

SPORTS

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Gary Henley/The Daily Astorian
Seaside's Alexander Teubner was selected for first-team offense and first-team defense.



Gary Henley/The Daily Astorian
Seaside quarterback Payton Westerholm was named honorable mention all-state.



Gary Henley/The Daily Astorian
Senior Travis Fenton was one of three Seaside offensive linemen named first team all-state.



Colin Murphey/The Daily Astorian
Astoria senior Justin Villa was selected as an all-state honorable mention receiver.

Seaside lands six on all-state team

Banks sweeps MVP awards
By GARY HENLEY
The Daily Astorian

The Cowapa League was well-represented in the 4A state championship football game (Banks vs. Seaside), and also on the recently released 4A all-state football team. Specifically, the Braves and Gulls combined for 12 of the 26 total first-team selections.

Among the 104 all-state first team, second team and honorable mention positions, state champion Banks had 11 selections, including several players who were named both all-state offense and defense.

Topping the list were Banks seniors Blake Markham and Hayden Gobel (the offensive and defensive players of the year, respectively), while the Braves' Cole Linehan was named coach of the year.

The Gulls finished with seven total selections, including four on the first-

team offense. Senior Alexander Teubner was one of two first-team running backs, after finishing the 2018 season with 2,420 yards rushing and 44 touchdowns.

Ironically, Markham was not named the offensive MVP of his own league — that honor went to Teubner, the Cowapa League's offensive player of the year for 2018.

Teubner spent much of his season running behind offensive line teammates such as seniors Travis Fenton, Isaias Jantes and Paxson VanNortwick — who were three of the five first-team all-state offensive linemen.

Joining those four was senior Payton Westerholm, an honorable mention quarterback.

Teubner was also named as a first-team defensive back, and senior Gio Ramirez was selected as a linebacker on the second-team defense.

Astoria's lone all-state selection was Justin Villa, a senior honorable mention receiver.

4A All-State Football
Offensive Player of the Year: Blake Markham, Banks
Defensive Player of the Year: Hayden Gobel, Banks
Coach of the Year: Cole Linehan, Banks

First Team Offense
QB: Hayden Vandehey, Sr., Banks
RB: Alexander Teubner, Sr., Seaside
RB: Chris Zakour, Sr., Mazama
WR: Erick Giffen, Sr., Cottage Grove
WR: Ben Hill, Sr., Gladstone
WR: Blake Markham, Sr., Banks
TE: Blake Gobel, Sr., Banks
C: Travis Fenton, Sr., Seaside
OL: Isaias Jantes, Sr., Seaside
OL: Jackson Simmons, Sr., Gladstone
OL: Greg Stump, Sr., Marshfield
OL: Paxson VanNortwick, Sr., Seaside
K: Jacob Slifka, Jr., Banks
First Team Defense
DL: Macoy Christman, Sr., Cascade
DL: Jackson Simmons, Sr., Gladstone
DL: Corey Stover, Sr., Marshfield

DL: Risdon White, Jr., Banks
LB: Hayden Gobel, Sr., Banks
LB: Jake Healy, Sr., Mazama
LB: Jagger Hogan, Sr., Klamath Union
LB: Nate Virtue, Sr., Sweet Home
DB: Erick Giffen, Sr., Cottage Grove
DB: Chase Howerton, Sr., Marshfield
DB: Blake Markham, Sr., Banks
DB: Alexander Teubner, Sr., Seaside
P: Erick Giffen, Sr., Cottage Grove
(Only Cowapa League players are listed for second team and honorable mention selections)
Second Team Defense
LB: Gio Ramirez, Sr., Seaside

Honorable Mention Offense
QB: Payton Westerholm, Sr., Seaside
WR: Justin Villa, Sr., Astoria
C: Andrew Nichols, Jr., Banks
OL: Isaac Flemmer, Sr., Valley Catholic
Honorable Mention Defense
LB: Bryson Cook, Jr., Banks
LB: Josiah Ochoa, Sr., Banks
DB: Gabe Streblow, Jr., Banks
P: Kaleb Boomer, Jr., Tillamook

Foot injury ends Bol's Oregon career after 9 games

Associated Press

EUGENE — Bol Bol's lone season at Oregon is over after nine games due to a left foot injury.

Bol announced on Twitter that his college career was over.

The son of late former NBA player Manute Bol, Bol was considered one of college basketball's top incoming freshman prior to the 2018-19 season and is projected as an NBA lottery pick.

Bol led the Ducks with 21 points, 9.6 rebounds and 2.7 blocked shots per game. He shot 56 percent from the floor and 52 percent from the 3-point arc, also leading the Ducks.

Bol missed Oregon's last four games due to the injury.

SCOREBOARD

PREP SPORTS SCHEDULE
TODAY
Girls basketball — Seaside at Estacada, 6 p.m.; Willamina at Warrenton, 6 p.m.; Jewell at Crosshill Christian, 5:30 p.m.; Ilwaco at Chief Leschi, 5:45 p.m.
Boys basketball — Seaside at Estacada, 7:30 p.m.; Willamina at Warrenton, 7:45 p.m.; Jewell at Crosshill Christian, 7 p.m.; Ilwaco at Chief Leschi, 7 p.m.
SATURDAY
Girls basketball — Astoria at Corbett, 2 p.m.; Stanfield at Knappa, 2 p.m.
Boys basketball — Astoria at Corbett, 3:30 p.m.; Stanfield at Knappa, 5 p.m.

Cowboys, Seahawks figure to focus on running game

By SCHUYLER DIXON
Associated Press

FRISCO, Texas — Ezekiel Elliott won his second NFL rushing title in three seasons for a Dallas offense that has been defined by the ground game for several years now.

Seattle takes the league's No. 1 rushing offense into a wild-card playoff against the Cowboys on Saturday night, led by Chris Carson, but with more help from others than your average pro backfield.

While receiver Amari Cooper's impact on the Dallas passing game was dramatic following a midseason trade, and Seattle's Russell Wilson again finished among the NFL leaders in passing touchdowns, both teams figure to try to control the second postseason meeting between these franchises with their running backs.

"We have a formula here," said Dallas right guard Zack Martin, who has made the Pro Bowl in all five of his seasons. "Usually if we win a game, we kind of stick to that formula. It's always a tough game against those guys. It's kind of a bone-on-bone game. We've got our work cut out for us."

Elliott finished with 1,434 yards while setting a club record for catches by a running back with 77, one more than Herschel Walker 32 years ago. His 2,001 yards from scrimmage were second to New York Giants rookie Saquon Barkley.

The 23-year-old former Ohio State star had the first 40-touch game of his career, a 29-23 overtime win against defending Super Bowl champion Philadelphia that all but wrapped up the NFC East for the Cowboys (10-6).

With the fourth seed in the



AP Photo/John Froschauer
Seattle Seahawks' Chris Carson carries against the Arizona Cardinals.

NFC WILD CARD
• Seattle Seahawks (10-6) at Dallas Cowboys (10-6)
• Saturday, 5:15 p.m. **TV: FOX**

playoffs locked up, the Cowboys sat Elliott in the regular-season finale against the New York Giants. Dak Prescott showcased his passing game with a rally for a 36-35 win, but that's unlikely to be the way Dallas advances in the postseason.

"Knowing going into these playoffs I'm going to have probably the heaviest workload I've had all season," Elliott said, "so great getting fresh and ready going into this last stretch of the season and ready for what they throw at me."

The Seahawks (10-6) will throw multiple backs at the Cowboys, starting with Carson. With

1,151 yards rushing, Carson became the club's first 1,000-yard rusher since Marshawn Lynch on Seattle's most recent Super Bowl qualifier in 2014.

Throw in Mike Davis (514 yards), Rashaad Penny (419) and Wilson (376), and the Seahawks have the first backfield with a 1,000-yard rusher and three with at least 300 yards since the 2001 Pittsburgh Steelers.

Seattle is averaging 160 yards rushing per game, while Dallas finished the regular season ranked 10th at 123.

"The offensive line has just really come into their own — No. 1 rush team in the NFL for us, which is something that we really wanted to do is to run the ball this year and also play-action and do our thing," Wilson said. "Those guys have been a big, big thing for us."

Former Blazers owner Weinberg dies at 92

Associated Press

PORTLAND — Larry Weinberg, one of the founders and original owners of the Portland Trail Blazers, has died. He was 92.

Weinberg's death was announced Wednesday by the American Israeli Public Affairs Committee.

Weinberg was one of four men who got the franchise started as an NBA expansion team in 1970 to the tune of \$3.7 million.

Weinberg, a veteran of World War II, real estate developer, and a pro-Israel activist, sold the team to the late Paul Allen in 1988 for \$70 million. In a tweet the Trail Blazers said the team "was saddened to hear of the passing of our original owner."

Oregon Sen. Ron Wyden said via Twitter that Weinberg was "a true mensch...and like many, I will mourn his passing."



AP Photo/Marty Lederhandler
NBA commissioner Larry O'Brien, right, shakes hands with Lawrence Weinberg, president of the Portland Trail Blazers, before a 1979 hearing in New York.