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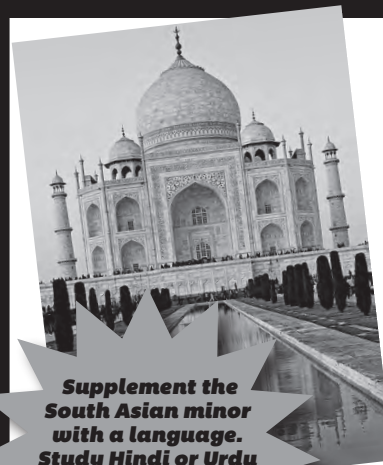
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“It’s fun to come see some friends and some family. Torn? No, I’m a Duck.”

CHA’PELLE BROWN, *on coaching against his alma mater Colorado on Saturday.*

Cha’pelle Brown steps back on Folsom Field

When alumni return to their alma mater for a football weekend, activities usually include reminiscing around campus and hitting up the bar where they spent most nights (or mornings.) Come game day, the itinerary calls for tailgating and catching up with old friends before kickoff. While most Colorado alumni will be in the stands cheering for the Buffaloes on Saturday, Cha’pelle Brown will be on the sidelines, wearing the opposing team’s colors.

Saturday’s game against Colorado isn’t just another day on the job for Brown, it’s a reunion for the Oregon defensive backs graduate assistant coach. He’s looking forward to the trip to Boulder, Colo., and isn’t losing sleep over having to face off against the school he once called home.

“It’s fun to go back and see some friends and some family,” Brown said. “Torn? No, I’m a Duck.”

Brown was a standout cornerback at Colorado from 2006-2009, recording 257 career tackles for the Buffaloes and finishing 26th on

Colorado’s all-time defensive list. Brown played in a total of 46 games for Colorado and was named the team’s most valuable player his senior year, earning honors as an all-Big 12 conference selection.

Originally from the Los Angeles area, Brown was a graduate assistant last season at Colorado. He found his way to Oregon through connections with head coach Mark Helfrich, who was the offensive coordinator at Colorado when Brown played there.

“The craziest part is not really that he coached me, but more that he was an offensive coach and I was a defensive player,” Brown said. “So that was a cool thing to be able to take care of business and do things right to get the opportunity to get on this staff.”

Only four years removed from being a student-athlete, Brown said he is really only familiar with the players, since Mike MacIntyre is in his first year as Colorado’s head coach.

“I just know the players. I don’t

know the system or the coaches,” Brown said.

Despite his time as a Buffalo being formative in his career, Brown is glad to be part of the Oregon coaching staff and hopes to use his experience to positively affect the Ducks’ performance on the field this year.

“Colorado was a huge part of my growth,” Brown said. “I miss some of the experiences with the teammates, but I am glad to be here.”

On a day-by-day basis, Brown works frequently with secondary coach John Neal and his responsibilities lay within helping the defensive backs.

“It’s a great opportunity to work with a great coach,” Brown said. “[Neal] allows me to be hands on with him and I just work with the defensive backs.”

Coaching has always been something in the cards for Brown. Even when he was still playing football he knew he’d end up on the sideline coaching younger men, making the transition fairly

seamless.

“I think I always knew I wanted to be a coach. As a player that was the type of player I was,” he said. “So I just knew when it was done. Greg Brown asked me to coach and it was something we all knew, that I was going to be a coach afterwards, so it wasn’t a long journey. It was easy.”

After keeping in contact with some Colorado players, Brown is excited to reunite with a few old friends, but he’s committed to not letting the memories and former teammates distract him from this weekend’s goal: walking away with a win.

“It’s just another day at work. It’s not about me – it’s about the Ducks,” Brown said. “When I get out there and see the field it might be a little different, but right now it is not about me. It’s about the players, so as long as they are ready to go.”

BY BETH MAIMAN, @BETHAMAIMAN

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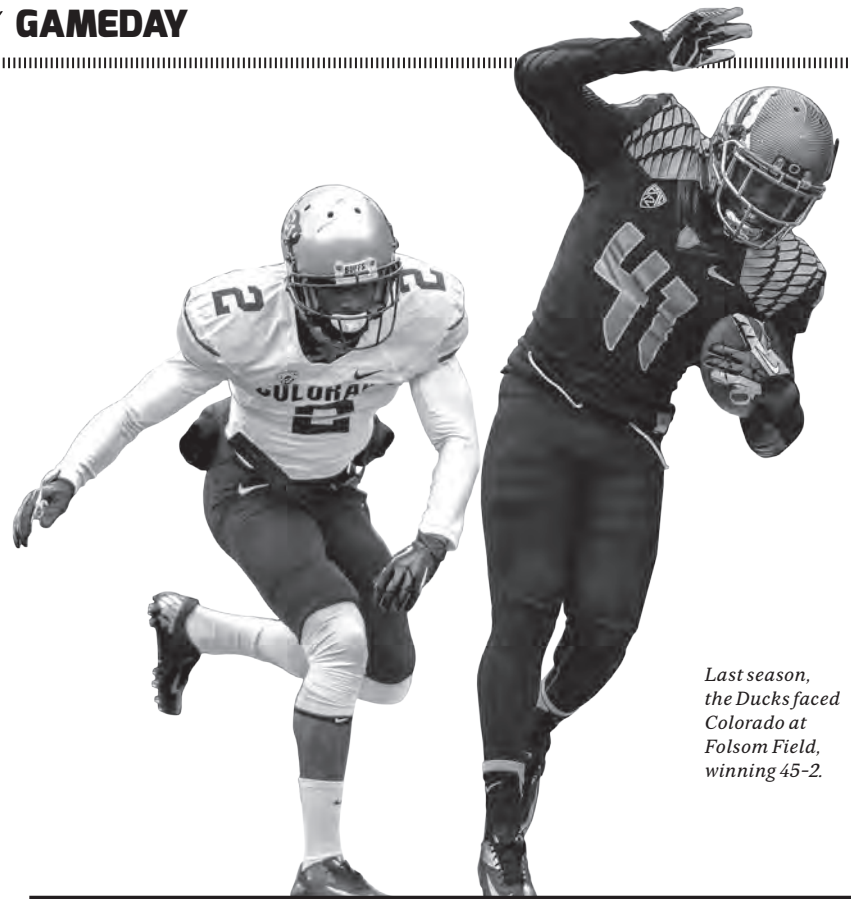
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*Last season,
the Ducks faced
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Folsom Field,
winning 45-2.*

OPPONENTS' VIEWPOINT

Why Colorado will beat Oregon

Editor's Note: Each week during football season we will feature an essay from the opponent's student newspaper on how Oregon will lose. This week's edition is from Jillian Arja, @JillianArja, sports editor at Colorado's CU Independent.

Have you ever seen a duck fight a buffalo? Probably not because it would not be much of a show. The buffalo would stomp on the duck, and that would be the end of it.

That is how this weekend's football game between the Oregon Ducks and the Colorado Buffaloes is going to go. By the end of the fourth quarter, there will be no Ducks left.

I am not going to deny that Oregon is a good football team. The stats will show you they are. But when it comes to fight and courage, my Buffaloes will outmatch the ducks in every category.

Oregon does have some great

competitors on its bench. But come Saturday, they will be heading where the buffalo roam. These little ducklings better have more than a good running game to score and win as they enter Folsom Field.

With Oregon's leading rusher De'Anthony Thomas sitting out from a leg injury, Oregon is going to have to come up with a Plan B for this weekend's game.

Colorado does have weapons of its own on the field. Running back Paul Richardson and quarterback Connor Wood lead a great offensive attack. They have combined for some impressive touchdowns, 82 yards, 75 yards and 55 yards respectively.

Oregon comes into this game, ranked third in the Pac-12 and undefeated. They average 332.5 rushing yards per game, which is the most in the nation.

These Ducks will be entering the land of the Buffalo, however. After a perfect start to the season, the Ducks will earn their first loss of the season Saturday afternoon.

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Colorado wide receiver Paul Richardson holds up the Centennial Cup after their victory against Colorado State.

DUCKSHAVE ADVANTAGE IN THIS SATURDAY'S MATCHUP

BY RYAN KOSTECKA, @RYANKOSTECKA

The high-flying Ducks are at it again, and are one of the top teams in the country when it comes to any offensive category. Standing in their way of a 5-0 record are the Colorado Buffaloes. While every distinction from the past few years would show that this is a matchup worth laughing at, this year is proof that time can change things.

In Oregon's case, as time has worn on, the Ducks have gotten better. And, astonishingly, they've gotten faster. As for the Buffaloes, over the course of a year, they went from being a one-win team to being an opponent have to take seriously.

Saturday's showdown in Boulder will be the first time the Buffaloes have played in front of their home fans in a month. It should be an emotional game with heavy hearts for Colorado as its Sept. 14 home game against Fresno State was cancelled due to the floods streaming throughout the state.

➔ Here's how the teams stack up:

OFFENSE

Oregon: The Ducks lead the nation in rushing with 332.5 yards per game and an astonishing 7.64 yards per carry while coming in second in scoring offense at 59.8 points per game. Running backs Byron Marshall and Thomas Tyner will be called on to replace De'Anthony Thomas,

who will not play because of a sprained ankle. The duo does a good job of carrying the load behind Thomas, combining for 500 yards rushing and eight touchdowns while Marcus Mariota is a highly dangerous dual threat quarterback, throwing for 1,003 yards and nine touchdowns and rushing for 295 yards and five touchdowns.

Colorado: The Buffaloes have finally found a go-to offensive playmaker that has the potential to take over games. His name is Paul Richardson and he's back from an injury. Richardson is the nation's leader with an average of 162.3 yards per game receiving and fifth in the nation in catches per game at 8.7. Throwing to Richardson is Connor Wood. Wood has thrown for 887 yards and eight touchdowns, but over half those yards and touchdowns have gone to Richardson.

Advantage: Oregon

DEFENSE

Oregon: The Ducks are tied for fourth in the country by giving up 10.8 points per game. Leading the way is linebacker Derrick Malone with 35 tackles on the year and defensive end Tony Washington with 4.5 tackles for loss and three forced fumbles. Oregon's secondary is considered its greatest asset with all-American cornerback Ifo Ekpre-Olomu leading the way. Last week, the Ducks secondary held Cal quarterback Jared Goff to 11 passing yards. Goff went into that game leading the nation with 433.67 passing yards per game.

Colorado: The Buffaloes are led by linebacker Addison Gillam who has 33 tackles on the year and defensive end Chidera Uzo-Diribe, who like Washington, is tied for fourth in the nation with three forced fumbles. Greg Henderson leads Colorado with two interceptions on the year and both him and Jered Bell have returned an interception back for a touchdown.

Advantage: Oregon

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AS TRUE AS HIS ROOTS

BY MADISON GUERNSEY, @GUERNSEY_M_D

Mark Helfrich's qualities as a collegiate football coach are well-documented. He's flawlessly transitioned Oregon football into a new era, making the coaching change positively inconspicuous. But who is he? A one-track minded football coach with an inflated ego? No. ➔ Helfrich grew up in Coos Bay, Ore., a coastal town along the southwestern elbow of the state. With a population of less than 16,000, Coos Bay is home to a handful of notable sporting greats. Mel Counts, an NBA center drafted by the Boston Celtics in 1964, played professional basketball from 1964-1976 and won a Olympic gold medal for the United States in the '64 summer games. Coos Bay native Steve Prefontaine's life was tragically cut short at age 24, but he remains a highly decorated figure in the Oregon running community to this day.



Enter Helfrich, who now carries a title he never planned on having.

"My whole goal in life was to be a doctor," Helfrich said. "I was a biology major in college and kind of a weird set of circumstances led to coaching. Part of it was wanting to play a little bit more football, be involved in athletics and it kind of worked itself out."

Circumstances or not, Helfrich has always had a sophisticated football knowledge, even as a teenager at Marshfield High School.

"At lunch time he would come into the classroom and we would sit at the overhead and he would draw up goal line pass plays," said Bruce Bryant, a teacher and former head baseball coach at Marshfield. "He would say, 'look at this. This would be a great goal line pass play.' He'd draw the whole thing up, offense and defense. He was always strategizing, always thinking."

Helfrich got his first coaching gig in 1997 at Oregon as a graduate assistant – essentially a graduate teaching fellow of coaching. The next year he was hired as a quarterbacks coach at Boise State where he tutored Bart Hendricks, the Big West Conference Player of the Year in 1999 and 2000. Hendricks says there was more to Helfrich than a bright football mind.

"His ability to really walk that fine line where he could be serious when he needed to be, coach and say the right things ... yet when he could be, there were times when he would joke around and have a good laugh. That I really respected," Hendricks said.

From Boise State, Helfrich went on to serve the same position at Arizona State, where he coached Jeff Krohn, Andrew Walter and Rudy Carpenter, all of whom had successful careers as collegiate quarterbacks. In 2006, Helfrich was named offensive coordinator at Colorado, becoming the third-youngest such coach in the country. He then returned to Oregon in 2009, this time as the coordinator of Chip Kelly's revolutionary offense. Certainly such a swift meteoric rise has to change someone, instill a sense of entitlement, or elitism.

But not for Helfrich.

"I think that's one of the reasons why I respect Mark so much, is because he hasn't changed," said Tom Osborne, Oregon's special teams and tight ends coach who has worked with Helfrich at both Oregon and Arizona State. "He's the same guy. A lot of guys, all of a sudden they move to the corner office, they're the head guy and their personalities change. They forget what it's like to be one of the workers on the floor ... and he hasn't forgot that. He hasn't changed a bit."

Osborne believes Helfrich's humble upbringing played a huge role in shaping the man that not many Oregon fans know beyond spread options and press conferences.

"His humility comes from his parents," Osborne said. "He was raised to be a guy that doesn't think he's better than anybody else."

Mike Helfrich, or "Big Mike," as friends knew him, was Helfrich's father. He retired early after acting as the vice president of the local U.S. Bank and served as a proactive member of several Coos Bay boards and committees. A former Oregon lineman, he was active in local athletics, coaching football at Marshfield for several years. Linda Helfrich was a schoolteacher and both are well-known and respected members of the Coos Bay community.

"You're not going to find two better people than Mike and Linda Helfrich," said Mike George, Helfrich's basketball and football coach at Marshfield High

School. "Mark got his characteristics as being a great person from his mother and father."

Big Mike was one of his son's biggest fans, attending nearly all of Helfrich's sporting events, both as a player and a coach.

"He and a couple friends, that became their deal," Helfrich said of his father. "It was neat to see him having that much fun doing something that he loved."

It was when Mike Helfrich was doing something he loved that he suddenly passed away. He was in Tucson, Ariz. for Oregon's game against the Arizona Wildcats in 2011, a game the Ducks would eventually win 56-31. Unfortunately, one of their biggest fans wasn't able to see them triumph. He was found dead in his hotel room prior to kickoff.

"He was a great man. He would not have done one single thing differently in his life," Helfrich said of his father. "Knowing that is a very reassuring thought. The last time I saw him alive was here, at the Casanova Center. I literally walk by there everyday and it's a great memory."

While the memory of his father still weighs on Helfrich's mind during games, he's achieved success through four games at the helm, a success Oregon football fans have become accustomed to in recent years. He's brought out the best in his players, team and those who surround him.

According to former Marshfield coach and teacher Tim Wall, he always has.

"He was just such a gregarious, friendly, open person," Wall said. "Just the way he is now really. He's the real deal, what you see is what you get. He's just a genuine person."

Despite the constant frenzy of coaching college football, Helfrich maintains strong personal connections with many friends, players and associates. Virginia Tech offensive line coach Jeff Grimes is a good friend of Helfrich. They worked together at Boise State, Arizona State and Colorado. He said Helfrich will still respond to text messages almost instantly, and not because he feels obligated to.

"Not too long ago I joked with him and said, 'now that you're a big time head ball coach you can't even text me back,'" Grimes said. "Ten seconds later I get a text back from him and later that afternoon he called me. He cares about people, and I have all the confidence in the world that will never change."

The unlikely combination of boundless football knowledge and sincere kindness that Mark Helfrich embodies is, in a word, special. He won't spark controversy or make many headlines out of negativity. The local boy from the small coastal town has quietly, seamlessly ascended the college football ranks and now finds himself sitting in a lavish corner office with inappropriately large windows and an awkward amount of empty floor space.

But those meeting him for the first time wouldn't know his office sits atop a lavish football palace.

"There are very few people that get to the level that he's gotten to. It's not easy, because you have to be special," Bruce Bryant said. "Mark's special. He's got a lot of talent, but the thing that makes him even more special is that he's a special person. He cares about people. That's the difference."

Both Mel Counts and Steve Prefontaine made their mark after leaving Coos Bay and Helfrich may or may not live up to any expectations that precede him. But none of that will have mattered. To those who know him well, he's already made his mark.

HIS LIFE

Just like Steve Prefontaine before him, Mark Helfrich made his way from a podunk town on the Oregon Coast to the University of Oregon. Here's how:

1992 ▶ Helfrich graduates from Marshfield High School as salutatorian of his class.

1992 - 1995 ▶ Helfrich starts as quarterback for Southern Oregon University, ending career ranked sixth all-time in passing yards (4,490)

1996 ▶ Hired as running back coach at Southern Oregon

1997 ▶ Player and coach for Vienna Vikings (Austria)

1997 ▶ Added to Oregon coaching staff as graduate assistant

1998 - 2000 ▶ Quarterback coach at Boise State University

2001 - 2005 ▶ Quarterback coach at Arizona State University

2006 - 2008 ▶ Quarterback coach at Arizona State University

2009 - 2012 ▶ Offensive coordinator at University of Oregon



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Colorado junior wide receiver Paul Richardson is top 10 in the nation for receiving with 487 yards.

RICHARDSON BOUNCES BACK STRONG

Everyone wanted Paul Richardson on their team. Excluding Stanford, the entire Pac-12 conference was after Richardson and it eventually came down to a game of timing. He wanted to leave California and that very feeling would land him in Colorado in 2010. Richardson has since pursued the dream that his father, who played in the NFL, had birthed in him and is continuing to climb the ranks as a player.

"Following his footsteps was fun," Richardson said. "It's great doing some of the things he did and surpass him because that means more to him that he was able to see me do it."

In the spring of his sophomore year, Richardson suffered a knee injury that would change the course of his college career. After leading his team for his first two seasons, Richardson learned to be patient in the recovery process while also maintaining his self confidence.

Now a redshirt junior, Richardson is the leading wide receiver for the Colorado Buffaloes and ranks ninth all-time on the touchdown reception list at his school. He is also one of the highest rated NFL draft prospects in his class.

What made Richardson the player he is today isn't something that he accounted for when he entered college as Scout.com's No. 22 receiver in the nation. After leading the Buffaloes in his first two seasons, Richardson suffered a torn ACL in the spring of his junior year. He returned to practice by the end of the season, but it was largely due to the support of his family, specifically his brother who would help him get out of bed everyday.

"I had to fly one of my brothers out here to help come take care of

me because I couldn't even lift my own leg," Richardson said. "He had to lift my leg and pull me out of bed. [The family] stayed in prayer with me and made sure that I didn't doubt myself so that my nine-to-12-month recovery didn't turn into a year-in-a-half to two-year recovery."

Following the injury, Richardson feels he has become a stronger player. In addition to receiving support from his family, Richardson gained inspiration from players like Adrian Peterson, who has become the role model for recovering from an ACL tear. Richardson overcame a potentially career-ending injury and has turned it into a positive.

"Watching Adrian Peterson was amazing," Richardson said. "That gave me motivation as far as just knowing that 'hey you're going to be alright' and ever since I touched the field I was never worried about my knee."

Now recovered, Richardson is back to focusing on helping his team win games and surpassing his father as a player. Richardson has already racked up 487 receiving yards on 26 receptions, has pulled in five touchdowns and is back on pace to move up in the all-time receiving lists at Colorado. Considering he was sitting in his dorm room with a brace on his knee just a year ago, Richardson has become an inspiration himself for other college players to remain confident in their game during a time of injury.

"It's helped me because I've gotten stronger," Richardson said. "I've gotten faster, I've gotten a little bigger and I'm able to recover better."

BY HAYDEN KIM. @HAYDAYKIM



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Kenjon Barner, LaMichael James and Dior Mathis pose for a photo after receiving awards for their artwork featured in "The Art of the Athlete," an art exhibit in the Jordan Schnitzer Museum of Art.

FOR FOOTBALL PLAYERS, SCHOOL AND SPORT IS A BALANCING ACT

BY JUSTIN WISE. @JWISE25

Mark Helfrich is now five weeks into his first campaign as the head coach of the Ducks and everything has gone smoothly with seemingly no change in how Oregon has played. But one change that begins this week is the added responsibility of classes and schoolwork.

At 4-0, No. 2 Oregon prepared for all of its victories without the additional load of schoolwork. It's something that mostly goes unnoticed, but the involvement of school evidently modifies the preparation for the week. Heisman candidate Marcus Mariota was quick to say that the team's overall focus isn't hindered.

"We have to be here earlier with guys having class at noon, but other than that everything stays the same, stays routine," Mariota said. "It's going to be just a little different from week to week."

Players' lives will become more scheduled with more time spent away from football, but the team as an entirety recognizes it without concern.

"It's a standard that we have here," junior defensive back Erick Dargan said. "This is not a distraction. We have to wake up earlier and prepare harder, but it's not too big of deal."

From now on, everything will move up an hour earlier with practices beginning at 9 a.m. and classes beginning at noon. The average day for players will then consist of team and positional meetings and the balance between homework and watching film at

home. However, this is something the team is prepared and ready for.

"We kind of prepare for those things while we weren't at school," Bralon Addison said. "The coaches do a good job of keeping the schedule the same and getting us out on time."

It may become more of an issue for some as the weeks move by in terms of course load, but the added benefit of school starting later in the season is something that offensive lineman Tyler Johnstone likes.

"I like it because we don't get everything thrown at us at once," Johnstone said. "Some schools have to deal with school and football starting at the same time and it's a lot to handle."

In terms of schoolwork another privilege for football players, as well as all student-athletes, is the facilities that assist them. The John E. Jaqua Academic Center has created something of an advantage for them with the various places to study and receive tutoring. The 40,000-square-foot academic center includes 35 tutoring rooms, 25 advising rooms, a library, a lounge and several teaching labs.

"For those that have tutors they will go to the Jaqua, but a place to study can be anywhere for us," Dargan said.

The regimen may be slightly adjusted, but the overall initiative remains the same for the players and coaching staff, who will make the trip to Colorado this Saturday.

"We just keep staying focused on the week at hand and getting better each week," Addison said.



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WHAT TO WATCH THIS SATURDAY IN COLLEGE FOOTBALL

With the first third of the college football season over and done with, the road to Pasadena, Calif., for the national championship is just beginning to take shape.

Week six should provide no letdown in entertainment for college football fans. There are three games featuring top 25 teams playing each other but none more entertaining than the Pac-12 showdown between No. 15 Washington and No. 5 Stanford in Palo Alto, Calif.

With an early action game being one worth watching, make sure you get to your local grocery store the night before to pick up some Eggo waffles, peanut butter and syrup. The combination of all three with chocolate milk to down it with will make watching the game all the more satisfying because even if the game isn't entertaining, your stomach will be very satisfied.

MORNING: FLORIDA STATE VS. MARYLAND (9 A.M. / ESPN)

It's an ACC showdown featuring No. 25 Maryland and those awful uniforms they wear traveling down south to Tallahassee, Fla., to face the No. 8-ranked Seminoles. While each team boasts 4-0 records, neither one has been challenged by superior teams. The game features two ranked teams, but don't expect this one to be close as Florida State will use its speed to spread the Terrapins out and cruise to the easy win.

AFTERNOON:

There isn't much going on here for the afternoon slate. Seeing as the FSU-Maryland game shouldn't be worth watching after 11:30 a.m., that leaves you with five hours to go until the next premiere game. With the weather predicted to be pretty nice out, take your significant other out on a picnic. It's the best of both worlds because not only do you get to eat (which is a must for all the beer you're going to consume later), your significant other will be so ecstatic that they'll leave you alone the rest of the day for the big games. Oh yeah, don't forget to stop by the store and pick up snacks, beer and make dinner arrangements because you won't want to leave your couch again.

EVENING: NORTHWESTERN VS. OHIO STATE (5 P.M. / ABC)

In what could be a preview of the Big Ten championship later in the year, undefeated teams No. 16 Northwestern and No. 4 Ohio State face off in a big-time game for both teams. For the Wildcats of Northwestern, it's a chance to prove themselves to the country that they are a legit Rose Bowl contender. For the Buckeyes, it's the last time to impress voters before the season finale against Michigan because it's the last ranked opponent they face before the Wolverines. Both teams have a common opponent when Northwestern defeated Cal 44-30 in week one and the Buckeyes beat the Bears 52-34 in week three.

LATE EVENING: STANFORD VS. WASHINGTON (7:30 P.M. / ESPN)

The biggest game of the weekend features two Pac-12 teams from the North division looking for supremacy. Once again, both teams boast identical 4-0 records but the talent of teams they've played is far different with the Huskies facing tougher competition. Washington gave Stanford its only loss last year, a 17-13 victory in Seattle, so the Cardinal will be looking for payback. The winner of this game jumps into the driver seat of the Pac-12 North but will still have to face Oregon in the coming weeks.

BY JUSTIN WISE, @JWISE25

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