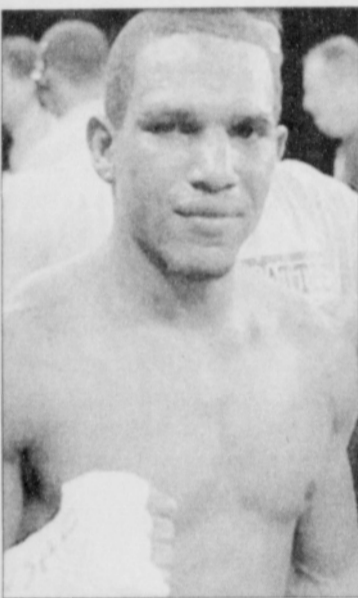


# SPORTS

## Athletes Team Up for Katrina Help

Former NBA Star and TV commentator Kenny Smith and WNBA player Swin Cash at the NIKE campus in Beaverton celebrating efforts to help children in Louisiana and Mississippi who were evacuated from their homes in the wake of Hurricane Katrina. Nike teamed up with Mercy Corps and Hands on Portland Monday to pack 10,000 'comfort kits' to assist the Gulf Coast evacuees.

PHOTO BY STEVE DIPAOLO/COURTESY OF NIKE



Shamba Mitchell

## Portland Championship Fight Possible

Boxing promoters postponed a Wednesday announcement on a major HBO Championship Boxing event coming to Portland's Rose Garden.

According to sources quoted by KGW Channel 8, the event was to announce that Floyd Mayweather Jr., considered one of the best fighters in the world, will have his next fight in Portland at the Rose Garden on Nov. 19.

The bout would be Mayweather's first as a welter-

weight, although he has previously won titles in three other weight classes. The opponent was expected to be Shamba Mitchell, a former two-time world champion with a record of 56-4.

If the match comes true, the fight would be the biggest for Portland since boxer Roy Jones came to town three years ago. KGW said an undercard for the Nov. 19 event would feature Andre Ward, who won a Gold medal at the 2004 Olympics.



Floyd Mayweather Jr.

## Surgery Sidelines Stoudemire

The Phoenix Suns will be without all-star forward Amare Stoudemire for about four months after he underwent surgery to repair damage to his injured left knee Tuesday.

The injury turned out to be far worse than the Suns expected when they announced Monday that team doctor Thomas Carter would perform what was termed "diagnostic" surgery.

Stoudemire, who turns 23 next month, signed a five-year, \$73 million contract extension last week, the maximum allowed under the NBA's collective bargaining agreement with the players union.

In a news release, the Suns said Carter repaired a joint surface defect roughly one centimeter in diameter on the inside of his left knee.

"The surgery went well and other than the defect that we treated today, Amare's knee is remarkably and structurally healthy," Carter said in the statement released by the team. "Given Amare's age and the nominal size of the location of



Amare Stoudemire

the defect, I am confident the microfracture procedure performed will allow a healthy and normal return to action."

Considered the cornerstone of the franchise, Stoudemire has improved each year and was a main component of a team that won a league-best 62 games last season.

The 6-foot-10, 245-pound forward was fifth in the NBA in scoring at 26 points per game last season, his third in the league. He averaged 30 points in the playoffs, 37 in the Western Conference finals against Tim Duncan and the San Antonio Spurs.

## Vikings Home for Bobcats

An important Big Sky Conference game looms large for both Portland State and 9th ranked Montana State as they will meet at PGE Park this Saturday night. Kickoff is 6:05 p.m.

For the Vikings, a win would do no worse than vault them into a tie with the currently first place Bobcats.

PSU nearly pulled off the upset of the year last Saturday, as they went to Boise

State and never trailed until midway through the fourth period before finally losing to the Broncos, 21-14. Portland State returns to PGE Park having won five straight home and is 29-8 overall at home since the start of 1999 season.



Dr. Billy R. Flowers

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### Part 27. Chiropractic VS Migraines: Saying goodbye to the most menacing of headaches

**Q:** Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

**A:** I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20 years for this!" That's one comment I'll never

forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all here for only a

while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

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### Dear Deanna!

I need some help really fast. My teenage daughter is a junior in high school and thinks she can disrespect me. I'm a small woman and she's bigger than I am. Recently, she put her finger in my face and she's started shoving me. I've never hit my daughter but feel that now I need to. Is there a way to talk to her and bring her back down to earth without getting physical? --DeLeisa; Indianapolis, Ind.

### Dear DeLeisa:

When a child gets physical with a parent, you have the option to choose a body slam, a drop kick in the chest or a karate chop in the throat. Regardless of your daughter's age, you need to make it clear that you're the parent and she will not be placing her hands on you. You can talk all you want, but if you don't send the message with some physical force, you'll find your face cracked and on the ground.

### Dear Deanna!

I made myself get out of an abusive relationship. I was beaten, verbally abused, raped and tormented on a daily basis for almost 3-years. I had convinced myself that I loved this man and his abuse was his way of showing affection. I'm at a point now where I feel as if I've moved on. However, my ex-boyfriend is now trying to come back and he's



## Ask Deanna!

**Real People, Real Advice**  
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convinced me that he's changed. Should I give him another chance? --Rebecca; Buffalo, N.Y.

### Dear Rebecca:

If you go back, be sure you have your funeral arrangements in order or get ready for a life of misery. This man treats you worse than a dog and has no respect, care or love for you. If you made it out of the situation, then you need to use your brains and stay out. No, you shouldn't give him another chance to assault you, insult your womanhood or risk killing you. The writings on the wall—just make sure you read it.

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

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