

# SPORTS

## Venus Back on Top After Tough Years

(AP) — Everyone had a theory about what was wrong with Venus Williams. But with one spectacular fortnight, capped by saving a match point en route to a stirring 4-6, 7-6 (4), 9-7 victory over top-ranked Lindsay Davenport in the Wimbledon final Saturday, Williams served notice that she never really went away.

"I always felt like a champion in my heart, because every single time I walked out on the court, I always gave my best. Whatever it was at that time, I gave 100 percent," Williams said shortly after accepting her third Wimbledon trophy.

"I feel great to have accomplished this, but I feel like I want to



Venus Williams clutches her trophy after defeating Lindsay Davenport to win the Women's Singles final on the Centre Court at Wimbledon Saturday. (AP photo)

do a lot more." She certainly appears capable of just that, now that she's healthy and happy, which she let everyone know by jumping

over and over and laughing uncontrollably after hugging Davenport at the net.

Among the theories floated in recent years for Williams' slump: She couldn't handle being surpassed by her younger sister Serena. She wasn't investing enough time in tennis, distracted by other interests, such as her interior design company. She couldn't overcome a long string of injuries. She needed someone other than mom and dad to coach her. The shooting death of half-sister Yetunde weighed

heavily on her. On Saturday, she ended a four-year drought since her last Grand Slam title.

## All-American Webster New Blazer

### Team stockpiles young talent

The Portland Trail Blazers continued to stockpile young talent, selecting guard/forward Martell Webster with the sixth overall pick in the 2005 NBA Draft and acquiring the draft rights to point guard Jarrett Jack.

On Friday, Trail Blazers General Manager John Nash announced that Webster signed a multi-year contract and will participate in the Reebok Vegas Summer League this week and next week in Las Vegas.

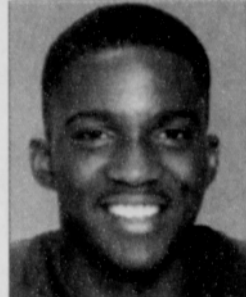
The 6-7, 233-pound Webster averaged 27.7 points, 10 rebounds and 2 assists for Seattle Prep High School as he led the team to a 19-5 record. He was named one of 10 finalists for the Naismith Award,

awarded to the nation's top high school player. The 18-year-old, who originally committed to play for the University of Washington, was also named to PARADE Magazine All-America First Team.

Basketball scouts say he is as tremendous a person as he is a talent.

He was NBADraft.net's top rated player in his class as a sophomore but saw his stock slip some when he missed nearly all of his junior season due to an ankle injury.

"He's back, and a very good case could be made that he is once again the best player in this class, and maybe the best prospect as well. His shot is so pure, and his game is so smooth," the draft report said.



Portland's number one draft pick Martell Webster averaged 27.7 points and 10 rebounds per game at Seattle Prep High School.

The Trail Blazers picked up Jack in a trade for two draft choices to the Denver Nuggets.

Jack was the 22nd NBA pick overall after three seasons at Georgia Tech. The 6-foot-3, 202-pound was an All-ACC Second Team selection and averaged 15.5 points per game. He was the sixth player in Yellow Jackets history to record 1,000 points and 500 assists and is fifth all-time in career assists and steals.

## Beloved Teacher, Coach Retires

One of the best and most beloved teachers, coaches, and leaders in education is retiring.

Tom McKenna, son of Elmer James and Helen Johnson-McKenna, brother of Michael, dog owner of Maxell "Oodie," father of Lauren Austin and husband of Tiffany Marie, moved to Portland after teaching a short time in New York City.

A native of Rutherford, N.J., he completed his undergraduate work at Bucknell University in Pennsylvania and went on to complete his masters in teaching at Reed College.

McKenna interned at the former Adams High School in northeast Portland —working with educational legends like P.O. Marsubian and Dave Mesirov.

He was an enormously popular teacher at Grant High School, where he also coached baseball and basketball and later taught at Grant Night School and Franklin High School. Most recently, he was teacher on special assignment, coordinating social studies for Portland Pub-

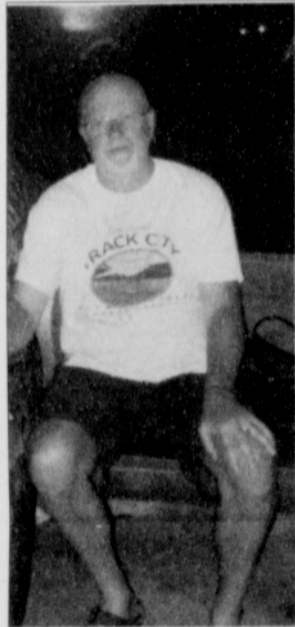
lic Schools. McKenna continues work as an adjunct professor at Portland State University.

Such a list of jobs cannot capture the enormous impact McKenna has had on the lives of young people and colleagues who are very much a part of his "extended family" today.

As one of the many student teachers he has mentored said, "Tom McKenna is simply the best social studies teacher I have ever seen. He teaches with kindness, humor, insight — and has a tremendous respect for students' capacity to learn. Anyone who has watched Tom in the classroom or has been his student can testify to the brilliance he brings to this work."

A teacher, coach, storyteller, curriculum developer, writer, and life of any party, Tom McKenna has had a stellar career.

If you'd like to contact Tom to send your well wishes, call him at 503-257-7463 or email him at mckenna0307@comcast.net.



Tom McKenna

## What to take for arthritis pain?



Take a walk. A bike ride. A swim. Studies show that 30 minutes of moderate physical activity three or more days a week can relieve pain and help you move more easily. If 30 minutes at once is too much, try 10 or 15 minutes a few times a day. To make it fun, invite a friend or family member to join you. Stick with it, and in just four to six weeks you could be hurting less and feeling better.

### Physical Activity. The Arthritis Pain Reliever.

Call 1-800-283-7800 to learn more.

Physical activity helps manage your arthritis pain. Take it slow. Take it easy. Come and try one of the classes below. Classes are free for qualified participants. Please contact the African American Health Coalition for more information at: 503-413-1850 or visit [www.aahc-portland.org](http://www.aahc-portland.org).

**Tai Chi** (Contact the AAHC)  
St. John's Community Center - 8427 N. Central  
Tue, 6:30-7:30pm

**Seniors Physical Activity**  
Allen Fremont Plaza - 221 NE Fremont  
Mon, 10:30-11:30am, Tue, Thu, 10:30-11:30am  
Multicultural Senior Center - 5325 NE MLK  
Mon, Wed, 10:30-11:30am  
Irvington Village - 420 NE Mason St.  
503-546-9292 x121

**Low Impact Aerobics**  
Wild Oats Market - 3535 NE 15th  
Tue, 7:30-8:30pm

**Water Aerobics** (Contact the AAHC)  
Columbia Pool - 7701 N Chautauqua  
Matt Dishman - 77 NE Knott

**Walking Group**  
Peninsula Park - 700 N Portland  
(Saturday group will resume in the summer)  
Lloyd Ctr. 1st Fl. in front of Sears  
Tue, Thu, 6:30pm

**3rd Annual Wellness Within REACH Walk.** Saturday, September 10th at Dawson Park, located at N. Vancouver and Stanton in Portland, OR. To register or volunteer, please contact the African American Health Coalition, Inc. at 503-413-1850 or [ninan@aahe-portland.org](mailto:ninan@aahe-portland.org).

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION • THE ARTHRITIS FOUNDATION  
THE DEPARTMENT OF HEALTH & HUMAN SERVICES • AFRICAN AMERICAN HEALTH COALITION, INC



## Ask Deanna!



### Real People, Real Advice

An advice column known for its fearless approach to reality-based subjects!

#### Dear Deanna!

I'm 18 years old and trying to decide whom to spend the rest of my life with. I have one guy that gives me anything I want and respects me. He's there when I need him but he cheats. I have another guy that's also the same but he threatens me by saying if I do a certain thing, he'll slap or punch me. I worry about cheating with one and being hit by the other. How do I choose? --Lost, On-Line Reader

#### Dear Lost:

Get rid of these immature boys and choose yourself. A real man wouldn't cheat or beat on you. At your age, you haven't had time to smell yourself much less think about whom to spend your lifetime with.

You deserve more than these drop shots are giving you. Take advantage of your youth and work on your values, your education and career and a deserving man will cross your path in due time.

#### Dear Deanna!

I used to brag about being the world's best lover. I was a man that used women to make myself feel better. I played mind games, lied and had three or four girlfriends at a time. I now find myself saved, but and lonely because people that know me still judge me and women won't give me a chance because of my past. How do I change this? --Johnny W.; Houston, Texas

#### Dear Johnny:

You've reaped what you sowed. You had no business treating women like dirt. Being saved doesn't protect you from your nasty past life. You're still going to pay for your deeds and you can only move forward by being consistent. You didn't become a doggylover overnight and your reputation won't be fixed overnight. Stay on the right path by living a God filled life and your light will soon shine bright.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: [askdeanna1@yahoo.com](mailto:askdeanna1@yahoo.com) or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211. Website: [www.askdeanna.com](http://www.askdeanna.com)

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