle. The Mariners won 2-1 in 12 innings.

"I thought it was a risky play, but I felt we had to do it, because it was important for us to win the ballgame," Heredia said through a translator. "As soon as I was at second base, I made up my mind that if he bunted the ball on the ground, regardless of where it was going, I was going to go to third base."

Cano then followed with a run-scoring fly to left, quieting the decidedly pro-Blue Jays crowd, bolstered for the third straight game by thousands of fans from western Canada.

"We were the benefactor of some miscues by them," Mariners manager Scott Servais said. "That happens, but

you've still got to finish them off. Robbie had a nice at bat. Didn't try to do too much. Just stay with the ball and take care of business."

Nick Vincent (4-4) pitched two scoreless innings for the win.

"It was just one of those things where we made a couple mistakes and that generally happens most times in extra-inning games," Toronto manager John Gibbons said.

After being blanked on two hits for eight innings, the Blue Jays tied it in the ninth on Jose Bautista's 19th home run, a one-out solo shot to left off hard-throwing rookie closer Edwin Diaz.

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