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Colin Murphey/The Daily Astorian

Portland Timbers player Darlington Nagbe, left, talks to students at the Warrenton Grade School on Monday as he and two other players visited the area as part of a community outreach program. The Timbers will face the New York Red Bulls this Friday in Portland. Find more photos online at DailyAstorian.com/sports

'PRETTY COOL'

TIMBERS PLAYERS VISIT THE NORTH COAST

By **KAELIA NEAL**
The Daily Astorian

When the Portland Timbers visited Providence Seaside Hospital and Warrenton Grade School Monday, children were given the chance to interact with their heroes.

As part of their sixth annual Rose City Road Trip, Timbers players Roy Miller, Darlington Nagbe and Lawrence Olum began their day visiting patients at Providence Seaside.

Later that morning at Warrenton Grade School, they helped make Buddy Benches, an international project that gives children a safe place to retreat.

To help with the benches, tree logs with Timbers logos were stenciled and ready for children to paint. Some logs will be attached to the Buddy Benches or hung in the hallways of the school.

"I think it's cool and it's good for kids to be here and paint with them," said 10-year-old Nayomi Holmstedt.

Her older brother, 14-year-old Dodger Holmstedt, said he is a Timbers fan, and that his experience helping to paint logs was "pretty cool."

Debbie Morrow, the chairwoman of the Warrenton-Hammond School Board, said a young boy and his hero — Olum — signed a log together.

"The fact that we have, in rural Clat-



Colin Murphey/The Daily Astorian

Seaside High School graduate and Portland Timbers staff member Kai Davidson gives her class a rundown on what to expect at a soccer clinic in Warrenton on Monday. The event was part of a community outreach effort on the part of the Timbers.

sop County, Portland Timbers coming out to hold a clinic for our kids is amazing," Morrow said. "Our kids will never forget this."

The benches will be placed in Warrenton, Astoria, Gearhart and Seaside.

"If you want a buddy, need a buddy, then be a buddy. That's really the premise

UP NEXT: TIMBERS

- New York Red Bulls (12-9-2) at Portland Timbers (9-9-7)
- Friday, 7 p.m. TV: FS1

of the buddy bench," Morrow said.

The Timbers players along with Timber Joey, the team's mascot, worked with children to help create the buddy benches.

"It's been great," Nagbe said.

He said a lot of the children asked him questions about who he is and what he does. "That's the best part — seeing how excited they get," Nagbe said.

"For all of us it's nice to be here," Miller said. "For me it's cool to be part of this project to be able to do this with the kids."

Miller said the children were happy to see them, and that he learns from them.

"This is motivation for us," he said.

Later Monday afternoon, a free soccer clinic was held at Warrenton Soccer Complex, followed by a question-and-answer session.

"How do you become a real soccer player?" a young girl asked. Nagbe explained that it takes hard work.

One boy asked Timber Joey, "Who's your favorite Timbers player?" He responded by saying, "Every player has a special place in my heart."

Orioles slam past slumping Mariners

Seattle loses 11-3

By **TIM BOOTH**
Associated Press

SEATTLE — Manny Machado didn't think it was possible to reach the second deck of Safeco Field's left field seats.

He proved himself wrong.

"Nah, no chance," Machado said. "Just good swings. Trying to get back into my routine, doing the things I need to do and I got a good pitch to hit."

Tim Beckham hit the first pitch of the game out for his first career leadoff homer, Machado hit the sixth grand slam of his career an inning later, and the Baltimore Orioles routed the Seattle Mariners 11-3 on Monday night.

Baltimore pounded Seattle's pitching, scoring double-digit runs for the second time in three games and the sixth time since the All-

UP NEXT: MARINERS

- Baltimore Orioles (59-60) at Seattle Mariners (59-61)
- Tonight, 7:10 p.m. TV: RTNW

Star break. Beckham got the Orioles started with his 16th homer, but it was Machado's slam that broke open the game as part of Baltimore's six-run second inning. Machado drove a 1-2 pitch into the first row of the second deck in left field for his 23rd home of the season and second grand slam in of the road trip.

Since July 30, Machado is hitting .386 with five home runs and 20 RBIs.

"You look at where he is statistically and where he was tells you how much he's been grinding," Baltimore manager Buck Showalter said. "... He's been really swinging the bat well for us. He's dug out of a big hole."

Goodell: Have to understand other side in anthem protests

By **JOSE M. ROMERO**
Associated Press

GLENDALE, Ariz. — Asked about players who did not stand for the national anthem before pre-season games, NFL Commissioner Roger Goodell said Monday that while the playing of the anthem is a special moment to him, "we also have to understand the other side."

Goodell made the comments at University of Phoenix Stadium during a 45-minute question-and-answer period with Arizona Cardinals club seat holders. One season ticket-holder, Bruce Olson, asked the commissioner whether players were going to continue to protest during the anthem and if anything could be done about it.

"It's one of those things where I think we have to understand that there are people that have different viewpoints," Goodell said. "The national anthem is a special moment to me. It's a point of pride. But we also have to understand the other side, that people

do have rights and we want to respect those."

Seattle Seahawks defensive end Michael Bennett sat on the visiting bench during the anthem before the preseason opener against the Los Angeles Chargers on Sunday, a decision he made before weekend protests by white supremacists in Charlottesville, Virginia. Bennett has said that the aim of his protest is to make people uncomfortable. In the process, he hopes to spur greater communication, understanding and involvement across racial, gender and socio-economic lines.

Oakland Raiders running back Marshawn Lynch sat on a cooler during the anthem Saturday night on the field at University of Phoenix Stadium. Los Angeles Rams defensive end Robert Quinn raised a fist before his team's game.

The fact that former San Francisco 49ers quarterback Colin Kaepernick is still looking for a team to play for after his kneel-down protests last sea-

son is also still a hot topic.

Goodell, without mentioning any of the players, said other players are taking the platform they have into local communities to create dialogue toward positive change.

"Protest to progress is what I call it, and we all have to recognize that if we want to see change, let's go out and try to make that change happen in a peaceful and important way," Goodell said.

Olson, who described himself as a season-ticket holder "since Day 1," said the commissioner "beat around the bush" on the issue. He said he'd like Goodell to take a tougher stance.

"The thing is, all he (Lynch) has to do is stand up for two minutes and he can still have whatever beliefs he wants. Go with what looks good for the game and to the people," Olson said. "He (Goodell) makes rules and, 'You do this, you do that,' why can't he just say 'You stand up. You can believe what you want or do what you want. Just stand up like a man.'"