

Congratulations to the following winners of the Emerald's Nelson Awards for the 1999 fall term:

Best News Story: Sara Lieberth and Ben Romano

Best Sports Story: Tim Pyle

Best Series: Ben Romano

Best Feature: Jack Clifford

Best Column: Fred M. Collier

Best Editorial: Laura Lucas

Best Sports Design: Katie Nesse

Best Perspectives Design: Kelly Berggren

Best News Design: Katie Nesse

Best Entertainment Design: Katie Miller

Best Feature Headline: Katie Miller

Best Section: Tim Pyle

Best Cover Art: Bryan Dixon

Best Illustrator: Bryan Dixon

Best Sports Photo: Scott Barnett

Best News Photo: Scott Barnett

Best Feature Photo: Jeffrey Stockton



Oregon Daily
Emerald

Intrastate rivals state cases

■ Arizona and Arizona State fight for state supremacy; Beavers make statement on road trip

PAC-10 NOTES

By Brett Williams
Oregon Daily Emerald

Duel in the desert

Talk about home court advantage.

While the Sun Devils have had their recent troubles with the explosive Wildcats in Tucson, Arizona State takes the in-state rivalry very seriously on its home floor.

The average score in the last eight meetings at Wells Fargo Arena in Tempe has been Arizona 78, Arizona State 77.38.

The Wildcats and Sun Devils meet at Wells Fargo Arena this Thursday in a big game for both teams. The desert schools were handled decently in their trip to California last week. Arizona State was swept and Arizona beat UCLA before being upset by now-No. 23 Southern California.

After the Wildcats beat Stanford two weeks ago, it appeared that Arizona would remain a fixture at the top of the Pacific-10 standings. The Wildcats' loss to the Trojans, however, left USC 5-0 and sitting pretty entering the fourth week of conference play.

Arizona freshman Jason Gardner, who scored a career-high 25 points in the loss to USC, said the key to the Trojans' upset win was their ability to score in the clutch.

"The Trojans came out and played hard," Gardner said.

"They came up with some big shots. They hit big free throws, and we couldn't get over the hump."

Arizona must clamp down on the Sun Devils' scorers to avoid a second straight Pac-10 loss. Arizona State's Eddie House has been scorching opponents for an average of 23.4 points per game, including a 61-point performance against California that matched the Pac-10 single-game scoring record set by Lew Alcindor.

The Sun Devils also have an up-and-coming scoring threat in freshman guard Tanner Shell, who scored 24 points in Arizona State's loss to USC. However, the Sun Devils have been off-setting their impressive offensive performances with mediocre defensive exhibitions.

Arizona State's lack of defense hurt them last Saturday at UCLA, much to the dismay of Sun Devils' coach Rob Evans.

"We never defended," Evans said. "We haven't defended in the past five or six games. Our defense isn't solid enough to win on the road right now."

"If we had played as hard as we're capable of defensively, we'd have won this game," said House, whose team was unable to end the Sun Devils' 22-game drought against the Bruins.

"It wouldn't even have come down to the last few minutes. We gave up too many transition baskets and offensive boards."

Creepin' in Corvallis

Oregon State looked as if they had doormat potential after the Beavers' first three Pac-10 games. After being nearly flawless last season at Gill Coliseum, Oregon

State was run out of its own gym in losses to Oregon, California and Stanford.

Last week's games could have been devastating for Oregon State's season. The Beavers, however, responded well to adversity, with a 77-73 victory at Washington State and then a blow-out against a lethargic Washington team, 74-57.

Especially impressive was the Beavers' win against the Huskies. Oregon State (10-6, 2-3 Pac-10)

“If we had played as hard as we're capable of defensively, we'd have won this game.”

Eddie House
guard, Arizona

dominated them early and finished them off in convincing fashion. The Beavers blew open a 43-16 lead at one point in the first half, which evaporated to a 59-49 lead late in the game. Oregon State refused to let Washington get any closer, reeling off a 12-0 run to end the Huskies comeback bid.

The Beavers' head coach Eddie Payne is looking for more of the same when Oregon State takes on USC Thursday at Gill Coliseum, where the Beavers have a two-game winning streak against the Trojans.

"We had good ball pressure, and the Huskies didn't get a lot of open looks," Payne said. "We took some initiative and created some indecision. We just played a real solid game."



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HEALTH EDUCATION WORKSHOPS

The following workshops are available, free of charge, to currently enrolled U of O students. Call 346-4456 to register or stop by the Peer Health Education office on the first floor of the University Health Center.



weight management

Tired of riding the dieting rollercoaster? Then this is the workshop for you! This five-week interactive workshop will assist participants in making lifelong behavior changes. Food and nutrition, exercise, body image, relapse prevention, and low-fat cooking will be addressed.

Wednesdays, 4:00-5:00 pm
Feb. 2-Feb. 23,
Medical Library,
University Health Center

smoking cessation

Quit smoking this term and celebrate life as a non-smoker. This five-week workshop is open to those who want to quit and who have already quit and want additional support. Identify triggers to smoke, learn to overcome urges, adopt alternative behaviors, and address fears about possible weight gain.

Wednesdays, 4:30-5:30 pm
Jan. 19-Feb. 16
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relaxation

Develop personal relaxation techniques that can be integrated into your hectic college life. This workshop will explore and demonstrate a variety of stress reduction strategies.

Thursdays, 5:00-6:00 pm
Feb. 3-Feb. 24
Medical Library,
University Health Center



fueling your workouts with food

If you aren't getting what you think you should from your workouts then maybe you need to evaluate your eating habits. This four-week series will cover current nutrition recommendations and requirements, supplement usage, and fluid replacement.

Thursdays, 3:00-4:00 pm
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vegetarian cooking

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Thursdays,
4:00-5:50 pm
Jan. 27-Feb. 17, Health Center Cafeteria

