

Brooks rallies top-seed Oregon past St. Joseph's 69-64

Tim Booth
AP Sports Writer

SPOKANE, Wash. (AP) — Oregon watched the rest of its conference get kicked out of the NCAA Tournament and faced a seven-point deficit with five minutes to play with the rest of the country watching to see if the Ducks were about to be the first No. 1 seed to be sent home.

Dillon Brooks and Tyler Dorsey refused to see the Ducks, and to a lesser degree the Pac-12 Conference, wiped out from the NAAs on the opening weekend.

"I play with so much emotion, so much heart, it translates to everybody else on the team," Brooks said. "Everybody else is getting hyped. And they want to win so bad, as I do."

Brooks carried Oregon with 25 points, Dorsey hit

key shots in the closing minutes and the Ducks advanced to the regional semifinals with a 69-64 win over No. 8 seed Saint Joseph's in the second round of the West Regional on Sunday night.

Oregon (29-6) was carrying the banner for the rest of the Pac-12 after the conference posted a collective dud. Five teams were sent home in the first round and Utah was routed by 11th-seeded Gonzaga in the round of 32, leaving the Ducks as the lone conference representative.

And they were tested by the Hawks, rallying from down 58-51 in the final five minutes to advance to the Sweet 16 for the first time since 2013. Brooks started the rally with a driving three-point play and put Oregon in front for good on a 3-pointer with 1:19 remaining.

Just another big night

for Oregon's do-everything sophomore.

"He wants to be a complete player," Oregon coach Dana Altman said. "Tonight he made some big shots."

Saint Joseph's was on the verge of a stunning upset that seemed unlikely when the Hawks trailed by 10 early in the second half. DeAndre' Bemby led the Hawks (28-8) with 16 points, but the Atlantic 10 tournament champs saw their postseason run ended in part because of two ugly offensive possessions in the final minute.

First was a shot clock violation with 49 seconds left when the Hawks simply passed too much and failed to get off a shot. That was followed by Bemby losing control of the ball trying to get open for a potential tying 3-pointer with 10 seconds remaining after Oregon's

Casey Benson split a pair of free throws.

Dorsey was fouled in the ensuing dogpile and made two free throws with 9.8 seconds for the final margin.

"I just wish I didn't turn the ball over," Bemby said. "I really want to blame myself for that loss, but my teammates don't want me to say that. I can't turn the ball over at the end of the game like that."

While Brooks was the star for the Ducks, Dorsey was in a key supporting role. The freshman scored five straight points late, first following Elgin Cook's miss with 2:38 left, then hitting an open 3-pointer that gave Oregon a 61-60 lead with 1:53 remaining. Dorsey finished with 14 points and along with Brooks were the only two Oregon players to hit 3-pointers.

Cook added 18 points and Oregon won its 10th

straight game.

"It was just there. It was a great swing (pass) and nobody was there. They didn't pick me up," Dorsey said.

Lamarr Kimble added 11 points off the bench for SJU after combining to score 11 points in the previous three games. He was the catalyst for a 23-6 run that erased a 10-point Oregon lead and gave the Hawks a 58-51 advantage with 5:30 left after he scored.

But a combination of foul trouble and Oregon's defense shut down St. Joe's Aaron Brown and Isaiah Miles. Brown finished with 10 points and Miles was held to eight points, the first time all season he failed to score in double figures. Miles had the game-winning 3-pointer in the Hawks' dramatic first-round win over Cincinnati.

"Look, the last couple of minutes it was a little bit

of a moment," Saint Joseph's coach Phil Martelli said. "It was just a little bit of a moment."

Oregon's win meant two teams from the West Coast advanced to the Sweet 16. Gonzaga, an 11-seed in the Midwest Regional, is the other. Last year four teams from the West reached the regional semifinals.

Saint Joseph's: The Hawks last reached the Sweet 16 in 2004 when they made the regional final. ... Bemby, a junior, added 12 rebounds in what may be his final college game if he opts to jump to the NBA.

Oregon: The Ducks matched a school record with its 30th victory. ... Cook, Dorsey and Brooks combined to score 32 of Oregon's 37 points in the second half.

Oregon: Will face No. 4 seed Duke in the regional semifinals on Thursday.

Healthy U News: by Lindsey Gillette

Kick your feet up

Are you busy all the time? Do your feet feel a size bigger at the end of a long day? Can't calm your mind?

You need to kick your feet up. Really! Viparita Karani or the "legs up the wall" yoga pose benefits both the mind and body.

The pose is simple. Sit on the floor with one side to a wall. Lay down and turn onto your back. Stretch your legs up the wall. (If you cannot make your way to the floor safely, you could place a chair on your bed, lay on your back and place

your calves on the seat of the chair.)

Hold this pose from five to twenty minutes. If your legs fall asleep, ease out of the pose. With consistent practice, you will be able to remain in position for longer amounts of time.

When in the pose, explore variations. Observe your breath moving in and out of the body. For extra relaxation, elongate your exhale. Place your hands on your belly and feel the rise and fall of the breath moving in the body. Place one hand on your heart and the other hand on your belly. Feel the breath moving and the rhythm of your heartbeat. This pose gently exercises

your circulatory system by pumping blood in the opposite relationship to gravity than it is used to. It also reduces swelling in the legs and feet by moving sluggish lymphatic fluid. Tension in the legs begins to unwind and muscles begin to repair and recover from workouts.

Healing occurs when the parasympathetic nervous system begins to kick in. This is the opposite of our "fight or flight" mode and is referred to as the "rest and digest" mode. In this mode, the effects of stress decrease. Digestion happens more effectively and after a few minutes in this pose, you might hear your stomach begin to gurgle.

While in the pose, try not to replay memories, make lists or plan ahead. Focus your awareness on your own body. You might notice where your body is touching the floor or the wall. You can follow the flow of your breath and count the number of beats on your inhale and exhale. Thoughts or emotions may come and go, but there is no need to address them. Just observe.

When you practice this pose, it becomes easier to simplify your life. You will learn the parasympathetic mode and choose it rather than always jumping to fight or flight. Your body will function better. Enjoy all of these benefits from one simple

pose.

The staff and volunteers of Healthy U present this column as part of their mission to promote health in the Illinois Valley.



Viparita Karani pose

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