

SPORTS

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Athletes of the Week



JAZZY KING
 Astoria

One of the newest additions to Astoria swimming is making a big splash in the pool. In last Saturday's Nygaard Invitational, King won two individual events and swam legs on two winning relays, helping the Astoria girls to the team win. Her time of 28.0 seconds was the best out of 27 entries in the 50 freestyle, and she won the 100 freestyle in 1:05.05, 12 seconds ahead of the second-place finisher. King is a senior transfer from Roseburg High School.



JOSH SHIPLEY
 Seaside

The junior had personal best times in winning two events at the Nygaard Invitational — 2:15.34 in the 200 individual medley (a three-second drop from his best time, and would have qualified him for last year's state meet); and 51.62 in the 100 freestyle, which would have placed him third in last year's district meet. Shipley also swam a leg on Seaside's winning 200 medley relay team.

The Daily Astorian

McCowan leads No. 5 Mississippi St. women over No. 9 Oregon

By DAVID BRANDT
 Associated Press

STARKVILLE, Miss. — Teaira McCowan completely dominated the first half. After the break, Victoria Vivians took over.

Mississippi State might not be quite as deep as it was last season during its run to the NCAA championship game. But the Bulldogs' stars proved they're more than capable of carrying the team during a marquee matchup.

McCowan scored a career-high 35 points and Vivians added 30 to lead No. 5 Mississippi State over No. 9 Oregon 90-79 on Wednesday night.

"Tonight we were pretty good, especially offensively," Mississippi State coach Vic Schaefer said. "I just think we're hard to deal with offensively. I think people are having a hard time guarding us right now."

Lillard leads Portland comeback past Miami

By STEVEN WINE
 Associated Press

MIAMI — The Trail Blazers and Heat began the night with identical records of 13-13, so a close game was to be expected.

For Damian Lillard to take over down the stretch was also no surprise.

The two-time All-Star guard scored seven of his 18 points in the final 3:16, and the Trail Blazers overcame a 16-point second-half deficit to break their five-game losing streak, beating Miami 102-95 on Wednesday night.

Lillard, who came into the game averaging 26.6 points, had only one field goal in the first 31 minutes because the Heat ganged up on him defensively.

"They were trying to show me a lot of attention, so I was just trying to make the right plays," he said. "But down the stretch I knew I would have to get aggressive."

Lillard converted a three-point play to put the Trail Blazers ahead to stay, 98-95, and sank two free throws on their next possession for a five-point lead.



AP Photo/Wilfredo Lee

Portland Trail Blazers guard Damian Lillard goes up for a shot against Miami Heat forward James Johnson and guard Wayne Ellington during Wednesday's game. Lillard scored seven of his 18 points in the final 3:16 as the Trail Blazers defeated the Heat 102-95.

SCOREBOARD

PREP SPORTS SCHEDULE

TODAY

Girls basketball — Clatskanie at Warrenton, 6 p.m.; Vernonia at Knappa, 6 p.m.; Jewell at Oregon School for the Deaf, 5:30 p.m.; Ilwaco at Raymond, 7 p.m.

Boys basketball — Clatskanie at Warrenton, 7:45 p.m.; Vernonia at Knappa, 7:45 p.m.

SEASIDE HOLIDAY CLASSIC

Today's schedule

(Game times are approximate)

Girls

1-Sisters vs. Newport
 4-Elma vs. Cottage Grove
 7-Crook County vs. Seaside

Boys

11:30 am-Montesano vs. Astoria
 2:30-Sisters vs. Newport
 5:30-Elma vs. Cottage Grove
 8:30-Madras vs. Seaside

FRIDAY

Girls basketball — Ilwaco at Life Christian, 5:45 p.m.

Boys basketball — Ilwaco at Life Christian, 7 p.m.

SATURDAY

Girls basketball — Western Menno-nite at Knappa, 2:30 p.m.

Boys basketball — Western Menno-nite at Knappa, 4:15 p.m.; Naselle at Winlock, 6 p.m.

GIRLS BASKETBALL

Jewell 53, Portland Waldorf 12

P.Waldorf 0 7 3 2-12

Jewell 22 10 15 6-53

PW (12): Grace Cromie 4, Emma Strader 4, Jack-Goulart 2, DeSentis 1, Davis 1.

JWL (53): Emma Guillen 19, Norman 9, G.Morales 8, Kaczanski 7, Shaw 6, A.Wammack 2, Park 2, N.Morales, R.Wammack, DeWees, Had-dock.

BOYS BASKETBALL

Jewell 27, Portland Waldorf 18

P.Waldorf 6 4 3 5-18

Jewell 4 9 12 2-27

PW (18): Keali McCarter 7, DeSantis 5, Bergroth 4, Strader 2.

JWL (27): Ben Stahly 14, R.Kane 6, Lyon 4, N.Kane 2, Meehan 1, Chronis-ter, Lilley, Berg, Nelson.

UP NEXT: BLAZERS

• Portland Trail Blazers (14-13) at Orlando Magic (11-18)
 • Friday, 4 p.m. TV: NSNW

Seahawks fortunate they're not missing more from defense

By TIM BOOTH
 Associated Press

RENTON, Wash. — The good news for the Seattle Seahawks is that no one on their defense was suspended for the chaos that ensued at the conclusion of their trip to Jacksonville.

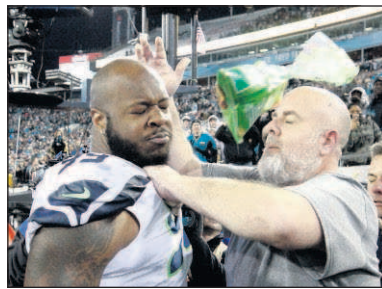
They still could be significantly undermanned heading into the most important game of the regular season to date.

The Seahawks might be down as many as five starters on defense from the start of the season going into Sunday's NFC West showdown with the first-place Los Angeles Rams. Seattle has learned how to play without defensive end Cliff Avril, cornerback Richard Sherman and safety Kam Chancellor as all three have been out for more than a month.

But last Sunday's loss at Jacksonville cost the Seahawks two of the more important remaining pieces. Linebackers Bobby Wagner (ham-string) and K.J. Wright (concussion) are both in question for the matchup with the Rams.

Seattle coach Pete Carroll said Wright is still going through concussion protocol, while Wagner wants to play but won't test the injury until later in the week.

It's a challenging scenario for



AP Photo/Stephen B. Morton

A Seattle Seahawks staff member tries to remove Seahawks defensive tackle Quinton Jefferson, left, from the field as an object thrown from the stands hits them during the closing moments of Sunday's game against the Jacksonville Jaguars in Jacksonville, Fla. Jacksonville won 30-24.

Seattle to be facing going against the No. 2 scoring offense in the NFL.

"We've been under it before many times. This doesn't seem that much different. We're not taking it any different. Our approach isn't any different. Next guy up and away we go," Carroll said Wednesday. "The guys have to rally around those guys as they step in and that's part of what you're calling for. Everyone has to rally."

It could have been far worse.

Seattle escaped potential major punishment against defensive line-

men Michael Bennett, Sheldon Richardson and Quinton Jefferson for their actions at the conclusion of last Sunday's loss to the Jaguars. Richardson and Jefferson were ejected, while Bennett's personal foul instigated the mayhem. The trio will likely be receiving large fines from the league but avoiding suspensions was a major boost for the Seahawks.

Jefferson's actions drew the most attention because of his brief attempt to climb a wall to go after fans who had thrown bottles at him as he was leaving the field following his ejection. Jefferson said Wednesday that the bottles plus a specific comment he heard about his mother set him off.

"It was even worse because my kids have seen it, my wife has seen it," Jefferson said. "She was upset about it and I felt even more upset for them because they had to watch that."

Jefferson met with Carroll on Monday and said it was difficult to watch the video of the incident.

"We talked some about it," Jefferson said. "It's just one of them things. It's unfortunate. You know you wish it didn't get that far, wish it didn't happen. But it's one of those things that happened. We've got to learn from it and we've got to move on from it, getting ready for LA."

SPORTS IN BRIEF

Jewell boys rally for victory over Portland Waldorf

JEWELL — The Jewell Blue Jays scored their first win of the season Wednesday night, a 27-18 nonleague victory over Portland Waldorf.

The Wolfpack led 6-4 after one quarter, but Jewell outscored the visitors 23-12 over the final three quarters.

Ben Stahly paced Jewell with 14 points, 12 rebounds and six steals, while Ryan Kane added six points and four assists.

Jewell lost a 60-31 decision to C.S. Lewis the night before, as Micah Grobey and Jacob More scored 21 points apiece for the Watchmen.

Stahly led the Jays with 20 points and nine rebounds.



Jewell girls pound Portland Waldorf, 53-12

JEWELL — The Jewell girls basketball team took a break from league play by hosting a nonleague contest Wednesday night with Portland Waldorf.

And the Lady Jays continued their winning ways, with an easy 53-12 win over the Wolfpack.

Jewell (5-1 overall) had more than enough points after just one quarter, leading 22-0 after eight minutes.

Portland Waldorf scored seven points in the second quarter, before the Jays answered with a 21-5 run in the second half.

Emma Guillen outscored the Wolfpack by herself, finishing with 19 points. Haley Norman added nine points and Gabi Morales scored eight, with eight rebounds.

The Jays spent much of the night taking the ball from the Wolfpack — Lilly Kaczanski had eight steals, while Morales and Norman each had six steals.

The Jays were coming off a league win over C.S. Lewis the night before, 39-17.

Guillen scored 20 points with 10 rebounds and four steals, and Morales added 13 points, eight boards and five steals. The two players played slightly more than one half, as Jewell led 27-8 at halftime.

— The Daily Astorian