

# Sports

## Seahawks top Cardinals, take NFC West lead

By **Tim Booth**  
AP Sports Writer

SEATTLE — It was a flash-back performance for the Seattle Seahawks, and coach Pete Carroll enjoyed the show.

A bruising running game. Russell Wilson making plays without being asked to do everything. And the Seahawks defense coming through in key moments to shut down Kyler Murray and the Arizona Cardinals for a 28-21 win Thursday night.

Wilson still did his part, throwing for two touchdowns and rebounding from his worst performance of the season just a few days ago. But he had help in the form of Carlos Hyde rushing for 79 yards and a touchdown, and a defense that sacked Murray three times, including Carlos Dunlap's clinching play inside the final minute.

"Our guys really wanted to turn things and get back on track," Carroll said. "And even with all of the situations, with all the guys in and out in the lineup and all that, it just



Dean Rutz/The Seattle Times-TNS

Seattle quarterback Russell Wilson hits receiver DK Metcalf for a 25-yard touchdown against the Arizona Cardinals on Thursday, Nov. 19.

didn't matter. Guys played really well across the board."

Wilson was flawless, erasing the mistakes from the past four weeks when Seattle dropped three of four,

including losses in the past two weeks to Buffalo and the Los Angeles Rams. The skid left Seattle in a tie atop the NFC West with the Rams and Cardinals.

For a few days at least, Seattle (7-3) will be back on top alone until the Rams play on Monday night against Tampa Bay. It was an important victory for the Seahawks heading into the softest part of their schedule, with four upcoming games against teams with a combined 8-28-1 record.

Wilson was 23 of 28 for 197 yards and TD passes of 25 yards to DK Metcalf and 11 yards to Tyler Lockett in the first half. Wilson had committed 10 turnovers in the previous four games combined, a stretch that started with Seattle's 37-34 overtime loss to Arizona in Week 7.

Lockett, who had 15 catches for 200 yards and three TDs in the first meeting with Arizona, had another nine catches for 67 yards.

But the biggest boost for Seattle was the return of its run game. Hyde had a 2-yard TD run in the third quarter, and Seattle finished with 165 yards rushing.

"It helped balance our offense out

today," Hyde said. "We were able to hit passes, run the ball, move down the field. You know, how we play."

Murray and DeAndre Hopkins couldn't rekindle the magic from their last-second touchdown to beat Buffalo last Sunday. Murray was 29 of 42 for 269 yards and two TDs, but Seattle was able to get the kind of pressure on the QB that was missing from the first meeting.

"They definitely played for me in certain situations but like I said, we put up 21, had a chance to win the game at the end, but throughout the game, we started slow and kept shooting ourselves in the foot," Murray said.

And that pressure came through in the closing seconds. On fourth-and-10 at the Seattle 27 with 38 seconds left, Dunlap got around the edge and tackled Murray for his second sack of the night. Seattle finished with three sacks and seven QB hits after not touching Murray in the first meeting.

## Celtics pick former Duck Pritchard in NBA Draft 1st round

By **Jimmy Golen**  
AP Sports Writer

BOSTON — The Boston Celtics loaded up on backcourt depth in the NBA draft on Wednesday night, picking Vanderbilt shooting guard Aaron Nesmith and Oregon

point guard Payton Pritchard in the first round.

The Celtics used the No. 14 pick on Nesmith, a 6-foot-6, 215-pound sophomore who was averaging 23 points and shooting 51% before a foot injury ended his season 14 games in.

Some analysts called him the best shooter in the draft.

"The shooting is his thing," Celtics coach Brad Stevens said. "When you can put the ball in the basket, that certainly is a benefit." Nesmith called himself an

"absolute sniper" and said he wanted to make life easier for Celtics veterans like Jayson Tatum, Kemba Walker and Jaylen Brown. He described himself as "a guy that's always going to be there, work hard and earn his stripes."

With the 26th overall pick, the Celtics selected Pritchard, who was the Pac-12 player of the year after leading the conference with 20.5 points per game and 5.6 assists. Stevens praised his toughness.

"It should be fun to watch

all these guys battle it out for playing time," Stevens said, noting that the pandemic has scrambled the offseason schedule. "It's come and get ready for real basketball in a couple of weeks. That should be a big challenge for all these guys."

## Picking the NFL: week 11

Current Record:  
81-42-1

**Philadelphia Eagles (3-5-1) vs. Cleveland Browns (6-3)**



**COREY KIRK**

Two teams with different outcomes the previous week, but both looked incredibly flat. The Eagles lost to the New York Giants in a game they should have won, and the Browns were barely able to defeat the Texans. I am going to give the edge to the Browns here, for being at home and the Eagles struggling to figure out their identity. The Browns will get their seventh win, 27-21.

**Atlanta Falcons (3-6) vs. New Orleans Saints (7-2)**

For the second straight week the Saints are at home, and against NFC South opponent in the Falcons for the first of two matchups in the next three weeks. Although they're on a two-game winning streak, the Falcons are destined to struggle against this Saints team, specifically on defense. Drew Brees will exploit their weaknesses and lead New Orleans to victory, 35-21.

**Cincinnati Bengals (2-6-1) vs. Washington Football Team (2-7)**

Both teams are struggling and looking for a big morale boost. Washington is on its third quarterback in Alex Smith, and the Bengals are running out of gas toward the end of games. I am going to give the Bengals a slight edge on the road, as I see rookie QB Joe Burrow having a big game to secure their third win, 27-24.

**Detroit Lions (4-5) vs. Carolina Panthers (3-7)**

After a big win against Washington, Detroit is excited to see that running back D'Andre Swift looks like a cornerstone for their future. Meanwhile, the Panthers are hoping that their top back, Christian McCaffrey, remains healthy enough to suit up for more than just a game or two at a time after sitting out last week due to a shoulder injury. I give the edge to Carolina, as I think they are a more dynamic team that has played a tougher schedule. The Panthers will win, 21-14.

**Pittsburgh Steelers (9-0) vs. Jacksonville Jaguars (1-8)**

The Steelers continue to remain the team to beat in the NFL, and find themselves in Jacksonville in this week 11 matchup. As a team expected to make their case for the Trevor Lawrence sweepstakes in next year's draft, the Jaguars are still competing each week and posing a threat. But not against the undefeated Steelers, who will dominate, 28-3.

**Tennessee Titans (6-3) vs. Baltimore Ravens (6-3)**

Both teams are looking to rebound from big losses. I'm going to side with the Ravens, 24-21.

**New England Patriots (4-5) vs. Houston Texans (2-7)**

After their big win against the Ravens, the Patriots head to Houston to face the struggling Texans. Though this game will be close, I do see the Patriots returning to a .500 record with a 17-14 win.

**Miami Dolphins (6-3) vs. Denver Broncos (3-6)**

Tua Tagovailoa is arguably the hottest rookie QB in the NFL. After defeating fellow rookie Justin Herbert and the Chargers last week, he finds himself in the Mile High City to take on the Broncos, and I can't go against the guy. Tua time will remain intact with his fourth consecutive win, defeating the Broncos 28-17.

**New York Jets (0-9) vs. Los Angeles Chargers (2-7)**

The Chargers continue to compete in each game, but when it comes down to crunch time they cannot win. This game, however, will be different, as the Jets are struggling even more. Oregon alumnus Justin Herbert will lead the Chargers to victory, 27-10.

**Green Bay Packers (7-2) vs. Indianapolis Colts (6-3)**

This game has arguably the most appeal to close out the afternoon games on Sunday as both teams have been red hot as of late. I don't see how the Colts can stop this aerial offense with Aaron Rodgers and company. The Packers will be celebrating their eighth victory, 27-24.

**Dallas Cowboys (2-7) vs. Minnesota Vikings (4-5)**

The Vikings have been on quite a tear the last few weeks, and after a stellar performance against the Bears on Monday Night Football, they find themselves hosting the Cowboys. I expect this win streak to continue, as the Minnesota offense is too much for the Cowboys in a 28-17 win.

**Kansas City Chiefs (8-1) vs. Las Vegas Raiders (6-3)**

The reigning Super Bowl champions are seeking redemption this week with their trip to Allegiant Stadium to take on the Raiders. Las Vegas handed the Chiefs their only loss, but I don't see a repeat of that Oct. 11 upset. Patrick Mahomes will have a big game and lead the Chiefs to victory, 27-21.

**Los Angeles Rams (6-3) vs. Tampa Bay Buccaneers (7-3)**

After dealing the Seahawks a loss last week, the NFC West is up for grab for three teams, Seattle, Arizona and the Rams. I just can't pick against Tampa Bay after their big win against Carolina. I expect this game to be high-scoring, but the Bucs will win, 38-35.

## 'Freeze' puts high school sports practices on hold

By **Corey Kirk**  
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The Nov. 18 to Dec. 2 statewide "freeze" designed to slow the recent surge in COVID-19 cases stopped high school sports practices before they had a chance to get started.

The last of three month-long "mini-sessions" was scheduled to start Tuesday, Nov. 17.

This session was for traditional winter sports — basketball, wrestling and swimming.

When Oregon Gov. Kate Brown announced the two-week freeze, the restrictions didn't include high school sports.

But on Wednesday, Nov. 18, the day the freeze started, the Oregon Health Authority (OHA) stated that schools will have to stop indoor sports, including basketball and wrestling.

"I was disappointed, I felt that the district had done a great job in keeping kids safe and I would argue that our school district is

probably one of the safer places for our kids to be," said Buell Gonzales Jr., athletic director for the Baker School District.

Pendleton High School Athletic Director Mike Somnis wasn't surprised by the OHA's announcement.

"I think the signs were kind of pointing that way," Somnis said.

Not all schools will be affected in quite the same way.

La Grande High School, for instance, had already delayed its winter sports mini-session.

"We had already decided to wait until after Thanksgiving week to start up anyway, so we put our winter sports on delay next week until we got back from Thanksgiving just to see what the numbers are like then," said Darren Goodman, La Grande's athletic director.

Athletes now have to return to home workouts.

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