

# Sounders open preseason camp with notable absences

By **TIM BOOTH**  
Associated Press

TUKWILA, Wash. — For the first time in franchise history, Osvaldo Alonso wasn't on the roster as the Seattle Sounders opened preseason camp. For the first time since 2014, neither was Clint

Dempsey. The process of saying farewell to a number of key figures from the first decade of Seattle's existence has been ongoing for several seasons. But those two notable absences on the first day of camp Tuesday seemed to emphasize the changes that have

taken place for a team that's remained among the MLS elite.

While the Sounders are moving on from Alonso and Dempsey — Alonso is now with Minnesota United while Dempsey retired last summer — the club welcomed back a healthy Jordan Morris.

## SCOREBOARD

**LOCAL SLATE**

**TUESDAY, JAN. 22**

**Boys Basketball**  
Mac-Hi at Elgin, 6 p.m.  
Mitchell/Spray at Lone, 7:30 p.m.  
Irrigon at Riverside, 7:30 p.m.

**Girls Basketball**  
Mac-Hi at Elgin, 5 p.m.  
Irrigon at Riverside, 6 p.m.  
Mitchell/Spray at Lone, 6 p.m.

**WEDNESDAY, JAN. 23**

**Men's Basketball**  
Blue Mountain at Walla Walla, 7:30 p.m.

**Women's Basketball**  
Blue Mountain at Walla Walla, 5:30 p.m.

**Boys Wrestling**  
Hood River Valley at Pendleton, 7 p.m.

**THURSDAY, JAN. 24**

**Boys Basketball**  
Umatilla at Irrigon, 7:30 p.m.

**Girls Basketball**  
Umatilla at Irrigon, 6 p.m.

**Boys Wrestling**  
Walla Walla at Hermiston, 7 p.m.

**Girls Wrestling**  
Walla Walla at Hermiston, 6 p.m.

**FRIDAY, JAN. 25**

Stanfield at Heppner, 6 p.m.  
Enterprise at Weston-McEwen, 6 p.m.  
Echo at Horizon Christian, 6:30 p.m.  
Pendleton at The Dalles, 6:30 p.m.  
Hanford at Hermiston, 7 p.m.  
lone at Dufur, 7:30 p.m.  
Helix at Joseph, 7:30 p.m.  
Grant Union at Pilot Rock, 7:30 p.m.  
Riverside at Umatilla, 7:30 p.m.

**Girls Basketball**  
Hanford at Hermiston, 5:30 p.m.  
Dufur at lone, 6 p.m.  
Helix at Joseph, 6 p.m.  
Grant Union at Pilot Rock, 6 p.m.  
Riverside at Umatilla, 6 p.m.  
The Dalles at Pendleton, 6:30 p.m.  
Stanfield at Heppner, 7:30 p.m.  
Enterprise at Weston-McEwen, 7:30 p.m.

**Boys Wrestling**  
Mac-Hi/Weston-McEwen at Ontario, 1 p.m.

**Girls Wrestling**  
Riverside at Hood River Valley, 12 p.m.

**SATURDAY, JAN. 26**

**Boys Basketball**  
Baker at Mac-Hi, 3 p.m.  
Pilot Rock at Stanfield, 4 p.m.  
Heppner at Grant Union, 5:30 p.m.  
Hermiston at Richland, 5:45 p.m.

**Men's Basketball**  
Blue Mountain at Big Bend, 4 p.m.

**Women's Basketball**  
Blue Mountain at Big Bend, 2 p.m.

**Girls Wrestling**  
Riverside at Hood River Valley, 12 p.m.

**NFL**

**CONFERENCE CHAMPIONSHIPS**

**Sunday, Jan. 20**

**NFC:** L.A. Rams 26, New Orleans 23, (OT)  
**AFC:** New England 37, Kansas City 31, (OT)

**PRO BOWL**

**Sunday, Jan. 27, at Orlando, Fla.**  
AFC vs. NFC, noon (ABC/ESPN)

**SUPER BOWL**

**Sunday, Feb. 3, at Atlanta**  
New England vs. L.A. Rams, 3:30 p.m. (CBS)

**NBA**

**EASTERN CONFERENCE**

Atlantic	W	L	Pct	GB
Toronto	36	13	.735	—
Philadelphia	31	17	.646	4½
Boston	29	18	.617	6
Brooklyn	25	23	.521	10½
New York	10	35	.222	24

**Southeast**

W	L	Pct	GB	
Miami	22	23	.489	—
Charlotte	22	24	.478	½
Washington	20	26	.435	2½
Orlando	20	27	.426	3
Atlanta	14	32	.304	8½

**Central**

W	L	Pct	GB	
Milwaukee	34	12	.739	—
Indiana	31	15	.674	3
Detroit	20	26	.435	14
Chicago	11	36	.234	23½
Cleveland	9	39	.188	26

**WESTERN CONFERENCE**

Southwest	W	L	Pct	GB
Houston	26	20	.565	—
San Antonio	27	21	.563	—
New Orleans	22	25	.468	4½
Dallas	21	26	.447	5½
Memphis	19	28	.404	7½

**Northwest**

W	L	Pct	GB	
Denver	31	14	.689	—
Oklahoma City	29	18	.617	3
Portland	29	20	.592	4
Utah	26	22	.542	6½
Minnesota	23	24	.489	9

**Pacific**

W	L	Pct	GB	
Golden State	33	14	.702	—
L.A. Clippers	25	22	.532	8
L.A. Lakers	25	23	.521	8½
Sacramento	24	24	.500	9½
Phoenix	11	38	.224	23

**Tuesday's Games**

Toronto 120, Sacramento 105  
Oklahoma City 123, Portland 114  
Dallas 106, L.A. Clippers 98  
Minnesota 118, Phoenix 91

**Wednesday's Games**

Toronto at Indiana, 4 p.m.  
Cleveland at Boston, 4:30 p.m.  
Houston at New York, 4:30 p.m.  
L.A. Clippers at Miami, 4:30 p.m.  
Orlando at Brooklyn, 4:30 p.m.  
Atlanta at Chicago, 5 p.m.  
Charlotte at Memphis, 5 p.m.  
Detroit at New Orleans, 5 p.m.  
San Antonio at Philadelphia, 5 p.m.  
Denver at Utah, 7:30 p.m.

**Thursday's Games**

Golden State at Washington, 5 p.m.  
New Orleans at Oklahoma City, 5 p.m.  
Portland at Phoenix, 6 p.m.  
Minnesota at L.A. Lakers, 7:30 p.m.

**Friday's Games**

Washington at Orlando, 4 p.m.  
Miami at Cleveland, 4:30 p.m.  
New York at Brooklyn, 4:30 p.m.  
L.A. Clippers at Chicago, 5 p.m.  
Sacramento at Memphis, 5 p.m.  
Toronto at Houston, 5 p.m.  
Charlotte at Milwaukee, 5:30 p.m.  
Detroit at Dallas, 5:30 p.m.  
Minnesota at Utah, 6 p.m.  
Phoenix at Denver, 6 p.m.

**NHL**

**EASTERN CONFERENCE**

Atlantic	GP	W	L	OT	Pts	GF	GA
Tampa Bay	49	37	10	2	76	199	140
Toronto	48	29	17	2	60	168	137
Boston	49	27	17	5	59	143	128
Montreal	50	27	18	5	59	152	148
Buffalo	48	24	18	6	54	140	144
Florida	48	20	20	8	48	152	170
Detroit	51	19	25	7	45	145	172
Ottawa	50	19	26	5	43	156	187

**Metropolitan**

GP	W	L	OT	Pts	GF	GA	
N.Y. Islanders	49	29	15	5	63	147	122
Washington	49	27	16	6	60	168	156
Columbus	48	28	17	3	59	154	146
Pittsburgh	48	26	16	6	58	169	146
Carolina	49	23	20	6	52	135	147
N.Y. Rangers	48	21	20	7	49	139	164
Philadelphia	48	19	23	6	44	139	169
New Jersey	48	18	23	7	43	140	164

**WESTERN CONFERENCE**

**Central**

GP	W	L	OT	Pts	GF	GA	
Winnipeg	48	31	15	2	64	167	134
Nashville	51	29	18	4	62	159	134
Minnesota	49	25	21	3	53	137	140
Dallas	49	24	21	4	52	126	128
Colorado	49	22	19	8	52	167	157
St. Louis	48	21	22	5	47	134	148
Chicago	51	18	24	9	45	156	190

**Pacific**

GP	W	L	OT	Pts	GF	GA	
Calgary	51	33	13	5	71	190	145
San Jose	52	29	16	7	65	187	167
Vegas	51	29	18	4	62	156	138
Vancouver	50	23	21	6	52	145	156
Anaheim	50	21	20	9	51	119	148
Arizona	49	23	22	4	50	131	140
Edmonton	50	23	24	3	49	144	163
Los Angeles	50	20	26	4	44	114	150

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.

**Tuesday's Games**

St. Jose 7, Washington 6, OT  
Arizona 3, Ottawa 2  
Chicago 3, N.Y. Islanders 2, SO  
Detroit 3, Edmonton 2  
Calgary 3, Carolina 2, OT

**Wednesday's Games**

Arizona at Montreal, 4:30 p.m.  
Washington at Toronto, 4:30 p.m.  
Minnesota at Colorado, 6:30 p.m.  
Nashville at Vegas, 7 p.m.  
St. Louis at Anaheim, 7 p.m.  
Carolina at Vancouver, 7:30 p.m.

# Well-traveled QB Minshew hoping to find NFL home

By **JOHN ZENOR**  
Associated Press

MOBILE, Ala. — Gardner Minshew carved his own meandering path from walk-on to NFL prospect.

He began as a walk-on at Troy, took a sharp left to junior college, bounced over to East Carolina, made a beeline toward Alabama and finally ended with one terrific final season at Washington State.

"I kind of took the long way around," Minshew said Tuesday.

Whatever the route, the nomadic Minshew has landed in the Senior Bowl, along with quarterbacks like Duke's Daniel Jones, West Virginia's Will Grier and Missouri's Drew Lock.

His goal remains the same: A chance to be a starting quarterback.

He got another shot after enrolling as a graduate transfer at Washington State in June, some six months after graduating from East Carolina.

Minshew made the most of his time in the Northwest. He won the 2018 Johnny Unitas Golden Arm Award as the nation's top senior or fourth-year junior quarterback. Minshew led the nation in passing yards (367.6) while also finishing in the top 5 with 38 touchdowns and a 70.7 percent completion rate.

His 4,779 yards set a Pac-12 Conference record. Minshew managed to fit in well with his new teammates at Washington State despite that late arrival, left tackle Andre Dillard said.

"There's something special about that guy, for sure," said Dillard, who's also playing in the Senior Bowl. "He just has this energy and vibe about him that make others around him want to be better



AP Photo/Butch Dill  
**South quarterback Gardner Minshew II of Washington State (16) roll out to pass during practice for Saturday's Senior Bowl college football game Tuesday in Mobile, Ala.**

people in general and football players."

Minshew is sporting a full beard at the Senior Bowl, but previously his facial hair earned him the nickname the Mississippi Mustache. Cougars fans started posting selfies sporting fake mustaches.

Minshew enrolled at Troy in January 2015 as a walk-on, saying a scholarship offer had been withdrawn after a coaching change. He left for Northwest Mississippi Community College after spring practices, with Brandon Silvers holding down the starting job.

He then spent two seasons at East Carolina, where he started two games as a sophomore and passed for 2,140 yards and 16 touchdowns as a junior.

Senior Bowl executive director Jim Nagy puts a positive spin on Minshew's moves.

"This guy is constantly betting on himself," said Nagy, a former NFL scout.

Nagy said Minshew approached him at break-

fast Monday morning looking for phone numbers of the South centers and quarterbacks. He rounded up some footballs and got them together for some extra work on snaps.

"Obviously the background is incredible because it shows the resilience and the mental toughness," Nagy said.

Minshew didn't head directly toward his final college destination, Washington State. He planned to enroll at Alabama, if Jalen Hurts decided to transfer. Hurts stayed put despite ultimately losing the starting job to Tua Tagovailoa, who was Heisman Trophy runner-up, a few spots ahead of Minshew in the voting.

"At the time it looked like one of those two guys was leaving and I was walking in as No. 2 and splitting reps 50-50," Minshew said. "I'll take my shot with anybody when I get into a competition setting. Then it looked like both of them were staying and it was time for me to look elsewhere."

## COMING FEBRUARY 13

# SCREEN time

## Exclusively in the Wednesday East Oregonian and Hermiston Herald

**tastetv**

**Meatless Wednesday: Flavortown Market goes to the greens and beans**

By Andrew Warren  
TV Media

In the first round of the competition, host Guy Fieri gives the competing chefs a list of ingredients that their dishes must feature. Then, in the second round, the chefs spin a wheel that randomly gives each of them a meat dish that they must create vegetarian. Finally, Guy gets tricky in the final round and takes away the remaining competitors' shopping carts before sending them out to shop for the ingredients needed to make their guilty pleasure dishes.

"Guy's Grocery Games" is similar to other cooking competition shows, with a chef getting the six after each round once the judges have had a chance to taste and evaluate all of the dishes. The contest is held inside of a supermarket, and the competitors are required to "shop" for their own ingredients from the store's shelves, and all sorts of twists tie into the unique milieu.

The judges that Guy has brought in to taste the work's meats mostly are a who's who of Food Network celebrity chefs. There's a pair of "Food Network Star" winners in Dan Serrano and "Southern at Heart" and "Aunt Susie's" winner Richard Blais. Vegetarians don't have to be having, and with those three discerning judges ready to taste everything on the plate, the contestants in this week's "Guy's Grocery Games" have to pack as much punch into their dishes as they can.

**cooking this week**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 p.m. <b>CGU</b> The Great British Bake Off (N) <b>FOOD</b> The Rachael Ray Show	12:00 p.m. <b>CGU</b> The Great British Bake Off (N) <b>FOOD</b> The Rachael Ray Show	12:00 p.m. <b>CGU</b> The Great British Bake Off (N) <b>FOOD</b> The Rachael Ray Show	12:00 p.m. <b>CGU</b> The Great British Bake Off (N) <b>FOOD</b> The Rachael Ray Show	12:00 p.m. <b>CGU</b> The Great British Bake Off (N) <b>FOOD</b> The Rachael Ray Show	12:00 p.m. <b>CGU</b> The Great British Bake Off (N) <b>FOOD</b> The Rachael Ray Show	12:00 p.m. <b>CGU</b> The Great British Bake Off (N) <b>FOOD</b> The Rachael Ray Show
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Guy Fieri as seen in "Guy's Grocery Games"

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