

Shaq's Mom Inspires Others

Asks young people to be strong

(AP)—Shaquille O'Neal's mom has written a tell-all book — about herself.

Inspired and motivated by her superstar son, Lucille O'Neal is promoting, "Walk Like You Have Somewhere to Go: From Mental Welfare to Mental Wealth," a book that chronicles her life as an unwed teen mother, struggles with alcohol and her determination to get a college degree in her 40s.

With her "little one" Shaquille sitting by her side, Lucille O'Neal signed copies of the book recently at Quicken Loans Arena before her son's team, the Cleveland Cavaliers, hosted the Milwaukee Bucks.

Lucille O'Neal said the book had been "in me for years." She was motivated to write the book to help inspire others, especially young, unmarried mothers.

"I'm encouraging people and I'm telling them in some cases that it's not the end of your world," she said, sitting courtside as the Bucks warmed up a few feet away. "I'm just telling people to be strong. A lot of people today are visual, they can almost look into my life when they read the book and say, 'Well, if she got through all of that, and she's doing as good as she's doing, then there's hope for me.'"

Shaquille beamed when he talked about

his mother.

"I'm very proud," he said. "She has always been the one who I've called the remote controller of my life. A lot of times when I'm sitting and not doing anything she'll call me and say, 'You know you need to go to school. You know you need to get your master's (degree). You know I don't like what you said on TV. You know you need to get your doctorate.'"

"She has always been my role model, her and my father."

Shaquille said he inherited his mom's softer qualities.

"Everything nice that I do is her and everything ferocious that I do is my father," he said.



Cleveland Cavaliers center Shaquille O'Neal and his mother, Lucille O'Neal, sign copies of her book, 'Walk Like You Have Somewhere to Go: From Mental Welfare to Mental Wealth.' (AP photo)

2010 Joyce Washington Classic High School All-Star Basketball Lineup

Joyce Washington Scholarship 2010 Women's All-Star Teams

Head Coach: Floyd Hall

PLAYERS	HIGH SCHOOL
Ariel Reynolds	Jefferson
Denaya Brazzle	Jefferson
Katelyn Loper	Postfalls
Mikayla Elliott	Franklin
Sha'nice Storey	St. Mary's
Zoie Sheng	St. Mary's
Marin Hobson	Franklin
Kristen Swim	Franklin
Mackenzie Lamsom	Lincoln
Krystal Forthan	Texas

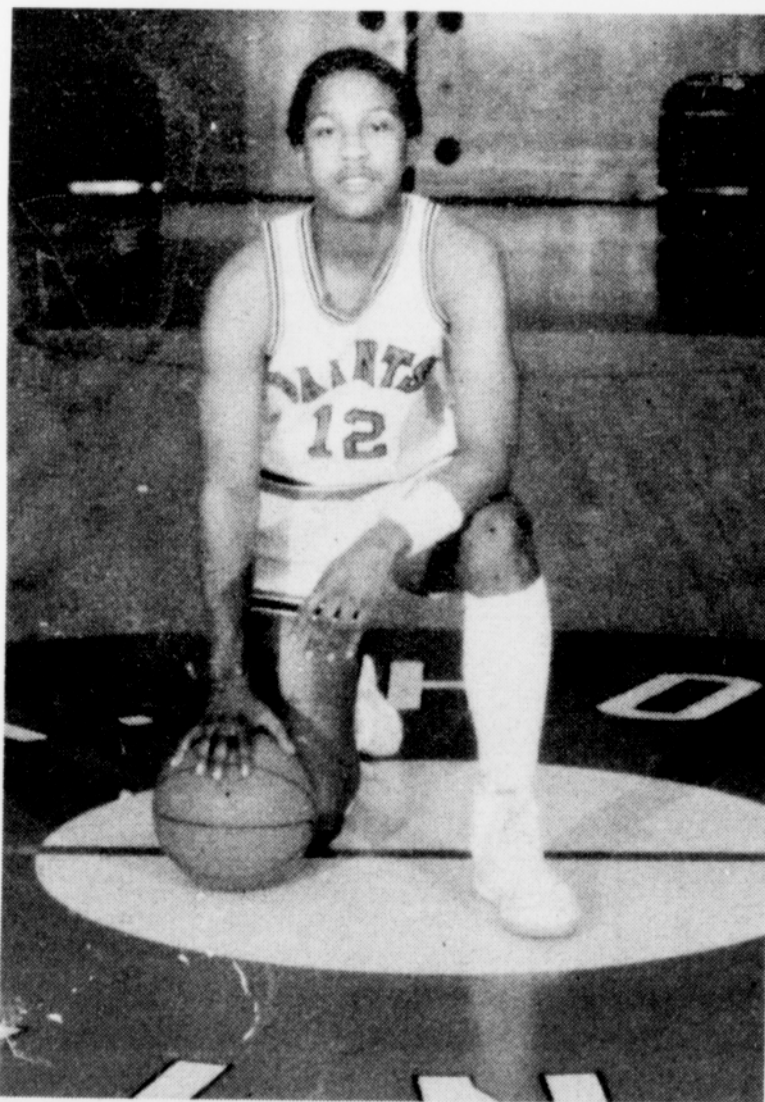
Head Coach: Alicia Riddle

PLAYERS	HIGHSCHOOL
Jude Schimmel	Franklin
Samantha Mcloud	Franklin
Razja Goodman	Grant
Arquaezia Jackson	Jefferson
Kiara Berry	Grant
Marchae' Fesser	De La Salle
Bailee Jurgenson	Franklin
Marranda Santiago	Marshall
Sarah Cabantoy	Marshall
Dominique Butler	Marshall

Women's Coach of the Year:
Ikeya Newton, Jefferson High School

Game Day: Saturday, May 8
Doors open at 3 p.m.

Location: Self Enhancement
3920 N. Kerby Ave.



*In memory of
Cory Neal Washington,
1965-1991*

Joyce Washington Scholarship 2010 Men's All-Star Teams

Head Coach: Michael Harper

PLAYERS	HIGHSCHOOL
BJ Jones	Jefferson
Antoine Hosley	Jefferson
Dominique Giles	Marshall
Noah Kone' Nelson	Jefferson
Nathan Maddox	Cleveland
Mitch Beckwith	Marshall
Jay Goldsby	Marshall
Jeff Parrish Jr	Heritage
Chuck Shields	Cleveland
Christopher Wells	Franklin
Reed Lewallen	Riverdale
Sam Van Buren	Riverdale

Head Coach: Michael Holton

Assistant Coach: Michael Mangum

PLAYERS	HIGHSCHOOL
JD Esters	Lincoln
Kenneth Acker	Grant
Trevor Ritchie	Wilson
Terrence Ross	Jefferson
Austin Booker	Benson
Timothy Lott	Marshall
Anthony Holton	Sunset
Robert Lazenby	Wilson
Tre Battle	Grant
Andre Pennington	Benson
Cameron Houle	Cleveland
Justin Minton	Franklin

Men's Coach of the Year:
Pat Strickland, Jefferson High School

