FOOTBALL

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Perhaps, in a statement of the team's resurgence, Kenny Washington's 97-yard kickoff return Saturday against UCLA brought the Ducks' special teams into the spotlight.

It couldn't have happened at a better time.

"It started out real rough," sophomore Justin Phinisee said. "We had a lot of rookies on the special teams squad, which we usually have, but all in all I believe we came along very well. From the first game, we couldn't even get blocks on kickoff returns to last week's game (where) everybody had probably a tremendous block. Not only did you get to see the touchdown from it, but on film we went over and we watched it; everybody executed a good block."

The injuries that have claimed Duck players one-by-one have affected Oregon's special teams the most. Where the Ducks started the season with backups at key positions, they now are thin. Little depth at key positions can make or break a game, and in turn, maybe even a season.

"I think our special teams has helped us more than its hurt us, and its been the difference maker in a couple games so far," junior kicker Jared Siegel said.

Siegel made a 51-yard field goal in the win over the Bruins, his first this season of 50-yards or more. That, however, hasn't overshadowed his inconsistency this season.

He's made two field goals in the last five games, missing three. He started off the season by connecting on 4 of 6, but like the team, suffered in his production when the Ducks went on a three-game slide.

Siegel's prominence Saturday against the Beavers could be key in what some expect to a close-scoring affair.

Special teams, "I think it's the only thing where statistically we rank ahead of Oregon State," Oregon head coach Mike Bellotti said. "Certainly, it has to be something that we want to utilize — the field position, the opportunity to score and the momentum is there. Everybody's going to point to the offense and defense and I think they all do their jobs and show up, but I think special teams — certainly, in a big game — in rivalry games — can make a difference."

Contact the sports editor at hankhager@dailyemerald.com. Senior sports reporter Mindi Rice contributed to this report.

CLUB SPORTS

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mentally," Yioulos said. "Sailing is just as much of a mental battle as it is a physical battle, especially in the demanding conditions. We did tremendously well in both of these aspects."

The sailing team is not only excited about their performance in Seattle, however. It is also excited to test its skills in the upcoming months.

"We are definitely happy with how this weekend turned out," Dubuc said. "We are psyched to be competing with the top guys in the district."

Until then, the Ducks will continue to practice three days a week, but not at their usual spot. Fern Ridge, the lake the team practiced on during the fall, has been drained. The team's new training spot as of now is unknown.

For now, the team will enjoy their best finish ever and use the North North Regatta as a stepping stone to bigger and better things.

"Hopefully after this regatta we can look to compete for more top finishes in the future," Dubuc said.

A Victory

Oregon Club soccer played its first and only home game of the season this past Saturday against Portland.

The Ducks recorded their fourth straight shutout and came away with a 2-0 win against the Pilots. Emily McLain and Natasha Crook each had a goal apiece and Annie Loney assisted on both goals.

The Ducks take on Oregon State in Corvallis on Sunday and look to improve their record to 4-1-1 overall.

Kirsten McEwen is a freelance reporter for the Emerald.

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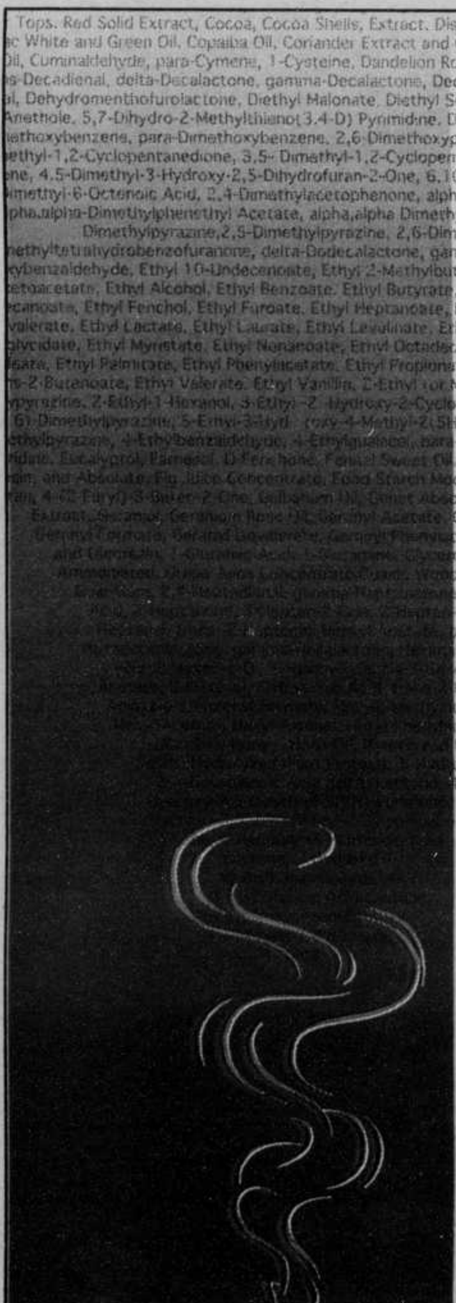

American Cancer Society's
Great American Smoke-Out
Thursday, November 20th

Nicotine Dependence Take the test:

		A = 1 points	B = 1 point	C = 2 points	score
1.	How soon after you wake up do you smoke your first cigarette?	After 30 min.	Within 30 min.	—	
2.	Do you find it difficult to refrain from smoking in places where it is forbidden, such as the library, theater, doctor's office?	No	Yes	—	
3.	Which of all the cigarettes you smoke in a day is the most satisfying?	Any other than the first one in the morning	The first one in the morning		
4.	How many cigarettes a day do you smoke?	1-15	16-25	More than 26	
5.	Do you smoke more during the morning than during the rest of the day?	No	Yes		
6.	Do you smoke when you are so ill that you are in bed most of the day?	No	Yes	—	
7.	Does the brand you smoke have a low, medium, or high nicotine content?	Low	Medium	High	
8.	How often do you inhale the smoke from your cigarette?	Never	Sometimes	Always	

How motivated are you?

1.	When you make up your mind to do something, do you follow through on it?	Most of the time	Some of the time	Usually not	
2.	Do you find that getting help from family, friends or professionals has helped you achieve desired goals?	Yes	No	—	

HOW TO INTERPRET YOUR SCORE.

Scores of 7 or higher: Indicate that you are highly dependent on nicotine. If you would like to quit smoking, your physician may be able to help you with a program specifically designed to treat the nicotine dependence associated with your smoking.

Scores of 6 or less: Indicate that you have a low to moderate nicotine dependence. If you would like to quit smoking, your physician may be able to devise a program that addresses the psychological and social factors that contribute to your smoking, as well as the nicotine dependence that is associated with it.

Your motivation: If you answered "most of the time" or "some of the time" to motivational question #1 and "yes" to motivational question #2, you have the determination and drive to successfully quit smoking.

on the Road to a Tobacco-Free campus

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