Food for Thought

Maintaining a Healthy Balance

Summer Mustang

July 6 – July 11, 2001
Health issues top students' concerns

By Anne Guiford
SUMMER MUSTANG STAFF WRITER

Being away from home, meeting new people, becoming sexually active, having no parental supervision and adjusting to the college work-load are all part of the college experience. Health specialists said that a side effect to these new pressures is a higher propensity for stress-related illnesses which may lead to anxiety, depression or eating disorders. To address these issues, the Cal Poly Health and Counseling Services Center offers a variety of programs and services from contraception information to counseling and education.

According to Health Center data, the most common health issues with which Cal Poly students are concerned are sex-related. At the same time, the most often diagnosed illness is upper respiratory condition. And the most common psychological problem that Counseling Services handles is depression.

In general students are more susceptible to illness because they have higher density living conditions than the average citizen, said Dr. Martin E. Bragg, director of Health and counseling services at Cal Poly. This makes colds and viruses more prevalent while a compounding factor is that students take less care of themselves, he said.

“We see about 70 percent of the students every year and have between 10,000 and 40,000 visits a year,” Bragg said.

Of the California State University campuses, Cal Poly’s Health Center said and Chico’s see the highest percentage of students, Bragg said. He attributed this high percentage to the fact that San Luis Obispo and Chico are less urban than the cities than many of the other campuses are in and have more students that are living away from home. Students living closer to home and in more urban settings are more likely to use their own doctors.

“Five counselors are available for students who have any sort of personal problems,” Bragg said.

Many students come in to be counseled about education-related stress. Students who come into the counseling center may also be given a physical assessment and are sometimes prescribed medications, including anti-depressants.

The biggest health risk for students is alcohol — it is “a leading cause of physical injury,” Bragg said. “Many of the high profile deaths on campus have alcohol involved.”

When physical assaults occur, the assaulted student has usually been drinking as was those committing the assault, Bragg said.

“We just added an alcohol counselor to our staff,” Bragg said. “She (Mary Peraccia) is very busy. Cal Poly students run a high risk of dependence.”

If physical assaults occur, the assaulted student has usually been drinking as was those committing the assault, Bragg said.

“A drug (with the exception of marijuana) use is below the national average and our marijuana use is above the national average,” Bragg said.

According to the Health Center’s website, www.calpoly.edu/~hps.

“Unfortunately, the average student who has one drink a day earns a GPA at the C minus level, and grades decline with higher consumption. Women need to be especially watchful of alcohol consumption and to do the cause the same effects on their grades. Almost half of academic problems come from abuse alcohol.”

Within the sexual health category, contraception, men’s and women’s health and preventative care are the top issues dealt with at center, and OnSure, a birth control pill, is the most common contraceptive prescribed.

Along with pill contraceptives, the Center offers a variety of birth control devices and an emergency contraceptive pill. These remain students that birth control pills do not protect against sexually transmitted diseases.”

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A PPO creates groups of approved providers that can be seen at a discount, and instead of a co-pay, there is a deductible. For plan A it is $100, and for plan B it is $500. This means that the PPO will not pay for the first $100 or $500 worth of expenses.

If a student with supplemental insurance needs to see a doctor outside of the Health Center, the insurance brochure stated that up to 90 percent of the bills will be paid if the doctor is in the approved group, and up to 70 percent for services from a non-approved doctor.

The Somerton Student Insurance Service, which was chosen by a pool of CSU campuses, administers the insurance plan Bragg said. The pool is called CSU Health Link.

“Four years we had done our own contracting,” Bragg said. “The problem is, when you have a small base, one or two serious claims can jack the rates way up. Now the CSU campuses go in together and it gives us more negotiating power. They hire an insurance consultant who puts together a package with the lowest student rates.”

The CSU Health Link Web site reported that, without insurance, an average three-day stay in the hospital can cost up to $7,500, not including medicine, surgery or laboratory costs. One day in the Intensive Care Unit can cost up to $10,000.

“I would encourage students (without insurance) to come in and get a brochure,” Bragg said.

The supplemental insurance is available to all registered undergraduate students taking three or more units and all graduate students, according to the Domestic Student Health Insurance brochure.

There are two plans, A and B. Annual fees range from $544 to $2,029, and quarterly fees range from $140 to $513, according to the 2000-2001 enrollment form. The main difference between the plans is the amount of the deductible.

The insurance is offered under a Preferred Provider Organization (PPO), as opposed to a Health Maintenance Organization (HMO). According to the health center Web site, an HMO requires a pre-visit co-pay and requires that all medical services must be pre-approved by a primary care provider whom the policyholder has chosen.
Appealing to different appetites

By Kat DeBakker
SUMMER MUSTANG STAFF WRITER

Students who have signed a contract to live in the residence halls are required to choose one of three meal plans for the year. There are no exceptions, so Campus Dining said. The student could have no food made with gluten, sugar or starches. The meal plans all cost the same: $2,904 from fall to spring quarter, according to Campus Dining.

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"We also have students who have gotten into car accidents or had surgery and had to have their jaw wired shut," Osorio said. "We let them pick the food they want and then we'll blend it for them and add additional nutrients to make sure they get proper nutrition."

The meal plans all cost the same: $2,904 from fall to spring quarter, according to Campus Dining.

TAKING PRECAUTIONS outside your home may keep thieves from trying to get inside. Discourage burglars by following these tips:

DON'T GIVE BURGLARS AN OUTSIDE CHANCE

- Thieves shun bright lights. Consider exterior lights with motion detectors.
- Prune shrubs so they don't block windows and doors. Cut tree limbs that might be used to climb through an upstairs window.
- When traveling, create an illusion that you're home by having timers switch on and off certain lights. Lights on all day signal an empty house. Don't allow mail or newspapers to pile up.

Poly Briefs

CSU committee votes on new alcohol policy

The Alcohol Policies and Prevention Programs Committee, comprised of California State University students, presidents, vice presidents, alumni, faculty and staff, will soon present their final report to be voted on by the Trustees for a system-wide alcohol policy. The committee was formed in December after an alcohol-related death of a CSU student and two alcohol-overserving incidents.

In the June 4 issue of the Mustang Daily, a paid advertisement from President Baker titled, "The Problem of Student Alcohol Abuse," was submitted after the first report from the committee that showed the alcohol abuse problem for students.

From these reports, the committee recognized that prohibition would not solve the problem. Instead they are searching for a solution through comprehensive alcohol policies that include:

- consistent enforcement of policies
- regular gathering and reporting of data to trustees
- annual reviews of policies by a university-wide council
- a review of state laws
- education on alcohol issues
- intervention and treatment
- limit of alcohol vendor advertisements

To fund these efforts $1.1 million would be set aside. The committee report also supports peer educator programs, which students encourage their peers to develop responsible habits and attitudes toward alcohol.

The report is divided into six areas: policies, enforcement and legal issues, education and prevention programs, training, intervention and treatment, assessment and resources.

CSU offers new Liberal studies degree online

The California State University system will offer the opportunity for undergraduates to earn a liberal studies degree online beginning fall 2001. This can be done through Liberal Studies Online, a program designed to help students work toward a California teaching credential. The program will be offered in the Chico and Sacramento campuses.

The majority of the courses will be live through video over the Internet and will allow for students to interact and participate in the lecture. Many of the classes will also be digitally archived.

The program was created for those students who have two or more years of transferable college coursework. In order to participate, students must meet the same CSU admissions criteria and pay the same fees. To obtain the online degree, students must complete 120 units. Fifty-seven to 60 of those units are lower division courses, which can be met at a community college.

Liberal Studies Online also allows for students to get their teaching credential. After completing the program, students will not have to take the MSAT exam (Multiple Subjects Assessment for Teachers) prior to student teaching.

The program is accessible from CSU, Chico's Distance and Online Education's Web site at http://rce.csuchico.edu/online.

To learn more about the program, which was created in hopes of meeting the teacher shortage that

Summer Mustang is looking for photographers and freelancers.

If interested, drop off an application at building 26, room 226.
Rising pop artist comes to SLO Brew

By Erica Tower
SUMMER MUSTANG ARTS AND FEATURES EDITOR

S

eventeen years old, living in a small town north of Boston, Wil Seahrook never imagined that a high school senior project would lead to a record deal. Five years later, though, his first self-titled album is gaining recognition on pop and rock charts while he begins a tour that will stretch to the Central Coast in late July.

"I didn't even know that I could sing before I did (the project)," Seahrook said in a phone interview. "My friends and I just wanted to make a CD and graduate. Never did I think that my voice would capture the attention of producers in Los Angeles."

Though Seahrook's talent and potential were apparent, the road to stardom was not without problems. Seahrook said that he was "jerked around" by many people in the music industry who were only interested in exploiting him for profit.

"In the early days, I got involved with some shady characters," he said. "But I was young and everyone was telling me that they were going to make me a star — I believed them."

It wasn't until Seahrook's natural vocal ability caught the eye of producer John Reim that his career started. A legitimate singer-songwriter began to transpire. Ryan, famous for his work with Santana and Lynrd Skynrd, believed that Seahrook had something special due to offer the industry and signed Seahrook as the first artist under his new independent label, Chicago Kid Records.

"Ryan's a really good guy — honest and loyal, which you don't usually find in this business," Seahrook said. "I believed in my music and so did he, and I love the creative freedom that comes with signing on an independent label."

Seahrook described his music style as "a classic mixture of rock and pop," greatly influenced by the band U2. His music also has a message.

"I think music should and can be thought-provoking without being preachy," he said. "There is a difference. I try to relay important issues to my audience in a smart and sincere way. My lyrics come from my heart and my gut."

"I want people to know that our live show is amazing," he said. "A three-minute pop song can turn into a seven-minute jam on stage. It's all about pure energy and connecting on a deeper level with the audience."

Seahrook is currently working hard to stabilize a band to accompany him on tour. Though he has been with his present band for 10 months, the lineup often changes, which has been frustrating for Seahrook.

"I'm definitely a singer and rely heavily on my band," he said. "The only instrument I play is acoustic guitar — very badly. But seriously, I could not do what I do without my band."

Seahrook's first single to come off his debut album, entitled "You don't what you have," has already been named "record of the week" at BBC Radio 2 in London and has propelled itself to the top of six American markets, according to a news release.

"This is all still new to me because I started my career so late," he said. "It seems so illogical to me that I actually a singer with music on the radio."

Seahrook's first tour will reach the Central Coast in late July. He will perform in San Luis Obispo at SLO Brew on July 26. For more information about Seahrook or his music, check out his Web site at www.wilseabrook.com.
The Gilbert Reed Ballet puts a modern twist on tradition

She explained that the music is not sensual in a sexual way, but in a "feeling the air around you way.

Deyo gave an analogy of the music to watching a Brazilian eat a mango. "You can almost taste the mango as you are watching them eat it," she said.

Initially, she was drawn to the music after a Brazilian woman, who Deyo danced with in Chicago, provided her with inspiration. "She made an impression on me because she was totally comfortable with her own body while other people aren't," she said.

By April Pack
SUMMER MUSTANG STAFF WRITER

I t is sort of like rubbing your tummy and how they are symbiotic and dependent on one another," Deyo said.

Lisa Deyo, a freelance choreographer from San Luis Obispo, created two 20-minute dance pieces for the event: "Brasileiro" and "Duo Tor Accordions."

Deyo described "Brasileiro" as "ballet for the torso. The movements are similar to jazz."

Slobodnik said that the dance is dynamic, physical, and gorgeous — Saturday a powerful ballet.

Alonzo is a member of the Oakland Ballet Company. He does some choreographing but mostly works on costume design. He once designed a costume for Mick Jagger.

Also shown at the performance will be Gilbert Reed's "Mozart Concerto," set to the composer's concerto for flute and harp.

The performance will be in the Cal Poly Theatre and will start at 8 p.m. It will be followed by a wine and dessert reception in the Performing Arts Center lobby, for a limited number to meet with Gilbert Reed, Lisa Deyo, Mario Alonzo and the dancers.

To order general admission tickets, call the PAC box office at 736-2787. The prices are $35 per person for the performance and reception and $25 for the performance only. Dance student groups of 10 or more may attend the dress rehearsal on Saturday at 3 p.m. for a $5 donation per person. The Gilbert Reed Ballet is located at 2992 McCollum St. For further information, call 544-3036.

A dancer for the Gilbert Reed Ballet performs in Encore!, a benefit show for the company's upcoming season. Encore will play at the Cal Poly Theatre Saturday, July 14 at 8 p.m.

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COURTESY PHOTO/GILBERT REED BALLET
Don't ignore benefits of organic living

Pink denim, smoking and slavery have all been poor decisions influenced upon and made by a closed society. At some point, it is our responsibility to learn from history and to not fall into old traps.

Why does it take society so long to come out of the fog? Why do people allow themselves to be guided by a leash? Most people can't stand to think about the possible consequences because they lack the knowledge to do so, allowing the media and other influences to take hold.

With health and our environment emerging as an important issue lately, the word "certified organic" seems to be popping up on packages everywhere. The organic industry has increased by 20 percent from 1999 to 2000 as reported by the U.S. Department of Agriculture. But our government is trying to either hide the truth or claim that organic food has no more benefits than non-organic food. Are people once again allowing an outside influence to guide their decisions?

The benefits of organic living are in relation to, yielding, or involving the use of food produced with the use of feed or fertilizer of plant or animal origin without employment of chemically formulated fertilizers, growth stimulators, antibiotics, or pesticides. Our government, the same one that thinks alcohol consumption is better for our society than marijuana, is once again looking on that leash. Just remember, pink denim was once an acceptable form of fashion.

Food is our fuel. To have a healthy body the highest quality of foods are needed. This means sound scientific knowledge, but people still choose to remain ignorant. For those who find comfort in a blindfolding fog, not much can be done, but those who enjoy the world clearly, should do so with their own eyes.

According to the book "Organic Living," every year there are an estimated 3 million vehicle-related poisonings, resulting in 222,000 deaths. Roughly 170 pesticides have been linked to major immune diseases such as cancer and allergies, and soil erosion is a major health risk. Organic farming replenishes the soil of its nutrients by using plants that are not added to soil, and continue down to the nearest water source. The EPA proved that agriculture has polluted one-fourth of all American rivers and streams.

J.L. Redlake, founder of Organic Magazine, once said, "People in the '90s felt they could afford — with a continent to develop — to wear out a form and move to another. That day has passed. Badly eroded, worn out soil will not recover overnight, but fertility can be restored."

Organic farming replenishes the soil of its nutrients by using natural ingredients and systems such as crop rotation. These techniques do not require synthetic fertilizers, which may destroy the earth's soil and water systems. Your body is the only one you have, we're the environment the only one we will have. Ignorance is worse, I know, but that will not rectify the problems for you either.

Brooke Dekin is a business senior and Summer Mustang contributor.

Blame it on the 'black gold'

Since last month, when I had to shell out my $40 every time I went to the gas station, the prices have gone down slightly, but filling up my 20-gallon tank still makes me gasp.

Commentary

The oil companies try to blame the high oil prices on the Organization of the Petroleum Exporting Countries (OPEC) and their reduction in production. But the real blame falls on the oil companies themselves. The various large oil companies that operate in the United States have been faced recently with a number of lawsuits with big price tags. The costs of the settlements and the costs of defending themselves in court generally reach into the multi-million range. These costs are then passed on to the already irritated consumers.

The case closest to home, of course, is Avila Beach. According to Associated Press reports and the UNOCAL Web site, the company leaked 400,000 gallons of oil into the sand and soil of Avila Beach over many years, and then had to dig all 100,000 cubic yards of it up. In order to do this, UNOCAL had to purchase several parcels of land. The clean-up and pollution penalties were estimated to cost $200 million. On top of the evacuation and removal costs, UNOCAL paid $15 million to fund environmental impact research, attorney's fees for the communities, and the creation of the Environmental Law Foundation, the Avila Alliance, and new parks. Avila Beach deserved every penny it spent. The cost of the community was destroyed by the evacuation of UNOCAL.

UNOCAL is not the only oil company with lawsuit issues. In fact, Exxon Mobil, the world's largest oil company, has allegations against it that are much more serious. According to Reuters (an international news service) on June 20, The International Labor Rights Fund, a human rights group, filed a suit against Exxon Mobil for serious violations in Indonesia. The Rights Fund said that the company aided local security forces it had hired to protect its oil fields in the genocide, murder, torture and sexual abuse of villagers in Aceh, where Exxon Mobil oil fields are located. The Rights Fund said that Exxon Mobil participated by providing the equipment that dug mass graves for individuals killed, and by building the facilities where villagers were interrogated and tortured. UNOCAL and Dutch Royal/Dafco are also facing human rights violations lawsuits. These are heinous crimes, and if they are true, Exxon Mobile should pay the price, big time.

Exxon Mobil has also been sued by DAG Enterprises Inc. this month. The PR Newswire said that DAG believes Exxon Mobil blocked it from building on 1,740 gas stations that it was forced to sell in the Northeast two years ago by the Federal Trade Commission. The FTC ordered the sale after Exxon and Mobil merged into one company. The gas stations were sold to Tosco, an oil company that has tight business associations with Exxon Mobil. The lawsuit said that Exxon Mobil prevented competitive building in order to maintain control of the stations and the prices. Again, if these allegations are true, Exxon Mobil should be punished.

According to AP, Exxon Mobil is involved in two other lawsuits this month. One of these is a class-action lawsuit that was filed by Exxon Mobil, Mobil Oil Co., Tosco Refining and Marketing Inc., Chevron Corp., 76 Products Co., Toso Corp., Ultramar Inc., and Atlantic Richfield Co. It was brought to keep prices high and remove consumers from the market by sharing confidential information and holding back oil supplies. The other lawsuit said that Exxon Mobil prevented an independent California oil refinery in order to influence the gasoline market. The violations in these cases are two-fold on vehicle owners in the state, oil prices supposedly staying high due to intentional manipulations, and the lawyers fees and possible settlements for the actual suits.

These violations on environmental, human rights, and free market issues anger me pledged. My horror is com­pounded when I think about the millions of dollars the oil companies are spending defending themselves and cleaning up their land and litigation losses. The cost of the companies' misconduct is being passed on to the con­sumer. Every time I put my tank I am paying for someone's lawsuit settlement, or possibly someone's grave in Indonesia.

Anne Guiford is a journalism junior and Summer Mustang staff writer.

Letter to the editor

Sniffing student seeks allergy answers

I'm not trying to cause a panic; I just want to stop sneezing.

I've been living on the Central Coast for five years, and around springtime, I usually had a very small problem with allergies, but this year has been the worst. For the first time in my life, I've started taking antihistamines regularly. It's not just me, however. I'm a student at Cal Poly, and it appears to me that many of my classmates are having more problem with this year allergies than with previous years. One day, in one of my afternoon classes, it seemed like everyone was sniffing and sneezing. It was almost funny. There must be something in the air.

My questions are: is this natural, and can we do something about it?

While suffering from this irritation, I can come up with a variety of theories to account for what's happening. Are our immune systems being weakened by asbestos, MTBE, or some other chemical in our air or water? Are we being plagued by pollen from genetically modified organisms (GMOs)? I've heard that once someone has determined any GMOs to be unsafe, but I am curious if any new GMOs are being grown in an area that has not been used before.

This brings up the question: this is just a local problem? It seems to be a problem in both Santa Maria and San Luis Obispo. If allergy epidemics are becoming even more commonplace, then one particular GMO is growing, perhaps that GMO should be discontinued. I am not per­sonally against GMOs in general, but if there truly is a problem with one specific one, or one to one's nose to find out.

Richard Helpos is an electrical engi­neering senior.

Letter policy

Columns, cartoons and letter sub­missions to Mustang Daily are the authors and do not necessarily reflect those of Mustang Daily. Mustang Daily reserves the right to edit letters for gram­mar, profanities and particular length. Please limit length to 250 words.

Mustang Daily encourages comments on editorial policy and university affairs. Letters should be typewritten and signed with major and class standing. Preference is given to e-mailed letters.

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Do not send letters as an attachment. Please send the text in the body of the e-mail.

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News

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available on campus, students do not always enjoy it. Ashleigh Selvy, a civil engineering senior and vegetarian, remembers the options available when she lived on campus her freshman year.

"(The Options line) had a lot of extreme vegetarian food," Selvy said. "There was a lot of Thai food which tasted like they just mixed peanut butter in it. I mostly ate brownies, rolls and salad."

More choices are available now, than were several years ago, Orto said. "We had a vegetarian task force for this last year," Orto said. "Students wrote down their requirements to see whether they were feasible and then tried the food.

The task force resulted in Vina Grande Cafe increasing the choices available for vegetarians by using their input. There are now more choices at both VGD and the Lighthouse those vegetarian students wanted. For example, soymilk is now offered on a regular basis.

"(During the summer) we offer a vegetarian entree in the Lighthouse including salad," Orto said. "There are only 200 students in the halls, so the Options line is combined in the main area."

The Campus Dining Web site stated that "Garden Bangers, Spicy Black Bean Panis and Vegan Paninis" are available from the grill during both lunch and dinner.

Students with special diet requirements or preferences are planning to live on-campus should contact Campus Dining before signing a housing license.

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Energy drinks get boost despite criticism from health experts

(U-WIRE) GAINESVILLE, Fla. — Gainesville, Fla., resident Jason Dietrich, like many a Red Bull in the morning for a quick "pick-me-up." It's a nice morning drink before you start the day. He likes to drink one right before work for a buzz that lasts about an hour. It "gives you a caffeine boost without the fuzzy feeling you get from coffee," he said.

That "boost" is just one of the selling points of Red Bull and other energy drinks growing in popularity at local nightclubs, liquor stores and convenience stores. Packaged in flashy, slim-line cans, 3.5 ounce cans of the drink sell for about $2 in stores and $4 in bars and clubs.

"We've been selling those great," said Steve Smith, manager of Alligator Anchor Road. His store sells 15 to 20 cases of Red Bull every week, he said. "Most people use 'em for mixing drinks, but some like to drink 'em straight," he said. One Red Bull expert said he believes the drink's label in key nightlife in each new area and rely on word of mouth to increase use. For a personal touch in spreading the word, Red Bull employs consumer educators to go to beaches, spins a tap and places where people may need energy to promote the drink and give out free samples.

Red Bull also aligns itself with the "extreme" sport-event scene by sponsoring athletes and competitions in events such as skateboarding, mountaineering, bungee jumping and hang gliding. Company representatives say Red Bull supports extreme events over mainstream team sports because the drink provides individualistic benefits that fit better with extreme sports.

But its main purpose is as an energy drink and not a mixer, the company said.

"We try to appeal to people who need energy or revitalization," said Emmy Cortes, national spokeswoman.

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"We can do the blood test but the (oral) test is safer for the lab-technicians," Pehler said.

To take the oral test, a slightly salty tasting swab is inserted into the mouth that absorbs saliva. The swab is then sealed inside a tube until it is tested for the presence of HIV antibodies. The test, which uses blood samples, is also available.

The Health Center also provides a variety of educational material on their Web site. Important information on sexually transmitted diseases, alcohol use, depression, eating disorders and a number of other issues students deal with is available on the site.

The Health Center is also involved in sex education.

"We have a vast array of educational materials," Bragg said. The Health Center has free peer health education teams. The sexuality health education teams give health consultations for birth control and teaches students about personal safety issues, especially date rape. The other four teams cover alcohol and other drugs, healthy lifestyle, nutrition and men's education about sexual assault.

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Summer Market

Summer Mustang

July 6 - July 11, 2001
Local youth gear up for All-Sports Camp

By Cory Dugan
SUMMER MUSTANG STAFF WRITER

For those inspiring, future athletes who have visions of making it to the pros, or those who just want to have a good time, the Cal Poly All-Sports Summer Camp is the place to be.

Cal Poly coaches and players are putting on their first All-Sports Camp this year. The athletic staff will be sharing their expertise and love of the game with 50 of San Luis Obispo's future athletes. The camp, which runs from July 16-20, is geared for kids in first through sixth grades looking to have fun this summer and learn more about the sport they love.

The camp was originally going to be two sessions, but the Athletic Department decided not to overload it with too much information.

"This is a new deal for Cal Poly athletics, and hopefully it will become something kids can enjoy annually," said Phil Webb, associate athletic director. "(The department) felt we had to cut the camp down only to one session to ensure a well-organized, successful first camp."

The camp staff — paid coaches, assistants and student-athletes — is very excited and enthusiastic towards the new camp. Webb said, "The full-time staff will carry out their yearly salary for their time during the camp," he said.

"The part-time coaches will be paid according to what they make during the season, and student-athletes will be paid $7 an hour."

"I have experience with sports summer camps in the past, and it is so exciting to watch them all improve."

Phil Webb, associate athletic director

According to NCAA regulations, as long as a student-athlete is not in their season of play, working for money does not hinder their eligibility for the upcoming season, although the staff said the money isn't what is important.

"It is definitely not the money we are here for," said soccer player and camp instructor Brian Lang. "It will be exciting to see such young kids being influenced by our teachings. I have experience with sports summer camps in the past, and it is so exciting to watch them all improve."

The camp will feature soccer, basketball, volleyball, baseball, track and field and additional sports. Cal Poly head coaches and players of these sports will be teaching and supervising.

Camps will be split into age groups. The younger groups will learn the basics of the sport and concentrate on the fun aspects of the game.

The older, more advanced kids will be grouped to learn more tactics and strategies of the game. For a lot of the older kids, the camp is an opportunity for them to get a grasp on the sport of their choice and take advantage of the college players and coaches available to them.

Each camper will put in 9-hour days from 8 a.m. to 5 p.m., for the week. Even though these hours seem long, the camp instructors have stressed the camp will be breaking down stereotypes by weight training just as much as the male athletes. The diversity of the athletes is what keeps the job fresh and exciting, he said.

"I couldn't be happier here at Cal Poly," Holder said, "Coaching is a rough business. You really do have to love what you are doing. The athletes I work with here train very hard. Naturally if they give me there all then I will return the favor."