

SPORTS

Hoop Star Named to All-American Teams

Much good has come since former Jefferson High School basketball star Krystal Forthan transferred to central Texas to play for Georgetown High School during her junior year.

The 6-foot-4 forward has helped lead Central Texas to a 27-3 record in the regular season, earning herself a position on the 2011 McDonald's High School All American Team, the Women's Basketball Coaches Association High School All-America Team, and as a finalist for the Naismith High School Player of the Year Award.

Forthan has also signed with the Louisiana State University's Lady Tigers as the fifth-ranked prospect in the nation for the Class of 2011 by ESPNHoopGurlz.

After transferring from Portland, Forthan sat out her junior year due to Texas rules that keep transfers from playing right away. However, it's apparent that Forthan did not just sit on the sidelines and let her skills rust.

Once eligible, the young basketball starlet became the leading scorer



Former Jefferson Democrat standout Krystal Forthan has earned prestigious honors with her appointment on two high school all-American teams.

and rebounder for Georgetown High School, assisting her team to a second straight district championship and state playoffs.

As the first player from central Texas in nine years to be named to the McDonald's High School All American Team, Forthan will play for the West squad in the nationally televised game on ESPNU on March 30.

She told the Austin American Statesmen in a related article, "It's an honor to play in a big game like that. I'm looking forward to it, but

I've got to get ready for the playoffs first."

The coaches association all-star game will be played on April 2.

Blazers Trade; Welcome Roy Back

Gerald Wallace adds defensive power to team

The Portland Trail Blazers traded for one-time All-Star Gerald Wallace at the trading deadline Thursday, and he suited up and played Sunday night, just five nights after three-time All-Star Brandon Roy returned to the line-up.

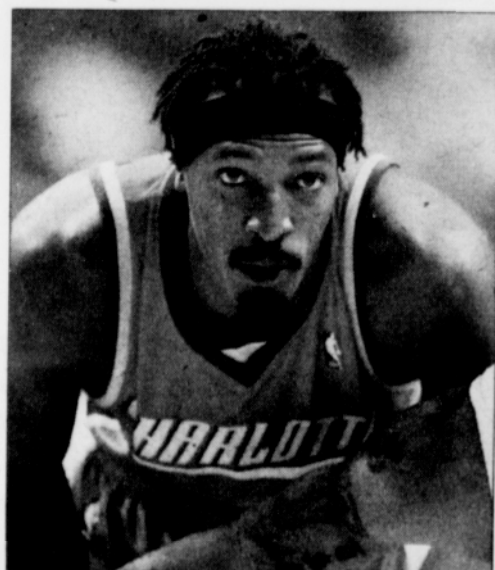
Roy, who has missed the past two months with knee injuries, helped the Blazers beat Denver 107-106 in overtime Friday by scoring 18 points, including a pair of 3-point shots in the final minute to force overtime.

Wallace, who the Blazers acquired in a trade for Joel Pryzbilla and Dante Cunningham with Charlotte, played his first action against Sunday and had nine points and five rebounds in 28 minutes as the team's Sixth Man during a 90-83 loss to the Atlanta Hawks. Wallace is considered one of the top defenders in the league.

Portland plays at home against Charlotte Saturday before beginning a four-game road trip that



Gerald Wallace



Kevin Roy

includes Orlando, Miami, Charlotte and Atlanta of the Eastern Conference.

SPORTS BRIEFS

BY CLIFF PFENNING

Senior Leads Wrestlers

Senior Nick Garren of Milwaukie High led local finishers at the state wrestling championship Friday and Saturday by winning the Class 5A 215-pound title. Junior Max Freund of Cleveland reached the final at 119 pounds. Senior Charlie Reed of Madison was third at 215 pounds. David Douglas had four wrestlers finish among the top 6. In the Class 6A meet, Barlow High of Gresham had two wrestlers reach the final, Senior John Wolfe at 285 pounds, and junior Mick Dougharity at 215.

Hoop Teams in Playoffs

The Jefferson High boys' basketball team will put its run of three straight Class 5A state titles on the line when it plays Friday at Milwaukie High needing a win to advance to the eight-team state

tournament Benson is also just one win from the tourney, needing to beat Pendleton at home Friday beginning at 7 p.m. In Class 4A, Roosevelt and Marshall will both play Friday for a chance at the state tournament. Roosevelt is at home against Sweet Home, while Marshall is at Central of Independence. In girls' play, defending state champion Jefferson, Wilson and Milwaukie are all on the road Friday. Jefferson plays at Wilsonville, Wilson plays at West Albany and Milwaukie plays at Springfield.

Portland Adventist Qualifies

The Portland Adventist girls' basketball team beat Myrtle Point 64-32 Saturday and reached the eight-team Class 3A state tournament for the first time. The school, which had lost in the Round of 16 the past three seasons, plays Coquille at 6:30 p.m. Thursday.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

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Q: I have a friend who takes her children to a Chiropractor even when they aren't sick. Why would

she do this?

A: Actually, there are more reasons for children to see a Chiropractor regularly than there are for adults. First of all, because of their activities in school and out, children naturally take more spills than an average adult. This is one of the most common reasons people bring their children to a Chiropractor. But the best reason of all is so that with

regular Chiropractic care, children can develop a nearly perfect spine. Not only to help them do better in school, but to gain increased strength, health and vitality throughout their adult lives. To find out all the ways Chiropractic can help your children experience a lifetime of good health, please call us at the number below.

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