

SCOREBOARD

LOCAL SLATE
TUESDAY, JAN. 8
Boys Basketball
 La Grande at Pendleton, 6:30 p.m.
 White Swan (WA) at Nixyaawii, 7 p.m.
 Arlington at Lone, 7:30 p.m.
 Irrigon at Umatilla, 7:30 p.m.
 Walla Walla at Hermiston, 7:30 p.m.
Girls Basketball
 Walla Walla at Hermiston, 5:45 p.m.
 White Swan (WA) at Nixyaawii, 5 p.m.
 Arlington at Lone, 6 p.m.
 Irrigon at Umatilla, 6 p.m.
 Pendleton at La Grande, 7 p.m.
WEDNESDAY, JAN. 9
Men's Basketball
 Blue Mountain at Treasure Valley, 6:30 p.m.
Boys Basketball
 Mac-Hi at Hood River Valley, 6:30 p.m.
Women's Basketball
 Blue Mountain at Treasure Valley, 4:30 p.m.
THURSDAY, JAN. 10
Boys Basketball
 Riverside at Irrigon, 7:30 p.m.
Girls Basketball
 Riverside at Irrigon, 6 p.m.
Boys Wrestling
 Hermiston vs. Hanford and Kamiakin, at Hanford, 6 p.m.
FRIDAY, JAN. 11
Boys Basketball
 Weston-McEwen at Pilot Rock, 6 p.m.
 Enterprise at Heppner, 6 p.m.
 Stanfield at Union, 6 p.m.
 La Grande at Mac-Hi, 6 p.m.
 Umatilla at Burns, 6:30 p.m.
 Pendleton at Hood River Valley, 6:30 p.m.
 Lone at Mitchell/Spray, 7:30 p.m.
 Echo at South Wasco County, 7:30 p.m.
 Imbler at Helix, 7:30 p.m.
 Nixyaawii at Cove, 7:30 p.m.
 Kennewick at Hermiston, 7:30 p.m.
Girls Basketball
 Umatilla at Burns, 5 p.m.
 Kennewick at Hermiston, 5:45 p.m.
 Lone at Mitchell/Spray, 7:30 p.m.
 Echo at South Wasco County, 6 p.m.
 Nixyaawii at Cove, 6 p.m.
 Helix at Imbler, 6 p.m.
 Weston-McEwen at Pilot Rock, 7:30 p.m.
 Stanfield at Union, 7:30 p.m.
 Enterprise at Heppner, 7:30 p.m.
 La Grande at Mac-Hi, 7:30 p.m.
 Hood River Valley at Pendleton, 6:30 p.m.
Girls Wrestling
 Hermiston at Othello, 5 p.m.
SATURDAY, JAN. 12
Boys Basketball
 Horizon Christian at Lone, 3 p.m.
 Wenatchee Valley at Blue Mountain, 4 p.m.
 Union at Heppner, 4 p.m.
 Grant Union at Weston-McEwen, 4 p.m.
 Enterprise at Stanfield, 4 p.m.
 Nixyaawii at Helix, 5:30 p.m.
 Condon/Wheeler at Echo, 5:30 p.m.
 Hermiston at Chiawana, 7:30 p.m.
Girls Basketball
 Wenatchee Valley at Blue Mountain, 2 p.m.
 Condon/Wheeler at Echo, 4 p.m.
 Nixyaawii at Helix, 4 p.m.
 Union at Heppner, 5:30 p.m.
 Enterprise at Stanfield, 5:30 p.m.
 Grant Union at Weston-McEwen, 5:30 p.m.
Boys Wrestling
 Farm City Invitational (Hermiston)
 Pendleton at Colton Holly Memorial Tournament, Wilsonville, 10:30 a.m.
Girls Wrestling
 Hermiston at Othello, 10 a.m.

NFL PLAYOFF GLANCE
WILD-CARD PLAYOFFS
Saturday, Jan. 5
 Indianapolis 21, Houston 7
 Dallas 24, Seattle 22
Sunday, Jan. 6
 L.A. Chargers 23, Baltimore 17
 Philadelphia 16, Chicago 15
DIVISIONAL PLAYOFFS
Saturday, Jan. 12
 Indianapolis at Kansas City, 1:35 p.m. (NBC)
 Dallas at L.A. Rams, 5:15 p.m. (FOX)
Sunday, Jan. 13
 Los Angeles Chargers at New England, 10:05 a.m. (CBS)
 Philadelphia at New Orleans, 1:40 p.m. (FOX)
NBA STANDINGS
EASTERN CONFERENCE

Atlantic	W	L	Pct	GB
Toronto	30	12	.714	—
Philadelphia	26	14	.650	3
Boston	24	15	.615	4½
Brooklyn	20	22	.476	10
New York	10	30	.250	19
Southeast	W	L	Pct	GB
Miami	19	19	.500	—
Charlotte	19	20	.487	½
Orlando	17	23	.425	3
Washington	16	24	.400	4
Atlanta	12	27	.308	7½
Central	W	L	Pct	GB
Milwaukee	28	11	.718	—
Indiana	26	13	.667	2
Detroit	17	21	.447	10½
Chicago	10	30	.250	18½
Cleveland	8	32	.200	20½

West	W	L	Pct	GB
Houston	23	16	.590	—
San Antonio	24	17	.585	—
New Orleans	19	22	.463	5
Memphis	18	22	.450	5½
Dallas	18	22	.450	5½
Northwest	W	L	Pct	GB
Denver	26	12	.684	—
Oklahoma City	25	14	.641	1½
Portland	24	17	.585	3½
Utah	20	21	.488	7½
Minnesota	19	21	.475	8
Pacific	W	L	Pct	GB
Golden State	26	14	.650	—
L.A. Clippers	23	16	.590	2½
L.A. Lakers	22	19	.537	4½
Sacramento	20	20	.500	6
Phoenix	9	32	.220	17½

WESTERN CONFERENCE

Southwest	W	L	Pct	GB
Houston	23	16	.590	—
San Antonio	24	17	.585	—
New Orleans	19	22	.463	5
Memphis	18	22	.450	5½
Dallas	18	22	.450	5½
Northwest	W	L	Pct	GB
Denver	26	12	.684	—
Oklahoma City	25	14	.641	1½
Portland	24	17	.585	3½
Utah	20	21	.488	7½
Minnesota	19	21	.475	8
Pacific	W	L	Pct	GB
Golden State	26	14	.650	—
L.A. Clippers	23	16	.590	2½
L.A. Lakers	22	19	.537	4½
Sacramento	20	20	.500	6
Phoenix	9	32	.220	17½

Sunday's Games
 Brooklyn 117, Chicago 100
 L.A. Clippers 106, Orlando 96
 Minnesota 108, L.A. Lakers 86
 Atlanta 106, Miami 82
 Washington 116, Oklahoma City 98
 Toronto 121, Indiana 105
 Charlotte 119, Phoenix 113
Monday's Games
 San Antonio 119, Detroit 107
 Boston 116, Brooklyn 95
 Houston 125, Denver 113
 Milwaukee 114, Utah 102
 New Orleans 114, Memphis 95
 L.A. Lakers 107, Dallas 97
 Portland 111, New York 101
 Sacramento 111, Orlando 95
Tuesday's Games
 Indiana at Cleveland, 4 p.m.
 Washington at Philadelphia, 4 p.m.
 Atlanta at Toronto, 4:30 p.m.
 Denver at Miami, 4:30 p.m.
 Minnesota at Oklahoma City, 5 p.m.
 Sacramento at Phoenix, 6 p.m.
 Charlotte at L.A. Clippers, 7:30 p.m.
 New York at Golden State, 7:30 p.m.

NHL STANDINGS
EASTERN CONFERENCE
Atlantic

GP	W	L	OT	Pts	GF	GA	
Tampa Bay	42	32	8	2	66	176	124
Toronto	42	27	13	2	56	152	117
Boston	42	24	14	4	52	122	110
Buffalo	42	22	14	6	50	120	120
Montreal	43	22	16	5	49	131	133
Florida	40	17	16	7	41	130	142
Detroit	44	16	21	7	39	124	151
Ottawa	43	15	23	5	35	136	172

Metropolitan

GP	W	L	OT	Pts	GF	GA	
Washington	41	25	12	4	54	144	121
Pittsburgh	42	23	13	6	52	147	122
Columbus	41	24	14	3	51	135	126
N.Y. Islanders	40	23	13	4	50	121	107
Carolina	41	19	17	5	43	108	118
N.Y. Rangers	41	17	17	7	41	114	141
New Jersey	41	16	18	7	39	122	137
Philadelphia	42	15	21	6	36	116	151

WESTERN CONFERENCE
Central

GP	W	L	OT	Pts	GF	GA	
Nashville	44	26	15	3	55	135	109
Winnipeg	41	26	13	2	54	139	116
Colorado	42	20	14	8	48	144	129
Dallas	43	22	17	4	48	116	116
Minnesota	41	21	17	3	45	119	114
Chicago	45	16	22	7	39	131	163
St. Louis	40	17	19	4	38	113	129
Pacific	GP	W	L	OT	Pts	GF	GA
Calgary	44	27	13	4	58	157	126
Vegas	45	26	15	4	56	136	119
San Jose	44	24	13	7	55	153	136
Anaheim	43	19	17	7	45	104	127
Vancouver	45	20	21	4	44	128	143
Edmonton	42	20	19	3	43	118	131
Arizona	42	18	21	3	39	108	118
Los Angeles	44	17	24	3	37	99	130

 NOTE: Two points for a win, one point for overtime loss. Top three teams in each division and two wild cards per conference advance to playoffs.ɪmp;
Sunday's Games
 Carolina 5, Ottawa 4
 Arizona 5, N.Y. Rangers 0
 Vegas 3, New Jersey 2
 Washington 3, Detroit 2
 Winnipeg 5, Dallas 1
 Edmonton 4, Anaheim 0
 Chicago 5, Pittsburgh 3
Monday's Games
 Nashville 4, Toronto 0
 St. Louis 3, Philadelphia 0
 Minnesota 1, Montreal 0
 Calgary 4, Chicago 3
 San Jose 3, Los Angeles 1
Tuesday's Games
 Minnesota at Boston, 4 p.m.
 Carolina vs. N.Y. Islanders, 4 p.m.
 Florida at Pittsburgh, 4 p.m.
 New Jersey at Buffalo, 4 p.m.
 Philadelphia at Washington, 4:30 p.m.
 Columbus at Tampa Bay, 4:30 p.m.
 Montreal at Detroit, 4:30 p.m.
 Dallas at St. Louis, 5 p.m.
 Colorado at Winnipeg, 5 p.m.
 N.Y. Rangers at Vegas, 7 p.m.
 Edmonton at San Jose, 7:30 p.m.
Wednesday's Games
 Nashville at Chicago, 5 p.m.
 Colorado at Calgary, 6:30 p.m.
 Ottawa at Anaheim, 7 p.m.
Thursday's Games
 Nashville at Columbus, 4 p.m.
 N.Y. Islanders at N.Y. Rangers, 4 p.m.
 Washington at Boston, 4 p.m.
 Toronto at New Jersey, 4 p.m.
 Dallas at Philadelphia, 4 p.m.
 Carolina at Tampa Bay, 4:30 p.m.
 Montreal at St. Louis, 5 p.m.
 Winnipeg at Minnesota, 5 p.m.
 Florida at Edmonton, 6 p.m.
 Arizona at Vancouver, 7 p.m.
 San Jose at Vegas, 7 p.m.
 Ottawa at Los Angeles, 7:30 p.m.

Jusuf Nurkic paces Portland in 111-101 victory over Knicks

By ANNE M. PETERSON
Associated Press

PORTLAND — Jusuf Nurkic had 20 points for his fourth straight game with 20 or more and the Portland Trail Blazers beat the New York Knicks 111-101 on Monday night.

NBA




Portland 111

New York 101

Damian Lillard added 17 points and nine assists for Portland, which has won four of five. CJ McCollum also had 17 points.

Enes Kanter came off the bench with 18 points and 14 rebounds for his third straight double-double for the Knicks, who have lost nine of 10.

The teams played a lackluster first half, but Portland pulled away in the third quarter, stretching the lead to 18 points at one point.

The Blazers led 54-53 at halftime. The top scorer at the break was Mario Hezonja, who had 12 points off the bench for the Knicks.

Jake Layman started for Portland in the second half and the team announced that Maurice Harkless wouldn't return because of left knee soreness.

The Blazers started to pull away in the third quarter, jumping to a 65-55 lead. But they were stung when Nurkic collected his fourth foul and had to head for the bench with 6:14 left in the period.

Still, Portland had the momentum and went up 80-67 after Lillard's 3-pointer.

Nurkic finished with eight rebounds, shy of his 21st double-double of the season.

Lament, regret after Seahawks ousted early from playoffs

By TIM BOOTH
Associated Press

RENTON, Wash. — Now that it's over, Russell Wilson's belief in the comparison of where the Seattle Seahawks were during his rookie season in 2012 and this season has only grown stronger.

NFL WILD CARD




Dallas 24

Seattle 22

Seattle fans can only hope Wilson is correct in his vision because, if so, 2019 could end up being a special year for the Seahawks.

"It makes you a little sick to wake up this morning and know you don't get to compete with your guys today," Wilson said Sunday, a day after a 24-22 wild-card round loss at Dallas. "It's part of the journey. I look at this season very similar, as I've said 100 times over to you guys, like 2012 a lot. We weren't able to beat Atlanta at Atlanta, but coming off the field, we felt like great things were in store."

"We feel like with this

team great things are in store."

While there was a healthy dose of optimism as the Seahawks packed up their lockers Sunday, there also was a level of regret after Seattle lost its opening game of the playoffs for the first time since January 2005. The loss to the Cowboys on Saturday was littered with missed chances and what-ifs all around.

Whether it was an offensive game plan that was seemingly too stubborn to make adjustments away from the run, a defense that gave up a handful of big plays in the fourth quarter, or the special teams issues,

the Seahawks were left with plenty to lament about the loss.

"It's still frustrating, especially watching football and knowing you still could be competing," Seattle linebacker Bobby Wagner said. "We had to do a little bit more to win the game and we didn't do enough."

Seattle's loss was the first time it dropped its opening playoff game since losing to St. Louis in the NFC wild-card game after the 2004 season. Whether it was the wild-card or divisional round, Seattle had won at least one game in nine straight postseasons until losing to the Cowboys.

A major issue was the struggles on offense as the best running team in the NFL couldn't get going against a stingy Cowboys front. Seattle had just 73 yards rushing against Dallas and seemed almost determined to run no matter the success rate.

Alzheimer's Disease and Dementia ARE YOU AT RISK?

According to a new study by Johns Hopkins University School of Medicine and the National Institute on Aging, men and women with hearing loss are much more likely to develop dementia and Alzheimer's disease. People with severe hearing loss, the study reports, were 5 times more likely to develop dementia than those with normal hearing.

Have you noticed a change in your ability to remember?
"The more hearing loss you have, the greater the likelihood of developing dementia or Alzheimer's disease. Hearing aids could delay or prevent dementia by improving the patient's hearing."

-2011 Study by Johns Hopkins University School of Medicine and the National Institute on Aging

IS IT TIME FOR A HEARING TEST? TAKE THIS QUIZ TO FIND OUT...

Do you feel that people mumble or do not speak clearly?
 Do you turn the TV up louder than others need to?
 Do family or friends get frustrated when you ask them to repeat themselves?

Do you have trouble understanding the voices of women and small children when they are speaking?
 Is it hard to follow the conversation in noisy places like parties, crowded restaurants or family get-togethers?

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Offer ends January 11, 2019

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 Hermiston, OR 97838
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Pendleton:
 125 SE Court Ave. Ste. #6
 Pendleton, OR 97801
 541-224-8661

Hearing tests are always free. Hearing test is an audiometric test to determine proper amplification needs only. Hearing Aids do not restore natural hearing. Individual experiences will vary depending on severity of loss, accuracy of evaluation by our Consultant, proper fit, and the ability to adjust amplification. If you are not completely satisfied, the aids must be returned within 30 days of the completion of fitting, in satisfactory condition for a full refund.