

# Metro/Sports

## Tyson will have to take Tiger heads to Valderrama supremely confident show on the road

**THE ASSOCIATED PRESS**  
Mike Tyson's act has worn thin in Nevada. State boxing regulators released Tyson's \$8.7 million purse Friday, but not before telling his handlers they should take future fights elsewhere. "My advice is to pack Mike Tyson's bags up and take this act on the road," commissioner Lorenzo Fertitta said. "I'm not so sure we need him in the state of Nevada any longer."  
The Nevada Athletic Commission voted 4-0 to release the purse and not punish Tyson for a late blow that prematurely ended his fight last Saturday against Orlin Norris at the end of the first round. And commissioners warned that Tyson will have a tough time getting a new boxing license when his expires Dec. 31, and suggested he find another place to fight.  
"We're not prepared to have any hoodlums fight in the state of Nevada," commission chairman Dr. Elias Ghanem said. Clearly frustrated at having to deal with Tyson outside the ring once more, commissioners spent little time at the 30-minute hearing going over the circumstances surrounding the premature ending of last Saturday's fight between Tyson and Norris. Instead, they tried to send a message that Nevada would not tolerate rules being broken in the ring.  
Tyson did not appear at the hearing, which was in sharp contrast to the lengthy proceedings a year ago that won him the right to box again after being banned from the sport for biting Evander Holyfield's ears.

## Drivers know the risk of sitting behind the wheel

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Two days before his death, Greg Moore talked about the hazards of racing at 230 mph. "The cars are as safe as they can be," the 24-year-old Canadian driver said. "It's just that you'll never be able to make race cars completely safe. Things happen at speed."  
Moore was killed during the Marlboro 500 at California Speedway Sunday. For a reason that might never be known, he lost control of his Reynard-Mercedes and crashed into a concrete wall at more than 200 mph.  
Only minutes before, Richie Hearn crashed in almost the same spot at about the same speed, but walked away without injury.  
It appeared Moore's head, poking out of the open cockpit of his Champ Car, slapped the wall after the car dug into the infield grass and flipped. At that point, the blue car broke in two, spraying parts and shards as the cockpit spun wildly four times. Moore was pounded into the ground several times before the cockpit came to rest.  
Few drivers knew what had happened as they raced toward the checkered flag. Afterward, there was no traditional champagne, only tears.  
Moore was the second CART driver to die this season. Rookie Gonzalo Rodriguez of Uruguay was killed during practice Sept. 11 in Monterey. Another young driver, Jeff Krosnoff, died during a race in Toronto in 1996. Krosnoff was the first driver to die in a CART race in 14 years, a fact that might have lulled many into a false sense of security.  
"We keep working on the safety, finding more and more ways to protect the drivers and the crews and the fans," team owner and former driving star Bobby Rahal said. "You go months, then years without anything serious and, bang, all of a sudden, somebody is hurt badly or killed and everybody questions how it happened."

## Dunleavy's tough act to follow is his own

**Associated Press**  
Odds are, Mike Dunleavy is a longshot to repeat as the NBA's coach of the year. For one thing, Dunleavy has too good a team. The Trail Blazers are better than they were going into last season. Many expect them to go all the way, or close to it.  
Secondly, Dunleavy no longer has to deal with Isaiah Rider, whose unpredictable presence brought the coach added support and sympathy.

Finally, no one has been coach of the year in consecutive seasons. If Red Auerbach couldn't do it, and Pat Riley and Phil Jackson haven't, Dunleavy probably won't.  
As if he cares. "Somebody else can have the honor — as long as we get the championship," Dunleavy said. "I was honored to have won the award last season," Dunleavy said. "But it's not in my thought process right now. It's not like I'm thinking, 'I want

**THE ASSOCIATED PRESS**  
Talent alone is reason enough to believe Tiger Woods is capable of winning more than the seven PGA Tour titles he has accumulated this year.  
What Davis Love III noticed about him this week is even more telling. After the first day of 27 holes in the Tour Championship, Love spent two hours with Woods on a flight to Orlando, Fla., to attend the memorial service for Payne Stewart. "He just seems very, very confident and very, very sure of himself," Love said. "He has gotten everything around him where he wants it. I think he knows what he has to do, and he's going to do it. I don't see him easing off at all."  
When they returned to Houston, Love spent all day with Woods during another 27-hole round in which the 23-year-old star dissected Champions Golf Club to build a three-shot lead. Considering Woods' track record with a lead, that was as good as a win.  
Sure enough, Woods never let anyone close to him Sunday on his way to a four-stroke victory, his largest margin since a 12-stroke victory in the Masters two years ago. It was the 11th straight time he has won after having at least a share of the 54-hole lead.  
Where does that leave Woods? From numbers alone, he is approaching territory few imagined possible considering the depth of talent on the PGA Tour. Not since Johnny Miller in 1974 has anyone won eight times in one year. Yet Woods can match that this week in the final World Golf Championship event at Valderrama, Spain. Another victory would make it 8-of-11 since the middle of May, which sounds more like a decent game at the free-throw line. It also would leave the rest of golf wondering what scraps will be left.  
"He has gotten better every year," Love said. "I told the guys the first couple of years that he is not even close to how good he can get. I think we're just starting to see that."  
If Love saw contentment and focus on that plane ride to Orlando, he also saw a young man who was not getting wrapped up in his success. Woods was asked two months ago after winning the NEC Invitational about

his hot streak, and all he talked about were the countless hours of practice that no one saw but swing coach Butch Harmon. He said it again after winning at Disney World last week, and again on Sunday after winning \$900,000 to push his season earnings past \$5.6 million. And in all three cases, Woods wouldn't even dare speculate how far he could go.  
"What do I want to get to? I guess like the Army commercial, be the best I can be," he said. "What that is, I don't know. But I will continue to work and just pay my dues. I don't know how much better I can get. We'll see."  
"Over the course of the next 20 years, we'll see what happens when I look back on my career. Then you'll be able to understand when my peak was."  
Looking back on a 3-year-old career, everyone knows when his peak wasn't. After winning the Western Open in that whirlwind 1997 season when "Tigermania" was at its peak, Woods won just once on the PGA Tour until February in the Buick Invitational toward the end of the West Coast swing.  
But he knew the work he was putting into the game, along with a strong mind that enabled him to contend even as his swing was slowly going through an overhaul, was beginning to pay off.  
"I'll let you in on a little secret," he offered. "After I came off the West Coast swing, I told Butch, 'Don't' be surprised if I win seven times this year.' And I've won eight times (including one in Europe), which has been nice, with a few more tournaments to go."  
Only one of those is official, and for

to achieve this again. "Upon receiving the award, Dunleavy said it should be considered more of a collective than individual accomplishment.  
Two other things stand out about Dunleavy: His relentless desire to win and his appreciation of those around him.  
"I don't know if the fans realize how ultra-competitive Mike is," Brown said. "He has that New York attitude — he can be extremely feisty. And he



absolutely loves the game." Brown continued, "If his knees were in better shape, he'd probably still want to play. In fact, it kills him that he can't play anymore."  
Eyen has been at Dunleavy's side almost continually since Dunleavy replaced Pat Riley in 1990 as coach of the Los Angeles Lakers. "Mike is terrific to work for," Eyen said. "He allows you the freedom to do your job, and he respects the jobs that others do."

Woods it is the last measure of redemption. Two hours after he won the Tour Championship, Woods boarded a charter for Spain. It was at Valderrama where he received perhaps the most stinging criticism of his young career. He was 1-3-1 in another Ryder Cup the United States was supposed to

win and didn't. Woods, the No. 1 player in the world, was beaten by former factory worker Costantino Rocca in a pivotal singles match. Woods caught the brunt of the blame. "I'm excited about going to Spain. I'm really looking forward to it," Woods said. "I'd like to have another run at it."

### SPORTS STANDINGS FALL STANDINGS 1999

BOYS - FINAL CROSS COUNTRY				GIRLS - FINAL CROSS COUNTRY			
W	L	INC		W	L		
Lincoln	8	0		Grant	8	0	
Grant	7	1		Lincoln	7	1	
Wilson	6	2		Franklin	6	2	
Franklin	5	3		Cleveland	5	3	
Cleveland	3	3	2	Wilson	4	4	
Benson	3	5		Madison	2	2	
Roosevelt	2	4	2	Benson	2	4	
Marshall	1	3	4	Marshall	0	0	
Madison	1	7		Roosevelt	0	0	

  

FOOTBALL - CoI				FINAL VOLLEYBALL			
W	L	TO		W	L		
Benson	5	1	G	Wilson	18	0	
Marshall	3	3	J,B,R	Benson	16	2	
Franklin	3	3	W,B,JM	Lincoln	14	4	
Roosevelt	2	4	J,F,M,B	Grant	12	6	
*Cleveland	1	5	B,JM,W,R,F				

  

FOOTBALL - Wil				FINAL VOLLEYBALL			
W	L	TO		W	L		
Jefferson	5	1	M	Roosevelt	10	8	
*Wilson	5	1	J	Marshall	7	11	
*Madison	4	2	JM,W	Cleveland	6	12	
Lincoln	1	5	C,M,W,J,B	Franklin	5	13	
Grant	1	5	W,L,F,J,M	Jefferson	2	16	
				Madison	0	18	

\*reflects Lincoln's forfeits

BOYS SOCCER - FINAL				3w/1t				GIRLS SOCCER - FINAL			
W	L	T	PTS	W	L	T	PTS	W	L	T	PTS
*Wilson	6	0	3	21	Cleveland	8	0				
*Lincoln	7	2	0	21	Grant	7	1				
Grant	6	1	2	20	Lincoln	6	2				
Cleveland	6	3	0	18	Wilson	5	3				
Franklin	3	2	4	13	Benson	4	4				
Benson	3	3	3	12	Marshall	3	5				
Madison	3	4	2	11	Franklin	2	6				
Marshall	1	6	2	5	Madison	1	7				
Jefferson	1	6	2	5	Roosevelt	0	8				
Roosevelt	0	9	0	0							

\*Co-champs- Wilson to state as #1 due to beating Lincoln in regular season

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## Health/Briefs

### The aches and pains of a pulled muscle

Even minor muscle pulls can be a sore subject for many recreational athletes. The good news is that many times these types of injuries can be avoided. "The more warmed up the muscle is, usually by light exercise beforehand, the less likely it is to tear," said Dr. Jane Corboy, a family physician specializing in sport medicine in Houston.  
The more common, minor pulls are the result of stretched muscle fibers, microscopic tears, or inflammation of the areas where the muscle and tendon attach.  
They are usually associated with an explosive contraction of the muscle or an attempt at an explosive contraction that is blocked by an object, like kicking a soccer ball.  
If you do pull a muscle, Corboy offers a few suggestions to get you on the road to recovery:

- Begin with - rest, ice, compress and elevate - immediately after the injury.
- Limit the use of over-the-counter anti-inflammatory medications to the first 24 hours. The inflammatory response is actually part of the healing process.
- Work on regaining range of motion with light exercise and stretches.

• If you didn't feel pain immediately, you could be suffering from delayed onset muscle soreness. Although physicians aren't sure what causes it, the symptoms usually crop up about two days after you perform the activity.

### Don't lose sight of eye protection on the racquetball court

If you're thinking about leaving your protective eye gear on the sidelines while enjoying a game of racquetball, you might want to think again. "The minute you set foot in an area that is dangerous you need to wear the appropriate gear," said Dr. M. Bows Hamill, associate professor of ophthalmology at Baylor College of Medicine in Houston.  
Balls often reach speeds in excess of 100 mph, which is enough force to cause major damage to the eye. Such an impact can cause the eyeball to bleed, be pushed into the socket or even rupture. But don't be fooled into thinking that any eyewear will do the trick. Everyday eyeglasses are not constructed to withstand the impact of a speeding racquetball. Eyes can easily be injured by shattered lenses or broken frames.  
Hamill advises players to stick to specially designed

racquetball eye protection with full lenses rather than open eye guards. The best bet is protective eyewear made of polycarbonate, a highly-durable plastic.

If your eye does sustain a serious hit, immediately check your vision, resist the urge to rub the eye and head for an emergency room or ophthalmologists office.

### Older adults can benefit from yoga

Osteoporosis, arthritis, and loss of strength are traditional dangers of old age that can improve with regular exercise. If jogging, aerobics or golf aren't for you, you might want to consider the age-old practice of yoga.  
Yoga helps develop a balance between mind and body by using physical postures, or asanas, breathing techniques and guided relaxation. Yoga asanas exercise the entire body while increasing flexibility, strength and stamina. Breathing exercises help reduce stress and increase the flow of energy through the body, while calming and integrating the mind and body.  
"You don't have to be a human pretzel to practice yoga," said Dr. Robert Luchi of Houston. "It is a very individualized practice and you should never strain or stretch farther than is comfortable."

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