

LOCAL SPORTS CALENDAR

FRIDAY, NOV. 12

PREP FOOTBALL
 • Piner at Ukiah, 7:30 p.m. (NBL)
 • Round Valley at Anderson Valley, 7:30 p.m. (NCL III)
 • JV - Piner at Ukiah, 5 p.m. (NBL)
 • JV - Deep Valley Christian at Potter Valley, 5:30 p.m. (NCL III)
 • JV - Round Valley at Anderson Valley, 5:30 p.m. (NCL III)
JC MEN'S BASKETBALL
 • Mendocino at Sierra College Shootout
JC VOLLEYBALL
 • Napa Valley College at Mendocino College, 6:30 p.m. (BVC)
PREP VOLLEYBALL
 • Leggett Valley at Deep Valley Christian, 5 p.m. (NCL IV)
 • Anderson Valley at Point Arena, 6 p.m. (NCL III)
 • JV - Anderson Valley at Point Arena, 5 p.m. (NCL III)
PREP CROSS COUNTRY
 • Ukiah at NBL championships (Spring Lake, Santa Rosa), 2 p.m.

SATURDAY, NOV. 13

JC FOOTBALL
 • Yuba College at Mendocino, 1 p.m. (BVC)
JC MEN'S BASKETBALL
 • Mendocino at Sierra College Shootout
JC WOMEN'S BASKETBALL
 • Mission College at Mendocino, 3 p.m.
RUSTY BOWL BMX
 • Motocross bicycle races, sign-ups 9:30-10:30 a.m. followed by racing
 -Calendar listings are culled from the most recent schedules provided by the schools and organizations in our coverage area. Please report schedule changes or incorrect listings to The Daily Journal Sports Department at 468-3518.

COMMUNITY SPORTS DIGEST

Dolphins seeking new coach

After a nearly 30-year run as head coach of the Ukiah Dolphins swim team, Lee Panttaja is resigning. He will continue to coach the Ukiah High team.
 The Dolphins are now seeking a new head coach. Those interested should contact Rick Cleland at 463-1551 or e-mail him at sa@pacific.net.

Ukiah Crushers Lacrosse Club

The Ukiah Crushers Lacrosse Club will soon be having sign-ups and tryouts to play the 2004-05 season.
 Lacrosse is a physical team game and one of the fastest-growing sports in the Bay Area.
 The Ukiah Crushers Club, beginning its third season, is for high school-aged kids 18 and under. No high school club memberships are needed.

Adults who have lacrosse experience who would like to help coach can also apply.
 For more information, contact Debby at 467-0947.

Ukiah Valley Youth Soccer League annual meeting

Now is the time to get involved for next year's Ukiah Valley Youth Soccer League season.
 The league's annual general meeting is scheduled for Nov. 18 at 7 p.m.
 Agenda items include:
 • Proposed fee increase of \$5 dedicated to field improvements.
 • End-of-the-year financial report.
 • Time to express comments and suggestions on how the season went and how to improve.
 • Voting on new Board of Directors; many board members are moving, so it is up to all parents to get involved. There are about 15 different positions so the responsibilities are spread out.

Turkey Trot 2004

North Coast Striders is sponsoring the Turkey Trot 2004 ramp-to-ramp run and half-ramp fun run/walk on Sunday, Nov. 21.
 The race begins at 9:30 a.m. at Lake Mendocino Overlook (above Coyote Dam boat ramp). Registration is scheduled to run from 8 to 9:15 a.m. at the Joe Riley Picnic Area.
 The ramp-to-ramp run, which fetches a \$7 registration fee (\$5 if an NCS member), spans 7 1/2 miles and is moderately challenging with flat to rolling dirt trails, dirt roads and some pavement along the lakeshore on the scenic Shakota Trail. Racers
 See DIGEST, Page A-8

PREP NOTEBOOK

UHS needs win over Piner for NCS consideration

Wildcats must do best to take advantage of struggling Prospectors

The Daily Journal
 UKIAH — Don't count them out quite yet. With a win over visiting Piner tonight, Ukiah (4-5, 3-3 North Bay League) might just sneak into the North Coast Section football playoffs.
 Beating the Prospectors would give the Wildcats a final overall record of 5-5, meeting the .500 requirement to apply for an at-large playoff berth.
 Ukiah enters Friday's tilt fresh off a disappointing 34-17 defeat at Rancho Cotate last week. Ultimately,

WEEKEND VARSITY FOOTBALL
Tonight's games
 Piner at Ukiah, 7:30 p.m.
 Potter Valley at Anderson Valley, 7:30 p.m.

it was the turnover bug that did in the Wildcats against the Cougars.
 "We should have won the thing," said Ukiah head coach Chris Burris. "I think we had something like two fumbles and two interceptions — all inside their 20. It's kind of frustrating, but that's the way it goes. This late in the season, we shouldn't be making those mistakes."
 Piner has seen its fair share of mis-

fortune in 2004. The Prospectors (3-6) are just 1-5 in NBL play, beating only 0-9 Santa Rosa.
 "They're banged up pretty good from what I hear," noted Burris.
 The Wildcats want — need, really — to capitalize. They'll attempt to do just that with a mostly healthy bunch of players. Tailback Andy Fatch, who missed a few games earlier in the year with a hamstring injury, is pre-

ty close to 100 percent. Slot back Dino Gibson is expected to return to the lineup. Backup tailback Mikey Thomas is close to a return after breaking his ankle in mid-season.
 Regardless of who's on the field, anything but a victory in the Wildcats' final game isn't an option. "This is a must-win game," said Burris. "If we don't win this one, then forget about (the playoffs)."

NCL III

Potter Valley (5-3, 3-1) at Anderson Valley (0-7, 0-3)

BOONVILLE — One thing's for sure. Winless Anderson Valley will

See PREPS, Page A-7

JUNIOR COLLEGE WOMEN'S BASKETBALL

Mendocino brimming with talent

Eagles open season Saturday

By JEFF CASPERSEN
 The Daily Journal

Anchored by the sophomore leadership of guard/forward Jody Steliga, Mendocino College boasts one of the strongest women's basketball teams in school history.
 "This is certainly the best team as far as talent we've had here," said Eagles coach Lin Barrett. "Of course, we're probably in the toughest conference (Bay Valley Conference)."

Steliga and fellow returning sophomores Cameron Whalen and Joanna Smith — who redshirted last year — will assume the leadership duties on a freshman-heavy team.

Last year, Steliga finished 18th in the state in scoring (17.2 ppg), 13th in the state in free throw percentage (77.2) and 15th in steals (3.1 spg).

Expect even better numbers from the 5-foot-10 Steliga in 2004-05.

"Jody's really improved over the course of the summer," noted Barrett. "She's a lot bigger and stronger. She's grown a half inch and she's been lifting. She's focused on defense and boxing out. She's just trying to develop a more physical game."

Steliga, who plays both guard and forward, is drawing interest from a handful of Division I four-year schools, including the University of San Francisco, UC-Riverside and Utah State.

Smith, who redshirted last season due to a shoulder injury, is also garnering interest from four-year programs. The 6-2 post player brings a solid inside presence to the Eagles.

"She's back and in much better shape," said Barrett.

See EAGLES, Page A-7

JC VOLLEYBALL

Eagles top host Contra Costa College

Mendo finishes off season tonight against Napa Valley

The Daily Journal
 SAN PABLO — Mendocino College picked up its 20th volleyball win of the season by defeating host Contra Costa College 30-16, 20-21, 30-13 Wednesday night.

Every Eagle recorded a kill in the win, with Nicole Ambrosi leading the way, smashing 11 of them. Rachelle Cox



Rachelle Cox
6 kills vs. CCC

chipped in with six kills, as did Veronica Duran.
 Rachel McCutcheon added four kills and nine aces for Mendocino (20-9, 6-5 Bay Valley Conference Silver). Amanda Morgensen recorded 30 assists while captaining the offense.

The Eagles finish off the season tonight at home against Napa Valley College. Match time is set for 6:30 p.m.

MENDO COLLEGE VOLLEYBALL
 Last Match:
 Tonight, 6:30 p.m. vs. Napa



Nicole Ambrosi
11 kills vs. CCC



Mendocino College's Byrisha Poe (5) drives to the basket during a recent practice. Joanna Smith (left) contests the shot.

Quincy Cromer/The Daily Journal

JC FOOTBALL

Eagles set sights on Yuba

The Daily Journal
 UKIAH — Mendocino College had hoped to be playing for a Bay Valley Conference football championship Saturday. Instead, the Eagles will be looking to play the role of spoilers.

Mendocino closes its season out with visiting Yuba College,

which is gunning for a BVC title. The Forty-Niners (4-5 overall) are 3-0 in conference

play after downing Solano College 26-22 last week. Solano College is 2-1 in the BVC and facing 0-9 College of Marin Saturday.

The Eagles (3-6, 1-2) will no doubt be a tough test for Yuba.

The 2004 season has been a tale of two teams for Mendocino. The home Eagles are 2-2, a record that reflects a win over Monterey Peninsula, currently ranked 10th in Northern California. Mendocino is averaging 31.5 points per game in Ukiah.

In compiling a 1-4 road ledger, the Eagles are mustering just 15.2 points a contest.

Should the typical home Eagles show up, Yuba will have to scrap and fight to put the finishing touches on a perfect BVC season.



ON TAP
 Yuba (4-5) at Mendocino (3-6)
 Saturday, 1 p.m.

BAY VALLEY CONFERENCE

STANDINGS	Overall	Conf
	W-L	W-L
Yuba	4-5	3-0
Solano	5-4	2-1
Contra Costa	2-8	2-2
Mendocino	3-6	1-2
Marin	0-9	0-3

Last week's results
 Contra Costa 30, Marin 28
 Yuba 26, Solano 22
 Mendocino, bye
 Saturday's games
 Marin at Solano, 1 p.m.
 Yuba at Mendocino, 1 p.m.
 Contra Costa, bye
 End of regular season

COLLEGE BASKETBALL

Cal bests UC Riverside

By JANIE McCAULEY
 The Associated Press

BERKELEY, Calif. — Reserve David Paris had career-highs of 16 points and eight rebounds in California's 78-61 win over UC Riverside in the first round of the Coaches vs. Cancer Classic on Thursday night in the season opener for both teams.

Paris, a 6-foot-8 junior, had scored seven points three times and had a career scoring average of 1.6 points entering this season. He shot 5-of-7 from the floor, 6-for-6 at the free throw line, passed for four assists, and was a bright spot inside for the Golden Bears with injured star Leon Powe on the sideline in street clothes.

Cal struggled to control the boards, but made up for it with a strong perimeter game, aggressive play in the paint and an up-tempo offense. The Bears never trailed and jumped out to a huge lead early.
 Freshman Eric Vierneisel had 12

points, making all four of his 3-point tries.

The Bears, who started three freshmen and a sophomore most of last season, got at least eight points from five other players and hope to have enough scorers to make up for Powe's absence.

Powe had reconstructive surgery on his left knee in September and is expected to miss the entire season. The Pac-10 Freshman of the Year last season and the conference's leading rebounder, he led the Bears with 15.1 points and 9.5 rebounds per game.

Larry Cunningham had 18 points to lead UC Riverside, which lost starting center Klaus Schille to his fifth foul with 15:49 left after getting eight points and five rebounds.

Vili Morton, the Highlanders' lone returning starter, had 10 points and 14 rebounds. UC Riverside is picked to finish last in the Big West Conference by the coaches and media and has had its share of problems on the road, going 3-13 away from home last season.