



Emerald Media

NO MEAT. NO CHEESE. (IT'S VEGAN)

IT MAY BE UNCOMMON IN A LOT OF OTHER PLACES, BUT NOT HERE IN EUGENE. Veganism has become a popular culinary trend that has been a subject of hot debate that strives to answer the question: Is it really that much healthier?



**DUCKS AFTER DARK
DOUBLE FEATURE**

**Starting after
the Oregon
Ducks game,
10pm**

STAR TREK INTO DARKNESS

After the crew of the Enterprise find an unstoppable force of terror from within their own organization, Captain Kirk leads a manhunt to a warzone world to capture a one man weapon of mass destruction.



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PLC 180 10:00PM
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CHANGE THE WORLD FROM HERE

The court dedication is the men's tennis team's way to honor Rovello and his legacy, said head coach Jonas Piibor.



UO DEDICATES COURT TO ALEX ROVELLO

SIX MONTHS FOLLOWING THE TRAGIC LOSS, The UO men's tennis team will name one of the student courts after a much-loved teammate.

After playing tennis together since age 12, Michael Schaeffer and Alex Rovello visited the University of Oregon as high school seniors – recruited for their high school tennis careers. After their recruiting trip, Schaeffer decided to attend the UO. Soon after, Rovello followed suit. Throughout college, the two were teammates on the men's tennis team, as well as neighbors in the residence halls and, subsequently, apartments.

"We would hang out every single day with the team and without," Schaeffer said.

Last May, Rovello invited Schaeffer on a trip to Tamolitch Falls. Schaeffer, however, was driving to Portland that day and declined.

That afternoon, Schaeffer received the news that Rovello had died in a cliff diving accident. Rovello jumped from a 60-foot cliff into the Blue Pool at the Tamolitch Falls, hitting the water face and chest first.

"It was a shock," Schaeffer said. "I didn't believe it."

The men's tennis team will name the center court on the north side of the student tennis courts – where Rovello played most of his indoor matches – after the deceased standout athlete. The ceremony will take place from 3 to 5 p.m. and

is expected to draw a large crowd, including the entire men's tennis team.

Rovello won 60 singles matches and 53 doubles in his three seasons on the tennis team. Men's tennis head coach Nils Schyllander said that Rovello had a tremendous impact on the team as one of the great native Oregon players to attend the UO.

Associate head coach Jonas Piibor said that the court dedication is the department's best way to honor Rovello and his legacy, even after those who knew Rovello are no longer at the UO.

"It's a way to have him there," Piibor said. "He'll forever be a part of the UO Ducks and the men's tennis team."

Senior tennis player Robin Cambier was Rovello's doubles partner during their freshman year. He said that each tennis match mattered immensely to Rovello.

"There was something great in him," Cambier said. "You could really see in his eyes that it mattered to him."

This year, Cambier said it will be an honor for him to play on the court that will be dedicated to Rovello. Cambier, a Belgian native, said that Rovello taught him about American sports and he considered him to be his American brother.

Rovello had a similar personal impact on many others, Cambier said.

"When he passed away, so many athletes went to his funeral or the ceremony here in Eugene," Cambier said. "He just had a big impact on everyone."

Rovello's parents, Jim and Geri, said that Rovello's greatest dream was to be a UO athlete and the court dedication is a great honor for him.

"The court dedication on Saturday is a tremendous honor that would have meant the world to Alex. He had hoped he would be able to have an impact on the U of O team and their standings," Jim and Geri wrote in an email to the Emerald. "For the experience Alex had at the University of Oregon we are eternally grateful."

Schaeffer said that he believes Rovello was always going to have an impact on the UO tennis team. The court dedication, he said, just makes things a little more official.

"Now it's just going to be a little more lasting because his name is going to be up there," Schaeffer said.

BY SAMANTHA MATSUMOTO, @SMATSUMOTO55



VETERANS AWARENESS WEEK

NOVEMBER 11-15, 2013

MONDAY, NOVEMBER 11

REMEMBRANCE DAY NATIONAL ROLL CALL

8am-5pm in the EMU Amphitheater

UNIVERSITY VETERANS DAY RECOGNITION CEREMONY

11am in the Ford Alumni Center Ballroom

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NOVEMBER 12-14

WRITE POSTCARDS TO DEPLOYED SERVICE MEMBERS

10am-4pm in the EMU Upper Amphitheater

WEDNESDAY, NOVEMBER 13

LUNCH HOSTED BY THE VETERANS AND FAMILY STUDENT ASSOCIATION

12-2pm in the UO Student Veterans Center

SOLDIER STORIES: READING ABOUT MILITARY SERVICE

2-4pm in the UO Student Veterans Center

THURSDAY, NOVEMBER 14

RUN FOR REMEMBRANCE 5K

5:30-7pm beginning at the UO Student Veterans Center



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Missing street signs are a common sight near the UO campus.

CITY MAKES STREET SIGN THEFT TOUGHER

Your parents can finally find your apartment at 16th Avenue and High Street again.

For many years, High Street was unmarked at almost every intersection due to people removing them from posts and taking them home. Prior to this, High Street signs had already been replaced approximately 350 times. After a hiatus in replacements, High Street was unmarked for quite some time before a news station couldn't find its location, which attracted the surrounding media.

"It got national media attention for a while because a local television station couldn't find a single High Street sign," said Tom Larsen, Eugene city traffic engineer. "We have since made some changes on how we mount those signs and now they are a lot more difficult to steal."

Missing street signs are not uncommon in Eugene. Signs go missing frequently and, according to the City of Eugene, approximately 2,300 regulatory signs are repaired and more than 1,000 street signs and 350 other signs are replaced every year.

"Overall there are about 32,000 signs in town," Larsen said. "When something like a sign goes down we send someone out 24/7 to go and replace it. We respond to signs missing on a complaint basis and every year or so we go out and check signs to make sure they are in good condition and still there."

According to Eugene law, the city is required to have driver-

related signs, such as stop signs and speed indicators. However, it is not required to have signs signifying the name of a street. Larsen explains that putting street names up is simply a courtesy to citizens rather than a city requirement. This does not mean that signs are simply up for grabs and will go unnoticed. Street signs cost anywhere from \$20 to \$30 depending on the length of the name. Signs that are stolen with longer names such as "Martin Luther King Jr. Blvd." are considered by law to be second-degree theft, but Oak Street's may not have such grave consequences.

"If UOPD encounters street signs in private possession, the signs would be confiscated," UOPD Communications Director Kelly McIver said. "Signs remain the property of the city or the government entity that paid for them and placed them."

Regardless of what sign it is, stealing a street sign is considered a misdemeanor, according to Eugene police, but could also be a higher-level offense if the stolen sign led to an injury or death. For example, if an ambulance could not find a victim because the lack of a street sign, the theft would be taken more seriously.

More recently the construction of street signs have been improved and a better adhesive has been installed to prevent sign theft.

BY HANNAH TAYLOR, @HTAYLORMAE



"Don't Leave Me" was a collaboration of arts and architecture students.

STUDENTS DANCE WITHOUT PREJUDICE

When you think of a dance company, a range of images enter your head, most likely including beautiful ballerinas dancing "The Nutcracker" or a chorus of tap dancers showing off their sparkling dresses and jazz hands.

You probably don't think of dancers with one leg, or a dancer in a wheelchair or a dancer with only one arm. But if you see a DanceAbility International show, that's exactly who you would see. DanceAbility is a company that's trying to change people's preconceived ideas of who a dancer can be.

"They're not a normative dance company with a particular age and type. They're all different ages and have all kinds of body types," said Frances Bronet, dean of the School of Architecture and Allied Arts. Bronet recently worked with DanceAbility on its recent show, "Don't Leave Me," an exploration of space and collaboration of arts and architecture students and dancers that was performed at Lane Community College.

"Alito and the dancers are what inspired all of us," he said.

Alito Alessi started the DanceAbility method in 1987 after he was inspired by an article he read about mixed dancing abilities.

"I grew up in the generation of contemporary dance where dance was for everybody, but nobody was doing it, including myself," Alessi said.

Alessi decided to change this old model of looking at dancers as only those who have undergone a certain amount of training. He believes that the work of DanceAbility helps decrease prejudice and misconception about diversity in the field of dance.

Sarah Ebert, one of the dancers who performed in DanceAbility's

recent show and an adjunct professor at UO, enjoys working with the company because of its inclusivity.

"Alito believes that all bodies are dancing bodies and have equal abilities and contributions to the process as people that have studied dance for a lifetime," Ebert said.

Alessi has traveled all over the world teaching his methods, which center around contact improvisation. There are DanceAbility certified teachers in Latin America, Europe, Asia, the US and Canada. DanceAbility's improvisational methods encourage exploring new ways of movement, understanding one's own body and responding to other people's bodies and movement.

Alessi has also taught a DanceAbility Teacher Certification Course internationally, which teaches dance educators methods to make teaching dance more accessible to people of mixed abilities. Alessi has also been performing in schools since 1995, performing with a dancer in a wheelchair to show people at an early age that anyone can be a dancer.

"It definitely has helped me understand the importance of acknowledging that everybody is a dancing body and that we all have something to contribute," Ebert said. "It's not an elitist thing."

If you're interested in taking a DanceAbility class, certified DanceAbility teachers Celeste Peterson and Emery Blackwell lead a dance improvisation workshop the first and third Saturday of each month, 2:30 p.m. – 3:30 p.m. at the Reach Center, 2520 Harris St. for \$8.

BY SOPHIA JUNE. @SKITTLEJUNE

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The Cornbread Cafe is a vegan hotspot in Eugene known for its unique twist on Southern soul food with mock meat classics.

VEGANISM:

FROM WEIGHT LOSS TO ANIMAL ACTIVISM, THE LIFESTYLE CONTINUES TO SPREAD



To some it's excessive. To others, it's the only way to live. It's the vegan diet: where you don't eat meat or dairy. Although hardly taboo in Eugene, the lifestyle has for many years been a subject of hot debate regarding its pros and cons.

The animal product-free vegan diet saw an emergence in 1944 with the foundation of The Vegan Society in England. The founders, radicals in the already disputed vegetarian lifestyle, both coined the term "veganism" and set up the first community for those curious.

Today, the way of eating has spread around the U.S., with reasons for adopting it spanning from weight loss to animal activism. Once a taboo, the lifestyle has been made highly accessible, with many specialty restaurants and shops offering a great deal of meals without animal products.

Many are convinced that the nutritional content meat and dairy provide is replaceable with a wide array of fresh fruits and vegetables. When asked about his opinion regarding the vegan lifestyle,

Eugene holistic family medicine doctor and vegetarian Orestes Gutierrez suggested the popular documentary "Forks over Knives." "Longevity and optimal health are entirely attainable without eating animal products," Gutierrez said, "and may only be in that respect."

According to Gutierrez, many meat-eaters make the mistake of not integrating enough produce into their diets, which provides incomparable health benefits. "When you remove meat from the equation, you're forced to explore the alternative ... an endless selection of awesome 'super foods,'" he said.

By "super foods," he means vitamin-packed spinach and kale and a variety of antioxidant-rich berries and nuts.

"We began as hunters and gatherers. Plant-based foods have always been more widely available to us, and so it's important that our diet consists of them more than anything else," said Jaime Dexter, a University of Oregon anthropology graduate teaching fellow who's currently teaching a class on the emergence of modern-day agriculture and food domestication titled Food Origins. "Meat comes secondary."

In spite of this, Dexter integrates meat in her diet. Humans have a long history of hunting and eating protein-rich meat, after all. Plus, our bodies can digest it.

"It is a natural part of our diet," Dexter said.

Cornbread Cafe, a vegan hotspot in Eugene known for its unique twist on Southern soul food with mock meat classics, includes menu items

like "phish filets" and "barbecued wheat meat." The food, although potentially off-sounding, has a large, even non-vegan following and sports a 4.5/5 star rating on Yelp, based on 111 ratings.

Cornbread Cafe manager and long-term vegan Rebecca Waterman is happy to play a role in the eccentric Eugene vegan scene.

"We're lucky here (in Eugene)," Waterman said. "If you're looking to try the diet out, you're likely to have a good experience with it."

Other popular vegan joints in town include Garbanzo Grill, a small cart specializing in handmade veggie burgers and ran by a professionally trained chef, and Holy Cow Cafe, a campus favorite.

When it comes to budgeting and convenience, however, veganism may not be suited for everyone.

Waiting for her curry dish at the EMU's Holy Cow Cafe, UO student Lea'ah Keita said that the commitment to eating vegan requires some work – and money.

"I know people who are self-proclaimed vegans, but because of the convenience and cheap cost, end up microwaving frozen Boca patties every night. It isn't really healthy," she said.

Boca is a popular meat-alternative brand that offers quick convenience in many supermarket freezer sections.

At the mention of it, Waterman winced. "Vegan eating is meant to be health-centered, not quick and easy," she said.

However, health benefits of the vegan diet have been disputed for years. Many believe the nutritional content, most notably protein, of

some meats is irreplaceable.

"Humans have always eaten meat," said UO environmental studies student Jay Barnum. "It just makes sense to integrate it into our diets, right?"

And Barnum may be right. Meat does provide nutrition. According to the Livestrong website, red meats such as beef, in moderation, provide certain oleic acids that may help improve cholesterol levels. One serving of white chicken, about six ounces, provides up to 48 grams of protein, and fish is, by common knowledge, high in essential omega-3 fatty acids.

Whether one chooses to live life with or without integrating meat or dairy is a personal choice, and there are healthful ways for doing either option.

"It's definitely subjective," said UO Health Center nutritionist and registered dietician Christy Morrell. "Some people need more protein than the vegan diet can provide. Some people don't and can make it work wonders for their health."

Morrell herself was once vegan and decided to integrate meats back into her diet after finding herself continuously craving them. "I found myself binging on brown rice!" she said, laughing.

UO Health Center dietician Jessica Wilson agreed with Morrell's claims.

"Both sides can be really beneficial health-wise, if done right," she said. "And both sides can also affect health negatively if done wrong."

BY JESSICA FISHER @PAJARITAZ



A New Car Tip from George

Always pay close attention to the warning lights on your dash. They can forecast a pending problem. If they light up, have them checked immediately. If the SRS, ABS or stability control lights indicate a problem you and your passengers may be at risk.

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SPORTS

FRESHMEN DOMINATE WOMEN'S BASKETBALL



UO forward *Chrishae Rowe* drives the ball to the hoop on Nov. 4.

In the first two exhibition games of the season, the women's basketball team showcased two freshmen talents from sunny Southern California that will undoubtedly headline this year's squad.

Coming off a 4-27 finish last season, the team is looking for a new spark to be a catalyst for improvement as the Ducks look to climb the ranks of the Pac-12 under head coach Paul Westhead. Perhaps Westhead found his answer as these two Ducks look to bring the sunlight to Matt Knight Arena.

Drea Toler, a Los Angeles native, and Chrishae Rowe, a Corona native, shined in the Ducks' 103-58 exhibition win over Western Oregon on Oct. 30. Rowe tallied 17 points while Toler added 15 points to help the Ducks cruise to the victory.

Rowe claimed that the practice transition from high school to college has been a learning process for the guard.

"It's a lot more running," she said. "You have to execute the little things. As far as game situation, it wasn't that different."

However, Rowe proved her Duck debut wasn't a fluke when she scored a team-high 35 points and grabbed 15 rebounds to help the Ducks to a 116-51 win in their second exhibition game of the season against Oregon Tech on Nov. 4.

At the beginning of the game against Western Oregon, the freshman duo looked nervous at times on the big stage, senior Ariel Thomas said, but they clearly shook the nerves to help the Ducks offensively. Toler added to her stat line by forcing two turnovers and dishing out four assists.

"As we roll into the competition, the competition will get stronger, but I don't have doubts that either of them will weaken due to competition," Westhead said. "They need to learn. They need experience, but two good, young players. I've never seen them play before, they're new for me, too."

Redshirt junior Katelyn Loper said after the game that she was

impressed by Toler's and Rowe's skills.

"This whole time I've been like, 'people have no idea,'" Loper said. "They're great. Chrishae is amazing, and Drea is so fast."

Westhead, in his remarks following the game against Oregon Tech, said that Rowe will surely be an offensive leader for this year's team.

"The little kid is speedy," Westhead said. "She keeps amazing me. She is going to eventually be a crowd-pleaser, I can see it coming."

The Ducks overpowered their opponents from Western Oregon, shooting 43 percent from the field while attempting 30 total three-point field goals. They made 30 percent of those.

Westhead said that he would like to focus on offensive rebounds, since he believes that's where the team can improve.

Even though the team pulled down 63 total rebounds, Westhead said that the team needs to focus on improvement as the Ducks are sure to see more physical teams in Pac-12 play.

This year, the team features a few changes on defense as the Ducks are utilizing more of a zone press. Westhead said that zone, along with a mix of man press, will help spearhead a stronger defensive attack.

Westhead added that sophomore Lexi Petersen is day-to-day and is recovering from last year's knee injury that cut her season short.

Overall, the future looks good for the Ducks as the depth is sure to allow Westhead to more effectively build talent while creating healthy competition in practice to improve the team.

"We were just a make shift group (last year)," Westhead said. "So yes, we have a dozen players that are much more competitive and therefore one feeds off another and helps the total effect."

BY JONATHAN HAWTHORNE,
@JON_HAWTHORNE

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JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

1	7		5	2				8
			6	3		7		
3	5					2		9
6	9						4	
	7	3	1	4	9			
	3					7		1
7		1				3		4
	2		4	3				
9				8	5		2	6

Rating: BRONZE

Solution to 11/6/13

6	5	7	1	4	3	9	2	8
3	8	1	9	5	2	4	6	7
2	4	9	8	7	6	5	3	1
4	3	6	7	1	8	2	5	9
7	2	5	4	6	9	1	8	3
1	9	8	3	2	5	6	7	4
5	1	4	6	3	7	8	9	2
8	7	2	5	9	4	3	1	6
9	6	3	2	8	1	7	4	5

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If You Are Graduating in December With a Degree in Education, Leisure Services or Family Services, the University of Northern Iowa has **internships available with U.S. military Child Development Centers in Europe, Hawaii and Florida** beginning in January 2014. Related major and prior experience with children/youth required. **Receive 12 hours of graduate credit. Living stipend, airfare and housing are paid.** Build your resume, earn credit, and network with the world's largest employer...the U.S. Department of Defense. Email internship@gmail.com and put in your subject line **SPRING INTERNSHIP/DE** Briefly describe your prior experience with children/youth and your major/degree.

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HOROSCOPE by Holiday Mathis

ARIES (March 21-April 19). To some people, all of that thinking that you do looks like you just sitting quietly. But make no mistake, thinking is labor. Today it will be taxing labor, too, but by the day's end, you'll have sorted out a big problem.

TAURUS (April 20-May 20). Accomplishments will happen because of one person's will. An entire company of people wouldn't be able to do what you alone do today and with great intention and focus.

GEMINI (May 21-June 21). You may feel like your performance is being scrutinized. Celebrate the awesome and the awful of it. If you were perfect on the first try, the fun of learning, growing and improving would be lost.

CANCER (June 22-July 22). Doctors don't heal wounds; rather, they do what they can to support the body's natural healing abilities. Non-physical wounds work in the same way. In a supportive environment, they gradually mend.

LEO (July 23-Aug. 22). You're afraid that if you forgive someone, he or she will keep perpetuating the wrong behavior. You may be right about this. To avoid a codependent relationship, you'll have to spell out the boundaries.

VIRGO (Aug. 23-Sept. 22). Mastery is about apportioning your attention intelligently. You will give prolonged focus to a practice every day so that later you can execute the task with minimal effort.

LIBRA (Sept. 23-Oct. 23). Having the same opinion as a large number of other people doesn't make your opinion right or wrong. It only reduces the chances that you'll be persecuted for it.

SCORPIO (Oct. 24-Nov. 21). You can learn about what it means to be courageous through stories of courageous acts. But you can only learn about your own courage by finding it inside yourself and using it when the moment arises.

SAGITTARIUS (Nov. 22-Dec. 21). The day is mostly filled with positives, but it's peppered with a few frustrations. Just when you start to think your life is hard, someone with a truly difficult circumstance helps you get perspective.

GEMINI (May 21-June 21). You may feel like your performance is being scrutinized. Celebrate the awesome and the awful of it. If you were perfect on the first try, the fun of learning, growing and improving would be lost.

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The New York Times Crossword

Edited by Will Shortz No. 1003

- ACROSS**
- skirt
 - "The Tao of Pooh" author Benjamin
 - One with ergophobia
 - "Look what I found!" cries
 - Kind of tradition
 - "___ talk?"
 - "Good thing I don't have the same problem!"
 - Following
 - River of film
 - 1986 top 10 hit for Billy Idol
 - That's the point
 - Meal at which to drink four cups of wine
 - Part of a pickup line?
 - "___, boy!"
 - Earth goddess created by Chaos
 - Expanse
 - "Apparently"
- DOWN**
- Like the myth of Ragnarok
 - Luxury hotel name
 - Locale for a Village People hit, informally
 - "Scrubs" locale: Abbr.
 - "Don't even think about it"
 - Bats
 - Showed politeness at the front door
 - Certain ring bearer
 - Relative of a gembok
 - ___ Schwarz
 - Fictional substance in a Disney film
 - Zodiac symbol
 - U.S.S. Enterprise chief engineer Geordi ___
 - Where reruns run
 - Overly precious
 - Mister, overseas
 - ___ Balls
 - Christmas hymn beginning
 - Events at which people are dead serious?
 - Some pyramids
 - In two, say
 - Ohio city WSW of Columbus
 - It's possessive
 - Some buggy drivers
 - Name on a bottle of Sensuous Nude perfume

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PUZZLE BY EVAN BIRNHOLZ

- Half of an old comedy team
- Caen cleric
- Butch Cassidy and the Sundance Kid, e.g.
- Drifts away
- Quaker product
- Chardonnay feature
- "Whatever!"
- Fancy suite amenity
- In and of itself
- Ball mate
- Mr. ___
- What's not for big shots?
- 38-Across's genus
- "Ah, my Beloved, fill the Cup that clears" poet
- "I say" sayor
- Menu section
- Threat ender
- Time of 1944's Operation Neptune
- "... goes, ___ go!"

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ANSWER TO PREVIOUS PUZZLE

S	H	A	F	T	B	L	I	P	P	R	E	T		
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P	R	I	N	T	S	O	F	T	H	I	E	V	E	S
S	E	N	T	P	I	T	H	N	A	I	V	E		
L	O	S	I	N	G	P	A	T	I	E	N	T	S	
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M	A	I	L	A	N	G	H	A	I	R	Y			
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ABOUT

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ON THE COVER

The cover is from Flickr Creative Commons user kerryj.com. GameDay cover photo was taken by Michael Arellano.

OOPS!

Last week's Emerald mixed up the 2014 ASUO surplus with the 2013-2014 over-realized fund. The surplus will not be affected.

KEVIN SULLIVAN



Students protest the investiture of university president Michael Gottfredson.

An open letter to Michael Gottfredson:

THE UNIVERSITY PRESIDENT MAKES MORE THAN BARACK OBAMA. Why not freeze your salary to help the students on your campus?

Each home football game this year I've looked up at the box that President Michael Gottfredson occupies, a box that costs hundreds of thousands of dollars each year to rent, and think to myself, "This is oddly symbolic."

In fact, the image of Gottfredson looking down from the heavens to watch the game won't get out of my head. I draw parallels from this scene to the fact that the president and other administrators are highly paid while students go into debt. This term, tuition and fees (thanks to the state legislature) were capped at a 3.5 percent increase.

Gottfredson makes an easy target. He earns more than \$500,000 a year in total compensation and benefits, largely off the backs of students. Students nationwide are going into a collective \$1 trillion in debt to pursue a degree while Gottfredson and other administrators receive a fat paycheck. It's easy to see why some students dislike the administration. Gottfredson, like all the other Oregon University System presidents, did not receive a pay increase this year. But, in terms of salary, he is paid more than Barack Obama — the president earns \$400,000 per year.

But Gottfredson isn't willing to take a pay cut. "We're very concerned, need to be, about paying competitive salaries and wages and

supporting the faculty and that includes the administrative staff that work for the university," he said.

Setting aside the fact that faculty and staff had to unionize and then bargain to receive pay increases, that quote hits the root of why higher education isn't prioritized: no one wants to front the cost. According to a study done by Bloomberg in 2012, tuition has gone up by more than 1,100 percent since 1978. This skyrocketing increase is four times faster than the increase in the consumer price index. Competitive pay for professors and administration is driving up the cost of tuition. It's not that the state of Oregon is broke. It's not that the nation is broke. It's that the people who have the money hold on to it.

Back in 2009, the OUS chancellor and all seven presidents at the time, including former UO President Richard Lariviere agreed to freeze their pay and even voluntarily cut their pay for a few months. I think it's time to bring that way of thinking back, but this time it should be amplified. Instead of just freezing pay or taking a small pay cut, a more significant and meaningful action should be taken.

First, all university presidents should take a large pay cut. For example: no university president should make more than the president of the United States. Second, presidents should then lobby with students side by side at the state

legislature showcasing the fact that they have reduced their pay and are serious about funding for higher education.

I don't think Gottfredson is a bad person. I don't think that any university president is necessarily a bad person. I just think that they're paid too much and students are given too little. So, let's encourage Gottfredson to be in this with us. Let's pay him a visit at Johnson Hall, or write him letters and let's ask him to budget in favor of the students this upcoming fiscal year.

Gottfredson is headed in the right direction. "We're interested in doing everything we can to keep fees as low as possible and keep the increases as modest as possible," Gottfredson said. Let's push him to change that quote to "decrease fees and tuition." Let's push him to truly do all that he can to make college as affordable as it was back when he attended college. Let's push him to start a trend that will sweep the nation. Let's take action.



Kevin Sullivan is an opinion writer for the Emerald. Follow him on Twitter @KSully5

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About Time (R) 8:00 11:00 12:01	Gravity (3D) (PG-13) 11:45 12:01
Captain Phillips (PG-13) 11:40 3:25 7:05 10:10	Gravity (PG-13) 10:35 1:00 8:40 9:50
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Cloudy With A Chance Of Meatballs 2 (PG) 11:05 4:30	Percy Jackson: Sea of Monsters (3D) (PG) 2:10 Percy Jackson: Sea of Monsters (PG) 11:20 4:50
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Escape Plan (R) 12:05	Thor: The Dark World (PG-13) 9:00 12:01
Free Birds (3D) (PG) 12:10 2:40 5:10 7:40 10:10	
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 THOR MOVIE MARATHON
 Saturday 11/9 9:55am
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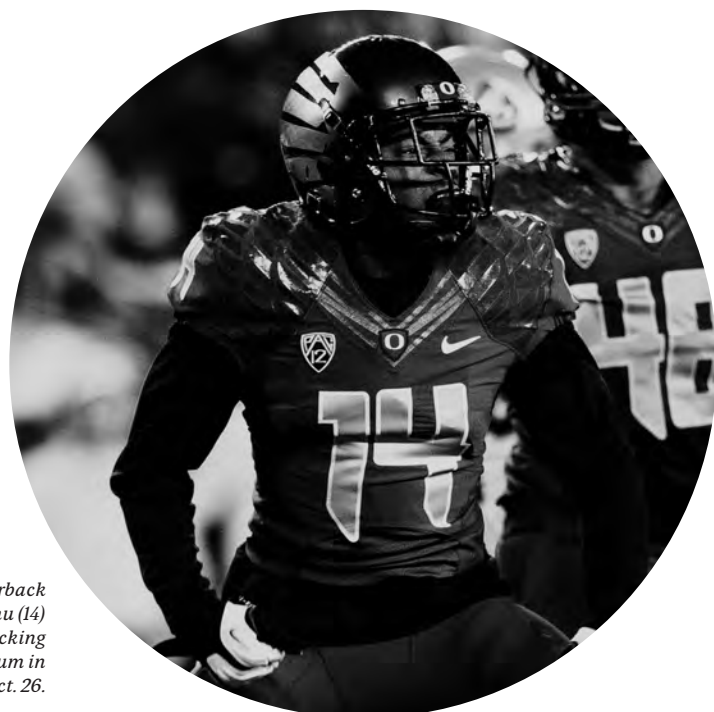


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PROSPECTIVE DRAFT PICKS: STANFORD VS. OREGON



Oregon quarterback Marcus Mariota (8) completed 14 of 19 passes, racking up 173 yards and one touchdown run in a game against the Huskies on Oct. 12.



Oregon cornerback Ifo Ekpre-Olomu (14) celebrates after sacking UCLA at Autzen Stadium in Eugene, Ore. on Oct. 26.

Both Oregon and Stanford possess a variety of talent from top to bottom on offense and defense. Quarterbacks Marcus Mariota and Kevin Hogan are among the most formidable in the nation, and defensive standouts like Oregon's Ifo Ekpre-Olomu and Stanford's Trent Murphy continue to be noticed by NFL scouts each week.

In all, as many as 15 players representing both teams Thursday night could hear their names called in April in the 2014 NFL draft.

FIRST TIER

Mariota is a superior prospect and has been surging in mock drafts throughout this season. The Heisman front-runner is projected to place in the top five of next year's draft if he forgoes his senior season. Mariota is now a model of the newly refurbished NFL quarterback with the skills and intangibles to throw the ball effectively as well as the speed and agility to be a threat on the ground.

SECOND TIER

The second crop of players that are possible first round draft picks include Oregon cornerback Ekpre-Olomu, Stanford linebacker Murphy and guard David Yankey.

Ekpre-Olomu ranks third at his position, according to CBS Sports and also compiled a conference leading 20 pass break-ups in his first year as a starter last season, according to nfldraftscout.com. His skill set and play-making ability could prove to be the reason he chooses to go into the draft after this season and why he may hear his name early on.

For the Cardinal, Murphy is the type of balanced defensive end and linebacker that every team begs for. Murphy can line up inside or out and in a two- or three-point stance. He was the Pac-12 defensive player of the week last week and is slated by nfldraftscout.com as the number four player at his position.

Stanford guard Yankey has

the type of talent to transition into the NFL immediately as well. Rated as the number one guard in the nation and slated to go as high as 15 in next year's draft, Yankey's versatility and physicality have been noted by NFL teams since last year.

THIRD TIER

The third group includes all-purpose back De'Anthony Thomas and Oregon center Hroniss Grasu, as well as the all-intensive Stanford linebacker Shayne Skov. Projected to go between the second and third round, these players are consummate leaders of each team.

Thomas is the type of speedster that every NFL team would love to add to its roster, but his role on a professional team remains uncertain due to his size. Grasu is rated the number one player at his position and has a decision to make at the end of this year to either stay another year or commit to the NFL.

Skov might be the most intriguing story out of the potential draft prospects. Projected to go in the third round by CBS Sports, Skov has dealt with a season-ending knee injury and a team suspension during his tenure at Stanford. The fifth-year senior is a menace on the football field and is known for his aggression, something that bodes well in the NFL.

The amount of NFL prospects that this game features speaks volumes to the type of programs built by both of these schools. The names listed here are just a fraction of what can be a field full of NFL ability on Thursday. Talent continues to flood into these colleges and the Stanford-Oregon rivalry presents even more of a story line because of the bright futures both these football programs have.

BY JUSTIN WISE, @JWISE25

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GAFFNEY'S GIVE AND TAKE: FOOTBALL OVER BASEBALL



Tyler Gaffney (25) shakes off Randall Goforth (3) in a game against the UCLA Bruins on Oct. 19, 2013. Gaffney has surpassed the century mark five times this season while averaging over 20 carries per game.

During Stanford's 17-14 upset victory over Oregon in Eugene last year, Tyler Gaffney was nothing more than a spectator. Gaffney, a former running back for the Cardinal, gave up football in favor of a professional baseball career after being drafted in the 24th round by the Pittsburgh Pirates following his junior season in 2011.

"I left with the intent of playing baseball. I knew I had a year left, but I left with the plan of playing baseball," Gaffney said.

Gaffney seemed to make the right decision – he excelled with the Pirates' class-A affiliate, the State College Spikes. As a first-year player, Gaffney recorded a .297 batting average with a .483 on base percentage. However, as his rookie season came to a close and he watched ex-teammates pave their way toward a Pac-12 title and a Rose Bowl victory, the gridiron beckoned.

"It wasn't till the end of the year that I started thinking maybe my best bet was to finish my degree and come back to play football for a championship team while I still have some youth left," Gaffney said.

The thought of playing one more year of football began to take over. Gaffney, with the influence of his parents, began weighing out the

options of going back to Stanford, finishing his degree and playing one more year of a sport that he missed.

"We weighed out the options on a white board with the pros and cons of staying in baseball and the pros and cons of going back to school," Gaffney said. "Getting my degree and playing football this year outweighed playing baseball."

After re-enrolling at Stanford, the fifth-year senior now highlights an offense known for its straightforward, old-school rushing attack that will challenge the No. 3 Ducks Thursday night. Averaging 5.3 yards per carry, Gaffney has accumulated 886 rushing yards on the year to go along with 12 touchdowns.

With a year away from football, Gaffney has made the transition look effortless, surpassing the century mark five times this season while averaging over 20 carries per game. The 6-foot-1 221-pound running back from San Diego, Calif., is the prototypical between-the-tackles type of back Stanford's system needs and has transitioned back to football without virtually any growing pains.

"I think when you're an athlete, you're an athlete and that guy is an athlete," Oregon defensive coordinator Nick Aliotti said. "Good

athletes do not take long to get back to what they were doing before."

Aliotti also spoke highly of Gaffney's running style and slates him as a "hard nose, downhill runner." Gaffney has always been this type of running back, he just never had this type of opportunity.

"It just came down to doing what I was doing before I left," Gaffney said. "Getting my body back into shape was the main goal. Mentally, I knew what I was doing. Now that I have gotten my opportunity I have taken advantage of it."

Gaffney notes that he continues to be reminded a little bit more week-by-week that the decision he made to come back was the right one and that a degree at Stanford will open even more potential options for the future. With a personality that takes life each day at a time, Gaffney is not ruling out any equation for the future, whether it be back in baseball or with football. But now his focus is on Oregon.

"This is a game everybody marks down," Gaffney said. "This is a big game and we're going to have to play our best game."

BY JUSTIN WISE, @JWISE25

LOVE FOR THE GAME EXTENDS PAST THE FIELD

Scott Frost stands outside of the Hatfield-Dowlin complex, eyes aimed at the ground as he softly talks about his camaraderie with his players. As he speaks, wide receiver Chance Allen approaches. Allen's bright smile complements his pink sweatshirt. Frost turns and looks at the redshirt freshman with a slight grin.

"Nice pink shirt," Frost quips. "It suits you."

Allen gives his coach a firm hug and says "How are you doing?" then walks away, laughing Frost's comment off.

"Chance is probably the worst-dressed guy on our team," Frost said, with Allen still close enough to hear.

"What?!" Allen yells.

Allen doesn't have a comeback for Frost at that moment, but he will a couple of weeks later.

"My response is, 'get some eyebrows,'" Allen said.

Frost's eyebrows are famous among the Oregon receivers. His blonde hair so closely matches his light skin tone that it looks like he has no eyebrows, at least to some of the receivers. It's one of the many things they'll joke about with their coach.

"It's a sad and angry state of a human being when they can't laugh at themselves," Frost said. "I think it's important to keep a little levity."

The 38-year-old from Wood River, Neb., might be in his first year as Oregon's offensive coordinator (he also coaches quarterbacks), but neither he nor his players or fellow coaches sense much of a difference in his attitude. He says that he's busier and a bit more nervous than when he was coaching Oregon's receivers from 2009-2012, but the players say he's still the same person.

Sophomore receiver Bralon Addison says Frost will give just as much off-field attention to defensive players as offensive ones, asking them how their families are doing, how they're performing in school, etc.

"I think if you're in coaching for a lot of reasons other than to help young men then you're missing the mark," Frost said.

Allen went to Frost's house for Thanksgiving dinner last year. He met Frost's father, Larry, and

his mother, Carol, who cooked that night.

"I like them a lot," Allen said of Frost's parents. "Real genuine people."

Allen is from Missouri City, Texas and couldn't make the long trip home last November, so having a family atmosphere at Frost's house in his first year at Oregon was an invaluable experience.

"He (Frost) comes from a wonderful family," Allen said. "That's what he gave to me when I came here, the family environment, and that's what really drove me to come to Oregon."

LARRY AND CAROL FROST SIT in their Lincoln, Neb., home on a Monday afternoon. Larry, the head football coach at Parkview Christian High School, is still upset over his team's playoff loss the previous Thursday. Scott's 12-year-old chocolate Labrador, Bogey, has lived with Larry and Carol for years now, and is currently barking up a storm.

"Cut it out, will ya?" Larry says sternly.

Scott's parents don't want any interruptions as they talk about their son.

"Wherever we went, he was able to fit in almost instantly and make friends," Carol said of Scott.

The Frosts moved all over the place when Scott was a child, but Carol said it didn't matter where they lived. Scott still found it incredibly easy to develop relationships, something Carol attributes to his leadership abilities both athletically and academically.

Scott decided to play at Stanford after high school, and the school seemed like a perfect fit to him at the time. The Cardinal had a pass-happy offense and a legendary head coach in Bill Walsh. But Scott says he never fit in.

"I didn't like Stanford," Scott said. "I'm a conservative Midwest boy and I fit better in a place like that."

Larry says Palo Alto, Calif., was an awkward fit, culturally, but football played just as big of a role in Scott's unhappiness.

"They didn't win any games," Larry said.

The Cardinal had a combined 7-14-1 record in Scott's first two years. Plus, he wasn't happy with his role on the team, so he transferred to his home state of Nebraska to play for the Cornhuskers.

Scott's head coach at Nebraska was Tom Osborne, who both Frost and his parents say was probably the best coach he ever played for. In fact, when Scott talks about his best mentors growing up, he doesn't mention Walsh or the legendary coaches he played for in the NFL (a list that includes Super Bowl winners Bill Parcells and Bill Belichick). He brings up his parents and Osborne.

"He set an example every day for how any man should want to be," Scott said of Osborne.

Osborne says he still talks with Scott about once a month. Most of their conversations,

understandably, revolve around football.

"I'll probably call him this week and wish him well against Stanford," Osborne said. "I know it's a big game for him."

Osborne, like Scott now, didn't yell much as a coach, especially not at Scott. The fact that Scott played quarterback was a big reason and it's why Osborne believes Frost has become such a successful coach.

"(A quarterback's) already got an awful lot on his mind," Osborne said. "Sometimes guys who haven't been there and haven't played the position don't do a very good job of handling quarterbacks."

Scott and his parents believe playing under coaches like Osborne helped him rise through the coaching ranks as much as playing quarterback did.

"I think he has taken the attributes that they (Scott's coaches) had and how they handled athletes and taken the best from those guys and tried to apply it to his own coaching," Carol said.

To Scott, the attribute from those coaches he probably values the most is the relationship building. His players say he's still the same caring person, even though he has a high-profile position for the third-ranked team in the country. Scott recognizes how hard it can be for a football coach to maintain that type of attitude, and he tries his best to fight through the pressure.

"You can get so focused on work and trying to win games that you forget what I think is most important and that's helping these guys grow and become the type of men that they need to become," Scott said.

That's why Scott takes some time, even if it's just for a second, to see how his players are doing. To show he cares about them.

ON THAT THURSDAY MORNING by the Hatfield-Dowlin complex, minutes after Allen and his pink sweatshirt have departed, Scott gushes about the selflessness of his players.

"Our kids are so committed to (the) team and each other that we're not worried about the stats or anything else – See ya, buddy," Frost says to receiver Josh Huff, who walks by Frost to his right. "Alright, coach," Huff replies.

Sophomore running back Byron Marshall walks by at the same time, to Frost's left.

"See ya, Byron," Frost said.

"See ya later, coach," Marshall said.

Frost goes right back to his previous thought, continuing to praise the mindset of his players.

"It's just wins and losses and trying to do what's best for the team," he said.

BY VICTOR FLORES. @VFLORES415



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GAMEDAY

THE MATCHUP WE'VE BEEN WAITING FOR

BY RYAN KOSTECKA, @RYAN_KOSTECKA

The day is here, the stage is set. The teams are dressed, stretched and ready to fight.

Oregon is in Palo Alto, Calif., to take on Stanford in a game featuring the No. 3 Ducks and No. 5 Cardinal in a battle that has Pac-12 and national championship implications. In a very similar scenario last year, Stanford came into Autzen Stadium and derailed Oregon's chances at the national title game with a 17-14 overtime victory.

Here's how the teams stack up:

► OFFENSE

Oregon

The Ducks are led by Marcus Mariota and his 2,281 yards passing, 20 touchdowns and zero interceptions while rushing for 587 yards and nine touchdowns. Josh Huff and Bralon Addison have been a formidable duo catching the ball, amassing 1,312 yards and 13 touchdowns combined and each averaging over 16 yards per catch. The ground game is led by Byron Marshall and his 109.9 yards and 1.5 touchdowns per game. Thomas Tyner has scored eight touchdowns on the year and De'Anthony Thomas is officially 100 percent from the ankle injury he sustained five and a half weeks ago.

Stanford

The Cardinal have been bolstered by the emergence of running back Tyler Gaffney. Gaffney has 895 rushing yards and 12 touchdowns through eight games, but has averaged 141.33 yards and two touchdowns per game the past three games. Quarterback Kevin Hogan has one loss in his career (Utah) and has thrown for 1,493 yards and 13 touchdowns with Ty Montgomery and Devon Cajuste accounting for 67 percent of the yards and touchdowns.

ADVANTAGE: Oregon

► DEFENSE

Oregon

As a team, the Ducks give up 16.3 points per game (seventh in the nation) while forcing 13 more turnovers than their opponents (fourth in the nation). Derrick Malone leads the unit

with 69 tackles on the year, 25 more than the next closest Duck, while Tony Washington is the force in trenches with 10 tackles for loss and 7.5 sacks on the year. Terrance Mitchell and Ifo Ekpre-Olomu anchor one of the best secondaries in the nation with Mitchell accounting for four interceptions on the year and Ekpre-Olomu being the all-American.

Stanford

Trent Murphy is one of the best defensive linemen in the country with 13.5 tackles for loss (fifth in the nation) and 9.5 sacks (third in the nation). Shayne Skov and A.J. Tarpley each have 63 and 61 tackles on the year, respectively, from their linebackers position for a unit that gives up 19.4 points and 354 yards per game. Ed Reynolds is an all-American safety and has amassed 54 tackles while cornerback Jordan Richards leads the team with three interceptions on the year.

ADVANTAGE: Stanford

► SPECIAL TEAMS

Oregon

Bralon Addison is tied for first in the nation with two punt returns for touchdowns and third with 19.25 yards per return. Kicker Alejandro Maldonado has struggled in the past and is only 1-for-3 on field goals this year with both misses coming from the 30-39 yard range. Maldonado also missed two field goals last year that had the potential to give Oregon the victory in its loss to Stanford. Matt Wogan has 16 touchbacks on the year but has also booted seven kickoffs out-of-bounds in 74 attempts.

Stanford

Ty Montgomery counters Addison's prowess at punt returns by being the No. 2 kickoff returner in the country averaging 32.52 yards per return with two touchdowns on the year. Kicker Jordan Williamson is 9-for-12 on field goals with a long of 48 and two of his three misses coming from 50+. Williamson also has had kicking troubles in the past but booted last year's 37-yard game winner in the victory over Oregon.

ADVANTAGE: Stanford

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GUEST VOICE

Why Stanford will beat Oregon

EDITOR'S NOTE: *Each week during football season, we feature an essay from the opponent's student newspaper on why Oregon will lose. This week's edition is from David Cohn, the football columnist at the Stanford Daily.*

Unlike most of Oregon's opponents so far, Stanford has a legitimate chance to beat the Ducks. While I am not prepared to guarantee a victory for the Cardinal, Stanford is more than capable of breaking hearts and dampening national championship hopes, simply because its style of play lends well to slowing down Oregon's high-octane offense.

This game-plan, which Stanford executed masterfully in its upset of the Ducks last season, starts with applying pressure on Marcus Mariota. The Stanford defensive line will certainly miss Ben Gardner after the fifth-year senior was lost for the season with a pectoral injury; however, there is still an abundance of talent on the defensive line that is capable of making life difficult for Mariota, including Josh Mauro, who has been very productive this season with 37 tackles, seven tackles for loss and four sacks.

At outside linebacker, Trent Murphy has performed at a Bednarik Award-winning level this season, as the fifth-year senior has wreaked havoc on offensive lines all season long; the double teams that Murphy commands allow players like Mauro, Blake Lueders and Kevin Anderson to have great chances to "party in the backfield", the phrase that has become a calling card for the Stanford defense

Finally, Stanford's defensive leader Shayne Skov, when he is at his best, can elevate the Cardinal's play not only with his immense talent, but also with his ability to glean a immense amount of information regarding an opponent's play-call from the looks that he sees on the line. In addition, when it comes to recalling info from film, Skov is a savant, which means that he can act like a coach by helping his teammates get into their proper positions when Oregon inevitably goes into its frenetic pace and Stanford's coaches have limited time to call in the desired defensive formation.

The second part of Stanford's defensive game plan is actually

executed when the Cardinal is on offense; more specifically, the Card can keep Mariota, Marshall and others off the field and off the scoreboard by sustaining long drives with its power running game and physical offensive-line play. Stanford has traditionally relied on committee of running backs to wear down opponents' defenses.

However, this season, star running back Tyler Gaffney has emerged the feature back, as he has the ability to accomplish this task largely on his own. Over the course of the season, Gaffney has averaged more than 110 yards per game on 21 carries per game. While Gaffney may not have the breakaway speed of Oregon's talented running backs, he more than makes up for this fact with his ability to fight through contact and his knack for picking up crucial first downs on "third down and manageable." As such, with the priority against Oregon being scoring points while controlling the time of possession, Gaffney is the ideal back.

Finally, Stanford's offensive line, led by consensus All-American David Yankey, is among the most dominating lines in the country. The nickname of the Card's offensive line, the "Tunnel Workers Union," reflects the difficult, sometimes overlooked but nevertheless essential work that defines its role in Stanford's offense. Not only has Stanford's line helped fuel a strong running game, but they have also kept quarterback Kevin Hogan upright, yielding only nine sacks all season. As such, an opportunistic and aggressive Duck defense could have trouble forcing turnovers and getting off the field, if it is getting pushed around by the Cardinal's offensive front instead of getting to Hogan.

Ultimately, if Stanford's front seven can find its way to Mariota and Oregon's backs in the backfield instead of the openfield, Tyler Gaffney can find running lanes behind solid offensive line play and Stanford can significantly control the time of possession, the Cardinal can pull the upset on the Ducks for the second consecutive year.

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OPINION

MIRRORING SUCCESS

Mark Helfrich and David Shaw have a lot more in common than you may think.

Both played college football, both were accepted to Stanford University and both succeeded marquee coaches in Jim Harbaugh and Chip Kelly after serving as their coordinators. Now as the two head into arguably the biggest regular season game of the year between the No. 2 Ducks and No. 6 Cardinal, who have accounted for the past four Pac-12 championships, Helfrich and Shaw will share certain qualities that have helped them create a new culture at their respective universities.

Oregon and Stanford have become the modern rivalry in college football, and they have been at the reigns since the beginning.

When you take a look at the sidelines on Thursday, there won't be any smiles from either head coach, but it's for good reason. Both have personified the saying, "cool, calm and collected," and there is an argument to be made that their demeanor have led to their success. Shaw and Helfrich may not show much emotion, but their soft-spoken attitudes have spoken larger volumes en route to building two of the most successful programs in recent memory.

To describe their relationship would be to illustrate two kids seesawing back and forth on a teeter totter. In 2011, Oregon steadily picked up a 53-30 blowout and last season, it was the Cardinal escaping with a 17-14 overtime thriller that still resonates deep in the hearts of all

Duck fans. Whether they know it or not, Shaw and Helfrich have built up to this moment and it will undoubtedly hold as a crucial point in both their careers.

This game will be the historical tiebreaker for the past three years and it will be the first time that both are head coaches in this matchup. Never has a regular season game been this hyped between the two programs, and it will call for both Shaw and Helfrich to bring their leading presence onto the field.

For Helfrich (8-0) and Shaw (30-5), this will be the pinnacle that their predecessors had been working toward. Oregon and Stanford have been fighting to build a national brand these past few years and it will be showcased in another neck-in-neck matchup Thursday night.

Primetime can't describe the implications of this game and it sure won't exemplify Helfrich and Shaw on the sideline. Both coaches aren't accustomed to the losing column and that within itself will drive another heated battle in Palo Alto when their teams take the field at Stanford Stadium.

This year, Shaw will have the luxury of playing at home despite the 10-point spread that will be advertised beforehand. While Shaw failed to grab a win the last time he played Oregon at home in 2011, there will be an added sense of confidence in the sold-out crowd.

Oregon may be the favorites heading into the game, but there is only one thing that is certain – and that is uncertainty. Shaw and Helfrich currently hold an 0-0 record against each other as head coaches. The question is: Who will walk away with a win?

BY HAYDEN KIM, @HAYDAYKIM

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