



Good Start with Tourney Win

The boys' basketball team at Riverdale High School in southwest Portland got a good start to the season with a tournament victory Dec. 29-30 in Gervais by beating Gaston, 53-49. The team is coached by Michael Harper (left) and Mark Washington (right).



Taking Home the Trophy

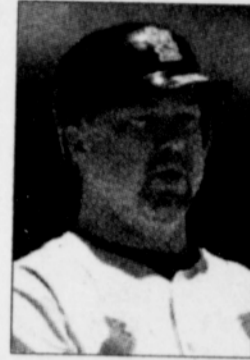
Congratulations to the Riverdale High School girls' basketball team with head coach Kevin Modica and assistant coach Ashley Carlisle. The southwest Portland team won a Dec. 29-30 tournament in Gervais by beating Gervais 47-43 in double overtime in the championship round.

SPORTS

Batter Admits Steroids Use

(AP) -- Ending more than a decade of denials and evasion, Mark McGwire admitted Monday that steroids and human growth hormone helped make him a home run king.

"The toughest thing is my wife, my parents, close friends have had no idea that I hid it from them all this time," he told The Associated Press in an emotional, 20-minute interview. "I knew this day was

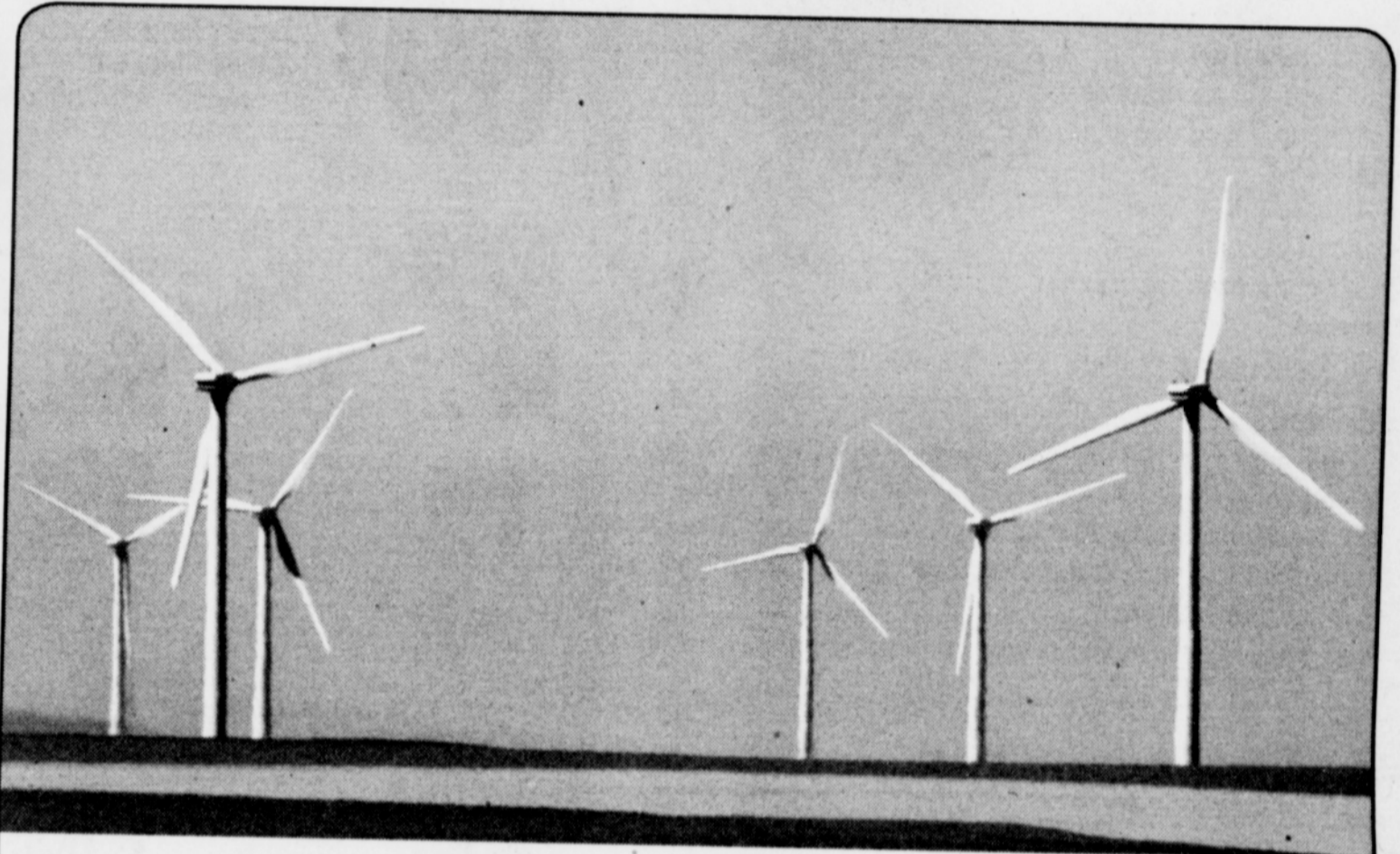


Mark McGwire

going to come. I didn't know when."

In a quavering voice, McGwire apologized and said he used steroids and human growth hormone on and off for a decade, starting before the 1990 season and including the year he broke Roger Maris' single-season home run record in 1998.

"I wish I had never touched steroids," McGwire said. "It was foolish and it was a mistake."



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More than 40 years ago, Dr. Martin Luther King, Jr. presented his dream of an America where citizens were judged not by the "color of their skin" but by the "content of their character." This year we celebrate that dream like never before — and we honor a future we can now embrace due to Dr. King's visionary leadership.

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Let's turn the answers on.

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H1N1 flu is still in our community. Some folks suffer more from this virus than others. Nationally, Blacks are having serious complications in greater numbers than other groups. Vaccination is the best way to protect yourself and others from the flu. Get vaccinated against H1N1.

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