Men's cross country makes a run at pre-national invitational

IN SPORTS, 8

Two Cal Poly professors perform classical recital

IN ARTS & ENTERTAINMENT

Alumnus creates new product

Emily Logan

Cal Poly alumna is one of two California water sport enthusiasts to create a product they say combats symptoms of water pollution.

The dietary supplement spray, Ocean Solution, has been in the works for almost eight years and has been on the market for almost a year. "I started noticing that not only myself but all my friends who were out in the surf were getting increased sinus infections and raw throats," said Jason Johnson, Cal Poly alumna and creator of Ocean Solution. Johnson himself tested the product for three years and said it worked for him. "Pharmacist Wayne Blackburn suggested to the project about five years ago," he said. "I helped Johnson decide to use Colloidal Silver to fight bacterial problems.

"Colloidal Silver is a great antimicrobial and it's been proven since the 1930s that it is effective," he said. Colloidal silver is a controversial ingredient that can be dangerous in large doses or over long periods, according to healthcentral.com, but because the spray administrator only small doses of the Silver, the creators say it is not dangerous. "You would have to drink about 5 bottles of our product for about 3 years to have any negative effects," Johnson said. Dr. John Reinfeldt, an associate professor in the department of environmental sciences at Rutgers University, said, "The silver will pass through you with little absorption in the gut so I doubt it would be harmful at low doses, but I don't think that it would kill beneficial gut flora... Since the solution is a spray, Johnson and Blackburn say there should be no side effects or risks.

"The great thing about the product is that it should be no side effects or risks for people in need," she said. Change will be made in order to foster closer relationships between teachers and students, teachers will adopt more of a coaching position, where they will help students solve problems, instead of lecturing to the class. Students will also learn in peer groups where they can offer mutual support while learning. This is especially important during the freshman and sophomore years when students are most likely to drop out of engineering programs. The new program will also require students to participate in service learning, where they will help the community with engineering problems, Vanasupa said. "The service learning component of the curriculum is key because it gives students a chance to see how their engineering skills and problem-solving abilities can help people in need," she said. The grant also requires that Cal Poly provide pre-college tutorials in math and engineering to at-risk high school students. This works like a subscription where schools will receive computer programs that will monitor and prepare students math and science skills.

Hewlett-Packard, Microsoft, National Instruments and the Semiconductor Industry Association have expressed interest in working with the service-learning portion of the curriculum.
Solution continued from page 1

The single's volume scale or from listen­
ing to music at a lower level continu­ously for hours. The same study in Ear and Hearing found that earbud headphones — ear­phones that fit snugly at the entrance of the ear canal — are seven to nine decibels louder than earphones that sit on the outside of the ear. Because more background noise filters past earbuds, listeners often turn the volume up, Toth said.

Senior biology major John Mayer, 24, was given an iPod as a gift in late September.

"Sometimes when I'm on my bike and traffic’s heavy, I have to turn it up to get anything," he said.

Mayer said tapping his foot to the beat of music while studying at the Manusfield Library.

Apple shipped more than 16 mil­lion iPods to stores between October 2004 and July 2005. Sony and Panasonic are among other compa­nies that market portable MP3 play­ers. With so many people using portable stereo devices, Toth sees portable stereo devices, Toth sees

monitors of noise-induced hearing loss.”

At the University Center, 21-year­old student and California native Liz Loomis took one earbud out as she talked to a woman selling Cirizzly.

"I love my iPod," she said later. "I would marry it if it were a single man." Many iPod owners, Loomis said she always had excel­lent hearing but in the last few years she has had "a tiny bit more ringing" and has a harder time discerning from which direction bird calls are coming.

A ringing in the ears, called tinni­ness, can be an effect of exposure to loud sounds. Some of the other effects of hearing damage can be the inabili­ty to discern high frequencies and less

Stablein said. The group began working on the project Thursday at 8 a.m. and was on display for the day.

"We put emotional and life experience to the pieces," Stablein said.

The project runs Thursday at 9 a.m. and hearing damage can occur in just a few minutes. However, a study at Boston Children's Hospital found that listen­ing to a portable music player at 60 percent of its volume for one hour a day is safe. Thus the risk for hearing damage comes from the top third of a device’s volume scale or from listen­ing to music at a lower level continu­ously for hours.

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Christopher Gunn
MUSTANG DAILY

The mastery of music is a complex and life-defining task that requires hours of practice and lessons often including frustration.

For two of Cal Poly's own, however, those hours have yielded a lifelong passion for music.

The Cal Poly music department will host a classical recital featuring two of its own staff members, Jacalyn Kreitzer and Susan Azaret Davies Saturday at 8 p.m. in the Alex and Faye Spanos Theater.

The recital titled "Orchestral Solos for Mezzo-Soprano," will include the works of Gioacchino Rossini, Johann Sebastian Bach, Hector Berlioz, Leonard Bernstein, Sergei Prokofiev and Gustav Mahler.

The recital will also include a 1938 film created by Sergei Alexader and produced by order of Stalin. The film goes along with a piece they will perform by Sergei Prokofiev, an original score from the picture.

The film will be projected on a screen while Kreitzer and Azaret Davies play the score in real time.

"I believe the students should hear their teacher," Kreitzer said. "I like to bring in the pieces I have done over the years so that they can hear something different."

Kreitzer, a mezzo-soprano, teaches voice and diction as well as produces and directs an annual student opera production.

A mezzo-soprano has a voice that has a similar high range and low range to a soprano, but a mezzo has a darker tone, Kreitzer said.

During her career she has performed with a number of the world's most renowned opera companies and orchestras including the Los Angeles Philharmonic, the Metropolitan Opera, Deutsche Opera Berlin and the San Francisco Opera among others.

"It was a great career, but when you have a family it is hard," Kreitzer said.

see Classical, page 4
A stand-up's unique perspective

Jeff Clinar is a man of faith, family and funny, which he uses as a noun.

Clinar, a 22-year-old native of Irvine, is a communications sort. He is also a member of Smile and Nod, Cal Poly's improvisational troupe.

"I really enjoy making people happy," Clinar said. "Sometimes you have to be able to put things into perspective. Stand-up comedy lets you do that."

He started doing comedy at 17 when he was a senior in high school.

"Back in high school, I was definitely one of the guys who liked to be the center of attention," Clinar said. "Comedy gave me a way to direct that kind of energy, because I've always been a hyper, crazy kid." Clinar's religious beliefs also play a role with his interest in comedy.

"The joy that I have in my life definitely comes from my relationship from God," Clinar said. "The freedom I have in Christ gives me the opportunity to look at things from an exterior point of view."

Clinar said, "My content (in comedy) is a reflection of my faith and also my desire to appeal to the widest range of audience."

Clinar has a comedic preference, however, and often finds "original, intelligent, sincere humor" funny.

"When people take the time to make legitimate observations about the world around them... twist them and are able to point out the absurdity of it all, I think that is hilarious," Clinar said. "I am a Christian, quarter-Mexican twin who grew up in Orange County with a mom from the Midwest, a building father and a sister with some outrageous dogs; those are the things I joke about because that is my life and definitely how I view the world."

This view is what Clinar said has helped him continue to enjoy improv with Smile and Nod for the last four years.

"We get to work together and build off each other," he said. "Improvis is such a different atmosphere, and it is great because everyone just gets funnier."

The other members of the team have definitely helped him with his love for comedy and improv.

"I'm not the only one on the team that does stand-up," he said. "What has been great about Smile and Nod is the terrific people (that I can) just talk about every aspect of comedy with. They have the same goal as mine to go out and make the world a better place."

This view is what Clinar said has helped him continue to enjoy life, and he uses it as a noun.

"Sometimes people laugh on a regular basis, and it's been great to find people who also do it in the same way I do," Clinar said. "Smile and Nod team has helped him form his unique view on life.

"We are all put on this Earth to have a human experience and if we choose to have one aspect of that experience without having the

other aspects, then we limit ourselves to being human," he said. "Humor is important because it is such a direct path to that joy (of being human)."

Clinar will perform as part of the Smile and Nod show Saturday in building 5, room 212. The event starts at 8 p.m. Smile and Nod perform every Saturday at 8 p.m.

For more information about Clinar or the rest of the Smile and Nod team, visit www.smile-andnod.org.
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S. Blosser Rd. S. Broadway HWY 101 Betteravia Rd.
I am 7:30 a.m. on Monday morning and I slam my front door swinging open and I am submerging into another foggy morning. I wiz…

uncomfortable level of perspiration and love all feeling in my sweating fingers when a picture pops into my mind. I recall the number of signs sporadically placed throughout campus last year stating, "Take the bus, carpooled or ride your bike." These signs were part of a public relations promotion to motivate Cal Poly students to consider alternative transportation to school. Personnels, the drastic rise in issued parking passes was enough for me to step driving to campus. I'm a college stud…

You're going after the girl. You're going after the "friend". You're going after the "male. You must be a rapist." I am not up for the competition and decide to trek it the rest of the way to school. By Grand Avenue I reach an uncomfortable level of perspiration and love all feeling in my sweating fingers when a picture pops into my mind. I recall the number of signs sporadically placed throughout campus last year stating, "Take the bus, carpooled or ride your bike." These signs were part of a public relations promotion to motivate Cal Poly students to consider alternative transportation to school. Personnels, the drastic rise in issued parking passes was enough for me to step driving to campus. I'm a college student; I have the ability to brainstorm alternative methods of transportation. Therefore, the signs were more of an eye sore than a learning tool.

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Race
continued from page 8

team with a lot of depth. We have an opportu-
nity to do really well this year.”

Dougherty hopes this year’s team can grab a
top four finish at the Pre-National Invitational.

“It’s one of our goals and if we are able to
manage our energy and run well, it’s possi-
ble,” Dougherty said.

The Pre-National Invitational is a 15k race
that gives every participating team a chance
to qualify for the main event on November 21
on the same course at Indiana State. Any team
that does not qualify will have one more shot
at nationals via their regional qualifying meet.

Last year’s Mustangs finished 10th in
nationals and this year’s team is led by senior
captain Brandon Collins, redshirt freshman
Troy Swier and junior transfer Brian Baker.

Dougherty spoke of a speech given by
Collins before the team left for Saturday’s
race that motivated everyone to be selfless
and put individual accolades aside.

“This is definitely the most unified team
I have ever been on and that unity should
really help us in our race,” Swier said.

The Mustangs finished first in place at
their last race at UC Riverside and in fourth
place in the Roy Griak Invitational on
September 24. Some of the top teams in the
nation also competed at the Griak invite,
including Wisconsin and Brigham Young
University.

“We have really progressed since our last
race and we’ve been moving in a positive
direction every day,” Conover said.

The team will have to bring in its best efforts
Saturday as it will be competing against the
top teams in the nation all vying for the podium.

“We can run with the best teams in the
country, and now that we’re fit, anything is
possible,” Conover said.

Cal Poly’s pack-running style has proved successful
in this season and in past years. Though
the Mustangs lack a top individual competitor,
they place well as a team.

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Men's cross country travels to Terra Haute

Garrett Leight
SPORTS EDITOR

Let the races begin.
This weekend the Cal Poly men's cross-country team will take the course in Terre Haute, Ind., at the Pre-National Invitational, the most important race of the season thus far.
The Mustangs are ranked No. 10 in the nation according to the
Men's Cross Country rankings and the team is looking to improve on last year's 10th-place finish.
There will be 73 teams competing in Saturday's big race, which will be run on the LaVern Gibson Championship Cross Country Course.
Conditions will be tough, something the Mustangs have been training for in the past two weeks.
However, being on the West Coast, the course is tough to simulate.

"The courses in the Midwest are true cross country courses," coach Mark Conover said. "The conditions can play a factor, you never know what kind of precipitation you're going to get."

"Coach (Conover) had us really tailor our workouts to what we are up against this weekend," junior Shane Dougherty said. "We've been running on thick grass and really emphasizing being fit for this race."

Conover says that being physically fit is the key to success. "When you're fit, it doesn't matter what race you're running in, no matter what part of the country, no matter what type of course, you're going to run well."

Conover said his team is physically prepared. He added that getting his team physically prepared will be important because it allows the team to get mentally prepared with confidence.

"This year's team is focused and ready to take it to the next level," Dougherty said. "It's important that you're fit, it doesn't matter what race you're going to take it to the next level."

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Andy Coughlin is a senior from Larotis, Wyo., and will be competing at the Pre-National Invitational in Terre Haute, Ind., for the Mustangs.

The best feeling in cross country is crossing the finish line knowing you've run the perfect race. Somewhere between the starting gun and the finish chute, you stretch yourself farther than you ever thought possible.
A famous runner once said "It's at the borders of pain and suffering that the men are separated from the boys." The perfect race always involves pain, and lots of it. But instead of submitting to the pain, you conquer it, never letting up until you've crossed the finish line. No one can tell you that the months of preparation were not worth it, because you have seen them pay off. The dreams of this race pulls you through tough Tuesday workouts, the memory of this race keeps you coming back for more...

Visit mustangdaily.net later this weekend to check out more from the cross country team after the Pre-National Invitational.

The men's soccer team takes on UC Davis at 5 p.m. in Mustang Stadium. The Mustangs have dropped three in a row, losing consecutive Big West matches to UC Santa Barbara, Cal State Northridge and UC Irvine. Meanwhile, the men's volleyball team takes on Fullerton and UC Riverside at home University of Pacific at 7 p.m.

The Aggies are 2-1 in their past three contests. They notched wins against Cal State Fullerton and UC Riverside earlier this season and lost 2-0 to Sacramento State at Hornet Field. Cal Poly beat Sacramento 4-1 at home on Sept. 23. Moses Venegas leads the Mustangs offensively with four goals. The Aggies have three tied with two goals apiece. Cal Poly is 4-7 overall and 3-3 in Big West play. Davis is 5-4-2.

In conference play, the Tigers are coming off consecutive wins against UC Riverside, UC Davis and Cal State Northridge. Cal Poly beat UC Riverside earlier this season and plays Northridge Saturday at 7 p.m. in Mont Gym. While the Mustangs are led by senior Vanessa Gilliam, one of the top offensive players in the Big West, the Tigers rely heavily on senior Ashley Groothuis.

Saturday the Mustangs take on Northridge. Northridge is 3-13 overall and 1-3 in conference play.

Junior Matt Johnsrud leads a pack at the UC Santa Barbara Lagoon Open. He finished 5th at the meet with a time of 24:52.9, 24 seconds behind the winner, Santa Barbara's Mike Chavez.