Breaking down Greek stereotypes

By Erin Crosby

A new assistant director of student life and activities is bringing a wind of change to Cal Poly's Greek system, which includes breaking down fraternity stereotypes as well as promoting unity.

"I just want to work toward everyone seeing their roles and responsibilities in the greek community," said Bob Walters, the new assistant director.

According to Walters, he has been working with Interfraternity Council President Paul Davis and Greek Office Assistant Steve Morris to promote unity among all of the houses in the greek system.

"While each house has its own interests and areas of expertise, we want to show them that there is something to be gained from what they have in common." Walters said.

Walters, Davis and Morris hope they will be able to provide enrichment opportunities to the greek system through monthly meetings with the presidents of the fraternities.

Walters is also planning a series of speakers to address issues such as membership, motivation, leadership, risk management and insurance.

"We have already had what we hope was the first in a series of meetings with the leaders of all the fraternities," Morris said. "The meeting went really well because we met our goal of getting the greek leaders to be disinterested in what house they are from and more interested in trying to combat problems that we all face together."

see WALTERS, page 2

Cal Poly prepares for a quake

By Mike Munson

The Central Coast may be historically less prone to earthquakes than other areas of California, but Cal Poly is ready in case of a ground-shaker.

Cal Poly has a comprehensive emergency preparedness plan for use in both preparing for and dealing with a major earthquake. The plan, which consists of three levels — mitigation of threats, emergency response and campus recovery — was updated two years ago to the latest state and federal standards.

The mitigation phase of the plan is an ongoing process to minimize the threat of injuries and deaths in campus facilities during an earthquake. The first priority is to ensure that all campus structures will remain standing.

After recent earthquakes in Turkey and Taiwan, questions arose about building codes when thousands of people died in collapsed structures. According to David Rapdale, environmental health and safety manager for Risk Management, the California State University (CSU) system is in a constant upgrade process to ensure that facilities throughout the state are in compliance with modern building codes.

"The campus and the whole CSU system have been in a seismic retrofit for the last 10 years," Rapdale said.

All Cal Poly buildings underwent a safety survey in 1994, but none, including older buildings such as Duxer Hall and the old administration building, showed risk of catastrophic failure. Eighteen buildings did go through retrofitting, but mostly by falling hazards. Concrete panels on the face of Mott Gym were secured from falling off and hinging pedestrians and concrete canopies at Yosemite Residence Hall were removed because they could have collapsed and blocked exits.

According to Rex Wolf, an architect with Facilities Planning, building instructions on campus are tougher than San Luis Obispo city codes because Cal Poly falls under state jurisdiction.

"We have somewhat more rigid standards because of the state's Seismic Peer Review and Seismic Review Board requirements — that makes Cal Poly buildings beyond what would be normal building code," Wolf said.

Unlike Cal Poly's relatively secure campus, downtown San Luis Obispo has one of the highest concentrations of potentially hazardous structures in the state. A total of 84 downtown buildings, including popular student hangouts such as Madison's and SLO Brewing Company and Madison's Bar and Grill are among 84 downtown buildings that will require seismic retrofits within the next two decades. Many of downtown San Luis Obispo's most
EARTHQUAKE continued from page 1

historic structures were constructed with nonreinforced masonry — a dangerous building option for earthquakes and pedestrians. All buildings covered by a city ordinance have until 2003 to be encased with nonreinforced masonry — a historic structure was constructed with a type of construction that potentially could tip over. Work is also done to minimize the destruction of property when possible. In one case, Facilities Services began securing computer monitors to desks after the Northridge earthquake taught a lesson. In that disaster, hundreds of monitors were lost when they tipped off of desks at CSU Northridge.

In the event of an earthquake, the next step is to rescue people trapped in buildings and give first aid. Cal Poly’s Campus Emergency Response Team (CERT), a volunteer group of faculty and staff, is trained to give immediate help. Members are equipped with emergency equipment and have been through emergency training classes.

According to A. J. Schuermann, a CERT volunteer and journalism department staff member, the CERT team is trained to help with basic emergency procedures in a major disaster when outside help may not be available. Volunteers are trained to turn off utilities, put out fires, recognize hazardous waste and administer first aid using the triage system.

“The purpose of CERT is to do the most good for the most people,” Schuermann said. “It didn’t make me think about the people in this building and I don’t ever want to be in the position where I can’t help because I don’t know how.”

CERT works to have volunteers in charge of each campus building or area in the event of a disaster. Several members of the Performing Arts Center staff volunteer for CERT because of the large number of people that could be affected in the event of a disaster during a performance. After immediate rescue operations, Cal Poly has plans for both evacuation and shelter in place from campus to ensure they are on-site. Campus Safety has an evacuation route plan. If the decision is made to shelter people, transport, medical supplies and food are all available.

CSU Northridge works in conjunction with the San Luis Obispo County Office of Emergency Services. The plan is built to interlace with surrounding communities,” Ragdale said.

Although it is far from people’s minds after a major disaster, getting classes back on track and Cal Poly running again is the third stage of the emergency preparedness plan.

“After the earthquake, we would like to do what we can to help the Greek Week. A fraternity and sorority event, is already held in the spring, but they would like to see more events like that. According to Walters, that may be easier said than done.

Walters said, "Conceptually, it is a good idea, but logically, it will be very hard." Through these and other opportunities, Walters, Davis and Morris hope to establish a solid foundation with which to go into the year 2000. Walters said that in the past, the Greek system dealt with problems that was focused on the moment and had no plan for the future. Now it is trying to create a clear vision for the future.

“A lot of groups, whether fraternities or not, try to rentre the wheel.” Morris said. "They have goals, but don’t know what they are doing to meet those goals. We hope to establish goals and carry them out in the years to come.”

The Greek system is often given a bad reputation because the community only hears about the things that it does wrong. Walters hopes that through general promotions and news releases, the Greek system will not be seen just for its faults, but instead for the many things it does to give back to the university and community.

We are making an effort to have a renewal of the sense of pride that being in the Greek System warrants," Walters said.

According to Morris, they are also trying to rid the university of the stereotypes that exist about the Greek system. Morris said sometimes the fraternities do live up to the stereotypes, but more than others average college student who goes out on Saturday night does.

"We are hoping that we will no longer be chatted up as just 'frat boys,'" Morris said.
Your Body

Is breakfast really worth it?

By Melissa McFarland
MUSTANG DAILY STAFF WRITER

Breakfast: the most important meal of the day. We’ve all heard it, but can breakfast really live up to its hype? According to recent studies and health officials, it does.

“I have to eat breakfast,” music junior Lauren Pryitjoda said. “I wouldn’t be able to get through the day without it, even if sometimes it’s just a bagel with cream cheese. I don’t know how people can function without it, I’m trying to be healthy.”

A recent study in the Archives of Pediatric and Adolescent Medicine backs up this perception. It found that children who eat breakfast averaged almost a whole grade higher than those who didn’t. The four-month study also reported that breakfast eaters had higher math grades, were less depressed, anxious, and hyperactive and were more likely to attend class.

The reason for this, said Cal Poly peer health educator Kim Anglin, has everything to do with science. “You have dinner at night, and the next meal you have is breakfast,” Anglin said. “That’s so many hours your body has been fasting. Glucose is stored in your body, and that’s your brain’s main source of energy. Throughout the night you’re depleting all your stores and what you have circulating. So by morning, you don’t have any. If you go to class at that point, you’re low on energy and then you’re body is going to start breaking down other stores, not your normal ones, which is not good.”

According to student health services, this means if people skip breakfast they won’t get the desired results. Instead, they will most likely make up for the lost calories in larger meals and high-calorie snacks.

The study also found that students not only do better academically, they also behave better. While inclass behavior at Cal Poly may not be a pressing issue, paying attention is.

“It’s hard to eat breakfast, but it’s an important thing,” computer engineering sophomore Hector Tordes said. “Sometimes I have class from 8 to 10, so there’s no time to eat until I get home. I see a difference if I have breakfast, because I feel more energized and pumped up. If I don’t, then by my later classes, I’m falling asleep.”

While studies prove breakfast benefits, 35 to 45 percent of Americans routinely skip the meal, according to student health services. I don’t really eat breakfast, because I’m usually hurrying,” said business junior Heather McTavish. “My coffee is my breakfast, and lots of times it’s my only meal.”

Marcello Pementi, an Avenue employee, eats two breakfast burritos and a donut.

According to health professionals, the most important meal of the day is breakfast.

“Breakfast is stored in your body, and that’s your body’s main source of energy,” said nutrition science senior and writes a weekly Your Body column Erin Silva.

For many college students, deciding what to eat revolves around two factors: How much money we have and how much time is available. For some this equates to making pastas with spaghetti sauce or eating anything microwavable. But after a while, these quick and inexpensive meals become very dull. Here are some ideas on how to live on snacks while also making them more nutritious:

Quesadillas

When you’re prepping quesadillas, add some cut-up veggies in with the cheese.

Not only will adding vegetables make this simple snack more hearty and filling, but it’s an easy way to “hide” those healthy foods if you’re not a fan of vegetables. Ever heard of “5-A-Day”? The National Cancer Institute recommends eating at least five servings of fruits and vegetables every day, for better overall health and prevention of disease.

Diced zucchini, broccoli, tomatoes and sun-dried tomatoes are great accompaniments to quesadillas. Another idea is to add beans that have been drained and rinsed. Beans are a good source of fiber, iron, and protein. Combined with the cheese and tortilla, constitute as a good source of protein.

Bobbi Pizzas

Bobbi pizzas, if you don’t know, are already-prepared pizza crusts. Found near the produce section of the supermarket, the shells are fairly inexpensive and are a great convenience to have when your time is limited. Just purchase some pizza sauce (or even a snack sauce) and a variety of vegetables and/or meat and…voilà! You can enjoy a home-baked pizza made to your liking.

Here, two, drizzled and rinsed beans make a nutritious addition to the top of your pizza. (I recommend black beans.)

Bagels

Try slicing a bagel lengthwise, add thinly sliced green apples topped with shredded cheddar cheese, and broil in the oven until the cheese melts (1-2 minutes). And of course, making your own pizza bagel or sandwich constitutes as other good uses for bagels.

Barbecuing

Veggie burgers (in the freezer section of the supermarket) are actually pretty good. I recommend “Veggie Medley” and “Fire-Roasted Vegetable” varieties by Gardenburger. Both turkey burgers and veggie burgers offer an alternative choice to red meat hamburgers, and therefore cut down on the saturated fat and cholesterol content. The next time you fire up the grill, add some largely cut vegetables (bell peppers, eggplant, zucchini, etc.). Time saves: marinate the vegetables along with the meat.

Erin Silva is a nutritional science senior and writes a weekly Your Body column. Send questions to epsali@calpoly.edu.

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Stuffed Bagels

For stuffing bagels, add thinly sliced green apples topped with shredded cheddar cheese, and broil in the oven until the cheese melts (1-2 minutes). And of course, making your own pizza bagel or sandwich constitutes as other good uses for bagels.

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Letters to the editor

Kudos for creation article Editor,
I would like to commend Brent Marcus on his article on evolution and creation in theories ("Until the truth is proven ..."). (Oct. 4) Indeed, many evolutionists (including Nobel Prize winner George Wald) have acknowledged that there is little or no scientific evidence for evolution. As a student with strong Christian beliefs, I reject the notion that a belief in creationism requires a lower intelligence. On the contrary, my own personal research has strengthened my belief in creation. It is definitely a topic worth exploring, and "Darwin's Black Box" is good reading material on this subject. Thanks for the commentary.

Joel Bigelow is a civil engineering freshman.

Teaching creation allows illogical arguments Editor,
I am responding to Brent Marcus' letter on teaching evolution/creation (Oct. 4). First of all I would like to condemn whichever Kansas legislators were involved in making the decision to ban the teaching of evolution in public schools, taking the first step in establishing a fascist state in our nation. Congratulations on striving to provide your impressionable school children with a good, scientific education. And furthermore, Brent, your proposal to teach creation in public schools is almost as appalling. Religion, or any derivative of it, has no place in the public school system; it belongs solely in the church. Evolution is a relatively sound theory that has a few minor holes but is continuously substantiated by scientific proofs. More information is collected. The "belief of religion" in this case, Brent, is the only thing preventing the entire Christian structure from crumbling in the face of a sound, scientific argument. Irrational, fanatical freaks (ministers, I believe, is one of many names for them) can be observed shouting absurdities such as, "Blessed is he who does not see and yet believes" when they are presented with an argument they can't logically counter. This is what makes arguing with these dogmatic zealots to a rational end impossible. But Brent, you're right about two things, and they'll probably happen about the same time: I'll look for the divine phenomena to occur right after they prove that molecules, gravity and outer space don't exist.

Allen Vaugn is an engineering junior.

Tattletale justice is needed Editor,
This is in retaliation to "Students are too old for tattle-tale justice" (Oct. 4 editorial). Reporting alcohol violations to the parents of dorm residents would probably prove an effective means of curbing on-campus drinking in the dorms to some extent. Having lived in the dorms my first year, I am well aware of the ineffectualness of current punishments for alcohol violations. And, believe it or not, parents do have a great deal of influence in their children's lives, even if the influence is only financial.
The main argument against such a policy is that parents do not have the right to know about the illegal activities of their child, who is now a legal adult. The problems with this argument are dead simple. When parents send their child away to college, they are making an investment. They have a right to protect that investment. If the student is expelled because of repeat alcohol violations that could have been curtailed by a simple phone call, the parents lose all the money they invested. This policy essentially would have no effect in the case of a student whose parents are either unable or irresponsible enough not to pay for their children's education. The parents have no legal control of their 18-year-old, yet they do not have any financial control.

This isn't a great idea and I hope the administration institutes it promptly.

Jeremy Gathers is an engineering sophomore.

Letter policy
Columns, cartoons and letters reflect the views of their authors and do not necessarily reflect those of Mustang Daily. Mustang Daily reserves the right to edit letters for grammar, profanities and length. Mustang Daily encourages comments on editorial policy and university affairs. Letters should be typewritten, double-spaced, signed with name, major and class standing. They can be mailed, faxed, delivered or e-mailed to opinion@mustangdaily.calpoly.edu

Opinion

Photography by Jim Prosser

Tamas Simon is a mechanical engineering senior.

Happy Halloween

Tamas Simon

Monday, October 5, 1999
Volume LXIV, No. 19
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Editorial • (805) 756-1796
Advertising • (805) 756-1143
Fax • (805) 756-6784

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Printed by University Graphic Systems

Tuesday, October 5, 1999
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Mustang Daily

Graphic Arts Building, Suite 226
Cal Poly San Luis Obispo
San Luis Obispo, CA 93407

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UC Davis player loses leg after football game

DAVIS (AP) — He was in the intensive care unit, his doctors had told him to keep his right leg not getting any better after nine days in the hospital.

Then, in a horrifying turn of events, UC Davis running back Sam Paneno got the word from his doctors. His leg would have to be amputated.

"I told them, 'Go for it, just cut it off,'" Paneno said. "I was actually a little bit excited. I had been in ICU and nothing was helping. This seemed like the final solution to my problems."

His problems began during a game against Western Oregon on Sept. 11. This was the best game of his career, but it was also his last.

The sophomore had run for 114 yards on 26 carries and two touchdowns. Paneno was tackled on the 1-yard line with 2:26 remaining in the fourth quarter of overtime in a game his Aggies would win 40-13.

"I really don't know what happened," Paneno said. "I've looked at it on film and I still can't tell. All I know I is I was rushing, and the next minute I was hurting."

Riggs recruited Paneno out of high school but lost him to the University of Hawaii. Paneno later transferred to UC Davis, the outskirts of Sacramento.

Paneno plans to take off the rest of the school quarter to get used to his prosthetic leg. He expects to return to school in January.

His amputation has led to an outpouring of support from across the country.

"I've just really appreciated it," he said. "I was surprised by the volume of the response; it's so overwhelming. I can't believe the attention, the love. It's so great."

Paneno can receive notes in a Web site set up by a Division II Football e-

The Giants opened the season with five straight wins and led the NL West by 1 2/3 games at the All-Star break. But they lost 22 of their next 29 games after the break and never recovered, finishing 14 games behind the Arizona Diamondbacks.

The middle of the lineup— Bonds, Kent, Barry and J.T. Snow— was intact, but not too surprising.

To deal with his leg being cut off, he said. "It's so great— and results so disappointing."

There's no doubt about it, the Los Angeles Dodgers were baseball's biggest bust this season.

Perhaps general manager Kevin Malone was asking for trouble last winter when he proclaimed, "There's a new sheriff in town," and talked about how exciting a Kevin Brown-Roger Clemens matchup in Game 1 of the World Series would be.

The Dodgers started the season with a payroll of $79.2 million, second in the majors behind the $85.1 million being paid out by the World Series champions Yankees.

So Malone's lofty expectations made sense.

But what turned out so awful appeared so promising six months ago.

Brown, one of the most dominant pitchers around, signed a $195 mil- lion, seven-year contract with the Dodgers— richest in baseball history— to provide a promising pitching staff with an ace.

Dave Johnson, a proven winner,
SOCCER
continued from page 12
Oscar Bueno.

The Mustangs responded nearly 20 minutes later when Johnny Cunningham and Jacob Sopp combined to assist newfound goal-scorer Anthony Dimech with Cal Poly's first goal. Dimech scored all three of the Mustang goals in the victory over Fullerton.

The Gaels scored the deciding goal three minutes later as Leo Guilier defied a penalty kick past Mustang goalkeeper Brenton Jupe. Jupe went on to halt the Gaels offense but Cal Poly couldn't find the equalizer.

The Mustangs will play Brigham Young next in Mustang Stadium Friday at 7 p.m.

NOLAN
continued from page 8

That's as long as they don't get caught.

So put down the stones. The individuals took the easy way out and got burned. They understood the consequences of their decisions.

So don't be surprised when the next report comes out that some Nebraska football players cheated on an exam. We all face pressure but these athletes face it with the camera rolling. And besides, that class is always offered again next quarter.

Joe Nolan only cheats at video games. E-mail him at jnolan@polymail.calpoly.edu

Cubs fire manager after dismal season

CHICAGO (AP) — Jan Rugelmann stood to street clothes, sipping a soda at the far end of the Chicago Cubs' clubhouse Monday, calmly answerin' questions and accepting responsibility for a season that cost him his job.

Rugelmann's five-year run as manager ended Monday. He was fired, one day after the end of a horrendous season that saw the Cubs go from 90 wins and top place.

The disaster was certainly not all Rugelmann's doing.

But he made no excuses, he pointed no fingers, he displayed no bitterness shortly after general manager Ed Lynch gave him the news.

"It comes down to you get to win ballgames and we didn't win enough," Rugelmann said.

Rugelmann said: "I got nobody to blame. I think everybody has to be accountable. I'm accountable and this is the result of wins and losses."

Not even Sammy Sosa's 63 home runs could save the Cubs, who finished 67-95, the second worst record in the National League and the team's worst since 1980, not counting the strike year of 1981 and 1994.

Rugelmann had a 374-419 record for a free list of houses and condos for sale in SLO call Nelson Real Estate (805) 995-0176.

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MIDFIELDER James Newton challenges a Saint Mary's defender Sunday.

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MIDFIELDER James Newton challenges a Saint Mary's defender Sunday.
Cheating is cheating no matter what the sport or excuse may be.

For a week now, the University of Tennessee football scandal has headlined every major—and minor—sports medium. The result may be as minimal as a couple of players suspended for a game or two, or as extreme as a scholarship loss or a postseason ban. While punishment speculation faunts, the real issue is the grave offense that has SportsCenter anchors calling it their cover story and Southeastern Conference officials calling it a huge tragedy.

How could these players have plagiarized? How could the Tennessee Volunteer program allow that? How could a football player turn in another student's work and claim it as his own? These are all questions being asked with ignorance and hypocrisy leading the charge.

The Tennessee players made the same choice that most other current and former students have made at least once in their lives—they took the easy way out. Overwhelmed by a 6 a.m. weightlifting session, a 9 a.m. midterm, a paper due at noon, practice at 2:10 and watching game films at 6, they took the easy way out or more accurately, they took the least difficult route.

For many athletes, sucking the quarterback is a higher priority than a general education midterm. It's funny that in a society that places so much emphasis on sports, people who work in and around athletics every day don't understand that.

The Michigan Wolverines had more than 110,000 blue and gold fans screaming, expecting and demanding victory Saturday against Purdue. Now let's rewind to Wednesday when one Michigan player had to decide between an extra hour in the weight room or in the library. If he fails on the next test or takes the class again next quarter. And besides his teacher, no one seems to notice the poor test score as long as he comes up with that drive-ending sack on Saturday.

The problem is most people want to assign blame when students can't live up to naive expectations of the student-athlete. But for every Peyton Manning who excelled on both sides of the student-athlete fence, there's a student-athlete who fails both in the classroom and on the field. Not everyone can take all that pressure and respond so well. Manning's success is the goal, but it is also the exception, not the rule. I don't think anyone would argue that cheating is right, but under these pressures, people make these decisions. As long as they don't get caught, fans, alumni, the athletic department and the media applaud their efforts on the field and commend them for their character.

Men's soccer falters following upset win

Mustang Daily

It didn't take the Cal Poly men's soccer team long to return to earth. After their upset victory Wednesday night over No. 4 Cal State Fullerton, 2-1, the Mustangs lost to Saint Mary's 2-1 in Mustang Stadium Sunday. The non-conference loss dropped the team to 2-2 overall but had no effect on its standing in the Mountain Pacific Sports Federation.

Saint Mary's started strong, scoring the game's first goal only 15 minutes into the contest when Jon Gooden netted a pass from Brian Rhines and Oscar Martinez.

STEVE SCHUENEMAN/MUSTANG DAILY

Forward Anthony Dimech scores his fourth goal in his last two games.

Running back Young rushing to Mustang football greatness

Mustang Daily

Craig Young is quickly making Cal Poly football fans forget the name of Antonio Warren.

The running back, who has rushed for 3,364 yards in his career, needs only 470 yards to surpass Warren as the Mustang all-time leading rusher. Despite splitting time in the backfield, Young outushed Warren last season and gained more than 1000 yards in 1997.

Young assualted Warren's record Saturday, running all over Southern Utah. The senior, named LAA honorable mention honors for his 232 yard, two touchdown performance.

With Warren gone after completing his final season with the Mustangs last year, the time for Young to produce is now. Young is averaging 4.5 yards per carry this season and over his career has averaged nearly six yards per rush. Young's importance is reflected in the teams record. Cal Poly has won both of its games this season when Young has run for more than 100 yards in a game. In the team's two losses, Young has run for less than 70 yards.

The good news is that with seven games remaining, Young needs to average a little more than 67 yards a game to break the school record. The bad news is that Cal Poly plays six ranked teams in the Mountain West.

STEVE SCHUENEMAN/MUSTANG DAILY

Running back Craig Young has run away from defenders his entire career. He needs only 470 yards for the all-time Mustang rushing record.

Sports Trivia

Yesterday's Answer:

Randall Cunningham went to college at UNLV.

Congrats Gilbert D. Cooke!

Today's Question:

Which NBA team originally drafted forward Chris Webber?

Please submit sports trivia answers to sports@mustangdaily.calpoly.edu. Please include your name. The first correct answer received via e-mail will be printed in the next issue of the paper.

Briefs

NBC acquires Triple Crown rights

NEW YORK (AP) — Thoroughbred racing's Triple Crown races — the Kentucky Derby, Preakness and Belmont Stakes — are moving to NBC television in a five-year agreement announced Monday.

The NBA might be responsible for the switch. "When we went out to solicit bids and interest, we did it with a view to promoting racing," said Thomas Meeker, president of Triple Crown Productions. "NBC is the network of opportunity for us to promote our sport."

That's because the network already has the NBA and regularly programmed playoff games opposite ABC's telecasts of the Triple Crown races.

Now, instead of providing alternative programming, the NBA playoff games can provide an attractive lead-in for the races and perhaps deliver a younger audience, as well.

Schedule

THURSDAY

• Women's soccer vs. CSU Fullerton
  • in Mustang Stadium
  • 7 p.m.

• Women's volleyball vs. UC Santa Barbara
  • in Mott Gym
  • 7 p.m.

FRIDAY

• Men's soccer vs. Brigham Young
  • at Mustang Stadium
  • 7 p.m.