

Kraayeveld: Spirituality keeps star player calm on court

Continued from page 4B

from there and improve. I was just staying positive and doing what I could day by day.

"You take it as it comes, and you must have a good attitude about it because if I had a bad attitude it was just going to make it ten times worse and bring my teammates down."

Even after seeing her team finish one game under .500 with a 14-15 record and dealing with all the rehabilitation, she pulled at least one positive out of the situation.

"I think everything happens for a reason and I'm glad to be here for this fifth year. I'm glad I've been able to have this extra year and play with this group," she said.

Kraayeveld has been involved

with this team longer than any other player on its roster or coach on its bench, including head coach Bev Smith. Kraayeveld earned her undergraduate degree in family and human services in 2004, but she isn't planning on using it immediately.

"In the near future I probably won't do anything with it because I want to continue playing basketball," she said.

The Kirkland, Wash., native said she is hoping to play overseas, in the WNBA or possibly both since the seasons' schedules do not conflict. She said an agent has already contacted her but she has pushed it over to coach Smith, whom Kraayeveld has regularly gone to for advice.

"I don't want to have to worry about it because I can't do anything about it right now," Kraayeveld said. "I'm worrying about the season right now and then, in a couple months, I'll start figuring out what I have to do."

Kraayeveld, a Christian, believes everything will fall in place and has faith in her religion.

"I take it pretty seriously, and I try to live that in my everyday life," she said. "I try to show my values and what I believe through my actions instead of what I say."

On the floor and in the huddle, Kraayeveld admits she is not a vocal leader.

"I try to encourage people and get people going but I feel like I'm more of a leader by example," she said.

Kraayeveld explained that her spiritual views give her a calm demeanor on the court.

"There are so many times when you can get so frustrated in any sport, but I try not to let things bother me that much because it's going to affect my play," she said. "I try to just have a positive attitude about things when I'm on the court and just understand that it'll work out the way it's supposed to work out. I can only control what I do on the court but I can't control the outcome."

No matter what anyone believes, Kraayeveld comes across as a natural leader with a basketball in her hands and a hoop in front of her.

stephenmiller@dailyemerald.com

Women: Duck turnovers ruin offensive flow

Continued from page 3B

after the team's loss against USC last week. "We have to bring it defensively everyday. We didn't have any urgency whatsoever. We're going to have to figure that out."

Another problem that consistently hampers the Ducks are turnovers. In its last two games, Oregon has committed 40 turnovers.

"We always beat up on each other." Kraayeveld said of the other teams in the conference. "It will be tough."

Indeed.

briansmith@dailyemerald.com

KEEPING DUCKS HEALTHY IN BODY AND MIND

Services Include:

- Onsite physicians & nurse practitioners
- Free FPEP women/men's contraception counseling
- Low cost Pharmacy
- Dental Clinic
- Physical Therapy & Sports Medicine
- Allergy & Asthma Clinics
- Free Cholesterol Screens
- Mental Health Services
- Travel Clinic
- Health Education Programs
- Massage Therapy
- CPR
- Energetic Healing
- Relax and Renew Course
- Tobacco Cessation Support
- Blood Pressure Reduction Program

And much more.

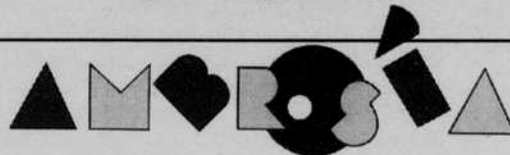
Open Daily & Weekends
MTWThF 8 A.M. to 6 P.M. • Tuesdays 9 A.M. to 6 P.M.
Saturdays and Sundays 10 A.M. to 2 P.M.
Appointments and after hours: 346-2770

O UNIVERSITY OF OREGON
http://healthcenter.uoregon.edu



Welcome back students!

pasta,
beer
& fun!



342.4141 • 174 E. Broadway
ambrosiarestaurant.com

Golden China Buffet

ALL YOU CAN EAT

every night \$7.99, includes drink and ice cream
come eat buffet-style or order to go

24

Szechwan and Mandarin
dishes to choose from

• 525 Franklin Blvd. Eugene
• 541-343-2828 • 11:30am-9pm Daily
• Next to Campus

OREGON DAILY EMERALD.

A campus tradition--over 100 years of publication.

Premier Travel

Airfare Specials!

Las Vegas	- \$176.00*
Orlando	- \$198.00*
Honolulu	- \$350.00*
Paris	- \$385.00*

*tax and fees not included, restrictions apply. Subject to change without notice.

We have STUDENT discounts!!!
E-mail: fares@luv2travel.com

1011 Harlow
747-0909
Student Travel Experts

SHOE-A-HOLIC

Buy 1, Get 2
FREE Sale!

* On selected shoes at our outlet store

957 Willamette St.
687-0898

LAZAR'S BAZAR

Closeout Sale
(including store fixtures)

***50-66%
OFF (Reg. Price)**

57 W. Broadway • 687-0139
Downtown

*select items only
www.lazars.com

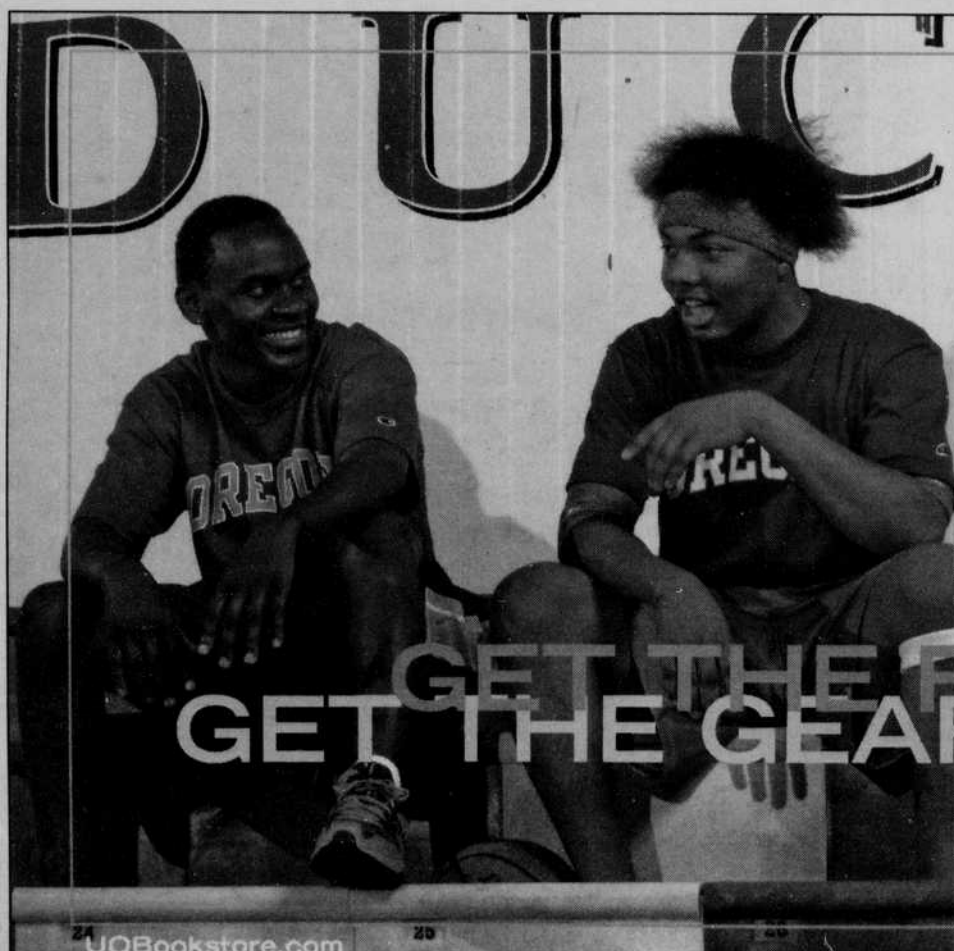
Sports Illustrated On Campus

every Thursday
in the

**Oregon
Daily
Emerald**

RETURNS

FEBRUARY 3RD



Pac-10 Basketball is here.

- Duck hats.
- Duck shirts.
- Duck shorts.
- Duck jerseys.
- Duck sweats.
- Duck basketballs.
- Duck coats.
- Duck vests.
- Duck umbrellas.
- Duck blankets.
- Duck souvenirs.

You ready?

GET THE FEELING.
GET THE GEAR.

DUCK SHOP
A branch of the University of Oregon Bookstore

Your purchases support U.O. students and the University.