

McMillan and team gear up

Blazers look to get in a rhythm and fine tune after 98-96 win over Nuggets

By Mark Foster
Sports Editor

The madness is back; Blazermania is once again taking control of Rip City fans all over.

You can sense it. Fans are ready to see this young maturing team build on the success we have seen over the past few seasons. It was a rough four-year stretch but they pulled out of it; finally going 41-41 and breaking the .500 mark for the first time since the 2003-04 season. That gave us hope. It showed there was a light at the end of the tunnel.

Last season: playoffs. It was a step in the right direction. The Blazers made the playoffs for the first time in six years. Prior to that, a 21-season playoff streak, which included two appearances in the NBA finals and five appearances in the Western Conference finals. We fell upon rough times; for the players: what did they have to look forward to coming to work every day?

Now it seems we have found the answers to our problems. With Brandon Roy leading a cast of young up-and-comers the future looks bright for this team.

Sunday night against the Denver Nuggets, Chris Oden being chosen as the No. 1 overall pick in the 2007 draft. Despite getting into early foul trouble, Oden returned in the fourth quarter to ignite a comeback from a ten point deficit. Oden scored 12 points while chalking up six rebounds in the final quarter of the game, eventually finishing with 16 points and seven rebounds overall.

On Oden's final quarter performance, Coach Nate McMillan said, "I thought it was good. I thought he remained aggressive. He stayed smart down the stretch with five fouls...he got us going; he got us in the penalty."

McMillan said of the night, "What I really liked from our guys tonight was we were down ten in the fourth and I remem-

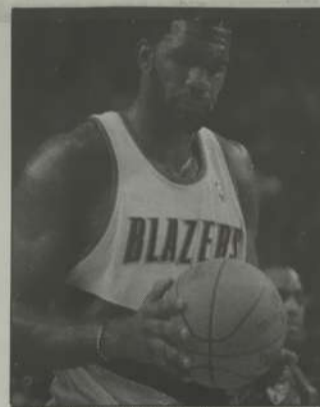


Above: Martell Webster makes a move towards the basket around the Nuggets' Chris Andersen. Webster finished with 20 points in 20 minutes of play. Below left: Joel Przybilla puts pressure on the Nuggets' Kenyon Martin at the top of the key.

ber during a timeout saying 'get and we won that game.' Jerryd Bayless also played well, finishing with 11 points in 15 minutes. He also played well defensively, which McMillan also took note of adding that he felt Bayless did a good job of putting pressure on the ball.

Though headed in the right direction, there is still a lot of work to do to get this team where it needs to be down the stretch. One player in particular being Travis Outlaw whose level of play has gone down since last season. McMillan noted that he feels Outlaw hasn't found his rhythm yet.

The Blazers first regular season game is Tuesday October 27. Expect this Blazers team to be ready and start off with a good rhythm.



Photos by Brad Heineke Clackamas Print
Above: Oden shooting free throws. Right: Brandon Roy throws a no look pass over Anthony Carter.



Cross country team hopes to run off with NWAACC title

Mike Hodges Invitational
Clackamas CC
October 16, 2009

Men - Team Rankings	Total Score
1) Willamette	63
2) Oregon	64
3) Xavier (Ohio)	89
4) Washington	91
11) Clackamas CC	320

Women - Team Rankings	Total Score
1) Oregon	22
2) Portland	77
3) Washington	86
4) Xavier (Ohio)	97
11) Clackamas CC	294

Coach pleased with effort from his team as he looks to prepare his team for the post season

By Erik Andersen
The Clackamas Print

Like bullets from a gatling gun, the hordes of runners from cross country teams around the state flew across the field here at Clackamas Community College Friday October 16 for the Mike Hodges Invitational.

"The team is doing very well," said Amy Hermansen as she recovered from the 3.5 mile run she accomplished

that Friday afternoon. "The team works hard" she said, but believes she could do better on the first couple of miles. Being use to sprinting the 400, Hermansen believes at this point she's not doing very well but knows she will improve.

Days before the Mike Hodges Invitational, Coach Keoni McHone explained that he is pleased with the effort the Clackamas cross country team has been putting out and that he also believes the team is doing very well.

"We've had pretty good turning progressions throughout the season, been going along pretty good and sneaking up on everybody as each week goes along," said McHone proudly.

Mary Botsford, another runner for Clackamas cross

country sees the teaming better and better week and once again believes the team is really good this season.

"I'm happy with the way I'm doing and (Personal Record)," Botsford said.

Botsford, like Hermansen, believes she could improve on the first couple of miles.

With the South Oregon Championship coming on Oct. 31 and happening here at CCC, as well as the NWAACC championships Nov. 13 at Clark Community College, the Clackamas cross country team is working very hard in training and practicing the best they can when the events arrive.