

Sports shorts

Timbers acquire forward Seaton from DC United

PORTLAND (AP) — The Portland Timbers have acquired forward Michael Seaton from D.C. United for targeted allocation money and an international roster spot.

The 19-year-old native of Jamaica also has U.S. citizenship. He originally signed with D.C. United in 2013. He spent much of his time there on loan to the USL's Richmond Kickers and a Swedish team. He played in five MLS regular-season games.

Seaton has made 13 appearances with the Jamaican national team and was on the roster during this year's CONCACAF Gold Cup tournament.



McIlroy close to returning for PGA Championship

AKRON, Ohio (AP) — Rory McIlroy posted two videos on Instagram that suggest he might be able to return for the PGA Championship.

FACES



The world's No. 1 player is in the field for the year's final major next week at Whistling Straits, and he will be listed in the tee times released Friday. That's common practice for the majors — players are automatically entered — and McIlroy does not have to decide whether he plays until his tee time at the start of the championship.

McIlroy has not played since he finished fourth in the U.S. Open. He ruptured ligaments in his left ankle while playing soccer with friends in Northern Ireland the first weekend in July, forcing him to miss title defenses at the British Open and this week at the Bridgestone Invitational.

His chief spokesman said in a text Thursday that rehab was "progressing well."

"I just feel like, at this point in time, with the discipline he put forth, he stepped outside the rules and made his own rules."

— Antonio Cromartie

Current New York Jets defensive back speaking out against NFL commissioner Roger Goodell and the league's handling of Tom Brady and "Deflategate."

THIS DATE IN SPORTS

1936 — Jesse Owens becomes the first American to win four Olympic gold medals as the United States sets a world record in the 4x100 relay at the Berlin Games.

1992 — The Summer Olympics in Barcelona, Spain, ends with the Unified Team holding a 112-108 lead in medals over the United States, the closest race since America won 90-86 in 1964 at Tokyo.

2007 — David Beckham makes his long-awaited Major League Soccer debut, entering in the 72nd minute of the Los Angeles Galaxy's 1-0 loss to D.C. United..

2010 — No American player appears in the top 10 for the first time since the men's tennis computer rankings began in 1973. Andy Roddick drops from No. 9 to No. 11 in the latest ATP rankings.

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NFL

Seahawk returns to practice after cancer fight

By TIM BOOTH
Associated Press

RENTON, Wash. — Less than three months after a cancerous kidney was removed, Seattle Seahawks defensive tackle Jesse Williams was back on the practice field Thursday as more than a spectator.

Back in pads. Back being a football player.

"Feels good, running around, moving around with the team," Williams said. "Today was the day I was pretty much kept in my mind the whole time that I had been in the hospital, the first day back, so it was driving me. It was a big deal to get out there today."

Williams was activated from the non-football injury list and took part in his first practice of the season after being diagnosed with papillary type 2 cancer in May and undergoing surgery. His time on the



Seattle Seahawks' Jesse Williams, right, works through a drill at training camp Thursday in Renton, Wash.

field Thursday was mostly limited to individual drills, but it was a significant step after Williams' football career was in jeopardy when the diagnosis was made.

"I try not to deviate my mind from the goals and the plans that I set already," Williams said. "The team believed in me and gave me a chance. I had a pretty rough start already. Hopefully getting rid of the bad kidney got rid of a bit of the bad luck I had as well. I'm looking forward to progressing and staying out there the best that I can."

Williams has been riddled with injuries since

being a fifth-round draft pick out of Alabama in 2013. Williams spent his first two seasons on injured reserve with major knee injuries, but those seemed minor compared to receiving a cancer diagnosis.

According to statistics from the American Cancer Society, the average age of people diagnosed with kidney cancer is 64, and kidney cancer for those under age 45 is rare. Williams is 24. Williams said the trigger for getting checked out by doctors was having blood in his urine. That led to additional tests and eventually the diagnosis.

"I was actually out with my family when I got the call, and it's not a nice call to get when you're just hanging out," Williams said. "Took 24 hours to figure it out, did what I needed to do and got to work the next day and hit the ground running."

Local martial artist qualifies for Junior Pan Ams

Von Eggers divides time between training and internship at Intel

By KATHY ANEY
East Oregonian

Karate started as a way for Seth von Eggers' mom to get a couple hours of peace.

His father, Brian von Eggers, took 12-year-old Seth, his sister and two brothers to Chuck's School of Karate at the Roundup Athletic Club to give Jennie some quiet time and to do something with his children. With several years, Brian, Seth and older brother all earned their black belts.

In 2013, Seth started traveling once a month to a dojo in McMinnville to train with international Karate champion Tony Mendonca. The teen ramped up his time at Mendonca's dojo after moving west to attend George Fox University. Seth, now 19, will head to Santa Cruz, Bolivia later this month to compete in the Junior Pan American Games as a member of the U.S. National Junior Karate Team.

Von Eggers' event (kumite) involves short explosive bursts of punching and kicking between two barefooted opponents. When one contacts the other's body or head, the referee calls, "Yame", the Japanese word for stop. Opponents return to their ready positions. At the command, they continue their flurry of movement until the next point is scored.

Karate sparring is all about



Contributed photo

Seth von Eggers scores a head kick last month at the National Karate Federation Championships and U.S. Team Trials. With his silver medal, Von Eggers qualified to compete at the Junior Pan American Games on the United States.

precision, according to von Eggers.

"You have to have clean technique and good controlled hits," von Eggers said. "You can't be sloppy."

His mentor, Mendonca, said physicality isn't enough to prevail in the sparring event.

"It's not just about being strong and tough, but also which person is the best tactician," he said. "It's like the contact form of chess."

Mendonca, who said he honestly didn't expect his young protégé to reach this elite level for

another couple years, attributed the quick rise to von Eggers' drive.

"His greatest quality is the fact that he has motivation," he said. "The biggest thing I'm doing as a coach is channeling his motivation into technique and strategy."

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Swimming

Ledecky, Lochte continue domination at world championship

By BETH HARRIS
Associated Press

KAZAN, Russia — Katie Ledecky just keeps winning at the world swimming championships.

Ryan Lochte is back on top, too, and together he and Ledecky carried the United States to its first two-gold medal night of the eight-day meet Thursday.

Ledecky anchored a 3.04-second comeback victory in the 4x200-meter freestyle relay for her fourth gold. Lochte won a record fourth consecutive title in the 200 individual medley.

"We had a great night," Ledecky said. "We're really getting some momentum and showing what we can do."

Missy Franklin led off the relay for the Americans, and Leah Smith and Katie McLaughlin kept them within striking distance of Sweden, which was under world-record pace for much of the 16-lap race.

Ledecky dove in and quickly pulled even with Swedish anchor Ida Marko-Varga. The American teenager opened a slight lead at 700 meters and extended it to a body length before powering home in 7 minutes, 45.37 seconds.

"I knew I could bring it home and get this thing done," said Ledecky, who climbed out of the pool and into an embrace with her teammates. "We had a blast out there. We were



AP Photo/Sergei Grits

China's gold medal winner Fu Yuanhui touches the sideline as she competes in the women's 50m backstroke final at the Swimming World Championships in Kazan, Russia on Thursday.

so relaxed."

It was the third straight victory in the 4x200 relay for the U.S. at the worlds.

Ledecky won the 200 free on Wednesday, to go with victories in the 400 and 1,500 freestyles. She set two world records in the longest distance race for women.

"She's phenomenal. She's a beast," Lochte said of his 18-year-old teammate. "Between my win and her world records, hopefully it got Team USA on a roll."

After a fourth-place finish in the 200 free, Lochte made history in the 200 IM. He trailed through the first three legs but came home strong on the freestyle lap and won in 1:55.81.

"That's the coolest thing," Lochte said.

He joined Grant Hackett of Australia as four-time champions of their respective events. Hackett once dominated the 1,500 free.

"I'm definitely really humbled," Lochte said.

It was Lochte's 24th world championships medal — second only to Michael Phelps' career total of 33 — and his 16th gold.

The U.S. has won the event seven consecutive times, starting with Phelps' three titles in 2003, 2005, and 2007. Lochte won in 2009, 2011, and 2013.