

# SPORTS

## SPORTS BRIEFS

### Bonds wins All-Star Home Run Derby

Barry Bonds of the San Francisco Giants won today's Home Run Derby by defeating Mark McGwire of the Oakland Athletics, 3-2, in the championship round at Veterans Stadium in Philadelphia. The Home Run Derby is a traditional part of the All-Star Game festivities, and drew 62,304 fans. Bonds and McGwire advanced to the final round by crowning 10 and nine homers, respectively. Brady Anderson of the Baltimore Orioles, who currently leads the major leagues with 30 homers, finished third with six.

### Barkley accused of punching man in Cleveland bar

Dream Team III member Charles Barkley of the Phoenix Suns has been accused of punching a man in the nose at a Cleveland bar, according to police reports. Jeb Tyler of New York filed a complaint early Sunday accusing Barkley of assault. Barkley filed a report accusing the 23-year-old Tyler of using "bodily force" against him. No criminal charges were filed. Barkley was in town for the Dream Team's pre-Olympic exhibition game against Brazil. He played 20 minutes and had seven points and four rebounds in a 109-68 rout of Brazil at Gund Arena.

### Giants Re-sign DE Strahan, WR Marshall

The New York Giants today re-signed starting right defensive end Michael Strahan and wide receiver Arthur Marshall. Terms of both contracts were not announced. Strahan, a restricted free agent, started 15 games last season and recorded a career-high and team-leading 7 1/2 sacks. The three-year veteran out of Texas Southern missed seven games as a rookie and moved into the starting lineup in his second season, collecting 4 1/2 sacks. Marshall, an unrestricted free agent, was acquired by New York in 1994 and has been used as a return man and third receiver. Marshall recorded 17 receptions for 195 yards and a touchdown last year and returned 12 punts for 96 yards.

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Trust only movement. Life happens at the level of events, not of words. Trust movement.  
—Alfred Adler

## SRI CHINMOY'S SPECTACULAR "RAINBOW-DREAMS"

This week will mark the 11th anniversary celebration of the beginning of Sri Chinmoy's weightlifting and the 9th anniversary of 'Lifting Up the World with a Oneness-Heart.' Lifting Up the World is a program in which Sri Chinmoy honored individuals from all walks of life by lifting them, while standing on a platform, overhead with one arm—a tremendous physical feat and a unique tribute to men and women who had themselves uplifted humanity in their own field. Recipients included: Mother Teresa, Reverend Jesse Jackson, Olympians Carl Lewis, Roger Kingdom and Ted Corbitt, as well as Grammy Award winner, Narada Michael Walden and others.

It all began on June 26th, 1985, when Sri Chinmoy became interested in weightlifting as a way to maintain fitness when a knee injury prevented him from running. Within a couple of years he both inspired and astonished the world with amazing feats of strength.

Quickly progressing from lifting 40 pounds with one arm he then lifted the equivalent of his own bodyweight of 155 pounds. In January 1987, Sri Chinmoy lifted 7,063 3/4-lbs with



Sri Chinmoy set a new record with the 'crunch abdomen-ups' when he lifted a 302-lb weight on his stomach.

only his right arm and 1 1/2 years later he lifted the same weight using only his left arm. "Prayer and meditation are my inner secret and my outer secret," the athlete confided. "The physical body has to become a pure and perfect instrument of the strength and power are coming from within—from an inner source." On the standing calf raise he lifted 2,000 lbs and with Mr. Olympia Judge Wayne Demilia officiating, he also lifted his own body overhead with one arm, 150 consecutive times in a

record time of 11 minutes and 13 seconds.

Today Sri Chinmoy is showing age-defying versatility that can be an example and inspiration to everyone. On April 27th he had the vision to complete 65 challenging events for his upcoming 65th birthday—a series he titled 'Rainbow-Dreams for 1996'. Observing one of America's most significant holidays, Father's Day, Sri Chinmoy performed consecutively, a series of eight most difficult feats of physical fitness, fol-

lowed by several other challenging and charming events. Earlier in the day he reached his goal in jumping from a standing position onto a platform of 33 inches—several inches higher than a breakfast table!

In the first evening event, Sri Chinmoy completed a total of 7,000 crunch sit-ups—the most difficult type of sit-up—without stopping in a time of one hour and nineteen minutes. The fitness champion then set a new record with the 'crunch abdomen-ups' when he lifted a 302-lb weight on his stomach 130 times using only the abdomen muscles. It took two strong young men to just lower the mammoth weight onto Sri Chinmoy's body.

Following this, he walked 250 meters wearing a 100 pound weight vest and then lifted a 1500 pound weight stack twice using a standard standing calf raise machine. The final events were leg extensions of 120 pounds with first the right leg and then the left leg and then 110-lb leg curls with each leg separately. He concluded the series by extending 200 pounds with both legs and curling 180 pounds with both legs.

Many individuals from all walks

of life have offered their encouragement and admiration for Sri Chinmoy's recent athletic pursuits including Mother Teresa, Mikhail Gorbachev, Nelson Mandela, 4-time Mr. Universe Bill Pearl, Olympic legends Al Oerter and Carl Lewis.

Commenting on his 65 'Rainbow-Dreams', Sri Chinmoy states: "Age is in the mind and not in the heart. With determination we can conquer the age barrier and go back to our childlike heart. The old-age bondage-limitations will return to the childhood-freedom-dreams."

President Nelson Mandela sent the following message for the Father's Day celebration: "The deep sense of peace and tranquility I perceived in Sri Chinmoy was contagious, and we all felt inspired and challenged by an extraordinary man. It does not surprise me to learn that Sri Chinmoy has enthusiastically entered into a remarkable fitness program which would have defeated many others of similar or even younger age. In discipline the body, we also discipline the mind, and I found Sri Chinmoy deeply discipline the mind, and I found Sri Chinmoy deeply disciplined and at peace with himself and the world."

## Sports Medicine Briefs

### The Pulse knows

Are you working out too hard? The answer is just a heartbeat away.

"Your pulse is one of the best fitness indicators, and it can tell you if you're pushing your body too hard," said Dr. John Cianca, a sport-medicine expert at Baylor College of Medicine in Houston.

To use your pulse as a workout gauge, a baseline must be established. "Each morning for a week, take your resting pulse before you get out of bed," Cianca said. "Count the number of heartbeats in 10 seconds and then multiply by six. Doing this for a week will establish your average resting pulse may go down as you get in better physical shape. But if it goes up, you're overdoing it."

"If your average morning pulse has been 50 beats per minute and all of a sudden it shoots up to 60 or 65, it's time to let your body rest for a couple of days," Cianca said.

### 'Concentration training' helps performance

The ability to concentrate can be improved through practice. "The successful athlete concentrates on the task at hand and filters out everything else," said Dr. Francis Pirozzolo, Chief of Neuropsychology at Baylor College of Medicine in Houston. "When our minds are focused on the past or future, we cannot be as effective in our present performance."

Concentration involves not only paying attention to what is relevant, but also being able to ignore the irrelevant.

### Exercise may help prevent arthritis

People who exercise may be less apt to develop arthritis.

"Exercise is key to keeping tendons, ligaments and bones strong, and it can also help people overcome arthritis," said Dr. Sandra Sessoms, Associate Professor of Medicine at Baylor College of Medicine in Houston. "Studies show that a walking program for moderately advanced osteoarthritis of the knee can be helpful."

Walking and cycling are both excellent exercises for preventing and treating osteoarthritis, which is the most common form of arthritis. Osteoarthritis takes aim at the joints' connective tissue, such as cartilage, ligaments and tendons. The knees and hips are especially susceptible.

Exercise strengthens connective tissue, making arthritis less likely. Lack of movement may lead to weak tissue and immobility.

## RIDDICK BOWE VS. ANDREW GOLOTA

July fireworks continue on the HBO Sports exclusive Heavyweight Boxing: Riddick Bowe vs. Andrew Golota, presented live from Madison Square Garden in New York, on a special night, Thursday, July 11 (9:45 p.m. ET/6:45 p.m. PT). The HBO Sports broadcast team of Jim Lampley, Larry Merchant and George Foreman will be ringside to call all the action, which will be closed-captioned for the hearing impaired and presented in Spanish language on HBO.

Returning to the ring for the first

time since his impressive 8th-round TKO of Evander Holyfield on Nov. 4, 1995, Bowe (38-1, 32KOs) takes on undefeated top-ranked heavyweight contender Golota (28-0, 25 KOs) in a 10-round showdown.

Back on his home turf, the Brooklyn-born slugger last fought at the Mecca of boxing in 1993, when he scored a devastating 1st-round KO of Michael Dokes.

"Riddick Bowe may very well be the best heavyweight in the world, and we're thrilled to be done squabbling over his contract so that he can continue his

quest to prove he's the best in the world as part of the Timer Warner/HBO Sports family," said Lou DiBella, Senior Vice President of Programming, HBO Sports.

Chicago-based Golota, originally from Poland, was last seen on HBO when he scored an 8th-round TKO of Danell Nicholson in March. Facing each other for the first time, the two fighters both appeared in the 1988 Olympics, with Bowe taking the silver medal and Golota taking the bronze medal for his native Poland.

## BALTIMORE RELEASES PLAYER

The Baltimore Ravens released veteran receiver Andre Rison and linebacker Pepper Johnson on Tuesday, saying they could not afford to keep them under the NFL's salary cap.

Ravens owner Art Modell said the team could not find a way to retain the two players as well as sign rookies and add veterans under the cap.

The moves saved the Ravens somewhere around \$3 million in salary cap room.

"The door remains open to them to come back and talk to us if they test the market and do not find the market open to them," Modell said. "They have to come back on a new basis, obviously."

Rison, one of the team's marquee players, signed a five-year, \$17 mil-

lion contract with the Cleveland Browns before the 1994 season, including a \$5 million signing bonus, that made him the NFL's highest-paid receiver.

He rejected the team's request to lower his salary by \$1 million and add incentive clauses, according to his agent, Charles Tucker. The receiver had a career-low 47 catches for 701 yards and three touchdowns last season.

Johnson led the team in tackles last season with 195.

Meanwhile, the team came to terms with receiver Floyd Turner, who started 12 games for Indianapolis last season and finished with 35 catches for 431 yards and four touchdowns.

Terms of the agreement were not disclosed.

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