

Fast Break to the NBA

*Jumping Jon Fleck
Capital Times Sports*

As the NBA regular season draws to a close, several teams have a legitimate shot at the NBA title including local favorite, the Philadelphia 76ers.

After barely qualifying for the playoffs last season, the 76ers currently lead the Atlantic Division ahead of both the New York Knicks and the Boston Celtics.

Charles Barkley, having an MVP season, leads the 76ers charge and off-season acquisition Rick Mahorn provides strength inside. Second-year man Hersey Hawkins is steadily emerging as a star and can hit the outside shot.

The New York Knicks, leaders of the Atlantic Division for most of the season, have begun to fade courtesy of a six-game losing streak and the loss of top rebounder Charles Oakley. Patrick Ewing, another MVP candidate, scored 51 points in a recent Knick loss.

The arrival of long-time 76er point guard Maurice Cheeks could help the Knicks in the playoffs, but the honeymoon is over for rookie coach Stu Jackson because the heat is on the Knicks to produce come playoff time.

The Boston Celtics have stayed on the heels of 76ers and Knicks for most of the season. Larry Bird is back. After last year's injury plagued season, Bird is beginning to round into playoff form. With capable veterans Kevin McHale and Robert Parrish, the Celtics could go places in the playoffs this year.

The Detroit Pistons, however, remain the class of the NBA. Pistons, a very deep, talented team, have been unbeatable since Coach Chuck Daly inserted Dennis Rodman into the starting lineup.

Center James Edwards has become a force inside taking up the slack after the departure of Rick Mahorn, but point guard Isiah Thomas is still the star on this team. Fellow guard Joe Dumars, a defensive wizard, can put the ball through the hoop when called upon.

The Chicago Bulls may present the Pistons with their biggest challenge. Michael Jordan is the most prolific player in the game today. In a recent outing against the Cleveland Cavaliers, Jordan scored 69 points, the highest point total in a decade.

Jordan is receiving some help from his teammates these days. Scottie Pippen has emerged as an all-star. Craig Hodges leads the NBA in a 3-point shooting percentage, and Horace Grant grabs the rebound on the rare occasion Jordan does miss.

Out in the Western Conference, the Lakers remain the team to beat, but the rest of the conference is gaining ground.

The Lakers still have the same core of players that won five championships in the 1980s. Magic Johnson leads the way with capable support from James Worthy and Byron Scott. Kareem Abdul Jabbar is gone but Vlade Divac and Mychal Thompson fill the middle where Jabbar reigned for so many years.

The Portland Trail Blazers remain hot

on the Lakers trail in the Pacific Division. The Trail Blazers have split two games with the Lakers this season, taking them to double and triple overtime. Clyde Drexler has finally emerged as a superstar, and the off-season acquisition of forward Buck Williams has pumped new life back into this team.

The Phoenix Suns also present a challenge to Laker supremacy. The Suns, the highest scoring team in the NBA, have two of the best offensive players in the game in forward Tom Chambers and point guard Kevin Johnson. Chambers once scored 60 points in a game this season.

In the Midwest Division, the Utah Jazz and the San Antonio Spurs overpowered the rest of the teams.

Utah also has two premiere players in Karl "The Mailman" Malone and perhaps the best pure point guard in the game John Stocton. Mark Eaton, 7'4" center, clogs up the middle but the Jazz isn't much deeper than this.

The question with this team is which team will show up in the playoffs--the one that took the Lakers to seven games two years ago, or the one that got swept by Golden State last year.

San Antonio's remarkable turnaround from has-beens to contenders has been remarkable. Coming into the season, the Spurs had the talent on paper, and this young team has managed to put up the victories.

Midshipman David Robinson finally joined the NBA and in one season has become one of the best big men in the game. Young players like Rod Strickland and Sean Elliot have blended well with veterans Terry Cummings and former Penn Stater Frank Brickowski.

A darkhorse team in the west could be the Houston Rockets. After a sluggish start, the Rockets have kicked in the afterburners. Akeem Olajawon and Eric "Sleepy" Floyd have caught fire as the Rockets fight for the final playoff spot. The Rockets have the talent and show it against the best teams, but this team has a horrendous record against the NBA non-contenders.

Two major disappointments this season have been the Atlanta Hawks and Cleveland Cavaliers. Both teams have extraordinary players in Hawks forward Dominique Wilkins and Cavalier guard Mark Price, but both teams were decimated by injuries early on and have had problems catching up.

Let's Get Physical

*Susan Hoover
Capital Times Sports*

The first day of spring is behind us and summer is quickly approaching. Before you know it, you will be shopping for this year's bathing suit. Instead of settling for a suit that hides your bulges, prepare yourself now to sport that skimpy bikini you've been dreaming of!

Let's start with that dreaded stomach! Strengthening your abdominals will not only look great, but help to prevent lower-back pain. While lying on your back with your knees bent, feet together and flat on floor, place your arms by your sides. Raise your upper body, leading with your chest and contracting your abdominals. Exhale as you raise your body and inhale as you roll back down. Concentrate on keeping your lower-back flat on the floor throughout the exercise (press your belly-button to the floor) to prevent back injuries. Do as many as you can, building to fifteen.

While lying in the same position we can work the waist. Contracting the abdominals, exhale and raise right shoulder and arm toward left knee, lifting head, neck, and shoulders off floor. Do three times on each side, building to six. This exercise works the obliques, the abdominal muscles that run diagonally along your sides.

One area that we often neglect is the back and shoulders. Strengthening the trapezius and other upper back muscles helps to align the spine and maintain posture as we age. To stretch the upper and middle back, stand in a wide stance with knees slightly bent, and feet slightly turned out. Place one hand on

thigh for support and reach to the side with other arm stretched forward across your body. Remember to keep your knees over your toes and your back fairly straight. The top of your spine should stay in line with your tail bone. Do not allow your back to arch upward or sag toward the floor.

Working your chest and shoulders is a piece of cake. Stand with your feet hip-width apart and your toes pointing forward. Hold a towel, or an exercise stretch band in each hand. Your arms should be straight and your hands at thigh level, 24 to 30 inches apart.

Slowly raise arms overhead, drawing shoulders, arms and hands backward.

To work your lower back, lie on the floor and bend your knees into your chest. Place your hands on the backs of your thighs and draw legs toward chest.

You should try to hold each stretch for at least 30 seconds and up to two minutes. Inhale before you begin each stretch and breathe out slowly when you feel tension in the muscle. Hold the stretch at this point.

Fitness is a way of life, and setting aside a regular time for your stretches will help you to remember at first. Follow your program at least three days a week and up to seven. Stretching involves relaxation, which is a great way to begin a busy day or wind down after a hectic schedule. The best time to stretch, however, is after you have done your aerobic exercises when the muscles are warm and flexible. The ability to stretch and bend varies from person to person. The way your body is built determines in large part your potential for flexibility. See you on the beach!

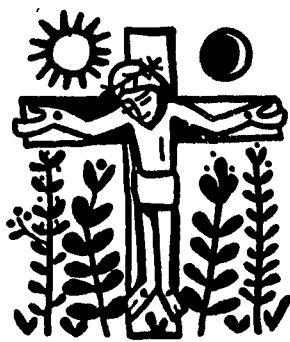
AEROBICS SCHEDULE:

High Impact:
Sunday at 6 p.m.
Monday, Tuesday, Thursday at 9 p.m.

Combination Low/High:
Tuesday and Thursday at 12:30 p.m.
Wednesday and Friday at 5:30 p.m.

FACULTY-STUDENTS-STAFF

Come Worship With Us
During This Lenten Season



*Christ became
obedient for us
even to death*

Service of the Word

Wednesday's 12:00 Noon - 12:30 BCAC Lounge

Services Led By-

Father Robert Panza, Roman Catholic Chaplain

Pastor K. Robert Schmitt, Lutheran Chaplain

Holy Week Services: Maundy Thursday In Parishes
Good Friday 12:00 Noon in BCAC Lounge & Parishes

Call Seven Sorrows at 944-3133 or

St. Peter's at 944-4651 for Worship Service Information

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