Volunteers of yesterday and tomorrow

A Cal Poly professor and Peace Corps veteran gives insight into his tour in Iran

Caitlin Donnell

This is the third installment of a three-part series about the Peace Corps. It examines the experiences of Cal Poly students and faculty who have been involved with the organization.

Agriculture professor Phil Doub was one of the early Peace Corps volunteers when he served in Iran in the late 1960s.

He spent two years running a large school farm on the Caspian Sea and then stayed in Iran for five years and started a large vertically-integrated food business with some Iranian and American investors.

The business he started is still in operation and has about 766 people working there.

Doub was so eager to join the Peace Corps that he left Cal Poly in the middle of his college career and returned to graduate after his service.

Doub said that the Peace Corps was a turning point in his life.

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Volunteer
continued from page 1
"This is a perfect opportunity to serve while figuring out what I want to do after the Peace Corps, career wise," Martisan said.
Martisan described the process of becoming a volunteer as tedious and long. For Cal Poly students, the first thing to do is set up a meeting with Brady Radovich, the Central Coast regional Peace Corps recruiter. Applicants must write essays, get recommendations and have interviews. The application process takes about nine months, so students who are interested in going into the Peace Corps after they graduate should start planning during the fall quarter of their senior year, Radovich said.
Students who are looking for the opportunity to volunteer abroad with the Peace Corps are encouraged to speak with Radovich in the library, room 267 or contact him by e-mail at bradovic@calpoly.edu.

Greenspan
continued from page 1
response is," Greenspan said.
He said it is entirely possible that the impact on interest rates will be "zero," but he said since that can't be forecast with total confidence "caution and gradual" was the best approach.
Bolstering the administration's drive to get a Social Security reform bill enacted this year, Greenspan warned that every year of delay would make fixing the problem harder, especially after the baby boomers begin retiring.
Bud's proposal for private accounts has proved to be a hard sell.
"This is the mother of all issues," House Majority Leader Tom DeLay said Tuesday, as Republican congressional leaders conceded that they may not be able to win congressional approval of the plan.
In his testimony Wednesday, Greenspan repeated a warning he first made a year ago, saying he believed the government had promised more than it could deliver to the baby boomers now approaching retirement and saying that cuts in benefits would have to be considered.
"If existing promises need to be changed, those changes should be made sooner rather than later," he told the House Budget Committee so that the baby boomers will have time to prepare for reduced benefits.
Making promises of retirement benefits that cannot be delivered, Greenspan said, was "utterly inappropriate. It is unfair.
Greenspan reiterated that he supports President Bush's push for setting up personal retirement accounts by diverting up to 4 percent points of payroll taxes into the new accounts.
Diverting the payroll taxes into the Social Security trust fund, he said, had merely allowed the government to run larger budget deficits. Greenspan said that such diverting of the payroll accounts would be a way to bolster the nation's low savings rate.
In his prepared testimony, Greenspan did not repeat the cautionary message he sent last month. Creation of the accounts should be done slowly to gauge the impact the increased borrowing that will be needed will have on financial markets.
"There is one certainty, that is the solution of the nation's unprecedented demographic challenge will require hard choices and that the future performance of the economy will depend on those choices," Greenspan said.
The Fed chief said that unless growth in the huge benefit programs is restrained, these programs will require more and more government resources, rising from about 8 percent of the total economy currently to 13 percent by 2030.
"In the end, the consequences for the U.S. economy of doing nothing could be severe," he said.

U.S. troop deaths in Iraq exceed 500

Interim Prime Minister Ayad Allawi has extended the state of emergency for another 30 days; the order does not effect northern Kurdish-run areas.
Todd Pitman

Associated Press

BAGHDAD, Iraq — The number of U.S. troops killed in Iraq has topped 1,500, an Associated Press count showed Thursday after the military announced the deaths of three Americans, while car bombs targeting Iraqi security forces killed at least three people in separate attacks.
Two suicide car bombs exploded outside the Interior Ministry in eastern Baghdad Thursday, killing at least two policemen and wounding five others, police Maj. Jabar Hassan said. Officials at nearby al-Kindi hospital said 15 people were injured in the blast, part of the relentless wave of violence since the Jan. 30 elections.
A car bomb also targeted a police convoy exploded in Baqouba, 36 miles northeast of the capital, killing one civilian and wounding three, said Hussein Ali of Baqouba Hospital.
Interim Prime Minister Ayad Allawi extended the state of emergency, first announced nearly four months ago, for another 30 days until the end of March. The order remains in effect throughout the country, except in northern Kurdish-run areas.

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**STATE NEWS**

**SAN FRANCISCO** — Tourists are balking at a proposal to jack up the price on San Francisco's historic cable cars to $3 a ride — the most expensive local transit fare in the country.

The board that oversees public transportation in the city voted this week to raise the price of bus, rides and the cable cars. The proposal would raise the price of a cable car ride from $3 to $5. "Cable cars are one of the charms of San Francisco," Kofi Adzaku, a visitor from Arkansas, told the San Francisco Chronicle. "At $5, it won't be charming anymore."

**SACRAMENTO** — Three days after Gov. Arnold Schwarzenegger announced plans to push his pension overhaul campaign to the ballot later this year, an Assembly hearing into the proposed changes quickly showed more hostility among lawmakers than support.

The Democrat-dominated Committee on the Public Sector board testimony from a Republican lawmaker and a key Schwarzenegger official on privatizing the state's pension systems, but openly flaws with them, revealing the growing partisan divide over the issue.

**PASADENA** — The city approved a 10-year strategy to end homelessness, establish a good Samaritan program that creates a "safe haven" for chronically homeless people and doubles the operations of the Bad Weather Shelter.

The City Council still must approve the program. To receive funding, federal officials have ordered cities nationwide to create 10-year plans to end chronic homelessness.

One of the primary goals in the Pasadena strategy is to prevent additional residents from becoming homeless.

—Associated Press

**NATIONAL NEWS**

**CHICAGO** — Jailed white supremacist Matthew Hale said Thursday the slaying of a federal judge's husband and elderly mother was a "heinous crime" that "only an idiot" would think he ordered, according to a statement released by his mother.

"There is no way that any supporter of mine could commit such a heinous crime," Hale said in the statement, released through his mother after her weekly telephone call to him at Chicago's Metropolitan Correctional Center. "I totally condemn it and I want the perpetrator caught and prosecuted."

**LANGLEY, Va.** — President Bush sought to reassure CIA employees on Thursday that they would not lose influence under an intelligence reorganization that created a new overall director for intelligence services.

"The reforms will help the CIA do its job better," Bush told reporters after touring the spy agency.

**LAS VEGAS** — A vertical trend in southern Nevada development is getting another boost, with the Palms hotel-casino announcing plans to build a 52-story condominium tower.

Palm developer George Malof said Thursday that customer demand was driving his plan to break ground on a 599-unit tower next year.

—Associated Press

**INTERNATIONAL NEWS**

**MADRID, Spain** — Islamist militants blamed for last year's commuter train bombings in Madrid were plotting more bloodshed: a string of suicide attacks in the months after the massacre, Spain's counterterrorism director said Wednesday.

"There is no way that any supporter of mine could commit such a heinous crime," Hale said in the statement, released through his mother after her weekly telephone call to him at Chicago's Metropolitan Correctional Center. "I totally condemn it and I want the perpetrator caught and prosecuted."

**CAIRO, Egypt** — Arab leaders grew increasingly impatient at Syria's resistance to a quick, complete withdrawal of its troops from Lebanon, with Saudi leader Crown Prince Abdullah sharply telling Syria's president on Thursday to start getting out soon or face deeper isolation, according to a Saudi official.

The unusually tough message came when Syrian President Bashar Assad met Abdullah and other Saudi leaders in the kingdom's capital, the Saudi official said. The Associated Press by telephone from Riyadh.

Arab League foreign ministers, meeting in Cairo on Thursday, added to the pressure, expressing support for the two Mideast powerhouses' diplomatic push.

**UNITED NATIONS** — A new UN report strongly criticizes countries around the world — from Japan, Kuwait and Nigeria to Britain and Chile — for failing to meet their pledge to revoke laws that discriminate against women.

"They're very finicky. It could have been a change in the water. You have no idea," said Wholey. Bubba died in a quarantine area of the zoo's aquarium, where he was being checked out to see if he was healthy enough to make a trip to an aquarium at a Ripley's Believe It or Not museum, Capt. said.

Bubba will be examined to try to figure out why he died, although Capt. and Wholey guessed it may have been the stress of being moved.

—Associated Press

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**BRIEFS**

Friday, March 4, 2005 3

**IN OTHER NEWS**

**PITTSBURGH** — He dodged lobster pots for decades, endured a trip from the coast of Massachusetts to Pittsburgh and survived about a week in a fish market. But a trip to the zoo proved to be too much for a 22-pound lobster named Bubba, who was thought to be around 100 years old.

The leviathan of a lobster died Wednesday afternoon at the Pittsburgh Zoo & PPG Aquarium about a day after he was moved from Wholey's Market, said zoo spokesperson Rachel Capp and Bob Wholey, owner of the fish market.

"They're very finicky. It could have been a change in the water. You have no idea," said Wholey. Bubba died in a quarantine area of the zoo's aquarium, where he was being checked out to see if he was healthy enough to make a trip to an aquarium at a Ripley's Believe It or Not museum, Capt. said.

Bubba will be examined to try to figure out why he died, although Capt. and Wholey guessed it may have been the stress of being moved.

—Associated Press
Spokeswoman reveals: A day in the life of Michael Jackson

The pop superstar rises before dawn, has his outfits picked out for him and snacks on granola during courtroom breaks

Tim Molloy
ASSOCIATED PRESS

SANTA MARIA — Michael Jackson's court days begin by 4:30 a.m., allowing him plenty of time to dress in the elaborate outfits that include different colored armbands, sparkling vests and jeweled belts.

He arrives at court well before the 8:30 a.m. start time, conscious of the day's first court appearance more than a year ago, when Judge Rodney S. Melville chastised him for not being in his SUV courthouse in Santa Maria when he became sick in his SUV and either botched his public relations efforts or worked against him.

While Jackson's innermost thoughts remain a mystery, first-hand observations of his courtroom behavior and comments from his spokeswoman Wednesday offered some insight into how he passes each day of the trial that could put him in prison for more than 20 years.

Jackson has also offered a window into his thoughts recently with brief statements to reporters.

On Tuesday, after jurors watched the documentary that sparked the molestation and conspiracy allegations against him, Jackson told reporters he felt "good" but "angry." On Wednesday, lead defense attorney Thomas Mesereau got a prosecution witness to testify in cross-examination that some of Jackson's alleged co-conspirators were at odds with each other and either botched his public relations efforts or worked against him — a far different picture than the one painted by prosecutors.

Asked if he was happy with Mesereau's performance, Jackson nodded and said "yes." Jackson suggested last week that one of his first decisions of each day — what to wear — isn't even up to him. Asked about an emblem he wore on his jacket, he told a reporter, "My wardrobe guy puts it together." Because the court's 8:30 a.m. to 2:30 p.m. schedule includes only three breaks — and no lunch hour — there is no time for Jackson to leave the courthouse to eat. Instead, he snacks throughout the day on healthy fare like granola bars, said his spokeswoman, Kaymone K. Bain.

Bain said, "That's the way he relaxes," she said. He dines each night with his three children. Bain said: As they eat, "they tell him what they've done all day," she said.

Bain said she didn't know when he goes to sleep. But before he does, she said, he holds his nightly strategy meeting with attorneys, preparing for the next day.

Jackson's innermost thoughts remain a mystery, first-hand observations of his courtroom behavior and comments from his spokeswoman Wednesday offered some insight into how he passes each day of the trial that could put him in prison for more than 20 years.

Duke U. evaluates iPod experiment

Officials ponder the attempt to weave iPods into academia, in all which freshman were given the Apple device

Steve Veres
ASSOCIATED PRESS

DURHAM, N.C. — As the year-long "experiment" of providing 20-gigabyte Apple iPods to all freshmen winds to an end and the media frenzy dies down, administrators have begun to evaluate the future of the project. Critics ask: Have students used them for educational purposes? Did teachers find ways to integrate this technology into their curricula? Was it worth the $500,000.

While administrators have no concrete answers — a thorough evaluation will be finalized within weeks — the implementation of the program has been as hotly debated as any measurement of its success.

"We weren't quite ready in some ways for all the things you need to make a project successful," O'Brien said, adding that this year was an experiment.

In 2001, the Board of Trustees had set aside funds for a technology initiative. Officials hoped to find a device students were familiar with that wasn't as easy to use, or a technology in which all freshman were intrigued. But many teachers have embraced the iPods, integrating them fully into the program. Critics ask: Have students used them for academic purposes?

"I could count on one hand the amount of freshmen I saw recording classes last semester. Nobody uses them for academic purposes," freshman Janet Lee said, adding that her recording device has never been opened. "I think it is kind of embarrassing that every freshman got an iPod. I think it makes us look rich and silly." Several students agreed with her sentiment.

But many teachers have embraced the iPods, integrating them fully into the curriculum. Projects have ranged from developing new curriculum to providing audio-based assignments and creating podcasts.
Christina Joslin

In the comic book series — excuse me, graphic novels — "Hellblazer," the astute, paranormal hunter John Constantine is British, blonde, garrulous and damned. In this year's newest superhero flick, "Constantine," John Constantine (Keanu Reeves) is the exact opposite of his drawn prototype: American, brunette and full of cheap one-liners.

Within this world of demons, angels and half-breeds, the fate of all mankind is caught in the middle of a sports-like gamble between God and Satan. In this dark existence, there also lies a man who has devoted his life to waging war against evil, is dying and has already visited hell, which looks like a post-nuclear Los Angeles shaped by animators with a hangover.

Constantine, a depressed chain-smoker, lives above a bowling alley in Los Angeles, which oddly enough doesn't have a bowling ball in sight. Since he was a child, he has been able to see the half-angels and half-breeds that walk among us. And doomed by a past sin, Constantine is desperate to buy his way into heaven, and God's favor. While he believes that He exists, Constantine lacks faith and compassion.

Although this film is an exhilarating mix of gothic horror and stylish science fiction, reinforced with stimulating mythology and remarkable visual effects. While, at the same time, the movie could have been more murky and less emotional attachments between characters. Reeves supports very few expressions, stepping into this movie with lockjaw tenacity, a loosened black tie and a sports-like gamble between God and Satan. In reality, most of the comic-derived action movies of the present have characters and plots that are a little more light-hearted and humorous. Though the "Hellblazer" series is darker and more serious than the others, the movie is too overwhelmed by its own logistics and sentiment to successfully understand the depths of this world.

First-time director Francis Lawrence shows quite a bit of visual prowess, but lacks the ability to bring any of his scenes to life. One of the best sequences in "Constantine" revolves around a battle between the winged-angel Gabrielle (Tilda Swinton) and Lucifer himself (Peter Stormare). These two actors controlled the camera so well that the plot should have focused more on them. Sporadic, bizarre and strangely unresolved, "Constantine" is staged with such an unyielding computer-ized punch and such a lack of droll-erness of character that it's tiresome. Sadly, the movie's idea of wit is in an upright line of dialogue.

Download of the day

Gill Scott Heron

"Revolution" (1970)

"You will not be able to stay home, brother / The revolution will not be brought to you by the Schafer Award Theatre and will not star Natalie Woods and Steve McQueen or Bullwinkle and Julia / The revolution will not give your mouth sex appeal / The revolution will not get rid of the rob / The revolution will not make you look 5 pounds thinner, because the revolution will not be televised, brother."

BT

"Revolution" (2001)

"The Revolution will be televised / The Revolution will be a war of attrition / Wars against the sleeping / The Revolution will be fought in all forms of media / It'll be fought on phone lines / on cable modems / and our cell phones / and our palm pilots..."

This pair of songs reveals how much the world has progressed (or changed) in 30 years. Will the revolution be recorded?
Nightmares stem from stress, anxiety

T he other night Jane woke up in a cold sweat after a nightmare in which she and her boyfriend were being shot at on campus. We got to wondering about it and began to wonder what causes such violent dreams — is it stress, or is it Jane? It turns out that Jane's nightmare was likely brought on by stress and anxiety, which is one of the leading causes of nightmares in adults. A nightmare is defined as a dream occurring during deep sleep that brings out feelings of strong, inescapable fear, terror, distress or extreme anxiety. This commonly occurs in the latter part of the night during REM sleep and usually abruptly awakens the sleeper who is able to recall a little about it.

According to the American Family Physician, a journal by the American Academy of Family Physicians, in a two-week prospective study of college students, 47 percent described having at least one nightmare. In this study, nightmares were more common in women and were associated with increases in nighttime awakenings, sleep-onset insomnia, daytime memory impairment and anxiety following poor nocturnal sleep. Studies of the general population reveal that 5 to 8 percent of adults report a current problem with nightmares.

Common causes of nightmares include:

• anxiety and stress
• severe fear and feeling of impending harm
• illness with a fever
• death of a loved one
• adverse reaction to medication
• excessive alcohol consumption
• sleep disorders

In addition, experiencing nightmares can lead to a lack of sleep, which can have serious mental and physical side effects including decreased motivation, memory, concentration and cognitive ability.

Just leave this opinion stuff to the tongue cut right down to the skin. I'm not the only ones to talk politics when I become president of the United States. Political science majors not just you ill.

For example, Jane clearly didn't want to make an ass of herself. A political science major would know that making assertions about people in public forums makes you look like a fool. It must have been poor editing by the paper. And that completely insane theory that only a political science major is qualified to speak about politics ... obviously there was no paragraph cut off that clarified or explained why his reasoning is more important than yours or yours. Damn that word cap.

Most Americans have wrong views of individual rights. Since Mardi Gra and Poly Gra, there have been a good deal of letters expressing anger against San Luis Obispo Police Department for violating the inalienable rights of the opressed Cal Poly student body. These letters present selective reading of the most long-standing beliefs: Most Americans have a perverted view of their rights. Perhaps it would be beneficial and enlightening to consider the intentions of the framers of the Constitution and Bill of Rights before invoking these documents. Freedom of speech was included in the Bill of Rights to allow the people to discuss protected citizens' rights to practice and preach any religion they choose. However, I am concerned that over-use of these rights will increase dissatisfaction with the courts and create a public distrust of the judicial system.

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Baseball
continued from page 8

Mastensters Friday are expected to be Bret Bergland (311) at first, Brent Walker (264) at second, Drew Gillman (282) at shortstop, Josh Linford (258) at third, Matt Cooper (349) in left, Ira Robinson Roberts in center, Jimmy Van Osstrand (333) in right, Kyle Blumenthal (298) behind the plate and JJ Owen (241), Chris Golik (409) or Nevin Alexander (302) as designated hitter.

The pitching rotation will continue to be junior southpaw Garrett Olson (4-0, 2.68 ERA on Friday, sophomore right-hander Gabe Daley (10-0, 8.31 ERA) on Saturday and senior right-hander Jimmy Shull (1-3, 4.50 ERA) on Sunday.

The original rotation of Shull, Olson and Daley was disrupted by the rainout Feb. 11 at pepperdine and likely will remain the same until the Mustangs have a bye next weekend.

Flashback
continued from page 8

that had begun to set in. He continued to scrape by on prize money, earning $10,000 in a good year. He sailed through 2003, winning four races and finishing in the top ten 18 times overall. And occasionally, he thought of the pending Olympics games. He did so cautiously. "Two, three, four years, it's so long and the reality of 2000, when I got hit by that car, that made me realize that no matter how hard you try all those years, you could be the most dedicated, focused person in the world and day before the Olympic Trials, you get hit by a car," Plat said.

Yet, going into June 13, 2004 in Bellingham, Washington, Plata and his teammate Doug Friman were competing for the third and final spot on the Olympic team. Friman came in with too much training, had a terrible day and Plata, who finished in 2:02.18, prevailed.

Though he had to miss the Opening Ceremonies, Plata competed Thursday, August 26 in Athens, finishing 27th out of 50 competitors. Considering that he came in ranked 53rd and could've quit trying for his life-long dream so many times before, it wasn't a bad finish at all.

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Saturday

SPORTS
Friday, March 4, 2005

Flashback
continued from page 8

acker Jordan Beck is hardly out. But Shortwell is second on the team in tackles at 88 at strong linebacker, but will move over to the mike linebacker position.

Last year, Shortwell was second on the team in tackles at 88 at weak linebacker, but will move over to the mike spot, Beck's position, in 2005.

It will be an important time for Shortwell to impress in a new position, as well as a number of other players.

"When we come back in August, we report to camp and have to play our first game in two- to three-weeks," Shortwell said. "That's it. This is the closest thing to a game. All the hard work and things you do, you get to show it off."

The Mustangs will also lose wide receiver/return specialist Darrell Jones and offensive line-

man Ben Coban.

The defense loses cornerbacks Jared Randle and Tony Fordy and Deferee Booker, but Aaron Williams returns for his senior year at strong safety while juniors Ken Chicoine and Randy Samuel are back at the free safety and right cornerbork position.

Also returning is Chris Gocong, who finished second in the ball for the Buck Buchanan Award a year ago.

Gocong was the nation's leader in sacks with 17.5 and had 21 total tackles in 2004 and 21.5 tackles for loss yardage.

Senior Jason Meade is Garnett's backup and will have plenty of receivers to choose from to including senior Jon Russell and Jason Holper and junior Anthony Randolph. Russell averaged 29.5 yards per catch and caught 21 passes in a year ago while Randolph had 29 catches and Holmes 16.

It will be up to substitute Geno Randle at running back back to be Adam Martinez.

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For more information about this research said.

Continued from page 8

Though he had to miss the opening games over the .500 mark (33-13-5) for the title and playoff chases. But the Mustangs were swept by Big West champion Cal State Fullerton, runner-up Long Beach State and fourth-place UC Irvine on consecutive weekends to fall out of the title and playoff races.

Get
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Every Friday.
Graham Womack

The story of Victor Plata's journey to the top reads like the athletic equivalent of 'The Odyssey."

There were the unhappy seasons on the Cal Poly track team, the subsequent stops on various other Mustang teams.

There was the first year Plata devoted to triathlon, the rapid transition to a pro career.

There was heartbeat after an accident kept him from the 2000 Summer Olympics in Sydney, rededication when he raced in Athens four years later.

Now at 31, the Cal Poly alum is facing uncertainty in preparing to attend law school in the fall, with him hoping not to quit racing or leave the pro team he co-founded, but acknowledging that after nine years of having triathlon be his only job, it's time for a change.

"Up to a point, your life has revolved around your training," Plata said. "Now your training has to revolve around your life.

Plata's certainly never let anyone define his course — otherwise he might never have gotten beyond the Cal Poly track team. He joined in 1991, having run a 1:55 800-meter dash while in high school in Santa Cruz. But he soon tired of his coaches' emphasis on winning and quit during his sophomore season.

Plata got a chance to run triathlon, a sport, if he could withstand the first stretch for Plata. The other swimmers, out-of-shape from summer, didn't stand a chance against the hardened lifeguard.

Within weeks, most everyone else caught up to him and eclipsed Plata. Still, he persisted. Before the final race of the season, he made a deal with himself: If he could go under five minutes in the 500 (his best time to this point was 5:07), he would devote a year to triathlon.

He did the race, finished dead last, and celebrated wildly, while still in the water, upon seeing his time of 4:49.

Immediately after the win season ended in the spring of 1996, he began to train for Wildflower, then the collegiate national championship. He bought a used Trek 1400 road bike, borrowed wheels from the Cal Poly Wheelmen, a wet suit from his chiropractor, and a bike helmet from his younger sides.

He had long since been an elite runner and had become a better swimmer than most triathletes. At Wildflower '96, Plata took fifth place, finishing in two hours seven minutes. The next year, after having worked with the Wildflower director to perfect his riding, he won the race in 2:01-40, just a minute off the course record.

Between the two races, he spent the summer of 1996 raising $8,000 to finance his career, working "like crazy," he said, doing temp work for a software company. His mother without a room to offer him, his father living in Colombia, Plata slept each week that summer on a different friend's couch.

"They all liked him because he did the dishes," Plata's current roommate Michelle Shoresman said.

During that summer, Plata also established a philosophy, determining three things he needed to succeed in triathlons: passion, patience and persistence. It's a philosophy he still lives by.

"I see people picking vegetables out in the field, that's hard... When I do, it's passion," Plata said.

He graduated from Cal Poly in 1997 with a degree in social sciences, had his first pro season in 1998, and spent two years thereafter, living at the Olympic Training center in Colorado Springs. He returned to San Luis Obispo not long before the 2000 Olympics.

And then it happened.

"I would have said I was one car accident away from making the team," Plata said.

It happened during a ride to a bike shop the day before he left for Sydney. While riding on California Boulevard, Plata was hit by a car. Though he nevertheless proceeded to race at the Olympic Trials, he was drained and finished second, getting the alternate spot for the games.

He could only tour the Olympic Village.

He fell into a funk thereafter, at one point going to live in the Andes Mountains for three months, staying with the brother of a top Venetian triathlete, training and learning Spanish simultaneously.

Plata had planned to stay for six months, but wound down to Brazil in early 2001 after getting a call from a race director.

He came back recharged for the next two years.

"I was saying 'I was loving life.'" Plata said.

He also began to take more of a leadership role, joining the board of directors for USA Triathlon in 2001, an experience that led to his current aspirations to study law (he's considering becoming an agent). In 2003, Plata recruited a few other professional triathletes and founded Team Kinsey.

With the founding of the team, he fought his own mild burnout

A last chance to catch football

Dan Watson

For fans, it's a last-gasp opportunity to see Cal Poly football in uniform until August. For those on the field, it will mean much more.

The Cal Poly depth chart will be under examination Saturday starting at 11 a.m. when the Mustang football team suits up one more time this school year for the 2005 Cal Poly Spring Football game.

There won't be any scoring, but there will be a chance to see the Cal Poly defense and offense against the rest of the West Coast Conference in live action.

"Spring football is a chance for us, in between seasons, to dust off our techniques and discover some things we need to improve on for next year," Mustang linbacker Kyle Shortwell said.

The curtain call for one of Cal Poly's most prolific players, line

Mustang baseball will need to cool down a hot Fresno State