

# SPORTS

## Stripping



Exotic dance instructor Isis Leeor started her Stripping 101 classes for the self-esteem of women in a variety of age groups, sizes and attitudes.

continued ▲ from Metro

months ago and they have been well received by women in a variety of age groups, sizes and attitude. She is also in the process of putting together a men's only class.

"I teach people how to access their own sensuality instead of putting on an act. Strippers often just do the moves but they aren't into it," said Leeor.

Her classes are structured according to the skill levels and personal backgrounds of her students. She expects to help some women put the spark back into their marriage or even help former victims of sexual abuse learn to appreciate their body.

During a recent class, one woman who looked like she was in her late 30s was able to climb the fireman's pole, a standard prop in any exotic dance club. After reaching the top she was able to hang upside down and slide down to the floor. But at the end of the class she rejected her performance saying she would only be acceptable stripping for geriatrics or at an old folks home.

Leeor has seen first hand how women challenge themselves but then afterwards put themselves down for not fitting a stereotype.

"Our sexuality as humans is very repressed," she said. "There is a way to dance like a goddess as opposed to giving a man what you think they want. I am doing this around sexuality, that's a place where we really shut down; there is a lot of repressed vitality in our pelvis."

In Stripping 101, the women are formed in a circle when they practice their moves. Each pair of eyes can't help but look at the woman across from them in comparison. Leeor believes this is how women access their juicy selves; juice is a

self-proclaimed slang term, which means alive, real and sensual.

One student announces that she wants a pole installed in her home so she can practice.

"I encourage people to explore what ever comes out," Leeor said. "You shouldn't be worried about what you 'should' do."

She said the women have taken the first step to releasing their suppressed sexuality.

The students are encouraged to come comfortably dressed in attire they feel sexy in.

One woman came to class wearing a tube top, short skirt and knee-high boots. It was a challenge for her to show off her stomach.

Later she told how the class was an inspiration to her that pushed her to go out for dinner baring her midriff, something that she hadn't done since she was 10 years old.

Another first time student started the class laughing of embarrassment but by the end of a one-hour session felt more comfortable with her movements and learned how to swing around the pole.

Students of the class have the option of showcasing what they learned at a dance recital at the Devil's Point Club. The performance is in a non-threatening environment with only friends or fellow classmates in attendance.

Stripping 101 classes are Monday at 7 p.m. and Tuesday at 7:30 p.m. at the Milk and Honey Studio located on 2512 S.E. Gladstone. Saturdays, the class takes place at the Euphoria Studios located on 1235 S.E. Division at 2:30 p.m. The classes range from \$12-20 or private lessons are \$50 an hour.

For more information, visit [www.becomingjuicy.com](http://www.becomingjuicy.com)

## Stoudamire Signs with Memphis

### Portland great moves NBA career forward

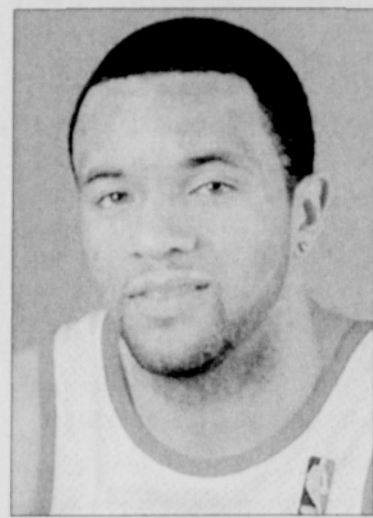
Portland native and NBA veteran Damon Stoudamire has signed a four-year contract with the Memphis Grizzlies.

The 10-year NBA veteran leaves the Portland Trail Blazers after eight seasons. He produced his best season with the Blazers last year with highs in points (15.8 ppg), field goals made (457), three-point field goals made (181) and free-throw percentage (91.5 percent while averaging a team-

high 5.7 assists in 81 games played.

"I'm excited about becoming a part of the Grizzlies and the Memphis family," said Stoudamire. "I know all of the Grizzlies fans are looking for that first playoff win, and I look forward to not only getting that win, but reaching the ultimate goal and winning a championship for Memphis."

The 5-10, 171-pound guard, finished his career in Portland ranking second behind Terry Porter on the Trail Blazers' all-time three-pointers made list (717), second all-time in three-point attempts (1,998) and third all-time in assists (3,018). In eight



Damon Stoudamire

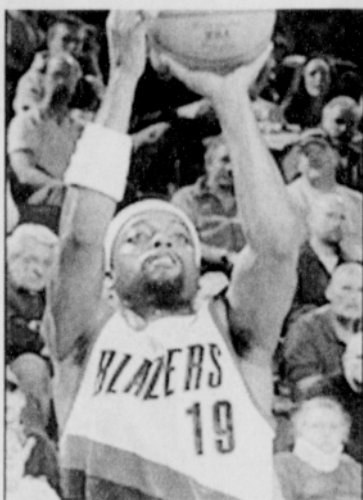
seasons with the Blazers, he averaged 12.8 points, 5.7 assists

and 33.1 minutes in 529 games played.

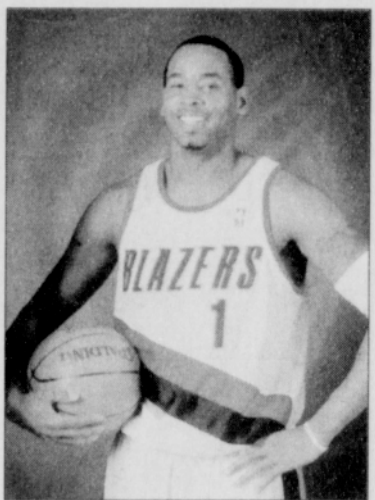
"Damon is an experienced veteran and proven leader on the court," said Memphis Grizzlies President of Basketball Operations Jerry West. "We feel we have added a significant player to our team and know that he will help take us to a different level than where we are today."

Stoudamire holds career averages of 14.6 points, 6.6 assists and 3.7 rebounds in 729 career games with Portland and Toronto. Drafted by Toronto in the first round of the 1995 NBA Draft, he was named the 1996 Rookie of the Year in addition to being the only unanimous selection to the All-Rookie First Team.

## Blazer Guards Van Exel, Anderson Waived



Portland Trail Blazers Nick Van Exel (left) and Derek Anderson.



(AP)—The Portland Trail Blazers have waived veteran guards Nick Van Exel and Derek Anderson.

Van Exel averaged 10.7 points and 4.3 assists and made 39 starts last season before going on the injured list March 12 with left knee pain. The 12-year veteran was acquired in a 2004 offseason trade that sent forward Dale Davis and guard Dan Dickau to Golden State.

The 34-year-old Van Exel also played for the Los Angeles Lakers, Denver Nuggets and Dallas Mavericks, averaging 15 points

and 6.9 assists in his career.

"Given the direction of the team and Derek's limited availability in recent years, we felt this was the best solution for all parties," Blazers general manager John Nash said. "This move gives us additional cap flexibility and minutes for our younger players."

Anderson, an eight-year NBA veteran, averaged 9.2 points with the Blazers last season but had a variety of injuries. The Blazers say they will honor the final two years of Anderson's contract, and he can sign with another team.

## Junior Golf at Heron Lakes

Hundreds of youngsters will hit the links of Heron Lakes Golf Course in north Portland on Friday, Aug. 19 at 3:30 p.m. when the Mutual of Omaha Drive, Chip and Putt Junior Challenge swings into the area.

Now in its seventh year, Portland is one of the 105 stops throughout the United States and Canada for the world's largest junior golf program of its kind.

"Everyone is a winner in this fun and rewarding program for

kids between the ages of 7 and 14," said A.J. Skar of the Mutual of Omaha regional sales office.

The first 250 registrants in each city will be selected to compete. Winners from each local event will have the opportunity to compete in regional championships and possibly the national championship in October.

For more information and a complete event schedule, log on to [www.TheGolfChannel.com](http://www.TheGolfChannel.com).

## NCAA Bans Offensive Nicknames

(AP)—The NCAA banned the use of American Indian mascots by sports teams during its postseason tournaments, but will not prohibit them otherwise.

The NCAA's executive committee decided this week the organization did not have the authority to bar Indian mascots by individual schools, committee chairman Walter Harrison said Friday.

Nicknames or mascots deemed "hostile or abusive" would not be allowed by teams on their uniforms or other clothing beginning with any NCAA tournament after Feb. 1,

said Harrison, the University of Hartford's president.

"What each institution decides to do is really its own business" outside NCAA championship events, he said.

Guidelines were not immediately available on which logos and nicknames would be considered "hostile or abusive."

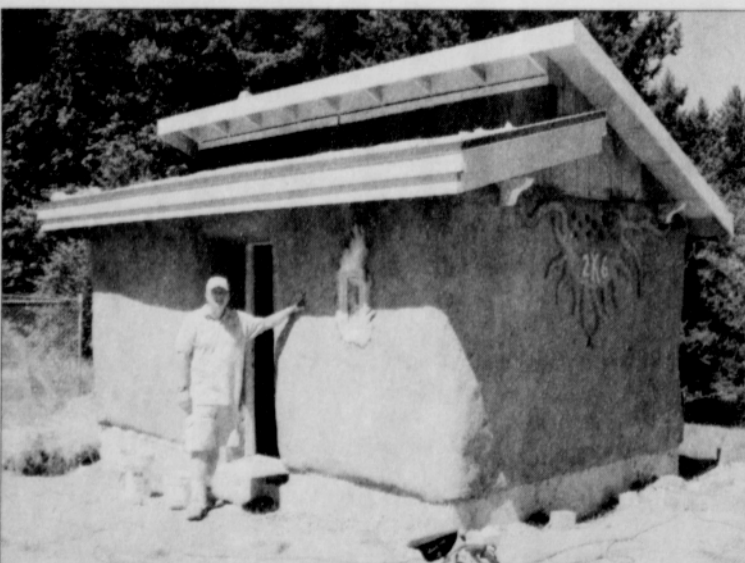
Among the schools to change nicknames in recent years over such concerns were St. John's (from Redmen to Red Storm) and Marquette (from Warriors to Golden Eagles).



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

## Team Places Fourth Nationally

Congratulations to the King Elementary School 400 Relay Team for their fourth place at the national Hershey Track and Field championships in Hershey, Penn. after taking the Oregon state championship in Bend. Pictured (from left) are assistant coach Ben Caldwell; team members Kyree Richardson, Janaree Porter, Haszell West and Rashawn Fair; and head coach Mike Mantia.



Portland Community College instructor Spencer Hinkle shows off the finishing touches to a student built weather station made of straw bales and other 'green' construction techniques.

## Students learn Latest Trends in Construction

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Ho knows he wants to have a career in building construction. "Someday I want to be a con-

struction teacher and help younger kids get the experience I did," said Ho. "I've wanted to be in construction since I was eight."

## Jefferson Alumni Football Game

Date: August 19, 2005

Time: 7:00 pm

Jefferson High School Football Field

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\$3.00 Students

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