

# NFL Arizona heads to Seattle seeking NFC West supremacy

By **TIM BOOTH**  
Associated Press



In this Nov. 1, 2015, file photo, Arizona Cardinals quarterback Carson Palmer (3) passes under pressure from Cleveland Browns linebacker Paul Kruger (99) in the first half of an NFL football game, in Cleveland.

SEATTLE—There is still an obstacle standing in front of the Arizona Cardinals.

Even with a two-game lead in the NFC West at the midpoint of the season, the Cardinals have yet to prove they can topple the reigning division champions when the division race is still in question.

That opportunity comes on Sunday night when the Cardinals travel to Seattle to face the Seahawks.

A win by the Cardinals (6-2) would potentially wrap up the NFC West. A loss and the division race will be wide open.

“We were kind of in this position last year. We had a two-game lead on them and we stunk up the joint,” Arizona safety Tyrann Mathieu said. “So we know how important this game is for us. We know what this game means, not just right now but later on in the season.”

Arizona coach Bruce Arians was blunt that this is not a rivalry game yet. The Cardinals haven’t been successful enough against Seattle in recent years to proclaim the matchup as a rivalry.

That could change by late Sunday night. Two years ago, Arizona did the unexpected and won in Seattle on a day Carson Palmer threw four interceptions, providing the only blemish on the Seahawks home record.

If the Cardinals can pull off that accomplishment this time, they would give themselves a three-game over Seattle in the division race with seven games to go. While not insurmountable, it’s a difficult deficit to overcome.

That is the opportunity that awaits Arizona and the challenge in front of Seattle.

“We understand that they understand they have to take us off the top to beat us. That’s not going to be an easy

task coming into our home. We’re going to make sure we don’t let them do that,” Seattle linebacker Bobby Wagner said.

Last year the Cardinals were in a similar position, in control of the NFC West at the midpoint of the season before losing four of their final six games — including both games to Seattle — after Palmer went down with a season-ending knee injury.

He was just a spectator when Drew Stanton and Ryan Finley unsuccessfully tried to supplant the Seahawks out of the top spot in the division.

Palmer now comes to Seattle after one of the finest eight-game stretches of his career. He’s thrown 20 touchdowns and has a 110.6 passer rating, third in the league, helping to create the second-

best scoring offense in football.

Because of how Palmer and the Cardinals have played, there is a confidence that maybe was absent in

the past.

“Anytime we’re playing with him on the field, we feel like we can beat anybody anywhere,” Arians said. “We’ve been in most games with him.”

Seattle’s challenge is less about trying to stop Palmer’s group as it is getting an offense going that’s been more dismal than dynamic.

Russell Wilson is on pace to be sacked more than 60 times. Marshawn Lynch is matching his career low with a 3.6 yards per carry average. Seattle is 31st in the NFL in red zone touchdowns and has just 12 offensive touchdowns

total on the season.

Here’s what else to watch as the Seahawks and Cardinals meet for the 33rd time:

**PROTECTION PRIORITY:** After watching Wilson get sacked at a dizzying rate through seven games, the Seahawks offensive line kept Wilson protected in their previous game against Dallas. Seattle didn’t give up a sack in the 13-12 win over Dallas, the first time this season Wilson was not sacked.

Keeping Wilson clean against the Cardinals will be tough. The Cardinals had seven sacks against Wilson last season in Seattle and the complexity of their blitzes will challenge Seattle’s offensive line.

**RUN CHRIS RUN:** The resurgence of Chris Johnson has been an added element to Arizona’s offense. Johnson is third in the NFL with 676 yards rushing on his way to a 1,000-yard season and has rushed for 100 yards in two straight games. Seattle has not allowed a 100-yard rusher since Week 11 of last season.

**PICK PARTY:** Seattle’s vaunted secondary is still looking for a flurry of interceptions to come its way. The Seahawks are tied for last in the NFL with just three interceptions. Richard Sherman is still looking for his first after nearly coming up with a couple of interceptions against Dallas.

“We keep points off the board. We keep you from getting yards. I think we’re top two or three in most categories. So that’s really all the game comes down to,” Sherman said. “I mean, you get a lot of turnovers and giving up a bunch of points is not really worth it, is it?”

**PRIME TIME:** Seattle is 9-0 in home prime-time games — Thursday, Sunday and Monday — since Carroll took over in 2010. The previous time the Seahawks lost a home prime-time game was 2007 against New Orleans.

## College Roundup



AP Photo/Greg Wahl-Stephens

Oregon State’s Ruth Hamblin (44) and Gabriella Hanson (11) look to strip the ball from Longwood’s Kemari Jones (0) during the first half of an NCAA college basketball game in Corvallis, Ore., Friday Nov. 13, 2015.

# No. 10 Beavers open with rout

Associated Press

CORVALLIS — Jamie Weisner scored 24 points and No. 10 Oregon State routed Longwood 110-45 on Friday night the opener for both teams.

Weisner made three 3-pointers and also slashed to the basket.

Deven Hunter added 11 points and 10 rebounds, Sydney Wiese had 10 points and nine assists, and every player on the Oregon State roster scored. Before the game, the Beavers unveiled their Pac-12 regular-season championship banner.

Deborah Headen led the Lancers with nine points. Longwood was out-rebounded 54-18 and shot 22.6 percent, including 6 of 28 from 3-point range.

Oregon State shot 64.1 percent and had 29 assists. The game was tied at 13 in the first quarter before the Beavers went on an 11-0 run, with three 3-pointers. Oregon also scored 16 straight points in the second quarter, holding the Lancers scoreless for 7 minutes. At the half, the Beavers led 50-21.

The Beavers were picked to win the league again this season by the conference’s coaches and media. Oregon State returns four of its five starters, including Ruth Hamblin, a 6-foot-6 center who was an AP third-team All-American last year after averaging 12.9 points, 8.6 rebounds and 3.8 blocks. The Lancers, from the Big South Conference, return all of their starters from last season’s squad, including Raven Williams, who averaged 13.3 points to lead Longwood last season.

**EASTERN WASHINGTON 64, EASTERN OREGON 40** — At Cheney, Wash., the No. 14 Eastern Oregon University women’s basketball team was confined to just 10 field goals, and the Mountaineers fell to NCAA Division I opponent Eastern Washington in an exhibition contest on Friday afternoon.

EOU saw six points apiece from junior forward Ashley Knight, junior guard Bailey Schroeder, and sophomore guard Payton Parrish.

In addition, senior forward Nikki Osborne pulled down a game-high seven rebounds to go along with four points, two assists, and two steals. Maloree Moss added four points.

**Men’s Basketball OREGON 80, JACKSON STATE 52** — At Eugene, Tyler Dorsey scored 20 points in his Oregon debut and Dwayne Benjamin added 16 off the bench to lead the Ducks to an 80-52 non-conference victory over Jackson State on Friday night.

Dorsey, a freshman from Los Angeles, scored 18 points in the first half on 5-for-5 shooting from the field, including four spot-up 3-pointers, as the Ducks had little trouble containing the Tigers in the season opener for both teams. Dorsey also

had five rebounds and five assists.

Benjamin punctuated Oregon’s blazing 62.5 percent shooting in the first half with a rainbow 3-pointer from beyond half-court at the buzzer for a 46-30 halftime lead.

Paris Collins led all scorers with 21 points for Jackson State, capped by a breakaway dunk with 1:24 left to play. Chace Franklin added 11 points for the Tigers.

Oregon coach Dana Altman went nine deep with his rotation with his team on a 100-point pace after 10 minutes as the Ducks never trailed. Altman cleared his bench in the second half after the lead ballooned to a high of 34 points.

Elgin Cook had 11 points for Oregon and Dillon Brooks, who didn’t score in the first half, finished with 10. Brooks led the Ducks to a 38-33 edge in rebounds with six, and Treshawn Bolden had 10 to lead Jackson State.

Dorsey had 14 points and four assists in the opening 12 minutes in an early bid to fill the scoring role of Joseph Young, last season’s Pac-12 player of the year who’s now a rookie with the Indiana Pacers. Dorsey’s only miss in the first half came at the foul line, where he went 6 of 7 for the game.

**ARIZONA CHRISTIAN OREGON 81, OT** — At Las Vegas, Nevada, Trell Washington scored 23 points and Case Rada added 19 for Eastern Oregon (3-3), but it wasn’t enough to get past Arizona Christian in overtime of their first game at the Las Vegas Classic on Thursday.

Washington had a double-double with 14 rebounds and also had a team-high four assist. Tate De Laveaga added 10 points for EOU.

Chris Sterling scored 23 points to lead Arizona Christian and Jackson Helms added 20.

## Volleyball

**EASTERN OREGON 3, NORTHWEST 1** — At La Grande, three Mountaineers reached double digits in kills and Eastern Oregon reached the Cascade Collegiate Conference finals with a win on Friday night.

No. 4 seed Northwest (20-11) won the first set 25-19, but top seed Eastern Oregon (25-3) swept the next three 25-19, 25-20, 25-12.

Amanda Miller finished with 12 kills for a match high, Kasaundra Tuma added 11 and Emily Nay finished with 10.

Nay also led the match with six blocks, Rachele Chamberlain had a match-high 48 assists and Piper Cantrell led all defenders with 22 digs for EOU.

The Mountaineers will play No. 3 seed College of Idaho in the championship today at 4 p.m.

The Yotes upset No. 2 seed Souther Oregon in five sets on Friday with scores of 25-19, 19-25, 19-25, 25-16, 15-8.

## College Football

# Stanford can clinch Pac-12 North with win

By **JOSH DUBOW**  
Associated Press

STANFORD, Calif. — For decades, when it came to rivalries at Stanford there was nothing that could match the intensity of the annual season-ending game against California.

While the Big Game still is tops in terms of history with memories of The Play and battles for the prized Axe, when it comes to importance the Cardinal’s annual game against Oregon now takes top billing.

For the past five seasons, the winner between the Cardinal and Ducks has gone on to take the Pac-12 title. That could happen once again this year as No. 7 Stanford (8-1, 7-0, No. 7 CFP) can clinch the Pac-12 North by beating Oregon (6-3, 4-2 Pac-12) at home.

“We haven’t had as much history going back decades like we have with Cal,” linebacker Kevin Anderson said. “But recently it has been a bigger game because the Pac-12 North has been at

stake.”

The Ducks are mostly playing spoiler this year thanks to a stretch of three losses in five games earlier this season. They can still win the division by winning their final three games starting with Stanford and hoping the Cardinal lose at home to Cal next week.

What an Oregon win would do is put a serious dent in the Cardinal’s hope of making it into the College Football Playoff.

“We take all that into consideration,” Ducks receiver Dwayne Stanford said. “We’re trying to get to the Pac-12 championship and to do that we’ve got to win out and we need some luck.”

Here are some other things to watch when Oregon visits Stanford:

**CONTAINING ADAMS:** The top task for the Cardinal will be trying to contain Oregon’s dynamic quarterback Vernon Adams. Adams

has thrown for 887 yards and 10 TDs in three games since returning from a broken right index finger. His ability to extend plays with his legs and then beat teams with his arm has Cardinal coach David Shaw concerned.

“He’s like improvisational jazz,” Shaw said. “It just starts and you don’t know where it’s going to go or where it’s going to end. The last couple of weeks, it’s ended in the end zone quite a bit.”

**WILD CAFF:** Stanford has its own game-breaker on offense in Heisman Trophy hopeful Christian McCaffrey. The Cardinal launched a website this week promoting his candidacy (wildcaff.com) but it’s McCaffrey’s play that really states his case. McCaffrey leads the nation with 2,174 all-purpose yards and is on pace to break the mark of 3,250 yards Barry Sanders set in 11 games

on the way to winning the Heisman Trophy in 1988. McCaffrey has rushed for 1,207 yards, caught 28 passes for 325 more, gained 642 as a dangerous punt and kickoff returner and even threw a TD pass last week at Colorado.

“Give him the Heisman,” receiver Michael Rector said. “He deserves it. He’s over here doing things that we haven’t seen around here for a long time. He’s a special player.”

**RUNNING ROYCE:** If the Cardinal focus too much on Adams, running back Royce Freeman could do them in. Freeman has five straight 100-yard rushing games and is averaging 143 yards per game on the ground. Freeman gained 150 yards from scrimmage last year against Stanford. Shaw called Freeman a “game changer.”

“He’s a big, physical, bruising back,” Shaw said. “But at the same time he has long speed also and he has breakaway speed. He can make people miss in the open field and he can break tackles.”

# Oregon State often tough opponent for California

By **MICHAEL WAGAMAN**  
Associated Press

BERKELEY, Calif. — Quarterback Jared Goff doesn’t seem too concerned that time is running out for California to clinch a bowl bid.

With only three games left heading into Saturday night’s matchup with Oregon State, the Golden Bears need just one win to secure a spot in the postseason. That’s the same scenario coach Sonny Dykes’ team has been in for more than a month, only now the stakes are getting higher as the calendar winds down.

A once-promising 5-0 start has been muffled by

four consecutive losses that have threatened to wipe out Cal’s hopes of reaching the postseason for the first time since 2011.

If there is pressure on the Bears, Goff insists he isn’t feeling it.

“We played four really good teams and easily could have very easily won two of them,” Goff said. “I’m not looking for moral victories — no one is — but we understand that we are still a good team. We still have a really

good chance to finish this season with eight wins and go to a bowl game.”

The path to the postseason might not be as easy as

Goff thinks.

Although Oregon State (2-7, 0-6 Pac-12) is riding a six-game losing streak, the Beavers have historically played well on the road against the Bears.

Cal (5-4, 2-4 Pac-12) hasn’t beaten Oregon State at Memorial Stadium since 1997. The Bears defeated the Beavers in



**Oregon St. Beavers (2-7)**

• Saturday, 7:30 p.m.  
• at Memorial Stadium  
• TV: PACN



**Cal Golden Bears (5-4)**



**Oregon Ducks (6-3)**

• Saturday, 4:30 p.m.  
• at Stanford Stadium  
• TV: FOX



**Stanford Cardinal (8-1)**



**Arizona Cardinals (6-2)**

• Sunday, 5:30 p.m.  
• at CenturyLink Field  
• TV: NBC



**Seattle Seahawks (4-4)**