

"If we've got something nice that we're going to, like uppity-up, then I'll braid it up ... but sometimes I might blow it out."

Clippers rookie Shaun Livingston on how he decides to wear his hair

■ In my opinion



STEPHEN MILLER
OFF THE CROSSBAR

Canadians rave about Mounties, Timbits, eh?

The United States is a mess right now and, unfortunately, we can't do the South Park thing and blame Canada for our problems. Many Americans instead are seeking refuge in our neighbor to the North.

U.S. citizens left and right want to flee the country because of the compander in chief cowboy that is slated to occupy the oval office for four more years.

This isn't a one-way street, though. There are plenty of Canadians enjoying the "American dream," and 14 of them are student athletes attending Oregon.

Three Duck players on each of the women's basketball and volleyball teams proudly claim Canada as their homeland. Then why do they leave their beloved home to play sports here?

Volleyball players Erin Little (Victoria, B.C.), Jaclyn Jones (Fort St. John, B.C.) and Karen Waddington (MB Langley, B.C.) said that student-athletes are attracted to the States because American colleges offer full-ride scholarships whereas Canadian institutions tend to be stingy toward athletes.

For one reason or another, Canadians all believe they have it made, and that is why foreigners envy them.

"At home, we have the highest percentage of fresh water, and we have a lot of wildlife," Oregon basketball player Carolyn Ganes of Saskatoon, Saskatchewan, boasted. "I think the countries are very similar in general."

On the contrary, her countrymen say. According to teammate Yadhil Okwumabua of Winnipeg, Manitoba, federally funded health care is the biggest perk of following the maple-leaf flag. Canadians also have seven different political parties to choose from, and the economy is doing well. The Canadian dollar is worth 87 American cents right now.

And what about those cool guys in the red suits on horseback? The Mounties?

"They are pretty cool," Okwumabua said.

You bet they're cool! Their crimson threads cannot be low. They are also cool because the crime rate is low.

"I never lock my door at home," Little said.

"Why would you lock your door?" Jones asked.

Canada seems to produce talent. Name your poison: sports, music, television, movies. The greatest hockey player: Wayne Gretzky. The funniest on-screen personality: Mike Myers, Jim Carrey, take your pick. Heck, the Canadian Football League added 10 yards to the field to make the game more appealing.

The volleyball trio from the north boasted about how Shania Twain was just honored as the Hottest Female Country Singer by CMT. They also mentioned that Pamela Anderson is Canadian and played for the volleyball club that they all belonged to in British Columbia before joining Oregon's program.

The trio implied that we Americans should stick to our Krispy Kreme and not crowd the lines of their nationally franchised donut shop called Tim Hortons. Guard your Timbits (Canadian for donut holes), you crazy, freezing-tundra inhabitants, because the store

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■ Men's basketball

Young team listens with maturity

Basketball squad respects coaching staff's experience, and gears up for a successful season

BY JON ROETMAN
SENIOR SPORTS REPORTER

As the Oregon men's basketball team wrapped up practice Wednesday, Aaron Brooks was practicing his free throw shooting at a side basket at McArthur Court.

While he knocked down the majority of his freebies, the sophomore missed more than he would like.

In the background, assistant coach Fred Litzenberger was observing the point guard's shooting technique from center court.

"Finish the shot," said Litzenberger, instructing Brooks to follow through on his release. "You're falling back every time."

Brooks acknowledged the fourth-year coach, turned and softly sank his next free throw with a textbook follow through.

While the Ducks are a young group of athletes, they listen well. And that's a plus because they are coached by a well-respected staff.

As eighth-year head coach Ernie Kent prepares the Ducks to open the 100th season of Oregon basketball Friday against Idaho State, Kent acknowledged that the Ducks will be facing a Bengal team led by a similar quality of coaching.

Kent worked with Idaho State head coach Doug Oliver during the 1990-91 season as assistants at Stanford under former Cardinal

head coach Mike Montgomery.

Oliver's coaching, along with the scare against Division II Western Oregon Sunday should ensure that the youthful Ducks don't overlook the Bengals.

"They will definitely be a well coached basketball team," Kent said of Idaho State. "I don't think our guys, even as a staff, have ever overlooked anyone."

Freshmen adapt

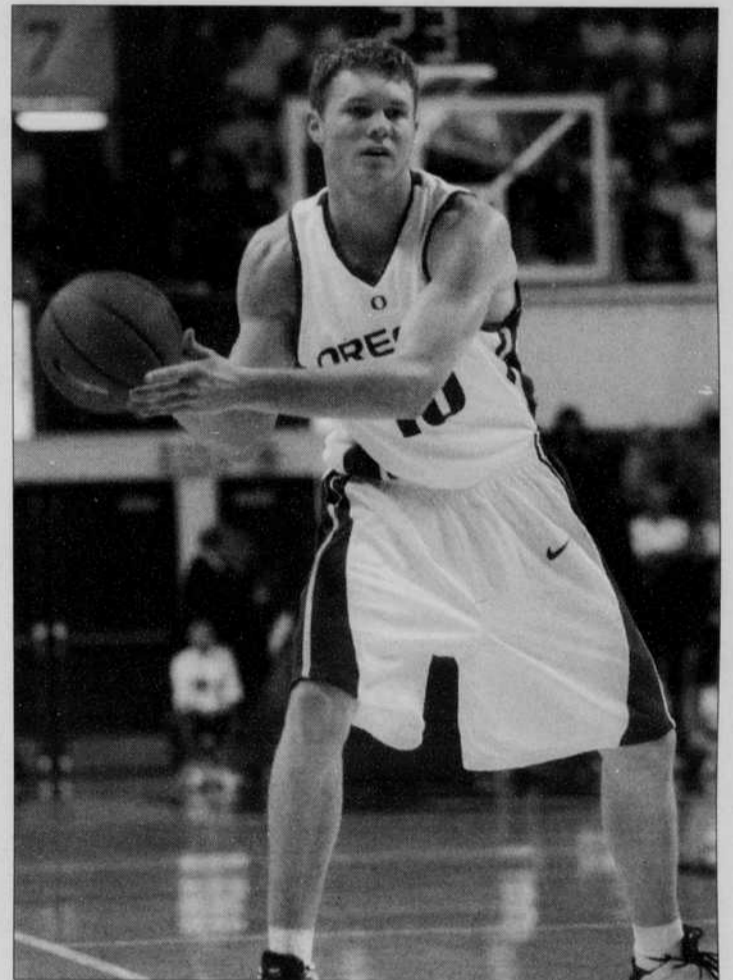
As the start of the regular season draws near, more pressure will be put on freshmen to balance their schedules correctly.

Two such athletes who are dealing with the transition are forward Maarty Leunen and guard Malik Hairston.

Leunen, who graduated from Redmond High School, said the transition from high school to college has been a tiring one.

"The first couple weeks were pretty tough," Leunen said. "Getting used to everything, what teachers expect at the college level and everything, it's definitely different. I've just gotten in a rhythm of what to do and got used to going to practice and how busy my day is."

Hairston, who graduated from Renaissance High School in Detroit, said succeeding in school is a priority and the transition has been fairly smooth. The most trying aspect is being so far



DANIELLE HICKEY | PHOTO EDITOR

Forward Maarty Leunen is one of several Oregon freshmen dealing with the transition from prep student athlete to Division I student athlete.

away from his family.

mission out here, and they know I have a job to do."

"I talk to my family a lot," Hairston said. "I miss my family but they understand I'm on a

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■ Duck cross country

Harmon tackles NCAA Championships

The redshirt senior anticipates a good showing on the course she ran little more than a month ago

BY BEAU EASTES
DAILY EMERALD FREELANCE REPORTER

Laura Harmon has been running by herself for most of the cross country season and has physically been on another level.

This Monday, Harmon will continue flying solo as she and her coach, Marnie Male, will be the only Ducks — male or female — that represent Oregon at the NCAA Championships in Terre Haute, Ind.

Though lacking teammates for support during pre-race warm-ups, Harmon feels confident going into the 6K on the LaVern Gibson Championship Course. The senior from Vancouver, Wash., placed 16th a month ago at the Pre-NCAA Invitational held at the same location.

"It's an advantage to know how to go out and race," Harmon said about running the course previously. "It's good to know the footing, the muddy parts, the softer spots."

The layout of the course should be an advantage for Harmon because of her style of running.

"It's easy to move, a good course for me," Harmon said.

Harmon's conservative first half race strategy works best on wide-open laid trails that allow for movement at almost any point in the race. The vast layout of the LaVern Gibson Championship Course will allow Harmon to move "where I want to," compared to the narrow West Regional course in Fresno, Calif., where she placed ninth.



GEOFF THURNER | OREGON MEDIA SERVICES

Senior Laura Harmon (145) leads in her opening meet at the Pier Park Invitational in Portland. She has led the Ducks in every race this season. Harmon travels to Terre Haute, Ind., to compete in the NCAA Championships Monday.

Also playing to Harmon's strength is that the terrain of the championship meet starts off with a subtle decline.

"It's easy to get carried away with a downhill slope," Harmon said. "It's smarter to go with the hill, not push through the downhill."

Again, Harmon's slower start should prevent her from getting caught up in an early mad dash that could prove to be draining later on.

Harmon plans to balance the line between breaking out too early and not soon enough after a disappointing regional finish.

"I'll go out a little more aggressive and stay within striking distance," Harmon said.

More than strategy or course layout, though, Harmon's biggest asset heading into the most important race of the season seems to be her

patience and maturity.

"I'm able to look at the big picture and see that it's not anything different than the rest of the season," said Harmon, who placed fifth as freshman for the 2000 Duck team that finished 28th at the NCAA Championships in Ames, Iowa. "I'm more excited than nervous."

Five years of running at the Division I level have prepared Harmon physically.

"I have a lot more strength when I run," Harmon said. "I'm more relaxed."

Harmon has her status on a top-40 finish and, ideally, All-American set (the first 25 American finishers at the NAAs).

"I want to have a good experience," Harmon said. "Hopefully it can end on a high note."