

VONRAY JOHNSON



ISAIAH MANDLEY



EDDIE JONES

Body building builds personality

Grassroots News, N.W. - When one thinks of art, the usual imageries of painting, plays and music comes to mind. But there's a sport whose competition deserves a rank in the definition of art, bodybuilding. The sport of bodybuilding has recruited various generations of men and women who work out diligently at Matt Dishman Community Center. Three such people are, VonRay Johnson, Isaiah Mandley and Eddie Jones.

Isaiah described bodybuilding as "working on each individual muscle as opposed to power lifting which goes for strength and size. Working on an individual muscle gives the well-known body builder physic." VonRay added, "Bodybuilding is for the overall beauty and muscular definition and posing presentation that's done with your body."

On April 4, VonRay competed in the Open Invitation Pairs competition held at the Civic. Said VonRay, "A man and woman will practice on a routine for synchroni-

zation so that poses can be done as one. You pick out the best body parts that both sexes have in common. We picked some music and presented ourselves to the judges in a smooth, choreographic way." He came in third in the competition, while Eddie Jones took fifth place in the Mr. Oregon contest.

As far as the politics of judging, VonRay says, "You always have favoritism and politics. Unfortunately that's the way it is in most athletic competitions. However, I receive a great deal of personal reward when one of the judges comes up to me and says I should have done better. That really does say that you're going to get your just."

VonRay began bodybuilding in 1977. His desire centered around his concern with physical fitness, health and the welfare for his growth as an individual. "I feel that in order to have mental fitness you have to have strength and more than just one outlet to build upon. I chose

bodybuilding because you can keep your muscles toned and in the long-run, this sport add to your positive attitude."

There are many misconceptions that are associated with the art of building and toning one's muscles. One is that later in life, the muscles that are built up will turn to fat. Not true. Another is that bodybuilders are dumb and border on homosexuality. Well, just by the sheer ignorance of that sentiment, any reasonable person can reason that those accusations are not absolutely true, even on a national level, and certainly untrue among bodybuilders of the local area. The only element that's true is that it takes hard work and discipline to train hard and consistently. These ingredients and more, are illuminated by VonRay, Isaiah and Eddie. They flex more than just muscle -- they generate a positive attitude that we can all gain from. And they have their health!!!



HIGHLAND RE-DEDICATES SANCTUARY

Highland United Church at 4635 N.E. 9th, will be holding a Re-Dedication Service of the Sanctuary and Social Hall, April 12th at 4:30 P.M.

Dr. Clyde H. Miller, Jr., Conference Minister of the Rocky Mountain Conference, will be guest speaker. Dr. Miller also serves as the chairperson of finance and budget committee of the Executive Council of the United Church of Christ. He is a graduate of Talladega College and received his Bachelor and Doctor of Divinity degrees from Chicago Theological Seminary.

Pastor Samuel P. Johnson and the congregation invite our community friends and neighbors to share in this special service.

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Sports Talk

By Ron Sykes, Sports Editor

No Oregon team should be allowed to play a team from the state of Kansas. Remember back in September when the Oregon Ducks were thinking of climbing into the top 20, when along came the under-rated Kansas Jayhawks, to fight the mighty Ducks to a 10-10 tie. And along came the OSU Beavers, rated No. 2 in the country and yes, that was Kansas State that knocked the Beavers from atop their lofty perch, and out of the NCAA tournament.

And that folks, is the lead in to our biggest travesty. The once mighty Blazers were beaten 2-1 while losing two at home, to the underdog, undermanned, yes, Kansas City Kings. One can find many reasons for the loss.

Mychal Thompson played a strong game in game two, scoring 40 points, and hauled down 10 rebounds, and then returned to his usual passive game. One has to question Mychal's thinking. The man does have the talent, the tools to play well, but seems to only come up to a high level of intensity only occasionally.

Remember when, at mid-season all seemed lost, the team was struggling with a 7-19 record and miraculously they were able to turn things around. Why were they able to regroup?

Kelvin Ransey was given most of the credit, but game films will show Mychal playing game after game, during that long win streak, with reckless abandon. He was not only rebounding strong, but was actually driving for loose balls! So now that KC has exposed the Blazers weaknesses, at center, what will be done?

Thompson could be the answer. But not until he realizes that he's bigger and stronger than Kermit

Washington and take some of the inside load off the smaller man. It was said, all season long, that Portland could only win if rookie Kelvin Ransey had a good night. And that much remained true through the playoffs. The one night (in KC) that Kelvin played reasonably well, the Blazers won. But that much could be expected from a rookie who seldom played as one.

Ransey was outstanding during the regular season, and will be the cornerstone for this franchise in the years to come.

So Natt, Gross and Tom Owens are all unhappy. Well, Calvin has certainly been a big disappointment. Here is a man the Blazer brass thought so outstanding that they gave to the New Jersey Nets, all-pro Maurice Lucas, and two No. 1 draft picks. Calvin show no potential for becoming that type of player. The Natt deal seems almost as bad as the LaRue Martin mistake. Just think about it, and really, does Thompson play as well as Lucas? Luke was the ideal power forward. But, then we can't cry about spilled milk because if so, one couldn't help but wonder what Portland would be with Moses Malone still in town.

I know to err is human, but this one was ridiculous. It's mind boggling to think someone in the Blazer organization actually thought Moses couldn't play in the NBA.

And Lawdy, Lawd, but wasn't Billy Ray Bates great? Bates again donned his costume in that now famous phone booth and tried single-handedly to bring Phoenix to town this weekend. Billy was marvelous during the entire series as others failed. Billy showed the NBA world that he's some "kinda"

player.

Sure, some will knock his defense because Otis Birdsong averaged 22 points per game. Strange, very strange because I keep hearing that KC guard Ernie Grunfeld was a hard-nosed defensive guard. And wasn't that the same fellow that Bates averaged 26 playoff points against?

Jack Ramsay now realizes Billy's game is for real. Just wonder if the organization will reward Bates accordingly. Don't cry for the Blazers, they are a young team and are only one big man away.

And it's good to see ex-Grant ace Darryl Motley doing so well in the Kansas City organization. Darryl is now in Triple-A, playing outfield for the Omaha team. Motley is expected to be called up in September with a chance to stick with the big team next year.

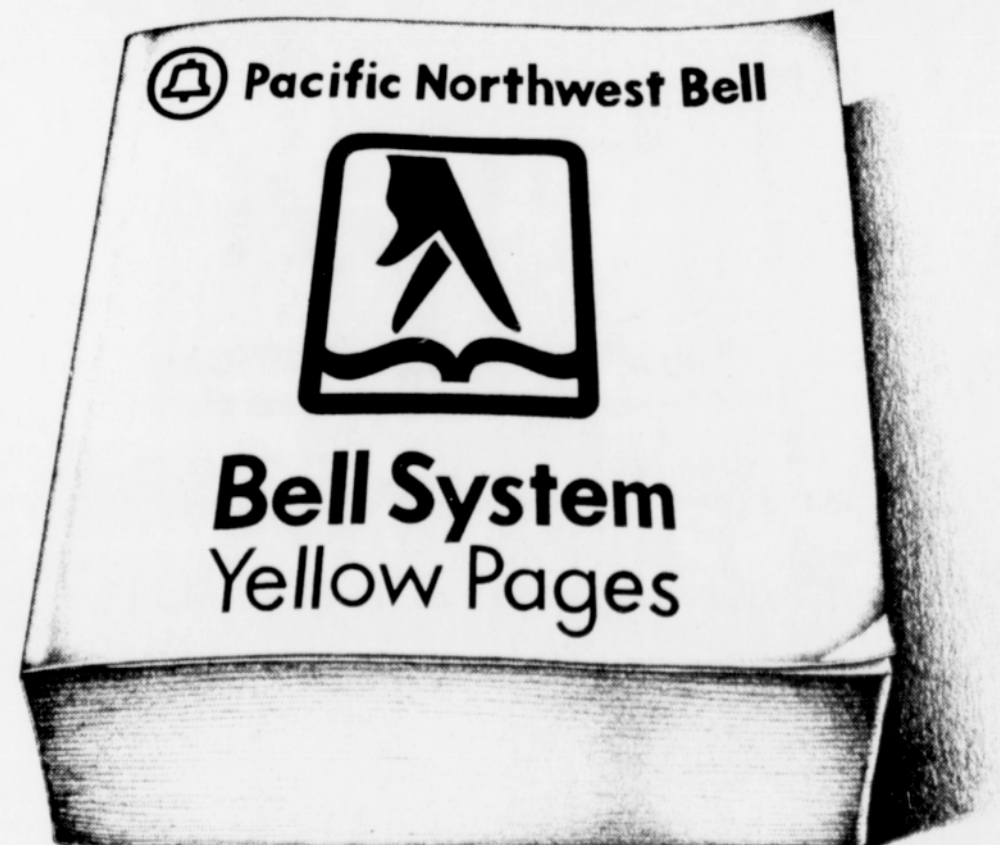
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