

# SPORTS

## Oden Recovers from Surgery

(AP) — Portland Trail Blazers rookie center Greg Oden had his tonsils removed Saturday.

The tonsillectomy was performed at The Vancouver Clinic in Vancouver, Wash., and the recovery time for the No. 1 pick in last month's NBA draft is expected to take two to three weeks, the Trail Blazers said.

Oden, 19, has been plagued



Greg Oden

by sore throats and had trouble breathing in the Las Vegas summer league last week. He averaged 9.5 points and 9.5 fouls in two games before getting shut down in preparation for the operation. Summer league rules allow 10 fouls before disqualification.

Oden will miss the U.S. senior national team's minicamp this weekend-22 in Las Vegas.

## Freoney Signs for \$72 Million

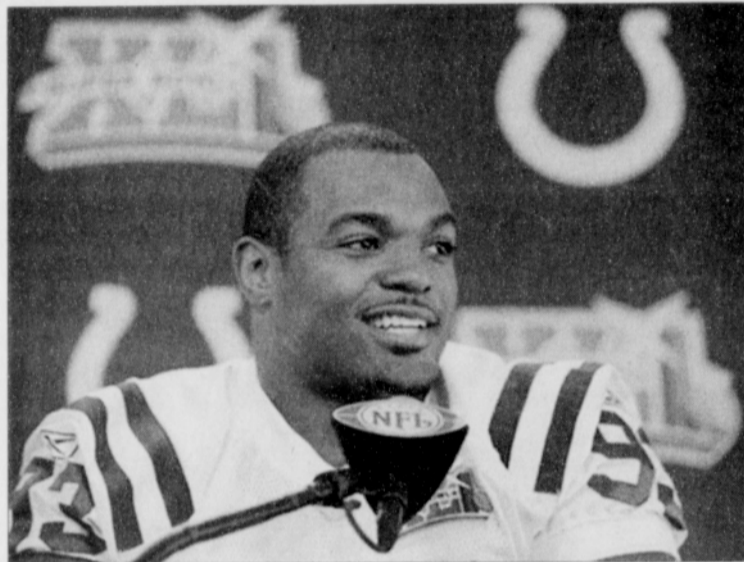
The Indianapolis Colts have signed defensive end Dwight Freoney to a long-term contract that will make him among the NFL's most highly paid defensive players.

Freoney and the Colts agreed to a six-year, \$72 million contract that includes a \$30 million signing bonus, Freoney's agent, Gary Wichard, said Friday.

The Colts had designated Freoney as their franchise player in February, which would have kept him with the Super Bowl champions for at least one more season.

Freoney, a first-round draft pick in 2002, has 56 1/2 sacks and forced 27 fumbles during his first five seasons with the Colts.

His long-term deal would be the Colts' biggest investment in their defense for what has long been an offensive-oriented team.



Dwight Freoney

Since 2004, the Colts have signed big deals with quarterback Peyton Manning (seven years, \$98 million)

and receivers Marvin Harrison (six years, \$66 million) and Reggie Wayne (six years, \$39 million).

## Golf Scramble at the Mountain

Benefits Mt. Hood Community College

What could be better than a beautiful summer day on the golf course at The Resort at the Mountain in Welches? Imagine starting the day with a continental breakfast, playing golf with your friends, enjoying lunch after the scramble and helping the Mt. Hood Community College Foundation raise money in support of the college's students.

Golfers of all skill levels are invited to register for the MHCC

Foundation's 14th annual Par Excellence Golf Scramble scheduled for Aug. 7.

Participants will not only have fun golfing but will be raising money for scholarships and classroom equipment.

"The important thing is to have a good time and help support the students at MHCC. Investing in education is an investment in the future," said golf committee co-chair Peggy Johansen.

Prizes will include trips, golf equipment and merchandise and a hole-in-one prize is sponsored by the Suburban Auto Group.

Check-in begins at 7 a.m. and the shotgun start is at 8:30 a.m. The fee of \$150 includes green fees, cart, continental breakfast, refreshments, lunch and a tee prize.

For more information about sponsorships and to register for the scramble, call 503-491-7206. A registration brochure is available at [www.mhcc.edu/foundation](http://www.mhcc.edu/foundation).

## Sports Commentary Dog Days of Summer

BY PAT GRUHLER  
THE PORTLAND OBSERVER

It's getting to be the dog days of summer. We getting consistent hot weather, the fourth of July is behind us and is very little going on in mainstream sports.

Let's face it, there are no sports that demand our time until late August when football gets started and baseball is in the playoffs.

So with all the extra time on our hands, what are sports fans supposed to do? The trick is what they call "participation sports."

I know many of us can't afford to become scratch golfers, but there are several cheap forms of athletic entertainment. Take "Folf" or disc golf for example. The game is played with discs slightly heavier than a Frisbee. Courses pop up all over the place, often in wooded areas using the trees to make the game a challenge for participants. Targets vary, from wooden posts to metal posts with a bucket hanging about three feet over the ground.

The game is similar to golf, where there is a par set on a hole and you have to get the disc in the bucket with as few strokes as possible. There are several different styles of throws: the side arm, the regular Frisbee throw and the over arm, or the tomahawk. That's my favorite.

A new course has been created in Pier Park in the St. Johns community of north Portland. The course has having been cleverly built taking up as much as the park as possible, but having many holes that intersect each other. Although, there are still many park-goers and dog walkers around, so one must throw with caution. Getting hit in the head with a disc can hurt quite a bit, believe me.

Another good neighborhood game is the old school game of kickball. Everyone knows this game. You get around ball that rolls and can be kicked pain free, preferably a rubber red ball. All you need is a park, or even an empty lot. The rules are simple: outs are exactly the same as baseball. Kick the ball as far as possible. Many groups of friends play weekly games, usually at big parks. Check out Irving Park or Fernhill Park for games every week.

Kickball is a fun way to spend time with friends; it does not take much talent and can be enjoyed with a beer.

And with the heat the way it is, many people will look to the rivers for an outlet. A fun all day activity

if floating the river on an innertube. This is cheap and inexpensive and a whole lot of fun.

A river such as the Clackamas River in Milwaukie is a perfect place to waste three or four hours. On a nice day, with the sun beating down on the river through the trees, nothing is more relaxing than letting the current take your tube down the river. Floating is more enjoyable with a group of friends, but don't drink too much because drowning is a very real possibility in river currents.

These are just a few fun activities that are cheap and can get you outside on your day off to enjoy the sunshine. Until football starts in August.

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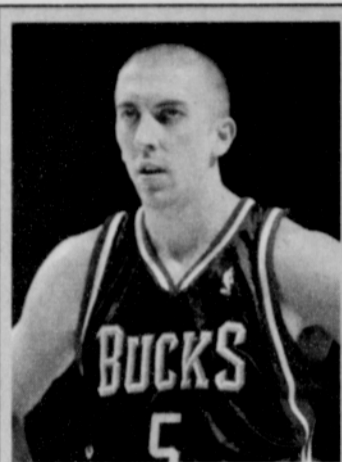
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Steve Blake

## Veteran Guard Returning

(AP) -- Former Trail Blazer Steve Blake is coming back to Portland, even though in one sense he never left. The free agent point guard who played for the Denver Nuggets last year signed a reported two-year deal with an option.

Blake, a four-year veteran, averaged 8.3 points and 6.6 assists in 49 games with Denver last season.

It is Blake's second stint with the Blazers. He played for the team in 2005-06, averaging 8.2 points and 4.5 assists. He still has an off-season home in West Linn.

"Steve embodies the kind of culture we're building here in Portland," Blazers general manager Kevin Pritchard said. "He's an intelligent, hardworking, team player with a tremendous grasp as to what it takes to play the point guard position."

The move makes the Blazers deep at point guard, with Blake, Jarrett Jack and Sergio Rodriguez, as well as Brandon Roy, the NBA's Rookie of the Year, who played the point at times last season.

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