

Adzasu leads on, off basketball court

■ KELSEY SCHRADER

Staff Reporter

Rosetta Adzasu, senior, is not your average student. If you've never met her, than you've probably seen her dominating the basketball court on the Varsity team. With scholarships and offers arriving in the mail from colleges every day, any other student might get cocky, but not her.

Her life began on March 25, 1990, in Accra, Ghana. For those geographically challenged, Ghana is a country on the West coast of Africa, between Côte d'Ivoire and Togo. She moved to Italy when she was five, where she lived for four years. When she was nine, she moved to Virginia with her dad, and then moved to West Linn with her mother her sophomore year.

"Moving away from my dad was hard," Adzasu said, "I'm definitely a daddy's girl."

It was back in seventh grade when her basketball career first began in the

gym of Jack Jouett Middle School in Charlottesville, Va. Adzasu had talent and she enjoyed the sport. She made the Varsity basketball team her freshman year at Albemarle High School and, after moving to West Linn the following year, made Varsity.

Some of Adzasu's favorite basketball memories include

trips to Bend and Astoria with her teammates. But her absolute favorite was last summer when she went to watch the Nike Global Challenge, a boys' basketball tournament, with teammates Samantha Dewart and Brittney May.

"We got to hang out with the top 25 players in the country,"

Adzasu said. "We basically felt like the coolest people ever. And we were."

Jason Ashley, assistant coach,



Rosetta Adzasu, senior guard, drives to the basket using one of her signature moves in a game against West Salem on Dec. 18. After four years on Varsity, she is being recruited by many colleges. Photo by Malia Chong



attitude. Ashley also believes that she has a bright future and the ability to play at the next level, at a first-division school, as soon as she gets her academics in place.

Although basketball is a big part of her identity, there is

much more to Adzasu than sports.

"Living in West Linn has changed me as a person. I've become more understanding of all types of races. I've learned to tolerate others that I wouldn't have tolerated on a regular basis," Adzasu said. "Cultural differences are important to me. We need to do a better job understanding one another."

Adzasu's favorite subjects are International Relations and Sociology, so it isn't surprising she wants to major in Sociology. She plans on attending a four year college next year; her top-three choices being University of Arizona, University of Indiana and Duke. Aside from becoming a pro basketball player someday, she has big dreams of living in California and starting an organization similar to the Boys and Girls Club.

"I want to help out kids in the hood," Adzasu said, "I want to try to accommodate the less fortunate."

Recently, at the Feb. 12 game vs. Oregon City, Adzasu strained her meniscus. Although the details of how she strained it are uncertain, she showed up on crutches the next day.

"I didn't even realize that it happened until the game was over," Adzasu said. "It's just one of those things; when you're in the game, you're too focused on playing to notice any pain."

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They don't call us Booster for nothing! Our boosters are nutritional/herbal supplements scientifically designed to give you the pick me up you need!

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Our fresh yogurt is a probiotic with active cultures including acidophilus. Translation: Really good for you!



HIGH PROTEIN

Bananas-a-Whey 🍌🍌🍌

Bananas, nonfat vanilla frozen yogurt, pineapple juice, skim milk, whey protein.

Calories 400 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Ripped Berry 🍓

Blueberries, raspberries, cranberry juice, skim milk, nonfat vanilla frozen yogurt, honey, whey protein.

Calories 400 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Strawberry Storm 🍓

Strawberries, raspberries, cranberry juice, strawberry sorbet, whey protein.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

High Impact Acai 🍷

Acai and cranberry juices, raspberries, nonfat vanilla frozen yogurt, skim milk, whey protein.

Calories 400 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

POWER

Marathon 🏃

Strawberries, bananas, cranberry juice, orange sorbet and fresh yogurt. Power up with Protein, Energy and Combo Boosters. A popular choice with fitness fanatics!

Calories 400 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Terminator 🧛

OJ, bananas, strawberries, orange sorbet and Cold Warrior Booster. An excellent source of Vitamin C.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Sonic Soy 🍷

Blueberries, strawberries, strawberry sorbet and soy milk go supersonic with Wilderness and Protein Boosters. Treat yourself right!

Calories 400 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Matcha Monsoon 🍵

Pure Matcha green tea powder, vanilla soy milk, nonfat vanilla frozen yogurt. (Includes Wilderness Booster.)

Calories 400 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

TROPICAL

Mango Hurricane 🥭

THW and packed with mangoes, strawberries, guava and passion fruit juice, peach sorbet and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Tropical Tornado 🌪️

Start with pure pineapple juice and add mangoes, bananas, strawberry sorbet and fresh yogurt.

Calories 370 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Breezy Banana 🍌

Mellow yellow smoothie! Bananas, mangoes, guava and passion fruit juice, peach sorbet and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Citrus Swirl 🍊

Pineapple and OJ, strawberries, bananas, orange sorbet and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

BERRY

Strawberry Sunshine 🌞

All natural! Sweet strawberries, guava and passion fruit juice, bananas, strawberry sorbet and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Very Berry 🍷

Bold berry flavor! Cranberry juice, raspberries, blueberries, strawberry sorbet and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

The Original 🍷

The classic! Strawberries, OJ, bananas, strawberry sorbet and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Berry Twist 🍷

A refreshing twist! Raspberries, cranberry juice, bananas, orange sorbet and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Brazilian Thunder ⚡

Acai juice from Brazil! With raspberries, bananas, strawberry sorbet and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

SPIRIT

Funky Monkey 🐒

Bananas, chocolate soy milk, nonfat vanilla frozen yogurt. It will get you swinging from tree to tree.

Calories 370 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Canadian Colada 🍹

Pineapple juice, coconut, peaches, bananas, nonfat vanilla frozen yogurt and fresh yogurt.

Calories 400 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Raspberry Rapture 🍷

Raspberries with cranberries juice, nonfat vanilla frozen yogurt and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Berry Cream Sensation 🍷

Blueberries, strawberries, guava and passion fruit juice, touch of nonfat vanilla frozen yogurt and fresh yogurt.

Calories 370 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

LIFE CHOICE (ALL FRUIT)

Banana Beach 🍌

Bananas, mangoes, guava and passion fruit juice and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Soymilk Slam 🍷

Strawberries, bananas, soy milk and a touch of honey.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

Cranberry Crave 🍷

Cranberry juice, strawberries, bananas and fresh yogurt.

Calories 380 | Carbs 50g | Fat 10g | Protein 30g | Fiber 6g | Sugar 30g

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Matcha Super Booster™

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