



Sports Talk

by Ron Sykes
Sports Editor



BLAZERS MAKE COMEBACK

And isn't it great to have "the train" back on the track doing what he does best...leading the Blazers. With Lionel once again at the helm the Blazer ship rocked steady and steered a straight course leading to two consecutive wins over the weekend. Whereas we all know that one person does not stop a show, but we've learned now that the absence of one (Hollins) won't stop the show but it will most certainly slow it down. With the return of Lionel the Blazers were running like the team of old. Webster defines Messiah as "the promised one...and the expected deliverer." Hollins has proved to be just that. Oh, sure, he's not one hundred per cent just yet, but one can easily see that he's the missing ingredient and the "deliverer."

When "train" is leading the break, bringing the ball down the middle, surveying the situation as only he can do, that is seeing the whole floor and spotting the open man if there is one, and if there isn't...then Train will simply change gears, slipping past the defender and going in for a lay up.

If one had to describe Train further, then remember mercury...the ancient Roman God who served as messenger of the Gods, and was also the God of commerce, thievery, eloquence and science. Well on the floor, the Train dictates all these qualities. He's eloquent in ball handling; unparalleled, and he is certainly the master of stealing the ball and his defense is truly a sweet science. Welcome back Lionel.

The 1970's gave us probably the greatest running back that ever lived; O.J. Simpson. Upon his retirement from the game, announced last week, we salute, and pay homage to the greatest talent ever to lace on a pair of football cleats. At 6'2 and 210 pounds, Simpson combined the power of a bull, with the speed of a gazelle to wreck havoc on many an NFL team.

The ex-USC Heisman Trophy winner, whereas he failed to break Jim Brown's all time record of 12,246 yds, will long be remembered by all as the best ever to do it. So long Juice...

Oregon Wrestlers Host National Power



The University of Oregon's wrestlers are currently ranked as the 10th best team in the country.

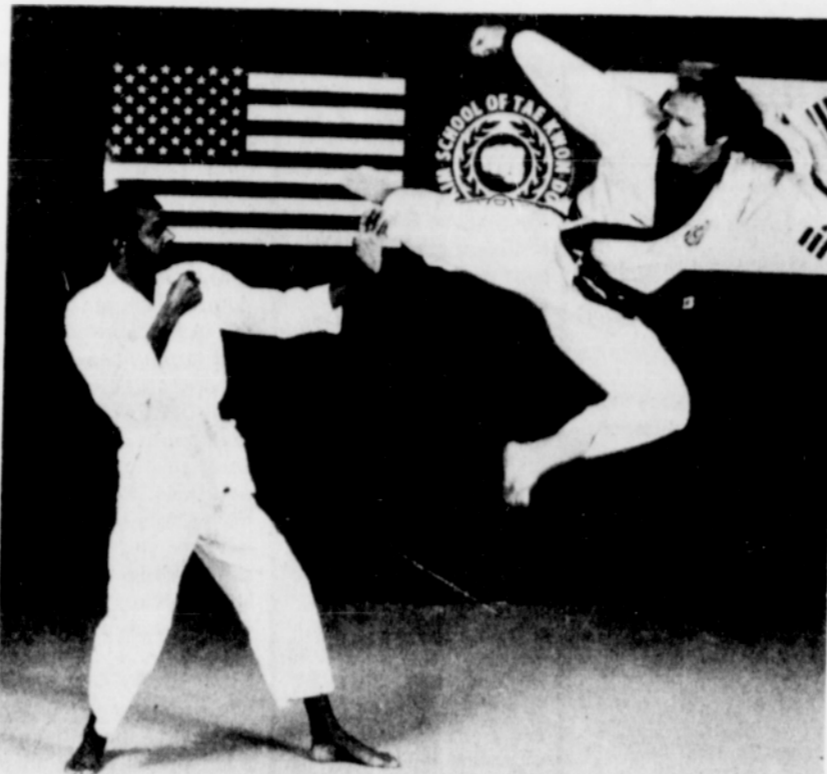
Earlier this season at the Arizona Invitational, the nation's most competitive regular season tournament, Oregon finished sixth, one place in front of Iowa State and three notches behind Minnesota. Tournaments are entirely different than dual meets, however, and whatever happens this time around is purely speculation.

"I can't say how we will do," said Oregon coach Ron Finley. "I do know both teams will test us to our limits."

"I think Iowa State will make some adjustments in its lineup which could make a big difference. We will just have to wait and see who they decide to wrestle to know how big a difference that will be."

"Another factor is Donny Brown," he added. "Right now, I don't know if he will be ready. That could mean the difference between winning and losing. We really aren't deep enough to cover for him against these two teams."

Brown injured his knee in Arizona and may have torn some cartilage. He is out until a definite diagnosis is made. He plans on being ready, but whether he is or not will be a last minute decision.



Peace of mind, body-building and self defense are the benefits derived from karate, says instructor Larry Bowman.

Bowman demonstrates speed, not strength

"Karate is a discipline of the mind, the spirit and the body," says Bowman, who spends his evenings and his mornings teaching karate.

Learning to control your emotions and impulses is the basis of karate, adds Bowman. "You gain the advantage over an attacker if you remain under control; you surprise him if you don't show signs of being upset. Staying calm instills doubt in the attacker and affects his ability to fight."

While controlling your own actions, Bowman notes that you should watch your opponent for signs of his feelings. People unconsciously telegraph emotion—for instance, when their eyes dilate. By looking for such signs, you can predict your opponent's actions. If you're expecting his move, you can get out of the way.

Although it's important to remain calm while practicing karate, it's also crucial to be ready to unleash energy at the right moment.

"You learn to develop an instant fighting spirit," Bowman explains. "You don't waste your energy by staying unnecessarily tense. But you do tense up for a second just at the moment of strike—thus concentrating all your body power at the point of impact. By staying relaxed, you can move much faster when necessary."

Learning to move precisely is a major benefit of karate, adds Walter Wilson, who shares Bowman's enthusiasm for the sport.

"You learn to concentrate on every

move you make," notes Wilson, who says he has greater coordination and precision in all physical tasks since he took up the sport.

Because timing and discipline are the key elements of the sport, karate is suitable for males or females of any age.

"It's speed, not strength, that counts," says Bowman. "You have to make your move at the right time. Granted, young people are generally faster, but frequently their timing is off. And because strength is not crucial, females are not at a disadvantage."

The mental exercise of controlling one's emotions, points out Bowman, has benefits outside of the sport. "You learn how to temper angry reactions. We practice this control by meditating before and after sparring."

Practicing self-control relieves anxieties and generally improves your health, says Bowman. "By ridding yourself of anxieties and tension, you lower your blood pressure and improve your circulation."

Karate also improves one's physique, Bowman notes. "Karate is like ballet in that it causes you to develop muscles you never used before. A lot of women take karate because it's an enjoyable way to lose weight."

"Karate enables you to defend yourself, improve your health, and improve your mental attitude," Bowman concludes. "But basically it's still a sport; while developing yourself, you're also having a good time."

Oregon Men's Basketball has Heavy T.V. Exposure

Television exposure for the men's basketball team of the University of Oregon will be its heaviest in history this winter.

The expanded coverage is the result of regional network affiliations provided by the Pac-10 conference. These telecasts are in addition to the locally-produced telecasts of Eugene station KEZI, which carries six of the games live and eight by tape delay. A portion of the schedule produced by KEZI also is carried by KPTV in Portland.

The regional telecasts include three Saturday afternoon games originated by TVS-NBC: Jan. 12, at Arizona (3 p.m. PST); Feb. 16, at Washington (3 p.m.), and Mar. 1, at Oregon State (noon).

On Mondays, the Ducks will appear

on two originations of the Jeff Simmons Network: Jan. 7, USC at Eugene (8:10 p.m.), and Feb. 4, at USC (8:10 p.m.).

Oregon and Oregon State will be appearing on a newly-created Metro Network, Dec. 22, at Eugene. Metro is scheduled to carry five telecasts which match natural rivals within the Pac-10 Conference. The telecast from Eugene will start at 8:10 p.m.

In addition, Oregon has been alerted to the likelihood that a number of its games may be included on the delayed cable telecast, nationwide, over ESPN, the newly-created network which carried the Oregon-Colorado football game last fall and which is supposed to begin 24-hour sports telecasting early in 1980.

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