



Robert Morrison Clackamas Print

Portland Trail Blazers take on the Denver Nuggets Nov. 18 at the Rose Garden Arena. The Blazers beat Denver 86-83 to open up their second home stand season.

Worries on Blazers, looking to future



By Robert Morrison
Sports Editor

rebuilding in store for the Blazers? In the past few weeks, that's what people around the NBA in Portland have been thinking. The

Blazers are off of last year's pace and currently are barely holding on to the last playoff spot halfway through the season with a 20-20 record. They have lost three games in a row.

Probably the biggest horror this season for those in the Rose City was the news this past weekend that All-Star Brandon Roy will undergo surgery on both of his knees. Roy had only played sparingly this year and has been out for a number of games. Many people, including myself, thought that Roy didn't look anything like himself this year and looked to have a hard time cutting and making the moves he had become known for. There is no timetable for Roy's recovery but it is very likely that he will not be back until late this season, if at all

this year.

In light of the Roy news the Blazers have been linked to a number of rumors around the NBA, such as being the third team in a Melo deal, which had fallen apart. Now there are rumors connecting them to young center and power forward Anthony Randolph of the New York Knicks.

The Blazers have made a lot of deals in the last year, trading players and signing new ones. The older Blazers could easily be playing their last couple games in the black, white and red with many of them rumored to be shipped out of Portland.

Even with Marcus Camby and Andre Miller among these rumors, they continue to play at a high level. Camby has been

one of the best rebounders all year and Miller is among the assist leaders. Miller is having a semi-productive year even with the reported troubles with teammate Brandon Roy. So many rumors are swirling around Portland that even I think they should trade Roy and build around power forward LaMarcus Aldridge and guard Wesley Matthews if they want to rebuild a team that made the playoffs last year.

After a season full of road games the Blazers get a fair amount of home games this month and look to turn around what has been a very disappointing year. Many thought the Blazers would be among the league leaders at this time. The Blazers will spend the second half of the season trying to turn a bad year around and rebuild for the future.

Exercise and eating healthy take you a long way in life



By Kayla Calloway
Co-Editor-in-Chief

Every new year, millions of people set a goal for themselves, a resolution, to change something about themselves. Normally, mine are impossible and I won't be disappointed when I drop

the ball. This year, however, will be different.

This year I am actually making an effort to change for the better. The first day of this term, I started my resolution to eat one piece of fruit a day in addition to taking an aikido class for my final P.E. credit requirement.

The first week of the term was one of adjustment. I bought apples, oranges and bananas in hopes that filling my apartment with them would steer me away from the junky potato chips. So far, I have only missed one day, last Thursday.

Then on Tuesday night, I had my first martial arts class since childhood.

Aikido is a form of the Japanese Budo, or "Warrior Way." According to my class's syllabus it's the study of bringing power and energy into the body and using it in a

focused way. What's unique about this class is that the Clackamas students just fit in with the students of the dojo. There are all levels represented, which make it much easier for newbies like me to learn the techniques.

Traditionally, the first class of the year is a special one. For my first class, we practiced the same technique over and over again, with the goal to do it 180 times. I think I got through about 60 before having to go home.

Aikido, from a spectator's eye, seems to be a very relaxed martial art, but let me tell you, it's far from it. My heart was racing within minutes, and I felt the need to dig up an old inhaler because my asthma was acting up. But it felt good to warm up all those neglected muscles again. Even the intense pain that I felt the next day was welcome.

The second class a week later was much more relaxed, and we got more individual attention from the sensei and the more experienced students. We learned several basic techniques, like crossing swords, where your wrist meets your opponent's, who is called the uke.

Two weeks into the term and I'm feeling pretty good. The everlasting cold that I just couldn't shake all fall is finally out of my system, and my muscles are getting used to a good workout again.

Next week, I start dancing again for the first time since 2008. Can I survive it?

This week's words to live by come from Mark Twain: "The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

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