

Sports

Ducks work to overcome slump against Stanford on road tonight

By Ashley Conklin
Emerald Contributor

As the Oregon men's basketball team heads into action tonight at Stanford, the Ducks will try to break out of a horrendous shooting slump that has plagued them during the Pacific-10 Conference season.

Oregon is hitting only .424 from the field in six conference games. Following a 71-70 loss to Washington last Saturday, in which the Ducks made only 41 percent of their shots, only center Brett Coffey (.553) is over 50 percent in league play. The shooting slump has head coach Don Monson worried.

"We're still not shooting very well," he said. "We have started to shoot free throws better, but we still have not shot 50 percent from the floor in conference play. We have got to pick it up."

It won't be easy for the Ducks tonight, though, as they face the nationally ranked Cardinal in Maples Pavilion. Stanford, 19th in the latest Associated Press poll, is 14-4 on the season, 6-2 in league play, just behind league-leading Arizona.

Oregon, 7-9 overall and 2-4 in the Pac-10, will try to contain Stanford guard Todd Lichti outside and Howard Wright inside. Lichti leads the team with a 20.7 scoring average while Wright adds 14.6 points and 7.1 rebounds per game.

"You can't really contain Lichti and Wright," Monson said. "You just try to keep Lichti from going off and getting 35 points, and we have to keep Wright off the offensive boards so our kids stay out of foul trouble."

After being outrebounded against Washington, forward Randy Grant feels the Ducks need to get tough inside.

"We have to be tough after the shot," Grant said. "We need to box off better and that may have cost us the game against Washington. We have to assert ourselves inside."

Although the Ducks let one get away with their loss to the Huskies last Saturday, Grant said Oregon will be ready to play against Stanford.

"We're looking to salvage our season this weekend," he said. "This could be a big weekend for us. I think we can beat Stanford and everybody else on the team thinks we can. We won't be able to totally shut down the good players, but we need to play tough on Wright and (Andrew) Vlahov inside."

Sophomore point guard Mike Helms was a blessing in disguise for the Ducks in the Washington loss, scoring a career-high 15 points. He will continue to start at the point, allowing Monson to use Frank Johnson, the Ducks' leading scorer, at off-guard.

"Having Mike in the game

gives us another ball handler," Monson said, "which helps to cut our turnovers down."

"We need everybody to contribute and it's a big plus to have Mike in the game for us," Grant added. "I have a lot of confidence going into the game with Mike in the line-up."

Oregon has had good success against the Cardinal in the past, including an 80-66 win in McArthur Court a year ago. Although the Ducks won't be in Mac Court tonight, Monson isn't worried.

"Stanford is a tough team because they have a lot of experience," he said. "They are a nationally ranked team and all, but more than anything, they have the experience."

Things don't get any easier for Oregon on Saturday as they travel to Berkeley for a contest with California.

The Golden Bears, 13-5 overall and 4-3 in the conference, handed the Cardinal a 75-64 defeat last week and is led by senior Leonard Taylor and junior Keith Smith out of Portland's Wilson High School.

"Taylor has always been tough against us," Monson said.

"We have to stop the penetration of Keith Smith," Grant added. "He's a good penetrator and has improved a lot since last year. The key for us is to play hard and we'll be in the hunt."

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HOW TO EAT GREAT & LOSE WEIGHT

The New American Diet

by SONJA L. CONNOR and WILLIAM E. CONNOR

The New American Diet does not propose yet another fad diet, rather, it is the best book on nutrition that I have seen. Authoritative yet readable, it provides both needed facts and a workable strategy implementing more rational eating habits. Through long experience the authors have learned that the most important ingredient in a successful plan of nutrition is personal motivation.

The authors, Sonja and William Connor, are at the Oregon Health Sciences University. She is a research assistant professor of clinical nutrition, he is chief of the division of endocrinology, metabolism and clinical nutrition. Complementing their expertise is good humor and good sense that comes through in their writing. They are Oregonians, and friendly ones at that.

The book is divided into three parts. Part One explains the health benefits of following the proposed plan of nutrition and it exposes the evils of the high-fat, high-salt, high-cholesterol diets on which most of us grew up. I shudder to think of my daily bacon-and-eggs with heavily buttered toast breakfast of years past! Such eating habits are deadly.

Strategy is the core of Part Two. Just how can we motivate ourselves and others to implement healthy eating habits? The authors admit that this is the hardest part, and they provide a three-phase plan that makes the dietary conversion palatable. From their advice you realize that they have worked with and have sympathy for dietary backsliders. They even give advice on eating out.

Part Three comprises more than half of the book. The 350 recipes in Part Three are both designed for nutrition by experts and taste-tested by 233 families over a five-year period as part of the National Institutes of Health research project. Yes, low-fat, low-salt, low-cholesterol but highly nutritious food is possible!

The recipes run the full range from appetizers to main courses to desserts. There are, of course, several bran muffin recipes. But there is also Rhubarb Buckle and Ricotta Cheesecake! Many of the recipes seem Oriental, Mexican, or Middle-Eastern in origin. Foods from these cultures are inherently more healthy than foods normally considered American.

The bottom line. Do not go for The New American Diet unless you want to live longer and feel better.

Reviewed by Prof. William G. Loy, Geography

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by Sonja L. Connor M.S. R.D.
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