Coming off best season, Avril ready to face former team

SPORTS

By TIM BOOTH Associated Press

RENTON, Wash. — At this point, enough time has passed and enough turnover has taken place that most of the players Cliff Avril knew in Detroit have moved on.

That part of Avril's career seems a lifetime ago. Back when he was on the other end of the spectrum from what he's experienced in Seattle, going to the playoffs in each of his four seasons since landing with the Seahawks.

"A lot of guys are spoiled here," Avril said. "A lot of these guys have been every year they've been in the league. You may take it for granted from time to time. But I've been at the very bottom where you have no chance. You're probably packed up and gone home already at this point. So I definitely appreciate it for sure.

Avril's past and present will clash this week when the Seahawks host the Lions in the wild-card round of the NFC playoffs. It's another chapter in a career during which Avril has experienced the lowest of lows — a 0-16 season as a rookie in 2008 with the Lions and the ultimate success of winning a Super Bowl title in his first year



AP Photo/Scott Eklund, File

Coming off the best regular season of his career, Avril's past and present clash this week with the Seahawks hosting the Lions in the NFC playoffs.

after signing with the Seahawks in

This meeting with his former team comes after the best regular season of Avril's career. He finished with a career-best 11 ½ sacks, tied for sixth best in the NFL. He was selected for the Pro Bowl for the first time. He also discovered his philanthropic side.

It's been a year of growth for

Avril that now gets connected to

Detroit was a cool city to be in. I have nothing but love for the people of Detroit," Avril said Tuesday. "But football-wise we were just never able to win anything. But I had a great (defensive) line coach and I attribute a lot of the stuff I'm doing to him, helping me get the foundation of being able to rush

SCOREBOARD

NFC Wildcard



Lions

Seattle Seahawks (10-5-1)

(9-7)

 Saturday, 5:15 p.m. at Century Link Field • TV: NBC

and understanding how to rush." Since arriving in Seattle, Avril has steadily seen his play time, production and impact increase. During the 2015 season, Avril set a career high with 47 tackles in the regular season. This season it was the increase in sacks, teaming with Michael Bennett and Frank Clark as the Seahawks tied with Denver for the third-best pass rush in the NFL with 42 sacks.

"I wish I had his speed," Bennett said. "He's super-fast. I wish I could do the things he could do around the edge and that's pretty

The philanthropic part of Avril's career season came with the decision to build a house in Haiti for every sack he made in the wake of Hurricane Matthew, which blew through the island country in the early fall. Avril, whose family is of Haitian decent, had previously given back by helping to rebuild an elementary school through his charity. He added the housing project — roughly \$6,000 to \$6,500 per house — after being contacted by Baltimore's Elvis Dumervil, another player with Haitian heritage.

"They're mostly built and made to be able to be shelter for a hurricane, and earthquakes as well," Avril said. "The process of building it actually is local workers and basically kind of stimulates the economy a little bit as well, by doing it that way. ... It's a pretty cool little process. I can't wait to go out there next offseason to see the progression."

NOTES: Seattle signed long snapper Tyler Ott and placed long snapper Nolan Frese on injured reserve. Frese suffered a highankle sprain in Sunday's win over San Francisco, but coach Pete Carroll said Tuesday the team needed to make a move for this week. ... RB C.J. Prosise had a 'positive scan" on his fractured shoulder blade, an injury suffered in November, Carroll said. The hope is that Prosise may be able to practice next week if Seattle wins

this weekend.

Local Slate

BOYS PREP BASKETBALL

Mac-Hi at Riverside, 7 p.m. Echo at Nixyaawii, 7:30 p.m.

Friday Pilot Rock at Imbler, 3 p.m. Filot nook at Imbier, 3 p.m. Irrigon at Grant Union, 6:30 p.m. Dallas at Hermiston, 7 p.m. Helix at Cove, 7 p.m. Union at Heppner, 7:30 p.m. Weston-McEwen at Enterprise, 7:30 p.m. Mitchell/Spray at Arlington, 7:30 p.m. lone at Condon/Wheeler, 7:30 p.m. Joseph at Echo, 7:30 p.m. Nixyaawii at Powder Valley, 7:30 p.m

Saturday Mountain View at Hermiston, 3:45 p.m. Redmond at Pendleton, 4:30 p.m. Ontario at Mac-Hi, 4:30 p.m. Stanfield at Imbler, 5:30 p.m.
Pilot Rock at Enterprise, 5:30 p.m.
Elgin at Heppner, 5:30 p.m.
Arlington at South Wasco, 5:30 p.m. Condon/Wheeler at Horizon Christian (Hood River), 5:30 p.m. Sherman at Ione, 5:30 p.m. Helix at Powder Valley, 5:30 p.m.

GIRLS PREP BASKETBALL

Today Mac-Hi at Riverside, 6 p.m. Echo at Nixyaawii, 6 p.m.

Friday Irrigon at Grant Union, 5 p.m. Pilot Rock at Imbler, 6 p.m. Union at Heppner, 6 p.m.
Weston-McEwen at Enterprise, 6 p.m.
Helix at Cove, 6 p.m.
Mitchell/Spray at Arlington, 6 p.m.
Ione at Condon/Wheeler, 6 p.m.
Joseph at Echo, 6 p.m.

Nixyaawii at Powder Valley, 6 p.m. Saturday Hermiston at Mountain View, 2 p.m. Redmond at Pendleton, 2:45 p.m. Ontario at Mac-Hi, 3 p.m. Stanfield at Imbler, 4 p.m. Pilot Rock at Enterprise, 4 p.m. Filor Nock at Enterprise, 4 p.m.
Eligin at Heppner, 4 p.m.
Arlington at South Wasco, 4 p.m.
Condon/Wheeler at Horizon Christian
(Hood River), 4 p.m.
Sherman at Ione, 4 p.m.

Helix at Powder Valley, 4 p.m.

Invite (Joseph), 9 a.m.

PREP WRESTLING Friday-Saturday ppner, Echo at JoHi

SaturdayRiverside at Grandview (WA) Winter
Classic, 9 a.m.
Pendleton at Brunner Invitational (Dallas),

PREP SWIMMING Saturday

Pendleton, Hermiston at The Dalles Meet (at Hood River Aquatic Center), 10 a.m.

MEN'S COLLEGE BASKETBALL Friday Warner Pacific at Eastern Oregon, 7:30 p.m.

Saturday Blue Mountain at Big Bend, 4 p.m. Multnomah at Eastern Oregon, 7:30 p.m

WOMEN'S COLLEGE BASKETBALL Friday
Warner Pacific at Eastern Oregon, 5:30 p.m.

Saturday Blue Mountain at Big Bend, 2 p.m. Multnomah at Eastern Oregon, 5:30 p.m.

COLLEGE WRESTLING FridayEastern Oregon vs. Embry-Riddle (at

Menlo Duals), 6 p.m. Saturday
Eastern Oregon at Menlo Duals, TBD

Prep Scores BOYS BASKETBALL

Wednesday's Games Junction City 47, Southridge, British Westview 74, Century 68 Yamhill-Carlton 58, Gaston 40

GIRLS BASKETBALL Wednesday's Games
Barlow 60, Lakeridge 48
David Douglas 57, Wilson 49
Hood River 53, St. Helens 45
Molalla 56, Scappoose 42
POSTPONEMENTS AND CANCELLATIONS
Burgs vs. Ontario cod

Burns vs. Ontario, ccd. Nyssa vs. Parma, Idaho, ppd Football

Wild-card Playoffs

Saturday Oakland at Houston, 1:35 p.m. (ESPN) Detroit at Seattle, 5:15 p.m. (NBC)

Miami at Pittsburgh, 10:05 a.m. (CBS) N.Y. Giants at Green Bay, 1:40 p.m. (FOX) Divisional Playoffs Saturday, Jan. 14 Seattle, Green Bay or N.Y. Giants at

Atlanta 1:35 p.m. (EOX) Houston, Oakland or Miami at New England, 5:15 p.m. (CBS) Sunday, Jan. 15

Pittsburgh, Houston or Oakland at Kansas City, 10:05 a.m. (NBC) Green Bay, N.Y. Giants or Detroit at Dallas, 1:40 p.m. (FOX)

Bowl Glance Monday, Jan. 9

National Championship at Tampa, Fla. Alabama (14-0) vs. Clemson (13-1), 5:30

Basketball

EASTERN CONFERENCE Atlantic Division										
Atlantic Division	·w	L	Pct	GB						
Toronto	23	11	.676	_						
Boston	21	14	.600	21/2						
New York	16	19	.457	71/2						
Philadelphia	9	24	.273	131/2						
Brooklyn	8	25	.242	141/2						
Southeast Division										
	W	L	Pct	GB						
Charlotte	20	16	.556	_						
Atlanta	19	16	.543	1/2						
Washington	16	18	.471	3						
Orlando	16	21	.432	41/2						
Miami	11	26	.297	91/2						
Central Division										
	W	L	Pct	GB						
Cleveland	26	8	.765	_						
Milwaukee	18	16	.529	8						
I madi mana	10	10	EOO	0						

.500 9 .432 11½ WESTERN CONFERENCE Southwest Division W San Antonio .800 Houston Memphis New Orleans

Northwest Division Pct GB 14 15 22 21 22 21 Oklahoma City Portland

11 24 .314 101/2 Pacific Division 5 14 .861 .632

L.A. Clippers

15 13 11 .342 L.A. Lakers 25 25 Wednesday's Games Atlanta 111, Orlando 92 Charlotte 123, Oklahoma City 112

20 .429

Charlotte 123, Oklahoma City 11. Milwaukee 105, New York 104 Chicago 106, Cleveland 94 L.A. Clippers 115, Memphis 106 Miami 107, Sacramento 102 Golden State 125, Portland 117 Today's Games Brooklyn at Indiana, 4 p.m. Charlotte at Detroit, 4:30 p.m. Utah at Toronto, 4:30 p.m. Atlanta at New Orleans, 5 p.m.

Oklahoma City at Houston, 5 p.m. Phoenix at Dallas, 5:30 p.m. San Antonio at Denver, 6 p.m. L.A. Lakers at Portland, 7:30 p.m. Friday's Games
Houston at Orlando, 4 p.m.
Minnesota at Washington, 4 p.m.

Vollinesota at Washington, 4:30 p.m.
Philadelphia at Boston, 4:30 p.m.
New York at Milwaukee, 5 p.m.
L.A. Clippers at Sacramento, 7:30 p.m.
Memphis at Golden State, 7:30 p.m. Miami at L.A. Lakers, 7:30 p.m.

Men's Top 25 Wednesday's Games No. 18 Butler 66, No. 1 Villanova 58 No. 2 Baylor 65, Iowa State 63 No. 2 Daylor 03, lowa State 03 No. 8 Duke 110, Georgia Tech 57 No. 23 Notre Dame 77, No. 9 Louisville 70 No. 10 Creighton 85, St. John's 72 Pittsburgh 88, No. 11 Virginia 76 No. 15 Oregon 83, Washington 61 N.C. State 104, No. 21 Virginia Tech 78

N.C. State 104, No. 21 Virginia lech 78
Today's Games
No. 4 UCLA vs. California, 6 p.m.
No. 5 Gonzaga at San Francisco, 6 p.m.
No. 17 Arizona vs. Utah, 7 p.m.
No. 19 Saint Mary's vs. BYU, 8 p.m.
No. 20 Purdue at Ohio State, 4 p.m. No. 25 Southern Cal vs. Stanford, 8 p.m Friday's Games

Wednesday's Games No. 1 UConn 90, East Carolina 45 No. 2 Baylor 91, No. 17 West Virginia 56 No. 3 Maryland 93, Nebraska 49 No. 15 Texas 66, Kansas 54 No. 20 Oklahoma 85, Kansas State 80, OT No. 22 South Florida 62, Tulane 53 No. 23 DePaul 79, Creighton 65 Today's Games

Today's Games
No. 4 Mississippi State at Arkansas, 8 p.m.
No. 5 South Carolina at Auburn, 7 p.m.
No. 6 Florida State at North Carolina, 7 p.m.
No. 7 Notre Dame vs. Wake Forest, 7 p.m.
No. 8 Louisville at Virginia, 7 p.m. No. 13 Duke at Georgia Tech, 7 p.m.
No. 14 Miami at N.C. State, 7 p.m.
No. 14 Miami at N.C. State, 7 p.m.
No. 24 Kentucky vs. Missouri, 7 p.m.
Friday's Games
No. 9 UCLA at Washington State, 9 p.m.

No. 10 Stanford vs. Oregon, 11 p.m. No. 12 Washington vs. Southern Cal,

11 p.m. No. 19 Arizona State at Utah, 9 p.m. No. 20 California vs. No. 16 Oregon State,

NHL

EASTERN CONFERENCE											
Atlantic Division											
	GP	W	L	OT	Pts	GF	GΑ				
Montreal	39	24	9	6	54	119	90				
Ottawa	37	20	13	4	44	94	98				
Boston	40	20	16	4	44	95	97				
Toronto	37	17	12	8	42	113	109				
Tampa Bay	39	19	16	4	42	113	111				
Florida	39	16	15	8	40	93	108				
Detroit	38	16	17	5	37	93	109				
Buffalo	37	14	15	8	36	82	102				
Metropolitan Division											
	GP	W	L	OT	Pts	GF	GΑ				
Columbus	36	27	5	4	58	126	74				
Pittsburgh	38	25	8	5	55	133	107				
N.Y. Ranger	s41	27	13	1	55	141	103				
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5 51 105 83 5 45 118 125 7 39 95 101 7 39 92 115 6 36 104 113 Washington 37 23 9 Philadelphia 40 20 15 Carolina 37 16 14 New Jersey 39 16 16 N.Y. Islanders36 15 15 Central Division

GP W L OT Pts GF GA

GP W L U1 Pts Gr GA 40 23 1 2 5 51 109 98 36 23 9 4 50 113 76 38 20 13 5 45 108 111 41 19 19 3 41 113 122 39 16 15 8 40 100 117 37 16 14 7 39 103 102 38 12 25 1 25 77 129 Chicago 40 23 12 Minnesota 36 23 9 St. Louis 38 20 3 Vinnipeg 41 19 19 Dallas 39 16 15 Nashville 37 16 14

Pacific Division

GP W L OT Pts GF GA San Jose 38 23 13 2 48 95 82 Anaheim 40 20 12 8 48 109 109
 Edmonton
 39
 19
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 7
 45
 111
 104

 Calgary
 40
 21
 17
 2
 44
 109
 112

 Los Angeles
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 Vancouver
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 116

 Arizona
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 27
 82
 124

NOTE: Two points for a win, one point for

Wednesday's Games Winnipeg 4, Florida 1 Montreal 4, Dallas 3, OT N.Y. Rangers 5, Philadelphia 2 Calgary 4, Colorado 1 Vancouver 3, Arizona Anaheim 2, Detroit 0

Today's Games Columbus at Washington, 4 p.m. Edmonton at Boston, 4 p.m. Nashville at Tampa Bay, 4:30 p.m. Carolina at St. Louis, 5 p.m. Buffalo at Chicago, 5:30 p.m. Detroit at Los Angeles, 7:30 p.m. Minnesota at San Jose, 7:30 p.m.

Friday's Games Toronto at New Jersey, 4:30 p.m. Nashville at Florida, 4:30 p.m. Carolina at Chicago, 5:30 p.m. N.Y. Islanders at Colorado, 6 p.m. Arizona at Anaheim, 7 p.m Calgary at Vancouver, 7 p.m.

Transactions

BASEBALL

National League
MIAMI MARLINS — Agreed to terms with
1B Tyler Moore, LHP Kelvin Marte, OF Brandon
Barnes, SS Ryan Jackson and RHPs Juan Benitez and Javy Guerra on minor league contracts

BASKETBALL National Basketball Association
DETROIT PISTONS — Assigned F Henry

Ellenson to Grand Rapids (NBADL). MEMPHIS GRIZZLIES — Recalled FTroy Williams from Iowa (NBADL). PHILADELPHIA 76ERS — Waived F Hollis Thompson. Assigned F Richaun Holmes to Delaware (NBADL).

FOOTBALL
National Football League

National Football League
DALLAS COWBOYS — Waived G Ryan Seymour. Signed G Jonathan Cooper. Signed WR
Shaquelle Evans to the practice squad.
SEATTLE SEAHAWKS — Waived S Tyvis
Powell. Signed WR Devin Hester.
TENNESSEE TITANS — Fired wide receiv-

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100

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100

500 Antiques

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